

Sophie's Action Plan

Feb 14, 2025

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Overview

At the core of your Superpower experience is your personal report, which will step through:

1. Health Report

An explanation of your superpower score, biological age and biomarkers which track your health across 7 dimensions

2. Monitored Issues

The core issues we are monitoring as part of your health based on your data, as well as a root cause analysis.

3. Protocol

Your custom recommendations and next steps you can take to superpower your health.

Here's the data we reviewed to create your annual report:

- Latest and historical blood test results
- Messaging with your care team and Superpower AI
- Your health intake survey responses

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Health Report

Your Health Report distills your Superpower Score, Biological Age, and Biomarkers to show how your health tracks across 7 categories.

superpower score

92

You're very healthy. Keep going!

Biological age

31.2

2.5 years younger than your actual age

Biomarkers

70 Optimal markers

25 In range markers

6 Out of range markers

Overview

We have processed 100+ biomarkers to provide you with this comprehensive report.

A Heart

A Metabolism

A Liver

B Nutrient

A Kidney

Disclaimer

The scores generated under Health Optimization, Nutrition & Gut, and Lifestyle & Appearance are system-generated using unique data shared about your medical history and health background. This report is exclusively intended to be used for health optimization and wellness purposes. These scores are not intended to diagnose or treat disease, or to substitute a physician's consultation. These insights are determined by evaluating current research and may change over time to reflect the most up to date research available.

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Monitored Issues

Monitored issues highlight potential health concerns based on your test results to focus on. Think of it as a starting points for your health roadmap—pinpointing areas for proactive care.

We detected 3 monitored issues you should be aware of.

1. Fix iron deficiency to restore energy and prevent anemia

High priority



Your panel shows very low iron stores even though your blood counts are still okay.

Ferritin

● Out of range

[Redacted]

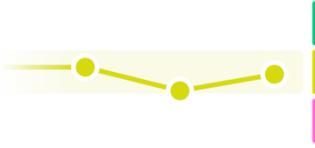


Hemoglobin

● Normal

[Redacted]



Mean Corpuscular Hemoglobin	● Normal	[Redacted]	
Hematocrit	● Normal	[Redacted]	
Red Blood Cells	● Normal	[Redacted]	

What this means:

For a 35-year-old menstruating mom who wants more children and feels fatigued, low iron is a likely driver of low energy and can progress to anemia and hair/skin issues if not corrected.

Potential Causes:

Common causes include menstrual blood loss, postpartum depletion, low heme-iron intake, coffee/tea or calcium with meals reducing absorption, and potential gut absorption issues (you noted past antibiotics/parasite detox).

Recommended Actions:

1. Supplementation:

Start 45–60 mg elemental iron (e.g., ferrous bisglycinate) every other morning with 250–500 mg vitamin C, avoiding tea/coffee, calcium, or high-fiber foods 2 hours around the dose.

2. Dietary Changes:

Eat heme-iron foods (beef, lamb, dark turkey, bison) 3–4 times/week, pair meals with vitamin-C produce, and limit tea/coffee with meals.

3. Re-test:

Recheck CBC, ferritin, and iron/TIBC in 6–8 weeks and track menstrual flow; aim ferritin 45–80 to support energy and future pregnancy.

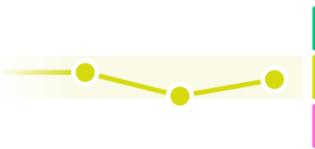
2. Support healthy androgen balance for energy and fertility readiness

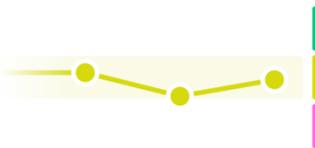
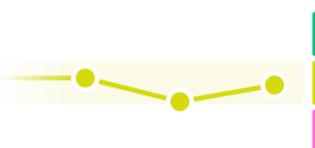
Medium priority



Your result:

Your hormones show low available androgens alongside high-normal SHBG and low-normal DHEA-S.

DHEA-Sulfate (DHEA-S)	● Normal	[Redacted]	
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Sex Hormone Binding Globulin	● Normal	[Redacted]	
Free Testosterone	● Normal	[Redacted]	
Testosterone, Total	● Normal	[Redacted]	
Testosterone, Bioavailable	● Normal	[Redacted]	

What this means:

This pattern can lower energy, strength, and libido and make body-composition goals harder; optimizing it also supports future fertility.

Potential Causes:

High SHBG and low-normal DHEA-S can reflect under-recovery/sleep of 6–7 hours, stress, inadequate protein or zinc, and low iron stores; current DHEA/progesterone use may also be masking the true baseline.

