

VITAL HEALTH CHECKS

# Full Panel Contents

Every marker we test by package

1. Basic Health Check £119
2. Vitamin and Mineral Profile £149
3. Full Blood Test £179
4. Full Blood Test + Lipids and HbA1c £219
5. Health MOT £249
6. Female Complete Health MOT £399
7. Female Complete MOT + Stress and Burnout £439
8. Male Complete Health MOT £399

[vitalhealthchecks.co.uk](https://vitalhealthchecks.co.uk) | [hello@vitalhealthchecks.co.uk](mailto:hello@vitalhealthchecks.co.uk)

# Basic Health Check

£119

A thorough in person health assessment covering all key physical markers. Perfect as an entry-level check or for clients wanting a baseline.

## Full Marker List

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### Physical Observations

- Blood pressure (systolic and diastolic)
- Resting pulse rate
- BMI and body weight assessment
- Urine dip (protein, glucose, ketones, blood, pH)

**Upgrade option:** Upgrade to Full Blood Test (+£60) for a comprehensive blood panel.

# Vitamin and Mineral Profile

£149

A targeted blood test checking key vitamins, minerals and iron status. Ideal for fatigue, low mood, poor immunity, hair loss or suspected nutritional deficiency.

## Full Marker List

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### Iron and Mineral Status

- Ferritin (iron stores)
- Serum Iron
- Transferrin
- Iron Binding Capacity (IBC)
- Zinc
- Magnesium
- Calcium
- Corrected Calcium
- Albumin

### Vitamins

- Vitamin D 25(OH)
- Vitamin B12 (Active)
- Serum Folate (Vitamin B9)

**Upgrade option:** Upgrade to Full Blood Test (+£30) or Health MOT (+£100) for a broader picture.

# Full Blood Test

£179

A comprehensive blood test covering vitamins, minerals and iron alongside liver and kidney function, cholesterol and diabetes markers.

## Full Marker List

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### Iron and Mineral Status

- Ferritin (iron stores)
- Serum Iron
- Transferrin
- Iron Binding Capacity (IBC)
- Zinc
- Magnesium
- Calcium
- Corrected Calcium
- Albumin

### Vitamins

- Vitamin D 25(OH)
- Vitamin B12 (Active)
- Serum Folate (Vitamin B9)

**Upgrade option:** Add Lipids and HbA1c (+£40) or upgrade to Health MOT (+£70).

# Full Blood Test + Lipids and HbA1c

£219

The Full Blood Test with full cardiovascular and diabetes screening added. Excellent for clients with a family history of heart disease or diabetes.

## Full Marker List

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### Iron and Mineral Status

- Ferritin (iron stores)
- Serum Iron
- Transferrin
- Iron Binding Capacity (IBC)
- Zinc
- Magnesium
- Calcium
- Corrected Calcium
- Albumin

### Vitamins

- Vitamin D 25(OH)
- Vitamin B12 (Active)
- Serum Folate (Vitamin B9)

### Full Blood Count

- Haemoglobin
- Red Blood Count
- Haematocrit (HCT)
- MCV, MCH, MCHC, RDW, MPV
- Platelets
- White Cell Count, Neutrophils, Lymphocytes, Monocytes, Eosinophils, Basophils

### Cardiovascular and Cholesterol

- Total Cholesterol
- Triglycerides
- HDL Cholesterol
- LDL Cholesterol
- VLDL (calculated)
- TC/HDL Ratio
- HDL % of Total
- HS-CRP (inflammation)

### Diabetes

- HbA1c (average blood sugar over 3 months)

**Upgrade option:** Upgrade to Health MOT for just +£30 adds full thyroid, liver, kidneys and more.

Our most popular package. A full-body health check covering 60+ markers including a full thyroid panel as standard something most competitors charge extra for.

