

# METABOLIC REVIVAL

## Recommended Metabolic Tests

Let's establish a baseline. These are the blood tests that I recommend before starting the Program.

- **Complete Blood Count (CBC)** with Differential, Platelet Count and ESR.
- **Liver Function Tests**, include GGT
- **Renal Function Tests**
- **Calcium**
- **Magnesium**
- **Electrolyte Panel** - Sodium, Potassium, Carbon dioxide and Chloride
- **HbA1c**
- **HOMA IR**
- **Iron Studies** (Iron serum, Ferritin, TIBC, Transferrin saturation %)
- **Lipid Profile**, include **ApoB**
- **Vitamin B12**
- **Vitamin D (Serum) [25-hydroxyvitamin D]**
- **Thyroid Profile** (TSH, Free T3, Free T4)
- **DHEA sulphate (DHEAS)**
- **CRP**

You may share this list with your Pathology & Diagnostics Lab or request a test requisition from your Physician.

**Dr. Ameya Kale**

MBBS

IOC Dip. Sports Physician

[drameyakale.com](http://drameyakale.com)

Metabolic Revival | Posi3vity®

Author – [Overcome Information Overload](#)