BLOOD PROFILING

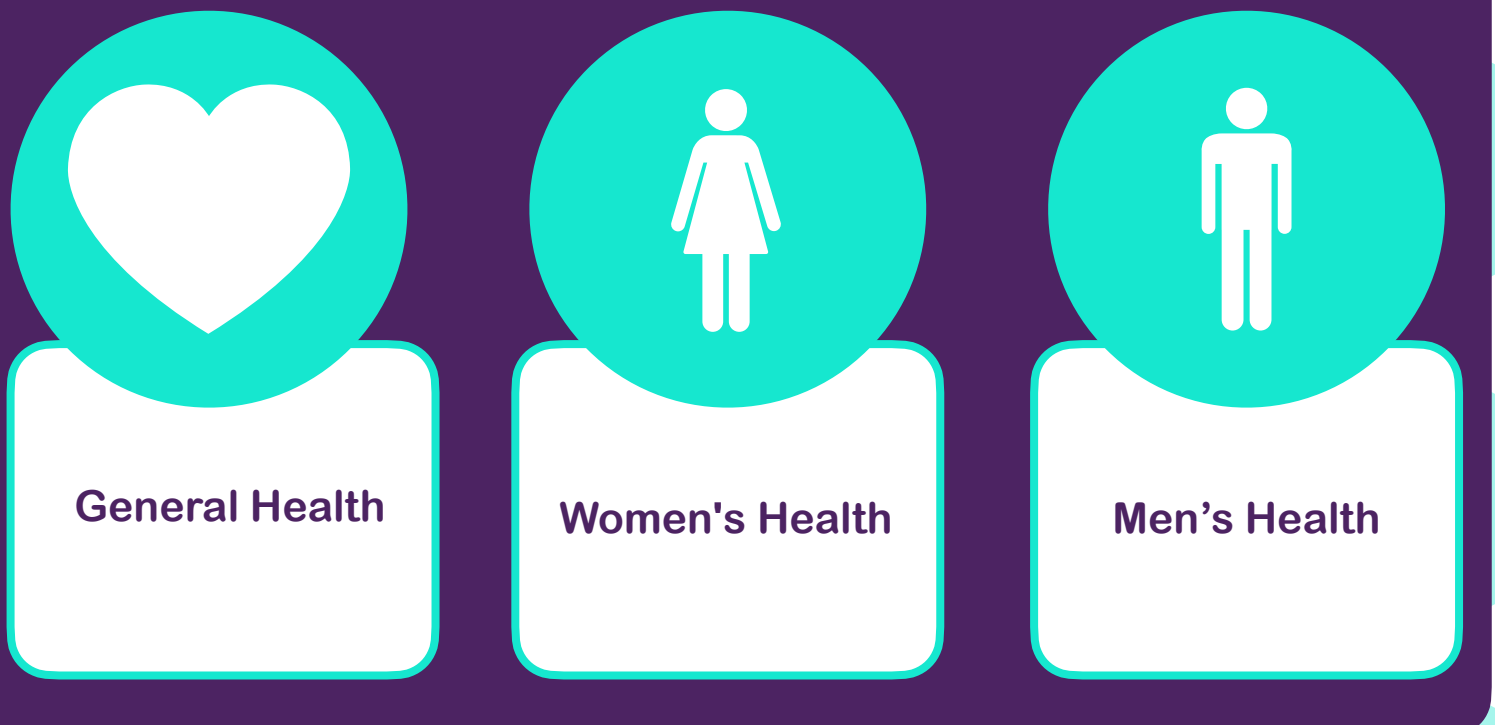
NEW FOR 2026

BLOOD PROFILING GUIDE

This guide provides you with a detailed breakdown of your blood profile options and suggestions as to when or why they can be utilised.

To make it easier to choose the most relevant blood tests, we have grouped our profiles into three main categories: General Health, Women's Health, and Men's Health.

The tests included in each category are those that are most commonly associated with that area of health. However, they are not exclusive to one group. For example, some tests listed under Women's Health may also be useful for men, and vice versa. These categories are simply a guide to help you navigate the options and find the tests most suited to your individual needs.



