



FOUR18

W E L L B E I N G

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PRIVATE GP





Four18 Wellbeing.  
Private Medical Clinic

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# About the Clinic

Four18 Wellbeing is a distinguished private CQC registered healthcare clinic situated in Derby. The two owners are accomplished medical professionals who possess over 30 years of experience within the National Health Service (NHS) and have served as General Practitioner's (GP) partners in the local area. This has meant they have gained an in-depth understanding of the healthcare requirements of the surrounding community, thus enabling them to deliver exceptional patient care.

The clinic benefits from a large private car park along with an ambient environment in a state of the art premise. At

Four18 Wellbeing, we provide an array of services, including general medical services, onward referral to speciality services, executive health packages and bespoke screening medicals, all meticulously designed to help our patients attain their optimal health.

We can see children and adults and can manage a whole host of medical problems. We have access to affiliate health professionals including on-site physiotherapists, dieticians and psychotherapists. We can perform investigations including blood tests and ECGs and can refer you for specialist tests such as MRI and CT scans.



# Meet The Doctors

MEDICAL DIRECTOR

## Dr Tayyab Bhatti

MBChB MRCCGP

Dr Tayyab Bhatti graduated from Sheffield University in 2003. He is a highly experienced clinician with a passion for providing compassionate and high-quality care to his patients. He divides his time between working part-time in the NHS as a GP Partner at a local practice and at Four18 Wellbeing. He also provides training to GP trainees and serves as a Regional Trainer for the dermal filler company Teoxane.

With a wealth of knowledge across a wide range of medical areas, Dr Tayyab Bhatti adopts a holistic approach to healthcare, treating each patient as an individual and developing personalised treatment plans that are tailored to their unique needs. From routine check-ups to complex conditions, Dr Tayyab Bhatti is dedicated to delivering exceptional medical care that is both comprehensive and effective.



