



J3U BODYBUILDING LAB ESSENTIALS

MONITOR YOUR HEALTH LIKE YOU MONITOR YOUR LOGBOOK



How to Get Accurate Results

- **Rest:** Avoid training 24–48 hours prior (best: deload week).
- **Hydrate:** Drink ~½ gallon water before test.
- **Fast:** 10–12 hours prior (water only).

Core Lab Panels

CBC (Complete Blood Count)

- **What it shows:** Hematocrit, hemoglobin, red/white blood cells.
- **Why it matters:** Detects blood thickness, oxygen capacity, immune response.

CMP (Comprehensive Metabolic Panel)

- **What it shows:** Electrolytes, glucose, liver & kidney function.
- **Why it matters:** Tracks hydration, organ stress, and recovery.

Lipid Panel

- **What it shows:** HDL, LDL, triglycerides.
- **Why it matters:** PEDs often drop HDL and raise LDL → key cardiovascular risk factor.

Thyroid Panel

- **What it shows:** TSH, Free T4, Free T3.
- **Why it matters:** Monitors metabolism; both contest prep and thyroid meds can shift these.

Hormone Panel

- **What it shows:** Testosterone (total/free), SHBG, *ultra-sensitive Estradiol (E2)*, LH/FSH (naturals & females), Progesterone (females), PSA (if 45+).
- **Why it matters:** Gauges anabolic balance, suppression, fertility status, and hormone-related health risks.



Kidney Function

- **What it shows:** Creatinine, BUN, eGFR, Cystatin-C.
- **Why it matters:** Detects kidney stress. Cystatin-C = more accurate for muscular athletes.

Liver Function

- **What it shows:** AST, ALT, GGT, Bilirubin, Alkaline Phosphatase.
- **Why it matters:** Identifies oral steroid stress and overall recovery burden.

Glucose & Insulin Sensitivity

- **What it shows:** Fasting glucose, HbA1c, fasting insulin.
- **Why it matters:** Insulin resistance = fat gain, poor pumps, reduced nutrient partitioning.

Cardiac Health

- **What it shows:**
 - High-sensitivity CRP (systemic inflammation)
 - ApoB + Lipoprotein(a) (long-term heart disease risk)
 - Ferritin (iron storage → too high = oxidative stress)
 - Vitamin D (25-hydroxy, immune & metabolic health)
- **Why it matters:** Cardiovascular health is the #1 long-term risk in bodybuilding.

Additional / Advanced Markers

- **Fibrinogen Activity** – clotting factor; elevated = higher clot risk.
- **Factor V Leiden & Prothrombin 20210 Mutation** – genetic clotting disorders.
- **MTHFR Gene Mutation** – folate metabolism; can impact methylation, homocysteine.
- **Creatine Kinase (CK)** – muscle breakdown, detects rhabdo-level stress over being liver issues from elevations in ALT and AST.



How Often to Test

- **PED users / enhanced athletes:** Every 10–12 weeks.
- **Natural athletes with stable results:** Every 4–6 months.
- **After PED/diet/med changes:** Retest 6–8 weeks later.

The J3U Principle

You wouldn't guess your training numbers. Don't guess your health.

Labs = data → data guides training, diet, PEDs, and recovery decisions.

Quick Checklist

- ✓ CBC
- ✓ CMP
- ✓ Lipids
- ✓ Thyroid Panel
- ✓ Hormones (with ultra-sensitive E2)
- ✓ Kidney Function (with Cystatin-C)
- ✓ Liver Function
- ✓ Glucose & Insulin
- ✓ Cardiac Health (hs-CRP, ApoB, Lp(a), Ferritin, Vit D)

+ Advanced markers if red flags appear