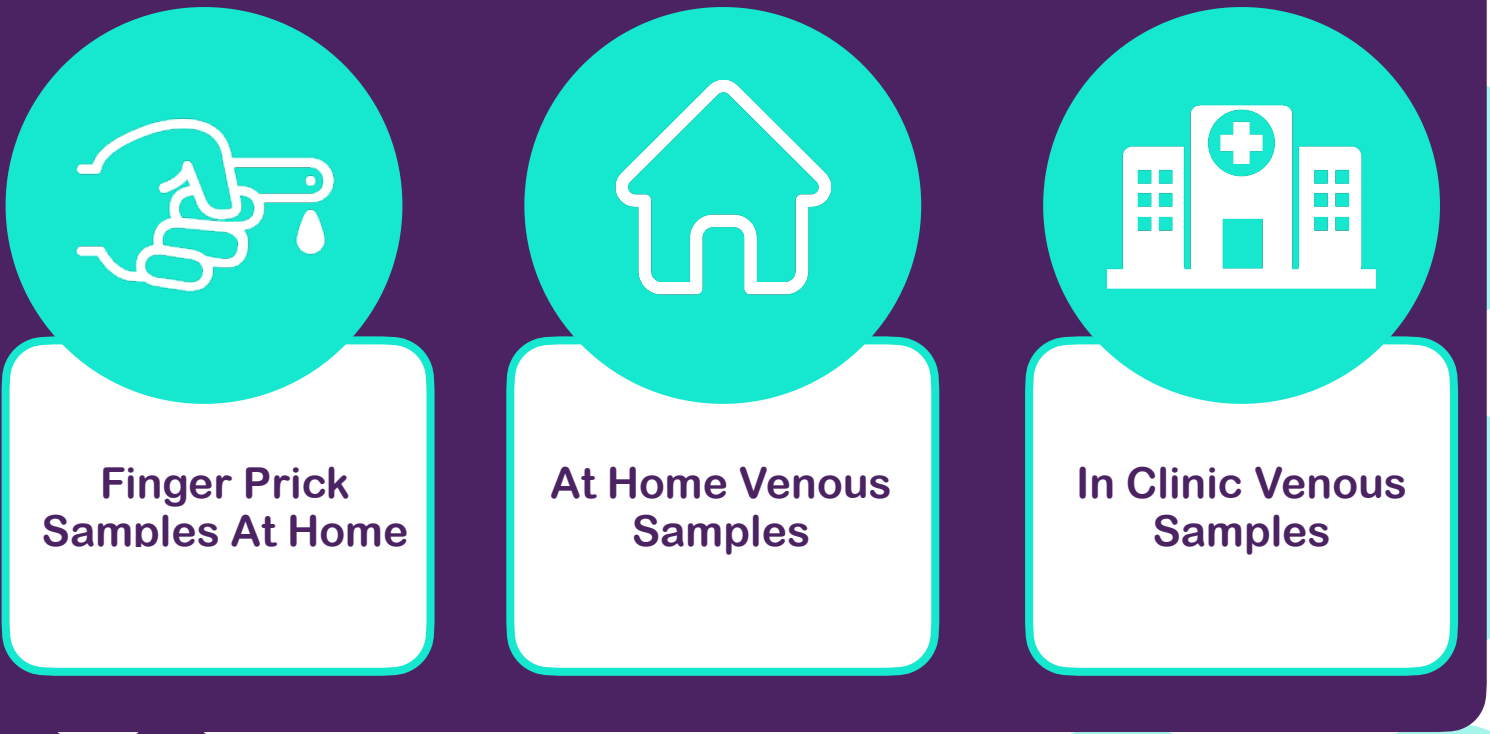
Sample Collection Options

Different blood tests require different types of samples to give the most accurate results. Some tests can be completed quickly and easily at home with a simple finger prick sample, while others require a venous blood sample, which involves taking blood from a vein.

Venous samples may be collected in the comfort of your own home by a healthcare professional or at our clinic, depending on what works best for you.

To make things straightforward, we have included clear logos next to each test throughout this catalogue, showing which sample collection options are available.

This way, you can see at a glance whether a test can be done with a finger prick, needs a venous sample at home, or is best carried out in clinic.



BEACHES
CHIROPRACTIC HEALTH

General Health



Advanced Thyroid Profile



What is Included?

- Free Throxine (FT4)
- Free Triiodothryonine (FT3)
- TSH
- Thyroid Peroxidase Antibodies
- Thyroglobulin Antibodies
- Thyroxine (T4)

Get detailed insights into your thyroid function, including antibodies and nutrients essential for optimal thyroid health. Whether you're managing a thyroid condition or looking to investigate symptoms, this test provides the clarity you need to take action.

Cardiovascular Screen



What is Included?

- Cholesterol
- HDL Cholesterol
- HDL % of total
- LDL Cholesterol
- Non HDL Cholesterol
- Triglycerides
- HbA1c
- C-reactive Protein (High Sensitivity)

Gain a clear picture of your heart and metabolic health with a comprehensive blood test covering cholesterol, triglycerides, inflammation, and blood sugar control. Whether you're tracking your risk of heart disease, managing symptoms like fatigue or weight gain, or simply staying proactive, this test offers the insight you need to take control of your wellbeing.

Iron Profile



What is Included?

- Ferritin
- Iron
- Total Iron Binding Capacity
- Transferrin Saturation,
- Unsaturated Iron Binding

This iron panel provides a detailed assessment of your body's iron status and is particularly useful for investigating symptoms such as fatigue, weakness, dizziness, shortness of breath, pale skin, headaches, or restless legs. Markers such as Ferritin reflect stored iron levels, while Iron, Total Iron Binding Capacity (TIBC), Transferrin Saturation, and Unsaturated Iron Binding Capacity (UIBC) help evaluate how well iron is being transported and utilised in the body. Low ferritin and transferrin saturation may indicate iron deficiency, even before anaemia develops, while elevated levels can suggest iron overload or underlying inflammatory conditions. This panel helps identify the root cause of non-specific yet persistent symptoms and guides appropriate treatment or further investigation.

