

India's trusted Health Test @Home Service



NABL
ACCREDITED

Booking ID : 14409908126

Sample Collection Date : 13/Jul/2025

Anvhi Gupta

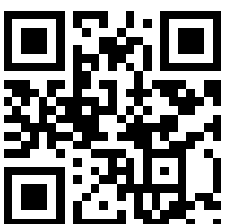
Female, 20 Yrs

A Comprehensive Health Analysis Report

AI Based Personalized Report for You

Flagship Lab in Gurugram

CAP
ACCREDITED ✓
COLLEGE of AMERICAN PATHOLOGISTS
CAP #: 9019582 | AU-ID: 2107746



INDIA'S FIRST & ONLY CREDIBILITY CHECK FOR YOUR LAB REPORT

Check the authenticity of your lab report with machine data

Scan the QR using any QR code scanner



New Features

Report Summary

Anvhi Gupta

Booking ID 14409908126 | Sample Collection Date: 13/Jul/2025

Understanding laboratory reports can be complex, often leading to unwarranted anxiety.

At Healthians, we understand that you shouldn't have to rely on a Google search to decipher your own health report. That's why we offer comprehensive summaries that are easy to understand.

Report Summary for Anvhi Gupta

Dear Anvhi,

Thank you for sharing your recent health test results. It's important to remember that our bodies can sometimes show variations in certain parameters, and this is quite common. In your case, there is a slight imbalance in one of your mineral levels, which can happen for a variety of reasons.

This particular parameter is essential for various bodily functions, and while it may seem concerning, there are several positive steps you can take to help restore balance. Here are some suggestions that may assist you:

1. Dietary Adjustments

: Incorporating foods rich in magnesium, such as leafy greens, nuts, seeds, and whole grains, can be beneficial. A well-rounded diet can help support your overall health.

2. Hydration

: Ensuring you stay well-hydrated is crucial. Drinking plenty of water throughout the day can aid in maintaining your body's mineral balance.


3. Regular Physical Activity

: Engaging in regular exercise can enhance your overall well-being and may positively influence your mineral levels. Consider activities you enjoy, whether it's walking, yoga, or dancing.

4. Stress Management

: Practicing relaxation techniques such as meditation, deep breathing exercises, or gentle yoga can help reduce stress, which in turn can support your body's natural balance.

Remember, taking small, manageable steps can lead to significant improvements over time. Your health is a journey, and you're on the right path.

Patient Name	: Anvhi Gupta	Barcode	: E5525013	
Age/Gender	: 20Y OM OD /Female	Sample Collected On	: 13/Jul/2025 07:48AM	
Order Id	: 14409908126	Sample Received On	: 13/Jul/2025 01:14PM	
Referred By	: Self	Report Generated On	: 13/Jul/2025 04:29PM	
Customer Since	: 13/Jul/2025	Sample Temperature	: Maintained ✓	
Sample Type	: Serum	ReportStatus	: Final Report	

DEPARTMENT OF BIOCHEMISTRY

Test Name	Value	Unit	Bio. Ref Interval
-----------	-------	------	-------------------

Magnesium -Serum

MAGNESIUM	1.8	mg/dl	1.9 - 2.5
Method: Xylidyl blue, tris buffer			
Machine: BECKMAN COULTER AU 5800			

Test Interpretation

Magnesium is primarily an intracellular ion associated with GI absorption and renal excretion. It helps in the diagnosis and monitoring of hypomagnesemia and hypermagnesemia especially in renal failure or GI disorders.

Increased levels

seen in patients taking diuretics, antacids, laxatives, parenteral nutrition, magnesium for eclampsia or premature labor, renal failure, dehydration with diabetic coma before treatment, Hypothyroidism.


Decreased levels

seen in malabsorption, abnormal loss of GI fluids, chronic pyelonephritis, renal tubular acidosis, antibiotics, phosphate depletion, extra cellular fluid volume expansion. Nutritional causes -starvation, Alcoholism. Endocrine causes -hyperthyroidism, hypoparathyroidism. Metabolic causes- excessive lactation, third trimester of pregnancy. Other causes- severe burns, lytic tumors of bone, toxemia of pregnancy, sepsis.



