

# The FeGGT LifePro™ GGT Score Questionnaire

The FeGGT LifePro™ GGT score is a scoring system for evaluating your risk of metabolic and cardiovascular disease based on established risk factors and key blood markers. It is predicated on a large body of evidence showing that numerous diseases and medical conditions develop when both iron and GGT are in the upper-normal range and above. Please fill out the form below or visit [kresserinstitute.com/tools](http://kresserinstitute.com/tools) to have your score automatically calculated.

**Step 1: Enter your demographic information**

1. What is your biological sex?  Male  Female
2. If female, are you in menopause?  Yes  No

**Step 2: Answer “Yes” or “No” to the following statements to establish your baseline risk**

Statement	No	Yes
Is your waist circumference greater than 40 inches (men) or greater than 35 inches (women)?		
Is your systolic blood pressure greater than 130mm Hg or diastolic blood pressure greater than 85mm Hg?		
Is your fasting glucose level greater than 100 mg/dL?		
Are your triglycerides greater than 150 mg/dL?		
Is your HDL cholesterol less than 40 mg/dL (men) or less than 50 mg/dL (women)?		
Do you have atherosclerosis or heart disease?		
Do you have any liver disease?		
Do you have pre-diabetes or diabetes?		
Have you had an ankle, hip, or knee replacement before 65 years of age?		
Do you have loss of libido or impotence before 60 years of age?		
Did you experience premature menopause (whether natural or surgical)?		
Do you have unusual fatigue, weakness, or depression?		

**Step 3: Enter your blood test results** (leave blank if you do not have your test results yet)

Blood Marker	Result
Serum Ferritin Value (ng/mL)	
Transferrin Saturation Value (%)	
Gamma-Glutamyl Transferase (GGT) Value (U/L)	
Hemoglobin Value (g/dL)	

**Step 4: Return this handout to your health practitioner for evaluation**