

Lab Evaluation

The brainSHIFT Protocol

These lab tests are performed for general fatigue and used in Integrative Medicine to assess inflammation. All of these labs and can be checked by your primary care provider. All of these tests should be covered by most major insurance companies.

1. Vitamin B12 & folate
2. Complete blood count
3. Evaluation for anemia
4. Vitamin D3 levels (25 Hydroxy Vitamin D)
5. Full thyroid panel including:
 - a. TSH
 - b. Total T4
 - c. Total T3
 - d. Free T4,
 - e. Free T3, and
 - f. Reverse T3
 - g. Thyroid Peroxidase Antibodies
 - h. Thyroglobulin Antibodies
6. Serum morning cortisol levels
7. hsCRP (high sensitivity C-reactive protein)
8. HBA1C
9. ESR and ANA
10. Homocysteine levels

ADDITIONAL LABS TO DISCUSS WITH YOUR PHYSICIAN:

1. Cholesterol panel
2. Complete Metabolic Profile

HORMONES IN MEN

1. Total and free testosterone
2. DHEA

HORMONES IN WOMEN

1. estradiol
2. progesterone
3. testosterone
4. DHEAs
5. FSH & LH
6. Pregnenolone

brainSHIFT
WELLNESS FOR YOUR BRAIN, BODY, & TEAM