



THE HEALTH LAB
EMPOWERING WELLNESS

Accessible, Affordable Blood Testing

WWW.THEHEALTHLAB.IE



Our mission is to empower wellness.

We believe blood testing is a crucial component to monitoring, maintaining and improving health. Many people want to get their bloods checked for many different reasons, but they don't know where to go. We want to change that, and we want to empower wellness in others, allowing you to take full control of your health.

Why remote blood testing?

Mark is a pharmacist and an avid fitness enthusiast. He spent 6 years living in South America where he got regular blood tests to keep an eye on his health. These blood tests were inexpensive and easy to find in any city. But after returning to Ireland, he was shocked to find that there were no easily-accessible clinics to get his bloods checked.

When Mark asked friends or colleagues about blood testing, nobody seemed to know where to go or how to get them. Anything he found would require paying to see a GP first or driving miles out of his way on a work day. Not ideal.

So Mark started The Health Lab in 2023 because he was frustrated at the lack of available blood testing in Ireland. Mark didn't want to pay a private doctor fee just to have blood taken. He didn't want to take a morning off work to check his cholesterol levels and he didn't think you should have to either.

Mark decided to bring blood testing to where people actually are: pharmacies, fitness centres, workplaces... you name it, there's almost nowhere we won't go to take blood.

Why get a blood test?

Ever heard the old saying, 'Your health is your wealth'? It couldn't be more true...

We should be proactive with our health. Regular blood tests are crucial for detecting illness, assessing lifestyle changes and improving health. Sure, you might look amazing on the outside, but how do you know you are healthy if you haven't checked the inside?

Whether you want to keep an eye on your cholesterol level; get a blood test for a health check or see how you can improve your sports performance, we've got a testing package that will suit you.

The Health Lab has teamed up with a world-leading laboratory in Randox to provide a wide range of blood tests and packages to suit all needs.

If you're ready to put your health first and say goodbye to unnecessary doctor fees and wasted days off work, check out our locations and book a test with us today.

Lipid Profile

€
40

A Lipid Profile is a hugely important blood test used to monitor and screen for cardiovascular disease risk. The profile measures the amount of cholesterol and triglycerides in your blood.



Lipid Profile

- ☑ Total Cholesterol
- ☑ LDL Cholesterol
- ☑ HDL Cholesterol
- ☑ Total Cholesterol/HDL Cholesterol Ratio
- ☑ Triglycerides

Too much bad cholesterol and triglycerides can lead to deposits (plaques) in arteries. These can block and narrow blood vessels, potentially leading to heart attacks, strokes or clots. High cholesterol and triglyceride levels are a significant risk factor for cardiovascular disease, the leading cause of death globally.

It is impossible to know your cholesterol levels and evaluate your true cardiovascular disease risk without a Lipid Profile test.

Regular Lipid Profile tests are recommended for those taking cholesterol medication, and those at a higher risk of cardiovascular disease:

Don't delay in arranging your Lipid Profile. Book with us today.

Results within 24 hours.

- a family history of high cholesterol or heart disease
- overweight or obese
- physically inactive
- have diabetes
- eat unhealthily
- smoke cigarettes.

PLEASE NOTE: You are required to fast for at least 10 hours before your test. You may still consume water. In fact, it's better for blood draws if you are well hydrated!

Vitamin D

€
60

Vitamin D is unique. We can get it from food or by absorbing it from the sun's UVB rays. Unfortunately, Ireland isn't the Costa del Sol and most of us aren't getting enough sunlight. Studies estimate that 40 to 50% of the Irish population is Vitamin D deficient or insufficient, depending on the time of year.

Vitamin D is a hormone that plays a key role in many bodily functions including bone health, immune regulation and cardiovascular function. If you've been feeling low on energy, have been fighting off continual colds and flus or you have a lack of desire to do the things you enjoy, you might have a Vitamin D deficiency.

PLEASE NOTE:

You are required to fast for at least 10 hours before your test. You may still consume water. In fact, it's better for blood draws if you are well hydrated!

Vitamin B12

€
40

Have you been feeling tired, irritable or weak recently?

You might be low in Vitamin B12, an important vitamin for making Red Blood Cells and keeping the nervous system healthy.

Signs of a Vitamin B12 deficiency include weak muscles, numbness, trouble walking, nausea, weight loss, irritability, fatigue and an increased heart rate.

To find out how your Vitamin B12 levels are, book a blood test with us today.