Recommended Actions:

1. Hormone reassessment:

Repeat DHEA-S, total/free testosterone, SHBG, and estradiol on cycle day 3 and again mid-luteal (~day 21) in 6–8 weeks to confirm the pattern.

2. Lifestyle foundation:

Prioritize 7.5–8 hours sleep, keep 2–3 weekly strength sessions, and target protein 1.2–1.6 g/kg/day with zinc-rich foods (oysters, beef, pumpkin seeds) to support androgens and lower SHBG.

3. Clinician review:

Because you already use DHEA and progesterone and plan more children, review dosing/necessity with a clinician before making any changes.

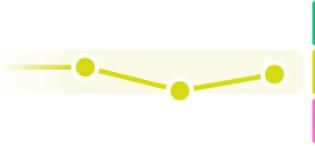
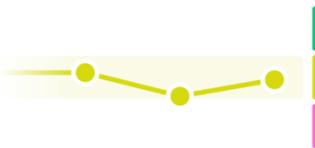
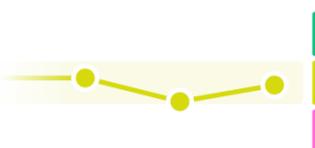
3. Sharpen blood sugar control and lower long-term heart risk

Medium priority



Your result:

Blood sugar and atherogenic particles are good but not yet in the longevity-optimal zone.

Hemoglobin A1c	● Normal	[Redacted]	
Estim. Avg Glu (eAG)	● Normal	[Redacted]	
Apolipoprotein B	● Normal	[Redacted]	
Triglycerides	● Normal	[Redacted]	
LDL Cholesterol	● Normal	[Redacted]	

What this means:

Tightening insulin sensitivity supports your weight, energy, and cognition goals now and lowers lifetime cardiovascular risk.

Potential Causes:

Slightly elevated A1c/eAG and triglycerides can stem from refined carbs, late eating, and limited sleep recovery despite regular exercise; postpartum changes can also contribute.

Recommended Actions:

1. Nutrition pattern:

Adopt a higher-protein, high-fiber, lower-glycemic pattern (25–35 g fiber/day; protein 1.2–1.6 g/kg/day), bias carbs after workouts, and minimize refined sugars and late-night eating.

2. Movement:

Add 10–15-minute walks after meals and one extra weekly Zone 2 cardio session to improve insulin sensitivity and lower triglycerides

3. Glucose monitoring:

Use a 14-day CGM trial or check finger-stick glucose 1 and 2 hours after meals within the next month to find and fix personal glucose triggers.

Superpower has designed a personal protocol to help target your health goals and address your monitored issues. By following this protocol and re-testing your blood panel, you should see great progress.



Lifestyle



Sleep

- Aim for 7.5–8.0 hours nightly by setting a consistent bedtime and wake time (within 30 minutes) to improve energy and hormone balance
- Get 10–15 minutes of outdoor morning light within 30 minutes of waking to anchor circadian rhythm and support deeper sleep.
- Stop caffeine by noon and avoid screens for 60 minutes before bed; if needed, use blue-light filters after sunset.
- Create a 10–15 minute wind-down (warm shower, light stretch, 4-7-8 breathing x 5 rounds, brief reading) to fall asleep faster.
- Keep the bedroom cool (65–68°F), dark, and quiet; consider blackout curtains and a white-noise machine.

Exercise

- Add one 30–45 minute Zone 2 cardio session weekly (conversational pace) for mitochondrial fitness and triglyceride control.
- Walk 10–15 minutes after meals to flatten post-meal glucose spikes and support weight management.
- Deload 1 week every 6–8 weeks (reduce volume/loads by ~30%) to prevent under-recovery and support hormone balance.
- On heavier cycle days, swap intense workouts for walking or gentle yoga to protect recovery and iron status.

Stress

- Practice 5 minutes/day of slow breathing (inhale 4s, exhale 6s) to reduce sympathetic drive and improve sleep quality.
- Schedule a 20–30 minute ‘recovery’ session (walk outside, yoga, stretching) on 4 days/week to lower cortisol load
- Avoid unsupervised hormone changes: pause adjustments to DHEA/progesterone and review dosing/necessity with a clinician before altering.
- Batch tasks and set two 15-minute ‘micro-breaks’ during the day to curb mental fatigue.

Environment

- Target 2–3 liters of fluids/day; add electrolytes or a pinch of salt on training days to prevent low-sodium symptoms.
- Combine outdoor play with your kids for natural light and movement, supporting circadian health and mood.



