

# Ontario and Saskatchewan Patient Assessment Panels

## Healthy Living Assessment

<b>HEMATOLOGY:</b>	Complete Blood Count (CBC) Ferritin	Iron/Total Iron Binding Capacity (TIBC)
<b>METABOLIC:</b>	Calcium (Serum) Phosphorus	Glucose Hemoglobin A1c (HbA1c)
<b>THYROID:</b>	Thyroid Stimulating Hormone (TSH)	
<b>INFLAMMATORY/CARDIAC:</b>	Fibrinogen	C-Reactive Protein
<b>ELECTROLYTES:</b>	Potassium Chloride	Sodium Bicarbonate (CO <sub>2</sub> )
<b>LIVER:</b>	Albumin Alkaline Phosphatase (ALP) Alanine Aminotransferase (ALT) Aspartate Amino Transferase (AST) Bilirubin (Total)	Bilirubin (Direct) Gamma Glutamyl Transpeptidase (GGT) Lactate Dehydrogenase (LDH) Protein (Total)
<b>RENAL:</b>	Creatinine Uric Acid	Blood Urea Nitrogen (BUN)
<b>LIPIDS:</b>	Cholesterol High-Density Lipoprotein (HDL)	Low-Density Lipoprotein (LDL) Triglycerides

## Enhanced Healthy Living Assessment (Fasting)

Includes all tests in the Healthy Living Assessment, plus those listed below.

<b>HEMATOLOGY:</b>	Folate (Serum) Folate (RBC)	Vitamin B12
<b>METABOLIC:</b>	Fasting Insulin	Vitamin D
<b>INFLAMMATORY/CARDIAC:</b>	Erythrocyte Sedimentation Rate (ESR)	

# Nutrient Assessment

Includes all tests in the Vitamin and Mineral Panels.

<b>VITAMIN:</b>	Vitamin A	Vitamin C
	Vitamin B1	Vitamin D
	Vitamin B12	Vitamin E
	Vitamin B6	
<b>MINERAL:</b>	Calcium (Ionized)	Magnesium
	Copper	Zinc

# Metabolic Assessment (Fasting)

Gamma Glutamyl Transpeptidase (GGT)	Glucose	Sex Hormone Binding Globulin (SHBG)
C-Reactive Protein	Insulin	Hemoglobin A1c (HbA1c)
Triglycerides		

# Inflammation Assessment

Albumin	ESR	Fibrinogen
CBC	Ferritin	C-Reactive Protein

# Methylation Assessment

Homocysteine	Folic Acid (serum)	Vitamin B12
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# Vitamin Assessment

Vitamin A	Vitamin B6	Vitamin D
Vitamin B1	Vitamin C	Vitamin E
Vitamin B12		

## Mineral Assessment

Calcium, Ionized

Zinc

Copper

Magnesium

## Hematology Assessment

CBC & Differential

Folate (RBC)

Iron/TIBC

Ferritin

Folate (Serum)

Vitamin B12

## Lipids Assessment (Fasting Preferred)

Cholesterol

HDL

LDL

Triglycerides

## Thyroid Assessment

Free Triiodothyronine (FT3)

Free Thyroxine (FT4)

TSH

Thyroperoxidase Antibody (TPO)

Reverse T3

Anti-Thyroglobulin

## Autoimmune Assessment

Antinuclear Antibody (ANA)

Anti-TPO

Rheumatoid Factor

ANA Reflex (if Required)\*\*

Anti-Thyroglobulin

Transglutaminase

## Female Hormone Assessment

\*Collect as close to 8:00 am as possible for the Cortisol AM

Cortisol AM

Follicular Stimulating Hormone (FSH)

Progesterone

Dehydroepiandrosterone Sulphate  
(DHEAS)

Luteinizing Hormone (LH)

Testosterone

Estradiol

## Female Fertility Assessment

Anti-Müllerian Hormone (AMH)	FT4	Prolactin (PRL)
Estradiol (E2)	LH	Total Testosterone
FSH	Progesterone	TSH
Free Testosterone		

## Men's Health Assessment

Bioavailable Testosterone	LDL	PSA Ratio
Cholesterol	Prolactin	Triglycerides
HDL		

## Fatigue Assessment

CBC	Iron/TIBC	TSH
Ferritin	Mono Spot	Vitamin B12
Folate (Serum)	Transferrin	

## Liver/Digestion Plus Assessment

ALT	Bilirubin (Direct)	FIB-4
AST	Bilirubin (Total)	GGT
ALP	CBC	LDH

\* Panel savings are the total cost savings when compared to ordering tests individually.

\*\* To be billed separately