

Patient Assessment Panels

Healthy Living Assessment

HEMATOLOGY:	Complete Blood Count (CBC) Ferritin	Iron/Total Iron Binding Capacity (TIBC)
METABOLIC:	Calcium (Serum) Phosphorus	Glucose Hemoglobin A1c (HbA1c)
THYROID:	Thyroid Stimulating Hormone (TSH)	
INFLAMMATORY/CARDIAC:	Fibrinogen	C-Reactive Protein
ELECTROLYTES:	Potassium Chloride	Sodium Bicarbonate (CO ₂)
LIVER:	Albumin Alkaline Phosphatase (ALP) Alanine Aminotransferase (ALT) Aspartate Amino Transferase (AST) Bilirubin (Total)	Bilirubin (Direct) Gamma Glutamyl Transpeptidase (GGT) Lactate Dehydrogenase (LDH) Protein (Total)
RENAL:	Creatinine Uric Acid	Blood Urea Nitrogen (BUN)
LIPIDS:	Cholesterol High-Density Lipoprotein (HDL)	Low-Density Lipoprotein (LDL) Triglycerides

Enhanced Healthy Living Assessment (Fasting)

Includes all tests in the Healthy Living Assessment, plus those listed below.

HEMATOLOGY:	Folate (Serum) Folate (RBC)	Vitamin B12
METABOLIC:	Fasting Insulin	Vitamin D
INFLAMMATORY/CARDIAC:	Erythrocyte Sedimentation Rate (ESR)	

Nutrient Assessment

Includes all tests in the Vitamin and Mineral Panels.

VITAMIN:	Vitamin A	Vitamin C
	Vitamin B1	Vitamin D
	Vitamin B12	Vitamin E
	Vitamin B6	
MINERAL:	Calcium (Ionized)	Magnesium
	Copper	Zinc

Metabolic Assessment (Fasting)

Gamma Glutamyl Transpeptidase (GGT)	Glucose	Sex Hormone Binding Globulin (SHBG)
C-Reactive Protein	Insulin	Hemoglobin A1c (HbA1c)
Triglycerides		

Inflammation Assessment

Albumin	ESR	Fibrinogen
CBC	Ferritin	C-Reactive Protein

Methylation Assessment

Homocysteine	Folic Acid (serum)	Vitamin B12
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Vitamin Assessment

Vitamin A	Vitamin B6	Vitamin D
Vitamin B1	Vitamin C	Vitamin E
Vitamin B12		

Mineral Assessment

Calcium, Ionized	Zinc	Copper
Magnesium		

Hematology Assessment

CBC & Differential	Folate (RBC)	Iron/TIBC
Ferritin	Folate (Serum)	Vitamin B12

Lipids Assessment (Fasting Preferred)

Cholesterol	HDL	LDL
Triglycerides		

Thyroid Assessment

Free Triiodothyronine (FT3)	Free Thyroxine (FT4)	TSH
Thyroperoxidase Antibody (TPO)	Reverse T3	Anti-Thyroglobulin

Autoimmune Assessment

Antinuclear Antibody (ANA)	Anti-TPO	Rheumatoid Factor
ANA Reflex (if Required)**	Anti-Thyroglobulin	Transglutaminase

Female Hormone Assessment

*Collect as close to 8:00 am as possible for the Cortisol AM

Cortisol AM	Follicular Stimulating Hormone (FSH)	Progesterone
Dehydroepiandrosterone Sulphate (DHEAS)	Luteinizing Hormone (LH)	Testosterone
Estradiol		

Female Fertility Assessment

Anti-Müllerian Hormone (AMH)	FT4	Prolactin (PRL)
Estradiol (E2)	LH	Total Testosterone
FSH	Progesterone	TSH
Free Testosterone		

Men's Health Assessment

Bioavailable Testosterone	LDL	PSA Ratio
Cholesterol	Prolactin	Triglycerides
HDL		

Fatigue Assessment

CBC	Iron/TIBC	TSH
Ferritin	Mono Spot	Vitamin B12
Folate (Serum)	Transferrin	

Liver/Digestion Assessment

ALT	Bilirubin (Direct)	GGT
AST	Bilirubin (Total)	LDH
ALP		