

Please ensure **FASTING** for **12 HOURS** prior to blood test (No food or drink except WATER)

Dear Doctor – All the following Blood tests are required for the patient to be able to proceed with doing Metabolic Balance (Thank you 😊).

Metabolic Balance Panel	CODE
Full Blood Examination	FBE
Urea, Electrolytes, Creatinine	ECU
Liver Function Tests	LFT
C-Reactive Protein	CRP
Amylase	AML
Lipase	LSE
Creatine Kinase	CK
Glucose	GLU
LD	LD
Calcium	CA
Urate	SUA
HDL/LDL Ratio	LIP
Iron Studies	IS
Thyroid Function	TFT

Further tests which WILL be beneficial for giving the best possible advice are:

Additional Tests	CODE
Vitamin D	OHD
Active B12	A12
Folate	FOL
Serum Magnesium	MG
Serum Zinc	SZN / TRE
Thyroid Antibodies	THA
Reverse T3 (rT3)	RT3
TSH, FT3, FT4	FTP

*Please do not proceed with tests IF patient is required to pay for it, unless patient agrees. (Reverse T3, Thyroid Antibodies).