METAMETRICS LABORATORY

(02) 7910 6382
info@metametricslab.com
88 Shaw Blvd., Pasig City
www.metametricslab.com

TEST REQUEST FORM

REQUESTING DOCTOR/CLINICIAN

Full Name	Clinic/Hospital/Department
Address	Contact No

PATIENT INFORMATION

Last Name	First Name	M.I.	Date of Birth
Address			
Contact No.	Email		Gender ☐Male ☐Female

SPECIALTY NUTRIENT PROFILE

(CHECK BOX FOR EACH TEST PANEL REQUESTED)

☐ Basic Nutrient Profile (SP01)	• Vit B9 (Folate), Vit B12 (Cobalamin), Vit D (25-OH D), Vit K1 (Phylloquinone) • Magnesium, Calcium, Zinc, Selenium, Chromium, Manganese in whole blood • Ferritin, Potassium, and Sodium in serum
☐ Gluco Nutrient Profile (SP02)	• Vit B7 (Biotin), Vit B9 (Folate), Vit B12 (Cobalamin), Vit D (25-OH D), Vit K1 (Phylloquinone) • Magnesium, Calcium, Zinc, Selenium, Chromium, Manganese, and Vanadium in whole blood • Ferritin, Potassium, and Sodium in serum
☐ Cardio Nutrient Profile (SP03)	• Vit B9 (Folate), Vit B12 (Cobalamin), Vit D (25-OH D), Vit K1 (Phylloquinone), CoQ10 (Ubiquinone) in serum • Magnesium, Calcium, Zinc, Selenium, Chromium, Manganese in whole blood • Ferritin, Potassium, and Sodium in serum • Essential Fatty Acids Panel in RBC (Omega-3, Omega-6, Omega-9, Saturated FA)
☐ Prenatal Nutrient Profile (SP04)	• Vit A (Retinol), Vit B9 (Folate), Vit B12 (Cobalamin), Vit D (25-OH D), Vit K1 (Phylloquinone), Vit C (Ascorbic Acid) • Magnesium, Calcium, Zinc, Selenium, Chromium, Manganese in whole blood • Ferritin, Potassium, and Sodium in serum
☐ Immuno Nutrient Profile (SP05)	• Vit B9 (Folate), Vit B12 (Cobalamin), Vit C (Ascorbic Acid) • Vit A (Retinol), Vit D (25-OH D), Vit E (Alpha-tocolpherol), Vit K1 (Phylloquinone) • Magnesium, Calcium, Zinc, Selenium, Chromium, Manganese in whole blood • Ferritin, Potassium, and Sodium in serum
☐ Derma Nutrient Profile (SP06)	• Vit A (Retinol), Vit C (Ascorbic Acid), Vit E (Alpha-tocolpherol), Vit D (25-OH D), Vit K1 (Phylloquinone), CoQ10 in serum • Magnesium, Calcium, Zinc, Selenium, Chromium, Manganese in whole blood • Essential Fatty Acids Panel in RBC (Omega-3, Omega-6, Omega-9, Saturated FA)
☐ Comprehensive Nutrient Profile (SP07)	• Fat Soluble Vitamins: Vit A (Retinol), Vit D (25-OH D), Vit E (Alpha-tocopherol), Vit K1 (Phylloquinone) • Complete B Vitamins: Vit B1 (Thiamine), Vit B2 (Riboflavin), Vit B3 (Niacin), Vit B5 (Pantothenic acid), Vit B6 (Pyridoxine), Vit B7 (Biotin), Vit B9 (Folate), Vit B12 (Cobalamin) • Minerals: Magnesium, Calcium, Zinc, Selenium, Chromium, Vanadium, Manganese and Copper in whole blood Ferritin, Sodium, Potassium, and Phosphorous in serum • Essential Fatty Acids Panel in RBC (Omega-3, Omega-6, Omega-9, Saturated FA) • Amino Acids Panel in Blood (24 Essential, Non-essential, Metabolic AA) • Co-Factors: CoQ10 and Beta-carotene in serum • Toxic Metals in Blood (Lead, Mercury, Cadmium, Arsenic)
☐ Osteo Nutrient Panel (SP08)	• Calcium, Magnesium, Manganese, Phosphorus, Zinc in whole blood • Vitamin D (25-OH D), Vitamin K1 (Phylloquinone) in serum
☐ Osteo Plus Nutrient Panel (SP09)	• Calcium, Magnesium, Manganese, Phosphorus, Zinc in whole blood • Vitamin D (25-OH D), Vitamin K1 (Phylloquinone) in serum • Amino Acids Panel in Plasma (24 Essential, Non-essential, Metabolic AA)
☐ Vegan Nutrient Profile (SP10)	• Calcium, Iron in serum • Vitamin B12 (Cobalamin) in serum • Vitamin D (25-OH D) in serum • Amino Acids Panel in Plasma (24 Essential, Non-essential, Metabolic AA) • Essential Fatty Acids Panel in RBC (Omega-3, Omega-6, Omega-9, Saturated FA)
☐ Neuro Nutrient Profile (SP11)	• CoQ10 (Ubiquinone) in serum • Magnesium, Selenium in whole blood • Vitamin B12 (Cobalamin) in serum • Vitamin D (25-OH D) in serum • Lipid Peroxide in plasma • Amino Acids Panel in Plasma (24 Essential, Non-essential, Metabolic AA) • Essential Fatty Acids Panel in RBC (Omega-3, Omega-6, Omega-9, Saturated FA)
☐ Immun Trio Nutrient Profile (SP12)	• Vit C (Ascorbic Acid), Vitamin D (25-OH D) in serum • Zinc in whole blood

