

SPECIALTY TEST PANELS		PATIENT PREPARATION	
Basic Nutrient Panel	<ul style="list-style-type: none"> ✓ 10 to 12 hours fasting ✓ 3 days prior: Discontinue all nonessential medications and dietary supplements. If not possible, specify the list of medications and supplements the patient is taking. 		
Cardio Nutrient Panel			
Derma Nutrient Panel			
Immuno Nutrient Panel			
Prenatal Nutrient Panel			
Gluco Nutrient Panel			
Osteo Nutrient Panel			
Osteo Plus Nutrient Panel			
Neuro Nutrient Panel			
Vegan Nutrient Panel			
Immun Trio Nutrient Panel			
Comprehensive Nutrient Panel	<ul style="list-style-type: none"> ✓ 10 to 12 hours fasting ✓ 3 days prior: Discontinue all nonessential medications and dietary supplements. If not possible, specify the list of medications and supplements the patient is taking. ✓ 1 day prior: Refrain from eating seafood 		

REGULAR TEST PANELS		PATIENT PREPARATION	
B Vitamins Panel	<ul style="list-style-type: none"> ✓ 10 to 12 hours fasting ✓ 3 days prior: Discontinue all nonessential medications and dietary supplements. If not possible, specify the list of medications and supplements the patient is taking. 		
Fat Soluble Vitamins + CoQ10 Panel			
Amino Acid Panel in Plasma			
Minerals in Blood		✓ 3 days prior: Avoid mineral supplements	
Toxic Metals in Blood		✓ 1 day prior: Refrain from eating seafood	
IgE Food & Inhalant Allergy Panel	<ul style="list-style-type: none"> ✓ No patient preparation required 		
IgG Food Intolerance Test			
Essential Fatty Acid Panel			
Amino Acid Panel in Urine	<ul style="list-style-type: none"> ✓ 3 days prior: Patient should discontinue all nonessential medications and dietary supplements. If not possible, specify the list of medications and supplements the patient is taking. ✓ 24 hrs prior: Limit water intake to a maximum of 2 liters only. ✓ Collect first morning void midstream clean catch urine ✓ Female patients should not collect urine during a menstrual period. 		
Mineral Panel in Urine	<ul style="list-style-type: none"> ✓ 3 days prior: Patient should discontinue all supplements containing minerals. If not possible, specify the list of mineral supplements the patient is taking ✓ 24 hrs prior: Limit water intake to a maximum of 2 liters only. ✓ Collect first morning void midstream clean catch urine ✓ Female patients should not collect urine during a menstrual period. 		
Toxic Metal Panel in Urine	<ul style="list-style-type: none"> ✓ 24 hrs prior: Patient should refrain from eating seafood ✓ 24 hrs prior: Limit water intake to a maximum of 2 liters only. ✓ Collect first morning void midstream clean catch urine ✓ Female patients should not collect urine during a menstrual period. 		

ANALYTE	PATIENT PREPARATION
VITAMINS AND COFACTORS	
Vit A (Retinol) in serum	<ul style="list-style-type: none"> ✓ 10 to 12 hours fasting ✓ 3 days prior: Discontinue all nonessential medications and dietary supplements. If not possible, specify the list of medications and supplements the patient is taking.
Vit D (Cholecalciferol) in serum	
Vit E (Alpha-tocopherol) in serum	
Vit K-Phylloquinone in serum	
CoQ10 (Ubiquinone) in serum	
Beta-carotene in serum	
Carnitine in serum	
Vit B1 (Thiamine) in blood	
Vit B2 (Riboflavin) in plasma	
Vit B3 (Total Niacin) in blood	
Vit B5 (Pantothenic Acid) in blood	
Vit B6 (Pyridoxine) in plasma	
Vit B7 (Biotin) in serum	
Vit B9 (Folate) in serum	
Vit B12 (Total Cobalamin) in serum	
Vit C (Ascorbic Acid) in serum	
MINERALS	
Calcium in whole blood	<ul style="list-style-type: none"> ✓ 3 days prior: Avoid mineral supplements. If not possible, specify the list of mineral supplements the patient is taking.
Magnesium in whole blood	
Selenium in whole blood	
Zinc in whole blood	
Manganese in whole blood	
Vanadium in whole blood	
Chromium in whole blood	
Copper in whole blood	
TOXIC ELEMENTS	
Lead in blood	<ul style="list-style-type: none"> ✓ 1 day prior: Refrain from eating seafood.
Mercury in blood	
Cadmium in blood	
Aluminum in blood	
Tin in blood	

ANALYSES IN URINE	
Amino Acids in urine	<ul style="list-style-type: none"> ✓ 3 Days Prior: Patient should discontinue all nonessential medications and dietary supplements. If not possible, specify the list of medications and supplements the patient is taking. ✓ Limit water intake to a maximum of 2 liters only. ✓ Collect first morning void midstream clean catch urine. ✓ Female patients should not collect urine during a menstrual period.
Minerals in urine: Copper, Selenium, Zinc, Magnesium, Calcium, Manganese, Vanadium, Chromium	<ul style="list-style-type: none"> ✓ 3 Days Prior: Patient should discontinue all supplements containing minerals. If not possible, specify the list of medications and supplements the patient is taking. ✓ Limit water intake to a maximum of 2 liters only. ✓ Collect first morning void midstream clean catch urine. ✓ Female patients should not collect urine during a menstrual period.
Toxic Metals in urine Lead, Mercury, Cadmium, Arsenic, Aluminum, Tin, Silver	<ul style="list-style-type: none"> ✓ 1 Day Prior: Patient should refrain from eating seafood ✓ Limit water intake to a maximum of 2 liters only. ✓ Collect first morning void midstream clean catch urine. ✓ Female patients should not collect urine during a menstrual period.

NEW TESTS	PATIENT PREPARATION
Fecal Calprotectin Test (FCT)	<ul style="list-style-type: none"> ✓ 1 week before stool collection: Patient should refrain from taking non-steroidal anti-inflammatory drugs (NSAIDs), Aspirin, and Proton-pump Inhibitors. If not possible, specify the list of medications the patient is taking.
Interleukin-6 in serum	<ul style="list-style-type: none"> ✓ No patient preparation needed.
D-Dimer in plasma	
Lipid Peroxide in plasma	
Total Glutathione in pRBC	