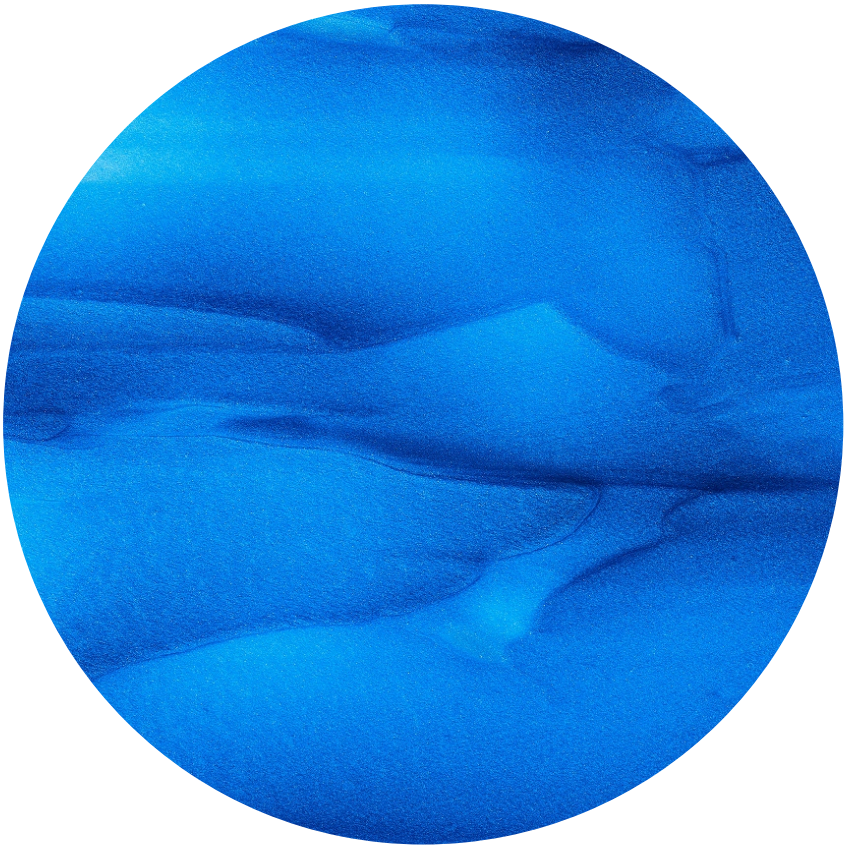
Tara Swasti

DOB Oct 26, 1998 • ID c51eb1



Baseline Report

January 20, 2026

Verified by Dr Aman Shukla and
The Nostavia Medical Team

nostavia
labs

Health Scores

This Nostavia Longevity Report provides a comprehensive analysis of your health based on biomarkers from your lab data. The report categorizes biomarkers, assesses disease risks, scores health areas, and provides AI-driven insights to optimize your healthspan.

Nostavia Score

68 /100

Moderate health status. Focus on areas flagged for attention.

Biological Age (PhenoAge)

38

Based on biomarker analysis relative to population norms

Biomarkers

Your biomarkers are crucial indicators that offer a comprehensive health snapshot based on over 203 data points. We categorize these results to provide clear, actionable insights, moving you beyond the conventional approach to health.

20	176	30
Optimal Markers	In-Range Markers	Out-of-Range Markers

This Nostavia Longevity Report and the accompanying AI-driven analysis are provided for informational and educational purposes only. The insights, health scores, and predictions are not a substitute for professional medical advice, diagnosis, or treatment from a qualified healthcare provider. Always seek the direct guidance of your physician with any questions regarding a medical condition.

Functional Systems Grading

This section evaluates your body's major physiological systems—metabolic, cardiovascular, immune, hepatic, renal, and more—assigning each a letter grade (A through F) based on how your biomarkers compare to optimal ranges. These grades help identify which systems are thriving and which may need attention.

Heart Health

SCORE 65/100

D

This domain tracks the strength and resilience of your cardiovascular system. Lipid Balance (How you handle fats): Grade D due to very high Triglycerides (221.2 mg/dL), low HDL (33.7 mg/dL), and elevated ApoB (101), indicating excess atherogenic particles despite low LDL. Vascular Inflammation (Artery irritation): Grade B with hs-CRP at 1.68, showing mild but meaningful inflammatory activity that can accelerate plaque formation over time.

Metabolic Health

SCORE 82/100

B

This domain reflects how efficiently your body converts food into energy. Glucose Control (Blood sugar regulation): Grade A with fasting glucose 75.3 mg/dL and HbA1c 5.3, showing strong insulin effectiveness. Hidden Insulin Resistance (Fat–sugar interaction): Grade C due to a high Triglyceride/HDL pattern, suggesting early metabolic strain even with normal glucose.

Liver Health

SCORE 60/100

D

This domain tracks liver detoxification and metabolic processing. Hepatocellular Stress (Liver cell injury): Grade D due to markedly elevated ALT (93.3) and AST (55.6), consistent with fatty liver or metabolic liver stress. Synthetic Function (Protein production): Grade A with normal Albumin (4.2) and Bilirubin (0.7), indicating preserved liver capacity.

Kidney Health

SCORE 92/100

A

This domain reflects filtration and fluid–electrolyte balance. Filtration Capacity: Grade A with eGFR 92.21 and Creatinine 1.0, showing strong kidney clearance. Uric Acid Handling: Grade A at 3.6 mg/dL, indicating low renal stress.

