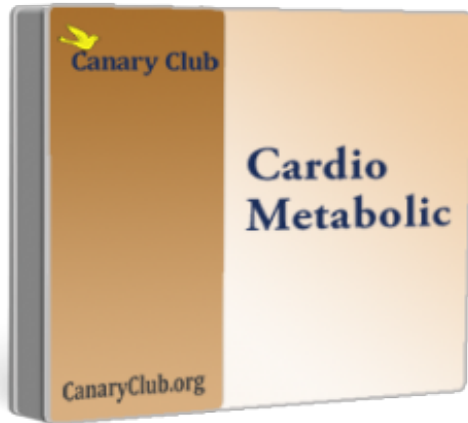


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## ZRT CardioMetabolic Profile



**Price: \$165.00**

### **Short Description**

**ZRT CardioMetabolic Profile** measures (in blood spot):

Insulin, High Sensitivity C-Reactive Protein (hsCRP), Glycated Hemoglobin (hbA1C), Triglyceride (TG), Total Cholesterol (CH), High-density lipoprotein (HDL), low-density lipoprotein (LDL), Very-low-density lipoprotein (VLDL)

Allows early detection of major indicators associated with metabolic/insulin resistance syndrome. Used as a screening profile to reduce the overall risk of type 2 diabetes and Cardiovascular disease (CVD).

### **Description**

#### **Symptoms of CardioMetabolic Dysfunction**

Allows early detection of major indicators associated with metabolic/insulin resistance syndrome. Used as a screening profile this can help your medical practitioner make the most appropriate treatment recommendations to reduce the overall risk of type 2 diabetes and Cardiovascular disease (CVD). Regular testing can also be used for risk assessment and monitoring. Screening, along with your medical practitioner, can be of reliable predictive value for determining overall cardiometabolic risk.

CardioMetabolic Profile provides valuable insight about your risk factors for Type II diabetes and cardiovascular disease. Although considered the leading cause of mortality

for both men and women in the United States, cardiovascular disease (CVD) continues rising at an alarming rate. Early detection is the best way to protect yourself against CVD and its associated diseases such as obesity and Type II Diabetes.

- Obesity
- High Blood Pressure
- Elevated Blood Fats
- Elevated Insulin Levels
- Elevated Blood Sugar Levels
- Excessive Inflammation

### **What is included in the Canary Club CardioMetabolic Profile?**

**Fasting Insulin** - Shows accurate glucose levels by measuring exact insulin output, unlike other blood glucose tests. Insulin helps liver and muscle cells to either convert glucose into energy or to store it for future use. High insulin levels often mean this conversion process is broken.

**Hemoglobin A1c** – This tests the average blood glucose level over the past three to four months. Chronically elevated blood glucose may lead to progressive damage to the cardiovascular system.

**Triglycerides** – High triglyceride counts can represent a breakdown in the body's regulatory capacity, and are often linked with blood sugar dysfunction. Very high levels of triglyceride signal too much fat in the bloodstream which signify an increased risk of heart disease and stroke.

**High sensitivity C-Reactive Protein (hsCRP)** - Measures the extent of chronic inflammation in the body. Recent studies demonstrate that a CRP reading above normal range is a greater risk factor than high cholesterol in predicting heart attack and stroke.

**Cholesterol (Total & LDL)** - This test measures total cholesterol and LDL (low-density lipoproteins). High levels of total cholesterol and LDL are associated with risk of heart disease. They clog arteries and trigger inflammatory responses in the body, often leading to plaque buildup and blocked blood flow to the heart.

*Plus 2 new calculations added to this profile:*

**HDL/LDL**- This ratio is commonly thought of as the “bad cholesterol” vs. “good cholesterol” count (therefore the LOWER the ratio, the BETTER your health).

**VLDL = TG/5** - Measures the ratio of triglyceride/cholesterol in VLDL. Normal ratio is 5:1. If this ratio is off, you can take steps to lower your triglycerides.

To get a comprehensive assessment of cardio health **plus your hormone levels**, consider these Canary Club tests:

[Weight Management + Cardio](#)

[Weight Management + Cardio + Thyroid](#)

The lab will email you within 3-5 business days after they receive the samples for on-line access to your results. Once you have your results, read our [Interpreting Results](#) article and consider consulting with a practitioner for next steps.

### Test Includes

Lab	
ZRT	Yes
Other Hormones	
Insulin	Yes
Cardio	
Cholesterol (Total & LDL)	Yes
HDL	Yes
HS C-Reactive Protein	Yes
LDL	Yes
Triglycerides	Yes
VLDL	Yes
Sample Type	
Blood Spot	Yes
Proteins	
Hemoglobin A1c (HbA1c)	Yes