



Comprehensive Blood Test Panel

Complete Blood count (CBC)

Includes:

- Red blood cells – carry oxygen to organs/tissues
- Hemoglobin – needed to carry oxygen to red blood cells
- Hematocrit – portion of blood that is red blood cells
- MCV, MCH, MCHC, RDW – red blood cell size, volume, density: all markers for anemia and disorders of the red blood cells
- Platelets –necessary in blood clotting
- White blood cells – cells of the immune system
- Neutrophils – bacteria fighter
- Lymphocytes – virus fighter
- Monocytes – clean up infection and cells
- Eosinophils – allergy and parasite fighter
- Basophils – allergy response

Blood Chemistry

Includes:

- Glucose – indicator of diabetes / metabolic syndrome
- Vitamin D**- deficiencies linked to cardiovascular disease and inflammation
- C-Reactive Protein (CRP)** – indication of inflammation
- Hemoglobin A1C** – used to monitor long-term blood sugar

Lipid Panel

Includes:

- Cholesterol
- LDL – “bad” cholesterol – goes from blood to liver
- HDL- “good” cholesterol – goes from liver to blood
- VLDL – carry triglycerides
- Triglycerides – in excess are a cardiovascular risk
- Cholesterol / HDL ratio – indicator of cardiovascular risk
- Iron – need for hemoglobin and in excess can cause inflammation
- TIBC – total iron binding capacity
- Ferritin – iron stores in the body

Kidney Function and Metabolic Panel

Includes:

- BUN – measures nitrogen in urea, kidney clearance
- Creatinine – high in muscle breakdown
- Uric Acid – high in excessive cell breakdown
- Sodium – important in cell and nerve health
- Potassium – important in cell and nerve health
- Chloride – indicates dehydration if very low
- Carbon Dioxide (CO₂) – respiration and metabolism indicator
- Calcium – muscle, nerve, blood, heart functions
- Magnesium – co-enzyme necessary for many body functions
- Phosphorous – moves with glucose into cells

Liver Function

Includes:

- Bilirubin – red blood cell breakdown / liver dysfunction
- Total protein – high levels may indicate disease
- Albumin – part of total protein, low in disease
- Globulin – part of total protein, should be lower than albumin
- A/G Ratio – can indicate liver disease if low or switched
- SGOT (AST) – indicates cell damage – several organs
- SGPT (ALT) – primarily liver, some heart, muscle, kidney
- GGTP (GGT) – elevated in all forms of liver disease
- Alkaline Phosphatase – indicates bone or liver disease
- LDH – breakdown of tissues – liver, heart, muscle, RBC

Thyroid Function

Includes:

- TSH – Thyroid Stimulating Hormone - needed to release the stored hormones in the thyroid gland (low= hyper, high= hypo)
- Thyroxine (T4) – major hormone of the thyroid gland
- T3 Uptake – can be an indicator of hormonal interference in the body
- FTI (free T4 index) – measures unbound T4

Urine Analysis Included

Additional testing may be necessary depending upon your initial results.
Re-testing of abnormal values is recommended after 60 days.
The cost of additional tests will vary according to the blood work
you and the doctor agree is needed.

Please feel free to ask our doctors about any questions you may have.

**Insurance WILL NOT pay for these tests.
NO INSURANCE FORMS WILL BE FILLED OUT.**