



MOST IMPORTANT LAB TESTS

Basic Lab Tests

1. Urinalysis Complete with Microscopic Examination
2. CBC *with Differential*
3. Comprehensive Metabolic Profile (CMP)
4. GGT (liver enzyme)
5. Hemoglobin A1c
6. Insulin
7. C-Reactive Protein (CRP-hs), high sensitivity
8. Homocysteine
9. Uric Acid
10. Vitamin D3 – 25 (OH)D
11. **Iron panel**
 - ✓ Serum Iron
 - ✓ Ferritin
 - ✓ TIBC (total iron binding cap)
 - ✓ % of Iron Saturation
12. Fibrinogen
13. Reticulocytes
14. Phosphorus
15. Sediment rate
16. Gastrin
17. **Thyroid panel:**
 - ✓ Thyroid Stimulating Hormone (TSH)
 - ✓ Free T3
 - ✓ Free T4
 - ✓ Reverse T3
 - ✓ Thyroid Antibodies (anti-TPO *and* thyroglobulin-Ab)
18. **Hormones:** DHEA-S, Progesterone, Total Testosterone, Free Testosterone, Total Estrogen, Estradiol
19. **Lipid Panel:** Total Cholesterol, HDL, LDL, Triglycerides, Lp(a), particle size, particle number, APO-B

Paula Owens, MS, CCN

Holistic and Clinical Nutritionist, Integrative and Functional Health Practitioner

Website: PaulaOwens.com

☎: 480.706.1158



Urinalysis and Blood Draw Instructions

1. **Option #1**
 - a. Bring this list to your doctor/practitioner
 - b. Request a requisition for the tests
 - c. *Always* ask for a copy of your lab results

2. **Option #2:** Order your own blood work and other important lab tests online.
 - a. Order your Lab tests at <https://www.directlabs.com/paulaowens/>
 - b. [Follow these instructions](#)

3. Drink plenty of plain, filtered water the day before and the morning of your blood draw.
4. FAST 10-12 hours prior to your blood draw. No food or beverages other than plain water.
5. If you take thyroid medication, oral contraceptives, hormone therapy, OTC or Rx drugs or medications, vitamins or supplements – take after the morning blood draw.
6. If supplementing with biotin, stop for 10-14 days prior to blood draw.
7. If (when) testing thyroid markers *ONLY* and you currently take thyroid medication, test thyroid markers 4-5 hours **AFTER** taking your thyroid medication.

Schedule an appointment ([click here for more info](#))

Blog Post: Identify the Root Cause! [Test to Assess – Don't Guess!](#)

Questions??? [Contact my office](#)

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Stool Test Kit

- **GI Effects Gastrointestinal Function Comprehensive Profile (3 Day Collection)**

Genova Diagnostics GI Effects test can be ordered at <https://www.directlabs.com/paulaowens/>

(this is the stool test that I use and recommend in my practice)

Discontinue all nutrients and vitamins that affect digestion for a full two weeks prior to collecting your stool samples.

Other DNA Stool test options

- ✓ GI Pathogens Plus Profile (DRG Lab)
- ✓ Gut Zoomer (Vibrant Genomics)
- ✓ Comprehensive Stool Analysis w/Parasitology x3-Doctor's Data Kit
- ✓ GI Pathogen Profile, Multiplex PCR-Doctor's Data Kit GI-Map (Diagnostic Solutions Lab)

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NutrEval

- NutrEval® FMV W/Nutrient & Toxic Elements-Genova Kit

The **NutrEval Profile** consists of:

1. Metabolic Analysis measuring 39 key organic acids to evaluate gastrointestinal function, cellular energy production, neurotransmitter processing, and functional need for vitamins, minerals, and co-factors.
2. Urine Amino Acid analysis measuring 38 amino acids to evaluate dietary protein adequacy, digestion, absorption, amino acid transport, metabolic impairments, and nutritional deficits; including essential vitamins, minerals, and amino acids.
3. Essential & Metabolic Fatty Acid assessment measures the levels of fatty acids in red blood cell membranes that affect cellular communication and the inflammatory cascade.
4. Elemental Analysis in red blood cells is a reliable means to identify short-term toxic metal exposure and to evaluate intracellular nutrient mineral status.
5. Oxidative Stress Analysis is a sensitive tool to evaluate the body's antioxidant reserves, the presence of oxidative injury, and CoQ10.

Order and view a sample report of the NutrEval here <https://www.directlabs.com/paulaowens/>

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Other valuable lab tests

- **NutrEval**

- * NutrEval® with Nutrient & Toxic Elements-Genova Kit

- **Micronutrient testing**

- * SpectraCell Laboratories
- * NutrEval (Genova)
- * Metabolic Analysis Profile (Organic Acids)-Genova

- **Delayed Allergy Tests**

Monitor delayed hypersensitivity responses to over 500 common substances. The tests identify reactive substances, which may be provoking the patient's chronic condition.