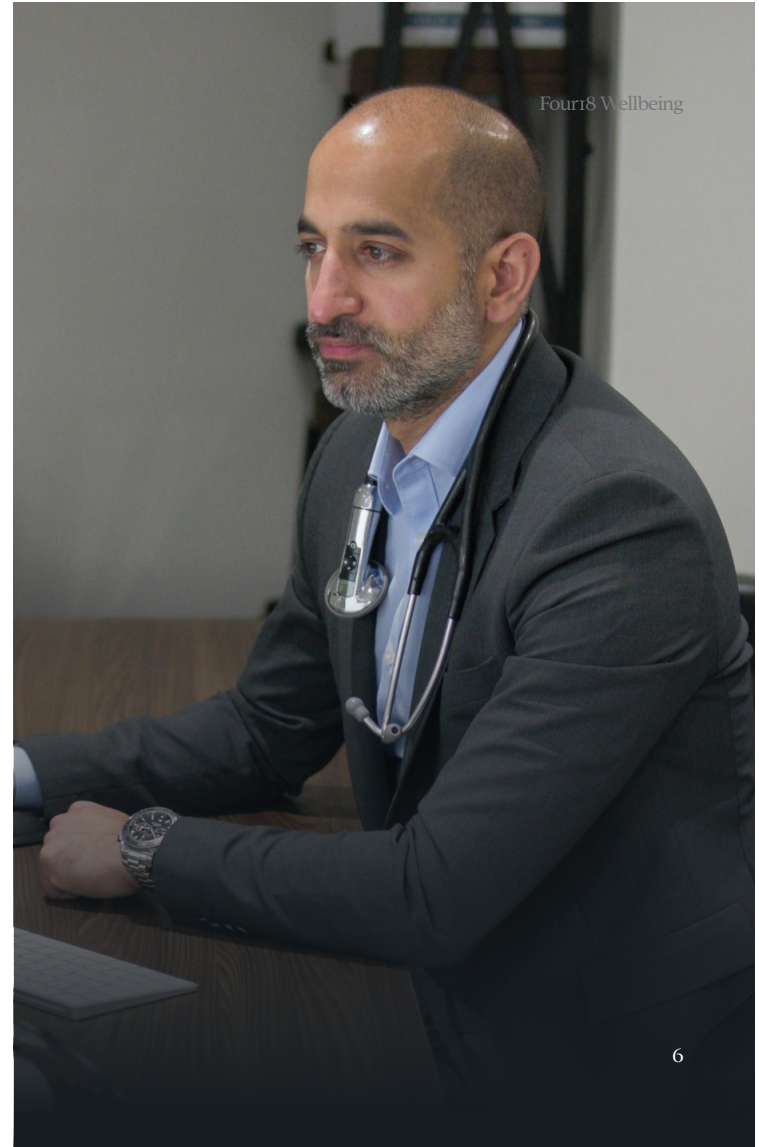
MEDICAL DIRECTOR

## Dr Aqib Bhatti

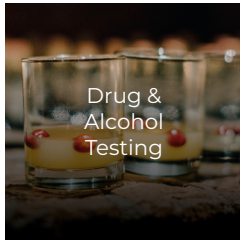
BSc (HONS) MBChB MRCP MSc (Occ Med)

Dr Aqib Bhatti is an experienced and dedicated General Practitioner with expertise in cardiovascular medicine, men's health, dermatology, and joint injections. He has years of experience in both public and private healthcare settings, and he is eager to bring his commitment to comprehensive patient care to his private GP practice.

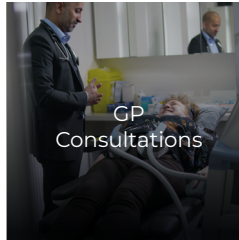
Dr Bhatti adopts a personalised approach to each patient, offering accurate diagnoses and individualised treatment plans. He is devoted to raising awareness about men's unique healthcare needs and possesses expertise in a wide range of skin conditions. Dr Bhatti excels in performing joint injections with precision, resulting in effective and long-lasting relief. He fosters a welcoming environment where patients feel at ease discussing their health concerns. You can trust Dr Bhatti's extensive knowledge, compassionate bedside manner, and unwavering dedication to provide exceptional healthcare services.



# Treatments Offered



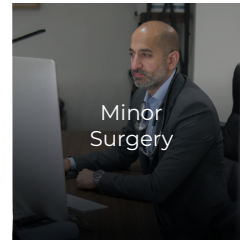
Drug &  
Alcohol  
Testing



GP  
Consultations



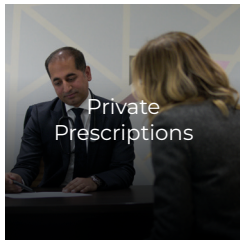
Skin  
Treatments



Minor  
Surgery



Hay Fever  
Treatment



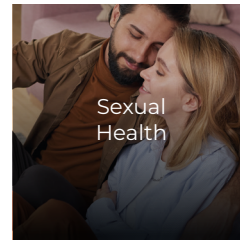
Private  
Prescriptions



Vaccinations



Vitamin  
Injections

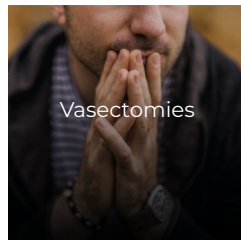
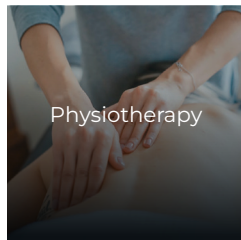
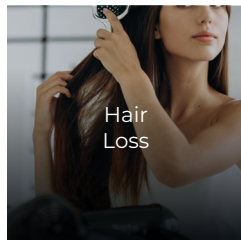
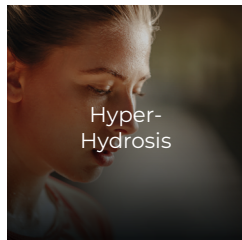
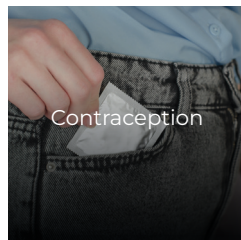
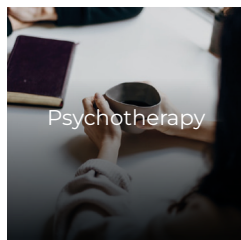
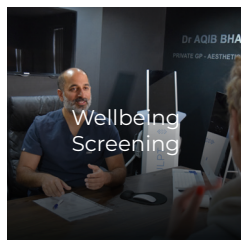
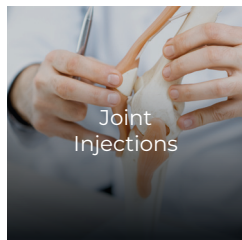
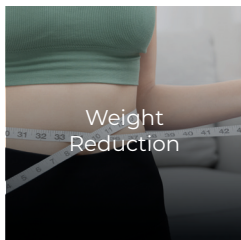


