



TEST GUIDE

THE FULL MARKER LISTS

Prepared by Dr Daniel Kirkbride
For You And Your Practitioner · September 2026

BLOOD + STOOL

BLOOD TEST

82 Markers

What To Ask For: A fasting morning blood test

RED BLOOD CELLS

☐ Haemoglobin	g/L
☐ Red Cell Count	x10 ¹² /L
☐ Haematocrit	%
☐ Mean Corpuscular Volume	fL
☐ MCH	pg
☐ MCHC	g/L
☐ RDW	%
☐ Platelet Count	x10 ⁹ /L
☐ Mean Platelet Volume	fL

WHITE BLOOD CELLS

☐ White Cell Count	x10 ⁹ /L
☐ Neutrophils	x10 ⁹ /L
☐ Lymphocytes	x10 ⁹ /L
☐ Monocytes	x10 ⁹ /L
☐ Eosinophils	x10 ⁹ /L
☐ Basophils	x10 ⁹ /L

IRON STUDIES

☐ Serum Iron	umol/L
☐ Ferritin	ug/L
☐ Transferrin / TIBC	umol/L
☐ Transferrin Saturation	%

METABOLIC HEALTH

☐ Fasting Glucose	mmol/L
☐ Fasting Insulin	mIU/L
☐ HbA1c	%

CHOLESTEROL STUDIES

☐ Total Cholesterol	mmol/L
☐ Triglycerides	mmol/L
☐ HDL Cholesterol	mmol/L
☐ LDL Cholesterol	mmol/L
☐ Non-HDL Cholesterol	mmol/L
☐ Total/HDL Ratio	
☐ Apolipoprotein B	g/L
☐ Apolipoprotein A1	g/L
☐ ApoB/A1 Ratio	
☐ Lipoprotein(a)	nmol/L

CARDIOVASCULAR + INFLAMMATION

☐ hs-CRP	mg/L
☐ Homocysteine	umol/L
☐ ESR	mm/hr

☐ Lactate Dehydrogenase	U/L
☐ Creatine Kinase	U/L

LIVER FUNCTION

☐ Total Bilirubin	umol/L
☐ Alkaline Phosphatase	U/L
☐ Gamma-Glutamyl Transferase	U/L
☐ Alanine Transaminase	U/L
☐ Aspartate Transaminase	U/L
☐ Total Protein	g/L
☐ Albumin	g/L
☐ Globulins	g/L

KIDNEY + ELECTROLYTES

☐ Sodium	mmol/L
☐ Potassium	mmol/L
☐ Chloride	mmol/L
☐ Bicarbonate	mmol/L
☐ Anion Gap	mmol/L
☐ Urea	mmol/L
☐ Creatinine	umol/L
☐ eGFR	mL/min/1.73m ²
☐ Uric Acid	mmol/L

PANCREATIC FUNCTION

☐ Amylase	U/L
☐ Lipase	U/L

THYROID FUNCTION

☐ TSH	mIU/L
☐ Free T4	pmol/L
☐ Free T3	pmol/L

HORMONES

☐ Total Testosterone	nmol/L
☐ Free Testosterone	pmol/L
☐ Sex Hormone Binding Globulin	nmol/L
☐ Oestradiol	pmol/L
☐ Progesterone	nmol/L
☐ LH	IU/L
☐ FSH	IU/L
☐ Prolactin	mIU/L
☐ DHEA-S	umol/L
☐ Cortisol (AM)	nmol/L
☐ Growth Hormone	mIU/L
☐ IGF-1	nmol/L

BONE + MINERALS

☐ Calcium	mmol/L
☐ Corrected Calcium	mmol/L
☐ Phosphate	mmol/L

☐ Magnesium	mmol/L
☐ Serum Zinc	umol/L
☐ Serum Copper	umol/L
☐ Parathyroid Hormone	pmol/L

VITAMINS

☐ 25-OH Vitamin D	nmol/L
☐ Active Vitamin D (1,25-OH)	pmol/L
☐ Active B12	pmol/L
☐ Active B9 (Folate)	nmol/L

Your laboratory will confirm any fasting preparation.