Dr. Walia Murshida Huda
MBBS, MD, Biochemistry
Consultant Biochemist
DMC-97314, Healthians Labs



Patient Name	: Anvhi Gupta	Barcode	: E5525013	
Age/Gender	: 20Y OM OD /Female	Sample Collected On	: 13/Jul/2025 07:48AM	
Order Id	: 14409908126	Sample Received On	: 13/Jul/2025 01:14PM	
Referred By	: Self	Report Generated On	: 14/Jul/2025 01:30AM	
Customer Since	: 13/Jul/2025	Sample Temperature	: Maintained ✓	
Sample Type	: Serum	ReportStatus	: Final Report	

DEPARTMENT OF BIOCHEMISTRY

Test Name	Value	Unit	Bio. Ref Interval
-----------	-------	------	-------------------

Zinc (Serum)

ZINC	57	µg/dL	46-150
------	----	-------	--------

Method: 5-Br-PAPS

Machine: BECKMAN COULTER AU 5800

Test Interpretation:-

Zinc, an essential trace element, is the intrinsic metal component or activating cofactor for more than 70 important enzyme systems in the body. It is involved in the regulation of nucleoproteins and the activity of inflammatory cells and plays a role in growth, tissue repair and wound healing, carbohydrate tolerance and synthesis of testicular hormones.

Zinc intake is closely related to protein intake and thus is an important component of nutritionally related morbidity globally .

Symptoms of severe zinc depletion include growth failure, primary hypogonadism, skin disease, impaired taste and smell, and impaired immunity and resistance to infection.

Subclinical zinc deficiency may significantly increase the incidence of and morbidity and mortality from diarrhea and upper respiratory tract infections.

Along with iron, iodine, and vitamin A, zinc deficiency is one of the most important micronutrient deficiencies globally.

Uses :

- Detect zinc deficiency
- Assist in confirming acrodermatitis enteropathica
- Evaluate nutritional deficiency
- Evaluate possible toxicity
- Monitor replacement therapy in individuals with identified deficiencies
- Monitor therapy of individuals with Wilson disease

Increased in

Anemia, Arteriosclerosis and Coronary heart disease

Decreased in:

Acrodermatitis enteropathica ,AIDS, Acute infections & stress ,Burns ,Cirrhosis ,Conditions that decrease albumin ,Diabetes ,Long-term Total parenteral nutrition, Malabsorption Myocardial infarction Nephrotic syndrome ,Nutritional deficiency,Pregnancy,menstruation, Pulmonary TB, Ulcerative colitis, Crohn disease ,Regional enteritis, sprue, intestinal bypass, and neoplastic disease.


Limitations :

Plasma levels of zinc do not necessarily correlate with tissue levels and do not reliably Identify individuals with zinc deficiency. Although plasma levels are generally a good index of zinc status in healthy individuals, these levels are depressed during inflammatory disease states. The conditions of anorexia and starvation also result in low zinc levels. Hemolyzed specimens cause false elevation of serum zinc levels. Auranofin, chlorthalidone, corticotropin, oral contraceptives, and penicillamine increase zinc levels .Anticonvulsants, cisplatin, citrates, corticosteroids, estrogens, interferon, and oral Contraceptives decrease zinc levels.