Sexual  
Health



Migraine  
Treatment

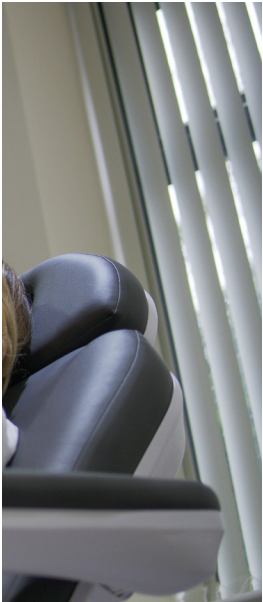




# Private Health Care Services

At Four 18 Wellbeing, we offer a wide range of services, including private prescriptions, private medical treatments, medical consultation, minor surgery, and clinical tests. We understand that when it comes to healthcare, there are times when you need more personalised care and attention than what can be offered in a public setting. That is why we've created a comfortable and safe environment for our patients to receive specialised care.





## GP Medical Appointments

Our two doctors have over 30 years of medical experience and have expertise in a wide range of areas. The clinic offers bespoke, easily accessible healthcare in a relaxed, confidential environment. Patients benefit from swift, adaptable and generous consultation time with attentive practitioners. Focusing on preventive care, precise diagnoses, and state-of-the-art treatments, this service cultivates trust, satisfaction, and enduring patient-doctor relationships, ensuring that individuals receive the highest standard of care tailored to their unique needs. The service also prioritises continuity of care, fostering a holistic understanding of each patient's medical history and personal circumstances to facilitate effective, individualised treatment plans with the aim of achieving greater health for longer.



## Psychotherapy Services

At the clinic, we are working with Kristina Gymbryte who is a BACP registered Integrative Counsellor and Psychotherapist. Her therapy is tailored to an individual's unique needs and covers conditions such as generalised anxiety disorder, depression, anger management, work related stress and self-harm. Kristina also has a special focus on eating disorders and body image issues and offers in-person appointments at the clinic, online, and phone sessions.

Further details can be found at [www.kgpsychotherapy.com](http://www.kgpsychotherapy.com)

## Nutrition/Physiotherapy/ Rehabilitation

Our clinic is proud to host Andra Health who are an independent private team of experts in physiotherapy, nutrition and rehabilitation treatments. They manage routine musculoskeletal issues through to more advance sports related injuries that require prolonged rehabilitation. Their team of nutritionists manage a range of diet related issues from weight loss through to improving peak physical fitness through correct nutritional support.

For further details please visit [www.andrahealth.com](http://www.andrahealth.com)



# Become a Member at Four18

How would you like the opportunity to be able to contact your personal GP whenever you needed to? Not having to wait in long queues to get through on the phone and then being told there are no appointments left. At Four18 Wellbeing we have launched the opportunity to become a GP member which carries several advantageous. The number of memberships is limited to ensure that personalised care remains at the forefront of this unique service and doesn't compromise the quality of the service being offered.

## Benefits of being a GP Member.

### **Prompt Appointments:**

Quick access to doctor with same day face to face or video consultations if needed.

### **Flexible Scheduling:**

Convenient service including early morning blood tests for busy individuals on weekends or evenings.

### **Personalised Care:**

Doctors offer longer consultations than the standard NHS, allowing for tailored care to unique needs.

### **Enhanced Facilities:**

Modern, well-equipped facilities ensure comfortable and state-of-the-art care.

