

Longevity Biomarker Cheat Sheet

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The eight blood markers that come up most in longevity testing – what each reflects, how it's sampled and how timing affects re-testing.

ApoB

Counts the cholesterol-carrying particles in your blood, such as LDL. Often looked at alongside a standard cholesterol panel.

Sample	Finger-prick or venous, depending on the provider
Fasting	Usually not required – follow your provider's instructions
Re-testing	Allow a couple of months after a change before re-testing.

Lp(a)

An inherited type of cholesterol-carrying particle. Levels are set mostly by your genes, so many people only measure it once.

Sample	More often venous; some finger-prick kits include it
Fasting	Not usually required
Re-testing	Often measured once in adulthood.

HbA1c

Reflects your average blood sugar over roughly the past two to three months. No fasting needed.

Sample	Finger-prick or venous – widely available on home kits
Fasting	Not needed
Re-testing	Reflects about three months – re-testing sooner adds little.

hs-CRP

Measures low levels of a protein your liver makes during inflammation. Best tested when you're well and rested.

Sample	Finger-prick or venous
Fasting	Not usually required
Re-testing	Test when you've been well for at least two weeks.

Vitamin D

Measures your vitamin D stores. Levels change with the seasons, sun exposure and supplements.

Sample	Finger-prick or venous – one of the most common home tests
Fasting	Not needed
Re-testing	Note the season; allow about three months after a dose change.

Ferritin

Reflects how much iron your body has stored. Both low and high results are worth discussing with a doctor.

Sample	Finger-prick or venous
Fasting	Not needed for ferritin alone; some iron panels ask for a morning or fasting sample
Re-testing	Avoid testing while unwell; read alongside hs-CRP.

Testosterone

Measures the main male sex hormone, which matters for women too. Morning samples give the most reliable result.

Sample	Finger-prick or venous
Fasting	Some providers recommend fasting, as eating can lower levels slightly
Re-testing	Morning sample; unexpected results are usually repeated.

TSH

The main first-line thyroid marker. Often tested together with free T4 and free T3.

Sample	Finger-prick or venous
Fasting	Not needed
Re-testing	Test at the same time of day; check biotin advice.

Not medical advice. This sheet is general information only. A single result is never a diagnosis – share your results with a doctor and don't change any medicine or supplement without medical advice.

Compare tests that include these markers at longevitybloodtest.com/compare/at-home-blood-tests