

My Ageless Brain™ Gamified 2024: 7 Keys to Staying Sharp;

BASIC LAB TEST LIST

How and Where: Go to your local hospital orlaboratory, or drawing center (Quest, LabCorp, etc.---for this you'll need your local licensed health care practitioner to write you an order.)

Or order kits online [most of the tests below are available for self-pay without a doctor's order- i.e. the online lab has a doctor who authorizes them behind the scenes) at www.directlabs.com, or www.lifeextension.com (clickon "Blood Testing")] or www.ondemand.labcorp.com/ or as given below. [Best is Life Extension-- call their Wellness Specialists at 800-226-2370 and give them the LabCorp test codes on these pages and they'll tell you what to order. Also, they'll help you after you get the results back. Their International help line is +1-954-766-8433 -- 24hr/7 days a week.]

→FAST FOR 12 hr BEFORE! You'll need to fast (water only) from 8 PM the night before and best to go in the morning before 9 AM for most accurate results. Be sure to drink water before you go to the lab in the morning. It will make your blood draw easier (your veins will be more accessible.)

AVOID taking any supplement, or combination of supplements, totaling more than 1 mg BIOTIN for 72 hr prior to your lab test- it renders many tests inaccurate. Includes Vitamin B7, Vitamin H, Biotina, Biotine, Biotine-D, D-Biotin and W Factor (all other names for Biotin.)

Physician Name:

Dr. Signature:

Fax Results to:

NPI #:

Phone Number:

Patient Name:

Birthdate:

Address:

Phone:

Insurance:

ICD 10 Diagnosis Codes: (see codes provided at end of this document)

ATTN LAB TECHNICIAN: Please do Only Tests Checked below:

	Critical Tests	Test those checked below	Optimal Values	Comments; Lab Test Codes <i>Some CPT codes and LabCorp Codes are included for less common tests.</i>
Inflammation and Protection				LABCORP Test Codes
<i>ApoE4 is a marker for increased tendency fro inflammation and therefore, for Alzheimer's, if not addressed with a comprehensive preventive approach.</i>	Apo E genetics (alleles)		2's (lower risk than average) 3's (average risk)	504040
<i>Measure of inflammation, cardiovascular risk factor</i>	hs-CRP		< 0.9	120766
<i>Builds up when B vitamins are inadequate; toxic to bones, brain and arteries if in excess</i>	Homocysteine		< 7	706994
<i>An important B vitamin for the brain; deficiency is associated with Alzheimer's disease and other forms of dementia</i>	Vitamin B2 ,Riboflavin [Expensive for self-pay; can skip if take a multivitamin or will now take]	137-370 mcg/l		123220

<i>infections among others.</i>				
<i>Essential vitamin for nerve health. Needed for myelin production and repair (the protective coating on the nerve processes.)</i>	Vitamin B12	500-1500		000810
<i>Essential for metabolism, DNA synthesis, keeping homocysteine in check.</i>	Folate	10-25		000810
<i>Important bone trophic (growth) hormone.</i>	Vitamin D-25-OH	50-80		081950
<i>One of the most important metabolic factor in preventing and treating cognitive decline.</i>	Fasting insulin	< or = 4.5		004333
<i>Independent risk factor for cardiovascular disease- important to check at least once to see if you carry this inherited trait</i>	Lipoprotein(a)	<30 mg/dl or < 100 nmol/L or <1.7 mmol/l		120188
<i>A measure of average blood glucose over 2 months. Very important to know as glucose can be normal fasting, but have unhealthy spikes after meals, for ex. Even healthy people should check this, though insurance may not pay unless diabetic.</i>	Hg A1c	<5.6		001453
<i>Cholesterol profile: an important marker for atherosclerosis risk.</i>	LIPID PROFILE: Total Cholesterol	>150 for all; < 200 in most individuals	Lipid Profile 123810	
<i>HDL- The "good," removing cholesterol LDL- the "bad" cholesterol</i>	HDL, LDL	>50 HDL < 200 LDL	Included in 123810 above	
<i>Increase atherosclerosis risk— often tied to excess sugar and carb intake. Can be high by heredity.</i>	Triglycerides	<150	Included in 123810 above	
<i>Alcohol users should check this. Essential for nerve function and depleted by alcohol. No need if you do not drink alcohol.</i>	RBC Thiamine (B1) [Expensive for self-pay; can skip]	100-150		121186
<i>Adequate omega 3 is important for brain health and keeping inflammation in check. Very important to know and correct if needed.</i>	Omega Check(TM), complete omega profile including omega 6:3 ratio	0.5- 3.0	823430 [At Life Extension, it's a do-at home kit LC 10066 "Complete Omega" kit]	
TROPHIC Factors				
<i>A measure of iron stores in the body. Low iron is associated with reduced cognition.</i>	Ferritin	> 30		004598
<i>Direct growth effects on brain cells, reduces cell death, promotes new cell formation, reduces inflammation. Value is for women. Men have no optimal minimum value and should avoid excess due to negative effects in males.</i>	Estradiol (E2); ultrasensitive (should measure down to at least 5)	35-50 female		140244
<i>Low levels associated with depression and low energy in men</i>	Testosterone total, free	5-21 ng/dL free 264-916 total		140103