## Full Marker List

### Full Blood Count

- Haemoglobin
- Red Blood Count
- Haematocrit (HCT)
- MCV, MCH, MCHC, RDW, MPV
- Platelets
- White Cell Count, Neutrophils, Lymphocytes, Monocytes, Eosinophils, Basophils

### Kidney Function

- Urea
- Sodium
- Potassium
- Creatinine
- Calcium
- Corrected Calcium
- Chloride
- Phosphate

### Liver Function

- Total Protein
- Albumin
- Alkaline Phosphatase
- Total Bilirubin
- ALT/GPT
- AST/GOT
- Gamma GT

### Cardiovascular and Cholesterol

- Total Cholesterol
- Triglycerides
- HDL Cholesterol
- LDL Cholesterol
- VLDL (calculated)
- TC/HDL Ratio
- HDL % of Total
- Non-HDL Cholesterol

### Full Thyroid Panel

- Thyroid Stimulating Hormone (TSH)
- Free T3
- Free Thyroxine (Free T4)
- Thyroglobulin Antibody
- Thyroid Peroxidase Antibodies (TPO Ab)

### Iron Status

- Serum Iron
- Ferritin
- Transferrin
- Iron Binding Capacity (IBC)
- Transferrin Saturation

### Metabolic and Inflammation

- HbA1c (average blood sugar)
- HS-CRP (inflammation marker)

### Vitamins

- Vitamin D 25(OH)
- Vitamin B12

**Upgrade option:** Upgrade to Female or Male Complete MOT (+£150) for hormones, coeliac and H Pylori.

# Female Complete Health MOT

£399

Our most comprehensive package for women. Everything in the Health MOT plus a full female hormone panel, gut health markers and folate. 70+ markers total.

## Full Marker List

### Full Blood Count

- Haemoglobin
- Red Blood Count
- Haematocrit (HCT)
- MCV, MCH, MCHC, RDW, MPV
- Platelets
- White Cell Count, Neutrophils, Lymphocytes, Monocytes, Eosinophils, Basophils

### Kidney Function

- Urea
- Sodium
- Potassium
- Creatinine
- Calcium
- Corrected Calcium
- Chloride
- Phosphate

### Liver Function

- Total Protein
- Albumin
- Alkaline Phosphatase
- Total Bilirubin
- ALT/GPT
- AST/GOT
- Gamma GT

### Cardiovascular and Cholesterol

- Total Cholesterol
- Triglycerides
- HDL Cholesterol
- LDL Cholesterol
- VLDL (calculated)
- TC/HDL Ratio
- HDL % of Total
- Non-HDL Cholesterol

### Full Thyroid Panel

- TSH
- Free T3
- Free Thyroxine (Free T4)
- Thyroglobulin Antibody
- Thyroid Peroxidase Antibodies (TPO Ab)

### Iron Status

- Serum Iron
- Ferritin
- Transferrin
- Iron Binding Capacity (IBC)
- Transferrin Saturation

### Metabolic and Inflammation

- HbA1c (average blood sugar)
- HS-CRP (inflammation marker)

### Vitamins

- Vitamin D 25(OH)
- Vitamin B12
- Serum Folate (Vitamin B9)

### Female Hormone Panel

- Oestradiol (Oestrogen)
- Follicle Stimulating Hormone (FSH)
- Luteinising Hormone (LH)
- Progesterone
- Testosterone
- Prolactin
- Sex Hormone Binding Globulin (SHBG)
- Free Androgen Index (FAI)

### Gut Health

- Tissue Transglutaminase IgA (Coeliac screen)
- IgA
- Helicobacter Pylori IgG (H Pylori)

### Cancer Screening

CA125

**Upgrade option: Add Stress and Burnout (+£40) or Female Cancer Markers (+£149).**

# Female Complete MOT + Stress and Burnout

£439

Everything in the Female Complete MOT plus cortisol and DHEA. Ideal for women experiencing hormonal challenges alongside chronic stress, exhaustion or burnout.

