

Overtraining Biomarker Testing Service



Comprehensive **Overtraining Tracking** protein biomarker testing service from PanoHealth, LLC.

Overtraining occurs when there is a combination of excess training and inadequate rest. This can lead to physical, emotional, and behavioral symptoms which results in decreased performance, increased incidences of injury, and muscle loss. Longitudinal monitoring of protein biomarkers can help detect overtraining in the early stages when it can be fixed and help you determine the appropriate amount of rest you need in relation to the intensity of your training.



PanoHealth also proudly offers the newly developed **Health & Wellness Management Program** for the measurement and comprehensive analysis of the levels of 1,000 biomarkers.

PanoHealth **Overtraining Tracking** protein biomarkers:

- CKMB
- cTnl
- Ferritin
- ICAM-1
- IGF-1
- IGFBP-3
- IL-2R
- MCP-1
- Myoglobin
- NT-proBNP
- sTnl
- Troponin T

