

Table1. Predictive Biomarkers and Clinical Significance

Predictive Biomarker Test (PB)	Best Outcome Goal Value	Measures
Hgb A1c, HbA1c, (Hemoglobin A1c)	< 5%	Blood sugar, diabetic risk and insulin resistance
hsCRP (high sensitivity C-Reactive Protein)	< 0.5 mg/L	Repair and inflammation status
hsHomocysteine (high sensitivity homocysteine)	< 6 μ mol/L	Methylation, detoxification, cardiovascular risk
LRA by ELISA/ACT	No Delayed Allergies	Immune tolerance to foods and other chemicals
First AM Urine pH	6.5–7.5	Mineral need assessment and cellular acid/alkaline balance
Vitamin D (25-OH cholecalciferol)	50–80 ng/mL	Cellular equilibrium and communication.
Omega-3 Index	8-12%	Omega-3 level of oxidative stress.
DNA Oxidative Stress 0(8-OHdG)	<5 ng/mg creatinine	Oxidative Stress and Nuclear Antioxidant Status