

## BLACKSITE PERFORMANCE

INTELLIGENCE - EXCELLENCE - EXECUTION

# RED FLAG LAB CHECKLIST

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Know your numbers before you chase the product.

### FIELD BRIEF

Built for performance-minded adults who want a smarter baseline before major changes to training, diet, supplementation, hormones, peptides, or recovery strategy.

**Performance is a protocol.**

# Red Flag Lab Checklist

**Most people start in the wrong place.**

They chase the supplement. They chase the fat burner. They chase the peptide. They chase the clinic. They chase the shortcut.

But they do it before they understand the numbers that actually matter. **That is backwards.**

**The Blacksite Performance Red Flag Lab Checklist is a field tool to help you ask better questions, track smarter, and stop building your protocol on guesswork.**

## The Blacksite Standard

A real performance plan starts with the basics: bloodwork, blood pressure, sleep, recovery, nutrition, training, hydration, consistency, and honest tracking.

- Before you chase a product, know your baseline.
- Before you change the protocol, know what changed.
- Before you ignore a red flag, know what it could mean.

This checklist is educational only. It is not medical advice, diagnosis, treatment, or a replacement for a qualified medical provider.

# Quick Baseline Snapshot

Use this page as a front-end note before reviewing the checklist with your provider or tracking trends over time.

|                                   |  |
|-----------------------------------|--|
| Date                              |  |
| Body weight                       |  |
| Resting blood pressure            |  |
| Resting heart rate                |  |
| Sleep quality / apnea status      |  |
| Current medications / supplements |  |
| Recent training phase             |  |
| Main concern or goal              |  |

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# 1 Complete Blood Count

## MARKERS TO REVIEW

- White blood cells
- Red blood cells
- Hemoglobin
- Hematocrit
- Platelets
- MCV
- MCH
- MCHC
- RDW

## QUESTIONS TO ASK

- Is my blood thickness or oxygen-carrying capacity a concern?
- Do these numbers increase my cardiovascular risk?
- Should I repeat the test, donate blood, adjust hydration, or investigate further?
- Could medications, supplements, sleep apnea, smoking, dehydration, or hormone changes be affecting these results?

## RED FLAGS TO DISCUSS

- Hematocrit or hemoglobin above the lab reference range
- Red blood cell count trending high
- Platelets unusually high or unusually low
- White blood cells outside the normal range
- Unexplained anemia markers
- Major changes from prior labs
- Persistent elevation after starting or changing supplements, hormones, or performance protocols

**BSP checkpoint: look for trends, not just one number. Compare results against prior labs, symptoms, medications, sleep, training load, and recent changes.**

## 2 Comprehensive Metabolic Panel

### MARKERS TO REVIEW

- Glucose
- BUN
- Creatinine
- eGFR
- Sodium
- Potassium
- Chloride
- CO<sub>2</sub>
- Calcium
- Albumin
- Total protein
- Bilirubin
- Alkaline phosphatase
- AST
- ALT

### QUESTIONS TO ASK

- Are my kidney markers normal for my size, muscle mass, training, hydration, and supplement use?
- Are my liver markers elevated from training, alcohol, medication, supplements, or another issue?
- Should I retest after rest, hydration, or a supplement break?
- Are these results urgent, or are they something to monitor?

### RED FLAGS TO DISCUSS

- Kidney markers outside range
- eGFR trending downward
- Liver enzymes above range
- High fasting glucose
- Electrolytes outside range
- Elevated bilirubin
- Abnormal albumin or total protein
- Any major change after a new supplement, medication, diet, or training phase

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## 3 Lipid Panel

### MARKERS TO REVIEW

- Total cholesterol
- LDL cholesterol
- HDL cholesterol
- Triglycerides
- Non-HDL cholesterol
- VLDL, if provided
- ApoB, if available
- Lipoprotein(a), if available

### QUESTIONS TO ASK

- What is my actual cardiovascular risk based on these numbers?
- Should I test ApoB or Lipoprotein(a)?
- Are my diet, body weight, medications, hormones, or family history affecting my lipid profile?
- What changes should I make before my next lab review?

### RED FLAGS TO DISCUSS

- LDL above range
- HDL low
- Triglycerides high
- Non-HDL cholesterol elevated
- ApoB elevated, if tested
- Lipoprotein(a) elevated, if tested
- Lipids worsening after diet changes, hormone changes, weight gain, or supplement use

**BSP checkpoint: look for trends, not just one number. Compare results against prior labs, symptoms, medications, sleep, training load, and recent changes.**

## 4 Blood Sugar and Insulin Health

### MARKERS TO REVIEW

- Fasting glucose
- Hemoglobin A1C
- Fasting insulin, if available
- C-peptide, if ordered
- Triglyceride-to-HDL ratio as a rough metabolic clue

### QUESTIONS TO ASK

- Am I showing signs of insulin resistance?
- Is my current diet helping or hurting my glucose control?
- Should I track fasting glucose, post-meal glucose, or use a CGM?
- Could medications, sleep apnea, stress, body fat, or training habits be affecting my numbers?

