

LIST OF BLOOD LABS

1. Make sure to drink plenty of water prior to your blood draw.
2. FAST 10-12 hours prior to your blood draw.
3. Option #1:
 - a. Bring this list to your doctor/practitioner.
 - b. Specifically request the all of the labs, specifically those in **red**.
 - c. *Always* ask for a copy of your lab results.
- Option #2:
 - d. Contact me for your lab requisition to go through Direct Labs
4. Contact me for your Blood Chemistry Analysis (visit my website for more info)

Detailed List of Blood Tests (Chem 25, CBC and Thyroid Panel).

FAST 10-12 hours prior to blood draw. Drink plenty of water prior to blood draw.

Uric Acid	Sedimentation Rate (ESR)	Fasting Insulin
Creatinine	Total White Blood Count	Glucose
Blood-Urea Nitrogen	Neutrophils	Glycated HgB (A1C)
Potassium	Lymphocytes	
Sodium	Monocytes	Triglycerides
Chloride	Eosinophils	Cholesterol, Total
Carbon Dioxide	Basophils	HDL Cholesterol
Anion Gap	C-Reactive Protein	LDL Cholesterol
Calcium	Homocysteine	Cholesterol Particle Number and Size
Phosphorus	Platelets	Remnant Lipoprotein (RLP), Lp(a), Apo-B-100
Magnesium	Serum Iron	
Total Protein	Total Iron Binding Cap.	T3 Uptake
Albumin	Ferritin	T4 Thyroxine
Total Globulin	Reticulocytes	Thyroid Stimulating Hormone (TSH)
Alpha 1 Globulin	Red Blood Count	Antithyroid Peroxidase Antibody
Alpha 2 Globulin	Hematocrit	Reverse T3
Beta Globulin	Hemoglobin	
Gamma Globulin	Mean Corpuscular Volume	Vitamin D – 25 (OH)D
Alkaline Phosphate	Mean Corpuscular Hemoglobin	
SGOT/AST	Mean Corpuscular Hemoglobin Conc.	
SGPT/ALT	Red Cell Dist. Width	
GGTP (GGT)	Gastrin	
Lactic Dehydrogenase	Bilirubin(Total)	
Creatine Phosphokinase		

***See List Below for Additional Optional Testing

LIST OF BLOOD LABS

FEMALE (Suggested 'Fasting' Lab Tests)	
PRIMARY LABS	OPTIONAL (depending upon individual)
CBC with Differential	Heavy Metal Body Burden
C-Reactive Protein Homocysteine Fasting Insulin	Adrenal Stress Index: serum or saliva
Vitamin D – 25 (OH)D	Candida
Iron and Ferritin	Comprehensive Digestive Stool Analysis
Chem 25 to include GGTP (GGT) Comprehensive Metabolic Profile	IGF-1
Cholesterol: Total Cholesterol, HDL, LDL, Triglycerides Particle number and particle size Remnant Lipoprotein (RLP), Lp(a), Apo-B-100	N-Telopeptide (urine)
Thyroid: T3 Uptake, T4, TSH, Reverse T3 Thyroid Antibodies (TPO & TGA)	Female Hormone Profile (FHP): Pregnenolone, Total Estrogens, DHEA-S, Progesterone, Testosterone (total)

MALE (Suggested 'Fasting' Lab Tests)	
PRIMARY LABS	OPTIONAL (depending upon individual)
CBC with Differential	Adrenal Stress Index: serum or saliva
C-Reactive Protein Homocysteine Fasting Insulin	Candida; Heavy Metal Body Burden
Vitamin D – 25 (OH)D	Comprehensive Digestive Stool Analysis
Serum Iron and Ferritin	IGF-1
Chem 25 to include GGTP (GGT) Comprehensive Metabolic Profile	N-Telopeptide (urine)
Thyroid: T3 Uptake, T4, TSH, Reverse T3 Thyroid Antibodies (TPO & TGA)	PSA (age 50 for Caucasian; age 40 for African American)
Cholesterol: Total Cholesterol, HDL, LDL, Triglycerides Particle number and particle size Remnant Lipoprotein (RLP), Lp(a), Apo-B-100	Male Hormone Profile (MHP): Pregnenolone, Total Estrogens, DHEA-S, Progesterone, Testosterone (total, free and bioavailable)