Results within 24 hours.

PLEASE NOTE:

You are required to fast for at least 10 hours before your test. You may still consume water. In fact, it's better for blood draws if you are well hydrated!

Thyroid Profile

€
75

The thyroid gland consists of two lobes at the front of the throat and is incredibly important for our health. It produces hormones that regulate the body's growth, development and metabolism.

Thyroid Health

- ✓ Thyroid Stimulating Hormone
- ✓ Free Tri-iodothyronine
- ✓ Free Thyroxine
- ✓ Anti-Thyroglobulin Antibody
- ✓ Anti-Thyroid Peroxidase Antibody

Thyroid conditions can be difficult to diagnose, especially if a Thyroid Profile test isn't done. They are often mistaken for other conditions. An underactive thyroid (not producing enough hormones) is associated with:

- tiredness
- weight gain
- depression
- hair loss
- sensitivity to the cold

The thyroid gland has many responsibilities in the body, including roles in:

- heart function
- muscle function
- digestive function
- brain development
- bone maintenance

It is estimated that 12% of the population will experience a thyroid condition at some point in their lives, be it an underactive or overactive thyroid. Thyroid disorders are relatively common in females, but can also affect males.

An overactive thyroid (producing too many hormones) can cause:

- weight loss
- anxiety
- mood swings
- sleep disturbances
- heat sensitivity
- muscle weakness
- itchiness
- a frequent need to urinate.



Are you noticing differences in your mood? Have your weight or energy levels changed with no real explanation? Is there a change to your period? Find out if you have a hormone imbalance with our Female Hormone Profile.



Female Hormone Profile

- ☑ Oestradiol
- ☑ Follicle Stimulating Hormone
- ☑ Luteinising Hormone
- ☑ Progesterone
- ☑ Prolactin
- ☑ Sex Hormone Binding Globulin
- ☑ Free Androgen Index
- ☑ Testosterone

Hormones are chemical messengers that coordinate different functions in our bodies. Our Female Hormone Profile measures 8 key biomarkers that can tell us about many bodily functions, including: metabolism, mood, fertility and sleep.

Female hormone levels fluctuate naturally throughout the menstrual cycle. Different hormones increase and decrease with age. Our Female Hormone Profile can help identify if a hormone imbalance is the cause of your symptoms. It can also be used to track hormone changes over time and to monitor hormone levels whilst taking HRT (Hormone Replacement Therapy).

The Female Hormone Profile tests for: Oestradiol, Progesterone, Follicle-Stimulating Hormone, Luteinising Hormone, Prolactin, Testosterone, Sex Hormone-Binding Globulin and Free Androgen Index.

Don't wait any longer to find out if your hormones are out of balance. Book a test with us today.

Results within 24 hours.

ATTENTION:

Some types of hormonal contraception will affect your results. If you are planning to stop taking the pill, or have recently done so, we recommend waiting until your periods resume their normal cycle before taking this test.

PLEASE NOTE: You are required to fast for at least 10 hours before your test. You may still consume water. In fact, it's better for blood draws if you are well hydrated!

Are you noticing changes in your performance and recovery from sport and exercise? Have your energy levels changed with no real explanation? Have you gained body fat without much change to your diet? Has there been a drop in your libido? Find out if you have a hormone imbalance with our Male Hormone Profile.



Testosterone Monitoring

- ☑ Testosterone
- ☑ Sex Hormone Binding Globulin
- ☑ Free Androgen Index
- ☑ Free Testosterone
- ☑ Albumin

Hormones are chemical messengers that coordinate different functions in our bodies. Our Male Hormone Profile measures 5 key markers that can tell us about many bodily functions, including: metabolism, mood, libido and sleep.

Testosterone plays a vital role in sperm production, sex drive and maintaining muscle and strength. Lower than normal testosterone can lead to:

- a lack of energy
- fatigue
- decreased sex drive
- erectile dysfunction
- muscle loss
- increased body fat
- anxiety, depression and reduced motivation

After age 30, testosterone levels begin to decrease naturally. Other causes include being overweight, alcohol abuse, overtraining, uncontrolled medical conditions, certain medications and stress.

Testosterone isn't the only important marker for male hormone optimization. That's why the Male Hormone Profile tests for: Testosterone, Sex Hormone-Binding Globulin, Free Testosterone, Albumin and gives a Free Androgen Index.

