

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
₹3,800/-

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) ₹31,755 | (F) ₹35,870- at ₹10,700 120 (M) / 122 (F) Parameters

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

T9093 (M) / T9094 (F)

Anaemia:
CBC, Vitamin B12, Iron studies

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

Liver:
SGPT, SGOT, Bilirubin (Total, Direct, Indirect), Proteins-total, Albumin, Globulin, Alkaline Phosphatase, Gamma GT, LDH

Infection:
ESR

Kidney:
Creatinine, Routine Examination Profile, BUN-Blood Urea Nitrogen, Uric Acid, Sodium, Potassium, Chlorides, Microalbumin/creatinine ratio

Thyroid:
TSH, FT4, Ft3

Heart:
Lipid Profile, CPK, Apolipoproteins (A1/B), Homocysteine, HS-CRP, Cortisol

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

Hormones:
FSH

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

Pancreas:
Amylase, Lipase

Allergy:
IgE total

MRP (M) ₹25,550 | (F) ₹26,695- at ₹7,100 113 (M) / 114 (F) Parameters

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

T9091 (M) / T9092 (F)

Anaemia:
CBC, Vitamin B12, Iron studies

Diabetes:
Glucose (F), HbA1c, Glucose (PP)

Liver:
SGPT, SGOT, Bilirubin (Total, Direct, Indirect), Proteins-total, Albumin, Globulin, Alkaline Phosphatase, Gamma GT, LDH

Infection:
ESR

Kidney:
Creatinine, Routine Examination Profile, BUN-Blood Urea Nitrogen, Uric Acid, Sodium, Potassium, Chlorides

Thyroid:
TSH, FT4, Ft3

Heart:
Lipid Profile, CPK, Apolipoproteins (A1/B), Homocysteine, HS-CRP

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

Hormones:
FSH

Cancer:
CEA, PSA (Male)

Pancreas:
Amylase

Allergy:
IgE total

MRP (M) ₹22,610 | (F) ₹22,180- at ₹6,100 109 (M) / 109 (F) Parameters

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

T9089 (M) / T9090 (F)

Anaemia:
CBC, Vitamin B12, Iron studies

Diabetes:
Glucose (F), HbA1c, Glucose (PP)

Liver:
SGPT, SGOT, Bilirubin (Total, Direct, Indirect), Proteins-total, Albumin, Globulin, Alkaline Phosphatase, Gamma GT, LDH

Infection:
ESR

Kidney:
Creatinine, Routine Examination Profile, BUN-Blood Urea Nitrogen, Uric Acid, Sodium, Potassium, Chlorides

Thyroid:
TSH, FT4, Ft3

Heart:
Lipid Profile, CPK, Apolipoproteins (A1/B), HS-CRP

Bone:
Calcium, Phosphorus, 25 OH Vitamin D

Cancer:
CEA, PSA (Male)

Hormones:
FSH, Prolactin

MRP (M) ₹19,000 | (F) ₹19,170- at ₹5,100 104 (M) / 105 (F) Parameters

TruHealth Vital Plus + Body Vitals + Consult + Tru Diet

T9088

Anaemia:
CBC, Vitamin B12, Iron Studies

Diabetes:
Glucose (F), HbA1c

Liver:
SGPT, SGOT, Bilirubin (Total, Direct, Indirect), Proteins-total, Albumin, Globulin, Alkaline Phosphatase

Infection:
ESR

Kidney:
Creatinine, Routine Examination Profile, BUN-Blood Urea Nitrogen, Uric Acid, Sodium, Potassium, Chlorides

Thyroid:
TSH, FT4, FT3

Heart:
Lipid Profile

Bone:
Calcium, Phosphorus, 25 OH Vitamin D

MRP ₹13,285- at ₹4,600 104 Parameters

TruHealth Vital + Body Vitals + Consult + Tru Diet

T9087

Anaemia:
CBC, Vitamin B12, Iron studies

Diabetes:
Glucose (F), HbA1c

Liver:
SGPT, SGOT, Bilirubin (Total, Direct, Indirect), Proteins-total, Albumin, Globulin

Infection:
ESR

Kidney:
Creatinine, Routine Examination Profile, BUN-Blood Urea Nitrogen, Uric Acid, Sodium, Potassium, Chlorides

Thyroid:
TSH, FT4, FT3

Heart:
Lipid Profile

Bone:
Calcium, Phosphorus, 25 OH Vitamin D

MRP ₹12485- at ₹3,800 99 Parameters