Inflammation

SCORE 78/100

C

This domain measures chronic immune activation. Systemic Inflammation: Grade B with hs-CRP 1.68, showing low-grade inflammation. Inflammatory Regulation: Grade D due to severe Vitamin D deficiency (7 ng/mL), reducing immune control and increasing long-term inflammatory risk.

Immune Health

SCORE 70/100

C

This domain reflects immune balance and defense readiness. White Cell Balance: Grade C due to elevated WBC (9) and very high eosinophils (16%, absolute 1.44), suggesting allergic, parasitic, or inflammatory activation. Adaptive Immunity: Grade B with stable lymphocyte counts.

Thyroid Health

SCORE 62/100

D

This domain controls metabolic pace and energy output. Thyroid Signaling: Grade D due to high TSH (6.4) with elevated Free T3 (5.03), indicating dysregulated thyroid feedback rather than stable balance. Hormone Availability: Grade B with normal Free T4 (1.35).

Hormonal Health

SCORE 68/100

C

This domain tracks reproductive and anabolic hormones. Androgen Status: Grade C due to low-normal Testosterone (354.5) for age, suggesting suboptimal anabolic signaling. Pituitary Signaling: Grade B with normal LH and FSH.

Nutrient Status

SCORE 58/100

D

This domain reflects vitamin and mineral sufficiency. Vitamin D: Grade E with critically low level (7), impacting immunity, hormones, and inflammation. Vitamin B12: Grade C at 256.5, low for optimal neurological and methylation support. Minerals: Grade B with iron and calcium near range.

Blood Health

SCORE 85/100

B

This domain evaluates oxygen delivery and clotting. Red Cell Health: Grade A with Hemoglobin 15.5 and normal indices. Platelet System: Grade C due to low platelet count (166), though function markers remain stable.

Disease Risk Analysis

Using clinically validated models and your biomarker patterns, this section estimates your probability of developing specific conditions over time. These are statistical risk assessments—not diagnoses—designed to empower proactive health decisions before symptoms appear.

Cardiovascular Disease

42%
PROBABILITY

MODERATE RISK PROFILE

The Condition: Cardiovascular Disease is the gradual buildup of plaque inside arteries. Your Analysis: ApoB at 101 indicates a higher number of cholesterol particles capable of entering artery walls. Although LDL is low, high triglycerides and low HDL reduce vascular protection, and hs-CRP at 1.68 adds inflammatory stress.

CLINICAL DRIVERS

ApoB | LDL | HS-CRP

Type 2 Diabetes

5%
PROBABILITY

LOW RISK PROFILE

The Condition: Type 2 Diabetes occurs when insulin can no longer control blood sugar effectively. Your Analysis: Fasting glucose (75.3) and HbA1c (5.3) show excellent sugar control, indicating preserved insulin function at this time.

CLINICAL DRIVERS

HbA1c | Glucose | BMI

NAFLD

MODERATE RISK PROFILE

40%
PROBABILITY

The Condition: NAFLD is fat accumulation inside liver cells that can impair liver function. Your Analysis: ALT at 93.3 and AST at 55.6 strongly suggest liver cell stress, commonly linked to triglyceride overload and insulin resistance.

CLINICAL DRIVERS

ALT GGT Insulin

Chronic Kidney Disease

LOW RISK PROFILE

5%
PROBABILITY

The Condition: CKD is the progressive loss of kidney filtering ability. Your Analysis: eGFR above 90 and normal uric acid indicate healthy filtration with no current stress signals.

CLINICAL DRIVERS

eGFR Uric Acid

Inflammatory Disorders

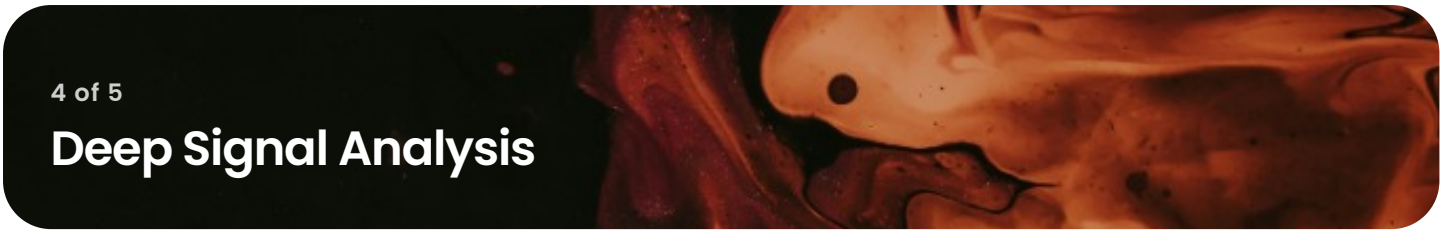
LOW RISK PROFILE

37%
PROBABILITY

The Condition: Chronic inflammatory disorders involve prolonged immune activation. Your Analysis: hs-CRP shows low-grade inflammation, and severe vitamin D deficiency weakens immune regulation, increasing susceptibility if uncorrected.

CLINICAL DRIVERS

HS-CRP Vitamin D



Deep Signal Analysis

Our AI scans for subtle biomarker constellations that may indicate emerging conditions before they become clinically apparent. This preventative watchlist highlights patterns worth monitoring, even when individual markers appear normal.

