



BLOOD AND URINE LABORATORY TESTS

Dr. Donna F. Smith

#1-General or Metabolic Blood Panel

- ☐ Albumin*
- ☐ Albumin/Globulin (A/G) Ratio*
- ☐ Alkaline Phosphatase*
- ☐ Bilirubin, Total*
- ☐ Bilirubin, Direct
- ☐ Blood Urea Nitrogen (BUN)*
- ☐ BUN/Creatinine*
- ☐ Calcium*
- ☐ Chloride*
- ☐ Carbon Dioxide (CO₂)*
- ☐ Creatinine* (pronounced kree a tuh neen)
- ☐ eGFR (Estimated Glomerular Filtration Rate)*
- Ferritin**
- ☐ GGTP – Gamma-Glutamyl Transpeptidase
- ☐ Globulin, Total*
- ☐ Glucose*
- ☐ Iron, Total
- Iron, Calculated Iron % Saturation**
- ☐ LDH or LD – Lactate Dehydrogenase
- Magnesium**
- ☐ Potassium*
- ☐ Phosphorus
- ☐ Protein, Total*
- ☐ SGOT/AST* [See ** below]
- ☐ SGPT/AST* [See ** below]
- ☐ Sodium*
- Total Iron Binding Capacity**
- ☐ Uric Acid

** (Serum Glutamic-Oxaloacetic Transaminase (SGOT) / Aspartate Aminotransferase (AST))
** (Serum Glutamic-Pyruvic Transaminase (SGPT) / Alanine Aminotransferase (ALT))

#2-Complete Blood Count with Differential

- | | |
|-------------------------------|-------------------------------------|
| ☐ WBC | ☐ Platelets |
| ☐ RBC | ☐ RDW |
| ☐ Hgb | ☐ Neutrophil |
| ☐ Hct | ☐ Lymphocyte |
| ☐ MCV | ☐ Monocyte |
| ☐ MCH | ☐ Eosinophil |
| ☐ MCHC | ☐ Basophil |

#3-Lipid Panel

- ☐ Cholesterol, Total
- ☐ Triglycerides
- ☐ HDL (High-Density Lipoprotein)
- ☐ LDL (Low-Density Lipoprotein)
- ☐ Cholesterol/HDL Ratio
- ☐ LDL/Triglycerides Ratio

#4-Thyroid Primary

- ☐ TSH (Thyroid Stimulating Hormone)

#5-Other Blood Tests

- ☐ Hemoglobin A1C (HbA1c)
- ☐ C-Reactive Protein (CRP)
- ☐ Homocysteine
- ☐ Erythrocyte Sedimentation Rate (ESR)

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#6-Hormone Blood Panel-Female/Male

- ☐ A. Estradiol
- ☐ B. DHEA_s (Dehydroepiandrosterone Sulfate)
- ☐ C. Insulin
- ☐ D. Testosterone Total & Free
- ☐ E. Progesterone (Add for Females)
- ☐ F. PSA (Prostate-Specific Antigen) Add for Males 50 years or older.
- ☐ G. PSA Only (Males 50 years or older)

ADDITIONAL THYROID BLOOD PANELS

#7-Thyroid Basic Panel

- ☐ T-4 (Thyroxine, Total)
- ☐ T-3 Update
- ☐ T-7 (Free Thyroxine Index)
- ☐ TSH

#8-Thyroid Complete Panel

- ☐ T-4 (Thyroxine, Total)
- ☐ T-3 Update
- ☐ T-7 (Free Thyroxine Index)
- ☐ TSH
- ☐ T3, Total Triiodothyronine
- ☐ Reverse T3
- ☐ Free T3
- ☐ Free T4

#9-Thyroid Complete + Antibodies Panel

- ☐ Thyroid Complete Panel, Plus
- ☐ Thyroid Peroxidase (TPO)
- ☐ Thyroglobulin (TAA)

URINE PANELS

#10-Urinalysis, Complete

- ☐ Urinalysis, Complete (29 Tests)

#11-Bone Resorption Urine

- ☐ NTx – Collagen Cross-Linked N-Telopeptide
- ☐ Creatinine

14 TYPES OF CLINICAL NUTRITION ANALYSIS/TESTS:

All the Panels or individual Lab Tests, from #1 to #11, in these two columns have been grouped into 14 different “types” of Clinical Nutrition Analysis/Tests.

- ☐ 1-Comprehensive 1 Blood Chemistry Tests (Dr. Smith’s Standard Blood Test Panels include #1, #2, #3, & #4, except tests in **Bold Print.**)
- ☐ 2-Comprehensive 2 Blood Chemistry Tests (Panels #1, #2, #3, & #4)
- ☐ 3-Basic Blood Chemistry Tests are indicated by a single asterisk (*)
- ☐ 4-Urinalysis, Complete (#10)
- ☐ 5-Bone Resorption Urine (#11)
- ☐ 6-Thyroid Panels (#7, #8, or #9)
- ☐ 7-Hormone Panel – Female (#6 A. to E.)
- ☐ 8-Hormone Panel – Male (#6 A. to D. < 49 y)
- ☐ 9-Hormone Panel – Male (#6 A. to D. + F. 50y or >)
- ☐ 10-PSA only – Male (50 years or older)
- ☐ 11-Hemoglobin A1C
- ☐ 12-C-Reactive Protein (CRP)
- ☐ 13-Homocysteine
- ☐ 14-Erythrocyte Sedimentation Rate (ESR)