



POWERLIFTER

Strength may lie in the muscles and bones, but it takes the whole body working effectively to get performance gains.

If you're an athlete who wants to increase their strength and power output, training to the edge of your body's ability is where progress happens, but push too hard, too heavy or too often and you risk tipping over into the realm of overtraining and injury.

Finding that balance can be difficult, but with more insight and knowledge into how your body is responding to training and nutrition, you can find it.

Through accurate biomarker testing, you can ensure your body has what it needs so you can train smarter and with confidence.

Biomarkers

- Active B12
- Alanine Aminotransferase (ALT)
- Albumin
- Cortisol (9am)
- Creatine Kinase
- Creatinine
- eGFR
- Follicle Stimulating Hormone (FSH)
- Free Testosterone (calculated)
- hs-CRP
- Luteinising Hormone (LH)
- Oestradiol (Oestrogen)
- Prolactin
- Sex Hormone-Binding Globulin
- Testosterone (total)
- Urea
- Vitamin D (25 OH)

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 or message on 07907 005255