<i>The “grandmother” hormone from provides “raw material” to make our reproductive hormones, DHEA, progesterone and cortisol. Key hormone as so many others depend upon it. Has direct growth-promoting effects on the brain OPTIONAL</i>	Pregnenolone OPTIONAL		50-100	140707
<i>Our “Stress Hormone”- unhealthy for brain if too high or too low</i>	Cortisol morning, fasting, ideally 7-9 AM		10-18	104018
<i>Important adrenal hormone for rejuvenation. OPTIONAL</i>	DHEA-sulfate OPTIONAL		350-430 W 400-500 M	500161
<i>Generally is the most sensitive measure of thyroid function. For ex., can increase due to a “sluggish” thyroid even when thyroid hormone levels are still normal.</i>	TSH		<2.0	004259
<i>The usual screen for Lyme exposure. Can be positive for life after Lyme exposure, even if you have never been sick with Lyme. Arguably, can be negative even if a person has active Lyme in the body.</i>	Lyme ab Screen-2 tier		negative	164226
Minerals				
<i>Important for the brain, calming, nourishing and deficiencies are very common.</i>	RBC-magnesium		5-2-6.5	080283
<i>Toxic to brain in high amounts. Should be in balance with equal amount of Zinc</i>	Serum Copper		90-110	001586
<i>Important for immunity and balance with Copper.</i>	Serum Zinc		90-110	001800
<i>Heavy metal screen (hair analysis or provoked urine test is more sensitive, but start here)</i>	Whole blood mercury, lead, arsenic and cadmium		< 5, <2, <7, <2.5 respectively	706200
Standard				
<i>Checks for anemia and the opposite, too many red blood cells (can indicate apnea or smoking--- lack of oxygen to the brain)</i>	CBC- Complete Blood Count			005009
<i>Measures overall kidney, liver function, electrolytes.</i>	CMP (comprehensive metabolic panel)			322000
<i>Rule out hidden urinary tract infections that can compromise immunity and increase inflammation. Also will detect kidney disease.</i>	Urinalysis with reflex C and S		negative	377036
Hidden Inflammation- “CIRS” Chronic Inflammatory Response Syndrome—can represent hidden viral infection, Lyme, mold exposure, heavy metals, etc				

<i>Regulates immune cells. Can cause unhealthy changes in lungs and other tissues and autoimmunity, shortness of breath with exercise or other respiratory symptoms.</i>	TGF-Beta1 – Transforming Growth Factor-Beta1 only available with Dr's order, not online	OPTIONAL -do if respiratory symptoms or mold exposure	< 2380	CPT 83520; LabCorp 905036
--------------------------------------------------------------------------------------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------	----------------------------------------------------------	--------	---------------------------

ICD 10 Diagnosis Codes for Tests Below (X'd diagnoses apply to this patient):

- Z13.220- Encounter for screening lipid disorders
- R73.02 - Impaired glucose tolerance (oral), Elevated glucose tolerance
- E61.8 - Deficiency of other specified nutrient elements
- N95.8 – Other specified menopausal disorders
- D89.89-- Other specified disorders involving the immune mechanism, not elsewhere classified
- R65.10- SIRS of non-infectious origin w/o acute organ dysfunction
- A69.22- Other neurological disorders in Lyme disease
- E27.40- Unspecified adrenocortical insufficiency, Adrenocortical insufficiency NOS, Hypoaldosteronism
- R53.81- Other malaise, Chronic debility, Debility NOS, General physical deterioration, Malaise NOS, Nervous debility
- E08.00 Diabetes mellitus due to underlying condition w/ hyperosmolarity w/o nonketotic hyperglycemic-hyperosmolar coma
- E55.9 Vitamin D deficiency
- E21.3 Hyperparathyroidism, unspec
- E83.51 hypocalcemia
- M83.9 Adult osteomalacia
- M81.8 Other osteoporosis without current fracture
- R68.89 Other General Symptoms and Signs
- K90.9 Intestinal Malabsorption, unspec.
- D52.8 Folate defic anemia, other
- R27.9 Unspec lack of coordination
- E53.1 VIt B6 deficiency
- G60.9 Hereditary and idiopathic neuropathy, unspec.
- G25.89 Other specified extrapyramidal or movement disorders
- G25.70 Drug-induced movement disorder
- E43 Unspec severe protein – calorie malnutrition
- D51.3 Other dietary B12 anemia, Vegan anemia
- D51.8 Other Vit B12 deficiency anemias
- E53.8 - Deficiency of other specified B group vitamins, Biotin deficiency, Cyanocobalamin deficiency
Folate deficiency, Folic acid deficiency, Pantothenic acid deficiency, Vitamin B12 deficiency
- R35.1 nocturia
- R35.8 polyuria, other