## Full Marker List

### Full Blood Count

- Haemoglobin
- Red Blood Count
- Haematocrit (HCT)
- MCV, MCH, MCHC, RDW, MPV
- Platelets
- White Cell Count, Neutrophils, Lymphocytes, Monocytes, Eosinophils, Basophils

### Kidney Function

- Urea
- Sodium
- Potassium
- Creatinine
- Calcium
- Corrected Calcium
- Chloride
- Phosphate

### Liver Function

- Total Protein
- Albumin
- Alkaline Phosphatase
- Total Bilirubin
- ALT/GPT
- AST/GOT
- Gamma GT

### Cardiovascular and Cholesterol

- Total Cholesterol
- Triglycerides
- HDL Cholesterol
- LDL Cholesterol
- VLDL (calculated)
- TC/HDL Ratio
- HDL % of Total
- Non-HDL Cholesterol

### Full Thyroid Panel

- TSH
- Free T3
- Free Thyroxine (Free T4)
- Thyroglobulin Antibody
- Thyroid Peroxidase Antibodies (TPO Ab)

### Iron Status

- Serum Iron
- Ferritin
- Transferrin
- Iron Binding Capacity (IBC)
- Transferrin Saturation

### Metabolic and Inflammation

- HbA1c (average blood sugar)
- HS-CRP (inflammation marker)

### Vitamins

- Vitamin D 25(OH)
- Vitamin B12
- Serum Folate (Vitamin B9)

### Female Hormone Panel

- Oestradiol (Oestrogen)
- Follicle Stimulating Hormone (FSH)
- Luteinising Hormone (LH)
- Progesterone
- Testosterone
- Prolactin
- SHBG
- Free Androgen Index (FAI)

### Stress and Burnout Panel

- Cortisol (primary stress hormone)
- DHEA Sulphate (adrenal reserve marker)

### Gut Health

- Tissue Transglutaminase IgA (Coeliac screen)
- IgA
- Helicobacter Pylori IgG (H Pylori)

### Cancer Screening

CA125

**Upgrade option: Add Female Cancer Markers (+£110 on top of this package).**

# Male Complete Health MOT

£399

Our most comprehensive package for men. Everything in the Health MOT plus a full testosterone and male hormone panel, stress markers and gut health screening. 70+ markers total.

## Full Marker List

### Full Blood Count

- Haemoglobin
- Red Blood Count
- Haematocrit (HCT)
- MCV, MCH, MCHC, RDW, MPV
- Platelets
- White Cell Count, Neutrophils, Lymphocytes, Monocytes, Eosinophils, Basophils

### Kidney Function

- Urea
- Sodium
- Potassium
- Creatinine
- Calcium
- Corrected Calcium
- Chloride
- Phosphate

### Liver Function

- Total Protein
- Albumin
- Alkaline Phosphatase
- Total Bilirubin
- ALT/GPT
- AST/GOT
- Gamma GT

### Cardiovascular and Cholesterol

- Total Cholesterol
- Triglycerides
- HDL Cholesterol
- LDL Cholesterol
- VLDL (calculated)
- TC/HDL Ratio
- HDL % of Total
- Non-HDL Cholesterol

### Full Thyroid Panel

- TSH
- Free T3
- Free Thyroxine (Free T4)
- Thyroglobulin Antibody
- Thyroid Peroxidase Antibodies (TPO Ab)

### Iron Status

- Serum Iron
- Ferritin
- Transferrin
- Iron Binding Capacity (IBC)
- Transferrin Saturation

### Metabolic and Inflammation

- HbA1c (average blood sugar)
- HS-CRP (inflammation marker)

### Vitamins

- Vitamin D 25(OH)
- Vitamin B12

### Male Hormone and Stress Panel

- Testosterone (total)
- Sex Hormone Binding Globulin (SHBG)
- Free Androgen Index (FAI)
- Free Testosterone (calculated)
- DHEA Sulphate (adrenal reserve)
- Cortisol (stress hormone)

### Gut Health

- Tissue Transglutaminase IgA (Coeliac screen)
- IgA
- Helicobacter Pylori IgG (H Pylori)

### Cancer Screening

- PSA

**Upgrade option:** Add Male Cancer Markers (+£149) including PSA Total, PSA Free and PSA Ratio.