

WEIGHT MANAGEMENT HORMONE TEST PANEL

WHO SHOULD GET THIS TEST?

This panel is a good option for anybody (both men and women) who is interested in learning more about their hormone levels.

WHY IS THIS TEST IMPORTANT?

Sometimes it can be difficult to maintain a healthy weight, even with diet and exercise. If your hormones are not balanced, it may be difficult to achieve your weight management goals. Hormones can help regulate many processes in your body, including metabolism, stress, mood, energy, cravings, and more.

The Weight Management Hormone Test Panel consists of 8 tests:

1. CBC- can detect anemia, infection, bleeding disorders, and more
2. CMP- evaluates liver function, kidney function, electrolytes, and blood glucose
3. Estradiol (ultra sensitive)- Estradiol is a hormone produced by the ovaries. It is a type of estrogen that plays an important role in the female reproductive system.
4. Cortisol, Total- Cortisol is a steroid hormone produced in the adrenal gland. It helps regulate your body's stress response. It also aids in metabolism and the immune response.
5. DHEA-S- Dehydroepiandrosterone sulfate (DHEA-S) is a hormone produced by the adrenal glands. DHEA is used to make androgens and estrogens (male and female sex hormones).
6. Progesterone- Progesterone is a hormone produced primarily in the ovaries. It has functions in the menstrual cycle and pregnancy.
7. TSH- Thyroid Stimulating Hormone (TSH) is produced by the pituitary gland. TSH stimulates the production of thyroid hormones (T3 and

T4), which are important for maintaining essential processes in the body.

8. Testosterone (Free and Total)- Testosterone is produced in the testes and is the primary male sex hormone. It plays a role in reproduction and helps maintain bone and muscle strength.

OTHER RELEVANT TESTS

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

- Basic Nutritional Panel
- Lipid Panel
- Hemoglobin A1c