### RED FLAGS TO DISCUSS

- Fasting glucose above range
- A1C elevated or trending upward
- Fasting insulin elevated, if tested
- Blood sugar worsening despite weight-loss efforts
- Signs of insulin resistance
- Energy crashes, intense cravings, or unexplained fatigue

**BSP checkpoint: look for trends, not just one number. Compare results against prior labs, symptoms, medications, sleep, training load, and recent changes.**

## 5 Blood Pressure and Cardiovascular Basics

### MARKERS TO REVIEW

- Resting blood pressure
- Resting heart rate
- Family history
- Sleep apnea status
- Lipids
- Hematocrit
- Glucose and A1C
- Inflammation markers, if tested

### QUESTIONS TO ASK

- Is my blood pressure controlled enough for intense training?
- Should I monitor blood pressure at home?
- Is sleep apnea contributing to my blood pressure, fatigue, or lab markers?
- Are stimulants, caffeine, supplements, or medications making this worse?

### RED FLAGS TO DISCUSS

- Blood pressure consistently elevated
- Resting heart rate unusually high
- Chest pain, shortness of breath, dizziness, or fainting
- Worsening blood pressure after stimulants, caffeine, weight gain, hormones, or stress
- Untreated sleep apnea
- High hematocrit combined with high blood pressure

**BSP checkpoint: look for trends, not just one number. Compare results against prior labs, symptoms, medications, sleep, training load, and recent changes.**

## 6 Hormone and Performance Markers

### MARKERS TO REVIEW

- Total testosterone
- Free testosterone
- SHBG
- Estradiol, preferably sensitive assay when appropriate
- LH and FSH when evaluating natural production
- Prolactin
- DHEA-S, if ordered
- Thyroid markers
- PSA for men when appropriate
- CBC and lipids alongside hormone testing

### QUESTIONS TO ASK

- Are these hormone numbers appropriate for my age, symptoms, medications, and health history?
- Should I be checking estradiol, prolactin, PSA, CBC, and lipids together?
- Are my symptoms actually hormone-related, or could they be caused by sleep, stress, diet, obesity, medications, or another issue?
- What risks should I monitor before changing any hormone-related plan?

### RED FLAGS TO DISCUSS

- Testosterone very low or unexpectedly high
- Estradiol symptoms or abnormal levels
- Prolactin outside range
- Suppressed LH and FSH without explanation
- PSA elevation or major change
- Mood changes, libido changes, erectile issues, fatigue, or sleep disruption
- Hormone changes combined with worsening blood pressure, lipids, hematocrit, or liver markers

**BSP checkpoint: look for trends, not just one number. Compare results against prior labs, symptoms, medications, sleep, training load, and recent changes.**

## 7 Thyroid Markers

### MARKERS TO REVIEW

- TSH
- Free T4
- Free T3, if ordered
- Thyroid antibodies, if appropriate
- Reverse T3, if clinically relevant

### QUESTIONS TO ASK

- Do my symptoms match my thyroid labs?
- Should thyroid antibodies be checked?
- Could diet, stress, medication, sleep, or weight loss be affecting thyroid markers?
- Is treatment or further testing appropriate?

### RED FLAGS TO DISCUSS

- TSH outside range
- Free T4 or Free T3 outside range
- Symptoms of thyroid dysfunction
- Unexplained fatigue, cold intolerance, heat intolerance, palpitations, anxiety, or major weight changes
- Use of thyroid-related medications or supplements without medical supervision

**BSP checkpoint: look for trends, not just one number. Compare results against prior labs, symptoms, medications, sleep, training load, and recent changes.**

## 8 Liver Health Markers

### MARKERS TO REVIEW

- AST
- ALT
- GGT, if available
- Alkaline phosphatase
- Bilirubin
- Albumin
- Total protein

### QUESTIONS TO ASK

- Could recent hard training have affected AST or ALT?
- Should I retest after rest and hydration?
- Are any supplements, medications, alcohol, or diet factors stressing my liver?
- Do I need additional testing?

### RED FLAGS TO DISCUSS

- AST or ALT elevated
- GGT elevated
- Bilirubin elevated
- Enzymes rising after new supplements, alcohol use, oral medications, or intense training
- Dark urine, yellowing skin or eyes, severe abdominal pain, or unexplained nausea

**BSP checkpoint: look for trends, not just one number. Compare results against prior labs, symptoms, medications, sleep, training load, and recent changes.**

## 9 Kidney and Hydration Markers

### MARKERS TO REVIEW

- Creatinine
- eGFR
- BUN
- Electrolytes
- Urinalysis, if available
- Urine albumin/creatinine ratio, if appropriate
- Cystatin C, if needed for clarification

### QUESTIONS TO ASK

- Are my kidney markers affected by muscle mass, creatine use, dehydration, or high protein intake?
- Should I check cystatin C or a urinalysis?
- Are these numbers stable or worsening?
- Do I need further evaluation?

