

COMPREHENSIVE METABOLIC PANEL

WHO SHOULD GET THIS TEST?

This test is ideal for men and women of all ages who want to take control of their health.

WHY IS THIS TEST IMPORTANT?

This test is useful for monitoring various health conditions. It can also help you establish a baseline for your kidney function, liver function, and more.

The Comprehensive Metabolic Panel includes 15 tests:

- **Glucose**- This is a measure of your blood sugar level.
- **Blood Urea Nitrogen (BUN)**- Urea is a waste product that is filtered by your kidneys; the BUN test measures the amount of urea in your blood.
- **Creatinine (Cr)**- Creatinine is another waste product that is filtered by your kidneys; the creatinine test measures the amount of creatinine in your blood. The ratio of BUN and creatinine is often used to estimate how well your kidneys are working.

- **Glomerular Filtration Rate (GFR)**- The GFR measures how well your kidneys are filtering out waste products. This test is commonly used to detect and monitor kidney disease.
- **Aspartate Transaminase (AST)**- AST is an enzyme found in the liver. It is often ordered with other liver enzymes to see how well your liver is working.
- **Alanine Transaminase (ALT)**- ALT is an enzyme found in the liver. It is often ordered with other liver enzymes to see how well your liver is working.
- **Alkaline Phosphatase (ALP)**- ALP is another enzyme found in the liver. It can also be found in your intestines, bones, and other parts of the body. Abnormal ALP values may indicate liver issues, bone issues, or other health conditions.
- **Bilirubin, Total**- Bilirubin is a substance that is produced when red blood cells are broken down. The bilirubin test can be used to monitor your liver health.
- **Sodium (Na)**- This test measures the amount of sodium in your blood, and can be used to monitor conditions such as dehydration and much more.
- **Potassium (K)**- Potassium is an electrolyte that is involved in kidney function, heart health, and more.
- **Chloride (Cl)**- Chloride is an electrolyte that plays a role in lung function, kidney function, and more.
- **Carbon Dioxide (CO₂)**- This test can be used to detect a pH (acid-base) imbalance and much more.
- **Calcium (Ca)**- This test measures the amount of calcium in your blood, and can be used to monitor bone conditions,

nutritional issues, parathyroid disorders, kidney function, and more.

- **Albumin-** Albumin is a protein made in the liver. It helps to transport substances in the body, such as enzymes, vitamins, and more.
- **Total Protein-** The Total Protein test measures the total amount of protein in the blood, including the two main types of proteins: albumin and globulin.

OTHER RELEVANT TESTS

If you're interested in this panel, you may also want to consider:

- Annual Check-Up Panel
- Comprehensive Female Panel
- Comprehensive Male Panel
- Basic Nutritional Panel

Website test descriptions and all associated information are provided through Any Lab Test Now and the Product Management Team, in conjunction with the Medical Professionals Committee, and Ekan Essien, MD, Corporate Medical Director.