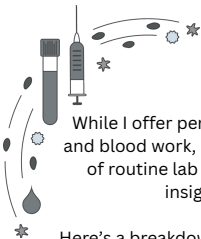




LABS TO REQUEST ANNUALLY

What to Ask For at Your Next Check-Up

CHECKLIST



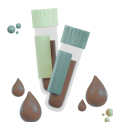
While I offer personalized nutrition plans informed by genetic testing and blood work, I always remind my patients not to overlook the power of routine lab tests. They're accessible, affordable, and incredibly insightful when interpreted with the right lens.

Here's a breakdown of the annual labs I recommend for women's health, especially if you're navigating PCOS, endometriosis, thyroid issues, or insulin resistance.

✓	THYROID PANEL 	✓	IRON 
	TSH		SERUM IRON
	FREE T4		FERRITIN
	FREE T3		TIBC
	REVERSE T3		% SATURATION
	TPO & TgAb (thyroid antibodies)		

✓	BASIC PANELS 	✓	NUTRIENT MARKERS 
	FBC		PLASMA ZINC
	CMP		VITAMIN D (25-OH)
	LIPID PROFILE		VITAMIN B12
	HS-CRP		FOLATE
			RBC MAGNESIUM

✓	BLOOD SUGAR & INSULIN 
	FASTING GLUCOSE
	FASTING INSULIN
	HEMOGLOBIN A1c



What to Keep in Mind:

- Always ask for a copy of your results
- Work with someone who understands the difference between "normal" and optimal ranges
- Patterns across labs are often more meaningful than isolated values



I interpret labs alongside genetic test results and symptoms to build targeted nutrition and supplement plans. If you're interested in working 1:1 with me, feel free to reach out or book via my website!