



Recommended Baseline Lab Work

Main Tests

1. COMPLETE BLOOD COUNT (\$25):

<https://www.walkinlab.com/products/view/complete-blood-count-cbc-with-differential-platelets-blood-test>

This is an important baseline test for determining your nutritional status and the health of your red and white blood cells. It can detect anemia and other diseases.

2. WELLNESS #1 BASELINE BLOOD TEST PANEL (\$45):

<https://www.walkinlab.com/products/view/wellness-1-baseline-blood-test-panel>

This panel includes:

- Lipid Profile
- Comprehensive Metabolic Panel
- Fasting Blood Glucose

This panel reflects your general state of nutrition, your liver and kidney function, and your cholesterol and blood glucose levels.

Additional Tests

3. THYROID #2 ESSENTIAL BLOOD TEST PANEL (\$90):

<https://www.walkinlab.com/products/view/thyroid-2-essential-blood-test-panel>

This panel includes TSH, Free T3, and Free T4. If you have a family history of thyroid dysfunction or suspect you may have symptoms, you may choose to include a thyroid panel in your baseline labs.

This resource is for patients who may not have insurance or a PCP. In these cases, we recommend using Walk-in Lab to order your own tests. We recommend that you choose Quest Diagnostics. They offer excellent prices and have convenient locations in Tampa.

If you already have relevant lab work from the past 6-12 months, we can use those to establish a baseline for your progress instead. The tests listed above may be recommended to patients in the Metabolic Clinic but are not required.