

Good Medicine Clinic

Laboratory Testing Handout

Nutrition Status

Protein –

Albumin
Prealbumin (Transthyretin)
Transferrin
Retinol Binding Protein
Amino acids

Oils-

Blood fatty acid analysis
Lipid panel
Apo A1 and Apo B
Particle size testing

Minerals –

Iron – CBC, serum iron, transferrin, TIBC, transferrin saturation, ferritin
Magnesium – RBC magnesium
Copper – serum
Zinc – serum
Selenium – serum / RBC
Iodine – 24 hour urinary iodine
Calcium – ionized calcium, bone resorption markers, DEXA scan

Fat Soluble Vitamins-

Vitamin A – serum
Vitamin D – serum 25OH vitamin D and 1/25 OH vitamin D
Vitamin E – serum
Vitamin K – serum vitamin K and undercarboxylated osteocalcin

Antioxidants –

Organic acid profile
8-OHdG
Lipid peroxides

B vitamins –

Serum B12 and CBC
Methylmalonic acid
Homocysteine
Organic acid profile

MTHFR gene variant

Insulin Resistance

Fasting glucose

Fasting insulin

2 hour glucose tolerance test with insulin using 75gm dextrose load

½ hour glucose tolerance test with insulin using 75gm dextrose load

Lipid panel

Apo A1 and Apo B

Particle size testing (VAP or NMR)

hsCRP

HgA1C

Liver function tests

25 OH vitamin D

RBC magnesium

Chromium

Organic acid profile

Fatty acid analysis

Food Sensitivity

IgE food allergy panel

IgG / IgG4 food sensitivity panel

Lymphocyte response testing – MRT and ALCAT

Intestinal permeability panel – lactulose / mannitol ratio

Stool testing for infection and absorption

Urinary dysbiotic markers