

SUGGESTED BLOOD TESTS

FEMALE - Suggested Fasting Lab Tests	
PRIMARY LABS	OPTIONAL (depending upon individual)
CBC with Differential	Adrenal Stress Index: serum or saliva
C-Reactive Protein	Candida
Female Hormone Profile (FHP): Pregnenolone, Total Estrogens, DHEA-S, Progesterone, Testosterone (total)	Comprehensive Digestive Stool Analysis
Homocysteine	IGF-1
SMAC 25 to include GGTP (GGT)	N-Telopeptide (urine)
Thyroid: T3 Uptake, T4 and TSH	
Total Cholesterol, HDL, LDL, Triglycerides	
Vitamin D – 25 (OH)D	

MALE - Suggested Fasting Lab Tests	
PRIMARY LABS	OPTIONAL (depending upon individual)
CBC with Differential	Adrenal Stress Index: serum or saliva
C-Reactive Protein	Candida
Male Hormone Profile (MHP): Pregnenolone, Total Estrogens, DHEA-S, Progesterone, Testosterone (total, free and bioavailable)	Comprehensive Digestive Stool Analysis
Homocysteine	IGF-1
SMAC 25 to include GGTP (GGT)	N-Telopeptide (urine)
Serum Iron and Ferritin	
Thyroid: T3 Uptake, T4 and TSH	
Total Cholesterol, HDL, LDL, Triglycerides	
Vitamin D – 25 (OH)D	
PSA (age 50 for Caucasian; age 40 for African American)	