



List of biological markers and tests

by Ikare

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Summary

At ikare, we adopt a tailored 80/20 approach to health optimization. Our experienced doctors design a personalized plan, starting with an initial set of blood tests specifically selected for you.

Based on these results, additional tests—such as advanced blood panels or imaging scans—may be recommended to provide deeper insights into your health.

Because our service is fully customized, we do not offer a predefined list of tests.

The tests suggested depend on your individual needs, the availability of medical services in your area, and your budget.

The list of biomarkers below is comprehensive and on your individual needs, the availability of medical services in your area, and your budget.

The list of biomarkers below is comprehensive and pertains only to the initial blood test analysis phase.

Here is a non-exhaustive list of tests that can be asked by your doctor : Dexa scan, vo2 max, strength test, coppa test, etc...



List of biomarkers

Hematology & Immunology

- Hemoglobin
- Leukocyte
- Leukocyte polynuclear
- Leukocyte neutrophile
- Leukocyte eosinophile
- Leukocyte basophile
- Lymphocyte
- Monocytes
- Monocyte
- Iron
- Saturation percentage
- Ferritin
- Zinc
- Hematocrite
- VGM
- CCMH
- TCMH

Hydromineral Balance Assessment

- Sodium
- Potassium
- Calcium
- Magnesium
- Phosphore
- Transaminase TGO
- Transaminase TGP
- G.G.T

Vitamin Panel

- Vitamin A
- Vitamin B (B6, B9, B12)
- Vitamin D (D2 + D3)
- Vitamin E
- Vitamin K1



Nutritional Assessment

- Fasting blood glucose
- Insulin
- Hemoglobin A1c (HbA1c 1 Insulin resistance (HOMA)
- Estimation of average blood glucose
- Triglyceride
- Total cholesterol
- HDL cholesterol
- LDL cholesterol
- CT/HDL ratio
- Non-HDL cholesterol
- Apolipoprotein A1
- Apolipoprotein B
- Apolipoprotein A1:B ratio
- Lipoprotein A
- Omega 6
- Omega-3 Total

Inflammatory & Protein assessment

- Total protein
- Alpha-1 globulins
- Alpha-2 globulins
- Beta globulins
- Gamma globulins
- Albumin
- Ultra sensitive C-reactive protein (CRP us)

Food intolerance Assessment

- Egg white intolerance (IgG)
- Egg intolerance (IgG)
- Cow's milk intolerance (IgG)
- Intolerance to alpha-lactalbumin
- Beta lactoglobulin intolerance (IgG)
- Casein intolerance (IgG)
- Intolerance to pork (IgG)
- Intolerance to chicken meat (IgG)
- Cod intolerance (IgG)
- Shrimp intolerance (IgG)
- Tuna intolerance (IgG)
- Salmon intolerance (IgG)
- Wheat intolerance (IgG)
- Gluten intolerance (IgG)
- Nut intolerance (IgG)
- Cocoa intolerance (IgG)
- Potato intolerance (IgG)
- Garlic intolerance (IgG)
- Onion intolerance (IgG)
- Banana intolerance (IgG)
- Tomato intolerance (IgG)
- Goat's milk intolerance (IgG)

Oxidative Stress Assessment

- Total antioxidant capacity
- Measured antioxidant capacity
- Coenzyme Q10
- Zinc
- Selenium
- Homocystein
- Anti-LDL



Endocrinology Assessment

- Iodine
- Pregnenolone
- Total testosterone
- SHBG
- FSH
- Prolactin
- Insulin
- microbiote

Neurotransmitter Assessment

- Dopamine
- Serotonin
- Adrenaline

Renal and Urological Assessments

- Creatinine (Blood)
- Uric acid

Hormonal assessments

- T4
- TSH Us

Psychological Evaluation of Stress

- Awakening cortisol

DNA Methylation

- DNA Methylation
- PhenoAge

Other

- Amylase
- Lipase
- Bilirubine
- Ionogram
- glutathione



Congratulations!

*You are 2 steps away from
living longer in good health !*

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