### **Continuity of Care:**

Building a relationship with a personal GP ensures familiarity with medical history and personal circumstances, leading to more effective treatment plans.

### **Specialist Referrals:**

Quick access to specialist referrals through established networking relationships, reducing wait times for diagnostic tests or consultations.

### **Comprehensive Health Screenings:**

Emphasis on preventive care and early detection of potential health issues through extensive health assessments and screenings.

### **Privacy and Confidentiality:**

Strong governance to maintain patient privacy and confidentiality of medical information.

### **Bespoke Health Plans:**

Customised health plans created by private GPs to address specific health goals, offering guidance on lifestyle changes, nutrition, and exercise for overall well-being.

## Gold Membership

Unlimited GP Access  
And Wellbeing Support

- ✓ Bi-Yearly Medicals and Annual Wellbeing Bloods
- ✓ Unlimited Appointments with our Doctors (fair use policy)
- ✓ Direct Mobile Contact with our Doctors 7 days a week.
- ✓ Preferential Appointment Slots
- ✓ Same Day Appointments
- ✓ Children Under 18 Charged at £75 pounds each
- ✓ Family Membership Available
- ✓ Annual Influenza Vaccination included

£140/ month

# Pricing

Prices of all treatment and final cost to be confirmed prior to treatment commencing and include consultations and all aftercare if needed

Medical Consultations	£ Price
Registration Fee	FREE
GP Membership <small>(GP access 24/7, 365 days a year)</small>	POA
General Medical Consultation <small>(per 15 mins)</small>	£80
Private Medical Prescription	£25
Private Medicals/Health Insurance Claim	£50-£70
Medical Forms/Reports to be completed no examination <small>(30 mins to complete)</small>	£90
Medical Forms/Reports to be completed with an examination <small>(40 mins to complete)</small>	£120
Private Medical Referral Letter	£60
Occupational Health Medical	POA
Ofsted Childminder Declaration	£75
Power of Attorney inc Certificate	£85
Private Letter/Medical Statement	£100
Well Person Health Screen <small>(full examination, bloods, ECG, spirometry, urine analysis)</small>	£595
HGV DVLA (D4) Medical <small>(bring driving license)</small>	£100

Travel	£ Price
Fitness to Fly	£70
Holiday Cancellation Certificate	£70
Private Prescription for Travel Abroad	£30

Clinical Tests	£ Price
Men's/Women's Health Screening <small>(gender specific hormone profiling)</small>	£595
Primary Prevention Cardiovascular Assessment <small>(ECG, examination, bloods)</small>	£595
Skin Tag Removal	from £100
QHCG Pregnancy Test <small>(Blood test)</small>	£95
TB Scar Verification - with certificate	£60
Drug and Alcohol Screening <small>(bring photo ID)</small>	£150
ECG (Heart Tracing) 12 lead – with interpretation	£150
Spirometry <small>(Lung Function Test)</small>	£100
Audiometry <small>(Hearing Test)</small>	POA

Blood tests	from £50
Advanced Blood/Urine/Stool Screening for symptomatic patients .	POA
TB Quantiferon Test.	£195
Quantitative HCG	£95
Hepatitis B Immunity Test	£99
Mole Mapping	from £50
Allergy Testing (dust, pollen, cats, egg and milk)	£100
24 Hour BP Monitoring and Interpreting	POA
Cervical Cancer Screening (Smear Test and HPV test)	from £150

Treatments	£ Price
Hyperhidrosis	from £50
Chronic Migraines/Headaches	POA
Minor Surgery	£195
Joint Injections	£95
Vitamin B12 injection	£99
Steroid Hay Fever Injection	from £50
Sports Massage	£100
Cognitive Behavioural Therapy (CBT)	POA
Ear Syringing	from £150
Microneedling and PRP Treatments	