Dr. Wallia Murshida Huda
MBBS, MD, Biochemistry
Consultant Biochemist
DMC-97314, Healthians Labs



Patient Name	: Anvhi Gupta	Barcode	: E5525013	
Age/Gender	: 20Y OM OD /Female	Sample Collected On	: 13/Jul/2025 07:48AM	
Order Id	: 14409908126	Sample Received On	: 13/Jul/2025 01:14PM	
Referred By	: Self	Report Generated On	: 14/Jul/2025 01:30AM	
Customer Since	: 13/Jul/2025	Sample Temperature	: Maintained ✓	
Sample Type	: Serum	ReportStatus	: Final Report	

DEPARTMENT OF BIOCHEMISTRY

Test Name	Value	Unit	Bio. Ref Interval
-----------	-------	------	-------------------

*** End Of Report ***



Dr. Walia Murshida Huda
MBBS, MD, Biochemistry
Consultant Biochemist
DMC-97314, Healthians Labs



Terms & Conditions:

- 1) Machine Data is available for last 7 days only. In case of manual testing & outsourced testing, machine data will not be available.
- 2) CBC parameters may vary when it is manually reviewed by the Pathologists.
- 3) **For Thyroid tests** - Circulating TSH shows a normal circadian rhythm with a peak between 11pm-5am and a nadir between 5pm-8pm. TSH values are also lowered after food when compared to fasting in a statistically significant manner. This variation is of the order of $\pm 50\%$, hence time of day and fasting status have influence on the reported TSH level.
- 4) **For Lipid profile** - Lipid and Lipoprotein concentrations vary during the normal course of daily activity. Also, certain drugs, diet and alcohol can have lasting effects on Triglyceride levels. To obtain best results for Lipid testing, a strict fasting of 10-12 hours with a light meal on the previous night is recommended.
- 5) Test results released pertain to the specimen submitted.
- 6) Test results are dependent on the quality of the sample received by the Lab.
- 7) The tests are carried out in the lab with the presumption that the specimen belongs to the patient named or identified in the bill/test request form/booking ID.
- 8) The reported results are for information and are subject to confirmation and interpretation by the referring doctor to co-relate clinically.
- 9) Test results may show interlaboratory variations.
- 10) Liability of Healthians for deficiency of services or other errors and omissions shall be limited to the fee paid by the patient for the relevant laboratory services.
- 11) This report is not subject to use for any medico-legal purposes.
- 12) Few of the tests might be outsourced to partner labs as and when required.
- 13) This report is not intended to replace but to lead by providing comprehensive information. It is recommended that you consult your doctor/physician for interpretation of results.
- 14) All reports might not be applicable for individuals less than 18, pregnant women or individuals suffering from diseases for which health test has not been performed or symptoms not diagnosed.
- 15) This report is based on preventive health test screening and is meant for a healthy lifestyle. It does not provide any recommendation for life threatening situations.
- 16) It is strongly recommended to take required precautions for allergic reactions or sensitivities.
- 17) Authorised partner labs as mentioned for certain tests are as below:
 - HL/PL/001- Metropolis Healthcare Ltd
 - HL/PL/002- Thyrocare technologies Limited
 - HL/PL/003- Lifecell International Pvt. Ltd. - Laboratory Services
 - HL/PL/004- Modern Diagnostic & Research Centre

ADVISORY

Health Advisory













Anvhi Gupta

Booking ID : 14409908126 | Sample Collection Date : 13/Jul/2025

36.92 Body Mass Index

5'1" Height (ft/in)

91 Weight (kgs.)

 <p>Physical Activity</p> <p>No Data</p>	 <p>Smoke</p> <p>No Data</p>	 <p>Food Preference</p> <p>No Data</p>	 <p>Alcohol</p> <p>No Data</p>	 <p>Medication</p> <p>No Data</p>	 <p>Family History</p> <p>No Data</p>
 <p>Blood Pressure</p> <p>No Data</p>	 <p>Pulse Rate</p> <p>No Data</p>	 <p>Waist (In Cm)</p> <p>No Data</p>	 <p>Hip Circumference (In Cm)</p> <p>No Data</p>	 <p>SPO2 Levels</p> <p>No Data</p>	 <p>Sugar Levels</p> <p>No Data</p>

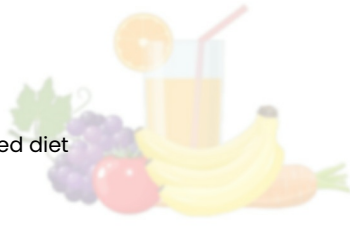
Additional Remarks :

NA

SUGGESTED NUTRITION


SUGGESTED NUTRITION

- Vit-D/B12 rich diet Veg (Milk products, Soya milk, Tofu, Whole grains)
- Vit-D/B12 rich diet Non-Veg (Egg yolk, Chicken, fish)
- Cut down on sugar
- Cut down on salt
- Plan small meals
- Low calorie diet to maintain healthy weight



EVERYTHING LOOKS GOOD!

