



## TriCore Testimonial for Micah West's 90-day Metabolic Makeover

### Meet Linda Brand!

Linda teamed up with our Pro Coach Micah West to tackle our 90-Day Metabolic Makeover program and she couldn't be happier with her results!

This program is a blend of coaching, consultations, and targeted blood testing to take your metabolism to the next level!

She saw massive success in all these areas:

- ✓ Enhanced metabolism
- ✓ Loss of body fat
- ✓ Gained muscle
- ✓ Improved digestion
- ✓ Optimized nutrition
- ✓ Increased physical fitness
- ✓ Improved energy

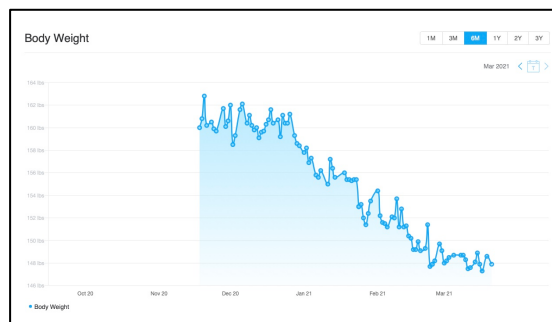
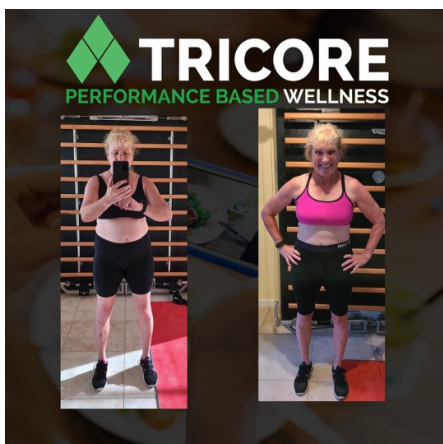
We ran a blood chemistry analysis on Linda before and after her makeover to see exactly what improvements were made and her results were amazing!!

Both her Lipid Panel and Comprehensive Metabolic Panel showed improvements! A staggering 11 biomarker tests improved on her blood work, and 4 of those 11 are now in the most optimal state for her body!



Congrats to Linda on her complete transformation! Hard work and consistency paid off! 🙌

**If you're ready for a complete makeover in your metabolic health contact us today!**



See page 2 for test results!





**TriCore Wellness Before and After Blood test results**  
**Linda Brand lab comparison**

		FROM	TO	
<b>Lipid Panel</b>		<b>9/17/20</b>	<b>4/1/21</b>	
Total Cholesterol	<b>improved</b>	265	229	
HDL	<b>improved</b>	74	82	
Triglycerides	<b>improved</b>	165	142	
LDL	<b>improved</b>	160	122	
Chol/HDLC ratio	<b>improved</b>	3.6	2.8	<b>now optimal</b>
Non-HDL	<b>improved</b>	191	147	

**CMP (Comprehensive Metabolic Panel)**

		9/17/20	4/1/21	
Glucose	<b>improved</b>	88	83	<b>now optimal</b>
BUN	<b>improved</b>	6	9	
Creatinine	<b>maintained</b>	0.64	0.59	
eGFR NON-AFR.	<b>maintained</b>	98	100	
eGFR AFRICAN	<b>maintained</b>	113	116	
SODIUM	<b>maintained</b>	137	141	
Potassium	<b>improved</b>	4.9	4.1	<b>now optimal</b>
Chloride	<b>improved</b>	99	103	<b>now optimal</b>
CARBON DIOXIDE	<b>maintained</b>	26	30	
calcium	<b>maintained</b>	10	9.4	
protein, total	<b>maintained</b>	6.9	6.4	
ALBUMIN	<b>maintained</b>	4.9	4.2	
GLOBULIN	<b>maintained</b>	2	2.2	
ALBUMIN/GLOBULIN ratio	<b>improved</b>	2.5	1.9	
BILIRUBIN	<b>maintained</b>	0.5	0.5	
AST	<b>maintained</b>	19	19	
ALT	<b>maintained</b>	14	14	