



PHYSICIAN BLOODWORK GUIDE

Suggested laboratory markers for physician consideration
based on clinical judgment and individual patient needs.

Patient Name: _____

Date: _____

Physician: _____

Clinic: _____



CARDIOVASCULAR HEALTH

- ☐ ApoB
- ☐ Lipoprotein(a) [Lp(a)]
- ☐ Total Cholesterol
- ☐ LDL Cholesterol
- ☐ HDL Cholesterol
- ☐ Triglycerides
- ☐ Total Cholesterol / HDL Ratio
(calculated)
- ☐ hs-CRP



METABOLIC HEALTH

- ☐ Fasting Glucose
- ☐ Hemoglobin A1C
- ☐ Fasting Insulin
(HOMA-IR calculated)



HORMONE HEALTH

- ☐ Total Testosterone
- ☐ Free Testosterone
- ☐ SHBG
- ☐ Estradiol (Sensitive)
- ☐ LH
- ☐ FSH



IRON & NUTRITION

- ☐ Ferritin
- ☐ Iron
- ☐ TIBC
- ☐ Iron Saturation
(calculated)
- ☐ Vitamin D (25-OH)
- ☐ Vitamin B12



THYROID HEALTH

- ☐ TSH
- ☐ Free T3 or Free T4
(only if TSH is off)



COMPLETE BLOOD COUNT

- ☐ CBC with Differential



KIDNEY & LIVER FUNCTION

- ☐ Comprehensive Metabolic Panel (CMP)
(Creatinine, eGFR, BUN, AST, ALT, Alkaline Phosphatase, Bilirubin, Albumin)

Note: Total Cholesterol/HDL Ratio, HOMA-IR, and Iron Saturation are calculated from the tests above.