UNITED TRAINING SYSTEMS × marek health

NFL PRE-DRAFT · COMPREHENSIVE

EVERY DETAIL COUNTS BEFORE DRAFT DAY.

An 80+ biomarker blood panel and a 45-minute review with a Marek Health coach, so you can see what's driving your recovery, energy, sleep, and output in training. Pre-draft prep is about every detail. This covers the ones inside your body.

Our foundational panel, and where most athletes start.



27	80+	45min	6
lab tests	*biomarkers*	*coach review call*	*body systems*

REVIEWED BY MAREK'S MEDICAL TEAM
Every report written by our Director of Patient Care.

OPTIMAL RANGES, NOT JUST "IN RANGE"
Validated by our clinical research team & providers.

80+ BIOMARKERS, 6 SYSTEMS
Far beyond a standard annual physical.

EVERYTHING IN YOUR PRE-DRAFT PACKAGE

27 TESTS · 80+ BIOMARKERS

A 45-MINUTE REVIEW CALL
One-on-one with a Marek Health coach to walk through every result.

OPTIMAL RANGES, NOT JUST "NORMAL"
A plain-English report showing exactly where you're off, validated by our clinical team.

LIFESTYLE & TREATMENT RECOMMENDATIONS
A lab report with Marek's optimal ranges to refer back to, plus lifestyle and supplementation recommendations.

BUILT FOR THE WHOLE ATHLETE
Physical output, recovery, and mental sharpness, looked at together.

A DIRECT PATH TO CARE, IF YOU WANT IT
Discounted, expedited onboarding with a licensed Marek medical provider.

FULL RESULTS IN 7-14 DAYS
Draw blood at a lab near you; your report and review link follow.

THE COMPARISON

A STANDARD PHYSICAL CHECKS AROUND 15 MARKERS. THIS CHECKS 80+.

Standard bloodwork is built to catch disease. This is built to catch the early, fixable imbalances behind slow recovery, low energy, poor sleep, stalled strength gains, and heavy legs, the things that quietly cost you reps during a pre-draft training block.

	THIS PACKAGE	STANDARD CHECKUP
Biomarkers tested	**80+**	~15
Full hormone & thyroid panel	✓	Rarely
Advanced heart markers (ApoB, Lp(a))	✓	–
Optimal ranges, not just "normal"	✓	–
A human who explains your results	**45-min call**	5-min visit
A personalized action plan	✓	–

THE PANEL

27 TESTS, 80+ BIOMARKERS, ACROSS 6 SYSTEMS

HORMONES & THYROID *16 markers*
Total & Free Testosterone, Estradiol, SHBG, Cortisol, DHEA-S, IGF-1, LH/FSH, TSH, Free T3 & T4, TPO antibodies...

HEART HEALTH *9 markers*
ApoB, Lipoprotein(a), hs-CRP, and a full lipid profile, for cardiac risk far beyond basic cholesterol.

METABOLISM *3 markers*
Fasting insulin, HbA1c, and glucose, showing how well your body handles fuel and blood sugar.

ORGAN FUNCTION *26 markers*
Full liver & kidney workup, complete metabolic panel (CMP), and total & free PSA for prostate health.

NUTRIENTS *10 markers*
Vitamin D (25-OHD, D2, D3), RBC magnesium, and a complete iron panel (ferritin, TIBC, saturation).

BLOOD HEALTH (CBC) *24 markers*
Complete blood count with full differential, covering immune, oxygen, and clotting health.

See the complete 80+ biomarker breakdown below. **Full list ↓**

THE PROCESS

FROM ORDER TO ACTION IN FOUR STEPS

1 ORDER YOUR LABS
Visit **marekhealth.com/partner**, enter your code, and complete a short health-history questionnaire. Your lab requisition arrives by email within 24 business hours (check spam).

2 GET YOUR BLOOD DRAWN
Visit your nearest diagnostic center. Within 7 to 14 business days, Marek Health emails your results plus a link to schedule your review.

