



TESTS FOR WEIGHT-LOSS & AGE REVERSAL

by  Fitelo

Index

01

List of test

02

**Why These Tests
Matter**

03

**What Can Be Done
(Fixes & Action)**

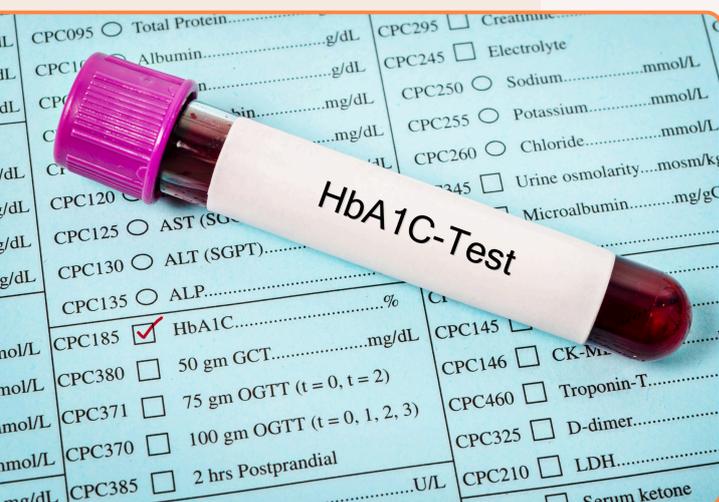


List of Tests

- ZINC, SERUM / PLASMA
- MAGNESIUM, SERUM
- SELENIUM, SERUM
- FOLATE (FOLIC ACID), SERUM
- FERRITIN
- THYROID PROFILE, FREE
- TESTOSTERONE, TOTAL
- TESTOSTERONE, FREE
- SEX HORMONE BINDING GLOBULIN;
SHBG
- DHEA SULPHATE;
DEHYDROEPIANDROSTERONE
SULPHATE
- PROLACTIN, SERUM
- LH; LUTEINISING HORMONE
- FSH; FOLLICLE STIMULATING
HORMONE
- CORTISOL, SERUM (EVENING
SAMPLE)
- INSULIN, FASTING



- SWASTHFIT COMPLETE PACKAGE
- LIVER & KIDNEY PANEL
- LIPID SCREEN, SERUM
- GLUCOSE, FASTING (F)
- VITAMIN B12; CYANOCOBALAMIN
- VITAMIN D 25 - HYDROXY
- THYROID PROFILE, TOTAL
- HBA1C; GLYCOSYLATED
HEMOGLOBIN
- C-REACTIVE PROTEIN, CARDIO;
HSCRIP
- AMYLASE, SERUM
- APOLIPOPROTEINS A1 & B
- IRON STUDIES
- URINE EXAMINATION, ROUTINE;
URINE, R/E
- HEMOGRAM



30-Day Weight Loss, Age Reversal & Craving Control – Blood Test Blueprint

Objective:

This document explains why **every single blood test** used in my 30-day transformation challenge is critical for **objective fat loss, anti-ageing, and craving management.**

Weight loss failure is rarely due to lack of discipline. It is driven by:
Hidden nutrient deficiencies
Hormonal imbalance
Stress hormones
Insulin resistance
These tests expose the real biological barriers that stop people from losing fat and ageing gracefully.



Weight loss is not about willpower. It's about BIOLOGY.

Complete Blood Test Fixes Blueprint

Purpose:

This document converts blood test results into clear, actionable fixes for **weight loss, age reversal, and craving control**. Each marker tells you exactly what to correct when it is low, high, or imbalanced.

Test	If Abnormal Means	Corrective Fixes
Vitamin D (25-OH)	Slow metabolism, low testosterone, fatigue	D3 (2000-4000 IU/day), sunlight, include fats with meals
Vitamin B12	Low energy, carb cravings, brain fog	Eggs, meat, dairy, sublingual B12 or injections if deficient
Folate (B9)	Poor DNA repair, faster ageing	Leafy greens, legumes, avoid overcooking, supplement if low
Ferritin (High)	Inflammation, insulin resistance, faster ageing	Avoid iron supplements, anti-inflammatory diet, improve sleep
Ferritin (Low)	Fatigue, poor stamina	Iron-rich foods, vitamin C pairing, gut health correction
Iron Profile	Low oxygen delivery, low stamina	Red meat, spinach, dates, avoid tea/coffee near meals

Test	If Abnormal Means	Corrective Fixes
Zinc	Low testosterone, poor fat loss	Meat, shellfish, zinc (10-25 mg/day), reduce alcohol
Magnesium	Stress eating, poor sleep	Magnesium glycinate at night, reduce caffeine late evening
Calcium	Fat storage, bone ageing	Dairy, seeds, vitamin D sufficiency
Selenium	Poor thyroid conversion, low energy	1-2 Brazil nuts/day, seafood, avoid megadoses
TSH	Slow metabolism, stubborn fat	Stress reduction, sleep, adequate calories & protein
Free T3 (FT3)	Calories not converting to energy	Adequate protein, selenium, zinc, avoid crash dieting
Free T4 (FT4)	Low energy, skin & hair ageing	Protein sufficiency, iodine balance, stress control
Thyroid Profile	Fat loss failure despite dieting	Fix gut, sleep, inflammation, nutrient sufficiency
Total Testosterone	Fat gain, muscle loss, ageing	Strength training, sleep 7-8 hrs, vitamin D & zinc
Free Testosterone	Low drive, poor fat loss	Resistance training, insulin control, stress reduction
SHBG	Low usable testosterone	Improve insulin sensitivity, strength training
DHEA-S	Poor recovery, faster ageing	Strength training, sleep, stress management
LH	Poor testosterone signaling	Poor testosterone signaling

Test	If Abnormal Means	Corrective Fixes
FSH	Hormonal imbalance	Improve metabolic health, reduce stress
Prolactin	Emotional eating, fat storage	Sleep optimization, stress reduction
Cortisol (AM)	Belly fat, sugar cravings	Early sleep, magnesium, breathing exercises
Fasting Insulin	Fat storage mode	Strength training, protein-rich meals, reduce sugar
HbA1c	Sugar damage, accelerated ageing	Reduce sugar, daily movement, consistent sleep





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