



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	RDW
BUN	Neutrophils
Creatinine	Lymphocytes
E GFR	Monocytes
Sodium	Eosinophils
Potassium	Basophils
Chloride	Hemoglobin A1C
CO2	Insulin - Fasting
Anion gap	Free T3
Uric Acid	Total T3
Protein, total	Free T4
Albumin	Total T4
Calcium	T-3 Uptake
Phosphorus	Reverse T3
Magnesium	TIBC
Alk Phos	% Transferrin saturation
AST (SGOT)	Hs CRP
ALT (SGPT)	Homocysteine
LDH	Fibrinogen
Bilirubin - Total	DHEA-S,
Bilirubin - Direct	Testosterone, Total
Bilirubin - Indirect	Testosterone, Free
GGT	Estradiol,
Globulin, total	PSA (obviously male only!)
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	