If you are taking, or planning on taking, anabolic steroids or TRT (Testosterone Replacement Therapy), we recommend that you do so responsibly with regular blood tests. Taking illegal or untested substances can lead to drastic changes in hormone levels with potentially disastrous effects.

Don't wait any longer to find out if your hormones are out of balance. Book a test with us today.

For best results, we recommend getting tested before 10am.

Results within 24 hours.

PLEASE NOTE:

You are required to fast for at least 8 hours before your test. You may still consume water. In fact, it's better for blood draws if you are well hydrated!

Thyroid & Hormone Combi

€
135

This package includes both our Thyroid Profile and Male or Female Hormone Profile.

Please refer to their respective pages for more information on the test.

Don't wait any longer to find out if your hormones are out of balance. Book a test with us today.

Results within 24 hours.

ATTENTION:

Some types of hormonal contraception will affect your results. If you are planning to stop taking the pill, or have recently done so, we recommend waiting until your periods resume their normal cycle before taking this test.

PLEASE NOTE: You are required to fast for at least 10 hours before your test. You may still consume water. In fact, it's better for blood draws if you are well hydrated!



Blood Test Packages



Standard Blood Test

€
90

Comprising 33 biomarkers, our Standard Blood Test gives you an insight into your general health.

Full Blood Count

- ✓ Haemoglobin
- ✓ Haematocrit
- ✓ Mean Cell Haemoglobin
- ✓ Mean Cell Haemoglobin Concentration (MCHC)
- ✓ Mean Cell Volume
- ✓ Red Blood Cell Count
- ✓ Basophil Count
- ✓ Lymphocyte Count
- ✓ Eosinophil Count
- ✓ Monocyte Count
- ✓ Neutrophil Count
- ✓ White Blood Cell Count
- ✓ Platelet Count

Kidney Health

- ✓ Creatinine
- ✓ eGFR
- ✓ Chloride
- ✓ Potassium*
- ✓ Phosphate
- ✓ Sodium
- ✓ Urea

Heart Health

- ✓ Total Cholesterol
- ✓ LDL Cholesterol
- ✓ HDL Cholesterol
- ✓ Total Cholesterol/HDL Cholesterol Ratio
- ✓ Triglycerides
- ✓ High Sensitivity
- ✓ C-Reactive Protein

Liver Health

- ✓ Alkaline Phosphatase
- ✓ Alkaline Aminotransferase
- ✓ Aspartate Transferase
- ✓ Gamma-glutamyl Transferase
- ✓ Total Bilirubin
- ✓ Albumin

Diabetes Health

- ✓ Glucose

We recommend this test for anyone who is interested in getting a better insight into their general health. A Standard Blood Test should be done once to twice a year to keep an eye on your overall health.

PLEASE NOTE: You are required to fast for at least 10 hours before your test. You may still consume water. In fact, it's better for blood draws if you are well hydrated!

Results within 24 hours.

Standard Plus Blood Test

€
155

Consisting of 47 biomarkers, our Standard Plus Blood Test gives a great insight into your general health.

The Standard Blood Test includes all tests from the Standard Blood Test with additional biomarkers for bone health, diabetes health, iron status and a urinalysis.

Includes Panels Covered in Standard Blood Test

- ✓ Full Blood Count
- ✓ Heart Health
- ✓ Liver Health
- ✓ Kidney Health
- ✓ Diabetes Health



Urinalysis

- ✓ Bilirubin
- ✓ Glucose
- ✓ Ketones
- ✓ Nitrite
- ✓ PH
- ✓ Protein
- ✓ Red Blood Cells
- ✓ Urobilinogen
- ✓ White Blood Cells

Iron Status

- ✓ Ferritin

Bone Health

- ✓ Alkaline Phosphate
- ✓ Calcium (Adjusted)
- ✓ Phosphate
- ✓ Vitamin D

Diabetes Health

- ✓ Glucose
- ✓ HbA1c

We recommend this test for anyone who is interested in a deeper insight into their general health. A Standard Plus Blood Test should be done once to twice a year to keep an eye on your overall health.

Don't delay in arranging your Standard Plus Blood Test. Book with us today.

Results within 48 hours.

PLEASE NOTE: You are required to fast for at least 10 hours before your test. You may still consume water. In fact, it's better for blood draws if you are well hydrated!



Silver Blood Test

€
190

Consisting of 56 biomarkers, our Silver Blood Test gives a deep insight into your general health.

The Premium Blood Test includes all tests from the Standard Plus Blood Test with additional tests for thyroid health and tumour markers.

