



This resource provides a structured overview of commonly used lab panels in Wellness & Longevity settings. It is organized by panel type and clinical use case for easy reference, helping support efficient ordering of routine laboratory testing.

*Guidance on common lab panels is provided for general informational purposes only. Providers should verify all orders and interpretations against official laboratory standards, payer-specific billing and coverage policies, and applicable federal and state regulations. This resource does not replace clinical judgment or authoritative references.*

## **Female Health**

- Anti-Mullerian Hormone
- Testosterone, Total
- Testosterone, Free
- Sex Hormone Binding Globulin (SHBG)
- Prolactin
- Estradiol
- DHEA-Sulfate
- Luteinizing Hormone
- Follicle Stimulating Hormone
- Pregnancy, HCG
- Progesterone

## **Male Health**

- DHEA-Sulfate
- Estradiol
- Follicle Stimulating Hormone
- Luteinizing Hormone
- Prolactin
- Prostate Specific Antigen (PSA) %, Free
- Prostate Specific Antigen (PSA), Free
- Prostate Specific Antigen (PSA), Total
- Sex Hormone Binding Globulin (SHBG)
- Testosterone, Free

- Testosterone, Total

## **Comprehensive Weight Loss**

- DHEA-Sulfate
- Testosterone, Total
- Testosterone, Free
- Estradiol
- Progesterone
- Sex Hormone Binding Globulin (SHBG)
- Thyroid Stimulating Hormone (TSH)
- Free T3
- Free T4
- Reverse T3
- Cortisol
- Insulin
- Ferritin
- Hemoglobin A1C
- Complete Metabolic Panel
- Lipid Panel
- Complete Blood Count
- Vitamin D 25-hydroxy
- C-Reactive Protein - High Sensitivity

## **General Health**

- Complete Metabolic Panel
- Complete Blood Count
- Vitamin D 25-hydroxy
- Ferritin
- Iron, Serum
- Iron Saturation
- Total Iron Binding Capacity (TIBC)
- Cortisol
- Lipid Profile
- Magnesium (serum)
- Urinalysis

## **Thyroid Hormones**

- Thyroid Stimulating Hormone (TSH)
- Free T3
- Free T4
- Reverse T3