

NEW PATIENT BASELINE PANEL

What your labs can tell us

Standard labs often answer one question: are you sick? We use this panel to look deeper, for early patterns in your metabolism, hormones, nutrients and inflammation, so we can find root causes and build a plan around you.

24 tests

9 body systems

1 blood draw

01 Blood & Immune

- Complete Blood Count (CBC)

MAY POINT TO

Anemia patterns, hidden infection or inflammation, and how well your blood carries oxygen. Cell size can hint at low iron, B12 or folate.

02 Metabolism, Liver & Kidneys

- Comprehensive Metabolic Panel (CMP)

MAY POINT TO

Hydration and electrolyte balance, how well your kidneys filter, early liver stress, and whether you're getting enough protein.

03 Blood Sugar & Insulin

- Hemoglobin A1c
- Insulin

MAY POINT TO

Your 3-month blood sugar average. Fasting insulin can flag insulin resistance before glucose climbs, a common driver of weight gain, cravings and energy crashes.

04 Heart & Inflammation

- Lipid Panel
- hs-CRP
- Homocysteine

MAY POINT TO

Cholesterol and triglyceride balance, and low-grade inflammation throughout the body. High homocysteine often points to low B vitamins and added heart risk.

05 Iron Status

- Iron, Total
- TIBC
- Ferritin

MAY POINT TO

Low iron stores behind fatigue, hair shedding or restless legs, or iron overload. Ferritin also rises with inflammation, so we read these together.

06 Key Nutrients

- Vitamin B12
- Folate
- Vitamin D, 25-OH

MAY POINT TO

B12 and folate support energy, mood, nerve health and methylation. Vitamin D supports immunity, bone strength, mood and hormone balance.

07 Thyroid

- Thyroid Panel (TSH, Free T3, Free T4)
- Reverse T3
- Thyroid Peroxidase Antibodies
- Thyroglobulin Antibodies

MAY POINT TO

How your thyroid is signaling and whether T4 converts to active T3. Stress or illness can raise reverse T3. Antibodies can reveal autoimmune thyroid (Hashimoto's) before TSH changes.

08 Sex Hormones

- FSH & LH
- Estradiol (E2)
- Progesterone
- Testosterone, Free & Total w/ SHBG
- Prolactin

MAY POINT TO

Cycle and fertility health, perimenopause and menopause, low testosterone, libido and mood. SHBG shows how much hormone is actually free to use.

09 Stress & Adrenals

- Cortisol
- DHEA-Sulfate

MAY POINT TO

How your body is handling stress, which can show up in sleep, energy, blood sugar and weight. DHEA-S reflects your adrenal hormone reserve.