



## RUNNER

Endurance, stamina, efficiency and fatigue-resistance are key attributes of the successful runner.

This blood test can help you check and monitor the biomarkers that give you insight into how your body uses energy, recovers from exertion, responds to stress and more. Ensure you're getting the right micronutrients you need such as vitamin D and iron, and tailor your diet and training.

### Biomarkers

- Active B12
- Cortisol (9am)
- Creatine Kinase
- Creatinine
- eGFR
- Ferritin
- Haemoglobin
- hs-CRP
- Luteinising Hormone (LH)
- Oestradiol (Oestrogen)
- 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**