

# The Metabolic25 Blood Panel

Gain a clear understanding of your biology & metabolism. After years of specializing in Hormone & Weight Loss Medicine, I've identified the 25 key markers, listed below, that impact your weight, energy, and mental clarity the most. The Metabolic25 will:

- give you a clear answer to exactly what is causing you to gain weight or have any trouble maintaining your ideal weight.
- identify the root cause of mood changes, fatigue, brain fog or less than ideal sex drive.
- identify exactly what hormone, vitamin and other biologic changes are holding you back from your Next Level Health.
- identify what lifestyle changes, supplements, and medications will work for you and your specific biology!



**SILK LIFE**  
Medical

## Sex Hormones & Bio-Markers

1. Free & Total Testosterone
2. Dihydrotestosterone
3. Estradiol
4. Estrone
5. Progesterone
6. FSH
7. SHBG (Sex Hormone Binding Globulin)

## Adrenal Hormones

8. Cortisol
9. DHEA
10. Pregnenolone

## Thyroid Hormones & Antibodies

11. Free T3
12. Free T4
13. Reverse T3
14. Anti-TPO
15. TSH

## What's Included:

- Phlebotomy (Blood Draw)
- Lab Testing
- Consult with Hormone & Weight Loss Expert
- Detailed Lab Report Including Optimal Results
- Advanced Lab Review
- Customized Lifestyle and Supplement Plan Optimal Woman Page
- Customized BHRT (Bio-Identical Hormone Replacement) & Medical Weight Loss Plan

Labs can be drawn at our Lakewood, CO office for local patients. We also work with a nation wide network of phlebotomists and blood draw locations.

For any additional questions, please contact us at:  
(720) 542-8445

## Appetite Regulators

16. Insulin & Glucose
17. Hemoglobin A1C
18. Leptin

## Vitamins/Nutrients

19. B12 & Folate
20. Vitamin D
21. Magnesium
22. Iron and Ferritin

## Other

23. IGF-1 (Growth Hormone)
24. Homocysteine (Heart Health)
25. CRP (Inflammation)

\*Additional Basic Health Studies include Complete Metabolic Panel (CMP), Complete Blood Count (CBC) and Lipid Panel,