Sexual Health Testing	£ Price
HIV Test - from day 28	from £50
HIV Test INSTANT - from day 28	POA
HIV Early Detection Screen at day 10. HIV, Hep B and C	£195
Basic Male STI Screen - includes HIV, Hep B, Chlamydia, Gonorrhoea, Syphilis	£95
Basic Female STI Screen - includes HIV, Hep B, Chlamydia, Gonorrhoea, Syphilis	£99
Urine Sexual Health Screen Chlamydia, Gonorrhoea, Mycoplasma, Ureaplasma, Trichomonas, Herpes I/II	from £50
Herpes Test, Blood or Lesion Swab.	£100
Chlamydia (Urine sample)	POA
All Inclusive testing Sexual Health Screening (for Male or Female) - HIV, Hepatitis B, Chlamydia, Gonorrhoea, Syphilis, Trichomonas, Garderella, Her- pes	from £150

# Blood Tests

CODE: HSC3

Acute Med 1

Essential clinical chemistry biomarkers to quickly identify illness in patients.

Price: £120

## Full Blood Count

- Haemoglobin
- Hematocrit
- Mean Cell Haemoglobin
- Mean Cell Haemoglobin Concentration (MCHC)
- Red Blood Cell Mean Cell Volume (MCV)
- Red Blood Cell Count
- Basophil Count
- Lymphocyte Count
- Eosinophil Count
- Monocyte Count
- Neutrophil Count
- White Blood Cell Count
- Platelet Count

## Heart Health

- Total Cholesterol
- LDL Cholesterol
- HDL Cholesterol
- Total Cholesterol/HDL
- Cholesterol Ratio
- Triglycerides

## Bone Health

- Alkaline Phosphatase
- Calcium (Adjusted)
- Phosphate

## Liver Health

- Alkaline Phosphatase
- Alanine Aminotransferase
- Aspartate Transferase
- Gamma-glutamyl Transferase
- Total Bilirubin
- Albumin

## Diabetes Health

- Glucose
- HbA1c

## Kidney Health

- Creatinine eGFR
- Chloride
- Calcium (Adjusted)
- Potassium\*
- Phosphate
- Sodium
- Urea



CODE: HSC4

## Acute Med 2

An extended selection of clinical chemistry biomarkers to quickly identify general illness in patients.

Price: £140

### Includes Panels Covered in Acute Med 1:

Full Blood Count  
Heart Health  
Liver Health  
Bone Health  
Kidney Health  
Diabetes Health



#### Urinalysis

- Bilirubin
- Glucose
- Ketones
- Nitrite pH
- Protein
- Red Blood Cells (RBC)
- Urobilinogen
- White Blood Cells (WBC)

#### Muscle & Joint Health

- Creatine Kinase
- Uric Acid

#### Infection & Inflammation

- C-Reactive Protein (CRP)

#### Iron Status

- Ferritin
- Iron
- Total Iron Binding Capacity (TIBC)
- Transferrin
- Transferrin Saturation

## Lipids HbA1c

Quickly screen for basic diabetic and cardiovascular risk in patients.

CODE: HSC2

Price: £66

### Full Blood Count

- Haemoglobin
- Haematocrit
- Mean Cell Haemoglobin
- Mean Cell Haemoglobin Concentration (MCHC)
- Red Blood Cell Mean Cell Volume (MCV)
- Red Blood Cell Count
- Basophil Count
- Lymphocyte Count
- Eosinophil Count
- Monocyte Count
- Neutrophil Count
- White Blood Cell Count
- Platelet Count

### Heart Health

- Total Cholesterol
- LDL Cholesterol
- HDL Cholesterol
- Total Cholesterol/HDL Cholesterol Ratio
- Triglycerides
- High Sensitivity C-Reactive Protein (hsCRP)

### Diabetes Health

- HbA1c

## Basic Screen

Find the baseline bloods for your patients.

