

Chews Food Wisely Functional Lab Tests



Na/K

Ca/K

Zn/Cu

Na/Mg

Ca/Mg

Fe/

Included in All Packages:

LabCorp “CFW” Nutritional Screen (Blood)

These lab markers give a deeper look at how the body is functioning beyond surface-level symptoms. They provide insight into thyroid balance, nutrient status, inflammation, blood sugar control, and overall metabolic health and help connect the dots between nutrition, hormones, and energy.

- Apolipoprotein B
- Ceruloplasmin
- Complete Blood Count (CBC) With Differential
- Comprehensive Metabolic Panel (CMP-14)
- Copper, Serum or Plasma
- C-Reactive Protein (CRP), High Sensitivity (Cardiac Risk Assessment)
- Ferritin + Iron + Total Iron-binding Capacity (TIBC)
- Hemoglobin A1c (HbA1c)
- Histamine, Whole Blood
- Homocysteine
- Insulin
- Lipid Panel
- Magnesium, RBC
- Reverse T3
- Thyroid Antibodies (Thyroglobulin Antibody + Thyroid Peroxidase [TPO] Antibody)
- Thyroid-stimulating Hormone (TSH)
- Thyroxine (T4)
- Thyroxine (T4), Free, Direct
- Thyroxine-binding Globulin (TBG), Serum
- Triiodothyronine (T3)
- Triiodothyronine (T3), Free
- Vitamin A (Retinol)
- Vitamin D, 25-Hydroxy
- Zinc, Serum or Plasma

Sample:

Comp. Metabolic Panel (14) (Cont.)

BUN/Creatinine Ratio	15
Sodium ⁰¹	139
Potassium ⁰¹	4.1
Chloride ⁰¹	102
Carbon Dioxide, Total ⁰¹	24
Calcium ⁰¹	9.8
Protein, Total ⁰¹	7.3
Albumin ⁰¹	4.7
Globulin, Total	2.6
Bilirubin, Total ⁰¹	0.4
Alkaline Phosphatase ⁰¹	75
AST (SGOT) ⁰¹	14
ALT (SGPT) ⁰¹	11

* Previous Reference Intervals: (Glucose: 65-99 mg/dL), (Albumin: 3.8-4.8 g/dL)

Lipid Panel

Test	Current Result and Flag	
▲ Cholesterol, Total ⁰¹	202	High
Triglycerides ⁰¹	143	
HDL Cholesterol ⁰¹	55	
VLDL Cholesterol Cal	25	
▲ LDL Chol Calc (NIH)	122	High

Hemoglobin A1c

Test	Current Result and Flag
Hemoglobin A1c ⁰¹	5.2
Please Note: ⁰¹	Prediabetes: 5.7 - 6.4 Diabetes: >6.4 Glycemic control for adu