Comprehensive Wellness Profile

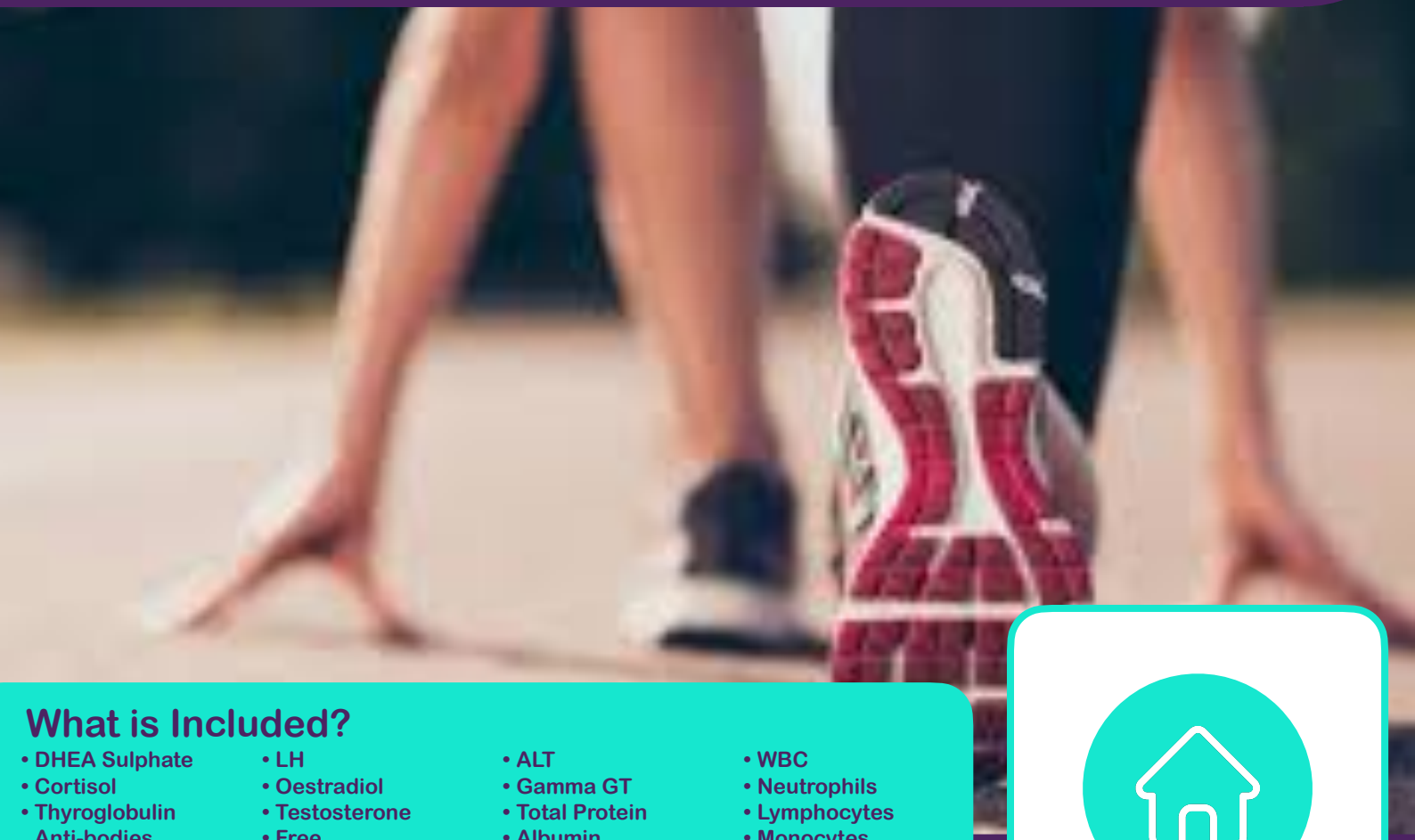


What is Included?

- Basic Thyroid Function Profile
- C-reactive Protein (High Sensitivity)
- Creatine
- Creatine Kinase
- HbA1c
- Iron Profile
- Kidney Function Profile
- Lipid Profile
- Liver Function Test
- Magnesium
- Testosterone
- Uric Acid
- Vitamin Profile (Total B12 & Vitamin D)

A complete and comprehensive blood test, designed for individuals who want a deeper understanding of their health. This panel is ideal for men or women seeking to optimise energy, performance, and hormonal balance, as well as those experiencing fatigue, brain fog, low mood, or unexplained symptoms. It's also perfect for athletes, health-conscious professionals, or anyone looking to track key markers of metabolic, cardiovascular, liver, kidney, and thyroid function. With insights into testosterone, inflammation (CRP), vitamin D & B12, blood sugar control (HbA1c), and more, this test provides a full-body snapshot to help you take control of your wellbeing. Whether you're on a health optimisation journey or simply want peace of mind, this panel offers clarity and actionable insights.

