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Suggested lab testing for females: *Fasting test*** Always ask for a copy of your results**

- Adrenal Stress Index: serum or saliva testing for basic cortisol rhythm
- Candida
- CBC with differential
- Comprehensive Digestive Stool Analysis
- C-Reactive Protein
- Female Hormone Profile: Pregnenolone, Total Estrogens, DHEA-S, Progesterone, Testosterone (total)
- Homocysteine
- IGF-1
- N-Telopeptide, Urine
- RBC magnesium or serum magnesium
- Serum Glucose and insulin
- Serum Iron and Ferritin
- SMAC 25 to include GGTP (GGT)
- Thyroid panel: T3 (total, free or uptake), T4 (total or free, free thyroxine index) and TSH (Serum or saliva testing)
- Total cholesterol, HDL, LDL, triglycerides
- Vitamin D, 25- Hydroxycalciferol

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Suggested lab testing for males: *Fasting test*** Always ask for a copy of your results**

- Adrenal Stress Index: serum or saliva testing for basic cortisol rhythm
- CBC with differential
- Comprehensive Digestive Stool Analysis
- C-Reactive Protein
- Homocysteine
- IGF-1
- Male Hormone Profile: Pregnenolone, Total Estrogens, DHEA, Progesterone, Bioavailable Testosterone, Testosterone (total), Testosterone (free)
- PSA (Test at age 50 for Caucasian; age 40 for African American)
- RBC magnesium or serum magnesium
- Serum Glucose and Insulin
- Serum Iron and Ferritin
- SMAC 25 to include GGTP (GGT)
- Thyroid panel: T3 (total, free or uptake), T4 (total or free, free thyroxine index) and TSH (Serum or saliva testing)
- Total cholesterol, HDL, LDL, triglycerides
- Vitamin D, 25- Hydroxycalciferol

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