

# Cheat-Sheet for Lab Work

List of available tests and bundles based on



Recommendations given your current state of health:

Annual Check-up	Feeling Sub-Optimal	In Crisis / Looking for Answers	
			<b>Hormones – Thyroid</b>
			TSH
			Free T4
			Free T3
			Thyroid Peroxidase Antibodies
			Thyroglobulin Antibodies
✓	✓	✓	Thyroid Bundle 1 – all of the above
			Thyroid Bundle 2 – TSH, Free T3, Free T4
✓	✓	✓	Specialty test – Reverse T3
		✓	Specialty test – Iodine Serum, Plasma
	If Female		<b>Sex Hormones – Female</b>
			Estradiol
			Progesterone
✓	✓	✓	Bundle – Estradiol + Progesterone
			Follicle Stimulating Hormone (FSH)
			Luteinizing Hormone (LH)
✓	✓	✓	Bundle – FSH + LH
			Total Testosterone
✓	✓	✓	Total, Free, and Bioavailable Testosterone w/ Sex Hormone Binding Globulin
✓	✓	✓	DHEA-S
	✓	✓	IGF-1
		✓	Pregnenolone
		✓	Estrone
			Specialized Hormone Testing – DUTCH Hormone Testing, complete

If Male			Sex Hormones – Male
			Total Testosterone
✓	✓	✓	Total, Free, and Bioavailable Testosterone w/ Sex Hormone Binding Globulin
✓	✓	✓	DHEA-S
	✓	✓	IGF-1
		✓	Pregnenolone
✓	✓	✓	Estradiol
✓	✓	✓	Prostate Specific Antigen (PSA)
			Follicle Stimulating Hormone (FSH)
			Luteinizing Hormone (LH)
✓	✓	✓	Bundle – FSH + LH
			Specialized Hormone Testing – DUTCH Hormone Testing, complete
<b>Fat Hormones – Male and Female</b>			
	✓	✓	Leptin
	✓	✓	Adiponectin
<b>Hormones – Stress</b>			
✓			AM Cortisol
	✓	✓	4 sample Cortisol Saliva Test
<b>Sugar Metabolism and Diabetes Screening</b>			
			Fasting Glucose
			Fasting Insulin
			Hemoglobin A1c
✓	✓	✓	All of the above
			Specialty test – 2 hour OGTT with insulin
<b>Cholesterol Tests / Heart Health</b>			
			Basic Fasting Lipid Panel
✓	✓	✓	Advanced Lipid Panel (includes Lp(a))
<b>Inflammatory Markers</b>			
			High-sensitivity CRP
			Homocysteine
			CK
			Uric Acid
✓	✓	✓	Bundle – all of the above
		✓	ESR
		✓	ANA with reflex

			<b>Nutrient Panel</b>
			Vitamin B9 (serum folate)
			Vitamin B12
			Vitamin D
✓	✓	✓	Bundle – all Vitamins above
✓	✓	✓	Serum Ferritin
✓	✓	✓	Iron and Total Iron Binding Capacity (TIBC)
✓	✓	✓	RBC Magnesium
✓	✓	✓	Zinc
✓	✓	✓	Selenium
✓	✓	✓	CoQ10
✓	✓	✓	Omega 3/6 index
✓	✓	✓	Methylmalonic Acid
			<b>General Health Screening</b>
			Complete Blood Count (CBC)
			Comprehensive Metabolic Panel (CMP)
✓	✓	✓	Bundle – both above
✓	✓	✓	ABO and Rh (Blood Type)
		✓	Lyme Disease Antibodies (IgG, IgM)
		✓	Celiac Disease Comprehensive
		✓	Epstein-Barr Virus Antibody Panel
✓	✓	✓	Urinalysis
			<b>Exposure</b>
			Arsenic
			Lead
			Mercury
	✓	✓	Bundle – all of the above
	✓	✓	Mold Allergy Panel
	✓	✓	RBC Copper
			<b>Food Tolerance Testing</b>
			Adult Food Allergy Profile IgE
	✓		Advanced Food Sensitivity IgG – 90+ foods plus Candida
		✓	Premium Food Sensitivity IgG – 190 foods plus Candida
			<b>Genetic Testing</b>
		✓	Apo E4
		✓	MTHFR DNA mutation
			Lp(a)