

EXECUTIVE TELEMETRY AUDIT

THE 10 BIOMARKERS OF EXECUTIVE BURNOUT

Review your lab results how you fare for these Top-10 biomarkers. Calibrated performance benchmarks spanning Pre-Optimal to Elite targets.

THE VITAL C-SUITE PANEL

Cross-calibrated against orthomolecular thresholds to detect subclinical depletion before pathology manifests.

BIOMARKER	DIAGNOSTIC VECTOR	PRE-OPTIMAL TO ELITE RANGE
1. Cortisol/DHEA Ratio	HPA axis dysregulation & adrenal buffer reserve	0.05 - < 0.02
2. hs-CRP	High-sensitivity vascular inflammatory load	< 0.8 - < 0.3 mg/L
3. Homocysteine	Methylation capacity & endothelial shear strain	< 8.0 - < 6.5 µmol/L
4. Fasting Insulin	Metabolic flexibility & insulin sensitivity	< 5.0 - < 3.0 µIU/mL
5. Vitamin D3 (25-OH)	Intracellular genomic & neuroendocrine gauge	60 - 80 ng/mL
6. RBC Magnesium	Intracellular ATP mitochondrial synthesis	6.0 - 6.8 mg/dL
7. Ferritin (Serum)	Iron storage balance & acute oxidative reserve	50 - 100 ng/mL
8. Free T3 / rT3 Ratio	Cellular thyroid bioenergetic conversion	> 18 - > 22
9. Total/Free T to E2	Anabolic recovery & steroid hormone baseline	T: > 700 ng/dL E2: < 25 pg/mL
10. Omega-3 Index	Erythrocyte membrane fluidity & integrity	> 8.0% - > 11.0%

PATHOPHYSIOLOGICAL MECHANISMS

When high-level decision-makers face unrelenting cognitive and operational stress, the continuous **'fight or flight' stress response** overrides the body's natural physiological capacity to repair on a cellular level. This initially manifests subclinically through mitochondrial electron-transport conversion lag and neuroendocrine exhaustion.

By shifting focus from late-stage symptom management to deep cellular restoration, our protocols enable your internal **wellness roles** to intercept systemic burnout before it fractures executive stamina and decision velocity.

Review your lab results on how you fare for these Top-10 biomarkers.

The UA-100 Engine ingests raw biomarker telemetry to formulate deterministic, closed-loop **Life Extension (LE)** and **Orthomolecular** protocols for continuous executive resilience.



The UA-100 Engine | UnwindAging Project
OPTIMIZING EXECUTIVE RESILIENCE

Developed in deep tribute to the pioneering clinical work of Dr. Linus Pauling, Dr. Ulrich Strunz, and Dr. Richard Z. Cheng.
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