

# Baseline Blood Chemistry Assessment



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NAME

.....  
DATE

A complete blood profile test, done by your doctor, will assess your overall blood and cellular health as well as your risk of disease. We recommend the following tests. Please bring this list to your doctor and inquire about having these tests done. Once this information is collected, we can keep it on file to track any changes over time.

## General tests

- Typically called SMAC-20, SMA-20, or Chem-20, this basic test looks at 20 different parts of the blood including blood levels of certain minerals, proteins, etc. This test is standard and should be done although it's not very telling of your overall health profile

## Cardiovascular risk profile

- Total cholesterol
- LDL
- HDL
- Triglycerides
- C-reactive protein
- Homocysteine

## Hormones

- Testosterone
- Free testosterone
- IGF-1
- Growth hormone
- DHEA/DHEAS
- Estradiol
- SHBG

## Prostate tests

- PSA

## Carbohydrate tolerance

- Fasted insulin
- Fasted glucose

## Liver function tests

- Alkaline phosphatase
- GGT
- SGOT
- SGPT
- Bilirubin

## Kidney function tests

- Creatinine
- BUN
- Creatinine/BUN ratio

## Thyroid panel

- TSH
- T<sub>3</sub>
- T<sub>4</sub>
- rT<sub>3</sub>