Insulin Resistance (Early)

SUB-CLINICAL PATTERN

HIGH SIGNAL

PATHOPHYSIOLOGY

Elevated triglycerides combined with low HDL reflect impaired insulin signaling in adipose tissue, increasing hepatic fat production despite normal glucose.

DETECTED SIGNALS

- Triglycerides
- HDL

Non-Alcoholic Fatty Liver Disease

SUB-CLINICAL PATTERN

HIGH SIGNAL

PATHOPHYSIOLOGY

Excess fatty acid delivery to the liver causes hepatocyte stress and enzyme leakage, reflected by high ALT and AST.

DETECTED SIGNALS

- ALT
- AST
- Triglycerides

Thyroid Axis Dysregulation

SUB-CLINICAL PATTERN

MODERATE SIGNAL

PATHOPHYSIOLOGY

Elevated TSH with high T3 suggests altered pituitary feedback or peripheral conversion imbalance.

DETECTED SIGNALS

- TSH
- Free T3

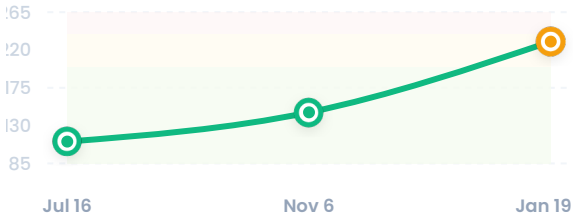
Biomarker Trends

Track how your key biomarkers have changed over time. These trend visualizations help identify patterns of improvement or decline, enabling you and your healthcare provider to monitor the effectiveness of interventions and lifestyle changes.

