



Blood Test Checklist

B12 - As serum B12 isn't very sensitive, it is preferable to test MMA or Holo-TC when possible

Vitamin D - Vitamin D 25 (OH)

Iron - Serum Iron and Serum Ferritin

Omega Fatty acids - Omega 3 index, Omega 6 if possible and omega 3 to 6

Lipids - LDL and HDL cholesterol, tryglicerides and Apo-B

Iodine - Urinary iodine tests

Selenium

Zinc

Thyroid Labs to Request

Thyroid Stimulating Hormone (TSH)

Thyroid Hormones Triiodothyronine (T3) and thyroxine (T4)

Thyroid Antibodies

Reverse T3 (rT3)