



Labs Requested

- ☐ **Vitamin D** (vitamin D, 25-OH or “hydroxy-”)
- ☐ **CMP**
- ☐ **CBC**
- ☐ Iron, ferritin, transferrin, and TIBC
- ☐ **Blood lipid panel** (total cholesterol, LDL, HDL, triglycerides; ApoB if possible)
- ☐ Vitamin B12 and folate
- ☐ **HbA1c** **
- ☐ **Fasting insulin**
- ☐ **Fasting glucose**
- ☐ **Leptin** **
- ☐ **Thyroid panel** (TSH, **free and total** T3, free T4, rT3, and TG/TPO antibodies)
- ☐ **Estradiol***
- ☐ **Progesterone***
- ☐ **Free and total testosterone***
- ☐ **DHEA-S***
- ☐ **SHBG** (Sex-hormone binding globulin)

*can also be through saliva test (Sabre or DUTCH)

**HbA1c: no need to check more than every 3 months

**Leptin: can also space it out every few months

All are critical for me to know but especially the ones in bold.

Defy the Odds and Take Your Health Back

DISCLAIMER: All information is for educational purposes only and is not meant to diagnose, prescribe, or treat any ailment, injury, defect, or disease. Please always consult your physician before attempting a new regimen, as this information is not meant to replace or provide personal medical advice or make medical claims. I am not a doctor.