Includes Panels Covered in Standard Plus Blood Test:

- ✓ Full Blood Count
- ✓ Heart Health
- ✓ Liver Health
- ✓ Kidney Health
- ✓ Diabetes Health
- ✓ Urinalysis
- ✓ Bone Health
- ✓ Iron Status



Thyroid Health

- ✓ Thyroid Stimulating Hormone
- ✓ Free Tri-iodothyronine
- ✓ Free Thyroxine
- ✓ Anti-Thyroglobulin Antibody
- ✓ Anti-Thyroid Peroxidase Antibody

Tumour Markers

- ✓ Total Prostate Specific Antigen (m)
- ✓ CA-125 (f)

Don't delay in arranging your Silver Blood Test. Book with us today.

Results within 48 hours.

We recommend this test for anyone who is interested in a stronger insight into their general health. A Silver Blood Test should be done once to twice a year to keep an eye on your overall health.

PLEASE NOTE: You are required to fast for at least 10 hours before your test. You may still consume water. In fact, it's better for blood draws if you are well hydrated!

€
275

Gold Blood Test

Our Gold Blood Test covers 77 key health biomarkers, giving an in-depth insight into overall general health.

The **Gold Blood Test** includes all tests from the **Silver Blood Test** with additional tests for heart health, diabetes health, iron status, kidney health, nutritional health, muscle health, joint health, infection and inflammation. Additional tests in the Gold Blood Test are:

Heart Health

- ✓ Apolipoprotein A-I
- ✓ Apolipoprotein B
- ✓ Apolipoprotein B/A-I Ratio
- ✓ Apolipoprotein CII
- ✓ Apolipoprotein CIII
- ✓ Apolipoprotein E
- ✓ Cardiovascular Risk Score
- ✓ High Sensitivity C-Reactive Protein
- ✓ Lipoprotein (a)
- ✓ Small LDL Cholesterol

Diabetes Health

- ✓ Glucose
- ✓ HbA1c
- ✓ Insulin
- ✓ C-Peptide

Iron Status

- ✓ Ferritin
- ✓ Iron
- ✓ TIBC
- ✓ Transferrin
- ✓ Transferrin Saturation

Kidney Health

- ✓ Cystatin C
- ✓ Magnesium
- ✓ Uric Acid

Metabolic Syndrome

- ✓ Leptin
- ✓ Adiponectin
- ✓ Resistin

Nutritional Health

- ✓ Calcium (Adjusted)
- ✓ Albumin
- ✓ Iron
- ✓ Vitamin D
- ✓ Magnesium

Muscle & Joint Health

- ✓ Uric Acid

Infection & Inflammation

- ✓ C-Reactive Protein

We recommend this test for anyone who is interested in an in-depth insight into their general health. A Gold Blood Test should be done once to twice a year to keep an eye on your overall health.

Don't delay in arranging your Gold Blood Test. Book with us today.

Results within 72 hours.

PLEASE NOTE: You are required to fast for at least 10 hours before your test. You may still consume water. In fact, it's better for blood draws if you are well hydrated!

Platinum Blood Test

€
450

Our most comprehensive blood test, analysing an impressive 102 biomarkers. This test is for those who want a complete insight into their overall health.

The **Platinum Blood Test** includes all biomarkers from the **Gold Blood Test** with additional tests for muscle and joint health, infection and inflammation, hormonal health, pancreatic health, bone health, allergy evaluation, digestive health and nutritional health.

Additional tests in the Platinum Blood Test are:

Results within 72 hours.

Muscle & Joint Health

- ✓ Creatine Kinase
- ✓ Uric Acid
- ✓ Rheumatoid Factor

Infection & Inflammation

- ✓ C-Reactive Protein
- ✓ Albumin
- ✓ Complement Component 3
- ✓ Complement Component 4
- ✓ Ferritin
- ✓ Immunoglobulin A
- ✓ Immunoglobulin G
- ✓ Immunoglobulin M
- ✓ Anti-streptolysin O

Male Hormone Health

- ✓ Testosterone
- ✓ Sex Hormone Binding Globulin
- ✓ Free Androgen Index

Female Hormonal Health

- ✓ Oestradiol
- ✓ Follicle Stimulating Hormone
- ✓ Luteinising Hormone
- ✓ Progesterone
- ✓ Prolactin
- ✓ Testosterone
- ✓ Sex Hormone Binding Globulin
- ✓ Free Androgen Index

Nutritional Health

- ✓ Folic Acid
- ✓ Vitamin B12
- ✓ Total Antioxidant Status

Pancreatic Health

- ✓ Pancreatic Amylase
- ✓ Lipase

Digestive Health

- ✓ H. Pylori
- ✓ Anti-Tissue Transglutaminase Antibodies

Allergy Evaluation

- ✓ Immunoglobulin E

Bone Health

- ✓ Parathyroid Hormone

We recommend this test for anyone who wants a complete in-depth insight into their overall health. A Platinum Blood Test should be done once to twice a year to keep an eye on your overall health.