GUT MICROBIOME STOOL TEST

133 Markers

What To Ask For: NutriPATH Complete Microbiome Mapping (CMM 2206)

MACROSCOPIC EXAMINATION

☐ Stool Colour	Qualitative
☐ Stool Form	Qualitative
☐ Mucous	Qualitative
☐ Occult Blood	Qualitative

GIT FUNCTIONAL MARKERS

☐ Calprotectin	ug/g
☐ Zonulin	ng/mL
☐ Secretory IgA	ng/mL
☐ Transglutaminase IgA	ug/g
☐ Pancreatic Elastase 1	ug/g
☐ b-Glucuronidase	U/g
☐ Steatocrit	%
☐ pH	

SHORT CHAIN FATTY ACIDS

☐ Short Chain Fatty Acids, Beneficial	umol/g
☐ Acetate	%
☐ Butyrate	%
☐ Propionate	%
☐ Valerate	%

PARASITES

☐ Blastocystis hominis	x10 ⁵ org/g
☐ Cryptosporidium species	x10 ⁵ org/g
☐ Dientamoeba fragilis	x10 ⁵ org/g
☐ Cyclospora cayetanensis	x10 ⁵ org/g
☐ Entamoeba histolytica	x10 ⁵ org/g
☐ Giardia intestinalis	x10 ⁵ org/g
☐ Enterocytozoon species	x10 ⁵ org/g

HELMINTHS

☐ Ancylostoma species Hookworm	Qualitative
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STOOL + GENETIC DNA

☐ Ascaris species, Roundworm	Qualitative
☐ Enterobius vermicularis, Pinworm	Qualitative
☐ Hymenolepis spp, Tapeworm	Qualitative
☐ Necator americanus, Hookworm	Qualitative
☐ Strongyloides spp, Roundworm	Qualitative
☐ Taenia species, Tapeworm	Qualitative
☐ Trichuris trichiura, Whipworm	Qualitative

VIRUSES

☐ Adenovirus 40/41	Qualitative
☐ Astrovirus (hAstro)	Qualitative
☐ Norovirus GI/II	Qualitative
☐ Rotavirus A	Qualitative
☐ Sapovirus (I,II,IV,V)	Qualitative

BACTERIAL PATHOGENS

☐ Aeromonas species	x10 ³ CFU/g
☐ Campylobacter species	x10 ⁵ CFU/g
☐ C. difficile, Toxin A	x10 ⁴ CFU/g
☐ C. difficile, Toxin B	x10 ⁴ CFU/g
☐ Clostridium difficile, Hypervirulent	x10 ³ CFU/g
☐ Enteroaggregative E. coli	x10 ³ CFU/g
☐ Enteropathogenic E. coli	x10 ³ CFU/g
☐ E. coli O157	x10 ² CFU/g
☐ Enteroinvasive E. coli/Shigella	x10 ³ CFU/g
☐ Enterotoxigenic E. coli LT/ST	x10 ⁵ CFU/g
☐ Salmonella species	x10 ⁵ CFU/g
☐ Shiga toxigenic E. coli (stx1/2)	x10 ³ CFU/g
☐ Vibrio species	x10 ⁴ CFU/g
☐ Yersinia species	x10 ⁵ CFU/g

HELICOBACTER PROFILE

☐ Helicobacter pylori	x10 ³ CFU/g
☐ H. pylori Antigen	Qualitative
☐ Virulence Factor, babA	Qualitative
☐ Virulence Factor, oipA	Qualitative
☐ Virulence Factor, virB	Qualitative
☐ Virulence Factor, cagA	Qualitative
☐ Virulence Factor, vacA	Qualitative
☐ Virulence Factor, virD	Qualitative
☐ Virulence Factor, dupA	Qualitative
☐ Virulence Factor, iceA	Qualitative
☐ Resistance gene A2142C	Qualitative
☐ Resistance gene A2142G	Qualitative
☐ Resistance gene A2143G	Qualitative

OPPORTUNISTIC BACTERIA

☐ Bacillus species	x10 ⁴ CFU/g
☐ Bacteroides fragilis	x10 ⁵ CFU/g

☐ Bacteroides thetaiotaomicron	x10 ⁵ CFU/g
☐ Phocaeicola vulgatus	x10 ⁵ CFU/g
☐ Enterobacter cloacae complex	x10 ⁵ CFU/g
☐ Enterococcus faecalis	x10 ⁵ CFU/g
☐ Enterococcus faecium	x10 ⁵ CFU/g
☐ Morganella species	x10 ⁵ CFU/g
☐ Pseudomonas species	x10 ⁴ CFU/g
☐ Pseudomonas aeruginosa	x10 ⁴ CFU/g
☐ Staphylococcus species	x10 ³ CFU/g
☐ Staphylococcus aureus	x10 ³ CFU/g
☐ Streptococcus agalactiae	x10 ⁴ CFU/g
☐ Streptococcus anginosus	x10 ⁶ CFU/g
☐ Streptococcus mutans	x10 ⁴ CFU/g
☐ Streptococcus oralis	x10 ⁶ CFU/g
☐ Streptococcus salivarius	x10 ⁶ CFU/g

