



## Suggested Biomarkers for Comprehensive FBCA Testing

The following are tests I would put on my basic panel. The software will be able to do a good job with these elements. The following indices may under-report because important elements are missing: Cardiovascular risk, sex hormone, thyroid function, prostate index

Glucose  
BUN  
Creatinine  
E GFR  
Sodium  
Potassium  
Chloride  
CO2  
Anion gap  
Uric Acid  
Protein, total  
Albumin  
Calcium  
Phosphorus  
Magnesium  
Alk Phos  
AST (SGOT)  
ALT (SGPT)  
LDH  
Bilirubin - Total  
Bilirubin - Direct  
Bilirubin - Indirect  
GGT  
Globulin, total  
Albumin/Globulin Ratio  
BUN/Creatinine Ratio  
Iron - Serum  
Ferritin  
Vitamin D (25-OH)

Cholesterol - Total  
Triglycerides  
LDL Cholesterol  
HDL Cholesterol  
Cholesterol/HDL Ratio  
TSH  
Total WBCs  
RBC Count  
Hemoglobin  
Hematocrit  
MCV  
MCH  
MCHC  
Platelets  
RDW  
Neutrophils  
Lymphocytes  
Monocytes  
Eosinophils  
Basophils

**Add the following if concerned about blood sugar issues:**

Hemoglobin A1C  
Insulin - Fasting  
DHEA-S

**Add the following to create a comprehensive “anti-aging” panel or a panel to run on all patients above the age of 35:**

Hs CRP  
Homocysteine  
Fibrinogen  
DHEA-S,  
Testosterone, Total

Testosterone, Free  
Estradiol,  
PSA (obviously male only!)

**Add the following to make a comprehensive panel to help rule out iron deficiency or anemia issues:**

TIBC  
% Transferrin saturation

**Add the following to patients that you want a comprehensive look at thyroid function:**

Free T3  
Total T3  
Free T4  
Total T4

T-3 Uptake  
Reverse T3

**This would be my ultimate “all elements” comprehensive cover-all-my-bases panel:**

Glucose  
BUN  
Creatinine  
E GFR  
Sodium  
Potassium  
Chloride  
CO2  
Anion gap  
Uric Acid  
Protein, total  
Albumin  
Calcium  
Phosphorus  
Magnesium  
Alk Phos  
AST (SGOT)  
ALT (SGPT)  
LDH  
Bilirubin - Total  
Bilirubin - Direct  
Bilirubin - Indirect  
GGT  
Globulin, total  
Albumin/Globulin Ratio  
BUN/Creatinine Ratio  
Iron - Serum  
Ferritin  
Vitamin D (25-OH)  
Cholesterol - Total  
Triglycerides  
LDL Cholesterol  
HDL Cholesterol  
Cholesterol/HDL Ratio  
TSH  
Total WBCs  
RBC Count  
Hemoglobin  
Hematocrit  
MCV  
MCH  
MCHC  
Platelets

RDW  
Neutrophils  
Lymphocytes  
Monocytes  
Eosinophils  
Basophils  
Hemoglobin A1C  
Insulin - Fasting  
Free T3  
Total T3  
Free T4  
Total T4  
T-3 Uptake  
Reverse T3  
TIBC  
% Transferrin saturation  
Hs CRP  
Homocysteine  
Fibrinogen  
DHEA-S,  
Testosterone, Total  
\* Testosterone, Free  
Estradiol,  
SHBG,  
PSA (obviously male only!)

\* ODX application will calculate Free testosterone from Albumin, SHBG, and Total Testosterone, so no need to pay for the biomarker