Total Cholesterol

230

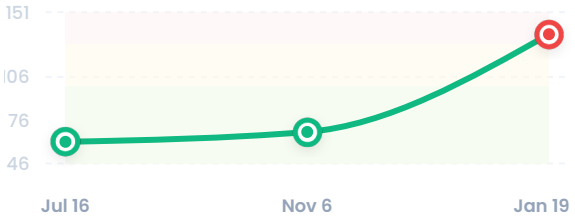
IN-RANGE



LDL Cholesterol

135.7

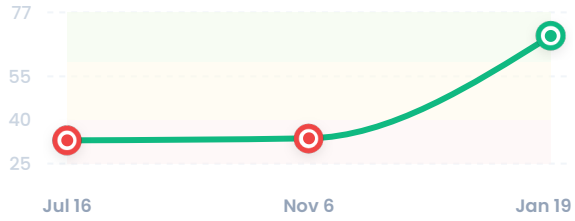
OUTLIER



HDL Cholesterol

68.9

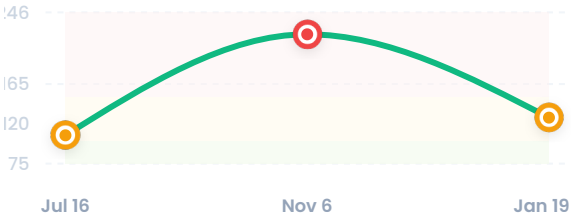
OPTIMAL



Triglycerides

127

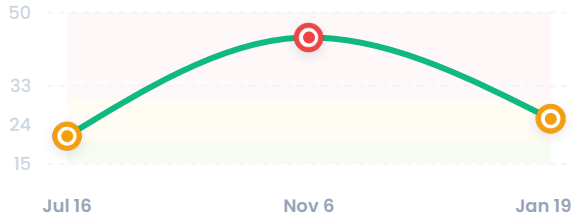
IN-RANGE



VLDL Cholesterol

25.4

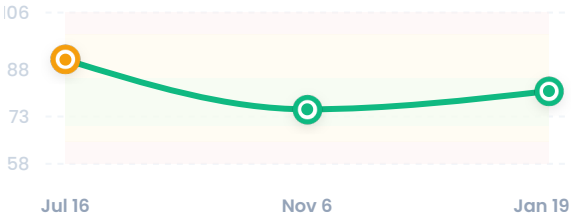
IN-RANGE



Glucose

81.1

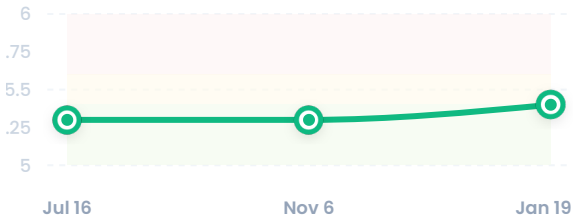
OPTIMAL



HbA1c

5.4

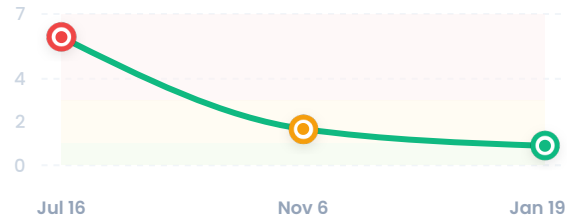
OPTIMAL



HS-CRP

0.9

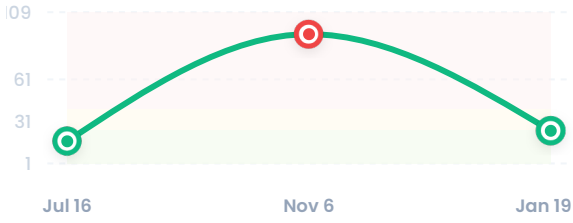
OPTIMAL



ALT

24.3

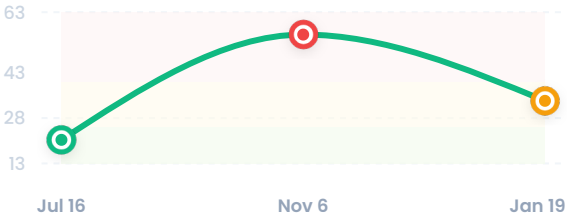
OPTIMAL



AST

33.7

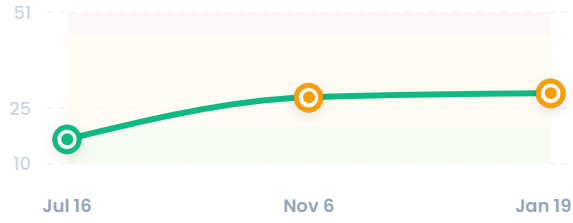
IN-RANGE



GGT

29.1

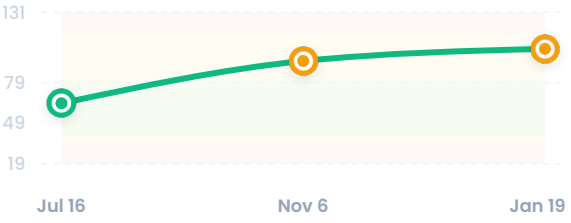
IN-RANGE



ALP

104

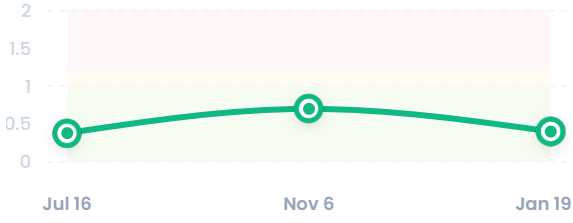
IN-RANGE



Bilirubin

0.4

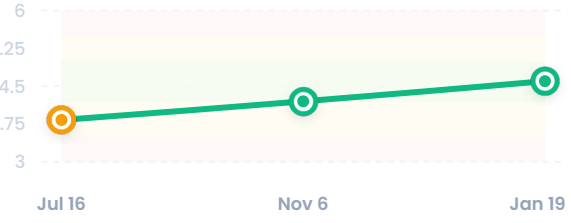
OPTIMAL



Albumin

4.6

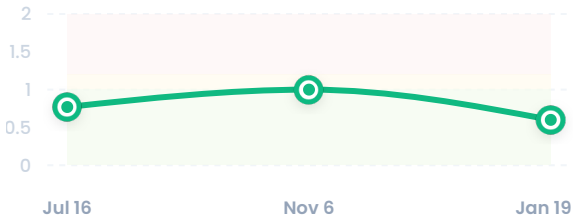
OPTIMAL



Creatinine

0.6

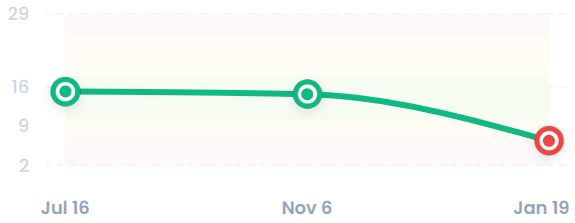