As per your test results, We would recommend you to continue taking a balanced diet and reach out to our team for any queries.



SUGGESTED LIFESTYLE

- Increase sunlight exposure
- Maintain half an hour walk/exercises morning & evening
- Reduce belly fat
- Minimum 30 minutes of exercise
- Drink bottled water
- Avoid raw vegetables and fruits

SUGGESTED LIFESTYLE

EVERYTHING LOOKS GOOD!

As per your test results, We would recommend you to continue a healthy lifestyle and reach out to our team for any queries.

RECOMMENDED FUTURE TESTS

SUGGESTED FUTURE TESTS

- Thyroid Profile-Total (T3, T4 & TSH Ultra-sensitive) - Every 1 Month
- Vitamin D Total-25 Hydroxy - Every 2 Month
- Calcium Total, Serum - Every 2 Month
- Complete Blood Count - Every 2 Month
- Vitamin B12-Cyanocobalamin - Every 2 Month
- Folic Acid - Every 2 Month



EVERYTHING LOOKS GOOD!

As per your test results, We would recommend you to regularly take preventive health checkups for well-being.

HEALTH ADVISORY

Suggestions for Health & Well-being

Anvhi Gupta

Booking ID : 14409908126 | Sample Collection Date : 13/Jul/2025

PHYSICAL ACTIVITY

PHYSICAL ACTIVITY

Physical activities can vary from Regular walks (Brisk or normal), Jogging , Sports, Stretching, Yoga to light weight lifting etc. It is recommended to partake in physical activity at least 30 minutes a day for 3-4 days a week. If regular workout is difficult, then we can adapt changes such as using stairs instead of lift/escalators and doing household work!



BALANCED DIET

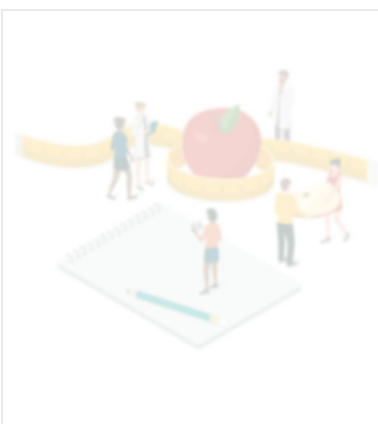
A balanced diet is the key to healthy lifestyle. Include Whole grains, vegetables, whole fruits, nuts, seeds, beans, plant oils in your diet. It is recommended to always have a high protein breakfast and a light dinner. Avoid items such as processed foods, potatoes and high calorie/sugar products. Don't forget to drink water regularly!

BALANCED DIET

STRESS MANAGEMENT

STRESS MANAGEMENT

Managing stress is an essential part of well-being. Some day to day changes can help such as having sufficient sleep (6-8 hours), indulging yourself in meditation, positive attitude towards lifestyle, using humor, traveling, talking to people whom you feel comfortable with and making time for hobbies by doing what you love to do.



BMI

BMI recommended range is 18.5 to 24.9. Your BMI is 29.35, which is on a high side. Please fill your Health Karma to know your BMI results. BMI for your body helps prevent many untimely diseases and goes a long way.

BMI CHART



BMI

Supplement Suggestions

Anvhi Gupta

Booking ID : 14409908126 | Sample Collection Date : 13/Jul/2025

In order to fulfill the gaps in nutrition and promote a healthier body we suggest you the following supplements mentioned in the table below:

Suggestions for Improving Deficiencies



IMMUNO-PLUS

Give your immunity a boost the all-natural way.

