MOST IMPORTANT LAB TESTS

**Basic Blood Tests**

1. CBC with Differential  
2. Comprehensive Metabolic Profile (CMP)  
3. GGT (liver enzyme)  
4. Hemoglobin A1c  
5. Insulin  
6. C-Reactive Protein (CRP-hs), high sensitivity  
7. Homocysteine  
8. Uric Acid  
9. Vitamin D3 – 25 (OH)D

10. **Iron panel**  
    ✓ Serum Iron  
    ✓ Ferritin  
    ✓ TIBC  
    ✓ % of Iron Saturation

11. Fibrinogen  
12. Reticulocytes  
13. Phosphorus  
14. Sediment rate  
15. **Thyroid panel:**  
    ✓ Thyroid Stimulating Hormone (TSH)  
    ✓ Free T3  
    ✓ Free T4  
    ✓ Reverse T3  
    ✓ Thyroid Antibodies (anti-TPO and thyroglobulin-Ab)

16. **Hormones:** DHEA-S, Progesterone, Total Testosterone, Free Testosterone, Total Estrogen, Estradiol  
17. **Lipid Panel:** Total Cholesterol, HDL, LDL, Triglycerides, Lp(a)

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Identify the Root Cause  ❤  Use Food as Medicine  ❤  Learn-Heal-Thrive!
Blood Draw Instructions

1. **Option #1**
   a. Bring this list to your doctor/practitioner
   b. Request a requisition for the tests
   c. *Always* ask for a copy of your lab results

2. **Option #2:** Order your own blood work and other important lab tests online.
   a. Order your Lab tests at [https://www.directlabs.com/paulaowens/](https://www.directlabs.com/paulaowens/)
   b. Follow these instructions

3. Drink plenty of plain, filtered water the day before and the morning of your blood draw.

4. FAST 10-12 hours prior to your blood draw. No food or beverages other than plain water.

5. If you take thyroid medication, oral contraceptives, hormone therapy, OTC or Rx drugs or medications, vitamins or supplements – take after the morning blood draw.

6. If supplementing with biotin, stop for 10-14 days prior to blood draw.

7. If (when) testing thyroid markers *ONLY* and you currently take thyroid medication, test thyroid markers 4-5 hours AFTER taking your thyroid medication.

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**Schedule an appointment** ([click here for more info](#))

Blog Post: Identify the Root Cause! [Test to Assess – Don’t Guess!](#)

Questions???  [Contact my office](#)
Stool Test Kit

- **GI Effects Gastrointestinal Function Comprehensive Profile (3 Day Collection)**

Genova Diagnostics GI Effects test can be ordered at [https://www.directlabs.com/paulaowens/](https://www.directlabs.com/paulaowens/)

*(this is the stool test that I use and recommend in my practice)*

*Discontinue all nutrients and vitamins that affect digestion for a full two weeks prior to collecting your stool samples.*

**Other DNA Stool test options**

- ✓ GI Pathogens Plus Profile (DRG Lab)
- ✓ Gut Zoomer (Vibrant Genomics)
- ✓ Comprehensive Stool Analysis w/Parasitology x3-Doctor's Data Kit
- ✓ GI Pathogen Profile, Multiplex PCR-Doctor's Data Kit GI-Map (Diagnostic Solutions Lab)
NutrEval

- NutrEval® FMV W/Nutrient & Toxic Elements-Genova Kit

The NutrEval Profile consists of:

1. Metabolic Analysis measuring 39 key organic acids to evaluate gastrointestinal function, cellular energy production, neurotransmitter processing, and functional need for vitamins, minerals, and co-factors.

2. Urine Amino Acid analysis measuring 38 amino acids to evaluate dietary protein adequacy, digestion, absorption, amino acid transport, metabolic impairments, and nutritional deficits; including essential vitamins, minerals, and amino acids.

3. Essential & Metabolic Fatty Acid assessment measures the levels of fatty acids in red blood cell membranes that affect cellular communication and the inflammatory cascade.

