



Health Defense Brief

Q1 2026

Persistent post-pandemic challenges continue to drive cardio-metabolic, neuro-immune, oncologic risk in working age populations.

DEFENSE ARSENAL

LABS

UNCOVER SILENT SYSTEMIC DAMAGE

Laboratory Biomarkers

- Vitamin D
- Troponin
- D Dimer
- Hs-CRP
- NT-proBNP
- Homocysteine
- HgbA1C
- CEA

VITAMIN D

BUILD INNATE DISEASE BARRIERS

Vitamin D

- Fight off viruses & bacteria
- Decrease risk for
 - Respiratory infections
 - Autoimmune conditions
 - Dementia

NASAL WASH

MITIGATE DISEASE ACCELERATION

Nasal Hygiene

- Inactivate flu, SARS-CoV-2, & RSV at infection entry point
- Prevent symptomatic disease
- Reduce infection transmission

[EMERGING]

ASSESS LONG TERM DISABILITY RISK

Detect Toxic Protein

- Assess long-term disability risk from:
 - Repeated immune activation
 - Inadequate gut repair
 - Incomplete viral clearance



[ICSL LAB PANEL ORDER LINK](#)

Biomarker	Cardiac	Comprehensive	Combined
Troponin (CV)	X		X
D-Dimer (CV)	X		X
Hs-CRP (CV)	X	X	X
Homocysteine (CV)	X	X	X
HgbA1C (M)		X	X
Vitamin D (IS)		X	X
CEA		X	X

Hs-CRP = high sensitivity C-reactive protein

HgbA1C = hemoglobin A1C

CEA = carcinoembryonic antigen

CV = Cardiovascular, which screens for heart and stroke risk

M = Metabolic system, which screens for early diabetes

IS = Immune system, which screens for ability to fight foreign invaders like bacteria and viruses and internal invaders like cancer

ICSL does not collect revenue from Uita Labs for any of these tests. All prices are estimates. See Uita Labs' website for final pricing



VITAMIN D

Adverse Outcome	Positive Effect?		References
	High vs Low D	Supplementation	
All-Cause Mortality	Y		Garland CF, et al. Am. J. Public Health 2014, 104, e43–e50. Kritchevsky SB, et al. J. Clin. Endocrinol. Metab. 2012, 97, 4156–65.
Alzheimer's Disease	Y		Larsson SC, et al. Nutrients 2018, 10, 1501.
Colorectal Cancer	Y		Maalmi H, et al. Nutrients 2018, 10, 896.
Multiple Sclerosis	Y	Y	Jayedi A, et al. Nutr. Neurosci. 2019, 22, 750–9. Munger KL, et al. JAMA 2006, 296, 2832–2838.
Diabetes		Y	Mirhosseini N, et al, J Endocrine Soc. 2018 Jul;2(7):687-709.
Asthma		Y	Jolliffe DA, et al. Lancet. Respir. Med. 2017, 5, 881–90.
Respiratory Infections		Y	Martineau AR, et al. BMJ. 2017 Feb 15;356.
SARS-CoV-2/COVID-19		Y	VDmeta.com

*These materials are provided for educational and informational purposes only. They are not intended to diagnose, treat, cure, or prevent any disease, nor should they be interpreted as a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified healthcare provider with any questions.



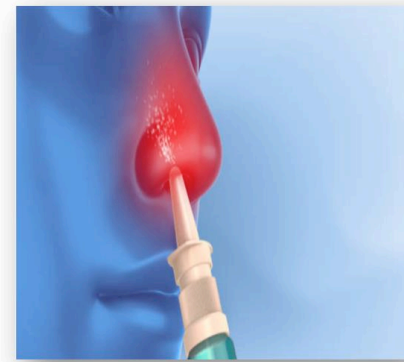
NASAL WASH



RNA viruses like influenza, SARS-CoV-2, RSV & rhinovirus enter the body through the nose



Povidone Iodine inactivates these viruses where they enter reducing symptomatic disease and transmission



Mitigate exposure to disease by flushing out unwanted airborne contaminants

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