

Welcome To Lab Me



~67% Reduction Of Heart Attack Risk In Just 3 Months

[Lab Me Analytics](#)

[Kathryn Close](#)

"After 3 months my risk for heart attack dropped massively. "All my results were optimal! I had zero borderline or risk numbers"

Executive Summary

Kathryn was shocked when her first [Lab Me Executive Health Check](#) in September returned markers indicative of heart disease in the future. She started doing Fartlek sprints and strength training 3-4x per week. Her second test, 3 months later, showed significant improvement.

	Pre	Post
Cholesterol	Risk	Optimal
hsCRP	Borderline	Optimal
VLDL	Risk	Optimal
HDL	Risk	Optimal
TG:HDL	Borderline	Optimal

Challenges

Kathryn was trying to figure out why she was so fatigued and not "feeling well" on a regular basis. She found regular blood testing as "not even an option" due to cost, appointment times, inconvenience of fasting and a fear of needles.

She felt like she didn't have the ability to control her own health due to rising costs, insurance deductibles, and a lack of access to data.

Also, she stated that her lifestyle is very busy and finding time to get checked up was difficult. Fasting the night before and having to drive to blood testing appointments was daunting.

Kathryn was eating and doing the exercise she thought was helpful. Most of her information came from "clickbait" type of material online.

She wasn't doing regular blood work due to cost, inconvenience of time, fear of fasting and needles.

How Product Helped

Kathryn started using the [Lab Me Executive Health Check](#) on a quarterly subscription.

She was able to fast during her sleep, wake up and perform the test in the comfort of her own home, and immediately eat and have her coffee. She said, "It was simple and quick." and had been a "major eye-opener".

In between her blood test 3 months apart, she practiced Fartlek sprints and resistance training. She was pleased to observe all negative marks had improved significantly. In addition, her mood and feelings of fatigue were greatly improved.

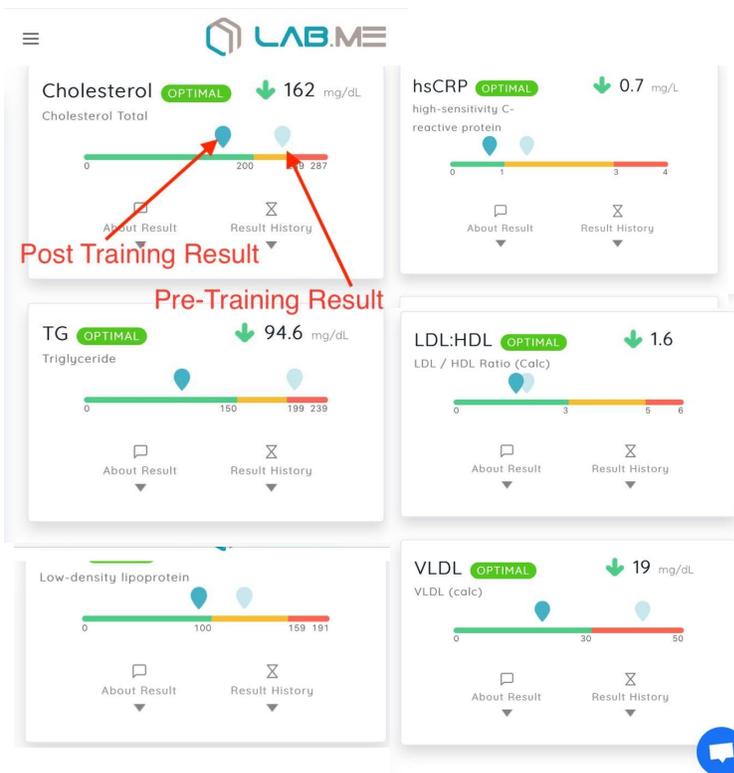
Results, Return on Investment and Future Plans

Her cholesterol, hsCRP, TG: HDL, VLDL, Triglycerides, and LDL all improved to optimal ranges. Previously they were considered at risk or borderline.

She stated, "I had zero borderline or risk numbers. Also, I can do push-ups on my toes now (laughing). I do have a lot more energy, no fatigue like I used to have."

In addition, she stated that she "felt more confident" about her health and had "peace of mind" knowing that she had convenient control and access to her internal health without relying on the traditional systems.

Kathryn stated that it only took "3 minutes to order, 3 minutes to perform the test and 3 minutes to put in the mailbox" and that Lab Me had easily saved her over "\$500 in the short term" and possibly "her life in the long term".



In the photo above, we have marked what the indicator means so that you can understand the improvement. The dark blue pointer is the result after Kathryn's training. The light blue pointer is pre-training (or previous test result). ***This is the same for all the biomarkers in each photo.***

hs-CRP levels at 1.2 reducing to 0.6 statistically drops the risk of a heart attack from ~1.43 to .96; a 67% decrease. [1]

"When you go to a lab to get blood drawn, you sit and you wait, and you sit and wait some more. This was in the comfort of my own home, and done within a couple of minutes."

"Taking ownership of my health includes being able to freely monitor my own blood (without a script/order) and check markers that I feel are most important to my overall health."