4. Elemental Analysis in red blood cells is a reliable means to identify short-term toxic metal exposure and to evaluate intracellular nutrient mineral status.

5. Oxidative Stress Analysis is a sensitive tool to evaluate the body’s antioxidant reserves, the presence of oxidative injury, and CoQ10.

Order and view a sample report of the NutrEval here https://www.directlabs.com/paulaowens/
Other valuable lab tests

- **NutrEval**
  * NutrEval® with Nutrient & Toxic Elements-Genova Kit

- **Micronutrient testing**
  * SpectraCell Laboratories
  * NutrEval (Genova)
  * Metabolic Analysis Profile (Organic Acids)-Genova

- **Delayed Allergy Tests**
  Monitor delayed hypersensitivity responses to over 500 common substances. The tests identify reactive substances, which may be provoking the patient's chronic condition.
  * ELISA/Act All Inclusive (512 Items)-Kit  [https://www.directlabs.com/paulaowens/](https://www.directlabs.com/paulaowens/)
  * ELISA/Act Professional's Choice (389 Items)-Kit
  * ELISA/Act Enhanced Basic (212 items)-Kit

  Order here: [https://www.directlabs.com/paulaowens/](https://www.directlabs.com/paulaowens/)

- **Food Sensitivity Panel**
  * Array 10 test available through Cyrex Labs
  * Other Food, Chemical, Herbs-Spices Sensitivity tests are available to order through my online lab portal at [https://www.directlabs.com/paulaowens/](https://www.directlabs.com/paulaowens/)

- **Viral Infections**
  * Epstein-Barr (EBV), Cytomegalovirus (CMV), Hepatitis (A, B, C), HPV

- **H. pylori**
  * Blood, stool or breath test
• **Hormone – Adrenal testing**
  * DUTCH Complete-Precision Analytical Inc. Kit
  * SpectraCell Laboratories

• **Adrenal testing**
  * DUTCH Adrenal-Precision Analytical Inc. Kit
  * 4-rhythm Adrenal (saliva or blood)

• **SIBO (Small Intestinal Bacterial Overgrowth)**
  * Testing to detect SIBO available at [https://www.directlabs.com/paulaowens/](https://www.directlabs.com/paulaowens/)

• **Organic Acid Test (choose from one of these options)**
  * Metabolic Analysis Profile (Organic Acids)-Genova
  * Organic Acid Test (OAT) – Great Plains Laboratory
  * Organix Comprehensive Profile-Genova Kit
  * NutrEval® with Nutrient & Toxic Elements-Genova Kit

• **Toxic Metals**

There are various methods of assessing heavy metal toxicity:

*** NutrEval® with Nutrient & Toxic Elements-Genova Kit

Other available tests to assess toxic elements and heavy metal toxins:

* Toxic Metals, Urine – Doctor’s Data
* Hair Toxic Element Exposure-Doctor's Data Kit
* Toxic Metals, Fecal – Doctor's Data Kit
* Red Blood Cell, Elements-Doctor's Data Kit
* Blood Spot Profile – ZRT Labs
* Blood and Urine Multi Test Kit – ZRT Labs
- **Cholesterol profile**
  * Particle number, particle size, Remnant Lipoprotein (RLP), Lp(a), Apo-A, APO-B
  * Apolipoprotein Assessment (Apolipoprotein A-1 (APO A), Apolipoprotein B (APO B), ratio)

- **Lyme Disease**
  * iGeneX Lab or DNAConnexions.com

- **Genetic testing**

- **Full View**
  * Assesses pathogens in the oral cavity
  * Available through DNAConnexions.com

- **Oral DNA**
  * An oral swab of the mouth to assess and detect potential pathogenic bacteria

**Interested in working with me and becoming a new client?**

Get started here. Schedule a free 15-min consult (more info)

*Direct access testing lets you participate in your own healthcare.*

*See the available tests and savings you get!*

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