OPTIMAL



BUN

6.36

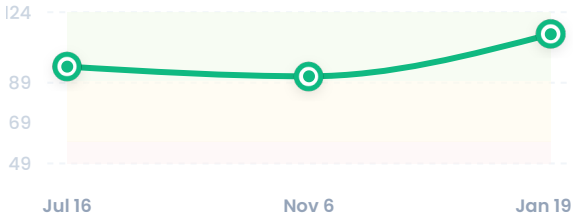
OUTLIER



eGFR

113.09

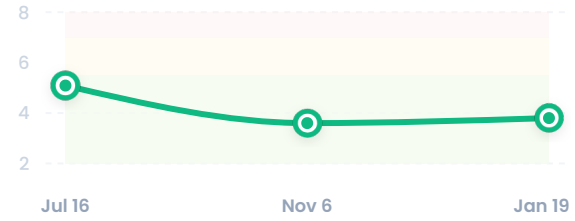
OPTIMAL



Uric Acid

3.8

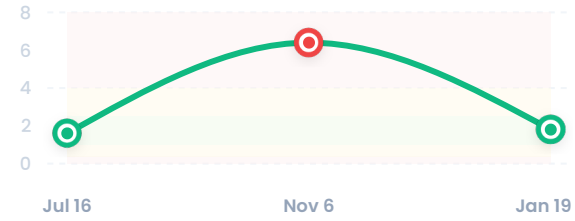
OPTIMAL



TSH

1.8

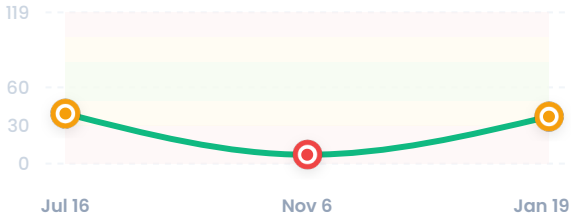
OPTIMAL



Vitamin D

37

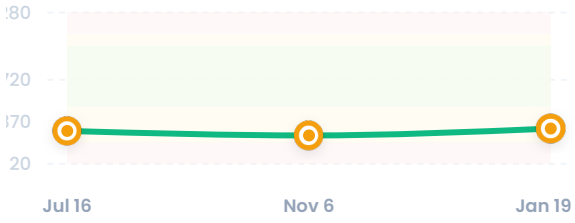
IN-RANGE



Vitamin B12

314

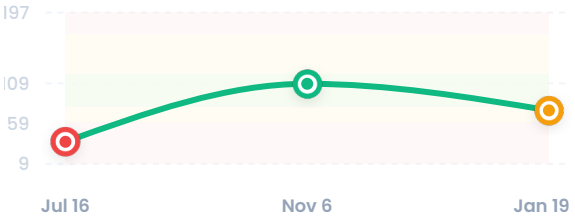
IN-RANGE



Iron

75.4

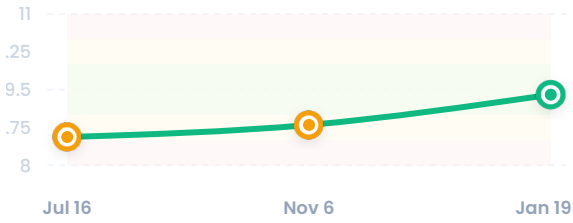
IN-RANGE



Calcium

9.4

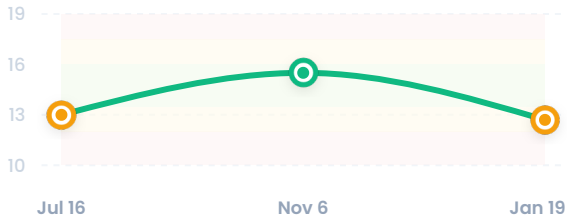
OPTIMAL



Hemoglobin

12.7

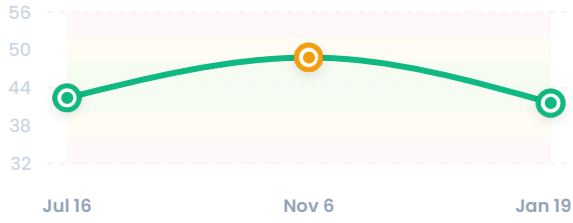
IN-RANGE



Hematocrit

41.6

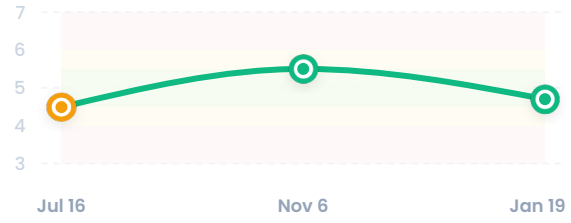
OPTIMAL



RBC Count

4.7

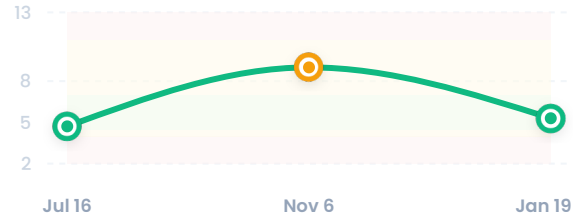
OPTIMAL



WBC Count

5.3

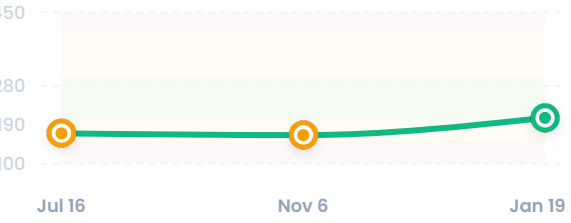
OPTIMAL



Platelet Count

206

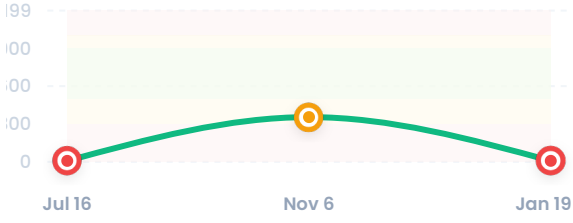
OPTIMAL



Testosterone

7.8

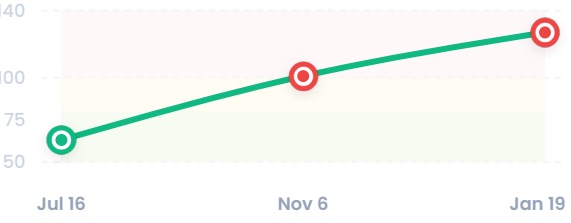
OUTLIER



ApoB

127

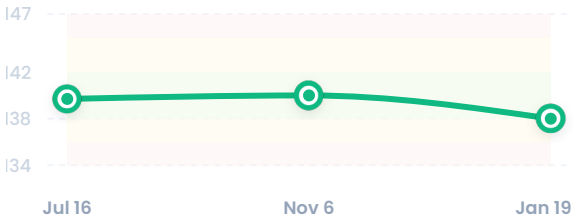