Nutrition



Increase dietary iron rich foods

- **What this looks like:**

Prioritize heme-iron foods 3–4x/week and pair with vitamin-C produce to enhance non-heme iron absorption ; avoid tea/coffee/calcium within 2 hours of iron-rich meals due to inhibition of absorption

- **Why adopt this:**

Ferritin is low (11 ng/mL), which likely contributes to fatigue; heme iron intake is strongly associated with higher ferritin in young women , and adding vitamin C to meals substantially increases non-heme iron absorption , while separating inhibitors like tea/coffee/calcium supports better absorption

- **Examples:**

-  Grass-fed beef or bison + bell peppers/citrus
-  Sardines/mussels + lemony arugula salad
-  Lamb or dark-meat turkey + broccoli/tomatoes

Prioritize post-workout carbs

- **What this looks like:**

Hit 25–35 g fiber/day from veggies, legumes, seeds, and resistant starch; bias higher-glycemic carbs after workouts

- **Why adopt this:**

Your A1c is 5.4% and triglycerides 119 mg/dL—good but improvable; fiber and timing lower glucose excursions and support weight goals

- **Examples:**

-  Cooked/cooled potatoes or rice for resistant starch
-  Chia/flax/psyllium mixed into yogurt or smoothies

-  Beans/lentils/chickpeas 4–6 servings/week



Supplements



OptiFerin-C

- **What it is:**
Iron bisglycinate with vitamin C for gentle, effective iron repletion
- **Why this matters for you:**
Ferritin is low (11 ng/mL), a likely driver of fatigue and hair/skin issues; rebuilding stores supports energy and future pregnancy
- **How to take it:**
Take 1 capsule every other morning on an empty stomach with water; avoid tea/coffee, calcium, or high-fiber foods \pm 2 hours.



OptiFerin-C

Available in stock

Add to cart

Magnesium Glycinate

- **What it is:**
Gentle, well-absorbed magnesium for nervous system calm and sleep quality
- **Why this matters for you:**
Supports your sleep and stress resilience goals and may ease unrefreshed awakenings.
- **How to take it:**
Use label-equivalent to 200–400 mg elemental magnesium 30–60 minutes before bed.



Magnesium Glycinate - 180 Capsules

Available in stock

Add to cart

O.N.E. Omega

- **What it is:**
High-purity EPA/DHA in triglyceride form to support heart, brain, and inflammation balance
- **Why this matters for you:**
Helps optimize triglycerides (119 mg/dL) and supports cognition and recovery
- **How to take it:**

- **How to take it:**

Take 1 softgel daily with a meal containing fat.



O.N.E. Omega - 60 Softgels

Available in stock

Add to cart



Diagnostic Tests



Superpower Blood Panel

- **What it is:**

100+ biomarkers tested in a fully comprehensive blood panel. Optional at-home phlebotomist visit. Results processed in approximately 5-7 days

- **Why test it:**

Repeat in 6-8 weeks to confirm improvement in already-tested markers tied to your goals: CBC, ferritin, iron/TIBC (iron stores), ALP and sodium (minerals), DHEA-S, SHBG, total/free testosterone, estradiol (androgen balance), A1c, triglycerides, LDL, ApoB (metabolic risk)



Superpower Blood Panel

Service scheduled

Order

Gut Microbiome Analysis

- **What it is:**

100+ biomarkers tested in a fully comprehensive blood panel. Optional at-home phlebotomist visit. Results processed in approximately 5-7 days

- **Why test it:**

Your history of repeated antibiotics and parasite detox warrants a baseline of gut diversity and barrier health to tailor probiotic/fiber strategies for energy, immunity, and O.N.E. Omega - 60 Softgels.



Gut Microbiome Analysis

At home test kit

Order

About this action plan

Superpower isn't a replacement for your primary care provider. Questions or concerns? Review these results with your doctor.

Next Steps

To review the steps and track improvements, schedule your follow-up blood panel in 3 months ensuring interventions are effective and making adjustments as needed.

Consider stocking up on the recommended supplements. You can either order through us at a discounted rate or source them on your own.

If you have any additional questions, feel free to message your personal concierge or ask your Superpower AI.

3 items recommended for you



OptiFerin-C

Available in stock



Magnesium Glycinate - 180 Capsules

Available in stock



O.N.E. Omega - 60 Softgels

Available in stock



Vitamin D + K2 Liquid

Available in stock

[View all 9 protocol items](#)

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YOU CAN ALWAYS ORDER INDEPENDENTLY.

Written by

Superpower