

Bloodwork

You can't fix what you can't see.

Sleep, stress, connection, and substances all matter. Now let's talk about what your bloodwork actually tells you.

Two Different Questions

Your doctor's annual labs ask one question: are you sick? Longevity bloodwork asks a different one: are you optimal, and what's quietly working against you? Both matter. Only one explains why you feel the way you do.

What It Uncovers Beyond “Are You Sick?”

Elevated Risk, Early

ApoB, Lp(a), HbA1c, fasting insulin — the 10-15 year runway before a diagnosis.

Cellular Aging

NAD+, Klotho, oxidative stress — how fast you're aging beneath the surface.

Metabolic & Gut Function

Inflammation and insulin resistance markers most panels skip entirely.

Micronutrient Gaps

Vitamin D, B12, ferritin, folate — common, fixable, rarely checked.

WHY THIS CHANGES EVERYTHING ELSE

Bloodwork isn't a separate step from habits — it's what makes the habits targeted instead of generic.

Three Ways to Get There

TIER 1 — BASIC

Your Annual Physical, Maximized

Free with insurance. Ask your doctor to add HbA1c, hs-CRP, Vitamin D, and ferritin to your standard labs.

TIER 2 — INTERMEDIATE

Function Health

\$499 for 2 years, 4 testing rounds. Adds ApoB, Lp(a), full hormone panel — the highest value per dollar.

TIER 3 — ADVANCED

Jinfiniti Ultimate Longevity Panel

\$1,498 one-time. The only source for NAD+, Klotho, and true cellular aging markers.

Once you have the data, supplements and treatments stop being guesswork.