

Men's Blood Work Guide for Optimal Health Testing & Planning



Joe Miller
Founder of
1st Optimal

Most men are told, “Your labs look normal,” while still feeling exhausted, foggy, irritable, or stuck with stubborn belly fat. But here's the truth: normal doesn't mean optimal.

At 1st Optimal, we don't rely on outdated clinical reference ranges that were designed to detect disease not to promote performance, longevity, or vibrant health. Our approach is different. We evaluate your bloodwork through a functional and optimal lens, helping you understand what's really happening inside your body.

Whether you're experiencing low energy, mood swings, poor recovery, reduced libido, or simply want a proactive blueprint to age well, hormone testing is one of the most powerful tools available. And yet, most traditional providers either under-test or misinterpret the results.

That's why we created three levels of male hormone and health panels, each designed to match your current goals and needs:

- A Basic Panel for men wanting a clear hormonal foundation
- An Advanced Hormone Panel for deeper insights including thyroid, inflammation, and adrenal markers
- A Comprehensive Panel for high-performance men who want a full diagnostic view of what's driving their results, energy, mood, and metabolism

And here's what sets 1st Optimal apart: every panel includes a detailed, clinician-led lab review at no additional cost. We don't just email you your numbers and leave you guessing. Instead, we walk you through every marker, explain what it means in plain language, and help you create a strategy to correct imbalances or optimize what's working.

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1. Male Basic Hormone Health Panel

This entry-level panel gives foundational insight into male hormonal and metabolic health. It's ideal for early-stage evaluation of symptoms like fatigue, low libido, stubborn weight gain, or poor recovery.

Included Blood Markers and What They Mean:

Total Testosterone

- Definition: The total amount of testosterone in the blood (bound + free).
- Why it matters: Low levels can cause fatigue, decreased muscle mass, erectile issues, and mood swings.

Free Testosterone

- Definition: The bioavailable, unbound testosterone that the body can actively use.
- Why it matters: More relevant than total testosterone when assessing symptoms.

Estradiol (E2)

- Definition: A form of estrogen in men that plays a role in libido, fat distribution, and mood.
- Why it matters: Too much or too little can negatively affect energy, weight, and sexual health.



Sex Hormone Binding Globulin (SHBG)

- Definition: A protein that binds to testosterone and regulates its availability.
- Why it matters: High SHBG can lower free testosterone levels, even if total testosterone looks normal.

Albumin

- Definition: A blood protein that helps maintain blood volume and also binds hormones.
- Why it matters: Important for calculating free testosterone and evaluating liver function.

Comprehensive Metabolic Panel (CMP)

- Definition: A snapshot of liver and kidney function, glucose, and electrolyte balance.
- Why it matters: Ensures foundational health is intact before starting any therapy.

Lipid Panel

- Definition: Measures cholesterol and triglycerides.
- Why it matters: Tracks cardiovascular risk, especially when optimizing hormones.

 Order the Male Baseline Hormone Health Panel here:
<https://shop.1stoptimal.com/products/male-basic-hormone-health-panel>



2. Male Hormone Health Panel

This advanced panel dives deeper into hormonal signaling, adrenal stress, thyroid function, and early warning signs of inflammation or metabolic dysfunction. It's ideal for men experiencing midlife shifts in energy, weight, libido, or mood.

Includes everything from the Basic Panel, plus:

DHEA-S

- Definition: A precursor hormone made by the adrenal glands.
- Why it matters: Low DHEA is linked to fatigue, poor stress tolerance, and low libido.

LH (Luteinizing Hormone)

- Definition: A brain hormone that signals the testes to make testosterone.
- Why it matters: Helps determine if low T is caused by brain signaling or testicular function.

FSH (Follicle-Stimulating Hormone)

- Definition: Another brain hormone that supports sperm production and testicular health.
- Why it matters: Important for fertility and long-term hormone health.



2. Male Hormone Health Panel....

TSH (Thyroid Stimulating Hormone)

- Definition: The master hormone that tells your thyroid to produce metabolism-regulating hormones.
- Why it matters: Fatigue, weight gain, or cold sensitivity may point to thyroid imbalance.
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Hemoglobin A1C

- Definition: A 3-month average of blood sugar levels.
- Why it matters: Early insight into prediabetes, insulin resistance, and metabolic health.
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hs-CRP (High-Sensitivity C-Reactive Protein)

- Definition: A marker of systemic inflammation.
- Why it matters: Elevated levels increase the risk of cardiovascular disease and poor recovery.

 **Order the Male Hormone Health Panel here:**

<https://shop.1stoptimal.com/products/male-hormone-health-panel>



3. Male Comprehensive Hormone Panel

The most in-depth panel 1st Optimal offers, designed for performance-focused men who want a complete look at their hormone, thyroid, metabolic, cardiovascular, and inflammatory markers. Perfect for advanced tracking or pre-therapy screening.

Includes everything from the Basic and Hormone Panels, plus:

IGF-1 (Insulin-Like Growth Factor 1)

- Definition: A marker used to estimate growth hormone levels.
- Why it matters: Supports muscle repair, fat metabolism, and skin health. Low levels contribute to fatigue and aging signs.

Prolactin

- Definition: A hormone that regulates sexual desire and fertility.
- Why it matters: High levels can suppress testosterone and libido.

Reverse T3

- Definition: An inactive thyroid hormone that blocks active thyroid function.
- Why it matters: Helps identify stress-related thyroid suppression and poor energy metabolism.

Free T3 and Free T4

- Definition: The active and storage forms of thyroid hormone.
- Why it matters: Essential for mood, metabolism, energy, and weight management.

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Vitamin D (25-Hydroxy)

- Definition: A fat-soluble vitamin that acts more like a hormone.
- Why it matters: Deficiency is common and linked to fatigue, mood disorders, low testosterone, and immune dysfunction.

CBC (Complete Blood Count)

- Definition: Evaluates red and white blood cells, hemoglobin, and platelets.
- Why it matters: Screens for anemia, immune health, and blood oxygen capacity important for endurance and recovery.

 **Order the Male Comprehensive Hormone Panel here:**

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Optimal Isn't Optional It's the New Standard

If you've ever felt dismissed, misunderstood, or confused by lab work that didn't explain your symptoms, you're not alone. Most reference ranges are built on averages not on what's ideal for a healthy, driven, high-performing man.

At 1st Optimal, we aim higher. Our philosophy is simple:

- Don't just detect dysfunction optimize before decline
- Track what matters most: hormones, metabolism, recovery, inflammation, and thyroid function
- Interpret labs through a precision lens to support your long-term goals

Choosing the right panel is just the beginning. Our process ensures you walk away with insight, not overwhelm. You'll understand what each number means, how it connects to your symptoms or goals, and what steps you can take next.

And remember: your labs don't define you, they inform you. Start with clarity. Leave with a strategy. That's what optimal care looks like.

Explore your panel options at shop.1stoptimal.com, or reach out to our team to learn which panel is right for you.

Additional Links And Resources



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Free Virtual Consultation with a Health Expert

- [LINK: https://1stoptimal.com/book-a-call](https://1stoptimal.com/book-a-call)

Product Links:

- [Men's Baseline Hormone Health Panel](#)
- [Men's Hormone Health Panel](#)
- [Men's Comprehensive Hormone Health Panel](#)

Helpful Educational Articles:

- [Unlocking TRT Benefits for Men](#)
- [Safe Testosterone Replacement in Men](#)
- [How Low is my Testosterone?](#)

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