Ultimate Performance Profile

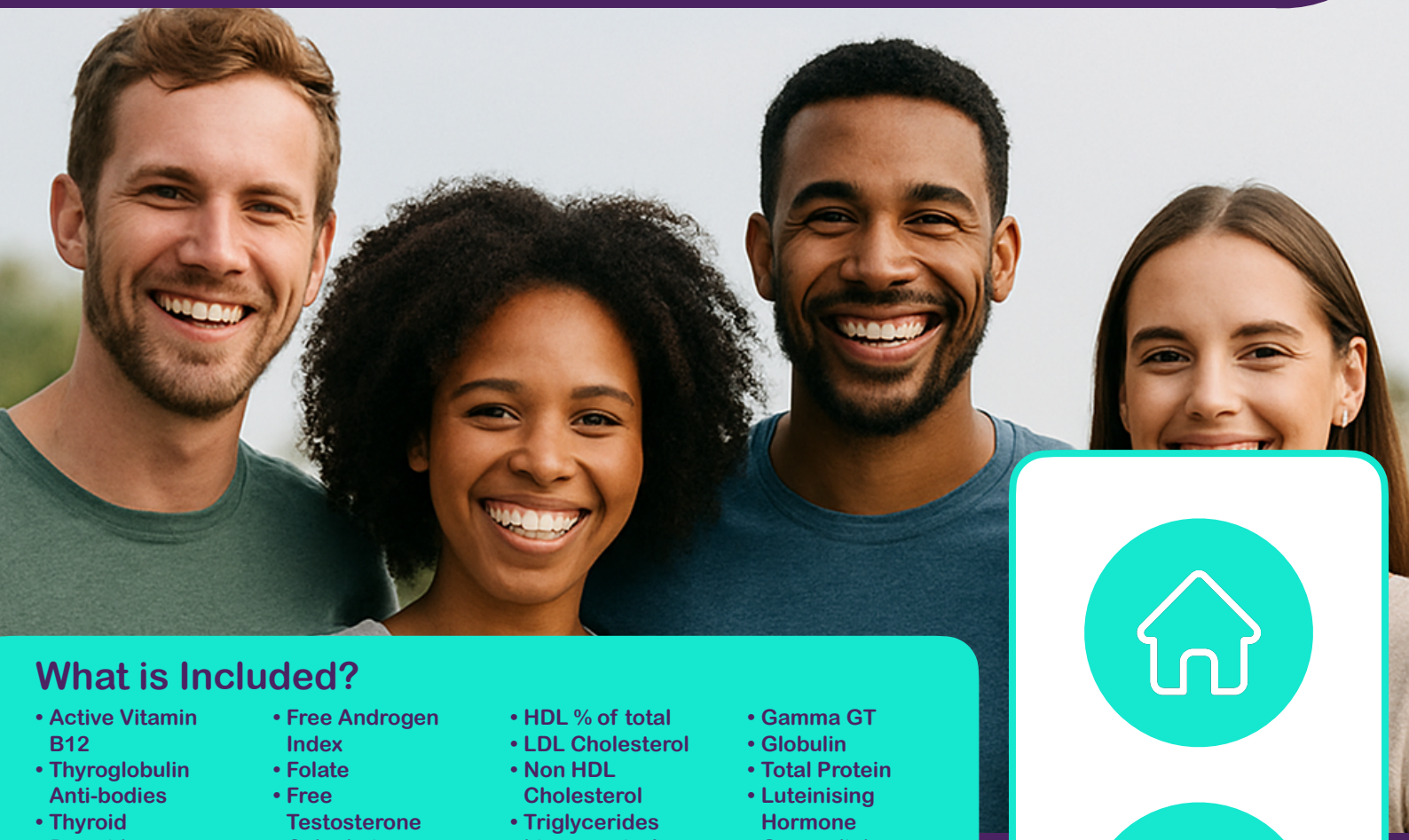


What is Included?

- DHEA Sulphate
- Cortisol
- Thyroglobulin Anti-bodies
- Thyroid Peroxidase Antibodies
- Cholesterol
- HDL Cholesterol
- HDL % of total
- LDL Cholesterol
- Non HDL Cholesterol
- Triglycerides
- Platelet Count
- MPV
- HbA1c
- Uric Acid
- FSH
- LH
- Oestradiol
- Testosterone
- Free Testosterone
- Testosterone:Cortisol
- Prolactin
- hs-CRP
- Iron
- TIBC
- Transferrin
- Saturation
- Ferritin
- Urea
- Creatine
- eGFR
- Bilirubin
- ALP
- ALT
- Gamma GT
- Total Protein
- Albumin
- Globulin
- SHBG,
- Haemoglobin
- Haematocrit
- RBC
- MVC
- MCH
- MCHC
- RDW
- TSH
- Free T3
- Free T4
- Folate
- B12 - Active
- Vitamin D
- WBC
- Neutrophils
- Lymphocytes
- Monocytes
- Eosinophils
- Basophils

Our most advanced and complete blood profiling providing a comprehensive, multi-system overview that can be invaluable for anyone aiming for “ultimate performance,” whether in sport, rehabilitation, or general health optimisation. By combining hormonal profiling (e.g., testosterone, cortisol, thyroid hormones, reproductive hormones, DHEA-S) with metabolic and cardiovascular markers (lipid profile, HbA1c, hs-CRP, uric acid), it enables precise assessment of energy balance, recovery capacity, and cardiovascular risk. The inclusion of nutrient and iron status (iron, ferritin, folate, B12, vitamin D) and liver/kidney function (urea, creatinine, eGFR, liver enzymes, proteins) helps identify factors that may limit performance or recovery. Additionally, a full haematology panel supports evaluation of oxygen-carrying capacity and immune health, while specific antibodies (thyroglobulin and TPO) can flag hidden autoimmune or endocrine issues. This holistic dataset allows for targeted interventions in training, nutrition, and medical management, maximising both short-term performance and long-term resilience.