CODE: HSC5

Price: £70

### Full Blood Count

- Haemoglobin
- Haematocrit
- Mean Cell Haemoglobin
- Mean Cell Haemoglobin
- Red Blood Cell Mean Cell Volume (MCV)
- Red Blood Cell Count
- Basophil Count
- Lymphocyte Count
- Eosinophil Count
- Monocyte Count
- Neutrophil Count
- White Blood Cell Count
- Platelet Count

### Kidney Health

- Alkaline Phosphatase (ALP)
- Alanine Aminotransferase (ALT)
- Aspartate Transferase (AST)
- Gamma-glutamyl Transferase (GGT)
- Creatinine eGFR
- Chloride
- Potassium\*
- Phosphate
- Sodium
- Urea

### Heart Health

- Total Cholesterol
- LDL Cholesterol
- HDL Cholesterol
- Total Cholesterol/HDL
- Cholesterol Ratio
- Triglycerides
- High Sensitivity C-Reactive
- Protein (hsCRP)

### Liver Health

- Alkaline Phosphatase (ALP)
- Alanine Aminotransferase (ALT)
- Aspartate Transferase (AST)
- Gamma-glutamyl Transferase (GGT)
- Total Bilirubin
- Albumin

### Diabetes Health

- Glucose

## Standard Screen

Find the baseline bloods for your patients.

Price: £160

### Includes Panels Covered in Basic Screen:

Full Blood Count  
Heart Health  
Liver Health  
Kidney Health  
Diabetes Health



#### Urinalysis

- Bilirubin
- Glucose
- Ketones
- Nitrite
- PH
- Protein
- Red Blood Cells (RBC)
- Urobilinogen
- White Blood Cells (WBC)

#### Muscle & Joint Health

- Alkaline Phosphatase (ALP)
- Calcium (Adjusted)
- Phosphate
- Vitamin D

#### Iron Status

- Ferritin

#### Infection & Inflammation

- Glucose
- HbA1c

CODE: HSC7

## Standard Screen Plus

Establish the general health of our patients with an extended screen including vitamin D and thyroid function.

Price: £200

### Includes Panels Covered in Standard Screen:

Full Blood Count  
Heart Health  
Kidney Health  
Diabetes Health  
Urinalysis  
Bone Health  
Iron Status



#### Thyroid Health

- Thyroid Stimulating Hormone
- Free Triiodothyronine (FT3)
- Free Thyroxine (FT4)
- Anti-Thyroglobulin Antibody (Anti-Tg)
- Anti-Thyroid Peroxidase Antibody (Anti-TPO)

#### Tumour Markers

- Total Prostate Specific Antigen (m)
- CA-125 (f)

## Advanced GP2

A detailed dive into patient health and wellbeing including extended cardiovascular health screening including tests for diabetes.

### Includes Panels Covered in Standard Screen Plus:

Full Blood Count  
Heart Health  
Liver Health  
Kidney Health  
Diabetes Health  
Urinalysis  
Bone Health  
Thyroid Health  
Tumour Markers



#### Heart Health

- Apolipoprotein A-I
- Apolipoprotein B
- Apolipoprotein B / A-I Ratio
- Apolipoprotein CII
- Apolipoprotein CIII
- Small LDL Cholesterol
- Lipoprotein (a)
- High Sensitivity C-Reactive Protein (hsCRP)
- Cardiovascular Risk Score
- Apolipoprotein E

#### Nutritional Health Calcium (Adjusted)

- Albumin
- Iron
- Vitamin D
- Magnesium

#### Diabetes Health

- Glucose
- HbA1c
- Insulin
- C-Peptide

CODE: HSC8

Price: £250

#### **Kidney Health**

- Cystatin C
- Magnesium
- Uric Acid

#### **Muscle & Joint Health**

- Uric Acid

#### **Iron Status**

- Ferritin
- Iron
- TIBC
- Transferrin
- Transferrin
- Saturation

#### **Metabolic Syndrome Leptin\*\***

- Adiponectin\*\*
- Resistin\*\*

#### **Infection & Inflammation**

- C-Reactive Protein (CRP)

## Advanced GP3

One of the largest and most exclusive blood screening panels offered by Four18 covering over 150 data points across key health areas

### Includes Panels Covered in Advanced GP2:

Full Blood Count	Nutritional Health
Heart Health	Infection & Inflammation
Liver Health	iron Status
Kidney Health	Melabolic Syndrome
Diabetes Health	
Urinalysis	
Rone Health	
Thyroid Health	
Trumour Markers	



