



BLOOD WORK COMPARISON

Biomarker	Optimal Range	Baseline	Week 4	Week 8	Week 12	Trend	Notes
Fasting Glucose	75-85 mg/dL						
Fasting Insulin	2-6 uIU/mL						
HbA1c	4.8-5.2%						
Total Testosterone	600-900 ng/dL						
Free Testosterone	15-25 pg/mL						
IGF-1	150-250 ng/mL						
hs-CRP	< 0.5 mg/L						
Vitamin D	50-80 ng/mL						
TSH	1.0-2.0 mIU/L						
Free T3	3.2-4.2 pg/mL						
ApoB	< 80 mg/dL						
Homocysteine	< 7 umol/L						
ALT	< 25 U/L						
Ferritin	40-150 ng/mL						

BODY COMPOSITION

Weight: _____ **Body Fat %:** _____ **Waist:** _____ **Date:** _____
Weight: _____ **Body Fat %:** _____ **Waist:** _____ **Date:** _____
Weight: _____ **Body Fat %:** _____ **Waist:** _____ **Date:** _____

PEPTIDE INVENTORY

Peptide	Vial Size	Date Reconstituted	Expiry (28 days)	BAC Water (mL)	Doses Remaining

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