

Recommended Lab Panel

These are the labs I recommend you ask your doctor to order for you.

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How to use this list: Bring it to your doctor and ask them to order these labs for you — you can skip any you've had checked recently. And if you're not able to get these labs through your doctor for any reason, I'm happy to order them for you — see below.

Test	What it checks
CBC	Red cells, white cells & platelets — screens for anemia, infection & immune health
CMP	Kidney & liver function, electrolytes, protein & blood sugar
Fasting glucose [†]	Fasting blood-sugar baseline
Fasting insulin	Early marker of insulin resistance
HbA1c (A1C)	Average blood sugar over the past ~3 months — screens for prediabetes & diabetes
hs-CRP	High-sensitivity marker of body-wide inflammation & cardiovascular risk
Lipid panel	Total cholesterol, LDL, HDL & triglycerides
ApoB	Artery-clogging particle count — a more accurate heart-risk marker than LDL
Vitamin D (25-OH)	Immune, bone, hormone & mood support
Vitamin B12	Energy, red-cell formation & nerve health
RBC magnesium	Magnesium inside the cells — supports sleep, muscle & metabolic health
Ferritin, iron & TIBC	Full iron picture — stores (ferritin), circulating iron & carrying capacity (TIBC)
TSH	Thyroid-stimulating hormone — first-line thyroid screen
Free T3	Active thyroid hormone
Free T4	Storage form of thyroid hormone — converted into active T3
Lp(a)	Inherited heart-attack & stroke risk — check once in a lifetime

[†] If all of these are drawn together in one morning, the CMP already includes a fasted glucose, so a separate fasting glucose isn't needed. Order it only if you're doing your labs piecemeal on different days.

Timing: Draw in the morning (7–9 am) after a 10–12 hour fast (water is fine) — most important for glucose, insulin & the lipid panel.

Want me to make sense of it all?

If you'd like me to order these labs and review the results *with* you — along with any recent body-composition testing, your full health history, and your goals — and turn it all into a precise, individualized health-and-strength plan built just for you, that's my Strategy Session.

[Explore the Strategy Session →](#)

Health Through Strength. We don't guess, we test.

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Which labs are appropriate is determined by the ordering provider. For education only — not a diagnosis.