Ultimate Wellbeing Profile



What is Included?

- Active Vitamin B12
- Thyroglobulin Anti-bodies
- Thyroid Peroxidase Antibodies
- Apolipoprotein A/B Plus Ratio
- C-reactive Protein (High Sensitivity)
- FSH
- Free Androgen Index
- Folate
- Free Testosterone Calculation
- Full Blood Count
- HbA1c
- Iron Profile,
- Creatine
- eGFR
- Bilirubin
- Cholesterol
- HDL Cholesterol
- HDL % of total
- LDL Cholesterol
- Non HDL Cholesterol
- Triglycerides
- Lipoprotein A,
- Alanine Transferase
- Albumin
- Alkaline Phosphatase
- Aspartate Transferase
- Bilirubin
- Gamma GT
- Globulin
- Total Protein
- Luteinising Hormone
- Oestradiol,
- Testosterone,
- Uric Acid,
- Vitamin D

This type of comprehensive blood profile is designed to give a detailed picture of your overall health, hormone balance, and risk factors for certain conditions. It looks at important areas such as vitamin and mineral status (e.g., vitamin B12, folate, vitamin D, iron), thyroid function and antibodies (which can detect thyroid disorders or autoimmune thyroid disease), and markers of inflammation like high-sensitivity C-reactive protein, which can indicate cardiovascular risk. Hormones such as testosterone, oestradiol, FSH, and LH are measured to assess reproductive health, energy levels, and possible hormonal imbalances. The profile also includes a full blood count and kidney and liver function markers to check how well these organs are working, as well as cholesterol, triglycerides, apolipoproteins, and lipoprotein(a) to assess heart and circulation health. By combining these results, this test can help identify underlying causes of fatigue, reduced performance, hormonal symptoms, or increased risk of conditions such as diabetes, cardiovascular disease, or metabolic syndrome. It's particularly useful for people who want a thorough check of their health, those with ongoing symptoms, or individuals monitoring their wellness and performance.

