



Baseline Blood Chemistry Assessment

Name: _____ Date: _____

A complete blood profile test, performed by your doctor, will assess your overall blood and cellular health as well as your susceptibility to disease. We recommend the following tests. Please bring this list to your physician and inquire about having these tests done. Once this information is collected, include this information in your file for comparative data over time.

| BASELINE BLOOD CHEMISTRY ASSESSMENT | | |
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| GENERAL TESTS Typically called SMAC-20, SMA-20, or Chem-20, this basic test looks at 20 different parts of the blood including blood levels of certain minerals, proteins, etc. This test is standard and should be done although it's not very telling of your overall health profile. | CARDIOVASCULAR RISK PROFILE Total cholesterol LDL HDL Triglycerides C-reactive protein Homocysteine | HORMONES Testosterone Free testosterone IGF-1 Growth hormone DHEA/DHEAs Estradiol SHBG |
| | PROSTATE TESTS PSA | CARBOHYDRATE TOLERANCE Fasted insulin Fasted glucose |
| LIVER FUNCTION TESTS Alkaline phosphatase GGT SGOT SGPT Bilirubin | KIDNEY FUNCTION TESTS Creatinine BUN Creatinine/BUN ratio | THYROID PANEL TSH T3 T4 rT3 |