- * ELISA/Act All Inclusive (512 Items)-Kit <https://www.directlabs.com/paulaowens/>
- * ELISA/Act Professional's Choice (389 Items)-Kit
- * ELISA/Act Enhanced Basic (212 items)-Kit

Order here: <https://www.directlabs.com/paulaowens/>

- **Food Sensitivity Panel**

- * Array 10 test available through Cyrex Labs
- * Platinum Plus Alcat Panel-Cell Science Kit at <https://www.directlabs.com/paulaowens/>
- * Other Food, Chemical, Herbs-Spices Sensitivity tests are available to order through my online lab portal at <https://www.directlabs.com/paulaowens/>

- **Viral Infections**

- * Epstein-Barr (EBV), Cytomegalovirus (CMV), Hepatitis (A, B, C), HPV

- **H. pylori**

- * Blood, stool or breath test

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- **Hormone – Adrenal testing**

- * DUTCH Complete-Precision Analytical Inc. Kit
- * SpectraCell Laboratories

- **Adrenal testing**

- * DUTCH Adrenal-Precision Analytical Inc. Kit
- * 4-rhythm Adrenal (saliva or blood)

- **SIBO (Small Intestinal Bacterial Overgrowth)**

- * Testing to detect SIBO available at <https://www.directlabs.com/paulaowens/>

- **Organic Acid Test (choose from one of these options)**

- * Metabolic Analysis Profile (Organic Acids)-Genova
- * Organic Acid Test (OAT) – Great Plains Laboratory
- * Organix Comprehensive Profile-Genova Kit
- * NutrEval® with Nutrient & Toxic Elements-Genova Kit

- **Toxic Metals – Toxic Elements**

There are various methods of assessing heavy metal toxicity:

- *** NutrEval® with Nutrient & Toxic Elements-Genova Kit

Other available tests to assess toxic elements and heavy metal toxins:

- * Toxic Metals, Urine – Doctor's Data
- * Hair Toxic Element Exposure-Doctor's Data Kit
- * Toxic Metals, Fecal – Doctor's Data Kit
- * Red Blood Cell, Elements-Doctor's Data Kit
- * Blood Spot Profile – ZRT Labs
- * Blood and Urine Multi Test Kit – ZRT Labs

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- **Cholesterol profile**

- * Particle number, particle size, Remnant Lipoprotein (RLP), Lp(a), Apo-A, APO-B Apolipoprotein Assessment (Apolipoprotein A-1 (APO A), Apolipoprotein B (APO B), ratio)

- **Lyme Disease**

- * iGeneX Lab or DNAConnexions.com

- **Genetic testing**

- **Full View**

- * Assesses pathogens in the oral cavity
- * Available through DNAConnexions.com

- **Oral DNA**

- * An oral swab of the mouth to assess and detect potential pathogenic bacteria

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Test to Assess, don't guess!

Annual lab testing is one of the most important steps we can take to prevent life-threatening disease. Annual lab tests (with an accurate interpretation of your lab results) and a functional blood chemistry analysis can help detect nutrient deficiencies, hormonal imbalances, immune dysfunction, metabolic problems and critical changes in your body before they turn into more serious conditions such as heart disease, cancer, diabetes, autoimmunity, and other health challenges. It's much better, wiser and less expensive to prevent a disease or illness rather than treat it.

Remember, sickness and disease do not manifest overnight. No one gets diabetes, an autoimmune disorder, cancer, Alzheimer's or any other disease at age 40, 50 or 60 out of the blue... the process starts decades earlier. **Be proactive!** Learn what's happening inside your body. A **functional blood chemistry** is 'one' of the best methods of self-care, a valuable investment in your health and a smart screening tool to detect the first signs of trouble and imbalances in your body chemistry. Optimal health is the goal. 🎯

WHO NEEDS THE COMPREHENSIVE BLOOD ANALYSIS

Anyone with the following symptoms:

- | | | |
|-----------------------|------------------------------|---------------------------|
| • Low Energy | • Hormonal Issues | • Brain Fog |
| • Weight Gain | • Weight Loss | • Feels Cold Often |
| • Morning Headaches | • Resistance | • Constipation |
| • Hair Loss | • Dry Skin | • Swelling in Neck Region |
| • Dry or Brittle Hair | • Facial Swelling | • Need Excessive Sleep |
| • Lowered Immunity | • Slow Wound Healing | • Depression |
| • Auto-Immune Issues | • Muscle Cramps at Rest | • Chronic Joint Pain |
| PaulaOwens.com | • Chronic Digestive Problems | <i>Paula Owens</i> |

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Interested in working with me and becoming a new client/patient?

Get started here >> Schedule a free 15-min consult ([schedule now](#))

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See the available tests and savings you get!

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