

Blood Tests:

- **Hb A1c**
- **Fasting blood glucose**
- **Fasting insulin**
- **Triglycerides**
- **HDL**
- **TSH**
- **Vitamin D**
- **C Reactive Protein (HS CRP)**
- **Homocysteine**
- **Ferritin**

Post prandial blood tests (after 75 grams glucose challenge):

- **2 hr postprandial blood**
- **2 hr postprandial insulin**

Calculated:

- **Triglycerides to HDL Ratio –**
- **Homa-IR Calculations**
- **Hip to Waist Ratio or Waist to Height Ratio**

More advanced tests:

- **Kraft Test**
- **CAC - Coronary Calcification**
- **NMR**
- **Small LDL**
- **Full Thyroid panel**