REGULAR PANELS

- ☐ RP01 Fat-Soluble Vitamins + CoQ10 Panel (A, D, E, K, and CoQ10)
- ☐ RP02 B Vitamins Panel (B1, B2, B3, B5, B6, B7, B9, B12)
- ☐ RP03 Minerals and Elements in whole blood (Ca, K, Mg, Na, Fe, Se, Zn, Va, Cr, Cu, Mn)
- ☐ RP04 Minerals and Elements in urine (Mg, Ca, Mn, Va, Cr, Zn, Se, and Cu)
- ☐ RP05 Amino Acids Panel in plasma (24 Essential, Non-essential, Metabolic AA)
- ☐ RP06 Amino Acids Panel in FM urine (24 Essential, Non-essential, Metabolic AA)
- ☐ RP07 Essential Fatty Acids (Omega-3, Omega-6, Omega-9, Omega-6/3 ratio, DHA/EPA ratio)
- ☐ RP08 Toxic Metals in blood (Lead, Mercury, Cadmium, Tin, Aluminum, and Arsenic)
- ☐ RP09 Toxic Metals in FM urine (Lead, Mercury, Cadmium, Tin, Arsenic, Silver, and Aluminum)

ALLERGIES (IgE) AND FOOD INTOLERANCES (IgG)

- ☐ AG01 IgE 20 Food Allergy Panel 20
- ☐ AG02 IgE 20 Inhalant Allergy Panel 20
- ☐ AG03 IgG 270 Food Intolerance Test

TEST CODE VITAMINS AND CO-FACTORS

- ☐ 162 Vit A (Retinol) in serum
- ☐ 164 Vit D (25-OH D2, 25-OH D3, Total)
- ☐ 165 Vit E (Alpha-tocopherol) in serum
- ☐ 166 Vit K-Phylloquinone in serum
- ☐ 163 Beta-carotene in serum
- ☐ 208 CoQ10 (Ubiquinone) in serum
- ☐ 267 Lipid Peroxide in plasma
- ☐ 210 Total Glutathione in blood
- ☐ 211 Carnitine in serum

TEST CODE MINERALS IN WHOLE BLOOD

- ☐ 136 Calcium in whole blood
- ☐ 125 Magnesium in whole blood
- ☐ 131 Selenium in whole blood
- ☐ 135 Zinc in whole blood
- ☐ 126 Manganese in whole blood
- ☐ 134 Vanadium in whole blood
- ☐ 119 Chromium in whole blood
- ☐ 121 Copper in whole blood

TEST CODE TOXIC ELEMENTS IN URINE

- ☐ 100 Lead in urine
- ☐ 104 Mercury in urine
- ☐ 095 Cadmium in urine
- ☐ 252 Arsenic in urine
- ☐ 236 Aluminum in urine
- ☐ 237 Tin in urine
- ☐ 238 Silver in urine

TEST CODE OTHERS

- ☐ 260 Interleukin-6 in serum
- ☐ 269 Interleukin-6 STAT in serum
- ☐ 271 Fecal Calprotectin (FCT)
- ☐ 270 D-Dimer in plasma

TEST CODE TOXIC ELEMENTS IN BLOOD

- ☐ 123 Lead in blood
- ☐ 127 Mercury in blood
- ☐ 118 Cadmium in blood
- ☐ 139 Aluminum in blood
- ☐ 133 Tin in blood
- ☐ 235 Arsenic in blood

TEST CODE VITAMINS AND CO-FACTORS

- ☐ 201 Vit B1 (Thiamine Pyrophosphate) in blood
- ☐ 169 Vit B2 (Riboflavin) in blood
- ☐ 171 Vit B3 (Total Niacin) in blood
- ☐ 173 Vit B5 (Pantothenic Acid) in blood
- ☐ 202 Vit B6 (Pyridoxal Phosphate) in plasma
- ☐ 175 Vit B7 (Biotin) in serum
- ☐ 176 Vit B9 (Folate) in serum
- ☐ 177 Vit B12 (Cobalamin) in serum
- ☐ 184 Vit C (Ascorbic Acid) in serum

TEST CODE MINERALS IN URINE

- ☐ 098 Copper in urine
- ☐ 108 Selenium in urine
- ☐ 112 Zinc in urine
- ☐ 102 Magnesium in urine
- ☐ 113 Calcium in urine
- ☐ 103 Manganese in urine
- ☐ 111 Vanadium in urine
- ☐ 096 Chromium in urine

TEST CODE MINERALS IN SERUM

- ☐ 145 Iron in serum
- ☐ 214 Ferritin in serum
- ☐ 161 Sodium in serum
- ☐ 160 Potassium in serum
- ☐ 204 Phosphorus in serum

PATIENT PREPARATION

1. Patients for nutrient testing are advised to stop supplementation 4 days before the test.
2. Vitamins, minerals, and amino acid tests require 8-12 hours fasting.
3. If patient is taking medication, please list it here:

CLINICIAN'S INSTRUCTIONS

SPECIMEN DETAILS

TO BE FILLED OUT BY REFERRING/SEND-OUT CLINIC OR LABORATORY			TO BE FILLED OUT BY METAMETRICS PERSONNEL	
Specimen Type	Volume	Date-Time Collected	Date-Time Received	Remarks
1				
2				
3				