



# Top Recommended Lab Tests for Women in Midlife\*

## Sex Hormones

- DHEA-S
- Free and Total Testosterone
- Estradiol
- Progesterone
- FSH and LH

## Comprehensive Thyroid Panel

- TSH
- Total T4
- Free T4
- Total T3
- Free T3
- Reverse T3
- TPO antibodies
- TGB antibodies

\*These are blood tests that can be ordered with your provider. Take this list and request that they order ALL of them for you. If they won't, I'm here to help you get the lab tests you deserve.

## Metabolic and Inflammation Markers

- CMP
- CBC - differential & platelets
- Lipid Panel
- Hemoglobin A1c
- Fasting Insulin
- hs-CRP
- Homocysteine
- Vitamin D
- Vitamin B12

## Iron Panel

- Iron
- Iron Binding Cap (TIBC)
- Unsaturated Iron Binding Cap (UIBC)
- Iron Saturation
- Ferritin



# Functional Lab Tests Recommended for Women in Midlife

## DUTCH

### - dried urine test for comprehensive hormones -

Provides a complete picture of your overall adrenal (dhea and cortisol) and sex (estrogen, progesterone, testosterone) hormones and their metabolites, melatonin, daily cortisol / cortisone rhythm, organic acid markers for B12, B6, glutathione, dopamine, norepinephrine, biotin, indican (gut marker), neuroinflammation and oxidative stress.

## BiomeFX Functional Microbiome Analysis

This test explores the species diversity, stability and function of your microbiome. It analyzes 25 unwanted organisms and their relative abundance within your microbiome in addition to identifying the keystone species that are crucial to overall health and the metabolic functions that rely on the gut microbiome. These insights allow for actionable nutrition, lifestyle, and supplement recommendations for improving your unique gut microbiome.

Not sure where to start, or what tests are most important for YOU and your current symptoms and healthy goals? Let's talk! I'm here to help! Visit [www.graystarhealth.com](http://www.graystarhealth.com) to set up a complimentary consult call.