

Blood Testing Recommendations

AM testing between 8 - 9 am. Fasted at least 8 hours to reduce variables.

Avoid alcohol for 2 days prior to testing. 24+ oz of water within the hour before testing.

Take medications as normal.

Suggested Lab: [Lab-Work Analisis Clinicos](#)

Ask about specials and mention you're a **BOWENBODY** client to receive an extra 10% off

Email: labworkappt@gmail.com, Whatsapp: [+52 33 1017 5474](https://wa.me/523310175474)

Location: [Bugambillas 17-A, Fracc Mirasol, Riberas de Pilar 45906](#)

Have results emailed to yourself and then forward to **bloodhoundsvc@gmail.com to start analysis.*

Basic Biomarkers (reg \$3170mxn)

CBC/WBC / Biometra Hematica (35 items) including cbc/wbc with differential, basic metabolic, renal function, liver function, cardiovascular risk, iron metabolism.
(approximately \$1250mxn)

General Urine Test / El examen general de orina (EGO) (approximately \$120mxn)

Vitamin D Test / Prueba de vitamina D (approximately \$480mxn)

Vitamin B12 Test / Prueba de vitamina B12 (approximately \$480mxn)

Anion Gap / Anion Gap

CO2, sodium, potassium, chloride, anion gap / CO2, sodio, potasio, cloro, anion gap
(approximately \$350mxn)

Blood Sugar - Diabetes / Azúcar en la sangre - diabetes

Glycosylated hemoglobin (HA1c, A1c) / Hemoglobina glicosilada (HbA1c) (approximately \$230mxn)

hsCRP / Proteina C Reactiva Ultrasensible (approximately \$260mxn)

Complete Biomarkers (Recommended) (reg \$5940mxn)

CBC/WBC / Biometra Hematica (35 items) including cbc/wbc with differential, basic metabolic, renal function, liver function, cardiovascular risk, iron metabolism.
(approximately \$1250mxn)

General Urine Test / El examen general de orina (EGO) (approximately \$120mxn)

Vitamin D Test / Prueba de vitamina D (approximately \$480mxn)

Vitamin B12 Test / Prueba de vitamina B12 (approximately \$480mxn)

Anion Gap / Anion Gap

CO₂, sodium, potassium, chloride, anion gap / CO₂, sodio, potasio, cloro, anion gap
(approximately \$350mxn)

Serum Thyroid Profile / Perfil Tiroideo en Suero

Triiodothyronine (T3), Total thyroxine (T4), Free triiodothyronine (Free T3), Free thyroxine (Free T4), Thyroid Stimulating Hormone (TSH) / Triiodotironina (T3), Tiroxina total (T4), Triiodotironina libre (T3 libre), Tiroxina libre (T4 libre), Hormona Estimulante de Tiroides (TSH) (approximately \$580mxn)

Adrenal Function / Función Suprarrenal

AM Fasting Cortisol / Cortisol En Suero (Matutinos) (approximately \$265mxn)

Ovarian Profile / Perfil Ovarico

Estradiol / estradiol, Progesterone / progesterona, FSH / Hormona folículoestimulante, Luteinizing Hormone / luteinizante, Serum Prolactin / prolactina en suero
(approximately \$800mxn)

-Or- Prostate Profile / Perfil Prostata

Ask for pricing.

Additional Hormones / Hormonas Adicionales

Free Testosterone / testosterona libre (approximately \$425 mxn), DHEA(S) / dehidroepiandrosterona sulfato DHEA(S) (approximately \$350mxn)

(EST, PROG, TEST(L), DHEA(S) are important for all genders)

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hsCRP / Proteína C Reactiva Ultrasensible (approximately \$260mxn)

Optional Testing (suggested if there is history of thyroid, immune issues, or possibility of long-COVID)

Thyroid Antibodies / Anticuerpos Tiroideos

Thyroid peroxidase (TPO) + Thyroglobulin antibodies / AC Anti Tiroideos (POT) + AC Anti Tiroglobulina (approximately \$590 mxn)

Immune response (immune system) / Respuesta inmune

Immunoglobulins G, A, & M (IgG, IgA, IgM) / Inmunoglobulinas G, A & M (ask for pricing)

COVID19 Antibodies / Anticuerpos COVID19 (approximately \$1200mxn)