

STANDARD BLOOD TESTS

How and Where: Go to your local hospital or laboratory, 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 at www.directlabs.com, or www.lifeextension.com (click on "Blood Testing")] or www.requestatest.com or as given below.

→NOTE ON FASTING: You'll need to fast (water only) from 8 PM the night before and best to go in the morning by 9 AM for most accurate results. Go ahead and drink water before you go to the lab in the morning. It will make your blood draw easier (your veins will be more accessible.)

→ NOTE: Priority is Indicated in the List below by # of Asterisks:

NOTE: It is recommended to do ALL of the tests if: you have a medical condition, take medication, hormones or birth control pills, or use alcohol or other chemicals, haven't followed a pure, wholesome diet for many years or simply can afford to be thorough and do them all.

** = If pure diet and lifestyle for many years, and not on prescription medications, these are suggested as a minimum. (You are at low risk from some imbalances, but may be at increased risk for lack of hormones and nutrients)

* = Budget saving minimum. (Note: Includes more tests than there are for those following a "pure" diet and lifestyle for many years, above.)

[For Your Health Practitioner to Fill out]:

Date:

Ordering Physician Information:

Physician Name: Dr. Signature: Fax Results to:

NPI #: Phone Number: License #:

Office Address:

Patient Name: Birthdate:

Address: Phone:

Insurance:

ICD 10 Diagnosis Codes:

ATTN LAB TECHNICIAN: please do all tests Circled or Checked below:

	Critical Tests	Optimal Values	My values (USA Units)	Standard Norm (Labcorp)	Units in USA	Units in Europe	A. My Values (Europe Units)	B. Multiplier (to convert Europe to USA units)	C. My Values (A*B=C) in USA Units	Comments-Lab Test Code #
Inflammation and Protection										
<i>Measure of inflammation, cardiovascular risk factor</i>	* , **hs-CRP	< 0.9		1.0 – 3.0	mg/L	mg/L		1		
<i>Builds up when B vitamins are inadequate; toxic to bones, brain and arteries if in excess</i>	* , **Homocysteine	< 7		0.0 - 15.0	umol/L	umol/L		1		
<i>Major detox enzyme of the body</i>	** Total or Reduced Glutathione	5.0-5.5		Total: 176 – 323 Reduced: 5.0-5.5	ug/mL	umol/L				
<i>Albumin is a nutritive protein made by the liver. Globulin refers to antibodies. Elevated antibodies may indicate an over-active, inflamed immune system, autoimmunity or hidden infections among others.</i>	*A/G ratio (albumin/globulin)- is included in CMP test- Coamprehensive, Metabolic Panel- listed below	>or= 1.8 >4.5 (albumin)		0.8-2.0	ratio	ratio				
<i>Important vitamin for the nerves. But if in excess, toxic to nerves → numbness, tingling, etc</i>	Vitamin B6	60-100		Male: 5.3–46.7 Female: 2.0–32.8	µg/L	nmol/L		0.247		
<i>Essential vitamin for nerve health. Needed for myelin production and repair (the protective coating on the nerve processes.)</i>	* , **Vitamin B12	500-1500		232 - 1245	pg/mL	pmol/L		1.355		
<i>Essential for metabolism, DNA synthesis, keeping homocysteine in check.</i>	Folate	10-25		>3.0	ng/mL	nmol/L		0.442		

<i>Important antioxidant. Helps detox as well.</i>	Vitamin C	1.3-2.5		0.2–2.0	mg/dL	µmol/L		0.018		
<i>Important bone trophic (growth) hormone.</i>	*, **Vitamin D-25-OH	50-80		30–100	ng/mL	nmol/L		2.496		
<i>Antioxidant, may help brain function. Can slow progression in mild-moderate Alzheimer's.</i>	Vitamin E	12-20		9.0 – 29.0 (Alpha)	mg/L	umol/L		0.43		
<i>Arguably the most important metabolic factor in preventing and treating cognitive decline.</i>	*, **Fasting insulin	< or = 4.5		2.6–24.9	µIU/mL	mIU/L		1		
<i>The standard screening test for pre-diabetes and insulin sensitivity.</i>	*, **Fasting Glucose- Note: This is included in “CMP” - Comprehensive, Metabolic Panel-listed below	70-90		65–99	mg/dL	mmol/L		18.02		
<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		4.8-5.6	%	%				
<i>Cholesterol profile: an important marker for atherosclerosis risk.</i>	*, **Total Cholesterol	>150		100-199	mg/dL	mmol/L		38.61		
<i>The “good” cholesterol that carries cholesterol back to the liver and out of the body.</i>	*, **HDL	>50		>39	mg/dL	mmol/L		38.61		
<i>The “bad” subtype of LDL, that is associated with increased atherosclerosis risk.</i>	*, ** sd-LDL (small, dense LDL)	<20			mg/dL					
<i>The number of LDL particles in a given unit of blood. More means smaller, dense LDL that is more atherogenic.</i>	*, ** LDL-p	700-1000		1000–1299	nmol/L	mmol/L		38.61		
<i>“Bad” cholesterol that has been attacked by free radicals. Can get laid down</i>	*, **Oxidized LDL	<60		<60	U/L				Us. approx. \$75 LabCorp Test #LC817472	