#### Muscle & Joint Health

- Creatine Kinase
- Uric Acid
- Rheumatoid Factor (RF)\*

#### Digestive Health H.

- Pylori
- Anti-Tissue
- Transglutaminase
- Antibodies

#### Female Hormonal Health

- Oestradiol
- Follicle Stimulating Hormone
- Luteinising Hormone
- Progesterone
- Prolactin
- Testosterone
- Sex Hormone Binding
- Globulin (SHBG)
- Free Androgen Index



CODE: HSC9

Price: £400

### **Infection & Inflammation**

- C-Reactive Protein (CRP)
- Albumin
- Complement Component 3 (C3)
- Complement Component 4 (C4)
- Ferritin
- Immunoglobulin A (IgA)
- Immunoglobulin G (IgG)
- Immunoglobulin M (IgM)
- Anti-streptolysin O (ASO)

### **Pancreatic Health**

- Pancreatic Amylase
- Lipase

### **Allergy Evaluation**

- Immunoglobulin E (IgE)

### **Bone Health**

- Parathyroid Hormone

### **Male Hormonal Health**

- Testosterone
- Sex Hormone Binding Globulin (SHBG)
- Free Androgen Index

### **Nutritional Health**

- Folic Acid
- Vitamin B12
- Total Antioxidant Status (TAS)

## Tired All The Time

Address common causes of fatigue in patients including nutritional deficiencies and thyroid function.

CODE: HSC10

Price: £200

### Full Blood Count

- Haemoglobin
- Hematocrit
- Mean Cell Haemoglobin
- Mean Cell Haemoglobin
- Concentration (MCHC)
- Red Blood Cell Mean
- Cell Volume (MCV)
- Red Blood Cell Count
- Basophil Count
- Lymphocyte Count
- Eosinophil Count
- Monocyte Count
- Neutrophil Count
- White Blood Cell Count
- Platelet Count

### Heart Health

- Creatinine eGFR
- Chloride
- Potassium\*
- Phosphate
- Sodium
- Urea
- Cystatin C
- Magnesium

### Nutritional Health

- Calcium (Adjusted)
- Albumin
- Iron
- Folic Acid
- Vitamin B12
- Vitamin D

### Thyroid Health

- Thyroid Stimulating
- Hormone
- Free Triiodothyronine (FT3)
- Free Thyroxine (FT4)
- Anti-Thyroglobulin Antibody (Anti-Tg)
- Anti-Thyroid Peroxidase
- Antibody (Anti-TPO)

### Diabetes Health

- Glucose
- HbA1c
- Insulin
- C-Peptide

### Iron Status

- Ferritin
- Iron
- Total Iron Binding Capacity (TIBC)
- Transferrin
- Transferrin Saturation

### Bone Health

- Alkaline Phosphate (ALP)

## Long Covid

This panel helps to distinguish if a patient may have Long Covid.

CODE: HSC11

Price: £130

<p><b>Liver Health</b></p> <ul style="list-style-type: none"> <li>Alkaline Phosphatase</li> <li>Alanine Aminotransferase</li> <li>Aspartate Transferase</li> <li>Gamma-glutamyl Transferase (GGT)</li> <li>Total Bilirubin</li> <li>Albumin</li> </ul>	<p><b>Blood Count</b></p> <ul style="list-style-type: none"> <li>Lymphocyte Count</li> <li>Eosinophil Count</li> <li>Neutrophil Count</li> <li>White Blood Cell Count</li> <li>Platelet Count</li> </ul>	<p><b>Heart Health</b></p> <ul style="list-style-type: none"> <li>Total Cholesterol</li> <li>LDL Cholesterol</li> <li>HDL Cholesterol</li> <li>Total Cholesterol/HDL</li> <li>Cholesterol Ratio</li> <li>Triglycerides</li> </ul>	<p><b>Muscle &amp; Joint Health</b></p> <ul style="list-style-type: none"> <li>Creatine Kinase</li> <li>CK-MB</li> <li>Myoglobin</li> <li>Troponin-T</li> </ul>
<p><b>Iron Status</b></p> <ul style="list-style-type: none"> <li>Ferritin</li> <li>Iron</li> <li>Total Iron Binding Capacity (TIBC)</li> <li>Transferrin</li> <li>Transferrin Saturation</li> </ul>	<p><b>Thyroid Health</b></p> <ul style="list-style-type: none"> <li>Thyroid Stimulating Hormone</li> </ul>	<p><b>Infection &amp; Inflammation</b></p> <ul style="list-style-type: none"> <li>C-Reactive Protein</li> <li>D-Dimer ***</li> </ul>	<p><b>Kidney Health</b></p> <ul style="list-style-type: none"> <li>Creatinine</li> <li>eGFR</li> <li>Cystatin C</li> </ul>
	<p><b>Pancreatic Health</b></p> <ul style="list-style-type: none"> <li>Lipase</li> </ul>	<p><b>Nutritional Health</b></p> <ul style="list-style-type: none"> <li>Vitamin D</li> </ul>	<p><b>Diabetes Health</b></p> <ul style="list-style-type: none"> <li>Glucose</li> </ul>