HYDROGEN UTILISING MICROBES

☐ Desulfovibrio piger	x10 ⁶ CFU/g
☐ Methanobrevibacter smithii	x10 ⁵ CFU/g

ADDITIONAL BACTERIA

☐ Citrobacter species	x10 ⁴ CFU/g
☐ Citrobacter freundii complex	x10 ⁴ CFU/g
☐ Klebsiella species	x10 ³ CFU/g
☐ Klebsiella pneumoniae complex	x10 ⁵ CFU/g
☐ Prevotella copri	x10 ⁹ CFU/g
☐ Proteus species	x10 ⁵ CFU/g
☐ Proteus mirabilis	x10 ⁴ CFU/g
☐ Fusobacterium species	x10 ⁴ CFU/g

MYCOLOGY

☐ Candida albicans	x10 ⁵ CFU/g
☐ Candida dubliniensis	x10 ⁵ CFU/g
☐ Candida famata	x10 ⁵ CFU/g
☐ Candida glabrata	x10 ⁵ CFU/g
☐ Candida guilliermondii	x10 ⁵ CFU/g
☐ Candida intermedia	x10 ⁵ CFU/g
☐ Candida kefyr	x10 ⁵ CFU/g
☐ Candida krusei	x10 ⁵ CFU/g
☐ Candida lambica	x10 ⁵ CFU/g
☐ Candida lipolytica	x10 ⁵ CFU/g
☐ Candida lusitanae	x10 ⁵ CFU/g
☐ Candida parapsilosis	x10 ⁵ CFU/g
☐ Candida tropicalis	x10 ⁵ CFU/g
☐ Candida species	x10 ⁵ CFU/g
☐ Geotrichum species	x10 ⁵ CFU/g
☐ Rhodotorula species	x10 ⁵ CFU/g
☐ Saccharomyces cerevisiae	x10 ⁵ CFU/g

BENEFICIAL FLORA

☐ Akkermansia muciniphila	x10 ⁷ CFU/g
☐ Total Bifidobacteria	x10 ⁶ CFU/g
☐ Bifidobacterium adolescentis	x10 ⁶ CFU/g
☐ Bifidobacterium bifidum	x10 ⁶ CFU/g
☐ Bifidobacterium breve	x10 ⁶ CFU/g
☐ Bifidobacterium longum	x10 ⁶ CFU/g
☐ Clostridium species	x10 ⁷ CFU/g
☐ Enterococcus species	x10 ³ CFU/g
☐ Escherichia species	x10 ⁴ CFU/g
☐ Faecalibacterium prausnitzii	x10 ⁶ CFU/g
☐ Total Lactobacilli	x10 ³ CFU/g
☐ Lactobacillus acidophilus	x10 ³ CFU/g
☐ Lactobacillus casei	x10 ³ CFU/g
☐ Lactobacillus delbrueckii	x10 ³ CFU/g
☐ Lactobacillus plantarum	x10 ³ CFU/g
☐ Lactobacillus rhamnosus	x10 ³ CFU/g
☐ Lactobacillus salivarius	x10 ³ CFU/g
☐ Oxalobacter formigenes	x10 ⁶ CFU/g

COMMENSAL RELATIVE ABUNDANCE

☐ Actinobacteria Phylum	%
☐ Bacteroidetes Phylum	%
☐ Euryarchaeota Phylum	%
☐ Firmicutes Phylum	%
☐ Proteobacteria Phylum	%
☐ Verrucomicrobia Phylum	%
☐ Firmicutes/Bacteroidetes Ratio	ratio

GENETIC DNA

132 Variants

METHYLATION TEST

What To Ask For: NutriPATH myDNA Comprehensive Health Report (8009)

READ FIRST

☐ MTHFR C677T, A1298C
☐ COMT V158M, H62H
☐ BDNF V66M
☐ GAD1 rs3749034, rs2241165, rs3791851, rs3791850
☐ APOE e2 / e3 / e4
☐ VDR FokI
☐ PEMT V217M, c.31-6178G>T
☐ TCF7L2 rs7903146
☐ ACTN3 R577X
☐ GSTM1 / GSTP1 GSTM1 deletion, GSTP1 I105V, GSTP1 A114V
☐ CYP1A2 rs762551