<i>in the arteries.</i>										
<i>Increase atherosclerosis risk—often tied to excess sugar and carb intake. Can be high by heredity.</i>	* , **Triglycerides	<150		<150	mg/dL	mmol/L		88.5		
<i>Alcohol users should check this. Essential for nerve function and depleted by alcohol.</i>	RBC Thiamine (B1) pyrophosphate Whole Blood Thiamine (B1)	100-150 (RBC)		66.5–200.0	nmol/L	nmol/L				
<i>A screen for gluten intolerance—antibodies against gluten, promote inflammation.</i>	**AntiGliadin IgG, IgA (Gluten sensitivity)	Negative		Negative	units	units				LabCorp- 161646, 161687
<i>Adequate omega 3 is important for brain health and keeping inflammation in check.</i>	Omega 6: omega 3 ratio	0.5- 3.0		<4.5	ratio	ratio				
TROPHIC Factors										
<i>A measure of iron stores in the body. Low iron is associated with reduced cognition.</i>	* , **Ferritin	(per NL: >30)		Male: 30–400 Female: 15–150	ng/mL	ug/L		1		
<i>Direct growth effects on brain cells, reduces cell death, promotes new cell formation, reduces inflammation.</i>	* , **Estradiol (E2) (Female)	50-250		Male: 7.6–42.6 Female: (postmenop ausal) <6.0–54.7	pg/mL	pmol/L		0.272		
<i>Bioidentical progesterone has neuroprotective effects and is associated with improvement in working memory.</i>	**Progesterone (P) (Female)	1-20		Male: 0.0–0.5 Female: (postmenop ausal) 0.0 – 0.1	ng/mL	nmol/L		0.314		
<i>The “grandmother” hormone from provides “raw material” to make our reproductive hormones,</i>	* , **Pregnenolone	50-100		<151	ng/dL					

<i>DHEA, progesterone and cortisol. Key hormone as so many others depend upon it. Has direct growth-promoting effects on the brain</i>									
<i>Our “Stress Hormone”- unhealthy for brain if too high or too low</i>	*, **Cortisol 8 AM	10-18		6.2 – 19.4	ug/dL	nmol/L		0.036	
<i>Important adrenal hormone for rejuvenation.</i>	*, **DHEA-sulfate	350-430 F 400-500 M		Females (21 – 30y): 22 – 372	ug/dL	μmol/L		38	
<i>Male hormone, also trophic for the brain.</i>	Total Testosterone (Male)	500-1000		Male: 264-916 Female: 3-41	ng/dL	nmol/L		28.8	
<i>The active form of testosterone, it penetrates into the tissues where it exerts its effects.</i>	*, **Free testosterone (Male)	6.5-15		Male: (>59y) 6.6–18.1 Female: (>19y) 0.0–4.2	pg/mL				
<i>The active form of thyroid hormone.</i>	**Free T3	3.2-4.2		2.0–4.4	pg/mL	nmol/L		0.00591	
<i>Free T4 is transformed into free T3, which is the active form.</i>	**Free T4	1.3-1.8		0.82–1.77	ng/dL	pmol/L		0.0775	
<i>Increased in otherwise normal thyroid states in cases of extreme stress, starvation, and sickness.</i>	**Reverse T3	<20		9.2–24.1	ng/dL	nmol/L		0.01536	
<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 fT3:rT3>20		0.45–4.50	uIU/mL	mIU/L		1	
<i>An auto-antibody against the thyroid. Can be present even if thyroid function is normal.</i>	TPO: anti-thyroid peroxidase	Negative (This is not included in		0–34	IU/mL				

<i>opposite, too many red blood cells (can indicate apnea or smoking--- lack of oxygen to the brain)</i>	Blood Count									
<i>Measures overall kidney, liver function, electrolytes.</i>	* , **CMP (comprehensive metabolic panel)									
<i>Liver enzyme—elevations indicate excessive toxic exposure. Do if you suspect toxic exposure or “sensitive liver”. A level of 30 or greater is associated with dramatically elevated risk of diabetes</i>	Gamma GTP	< 25								
<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									
<i>Hidden Inflammation-“CIRS”</i> <i>Chronic Inflammatory Response Syndrome—can represent hidden viral infection, Lyme, mold exposure, heavy metals, etc</i>										
<i>Increases permeability from blood into tissues</i>	MMP-9	< 30		0 - 983	ng/mL					
<i>Can cause unhealthy changes in lungs and other tissues</i>	TGF-Beta1	< 2380								
<i>Helps tissues increase their blood supply</i>	VEGF	31-86 (per paper by S. Rapaport, MD)								
<i>Supports the levels of many hormones, and in practical life, β is esp. important for good sleep and holding water in the body.</i>	MSH	> 35								

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

- G31.84- Mild Cognitive Impairment
- 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
- F51.01 - Primary insomnia, Idiopathic insomnia
- 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

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