3 YOUR REVIEW & RECOMMENDATIONS
Meet your Marek Health coach on a video call to go deep on your results, talk through how you're feeling and what you're training for, and leave with optimization recommendations and clear next steps.

4 MEDICAL PROVIDER CONSULT OPTIONAL
A licensed Marek Health provider can meet with you to build a customized treatment plan. Approved treatments ship directly to your door, with monthly check-ins to keep you on track. If you are subject to NCAA or NFL drug testing, tell your provider up front so any plan is built around it.

★★★★★

"The transformation in my energy and vitality has been profound, positively impacting my well-being, family, business, and every challenge along the way."

John I. | *Verified Client*

THE FULL LIST

COMPLETE BIOMARKER LIST: 27 TESTS, 80+ BIOMARKERS

SEX HORMONES
Total Testosterone (LC/MS)
Free Testosterone (Equilibrium Dialysis)
Estradiol, Sensitive (LC/MS-MS)
Sex Hormone Binding Globulin (SHBG)

STRESS HORMONES
Prolactin
Cortisol

NEUROSTEROIDS
DHEA-S

GONADOTROPINS
Luteinizing Hormone (LH)
Follicle-Stimulating Hormone (FSH)

GROWTH HORMONE / IGF-1
Insulin-Like Growth Factor I (IGF-1) (LC/MS)

FEMALE PANEL
Progesterone (LC/MS)
hCG-Beta Subunit (Quantitative)

THYROID STATUS
Thyroid Stimulating Hormone (TSH)
Free T4
Free T3
Thyroid Peroxidase Antibody (TPOab)

HEART: INFLAMMATION
C-Reactive Protein, High Sensitivity (hsCRP)

HEART: ADVANCED RISK
Apolipoprotein-B (ApoB)

HEART: GENETIC RISK
Lipoprotein(a) (Lp(a))

LIPID PROFILE
Total Cholesterol
HDL Cholesterol
LDL Cholesterol
LDL:HDL Ratio
VLDL Cholesterol
Triglycerides

METABOLIC ACTIVITY
Blood Glucose
Fasting Insulin
HbA1c

LIVER FUNCTION
AST
ALT
BUN
Bilirubin, Total
γ-Glutamyl Transferase (GGT)

KIDNEY FUNCTION
Creatinine w/ eGFR

COMPREHENSIVE METABOLIC PANEL (CMP)
Glucose, BUN, Creatinine, eGFR
BUN/Creatinine Ratio
Sodium, Potassium, Chloride
Carbon Dioxide, Calcium
Total Protein, Albumin, Globulin
A/G Ratio, ALP, AST, ALT

PROSTATE HEALTH (MALE ONLY)
Prostate-Specific Antigen (PSA), Total
Prostate-Specific Antigen (PSA), Free %

VITAMINS & MINERALS
Magnesium, RBC
Vitamin D, 25-OHD
Vitamin D2 (1,25(OH)2D)
Vitamin D3 (1,25(OH)2D3)

IRON PANEL
Iron, TIBC, UIBC
Transferrin Saturation
Iron Saturation
Ferritin

COMPLETE BLOOD COUNT (CBC)
WBC, RBC, Hemoglobin, Hematocrit
MCV, MCH, MCHC, RDW, Platelets
Neutrophils, Lymphocytes, Monocytes
Eosinophils, Basophils (+ absolutes)
N/L Ratio, Immature Cells, NRBC
Immature Granulocytes (+ absolute)
w/ Reflex for Immature Cells

The panel reports 82 distinct markers; composition varies by sex, so an individual report carries about 80. Progesterone and hCG-Beta are ordered for female patients. PSA for male patients. All care and inquiries, including bloodwork, supplementation, protocols, medications, treatments, and shipping, are handled through your designated Marek Health coach. Due to HIPAA guidelines, United Training Systems cannot act as an intermediary between you and your medical team at Marek Health. This package is for health optimization and informational purposes; it is not a diagnosis, treatment, or substitute for care from a licensed physician.