



New Energy Nutrition

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New Energy Nutrition Suggested Laboratory Data for Initial Screening

Labs should be done fasting unless otherwise noted.

Hold all supplements 4-7 days prior to labs being drawn. This includes supplemental shakes and fortified bars. If currently eating wheat or “enriched” wheat products, consider gluten free for 1 week prior to lab testing for more accurate results.

1. Comprehensive Metabolic Profile (CMP)
2. Serum B12
3. Vitamin D (25-hydroxyvitamin D and 1,25-Hydroxyvitamin D)
4. Zinc
5. Magnesium
6. Copper
7. Homocysteine
8. MMA
9. Folate
10. Complete Blood Count with Differentials (CBC)
11. Iron Panel
12. Serum Ferritin
13. Thyroid Panel

OTHERS:

Celiac Screening

Auto Immune Markers