IMMUNO-PLUS is the perfect all-natural herbal supplement to boost your immune system and strengthens your body's defenses against diseases and infections. IMMUNO-PLUS provides your immune system the necessary reinforcement to keep you safe and healthy.

A weakened immune system opens you to a host of illnesses, such as:

- Recurring Infections
- Heightened Risk of Cancer
- Autoimmune Disorders
- Slow Growth Rate
- Serious Damage to the Heart, Lungs, Digestive Tract & the Nervous System

Infused with the ages-proven goodness of all-natural ingredients, IMMUNO-PLUS is the perfect supplement to strengthen your immune system without having to worry about side effects. Sourced from nature's own pharmacy of herbs, the ingredients in IMMUNO-PLUS present the following benefits:

Amla

Boosts immunity & Stores antioxidants

Jetwatika

Antioxidant properties strengthen the immune system

Aloe Vera

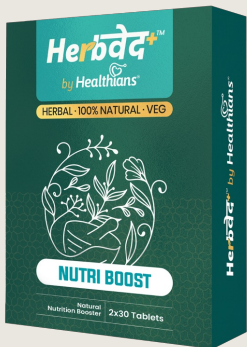
Fights against oxygenated rogue molecules in the blood

Ashwagandha

Reinforces the immune system to increase its fighting ability

Ginger

Anti-inflammatory & antioxidant effects reinforce the immune system



NUTRI-BOOST

Make-up for your missing nutrition the all-natural way!

NUTRI-BOOST is a scientifically formulated and clinically proven all-natural supplement that provides you with essential nutrients that might be missing from your daily diet. With NUTRI-BOOST, give your body the richness of all-natural nutrients and get all the energy you need to keep active throughout the day.

A lack of essential nutrients can lead to serious deficiencies which lead to serious health consequences. Some of the common deficiencies include:

- Iron Deficiency
- Iodine Deficiency
- Vitamin D Deficiency
- Calcium Deficiency
- Vitamin B12 deficiency

Infused with the ages-proven goodness of all-natural ingredients, NUTRI-BOOST is the perfect supplement to fill in the gap of vital nutrients for your body, without having to worry about side effects. Sourced from nature's own pharmacy of herbs, the ingredients in NUTRI-BOOST present the following benefits:

Indian Khajoor

Promotes brain and heart health

Shatavari

Anti-oxidant properties boost the immune system.

Amla

Aids in digestion, and promotes heart & liver health

Wheat

Aids in weight control reduces the risk of heart ailments and provides energy

Jetwatika

Prevents cell damage to keep optimum body functionality



Healthians Scans

Your one-stop destination for affordable & reliable imaging services



Honest pricing



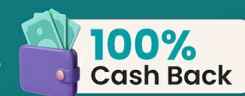
100% covid safe



Highly experienced
130+ radiology
specialists



State-of-the-art
radiology labs
across India



When you book via app

Know More

About Healthians Labs

How we control Report Accuracy at Healthians



Quality Control

We follow Quality control to ensure both **precision & accuracy** of patient results.



Machine Data

We save patient's result values **directly from machines** ensuring no manipulations & no fake values.



QR Code

QR Code based authenticity check on all its reports



Calibration

We make use of calibrators to evaluate the **precision & accuracy** of measurement equipment.



Equipment

Our Labs are equipped with state-of-the-art instruments with **cutting edge technology** to provide faster & reliable results.



EQA

Our Labs participate in EQA & show proven accuracy by checking **laboratory performance** through external agency or facility.

JOIN **100,000+** HAPPY USERS WHO TRUST HEALTHIANS!

KNOW ALL ABOUT YOUR HEALTH ON YOUR FINGERTIPS

- ✓ Book & track your health tests
- ✓ Smart reports on your Phone
- ✓ Health Tracker
- ✓ Health Articles

DOWNLOAD HEALTHIANS APP:

