



Ronda's Favorite Lab Markers

to Quickly and Efficiently Review Blood Tests

Ronda Nelson | www.rondanelson.com

General Wellness Markers

1. Glucose
2. HA1c
3. Total Protein
4. Calcium
5. Phosphorus
6. Calcium/Phosphorus Ratio (manually calculated)
7. Alkaline Phosphatase
8. Uric Acid
9. ALT
10. AST
11. Vitamin D
12. Homocysteine
13. HS-CRP

Lipid Markers

1. Cholesterol
2. Triglycerides
3. LDL
4. HDL

WBC Markers

1. Neutrophil %
2. Lymphocyte %
3. Eosinophil %

Thyroid Markers

1. TSH
2. T4
3. T3