

# BLOOD TESTING WITH REVIV

## B12 SCREENS

This includes total and active B12, alongside serum folate levels as well, to establish a clear picture of potential B12 deficiency. This test is advised for patients experiencing symptoms of anaemia, B12 deficiency or Folate deficiency. The B12 screen will diagnose a folate or B12 deficiency and correction can occur through supplementation of these nutrients.

## CHOLESTERAL AND LIVER SCREENS

This test includes Total cholesterol, HDL cholesterol, LDL cholesterol, Triglycerides and a full liver function analysis to establish important markers for cardio-vascular and liver disease. This test is advised for genetic patients that have unfavourable cholesterol SNPs and those that want to monitor their levels, either more regularly or to begin surveillance. This test will also be appropriate to help understand cardiovascular disease risk more clearly. This test can be recommended for patients that drink above their normal weekly unit allowance too as surveillance of liver disease from this behaviour.

## OMEGA 3:6 RATIO

Omega 3 (EPA-eicosapentaenoic acid) and omega 6 (AA-arachidonic acid) fatty acids are both essential, meaning we need to consume them in our diet and cannot make them internally. An ideal ratio of Omega 6 to omega 3 is 2:1. Standard western diets often lead to ratios of 10:1 and in some locations in the USA, 30:1 can be common. It is thought that these ratios are a good indicator of obesity and increased risk of cardiovascular disease, diabetes and arthritis.

Omega 3 fatty acids help to reduce inflammation and omega 6 promotes it. Although inflammation is integral to immune response, constant activation of inflammation, causing chronic low-grade inflammation can be problematic to health. Using this blood marker can be useful to assess in weight loss journeys and determining low grade inflammation. It can also be a useful marker to monitor progress when optimising diet.

## VITAMIN D

This test looks at Vitamin D levels in the blood and will identify a vitamin D deficiency. Vitamin D is essential for immune function and deficiency has been linked to most cancers. Regular vitamin D surveillance, particularly during the winter will allow the doctor to advice and personalise a safe and effective vitamin D supplementation plan.





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## RED CELL GLUTATHIONE

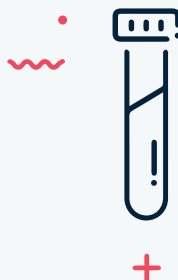
Glutathione (GSH) is a tri-peptide synthesised in most cells and is the most abundant and important intracellular antioxidant. The level of GSH in erythrocytes i.e. red cell glutathione is a sensitive indicator of intracellular GSH status, the overall health of cells and antioxidant ability, as well as a good marker of longevity. GSH is the most abundant non-protein thiol in mammalian cells. It is involved in many biological processes including removal or oxygen-reactive species, regulation of the redox state of the cells, detoxification of xenobiotics and the oxidative state of important protein sulphhydryl groups, as well as regulation of immune function.

Low levels of GSH have been reported in cardiovascular disease, cancer, AIDS, autism, alcoholism, and debilitating neurodegenerative diseases such as Alzheimer's and Parkinson's. It has also been associated with chronic retention of many potential toxic elements, such as mercury, lead, arsenic, cadmium, manganese and iron, as well as chemicals and some drugs.

**Feel the freedom and power of knowledge.  
Book your blood test today.**

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Intracellular GSH biosynthesis and intracellular levels can be up-regulated as a protective mechanism and can be incorporated into a preventative health programme. Assessment and support of erythrocyte GSH can contribute to healthy ageing and effective detoxification of toxic metals and chemicals. Assessing and supporting appropriately high levels of erythrocyte GSH is important for protecting cells, promoting overall health and longevity, and contributes significantly to safe and effective metal detoxification.



## G6PD

G6PD deficiency is a genetic disorder that most often affects males. It happens when the body does not have enough of an enzyme called glucose-6-phosphate dehydrogenase (G6PD). This test measures the amount of G6PD in the red blood cells. G6PD is an enzyme that protects red blood cells from the effects of oxidation. If there is insufficient G6PD, the red blood cells become more vulnerable to oxidative damage. In people with G6PD deficiency, the gene mutation and resultant enzyme deficiency is not sufficient by itself to cause symptoms. The development of symptoms requires the specific interaction of an alteration in the G6PD gene in combination with a specific environmental factor.

Studies have shown that high doses of ascorbic acid (vitamin C) decrease the function and survival of G6PD-deficient red blood cells as well. High-dose ascorbic acid is thought to promote the production of hydrogen peroxide as a by-product of its cycling between its ionized form and the ascorbate radical form. G6PD deficient red blood cells can be vulnerable to this hydrogen peroxide. Therefore, it is an important test when considering high dose vitamin C, intravenously, or to establish vulnerability of oxidative damage to red blood cells. G6PD deficiency can be explored via a genetic test as well, but a blood test is the most cost-effective way of diagnosis.