



Health Dashboard — Carlos Blanco

Comprehensive Health Report | April 19, 2026 | Age 42 | Latest Labs: April 16, 2026

VO2 MAX

42.2

Up from 39.1 ↑

AVG STEPS

22,353

Extremely active

AVG SLEEP

7h 30m

Eight Sleep 29-night avg

RESTING HR

61 bpm

Apple Health avg

BODY FAT

20.5%

DEXA Jan 2025

TOTAL T

1,131

↓24% — more controlled

LDL

133.4

↓30.8% from 192.7! ✓

HS-CRP

<0.5

Excellent — low inflam

Bloodwork Panel — Rythm Health, April 16, 2026 (vs March 20)

Marker	Value	Reference	Status	Trend
LDL Cholesterol	133.4 mg/dL	<130	NEAR TARGET	↓↓ was 192.7 (-30.8%)
ApoB	108 mg/dL	<90	IMPROVING	↓ was 137 (-21.2%)
Total Cholesterol	213 mg/dL	<240	NORMAL	↓ was 281 (-24%)
HDL	53.4 mg/dL	>60	DROPPED	↓ was 65.9 (-19% ⚠)
Triglycerides	131 mg/dL	<90	ABOVE	↑ was 112 (+17%)
hs-CRP	<0.5 mg/L	<1.0	EXCELLENT	—
Total Testosterone	1,131 ng/dL	250-1100	BORDERLINE	↓ was >1500 (-24%)
Free Testosterone	324.1 pg/mL	35-155	HIGH	↓ was 371 (-12%)
Estradiol (E2)	47.8 pg/mL	<40	IMPROVING	↓ was 58.9 (-18%)
TSH	1.41 mIU/L	0.5-4.5	OPTIMAL	Stable (was 1.27)
Vitamin D	62.7 ng/mL	40-80	OPTIMAL	Stable (was 64.4)
Ferritin	200 ng/mL	20-300	OPTIMAL	↓ was 288 (-30.6%)
Fasting Insulin	23.6 uIU/mL	2-20	ELEVATED	↑ was 7.5
Glucose	95 mg/dL	65-99	NORMAL	—
HOMA-IR	5.65	<2.0	HIGH	Calculated
ALT	Normal	<50	NORMAL	↓ was 57



Body Composition — DEXA Scan, Jan 9, 2025

TOTAL BODY FAT

20.5%

Athletic range

LEAN MASS

122.5 lbs

Good

FAT MASS

33.2 lbs

Of 161.8 lbs total

VISCERAL FAT

42.4 in³

VAT volume

A/G RATIO

1.31

Abdominal pattern ⚠️

BONE MINERAL

6.1 lbs

BMC total

Region	% Fat	Lean Mass	Fat Mass
Arms	12.9%	16.8 lbs	2.5 lbs
Legs	17.0%	40.0 lbs	8.2 lbs
Trunk	26.1%	58.2 lbs	20.5 lbs

Cardiovascular

RESTING HR

61 bpm

Apple Health avg

HRV (RMSSD)

34 ms

Low for age

VO2 MAX

42.2

Above average

SPO2

97.3%

Normal

CARDIAC CT

RMI 1.2

Cleerly AI — low risk

SLEEP HR

58 bpm

Eight Sleep avg



Sleep Dashboard — Eight Sleep (29-Night Averages)

AVG DURATION

7h 30m

Target: 7-8h

DEEP SLEEP

79 min

18% of sleep

REM SLEEP

95 min

21% of sleep

SLEEP HR

58 bpm

Average

SLEEP HRV

214 ms

Eight Sleep method

RESP RATE

14.3/min

Normal

Last Night (Apr 19): 6.4h sleep | Deep: 26% (1.6h) | REM: 24% (1.5h) | HR: 51.6 bpm | HRV: 53.5 ms | Resp: 15.7/min

Sleep efficiency: 89% avg | Chronotype: late | Temp preference: cool

Metabolic Testing — PNOE, Jan 9, 2025

FAT BURNING

77%

Fat utilization at rest

BREATHING

96%

Coordination score

LUNG UTILIZATION

100%

Full capacity

HRV SCORE

94%

PNOE assessment

NON-WORKOUT CAL

2,869

kcal/day

WORKOUT CAL

3,279

kcal/day



Ancestry

99.5% Spanish (90.7% Andalusian/Asturian/Castilian, 6.2% Basque, 2.6% Portuguese)

Health Risk Variants

Alzheimer's / Parkinson's

NO VARIANTS

Hereditary Heart Disease

NO VARIANTS

Macular Degeneration

FLAGGED

Celiac Disease

FLAGGED

Triglyceride Risk

FLAGGED

Prostate Cancer

FLAGGED

Wellness Traits

Light sleeper genetically | Saturated fat sensitivity | Caffeine consumer (but slow metabolizer — CYP1A2 AC)



Imaging

Prenuvo Whole-Body MRI (Apr 2023 + Apr 2024)

