



Blood Chemistry

This is a list of blood chemistry labs that give a basic overview of nutritional health. If you have had these labs done within the last six months, please bring them in. If you have not, we will discuss these and other possible labs during your appointments.

If you and Ying decide to get the following tests, you can ask your doctor if he/she will order them. If yes, they may be covered by insurance. Ying can also order labs at discounted rates. Ying's cost for the following tests is \$150 plus extra for the expanded thyroid panel, which is passed directly on to you.

Please make sure you have your blood drawn after a 12-14 hour fast (no food, but water is okay), so it is recommended that you have blood drawn early in the morning and bring breakfast with you.

Do not take Vitamin D supplements 4 days prior to your blood draw.

CBC with differentials including platelets (complete blood count)

Lipid profile (total cholesterol, HDL, LDL, triglycerides)

Liver profile (ALT/SGPT, albumin, alk phos, AST/SGOT, bilirubin, globulin, LDH, total protein, GGT)

Kidney panel (BUN, serum creatinine, uric acid)

Minerals and bone (iron, calcium, phosphorus)

Fluids and electrolytes (serum chloride, potassium, serum sodium, CO₂)

Fasting BG

Vitamin D 25 hydroxy

Blood type

For those with thyroid issues:

Complete Thyroid panel: total T-4/thyroxine, T-3 uptake, free thyroxine index/FTI - T-7, TSH, free T-3, Reverse T-3, Anti-TPO, anti-TGB antibodies