

A PUBLIC HEALTH CAMPAIGN

LABS BEFORE LABELS

TEST FIRST, THEN TREAT.

Thyroid disease, B12 deficiency, anemia, blood-sugar dysregulation and inflammation can mimic psychiatric symptoms. Ask for these labs before any diagnosis or medication.

PRO-DIAGNOSIS · PRO-EVIDENCE · PRO-YOU

Screenshot-ready. Share before a diagnosis.

THE CORE PANEL

THE LABS TO ASK FOR.

Standard, mostly covered by insurance. Designed to be reasonable so doctors say yes.

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| <p>01 CBC
with differential</p> <p>03 Full thyroid panel
TSH, Free T4, Free T3, TPO antibodies — not TSH alone</p> <p>05 Vitamin D
25-hydroxy</p> <p>07 Magnesium
RBC magnesium if available</p> <p>09 Lipid panel
standard fasting lipids</p> <p>11 Homocysteine
methylation / B-vitamin marker</p> | <p>02 CMP
comprehensive metabolic panel</p> <p>04 Vitamin B12 + folate
serum</p> <p>06 Iron studies
including ferritin</p> <p>08 HbA1c + fasting insulin
to calculate HOMA-IR</p> <p>10 hs-CRP
high-sensitivity C-reactive protein</p> |
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TIP CMP already includes fasting glucose, calcium, and liver enzymes.
Pair HbA1c with fasting insulin to estimate HOMA-IR (insulin resistance).

SAY THIS TO YOUR DOCTOR

THE SCRIPT.

"Before we settle on a diagnosis or start medication, I'd like to rule out medical causes that can mimic these symptoms. Can we run a CBC, CMP, a full thyroid panel with antibodies, B12 and folate, vitamin D, ferritin, magnesium, HbA1c, hs-CRP, and homocysteine? If anything is off, I'd like to address that first or alongside treatment."

IF THEY DECLINE

Politely ask them to note in your chart that you requested these labs and they were not ordered.

ADD BASED ON YOUR SITUATION

**RIGHT TESTS.
RIGHT PERSON.**

A short core keeps doctors listening. Add the rows that match your story.

Sudden or first-time severe symptoms

- Urinalysis (UTI)
- Calcium / hypercalcemia
- Ammonia
- ANA / autoimmune screen
- Ceruloplasmin + copper (Wilson's)
- HIV, RPR / syphilis
- Tox screen

Kids & teens — sudden OCD, tics, rage (PANS/PANDAS)

- Strep titers (ASO, anti-DNase B)
- EBV, HSV
- Lyme + co-infections (Bartonella, Babesia)

Fatigue or depression that won't lift

- Sleep study / overnight oximetry
- Reverse T3 + iodine
- Zinc & copper (ratio)

Anxiety with flushing, food reactions, gut issues

- Histamine / DAO
- H. pylori, SIBO, stool workup

Always worth a look

- Full medication & supplement review
- Pregnancy test where relevant
- Toxoplasma IgG

Advanced — with a specialist

- Organic Acids Test
- MTHFR / methylation panel
- Methylmalonic acid (B12)
- Morning cortisol & sex hormones
- Celiac (tTG-IgA)
- Mold / heavy metal / tick-borne workup

AFTER THE LABS

WHAT TO DO WITH YOUR RESULTS.**01****Get copies**

Ask for every result — not just a 'looks normal' note.

02**Normal ≠ optimal**

Reference ranges are statistical, not clinical. Bring numbers to someone who reads them in context.

03**Find the right clinician**

A functional, integrative, or metabolic-psychiatry provider catches patterns 10-minute visits miss.

04**Track over time**

One snapshot is data. Three over a year is a story. Re-test the same panel.

NOT MEDICAL ADVICE

Educational only. This panel is a starting point for a conversation with a licensed clinician, not a replacement for one. Psychiatric care matters. So does ruling out the medical causes first.