OUTLIER



Sodium

138

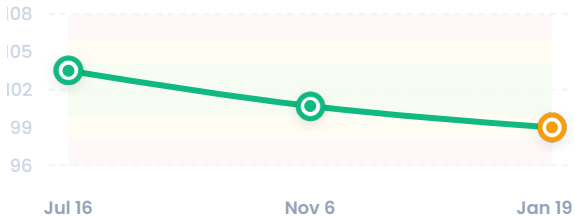
OPTIMAL



Chloride

99

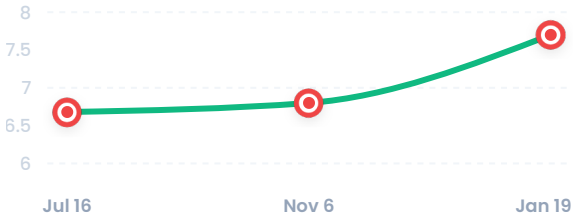
IN-RANGE



Total Protein

7.7

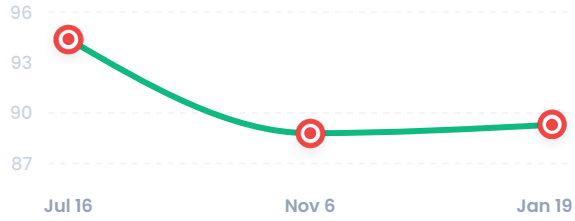
IN-RANGE



MCV

89.3

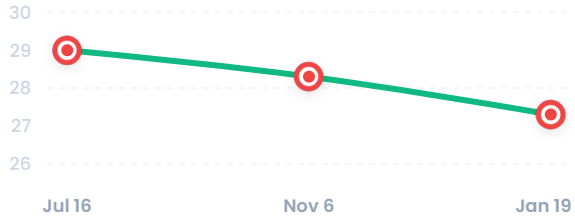
IN-RANGE



MCH

27.3

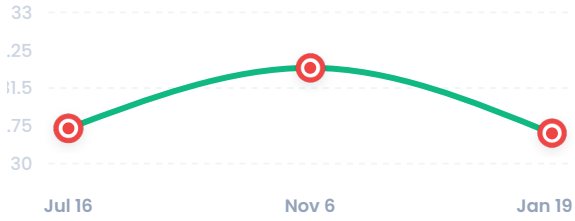
IN-RANGE



MCHC

30.6

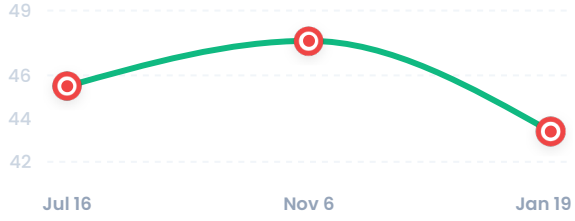
IN-RANGE



RDW-SD

43.4

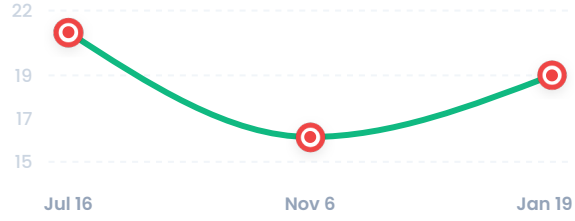
IN-RANGE



Mentzer Index

19

IN-RANGE



Neutrophils %

50

IN-RANGE

Lymphocytes %

28

IN-RANGE

Monocytes %

6

IN-RANGE

Eosinophils %

16

IN-RANGE

Basophils %

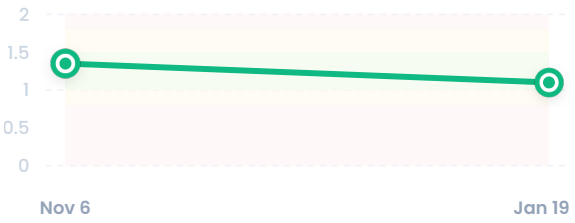
0

IN-RANGE

Free T4

1.1

OPTIMAL



Free T3

2.7

IN-RANGE

Potassium

4.6

OPTIMAL

RDW (CV)

13.6

IN-RANGE

Absolute Neutrophils

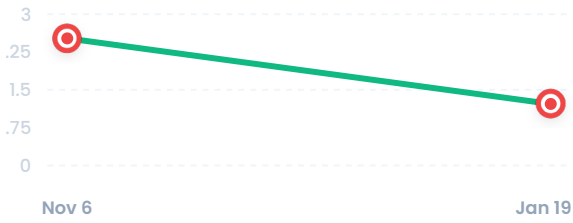
3.18

IN-RANGE

Absolute Lymphocytes

1.22

IN-RANGE



Absolute Monocytes

0.16

IN-RANGE

Absolute Eosinophils

0.74

IN-RANGE

Mean Platelet Volume (MPV)

