

FeGGT LifePro™ GGT Score Assessment

INSTRUCTIONS:

- Count the number of times the patient answered “Yes” to the Baseline Risk questions and record the number in the “Result” box below. Add one point in the “Score” column for each “Yes” answer, for a total of no more than 10 (even if they answered “Yes” to all 12 questions).
- Enter the patient’s blood marker test results in the “Result” column below.
- Choose the appropriate chart below (Adult Man, Adult Pre-Menopausal Woman, Adult Post-Menopausal Woman) and enter the patient’s score for each result. Note: If their results fall on a number that overlaps two scores, select the higher score. For example, if a man’s GGT is 25, his score is 3.
- If the patient’s GGT score is 5 or above, and one of their iron scores (either SF or TS) is 3 or above, enter 2 points next to “Additional Risk Points.” Studies have shown that individuals with both high iron and high GGT levels are at greater risk of chronic disease and early death, even if their baseline risk scores are normal.
- Add up the score and enter it next to “Total.” Note: To calculate the score online automatically, visit kresserinstitute.com/tools.
- Consult the “Total Risk Score” chart below to find the patient’s FeGGT LifePro risk level for metabolic and cardiovascular disease and enter it next to “Risk Level.” For more information, visit healthiron.com.

	Result	Score
Baseline Risk (number of Yes answers)		
Serum Ferritin Value (ng/mL)		
Transferrin Saturation Value (%)		
Gamma-Glutamyl Transferase (GGT) Value (U/L)		
Hemoglobin Value (g/dL)		
Additional Risk Points:		
Total:		
Risk Level:		

ADULT MEN

Serum Ferritin (SF) ng/mL								
Risk Score	2	0	2	3	4	5	6	
SF ng/mL	< 20	20 - 70	70 - 150	150 - 300	300 - 400	400 - 500	500+	
Transferrin Saturation % (TS%)								
Risk Score	2	0	1	2	4	5	7	
TS%	< 20	20 - 35	35 - 45	45 - 55	55 - 65	65 - 85	85+	
Gamma Glutamyl Transferase (GGT) U/L								
Risk Score	0	1	2	3	5	6	9	
GGT U/L	< 12	12 - 15	15 - 25	25 - 35	35 - 50	50 - 100	100+	
Hemoglobin (Hgb) g/dL								
Risk Score	2		0			3		
Hgb g/dL	< 11		11 - 17			17 +		

ADULT PRE-MENOPAUSAL WOMEN

Serum Ferritin (SF) ng/mL								
Risk Score	2	0	2	3	4	5	6	
SF ng/mL	< 15	15 - 50	50 - 80	80 - 120	120 - 175	175 - 250	250+	
Transferrin Saturation % (TS%)								
Risk Score	2	0	1	2	4	5	7	
TS%	< 18	18 - 35	35 - 45	45 - 55	55 - 65	65 - 85	85+	
Gamma Glutamyl Transferase (GGT) U/L								
Risk Score	0	1	2	3	5	6	9	
GGT U/L	< 9	9 - 13	13 - 20	20 - 33	33 - 45	45 - 80	80+	
Hemoglobin (Hgb) g/dL								
Risk Score	2		0			3		
Hgb g/dL	< 10		10 - 17			17 +		

ADULT POST-MENOPAUSAL WOMEN

Serum Ferritin (SF) ng/mL								
Risk Score	2	0	2	3	4	5	6	
SF ng/mL	< 20	20 - 60	60 - 125	125 - 175	175 - 225	225 - 350	350+	
Transferrin Saturation % (TS%)								
Risk Score	2	0	1	2	4	5	7	
TS%	< 18	18 - 35	35 - 45	45 - 55	55 - 65	65 - 85	85+	
Gamma Glutamyl Transferase (GGT) U/L								
Risk Score	0	1	2	3	5	6	9	
GGT U/L	< 10	10 - 15	15 - 22	22 - 35	35 - 45	45 - 90	90+	
Hemoglobin (Hgb) g/dL								
Risk Score	2		0			3		
Hgb g/dL	< 10		10 - 17			17 +		

Total Risk Score	FeGGT LifePro™ Risk Level
0 - 5	Low
6 - 10	Moderate
11 - 15	High
16 - 20	Very High
≥ 21	Extreme