Thyroxine (T4) Free, Direct

Test	Current Result and Flag
T4,Free(Direct) ⁰¹	1.60

TSH

Test	Current Result and Flag
▼ TSH ⁰¹	0.323 Low

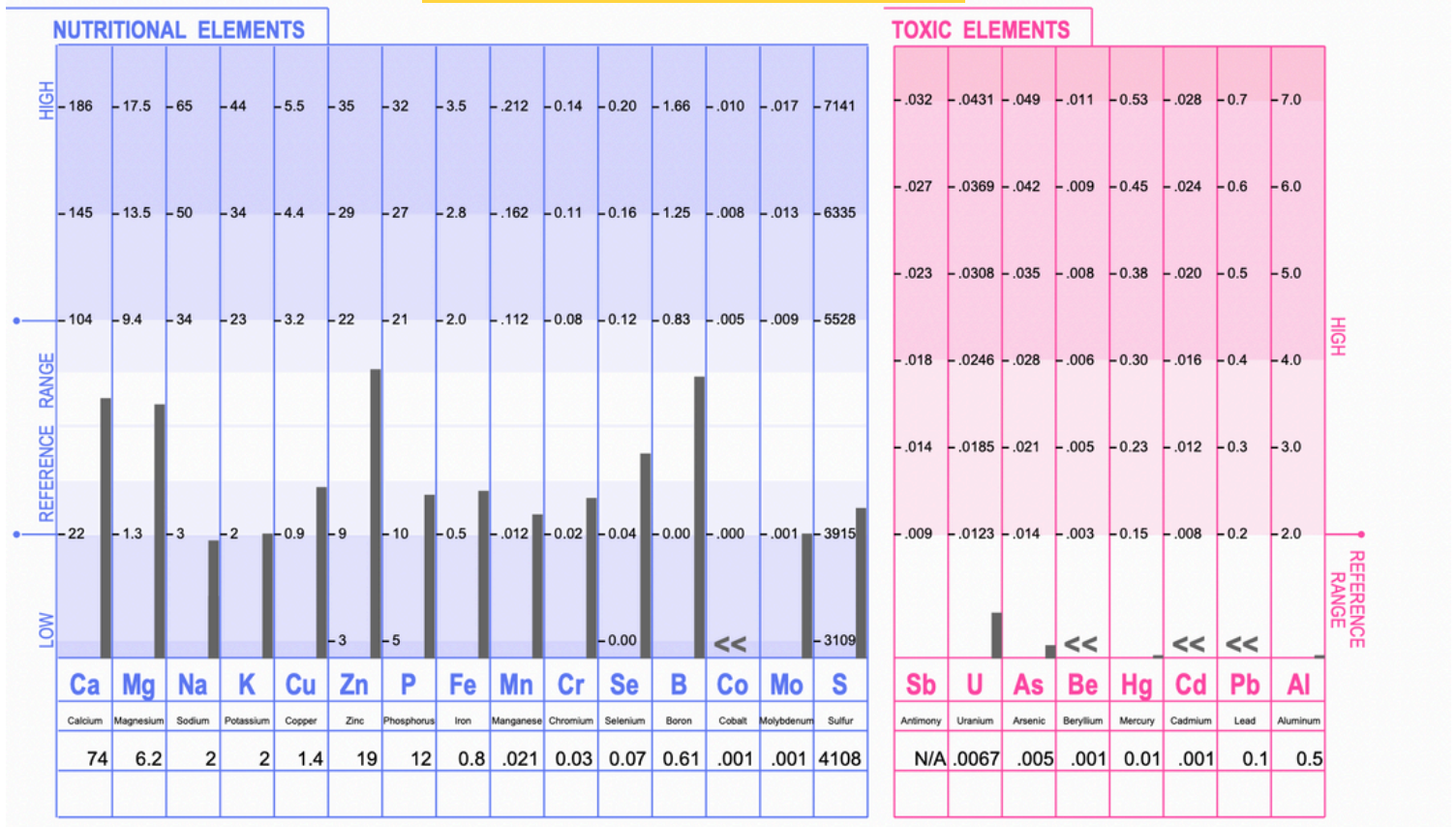
Vitamin A, Serum

Test	Current Result and Flag
Vitamin A ⁰¹	51.3

HTMA Test (Hair Tissue Mineral Analysis)

A Hair Tissue Mineral Analysis (HTMA) test measures mineral levels and toxic metal exposures in your hair, offering valuable insight into your metabolism, thyroid health, adrenal function, and overall nutrient balance so you can assess and address root causes of fatigue, bloating, and weight struggles from a cellular perspective.

Sample:



Options to Include in Functional 4-Month Program:

GI MAP (Stool)

The GI-MAP is a comprehensive stool test that analyzes the DNA of gut microbes, pathogens, and digestive markers to uncover imbalances in the microbiome, inflammation, and overall gut function. It assesses microbial balance, gut lining integrity, and digestive capacity, giving valuable insight into how gut health influences metabolism, thyroid hormone conversion, and overall hormone balance. This makes it a powerful tool for resolving bloating, fatigue, and other stubborn symptoms.

Sample:

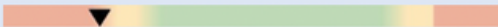
DYSBIOTIC & OVERGROWTH BACTERIA

	Result
<i>Bacillus</i> spp.	4.33e5
<i>Enterococcus faecalis</i>	<dl
<i>Enterococcus faecium</i>	<dl
<i>Morganella</i> spp.	2.86e3 High ↑
<i>Pseudomonas</i> spp.	2.04e5 High ↑
<i>Pseudomonas aeruginosa</i>	2.29e2
<i>Staphylococcus</i> spp.	<dl
<i>Staphylococcus aureus</i>	1.38e3 High ↑
<i>Streptococcus</i> spp.	<dl

ADD-ON TESTS

Zonulin	170.4	
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IMMUNE RESPONSE

Secretory IgA	516	
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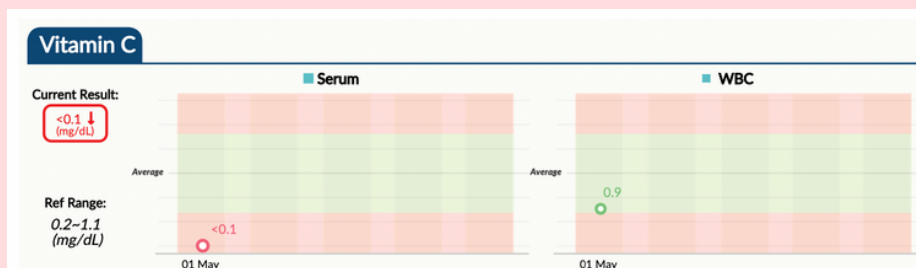
<i>Akkermansia muciniphila</i>	<dl L	
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Vibrant Wellness Nutrition Screen & Micronutrient Analysis (Blood)