Women's Health



Female Hormone Profile

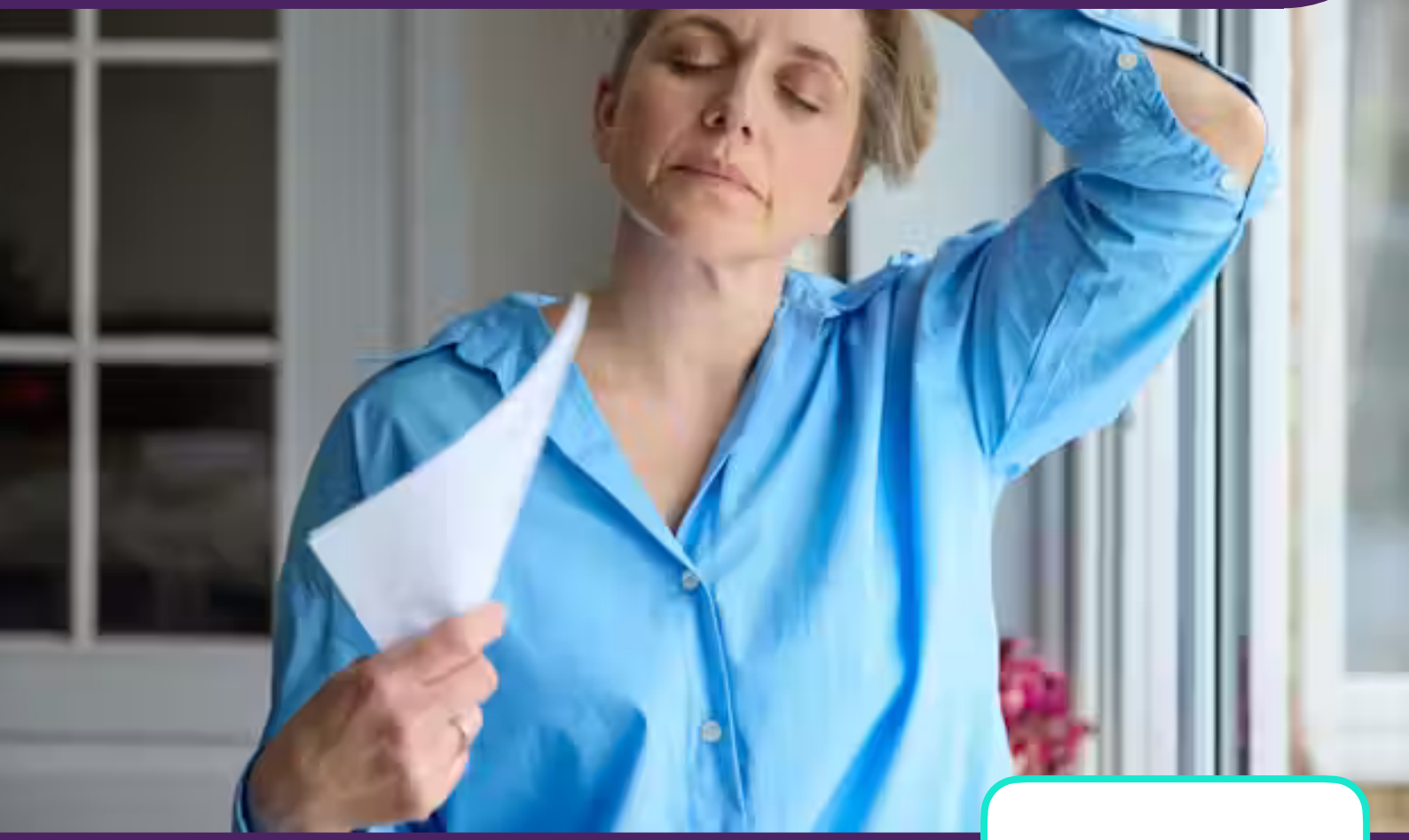


What is Included?

- DHEA Sulphate,
- FSH
- Free Testosterone Calculation
- LH
- Oestradiol
- Progesterone
- Vitamin D

These tests focus on key hormones and vitamin levels that are especially important for women's health. Follicle Stimulating Hormone (FSH) and Luteinising Hormone (LH) help regulate the menstrual cycle and fertility, while Oestradiol and Progesterone are central to reproductive health, menstrual changes, and symptoms around the menopause. Testosterone and DHEA-Sulphate, though often thought of as "male" hormones, are also important for women as they influence energy, mood, muscle and bone health, and libido. Vitamin D is included as it supports bone strength, muscle function, and immune health, and low levels are very common in women in the UK. Together, these markers can provide a clear picture of hormone balance, fertility, and overall wellbeing at different stages of life.

Menopause Profile



What is Included?

- FSH
- Free Thyroxine (FT4)
- LH
- Oestradiol
- TSH

Experiencing hot flushes, irregular periods, mood changes, or low energy? This test checks key hormone levels to assess whether you're approaching or going through menopause or perimenopause. It’s ideal if you’re looking for clarity on hormonal changes and want to understand if your symptoms are related to menopause.

PCOS Profile



What is Included?

- FSH
- Free Androgen Index
- Luteinising Hormone
- Sex Hormone Binding Globulin
- Testosterone

This hormone panel is particularly relevant for investigating Polycystic Ovary Syndrome (PCOS), a common hormonal condition affecting women. Key markers such as Luteinising Hormone (LH) and Follicle Stimulating Hormone (FSH) help assess ovulatory function, and an elevated LH:FSH ratio is often seen in PCOS. Total testosterone, Sex Hormone Binding Globulin (SHBG), and the Free Androgen Index (FAI) provide insight into androgen levels, which are frequently raised in PCOS and may contribute to symptoms such as irregular periods, acne, or excess hair growth (hirsutism). Assessing these hormones together supports a more accurate diagnosis and helps guide tailored treatment or lifestyle strategies

Advanced Well Women



What is Included?

- Cholesterol
- HDL Cholesterol
- HDL % of total
- LDL Cholesterol
- Non HDL Cholesterol
- Triglycerides
- Platelet Count
- MPV
- HbA1c
- Uric Acid
- FSH
- LH,
- Oestradiol
- hs-CRP
- Iron
- TIBC
- Transferrin Saturation
- Ferritin
- Urea
- Creatine
- eGFR,
- Bilirubin
- ALP
- ALT
- Gamma GT
- Mangesium-serum
- Total Protein
- Albumin
- Globulin
- Haemoglobin
- Haematocrit
- RBC
- MVC
- MCH
- MCHC
- TSH
- Free T3
- Free T4
- Folate
- B12 - Active
- Vitamin D
- WBC
- Neutrophils
- Lymphocytes
- Monocytes
- Eosinophils
- Basophils

This advanced female wellness check provides a comprehensive view of hormonal, metabolic, nutritional, and organ health. Reproductive hormones (FSH, LH, oestradiol) assess menstrual cycle status, menopause transition, and hormonal balance. Thyroid tests (TSH, Free T3, Free T4) evaluate metabolism and energy regulation. Cardiometabolic markers (lipid profile, HbA1c, uric acid, hs-CRP) monitor heart health, blood sugar control, and inflammation. Iron studies with full blood count detect anaemia or iron overload, while vitamin/mineral markers (vitamin D, folate, active B12, magnesium) check nutrient status. Liver, kidney, and protein levels confirm organ function, and white cell analysis reviews immune health. This profile helps detect early issues, track changes, and guide personalised interventions for long-term wellbeing.

Men’s Health



Advanced PSA



What is Included?

- Basic Thyroid Function Profile
- Liver Function Profile
- PSA Test

Are you over 50, over 45 and of black ethnicity, or have a strong family history of prostate cancer? Our PSA Blood Test detects raised PSA levels, helping to identify potential signs of prostate cancer and enabling you to take early action for your health.

Sexual Performance Profile



What is Included?

