

n=1 Blood Test Monitoring Sheet

Purpose: To assess potential effects of NEURO121 on selected blood biomarkers.
Recommended duration: minimum 30 days (ideally 60–90 days for comparison).

1. Participant Information

Age:
Gender:
Lifestyle (work, physical activity, diet):
General health status:
Medications and supplements used concurrently:
Neurological / psychiatric history (if any):

2. Testing Timeline

Test Panel	Before Start	After 30 Days	After 60/90 Days
Panel 1 – Basic	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Panel 2 – Advanced	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Additional tests (if applicable)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

3. Panel 1 – Basic Biomarkers

Parameter	Description	Monitoring Goal
Complete Blood Count (CBC)	Red, white blood cells, platelets	Overall health and immune status

CRP (C-reactive protein)	Inflammatory marker	Assess systemic inflammation
ALT, AST (liver enzymes)	Liver function	Safety of metabolic processing
GGT	Detox enzyme	Oxidative stress in the liver
Fasting glucose	Blood sugar level	Metabolic and insulin sensitivity
Lipid panel	Cholesterol, HDL, LDL, triglycerides	Energy metabolism status

4. Panel 2 – Advanced Neurological & Mitochondrial Biomarkers (Optional)

Parameter	Description	Monitoring Goal
Homocysteine	Neurotoxic amino acid	Reduction may indicate neuroprotection
Vitamin B12 / Folate / B6	Neuroprotective vitamins	Check for metabolic balance
Creatinine + eGFR	Kidney function	Long-term safety control
Coenzyme Q10	Mitochondrial biomarker	Potential synergistic effect
8-OHdG	Oxidative DNA damage marker	Evaluate oxidative stress level
Neuron-Specific Enolase (NSE)	Neuronal marker	Experimental neuroprotection marker

5. User Observations (Pre- and Post-Test Notes)

Before testing:

- General well-being:
- Sleep/recovery:
- Energy level:
- Current medications/supplements:
- Special notes (infections, stress, travel, etc.):

After testing:

- Noticed changes?
 - Any interfering factors?
 - Subjective evaluation of NEURO121 effect in this period:
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6. Comparative Summary (after minimum 30 days)

Parameter	Before	After	Difference / Interpretation
CRP			
Glucose			
LDL			
Homocysteine			
8-OHdG			
Other:			

Recommendations

- Perform tests fasting, in the morning, preferably at the same lab each time.
 - Do not significantly change diet or other substances without journaling.
 - Recommended interval between tests: 30 days or more.
 - If any adverse effects occur – stop use immediately and consult a physician.
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