Sports Performance Package

€
300

Our dedicated package for sports performance, analysing 75 different biomarkers.

This package is perfect for both the avid gym hobbyist and the professional athlete alike. Whether you play professional sport, are a keen amateur or are someone who values their athletic performance, this is the package for you.



Full Blood Count

- ✓ Haemoglobin
- ✓ Haematocrit
- ✓ Mean Cell Haemoglobin
- ✓ Mean Cell Haemoglobin Concentration (MCHC)
- ✓ Mean Cell Volume
- ✓ Red Blood Cell Count
- ✓ Basophil Count
- ✓ Eosinophil Count
- ✓ Lymphocyte Count
- ✓ Monocyte Count
- ✓ Neutrophil Count
- ✓ White Blood Cell Count
- ✓ Platelet Count



Heart Health

- ✓ Total Cholesterol
- ✓ LDL Cholesterol
- ✓ HDL Cholesterol
- ✓ Total Cholesterol / HDL Cholesterol Ratio
- ✓ Triglycerides
- ✓ Apolipoprotein A-I
- ✓ Apolipoprotein B
- ✓ Apolipoprotein B/A-I Ratio
- ✓ High Sensitivity C-Reactive Protein
- ✓ Cardiovascular Risk Score



Urinalysis

- ✓ Bilirubin
- ✓ Glucose
- ✓ Ketones
- ✓ Nitrite
- ✓ pH
- ✓ Protein
- ✓ Red Blood Cells
- ✓ Urobilinogen
- ✓ White Blood Cells



Nutritional Health

- ✓ Total Antioxidant Status
- ✓ Folic Acid
- ✓ Vitamin B12
- ✓ Vitamin D



Liver Health

- ✓ Alanine Aminotransferase
- ✓ Alkaline Phosphatase
- ✓ Aspartate Transferase
- ✓ Gamma-glutamyl Transferase
- ✓ Total Bilirubin
- ✓ Albumin
- ✓ Ferritin



Iron Status

- ✓ Iron
- ✓ Ferritin
- ✓ Total Iron Binding Capacity
- ✓ Transferrin
- ✓ Transferrin Saturation



Muscle & Joint Health

- ✓ Creatine Kinase
- ✓ CK-MB
- ✓ Myoglobin

Don't delay in arranging your Sports Performance Package. Book with us today.

Results within 72 hours.



Thyroid Health

- ✓ Thyroid Stimulating Hormone
- ✓ Free Tri-iodothyronine FT3
- ✓ Free Thyroxine FT4



Male Hormone Health

- ✓ Testosterone
- ✓ Sex Hormone Binding Globulin
- ✓ Free Androgen Index



Female Hormonal Health

- ✓ Luteinising Hormone
- ✓ Testosterone
- ✓ Sex Hormone Binding Globulin
- ✓ Free Androgen Index



Bone Health

- ✓ Alkaline Phosphate
- ✓ Calcium (Adjusted)
- ✓ Phosphate
- ✓ Vitamin D



Diabetes Health

- ✓ Glucose
- ✓ HbA1c



Infection & Inflammation

- ✓ C-Reactive Protein



Kidney Health

- ✓ Creatinine
- ✓ eGFR
- ✓ Chloride
- ✓ Uric Acid
- ✓ Potassium
- ✓ Phosphate
- ✓ Sodium
- ✓ Urea
- ✓ Magnesium



Stress Health

- ✓ Cortisol
- ✓ DHEA-S

PLEASE NOTE: You are required to fast for at least 10 hours before your test. You may still consume water. In fact, it's better for blood draws if you are well hydrated!



PHONE :+447775917644
EMAIL :MARK@THEHEALTHLAB.IE

WWW.THEHEALTHLAB.IE



THE HEALTH LAB
EMPOWERING WELLNESS