- Free Androgen Index
- Free Testosterone Calculation
- Free Thyroxine (FT4)
- HbA1c
- Lipid Profile, Prolactin
- PSA Test
- SHBG
- Total Testosterone
- Thyroid Stimulating Hormone

Struggling with low libido, reduced performance, or erectile dysfunction? These symptoms are often driven by underlying hormonal, metabolic, or thyroid imbalances — not just psychological causes. Our Men's Erectile Dysfunction & Hormonal Health Panel is a comprehensive blood test designed to uncover the root causes of ED and male vitality issues. This panel includes a detailed analysis of your testosterone profile (total testosterone, free testosterone calculation, Free Androgen Index, SHBG), as well as prolactin and PSA, which can influence sexual health and prostate function. We also assess your thyroid hormones (TSH and FT4), as thyroid dysfunction can affect libido, energy, and erectile function. To give a broader view of your health, we include HbA1c and a full lipid profile — important markers of blood sugar control and cardiovascular risk, both strongly linked to erectile performance.

Male Hormone Profile



What is Included?

- Albumin
- DHEA Sulphate
- FSH
- Free Androgen Index
- Free Androgen Index
- Free Testosterone Calculation
- LH
- Oestradiol
- Prolactin
- SHBG
- Testosterone

Not feeling like yourself? If you're experiencing low energy, reduced muscle mass, low libido, or mood changes, this test checks key male hormones that influence strength, vitality, and overall well-being. Whether you're investigating symptoms or just want to optimise your health, this test helps you understand if your hormone levels are in balance

Advanced TRT



What is Included?

- Cholesterol
- HDL Cholesterol
- HDL % of total
- LDL Cholesterol
- Non HDL Cholesterol
- Triglycerides
- Platelet Count
- HbA1c
- FSH
- LH
- Oestradiol,
- Testosterone
- Free Testosterone
- Testosterone : Cortisol
- Prolactin
- Ferritin
- Creatine
- eGFR
- ALP
- ALT
- Gamma GT
- Total PSA
- Total Protein
- Albumin
- Globulin
- SHBG
- Haemoglobin
- Haematocrit
- RBC
- MVC
- MCH
- MCHC
- RDW
- TSH
- Free T3
- Free T4
- WBC
- Neutrophils
- Lymphocytes
- Monocytes
- Eosinophils
- Basophils

This blood profile offers a well-rounded baseline and follow-up framework for testosterone replacement therapy (TRT), addressing both treatment efficacy and safety monitoring. The hormonal markers (total and free testosterone, SHBG, FSH, LH, oestradiol, prolactin, and the testosterone:cortisol ratio) assess endogenous production, treatment response, and potential hormonal imbalances. Thyroid function tests (TSH, Free T3, Free T4) identify underlying thyroid issues that can affect energy, metabolism, and mood. The lipid profile and HbA1c monitor metabolic health and cardiovascular risk, which can be influenced by TRT. Full blood count parameters (haemoglobin, haematocrit, RBC, MCV, MCH, MCHC, RDW, platelet count, and white cell differential) are critical for detecting TRT-associated erythrocytosis, ensuring haematocrit stays within safe limits. Liver function markers (ALP, ALT, Gamma GT, total protein, albumin, globulin) and kidney function tests (creatinine, eGFR) track organ health, while ferritin reflects iron stores, important for oxygen transport and recovery. PSA provides prostate health screening, particularly relevant for older men on TRT. By integrating these results, clinicians can verify TRT is achieving desired outcomes, track progress over time, and detect early signs of adverse effects—ensuring safe, personalised optimisation of testosterone therapy.

Arranging Your Test



Arranging Your Test

A step by step guide to arranging your sample



01

Visit our website and head to the Blood Profiling Section

02

Follow the link to our online store





03

Look through the online store and select you preferred blood test







04

Select your preferred method of sample collection.



05

We will do the rest and your sample collection will be arranged in due course.

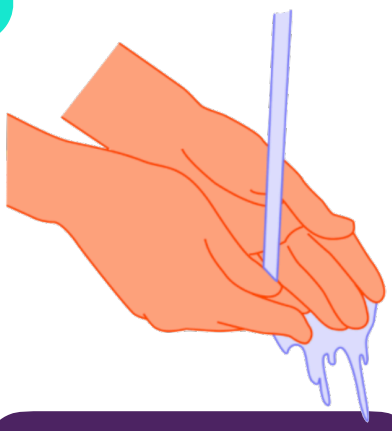
Collecting a Finger Prick Sample

1



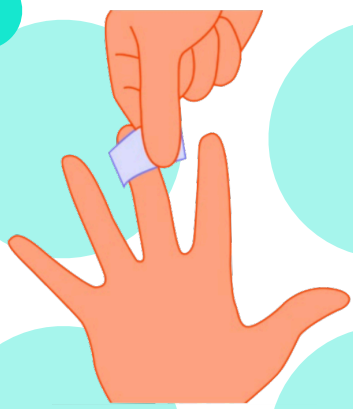
The best location for collecting a finger prick sample is from the side of your middle finger or ring finger (see shaded area). Open the pack of lancets.

2



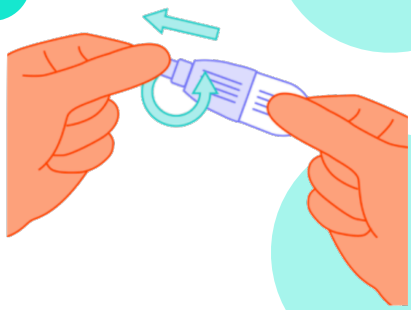
Wash your hands in warm soapy water. It is much easier to collect your sample if your hands are warm. Dry them thoroughly with a clean, dry towel.

