



Basic Labs

Reference Guide

- **CBC W/ Differential and Absolute Basophil Count** - Usually will have to ask for the more in-depth CBC.
- **B12** - If within normal limits, request MMA
- **Vitamin D** - Ideally, both 25(OH)-D3 and 1-25(OH)2-D3
- **Electrolytes** - Magnesium, Potassium, Chloride, Sodium and Sodium Bi-Carbonate (usually have to add the last one)
- **Folate** - Ask if lab is checking Folic acid or Methylfolate. Also, note if you have been taking any folic acid/folate and/or any B12 supplements during the previous 2 weeks.
- **Iron Panel** - Serum iron, Total iron-binding capacity (TIBC) and/or Transferrin and Ferritin
- **Homocysteine**
- **Complete Thyroid Panel** - TSH, TT3, RT3, FT3, FT4, Thyroid Antibodies
- **CMP & LFT (Liver Function Tests)** - ALT, AST, ALP & GGT
- **Copper & Zinc** - Serum Copper, Ceruloplasmin Copper, RBC Zinc

Remember, Biotin containing multi-vitamins can interfere with some tests, including thyroid and hormone related panels.