

Clark Wellness, PLLC

Blood work required:

1. **CBC with Differential:** A complete blood count is a common blood test that is often part of a routine checkup. Complete blood counts can help detect a variety of disorders including infections, anemia, diseases of the immune system, and blood cancers.
2. **CMP:** Complete Metabolic panel - A CMP is used to check several body functions and processes, including Liver and kidney health, Blood sugar/glucose levels, Blood protein levels, Acid and base balance, Fluid and electrolyte balance, Metabolism.
3. **Advanced Lipid panel:** Standard lipid tests may demonstrate a normal LDL and total cholesterol level in patients with a risk of atherosclerotic disease. Moreover, patients with significant reduction in LDL cholesterol following lipid lowering therapy may still develop coronary heart disease. Thus, standard lipid testing, which measures total cholesterol, LDL cholesterol, HDL cholesterol and triglycerides, is not sufficient to predict the overall risk for heart attack and strokes. This Advanced testing provides information on additional risk factors to help evaluate the cardiovascular risk more effectively and monitor the effects of lipid lowering therapy. Two of the most common risk factors measured in advanced lipid testing include apolipoprotein B (ApoB) and LDL-particle number (LDL-P).
4. **C-Reactive Protein:** A CRP test may be used to find or monitor conditions that cause inflammation.
5. **Iron Studies:** You need iron to make healthy red blood cells. Red blood cells carry oxygen from your lungs to the rest of your body. Iron is also important for healthy muscles, bone marrow, and organs, including brain development in children. Too little or too much iron in your body can cause serious health problems if not treated. A ferritin blood test can show how much iron you have stored in your body. Total iron binding capacity (TIBC) is a blood test to see if you have too much or too little iron in your blood. Iron moves through the blood attached to a protein called transferrin. This test helps your health care provider know how well that protein can carry iron in your blood.
6. **Thyroid function:** TSH, Free T4, Free T3, Reverse T3, Thyroid peroxidase antibody, Antithyroglobulin. This a very thorough way to assess your thyroid function.
7. **Vitamin D 25-OH:** Vitamin D is an immune modulator and helps support the immune system, it is also associated with lower risk of cancer, Diabetes, autoimmunity when at optimal levels. There are receptors in every single cell of your body.



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8. **Female Hormone Panel:** The Female Hormone Blood Panel is a blood test panel of 6 blood tests which is used to determine a female's current hormonal health balance profile. This female hormone blood panel includes following tests: Estradiol, DHEA-S, Free and Total Testosterone, Serum Progesterone and Sex Hormone binding globulin test. In many cases, we may choose to order the Dried urine test to further assess metabolites, this helps assess hormone balance and metabolites.
9. **Male hormone panel:** Our Male Hormone Panel and Female Hormone Panel are very similar, however, the reference ranges for each hormone differ. We test Estradiol, DHEA-S, Free and Total Testosterone, Sex Hormone binding globulin test and Prostate-specific antigen (**PSA**) levels.
10. **Metabolic and nutritional Markers:** Insulin and Hgb A1c, Homocysteine, Vitamin D-25-OH, RBC magnesium etc.

