

**Blood work to Request**

Comprehensive Metabolic Panel (including Phosphorus)

CBC with differentials

TSH, T4 Total

Serum Iron, Ferritin

Total Cholesterol, HDL, LDL, TG, Chol/HDL Ratio

hs-CRP

Vitamin D: 25(OH)D

Plasma Zinc and Copper

Vitamin A

Optional Labs: 8am Cortisol, 8am Insulin

There should be a 12-hour fast prior to having blood drawn at 8am.

You can drink as much water as you want.

Have lab results faxed to Vicki Kobliner at 203.834.9938