

Labs to Request Annually

Kelly Schmidt
WELLNESS

Full Thyroid Panel

TSH
Free T4
Free T3
Reverse T3
Thyroid Antibodies: TPO,
TgAb

Iron Panel

Serum Iron
Total Iron Binding Capacity
(TIBC)
% Saturation
Serum Ferritin
Serum Transferrin
+ Add on Serum Ceruloplasmin

Nutrients

Serum Copper
Plasma Zinc
Vitamin A (retinol)
Vitamin D (25-OH)
Red Blood Cell (RBC)
Magnesium

Blood Sugar

Fasting Glucose
Fasting Insulin
Hemoglobin A1C

Basics

Complete Blood Count (CBC)
Complete Metabolic Panel
(CMP)
Lipid Panel
C-reactive Protein (hs-crp)

A few tips as well:

- Always request a copy of your results so you can add them to a personal physical wellness folder and review them with yourself and share with other practitioners under your care.
- There is a difference between a normal reference range and an optimal reference range so take a closer look and be curious on what you can do to improve symptoms you may be having.
- If you don't have an appointment coming up and want to have some labs drawn, I can assist by submitting a request with Labcorp. **[Click here to learn more.](#)**

Functional Lab

Kelly Schmidt
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GOALS

Fasting Blood Glucose

70-90 mg/dL

Fasting Insulin

<6 mIU/L

HOMA-IR

70-90.5-1.5

Triglycerides

80-130 mg/dL

HDL

59-100 mg/dL

Total Cholesterol

59-100 mg/dL

Vitamin D

50-80 ng/mL

Homocysteine

<7 Umol/L

Liver Enzymes AST&ALT

Below upper limits

Hemoglobin A1C

Less than 5.3

C-Reactive Protein

<0.5 mg/L

TSH

0.8-2.2 UIU/mL (or lower)

FT4

>1.0 NG/DL

FT3

>2.8 PG/mL

TPO

negative or <15

TgAb

negative or <8

Thyroglobulin

<40

Thyroxine binding globulin

14-31

Functional Lab

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GOALS

Fasting Blood Glucose

[70-90 mg/dL]

Balance hormones with smooth blood sugar levels

Hemoglobin A1C

[4.1-5.3%]

Provides insight for long-term glucose control

Fasting Insulin

[<6 mIU/L]

High insulin can lead to insulin resistance (fat storage)

C-Reactive Protein

[<0.5 mg/L]

This is a measure of inflammation in the body

HOMA-IR

[70-90.5-1.5]

High levels for HOMA-IR indicate insulin resistance

Liver Enzymes AST&ALT

[Below upper limits]

If too high, may indicate fatty liver disease

Triglycerides

[80-130 mg/dL]

High levels caused by insulin resis., poor BS control, estrogen dom.

Homocysteine

[<7 Umol/L]

High levels associated with dementia and heart disease

HDL

[59-100 mg/dL]

Labs above 60 can lower your risk for heart disease/stroke

Total Cholesterol

[59-100 mg/dL]

Low levels = low hormone output
high levels = low thyroid function



Ratio of 1:1

Ratio of >5

Vitamin D

[50-80 ng/mL]

VitD helps keep bones, teeth, and muscles healthy