

## Recommended Artifacts for a Complete BodyBio Report

If you decide to obtain a new laboratory blood test, please show this form to your health care practitioner. Ask your doctor to order your bloodwork so that ALL of the artifacts listed below are included. Although you may receive a BodyBio Report on just 4 artifacts, this will help you to obtain the most thorough information possible in your next BodyBio Report.

- Eat no food for 8-12 hours (usually over night) prior to your blood draw
- The following information must appear on the lab requisition form:

- ✓ *Your Name, Date of Birth, & Gender*
- ✓ *The Doctor's Name, Address & Telephone Number*
- ✓ *The Date & Time of the blood collection*

### BLOOD CHEMISTRY PANEL:

Alanine Transaminase (ALT or SGPT)  
Albumin  
Alkaline Phosphatase  
Aspartate Transaminase (AST or SGOT)  
Bilirubin, Total  
BUN (Blood Urea Nitrogen)  
Calcium  
CO<sub>2</sub> (Carbon Dioxide)  
Chloride  
Cholesterol, Total  
Creatinine  
Gamma-Glutamyl Transpeptidase (GGT)  
Globulin  
Glucose  
HDL  
LDL  
Iron, Total  
Lactate Dehydrogenase (LDH)  
Phosphorus  
Potassium  
Protein, Total  
Sodium  
Triglycerides  
Uric Acid

### COMPLETE BLOOD COUNT w/ MANUAL DIFFERENTIAL:

WBC  
RBC  
RDW  
Hemoglobin  
Hematocrit  
MCV  
MCH  
MCHC  
Mean Platelet Volume  
Platelet Count  
Neutrophils  
Lymphocytes  
Basophils  
Eosinophils  
Monocytes