12.8

IN-RANGE

P-LCR

45.2

IN-RANGE

P-LCC

93

IN-RANGE

Estimated Average Glucose

108.28

IN-RANGE

Bilirubin Direct

0.1

IN-RANGE

Bilirubin Indirect

0.3

IN-RANGE

SGOT/SGPT Ratio

1.39

IN-RANGE

Globulin

3.1

IN-RANGE

Albumin/Globulin Ratio

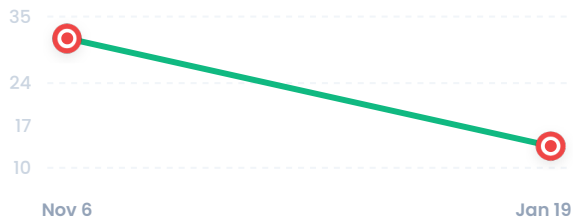
1.48

IN-RANGE

Blood Urea

13.6

IN-RANGE



BUN/Creatinine Ratio

10.6

IN-RANGE

Urea/Creatinine Ratio

22.67

IN-RANGE

Phosphorus

3.3

IN-RANGE

Non HDL Cholesterol

161.1

IN-RANGE

Chol/HDL Ratio

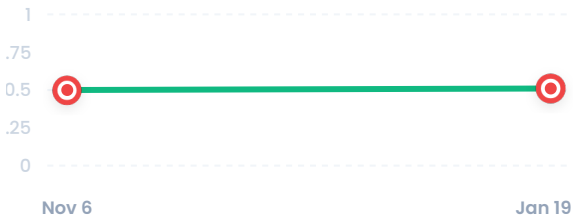
3.34

IN-RANGE

HDL/LDL Ratio

0.51

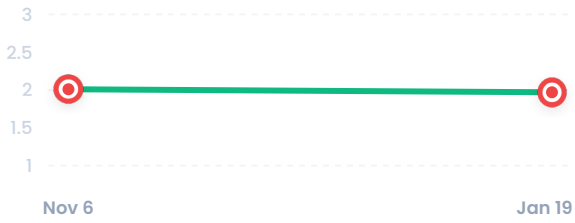
IN-RANGE



LDL/HDL Ratio

1.97

IN-RANGE



TIBC (Total Iron Binding Capacity)

392.4

IN-RANGE

UIBC

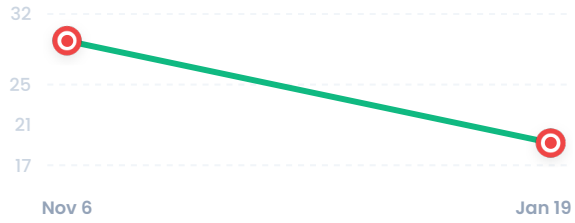
317

IN-RANGE

Transferrin Saturation

19.22

IN-RANGE



Luteinizing Hormone (LH)

15.1

IN-RANGE

Follicle Stimulating Hormone (FSH)

46.7

IN-RANGE

Lipoprotein A (Lipo A)

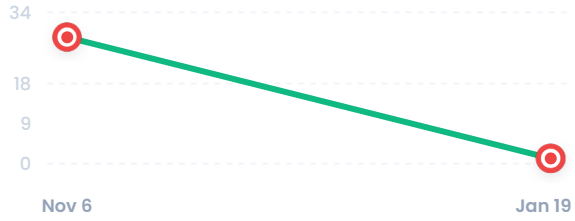
90.2

IN-RANGE

Testosterone, Free, Serum

1.17

IN-RANGE



Insulin

5.67

IN-RANGE

Homocysteine

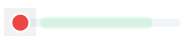
15.77

OUTLIER

Folate

0.49

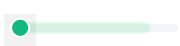
OUTLIER



Ferritin

23.1

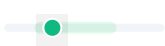
IN-RANGE



Magnesium

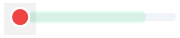
1.89

IN-RANGE



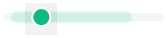
DHEA-S 75.44

OUTLIER



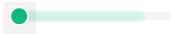
Cortisol 10.27

OPTIMAL



High Sensitivity C-Reactive Protein (HS-CRP) 5.93

IN-RANGE

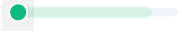


Lipoprotein (a) [Lp(a)] 38.5

IN-RANGE

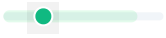
Basophils - Absolute Count 0.01

IN-RANGE



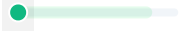
Mean Corpuscular Hemoglobin Concentration (MCHC) 30.7