The Vibrant Wellness Nutritional Panel provides a comprehensive look at your health by assessing blood sugar, cholesterol, inflammation, and thyroid function—along with a deep **dive into micronutrient status**. By measuring both intra- and extra-cellular nutrients, it reveals not just what's circulating in the blood, but also what's actually getting into your cells to fuel energy, balance hormones, support metabolism, regulate inflammation, and optimize cellular function.

Includes:

- Anemia (iron, ferritin, TIBC, transferrin)
- ApoB (Apolipoprotein B)
- CBC (Complete Blood Count)
- Comprehensive Metabolic Panel
- Hemoglobin A1c
- Homocysteine
- Iodine
- Lipids (Cholesterol, Triglycerides)
- Micronutrients (deep dive—expanded below)
- Potassium RBC
- Thyroid (TSH, T4, T3, Free T4, Free T3, anti-TPO, anti-TG, Reverse T3)
- hs-CRP (high-sensitivity C-Reactive Protein)



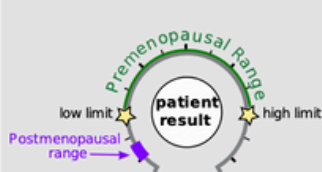
Micronutrients: Assesses both intracellular and extracellular nutrient status, providing a deep dive into vitamins, minerals, amino acids, antioxidants, and fatty acids. This reveals how well nutrients are being absorbed, transported, and utilized for energy, hormones, inflammation control, and cellular repair.

- **Vitamins:** A, B1, B2, B3, B5, B6, B12, Folate, C, D3, E, K1, K2
- **Minerals & Electrolytes:** Calcium, Chromium, Copper (and Copper/Zinc Ratio), Iron, Magnesium, Manganese, Zinc
- **Amino Acids & Metabolites:** Arginine, Asparagine, Citrulline, Glutamine, Isoleucine, Leucine, Serine, Valine, Carnitine, Choline, Inositol, Methylmalonic Acid (MMA)
- **Antioxidants & Cellular Health:** Coenzyme Q10, Cysteine, Glutathione, Selenium
- **Essential Fatty Acids & Ratios:** RBC Omega-3 and Omega-6 fatty acids, AA/EPA ratio, Copper/Zinc ratio

DUTCH Hormone Test (Urine)

The DUTCH Complete is a urine test that measures sex and adrenal hormones, along with how your body processes them. It gives insight into hormone balance, stress response, and detox pathways, making it helpful for issues like fatigue, stubborn weight, irregular cycles, and thyroid imbalances.

Key (how to read the results):

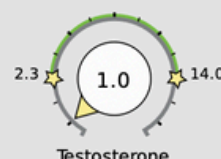


Sex Hormones

See Pages 2 and 3 for a thorough breakdown of sex hormone metabolites

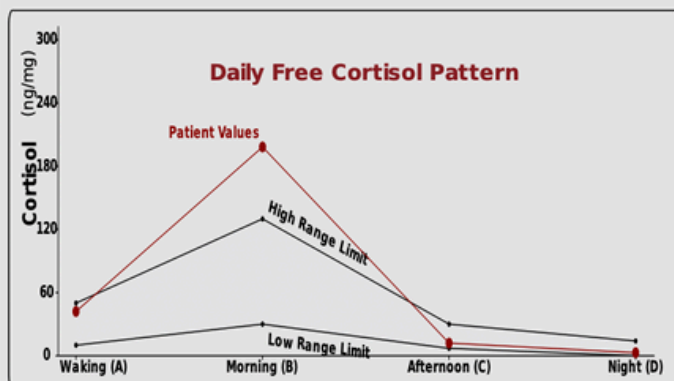


Progesterone Serum Equivalent is a calculated value based on urine pregnanediol.



Adrenal Hormones

See pages 4 and 5 for a more complete breakdown of adrenal hormones



Free cortisol best reflects tissue levels. Metabolized cortisol best reflects total cortisol production.

Total DHEA Production

Age	Range
20-39	1300-3000
40-60	750-2000
>60	500-1200



Total DHEA Production (DHEAS + Etiocholanolone + Androsterone)



24hr Free Cortisol (A+B+C+D)

cortisol
metabolism



Metabolized Cortisol (THF+THE)
(Total Cortisol Production)