3



Using the Alcohol Swab clean the selected finger. Wipe dry with a clean tissue. Be sure your finger is completely dry as blood will not form a drop at the puncture site of a moist finger.

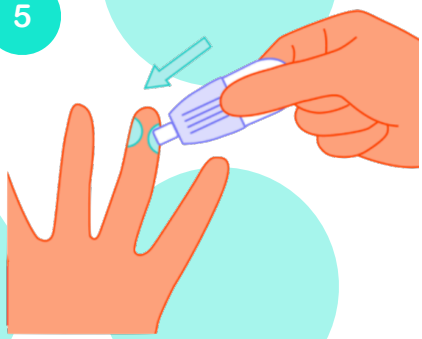
4



Remove one of the lancets from the bag. Twist and remove the blue stick.

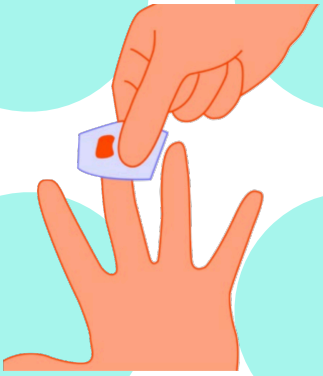
The lancet is ready to use.

5



Sit down when collecting your blood drops. Position the lancet against the side of your chosen finger. The lancet will activate in one step only when positioned and pressed firmly against the skin until a click is heard. Should you need to repeat the process to help obtain enough blood use one of the remaining lancets.

6



This will puncture the skin and a small drop of blood will form. Wipe away the first drop of blood with a tissue. This is because the first blood cells have often been damaged by the “trauma” therefore this may lead to an inaccurate result.

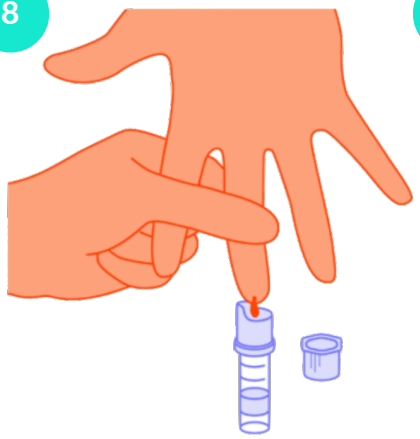
Collecting A Sample…Continued

7



Holding your hand/arm downwards, firmly massage your hand down to your finger to encourage blood flow.

8



Take your finger with the other hand and gently milk your hand and finger to help the blood drop into the blood collection tube as shown.

9



Fill the blood collection tube to the upper line on the side of the tube.

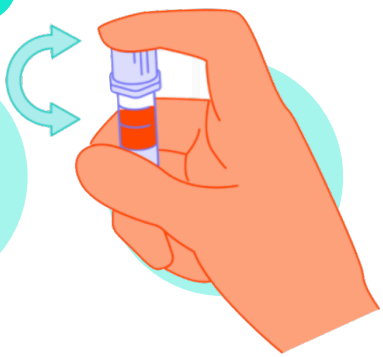
NB: If you are unable to collect enough blood use the second lancet on a middle or ring finger on the other hand. Alternatively, try wiping the finger you have been using with a dry tissue. Pause for 5-10 seconds and blood drops are likely to reform, and you can then start collecting again. the blood collection tube to the upper line on the side of the tube.

10



Once you have filled up to the top fill line, or even just over, stop collecting, clean the finger with a wipe and apply the supplied spot plaster to stop the bleeding. Then push on the cap of the blood collection tube securely until you hear an audible click to confirm closure.

11



Once you have replaced the cap, gently invert the collection tube 5 to 10 times.

12



Make sure your tube is labelled with your details using the blood collection tube label supplied. This is very important as unlabelled samples cannot be accepted. Affix the label by placing the tube in the middle of the label and wrapping the label around the tube. Place the collection tube back into the clear case provided.

Handling of Finger-Prick (Capillary) Blood Samples

At Beaches, the laboratory we utilise specialise in finger-prick (capillary) blood testing. They have carried out thorough checks to make sure that the tests we offer give results that are comparable to those from traditional vein (venous) samples. Capillary testing has many benefits – it can be done at home, it's more convenient to fit around your lifestyle, it uses a very small amount of blood, and it creates less waste.

To ensure accuracy, we have also confirmed that the tests we provide are stable when sent through the post and remain reliable by the time they reach our laboratory.

However, it's important to know that not all tests are suitable for finger-prick sampling. This is because of the way the blood is collected (by squeezing the finger) and how the sample is handled.

Tests that can be more difficult with finger-prick samples:

Liver, muscle, and mineral markers such as AST, LDH, CK, calcium, iron, folate, and magnesium. These tests can sometimes be affected if red blood cells are damaged during collection or transport. If the sample is collected well, the results can still be accurate.

Tests affected by the collection process itself:

Full Blood Count (FBC) and HbA1c (diabetes test) may be more likely to clot or become unusable if the blood sits too long on the skin before entering the tube, or if the tube is not mixed properly. This can mean that around 10% of HbA1c tests and 20–30% of FBC tests may need to be repeated.



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