

## TRIATHLETE

You train hard to excel across three different sporting disciplines, but it can take a toll on your body.

Finding the balance between efficient training, effective nutrition and all-important rest- the three pillars of successful athletic performance- can be difficult.

The insight this test gives you into your body and how it works means you can tailor and adapt your training as your season progresses to make sure it's getting what it needs to give you the competitive edge. And it can all be done quickly, regularly.

### Biomarkers

- Active B12
- Cortisol (9am)
- Creatine Kinase
- Creatinine
- eGFR
- Ferritin
- Haemoglobin
- hs-CRP
- Luteinising Hormone (LH)
- Prolactin
- Red Blood Cell Count (RBC)
- Testosterone (total)
- Thyroid Stimulating Hormone (TSH)
- Thyroxine (T4, free direct)
- Triiodothyronine (T3, free)
- Urea
- Vitamin D (25 OH)
- White Blood Cell Count (WBC)

### How Does it Work?

Our blood test service has been planned to help you proactively manage your health.

Your sample will either be taken via a finger prick test or venipuncture dependent on the type of screening you have requested. Once your sample is taken it is sent off to a UCAS and ISO15189 accredited laboratory and typically your results are back within 48 hours for us to discuss either back in clinic or via a video consultation.

Simply book your appointment with us, **we will need 48 hours' notice before you attend our clinic for your test and some tests must be taken at certain times.** We will then have everything ready on the day to take your blood sample.

Please feel free to book a free consultation where we can take the time to discuss what test is best suited for what you would like to achieve from your personal screening, alternatively send us a message telling us what screening you would like to have so we can then arrange it at an appropriate time to ensure we have the correct screening test and are able to ensure we can get your samples to the laboratory in a timely manner.

**You can email us at [jenna@fallonaesthetics.co.uk](mailto:jenna@fallonaesthetics.co.uk) or message on 07907 005255**