IN-RANGE



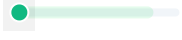
Monocytes - Absolute Count 0.19

IN-RANGE



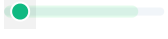
Blood Ketone (D3HB) 0.2

IN-RANGE



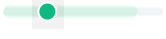
% Transferrin Saturation 11.63

IN-RANGE



HDL Cholesterol - Direct 33

IN-RANGE



Triglyceride / HDL Ratio 3.2

IN-RANGE

Cystatin C 1.08

IN-RANGE

Urine Albumin / Creatinine Ratio (UA/C) 37.7

IN-RANGE

Urinary Microalbumin 73.25

IN-RANGE

Urinary Protein 1530 mg/dL

IN-RANGE

Vitamin A 537.85

IN-RANGE

Vitamin E 10462.3

IN-RANGE

Vitamin K 0.14

IN-RANGE

Vitamin B1 / Thiamin 1.09

IN-RANGE

Vitamin B2 / Riboflavin 9.23

IN-RANGE

Vitamin B3 / Nicotinic Acid 0.89

IN-RANGE

Vitamin B5 / Pantothenic Acid 27.54

IN-RANGE

Vitamin B6 / P5P 6.3

IN-RANGE

Vitamin B7 / Biotin 1.21

IN-RANGE

Alpha-1-Antitrypsin (AAT) 126.4

IN-RANGE

Corticosterone 138.17

IN-RANGE

Androstenedione 94.76

IN-RANGE

Estradiol 76

IN-RANGE

Anti-CCP (ACCP)	0.6	IN-RANGE
Troponin I (Heart Attack Risk)	2.88	IN-RANGE
Apolipoprotein A1 (Apo-A1)	102	IN-RANGE
Apo B / Apo A1 Ratio	0.6	IN-RANGE
Anti Nuclear Antibodies (ANA)	0.75	IN-RANGE
Total Iron Binding Capacity (TIBC)	313.1	IN-RANGE
Unsaturated Iron Binding Capacity (UIBC)	276.7	IN-RANGE
Fructosamine	198.16	IN-RANGE
LP-PLA2	70	IN-RANGE
Serum Copper	110.53	IN-RANGE
Serum Zinc	77.85	IN-RANGE
Amylase	79	IN-RANGE
Lipase	49.5	IN-RANGE
HDL / LDL Ratio	0.55	IN-RANGE

Triglycerides / HDL Ratio	3.2	IN-RANGE
Total Cholesterol / HDL Ratio	3.3	IN-RANGE
LDL / HDL Ratio	1.8	IN-RANGE
Non-HDL Cholesterol	77.5	IN-RANGE
Bilirubin - Direct	0.08	IN-RANGE
Bilirubin - Indirect	0.3	IN-RANGE
SGOT / SGPT Ratio	1.24	IN-RANGE
Serum Globulin	2.85	IN-RANGE
Albumin / Globulin Ratio	1.34	IN-RANGE
Urea (Calculated)	32.46	IN-RANGE
Urea / Serum Creatinine Ratio	42.16	IN-RANGE
BUN / Serum Creatinine Ratio	19.7	IN-RANGE
Total Triiodothyronine (T3)	100	IN-RANGE
Total Thyroxine (T4)	9.9	IN-RANGE

17-HYDROXYPROGESTERONE	42.7	IN-RANGE
DEHYDROEPIANDROSTERONE	191.14	IN-RANGE
DEOXYCORTISOL	52.41	IN-RANGE
PROGESTERONE	3.36	IN-RANGE
VITAMIN D2	0.37	IN-RANGE
VITAMIN D3	39.05	IN-RANGE
URINARY MICROALBUMIN	73.25	IN-RANGE
CREATININE - URINE	194.47	IN-RANGE
URINE ALBUMIN/CREATININE RATIO (UA/C)	37.7	IN-RANGE
Urine Specific Gravity	1.01	IN-RANGE
Urine pH	7.5	IN-RANGE
Average Blood Glucose (ABG)	105	IN-RANGE
Arsenic	0.28	IN-RANGE
Cadmium	0.54	IN-RANGE

Mercury	0.66	IN-RANGE
Lead	9.59	IN-RANGE
Chromium	1.14	IN-RANGE
Barium	1.29	IN-RANGE
Cobalt	0.53	IN-RANGE
Caesium	2.64	IN-RANGE
Thallium	0.03	IN-RANGE
Uranium	0.03	IN-RANGE
Strontium	24.35	IN-RANGE
Antimony	4.6	IN-RANGE
Tin	0.13	IN-RANGE
Molybdenum	0.79	IN-RANGE
Silver	0.13	IN-RANGE
Vanadium	0.56	IN-RANGE

Beryllium	0.03	IN-RANGE
Bismuth	0.33	IN-RANGE
Selenium	216.99	IN-RANGE
Aluminium	9.75	IN-RANGE
Nickel	3.28	IN-RANGE
Manganese	11.11	IN-RANGE
RDW-CV	13.2	IN-RANGE
RDWI	277.5	IN-RANGE
Immature Granulocytes %	0.3	IN-RANGE
Neutrophils Absolute	3.24	IN-RANGE
Lymphocytes Absolute	1.09	IN-RANGE
Monocytes Absolute	0.19	IN-RANGE
Eosinophils Absolute	0.17	IN-RANGE
Basophils Absolute	0.01	IN-RANGE

Mean Platelet Volume	11.8	IN-RANGE
Platelet Distribution Width	14.5	IN-RANGE
Platelet to Large Cell Ratio	39	IN-RANGE
Plateletcrit	0.2	IN-RANGE
PCV	48.8	IN-RANGE
Plateletcrit (PCT)	0.2	IN-RANGE
Platelet Distribution Width (PDW)	16.3	IN-RANGE
Prostate Specific Antigen (PSA) Total	0.385	IN-RANGE
Neutrophils (%)	60	IN-RANGE
Lymphocytes (%)	23	IN-RANGE
Monocytes (%)	3	IN-RANGE
Eosinophils (%)	14	IN-RANGE
Basophils (%)	0	IN-RANGE
Absolute Basophils	0	IN-RANGE

PCT	0.3	IN-RANGE
PDW	18.8	IN-RANGE
Vitamin D 25 - Hydroxy	37	IN-RANGE
CA 125 (Ovarian Cancer Marker)	8.5	IN-RANGE
HbA0	91.6	IN-RANGE
HbA1c (Area %)	5.4	IN-RANGE
La1c	1	IN-RANGE
HbF	0.7	IN-RANGE
Hba1b	0.9	IN-RANGE
Hba1a	0.4	IN-RANGE
Total Area (HbA1c Graph)	9.542	IN-RANGE

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