### RED FLAGS TO DISCUSS

- Creatinine elevated
- eGFR low or trending down
- BUN elevated
- Protein in urine
- Electrolytes abnormal
- Swelling, reduced urination, severe flank pain, or persistent high blood pressure

**BSP checkpoint: look for trends, not just one number. Compare results against prior labs, symptoms, medications, sleep, training load, and recent changes.**

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# Inflammation and Recovery Markers

## MARKERS TO REVIEW

- High-sensitivity CRP, if available
- ESR, if ordered
- Ferritin
- Vitamin D
- B12
- Magnesium, if ordered
- Iron panel, if appropriate

## QUESTIONS TO ASK

- Are my inflammation markers elevated?
- Could poor sleep, obesity, infection, injury, overtraining, or diet be affecting recovery?
- Should vitamin D, B12, iron, or ferritin be corrected?
- Is there a bigger issue affecting my recovery?

## RED FLAGS TO DISCUSS

- High inflammation markers
- Ferritin unusually high or low
- Low vitamin D
- Low B12
- Unexplained fatigue, poor recovery, brain fog, weakness, frequent illness, or poor sleep

**BSP checkpoint: look for trends, not just one number. Compare results against prior labs, symptoms, medications, sleep, training load, and recent changes.**

## 11 Sleep and Recovery Red Flags

### WARNING SIGNS TO TAKE SERIOUSLY

- Loud snoring
- Waking up choking or gasping
- Morning headaches
- Daytime sleepiness
- High blood pressure
- Low energy despite adequate sleep time
- Poor recovery
- Elevated hematocrit
- Needing stimulants to function

### QUESTIONS TO ASK

- Should I be evaluated for sleep apnea?
- Could poor sleep be affecting my blood pressure, hormones, glucose, and recovery?
- Would improving sleep change my lab numbers?
- Am I relying on caffeine or stimulants because my recovery is broken?

**BSP checkpoint: look for trends, not just one number. Compare results against prior labs, symptoms, medications, sleep, training load, and recent changes.**

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## Stimulant and Fat Burner Red Flags

### THINGS TO WATCH

- High caffeine intake
- Multiple stimulant products
- Elevated resting heart rate
- Elevated blood pressure
- Anxiety or panic symptoms
- Sleep disruption
- Heart palpitations
- Combining stimulants with intense training, dehydration, or poor sleep

### QUESTIONS TO ASK

- Is this product just a caffeine pill with marketing?
- Is my blood pressure safe enough for stimulant use?
- Is caffeine helping performance or masking poor sleep?
- Am I using stimulants instead of fixing nutrition, walking, training, and recovery?

**BSP checkpoint: look for trends, not just one number. Compare results against prior labs, symptoms, medications, sleep, training load, and recent changes.**

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## Supplement and Product Label Red Flags

### WATCH FOR

- Proprietary blends with hidden dosages
- Extreme fat-loss claims
- Claims that sound like medication effects
- No third-party testing
- No clear ingredient amounts
- Fake before-and-after promises
- "Doctor recommended" claims without details
- Products that promise results without diet or training
- Products that use fear, hype, or urgency instead of transparency

### QUESTIONS TO ASK

- What is actually in this product?
- Are the dosages listed clearly?
- Is there third-party testing?
- Is the claim realistic?
- Do I actually need this, or am I chasing hype?

**BSP checkpoint: look for trends, not just one number. Compare results against prior labs, symptoms, medications, sleep, training load, and recent changes.**

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# When to Stop Guessing and Get Medical Help

**Do not use a checklist to rationalize urgent symptoms. If something feels dangerous, get medical help.**

## SEEK MEDICAL GUIDANCE PROMPTLY IF YOU HAVE

- Chest pain
- Severe shortness of breath
- Fainting
- Severe headache with high blood pressure
- Signs of stroke
- Yellowing of the skin or eyes
- Severe abdominal pain
- Blood in urine or stool
- Severe swelling
- Unexplained rapid heart rate
- Dangerous blood pressure readings
- Severe mood changes or thoughts of self-harm
- Any lab value your medical provider says is urgent

## 15 The Blacksite Review Questions

Before starting any new performance plan, ask:

1. Do I know my baseline labs?
2. Do I know my blood pressure?
3. Do I know my lipid profile?
4. Do I know my glucose and A1C?
5. Do I know if my liver and kidney markers are stable?
6. Do I know whether my sleep is helping or hurting me?
7. Do I understand what I am taking and why?
8. Am I chasing a product instead of building a protocol?
9. Do I have a plan to retest?
10. Have I reviewed this with a qualified medical provider when appropriate?

**If the answer is "I do not know" too many times, the next move is not another product. The next move is a better baseline.**

# Final Word

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**A supplement is not a strategy.**

**A fat burner is not discipline.**

**A peptide is not a plan.**

A protocol starts with the basics:

- Food
- Training
- Sleep
- Hydration
- Movement
- Blood pressure
- Bloodwork
- Consistency
- Honest tracking

**Know your numbers before you chase the product.**

**Performance is a protocol.**

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## Disclaimer

This checklist is for educational and informational purposes only. It is not medical advice, diagnosis, treatment, or a substitute for care from a licensed medical provider.

Always consult a qualified healthcare professional before making major changes to your diet, exercise, supplement use, medications, lab testing, or health strategy. Blacksite Performance does not provide medical advice, diagnosis, treatment, or individualized healthcare recommendations.