



Recommended Labs for Operators

These labs can give better insights into your nutritional status and potential symptoms of Operator Syndrome. Talk with your PCM provider about these labs. If you are unable to get them done through your usual medical care and insurance, other options are available to get these done out of pocket., such as JasonHealth.com.

Highly encouraged

Comprehensive Metabolic Panel (CMP)

Assesses general health including blood sugar, kidney and liver function

Testosterone Panel

Usually includes total, free and bioavailable T as well as sex hormone binding globulin. Get this done early in the morning for most accurate results.

Vitamin D

Usually ordered as 25-hydroxy vitamin D. Low levels connected to mood, bone health, hormone health, immunity, and more

Lipid Panel

Assesses cholesterol levels, risk for cardiovascular disease and stroke

Encouraged

Hemoglobin A1c (HbA1c)

Assesses blood sugar over a 3-month period and used to evaluate diabetes risk

C-reactive protein (HsCRP)

Assesses inflammation (acute) and cardiovascular risk

Thyroid Panel

Assesses thyroid function, which is important for metabolism. Typically includes TSH, T3 and T4.

Heavy Metal Panel

Assesses heavy metal levels in the body, which can be especially helpful based on occupational exposures. Abnormal levels may require a prescription to manage.

May be of value

Omega-3 and Omega-6

Assesses the breakdown of omega-3 and omega-6 fatty acids in the blood, which can be indicators of future disease risk

Complete Blood Count (CBC)

Assesses blood health, including hemoglobin testing for anemia and blood cells for infection and acute inflammation