- ONCO-RADS Category 2 — No Cancer
- Mild spinal degeneration (cervical, thoracic, lumbar) — stable
- L5/S1 disc bulge + 25% height loss + annular fissure — stable, monitor
- T6 hemangioma 0.9cm — benign, unchanged
- Prostate: 18.2 mL (normal)
- **Next scan due: April 2026**

Fountain Life Cardiac CT (Dec 2021)

- Cleerly AI: Max RMI 1.2 (borderline), very low soft plaque
- No repeat needed 2-3 years (next: 2024-2025)



Supplement Protocol — Genetically Optimized (160+ SNPs)

☀ Morning — 17 Supplements with Breakfast

#	Supplement	Dose	Why (Genetic Basis)
1	Omega-3 Fish Oil	2,000mg	FADS1/FADS2 — can't convert plant omega-3
2	CoQ10 (Ubiquinol)	200mg	ACE DD + ENOS GT — vascular protection
3	Vitamin D3	5,000 IU	CYP2R1/GC/VDR triple impairment
4	Vitamin K2 (MK-7)	200mcg	Calcium→bones not arteries (COL1A1 TT)
5	Curcumin (Meriva)	500mg	IL-6 GC + IL-6R AC double inflammatory hit
6	NAC	600mg	GSTM1 DELETED — missing Phase II detox
7	Methylated B-Complex	1 cap	MTHFR 677 CT — 35% reduced folate
8	L-Tyrosine	500mg	DRD2 TT — 30% fewer dopamine receptors
9	CDP-Choline	500mg	MTHFD1 GA — high choline demand
10	Calcium Citrate	500mg	COL1A1 TT — weaker bone matrix
11	Collagen Peptides	10g	COL1A1 + MMP1 + GDF5 — weak collagen
12	Creatine Monohydrate	5g	ACTN3 XX + cognitive support
13	L-Carnitine (ALCAR)	1,000mg	4 impaired fat-burning genes
14	DIM	200mg	CYP19A1 TT — aromatase + E2 management
15	Calcium D-Glucarate	500mg	UGT2B15 TG — estrogen/toxin clearance
16	Selenium	200mcg	DIO2 TC — T4→T3 thyroid conversion
17	Glucosamine + Chondroitin	1,500/1,200mg	GDF5 TT + COL1A1 TT — joint protection

🌙 Evening — 5 Supplements with Dinner

#	Supplement	Dose	Why
1	Omega-3 (split dose)	2,000mg	Total daily: 4g
2	Magnesium Glycinate	400mg	ACE DD + GABA support + sleep
3	Curcumin (split dose)	500mg	Total daily: 1,000mg
4	CoQ10 (split dose)	200mg	Total daily: 400mg
5	Berberine	500mg	IRS1 CT — insulin sensitivity + LDL

📌 ❤️ LDL/ApoB Reduction Protocol

Goal: LDL 192.7 → <130 | ApoB 137 → <90

Root Cause: TRT at >1,500 ng/dL upregulates hepatic lipase, reduces LDL receptor activity

Week	Supplement	Dose	Expected LDL ↓
1	Citrus Bergamot	1,000mg/day (500mg 2x)	20-30%
1	Omega-3 Fish Oil	2-4g EPA+DHA	TG ↓ 15-30%
2	Plant Sterols/Stanoles	2,000mg/day	6-15%
2	Psyllium Husk Fiber	10g/day (5g 2x)	5-10%
3	Red Yeast Rice + CoQ10	1,200mg + 100mg	15-25%



Food Recommendations — Viome

🌟 Superfoods (35)

Almonds, Apple, Artichoke, Asparagus
Black Beans, Blueberry, Broccoli
Cinnamon, Cranberry, Garlic, Ginger
Grapefruit, Grapes, Green Tea
Kiwi, Olive Oil, Orange, Papaya
Pineapple, Pistachio, Pomegranate
Salmon, Spinach, Turmeric

✗ Minimize / Avoid

🧀 Aged cheeses (parmesan, cheddar)
🥓 Cured meats (salami, prosciutto)
🍷 Red wine, champagne, beer
🥒 Fermented foods (kimchi, sauerkraut)
🐟 Canned/smoked fish (fresh only!)
🥫 Leftover food (histamine builds)
⚡ Energy drinks (slow caffeine metabolizer)

July
17

Upcoming & Action Items

WIN

LDL 192.7 → 133.4 (-30.8%) in 4 weeks! Protocol WORKING. Continue and recheck June 2026

IMPROVING

TRT dose adjusted — T: 1131 (was >1500), E2: 47.8 (was 58.9). Lipids responding

SOON

Prenuvo WB-MRI #3 — due April 2026

SOON

Recheck Lp(a) — last done 2021

SOON

Recheck Ferritin — was 518, now 288 (monitor hemochromatosis)

WATCH

HDL dropped 65.9 → 53.4 (-19%). TGs up 112 → 131 (+17%). Monitor next labs

MONITOR

L5/S1 disc bulge — stable, annual check

MONITOR

Daylight exposure only 4.6 min/day — critically low

TRACK

VO2 Max trending up (39.1 → 42.2) — keep it going