GENETIC DNA + DEXA + VO2 MAX

☐ FUT2 Secretor status

FULL PANEL, A TO Z

☐ 9p21 rs4977574☐ ABCG2 Q141K☐ ACAT1 c.579+159G>A☐ ACE A2350G☐ ACE2 A8790G☐ ACSL1 c.-33+9227C>T☐ ACVR1B c.*997A>C☐ ADD1 Gly460Trp☐ ADIPOQ T45G☐ ADORA2A 1976T>C☐ ADRB2 Arg16Gly, Gln27Glu☐ AGTR1 A1166C☐ AHCY R38W☐ ALDH2 Glu504Lys☐ ALPL c.134-9113C>A☐ ANKK1 Taq1A☐ AOC1 C2029G / His645Asp, Thr16Met☐ APOA2 rs5082☐ ARMS2 A69S☐ ATM D1853N☐ BCO1 A379V, R267S☐ BHMT R239Q☐ CAT -262C/T☐ CBS c.317-477G>A, A13637G, 191150T☐ CFH Y402H☐ CLOCK 3111T/C☐ COL1A1 Sp1☐ COL5A1 c.*267C>G☐ COQ2 c.763-942G>T☐ CTH S403N☐ CYP1A1 Ile462Val☐ CYP1B1 Leu432Val☐ CYP2C9 *3☐ CYP2C19 *17☐ CYP2D6 *10☐ CYP2E1 RsaI / c1-c2☐ CYP2R1 rs10741657☐ CYP3A4 *1B☐ CYP17A1 -34T/C☐ CYP27B1 c.1137-29T>C☐ DHCR7 c.146+1233G>A☐ DHFR A20965G, C19483A☐ DIO1 c.682-34C>A☐ DIO2 Thr92Ala☐ ESR2 c.-91+598T>G☐ F5 Factor V Leiden☐ FAAH C385A / Pro129Thr☐ FADS1 c.*53G>A☐ FADS2 c.142-7278A>G, c.142-3247C>G☐ FTO c.46-23525T>A, c.46-30685T>A☐ GATA3 c.-370+1658T>A☐ GC c.*26-796A>T☐ GPX1 Pro198Leu☐ HFE C282Y☐ HLA-DQA1 DQ2.5 tag☐ HLA-DQB1 DQ8 tag☐ HNMT c.*60A>C, Thr105Ile☐ HTR2A -1438G/A, T102C, His452Tyr☐ IL6 -174G/C☐ IL10 -819C/T, -592C/A, -1082A/G☐ LEPR Q223R☐ LPA I1891M☐ LZTFL1 rs17713054☐ MAOA R297R☐ MC4R rs17782313☐ MCM6 c.1917+326C>T☐ MDM2 SNP309☐ MLH1 -93G>A☐ MTHFD1 G1958A / R653Q☐ MTNR1B c.223+5596C>G☐ MTR A2756G☐ MTRR A66G☐ NAT2 rs1495741☐ NOS1 c.-420-2217G>A☐ NOS2 c.1477-52T>G☐ NOS3 Glu298Asp, T-786C☐ NQO1 P187S☐ OXTR c.922+6724C>T☐ PON1 Q192R☐ PPARA L162V☐ PPARGC1A Gly482Ser☐ PPCDC c.136-1598T>A☐ SELENBP1 c.4+373A>T☐ SHBG c.-63-311G>A, c.-62+4486G>T☐ SIRT1 rs7895833☐ SLC17A7 rs74174284☐ SLC23A1 V399L☐ SOD2 Ala16Val☐ SOD3 R213G☐ TCN2 C776G☐ TFR2 c.473+2339G>T☐ TMPRSS2 c.1282+587C>T☐ TNF -308G/A☐ TP53 Arg72Pro☐ VKORC1 -1639G>A☐ XRCC3 Thr241Met

Each gene is read at the specific variants listed, never by gene name alone. Gene results describe variants. They do not diagnose or predict any condition. Genetic results can matter for family members and insurance, so consider genetic counselling.

DEXA BODY

12 Measures

COMPOSITION SCAN

What To Ask For: A whole body DEXA scan with body composition, not bone density alone

BODY COMPOSITION

☐ Body Fat %	%
☐ Lean Mass	kg and %
☐ Visceral Adipose Tissue	cm ²
☐ Android : Gynoid Ratio	ratio
☐ Bone Density (Z-Score)	SD
☐ Basal Metabolic Rate	kcal
☐ Appendicular Lean Mass Index	kg/m ²
☐ Total Body Weight	kg

REGIONAL LEAN MASS

☐ Lean Mass - Left Arm	kg
☐ Lean Mass - Right Arm	kg
☐ Lean Mass - Left Leg	kg
☐ Lean Mass - Right Leg	kg

A DEXA scan uses a small dose of radiation and is not suitable in pregnancy.

VO2 MAX TEST

4 Measures

What To Ask For: A VO2 max test that reports the ventilatory thresholds

☐ VO2 Max	mL/kg/min
☐ Peak Heart Rate	bpm
☐ VT1 Aerobic Threshold	bpm
☐ VT2 Anaerobic Threshold	bpm

A VO2 max test involves maximal exertion, so ask your doctor first.



TEST >> DECODE >> OPTIMISE >> COMPOUND

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This guide is general information about what I look at. It is not medical advice and does not diagnose anything. These tests are not right for everyone and may not be rebated. Your doctor decides what to order for you. Test names and codes are correct as at 20/09/2026, and your doctor may use an equivalent accredited test.