**Request for Baseline Lab Work for [Your Child’s Name]**

Dear [Doctor’s Name],

I hope this message finds you well. As the parent of a child recently diagnosed with autism, I’m exploring ways to better support their development—not just behaviorally and educationally, but medically as well. After speaking with other families and reviewing recommendations from autism specialists, I’d like to request a set of basic lab tests to help identify any potential nutritional or metabolic imbalances that could be impacting my child’s progress.

Specifically, I’m requesting the following labs:

* **CBC (Complete Blood Count)** – to check for anemia, immune function, and general wellness
* **CMP (Comprehensive Metabolic Panel)** – to monitor liver/kidney function, blood sugar, and electrolytes
* **Iron Panel (including Ferritin)** – to assess iron reserves and screen for deficiencies
* **Vitamin D Level** – to determine if supplementation may be helpful
* **Thyroid Panel (TSH, T3, T4)** – to evaluate thyroid function, which may affect mood and energy

These labs are intended to give us a baseline and help guide any dietary, therapeutic, or medical interventions. I understand that these tests do not diagnose autism, but I believe they may offer valuable insights into how we can better support my child’s physical and cognitive health.

Please let me know how best to proceed or if you recommend adjustments to this list. I truly appreciate your time and partnership in helping my child thrive.

Warmly, [Your Full Name] [Contact Information]