

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
₹3,400/-

www.metropolisindia.com

TruHealth Elite (M/F) + Tru Diet

T9075 (M) / T9076 (F)

Personalized Diet

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

Infection:
ESR, CRP

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

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

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

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

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

Pancreas:
Amylase, Lipase

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

Thyroid:
TSH, FT3, FT4

Hormones (Female):
FSH, Prolactin, AMH

Allergy:
IgE Total

MRP (M) ₹31,085 | (F) ₹35,200- at ₹10,700 118 (M) / 120 (F) Parameters

TruHealth Expert (M/F) + Tru Diet

T9073 (M) / T9074 (F)

Personalized Diet

Anaemia:
CBC, Vitamin B12, Iron studies

Infection:
ESR

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

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

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

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

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

Pancreas:
Amylase, Lipase

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

Thyroid:
TSH, FT4, FT3

Hormones:
FSH

Allergy:
IgE total

MRP (M) ₹24,880 | (F) ₹26,025- at ₹6,700 111 (M) / 112 (F) Parameters

TruHealth ProActive (M/F) + Tru Diet

T9071 (M) / T9072 (F)

Personalized Diet

Anaemia:
CBC, Vitamin B12, Iron studies

Infection:
ESR

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

Pancreas:
Amylase

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

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

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

Allergy:
IgE total

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

Thyroid:
TSH, FT4, FT3

Cancer:
CEA, PSA (Male)

Hormones:
FSH

MRP (M) ₹21,940 | (F) ₹21,510- at ₹5,700 107 (M) / 107 (F) Parameters

TruHealth Active (M/F) + Tru Diet

T9069 (M) / T9070 (F)

Personalized Diet

Anaemia:
CBC, Vitamin B12, Iron studies

Infection:
ESR

Thyroid:
TSH, FT4, FT3

Bone:
Calcium, Phosphorus, 25 OH Vitamin D

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

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

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

Hormones:
FSH, Prolactin

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

Cancer:
CEA for GI /Ovarian Cancer, PSA

MRP (M) ₹18,330 | (F) ₹18,500- at ₹4,700 102 (M) / 103 (F) Parameters

TruHealth Vital Plus + Tru Diet

T9068

Personalized Diet

Anaemia:
CBC, Vitamin B12, Iron Studies



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



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

Heart:
Lipid Profile

Diabetes:
Glucose (F), HbA1c

Infection:
ESR



Thyroid:
TSH, FT4, FT3

Bone:
Calcium, Phosphorus, 25 OH Vitamin D

MRP ₹12,725- at ₹4,200 91 Parameters

TruHealth Vital + Tru Diet

T9067

Personalized Diet

Anaemia:
CBC, Vitamin B12, Iron studies



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



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

Heart:
Lipid Profile

Diabetes:
Glucose (F), HbA1c



Infection:
ESR



Thyroid:
TSH, FT4, FT3

Bone:
Calcium, Phosphorus, 25 OH Vitamin D

MRP ₹11,925- at ₹3,400 86 Parameters