## Sports Performance

A profile to optimise athletic performance through specific monitoring of nutrition, hormone and stress levels, providing insight to prevent injury and overtraining.

### Full Blood Count

- Haemoglobin
- Hematocrit
- Mean Cell Haemoglobin
- Mean Cell Haemoglobin
- Concentration (MCHC)
- Red Blood Cell Mean Cell Volume (MCV)
- Red Blood Cell Count
- Basophil Count
- Lymphocyte Count
- Eosinophil Count
- Monocyte Count
- Neutrophil Count
- White Blood Cell Count
- Platelet Count

### Heart Health

- Total Cholesterol
- LDL Cholesterol
- HDL Cholesterol
- Total Cholesterol / HDL
- Cholesterol Ratio
- Triglycerides
- Apolipoprotein A-1
- Apolipoprotein B
- Apolipoprotein B / A-1 Ratio
- High Sensitivity C-Reactive
- Protein (hsCRP)
- Cardiovascular Risk Score

### Urinalysis

- Bilirubin
- Glucose
- Ketones
- Nitrite pH
- Protein
- Red Blood Cells (RBC)
- Urobilinogen
- White Blood Cells (WBC)

### Male Hormonal Health

- Testosterone
- Sex Hormone Binding Globulin (SHBG)
- Free Androgen Index

### Liver Health

- Alanine Aminotransferase (ALT)
- Alkaline Phosphatase (ALP)
- Aspartate Transferase (AST)
- Gamma-glutamyl Transferase (GGT)
- Total Bilirubin
- Albumin
- Ferritin

### Diabetes

- Health Glucose
- HbA1c

CODE: HSC12

Price: £320

### Nutritional Health

- Total Antioxidant Status (TAS)
- Folic acid
- Vitamin B12
- Vitamin D

### Iron Status

- Iron
- Ferritin
- Total Iron Binding Capacity (TIBC)
- Transferrin saturation

### Kidney Health

- Creatinine eGFR
- Calcium (Adjusted)
- Chloride
- Magnesium
- Phosphate
- Potassium\*
- Sodium
- Urea
- Uric Acid

### Bone Health

- Alkaline Phosphatase
- (ALP)
- Calcium (Adjusted)
- Phosphate
- Vitamin D

### Muscle & Joint Health

- Creatine Kinase
- CK-MB
- Myoglobin

### Female Hormonal Health

- Luteinising Hormone
- Testosterone
- Sex Hormone Binding Globulin (SHBG)
- Free Androgen Index

### Stress Health

- Cortisol
- DHEA-S

### Thyroid Health

- Thyroid Stimulating Hormone (TSH)
- Free Triiodothyronine FT3
- Free Thyroxine FT4

### Infection & Inflammation

- C-Reactive Protein

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🌐 [www.four18wellbeing.com](http://www.four18wellbeing.com)

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The background is a dark, almost black, textured surface. It features several prominent, irregular white cracks that run across the frame. There are also numerous small, light-colored speckles and spots scattered throughout, giving it a weathered or aged appearance. The overall effect is one of depth and complexity.

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