



# TEST IDEAS FOR COMMON SYMPTOMS



The following is a list of suggested "starting point" tests to consider for common symptoms. An expanded list of markers included in different panels is included at the end of the document:

| Symptom   | Lab Tests to Consider   |
|---|---|
| <b>Very low energy/fatigue all the time</b><br><br>Most common root causes are anemia, simmering infections, blood sugar control issues, hypothyroid, and very high or very low cortisol. | CBC Panel<br>CMP Panel<br>Serum B12<br>Iron Panel<br>Full Thyroid Panel<br>Perhaps also multi-sample urinary cortisol<br>HbA1c, fasting insulin<br>Sleep study (if suspected sleep apnea) |
| <b>Poor circulation (cold, numbness, tingling)</b>  | CBC Panel<br>CMP Panel<br>Serum B12<br>Serum B6<br>RBC Folate<br>Ferritin<br>Homocysteine<br>Iron Panel<br>Full Thyroid Panel<br>Multi-sample urinary cortisol                            |



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| Symptom   | Lab Tests to Consider   |
|---|---|
| <b>Frequent illness</b>                                   | Vitamin A<br>Vitamin D<br>RBC zinc<br>CBC panel   |
| <b>Hypertension or other chronic cardiovascular issue</b> | RBC magnesium<br>CMP panel<br>CoQ10<br>Homocysteine<br>CRP<br>Fibrinogen<br>Cardio IQ lipid panel or NMR<br>HbA1c, fasting insulin.<br>Multi-sample, urinary sex + adrenal hormones (e.g. DUTCH)  |
| <b>Depression</b>   | Vitamin D<br>Multi-sample urinary cortisol profile<br>Full thyroid panel<br>Omega-3 index<br>Fatty acids profile<br>Food sensitivity panel<br>RBC magnesium<br>CRP<br>Comprehensive stool test  |
| <b>Obesity</b>  | Full thyroid panel<br>HbA1c, fasting insulin<br>CMP panel<br>Food sensitivity panel<br>Multi-sample<br>Urinary sex + adrenal hormones (e.g. DUTCH), Organic acids test (especially to confirm if/which detoxification pathways are blocked) |



## Functional Tests & Uses

The following is a list of common functional tests and what they can be used for:

| Functional Test Type                | Its Use  | Test Name  |
|-------------------------------------|--|--|
| <b>Comprehensive stool tests</b>    | Assess microbial balance/pathogens, digestive function, and inflammatory markers   | Genova's GI Effects, Doctor's Data, GI Map, Gut Zoomer   |
| <b>SIBO Breath test</b>             | Assess hydrogen & methane over time in multi-sample collections after sugar ingestion  | SIBO with Glucose and/or Lactulose Breath Test   |
| <b>Organic Acids test (aka OAT)</b> | assess by-products of various biochemical processes in the urine as reflection of functional nutrient deficiencies and impaired/overloaded pathways        | Genova's Organix, NutrEval or Great Plains Laboratory's OAT  |
| <b>Micronutrient Test</b>           | Assesses which nutrients when increased could lead to healthier lymphocytes; essentially a functional and cellular test with extrapolation to rest of body | Spectracell or Vibrant America's Micronutrient panel which gives both serum and cellular levels of vitamins, minerals, essential fats or OmegaQuant panel that gives Omega: 3 index and a few specific fatty acid levels |



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| Functional Test Type                     | Its Use   | Test Name  |
|--|---|--|
| <b>Hormone Test</b>                      | Assess a variety of hormone and hormone metabolite levels and balance e.g. cortisol, DHEA, estrogens, melatonin; can be run in saliva, urine, blood | DUTCH multi-sample urinary test unless overt gland failure/disease   |
| <b>Food Allergy/Sensitivity Tests</b>    | Assess immune system reactions to food; NONE are fully comprehensive or not vulnerable to false positives/negatives                                 | IgG, IgE, IgA, IgG4, innate e.g. KBMO, Cyrex, Alletesse  |
| <b>Toxicity Test</b>                     | Assess representative evidence of impaired detoxification and toxins clearance/storage; Urinary glyphosate.   | Genova's Urine Toxic Elements (RBC). QuikSilver Mercury Tri-Test. Serum toxins can be quite misleading. Much more extensive panels exist (e.g. Genova's Effects Core) but are quite expensive. |
| <b>Enhanced Intestinal Permeability</b>  | Assess intestinal permeability (aka leaky gut)  | Vibrant's Wheat Zoomer includes antibodies to zonulin** and LPS; old school Lactulose/Mannitol test*   |
| <b>Autoimmune Triggers and Mediators</b> | Assess autoimmune activation  | Cyrex Array 5 Antibody panel   |

\* <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4047110/>

\*\* <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6331146/> ,

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6996528/> ,

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5569281/>



## Expanded Panel List

### CBC Panel (with Differentials) includes:

- WBC
- RBC
- Hemoglobin
- Hematocrit
- MCV
- MCH
- MCHC
- RDW
- Platelets
- Neutrophils (% and absolute)
- Lymphocytes (% and absolute)
- Monocytes (% and absolute)
- Eosinophils (% and absolute)
- Basophils (% and absolute)
- Immature Granulocytes (% and absolute)

### Iron Panel includes:

- TIBC (Total Iron-Binding Capacity)
- UIBC (Unsaturated Iron-Binding Capacity)
- Iron Saturation
- Iron, Serum
- Ferritin

### Full Thyroid Panel includes:

- TSH (Thyroid Stimulating Hormone)
- Free T4
- Total T4
- Free T3
- Total T3
- Reverse T3
- Thyroid Peroxidase (TPO) Antibody
- Thyroglobulin Antibody

### CMP Panel includes:

- Glucose, Serum
- BUN
- Creatinine
- eGFR
- BUN/Creatinine Ratio
- Sodium, Serum
- Potassium, Serum
- Chloride, Serum
- Carbon Dioxide, Serum
- Calcium, Serum
- Total Protein, Serum
- Albumin, Serum
- Globulin, Serum
- A/G Ratio
- Bilirubin, Total
- Direct Bilirubin
- Alkaline Phosphatase
- AST (SGOT)
- ALT (SGPT)
- GGT