

Intended for the physician OR the laboratory.

Singular offers a custom complex of bioactive supplements, based on 28 key biomarkers.

Analysis of ALL the biomarkers below is required.

## MANDATORY SAMPLING METHODS

Some markers must be collected using a specific method. A sample taken otherwise makes the result unusable: Vitamin B9 (erythrocyte).

### IRON & OXYGENATION

- Ferritin
- Hemoglobin
- Mean Corpuscular Volume
- Platelets
- Transferrin Saturation

### LIVER FUNCTION

- Albumin
- Alkaline phosphatase (ALP)
- ALT (SGPT)
- Gamma-GT (GGT)

### RENAL FUNCTION

- Creatinine
- Cystatin C

### THYROID FUNCTION

- TSH

### GLYCEMIA & METABOLISM

- Fasting Blood Glucose
- Fasting Insulin
- HbA1c (Glycated Hemoglobin)

### INFLAMMATION

- hs-CRP (High-Sensitivity C-Reactive Protein)

### LIPIDS

- Apolipoprotein B
- HDL Cholesterol
- Triglycerides

### MINERALS & TRACE ELEMENTS

- Copper
- Magnesium
- Selenium
- Zinc

### VITAMINS & METHYLATION

- Homocysteine
- Pyridoxal 5'-phosphate (PLP / P5P)
- Vitamin B12
- Vitamin B9 (*erythrocyte*)
- Vitamin D (25-OH)

## ▲ PRE-ANALYTICAL PROTOCOL

To ensure the accuracy of the Singular algorithm, it is recommended to discontinue dietary supplements (vitamins, minerals, proteins...) 72 hours before the blood draw.

Patient identity and signature to be completed overleaf ☒

For the attending physician. You may countersign this form as is (box below) or copy it in full, including every marker and its sampling method. An incomplete or imprecise list prevents the formulation from being calculated.

PATIENT  
Full name : \_\_\_\_\_ Date of birth : \_\_\_\_\_

PHYSICIAN  
Optional, for reimbursement. Without this box, the form can be presented directly to the laboratory.  
Date : \_\_\_\_\_ Registration no. : \_\_\_\_\_  
Physician (name) : \_\_\_\_\_  
Signature and stamp :

This test is not intended to substitute for examinations prescribed as part of routine medical follow-up. However, it may be combined with them if the physician deems it appropriate.