

TruHealth Tru Diet

A first ever diet plan based on your blood test results, health goals and lifestyle.

IT'S GOOD TO BE SURE

BLOOD TEST REPORT

KEY PARAMETERS			
Test	Result	Optimal Range	Status
Haemoglobin (g/dL)	13.6	12.0 – 15.5	Normal
Blood Sugar (F) (mg/dL)	94	70 – 99	Normal
Cholesterol (mg/dL)	164	< 200	Normal
Vitamin D (ng/mL)	32	30 – 100	Normal
Thyroid (TSH) (uIU/mL)	2.15	0.40 – 4.50	Normal



METROPOLIS

Contact Us: 8422 801 801 or
info@metropolisindia.com

Package starting at
₹4,700/-

www.metropolisindia.com

TruHealth Elite (M/F) + Body Vitals + Consult + Tru Diet T9095 (M) / T9096 (F)

Anaemia

CBC, Vit B-12, Ferritin, Folic Acid (Vit-B9), Iron Studies

Diabetes

Glucose (F), HbA1c, Glucose (PP), Insulin (F)

Liver

SGPT, SGOT, Bilirubin-Total, Bilirubin-Direct, Bilirubin-Indirect, Proteins-Total, Albumin, Globulin, Alkaline Phosphatase, GGT, LDH, HbsAg (Hep-B Screening), HCV (Hepatitis C)

Infection

ESR, CRP

Kidney

Creatinine, Urine-Routine Examination, BUN, Uric Acid, Sodium, Potassium, Chlorides, GFR with Creatinine, Microalbumin / Creatinine Ratio

Thyroid

TSH, FT3, FT4

Heart

Lipid Profile, CPK, Apolipoproteins (A1/B), Lipoproteins (a), hsCRP, Homocysteine, Cortisol

Bone

Magnesium, Calcium, Phosphorus, 25 OH Vitamin D, RA Test for Arthritis

Hormones (Female)

FSH, Prolactin, AMH

Cancer

CEA, PSA (Male), CA-15.3 (Female)

Pancreas

Amylase, Lipase

Allergy

IgE Total

MRP (M) ₹34,870 | (F) ₹39,350 at ₹11,000120 (M) / 123 (F) Parameters

TruHealth Expert (M/F) + Body Vitals + Consult + Tru Diet T9093 (M) / T9094 (F)

Anaemia

CBC, Vit B-12, Iron Studies

Diabetes

Glucose (F), HbA1c, Glucose (PP), Insulin (F)

Liver

SGPT, SGOT, Bilirubin-Total, Bilirubin-Direct, Bilirubin-Indirect, Proteins-Total, Albumin, Globulin, Alkaline Phosphatase, GGT, LDH

Infection

ESR

Kidney

Creatinine, Urine-Routine Examination, BUN, Uric Acid, Sodium, Potassium, Chlorides, GFR with Creatinine, Microalbumin / Creatinine Ratio

Thyroid

TSH, FT3, FT4

Heart

Lipid Profile, CPK, Apolipoproteins (A1/B), Homocysteine, hsCRP, Cortisol

Bone

Calcium, Phosphorus, 25 OH Vitamin D, RA Test for Arthritis

Hormones

FSH (Female)

Cancer

CEA, PSA (Male), CA-15.3 (Female)

Pancreas

Amylase, Lipase

Allergy

IgE Total

MRP (M) ₹27,575 | (F) ₹28,595 at ₹9,000113 (M) / 114 (F) Parameters

TruHealth ProActive (M/F) + Body Vitals + Consult + Tru Diet T9091 (M) / T9092 (F)

Anaemia

CBC, Vit B-12, Iron Studies

Diabetes

Glucose (F), HbA1c, Glucose (PP)

Liver

SGPT, SGOT, Bilirubin-Total, Bilirubin-Direct, Bilirubin-Indirect, Proteins-Total, Albumin, Globulin, Alkaline Phosphatase, GGT, LDH

Infection

ESR

Kidney

Creatinine, Urine-Routine Examination, BUN, Uric Acid, Sodium, Potassium, Chlorides, GFR with Creatinine

Thyroid

TSH, FT3, FT4

Heart

Lipid Profile, CPK, Apolipoproteins (A1/B), Homocysteine, hsCRP

Bone

Calcium, Phosphorus, 25 OH Vitamin D, RA Test for Arthritis

Hormones

FSH (Female)

Cancer

CEA, PSA (Male)

Pancreas

Amylase

Allergy

IgE Total

MRP (M) ₹24,125 | (F) ₹23,555 at ₹8,000109 (M) / 109 (F) Parameters

TruHealth Active (M/F) + Body Vitals + Consult + Tru Diet T9089 (M) / T9090 (F)

Anaemia

CBC, Vit B-12, Iron Studies

Diabetes

Glucose (F), HbA1c, Glucose (PP)

Liver

SGPT, SGOT, Bilirubin-Total, Bilirubin-Direct, Bilirubin-Indirect, Proteins-Total, Albumin, Globulin, Alkaline Phosphatase, GGT, LDH

Infection

ESR, CRP

Kidney

Creatinine, Urine-Routine Examination, BUN, Uric Acid, Sodium, Potassium, Chlorides

Thyroid

TSH, FT3, FT4

Heart

Lipid Profile, CPK, Apolipoproteins (A1/B), hsCRP

Bone

Calcium, Phosphorus, 25 OH Vitamin D

Cancer

CEA, PSA (Male)

Hormones

FSH (Female), Prolactin (Female)

MRP (M) ₹20,345 | (F) ₹20,435 at ₹7,000104 (M) / 105 (F) Parameters

TruHealth Vital Plus + Body Vitals + Consult + Tru Diet T9088

Anaemia

CBC, Vit B-12, Iron Studies

Diabetes

Glucose (F), HbA1c

Liver

SGPT, SGOT, Bilirubin-Total, Bilirubin-Direct, Bilirubin-Indirect, Proteins-Total, Albumin, Globulin, Alkaline Phosphatase

Infection

ESR

Kidney

Creatinine, Urine-Routine Examination, BUN, Uric Acid, Sodium, Potassium, Chlorides

Thyroid

TSH, FT3, FT4

Heart

Lipid Profile

Bone

Calcium, Phosphorus, 25 OH Vitamin D

MRP ₹13,870 at ₹6,200104 Parameters

TruHealth Vital + Body Vitals + Consult + Tru Diet T9087

Anaemia

CBC, Vit B-12, Iron Studies

Diabetes

Glucose (F), HbA1c

Liver

SGPT, SGOT, Bilirubin-Total, Bilirubin-Direct, Proteins-Total, Albumin, Globulin

Infection

ESR

Kidney

Creatinine, Urine-Routine Examination, BUN, Uric Acid, Sodium, Potassium, Chlorides

Thyroid

TSH, FT3, FT4

Heart

Lipid Profile

Bone

Calcium, Phosphorus, Vitamin D

MRP ₹12,715 at ₹4,70099 Parameters