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I am excited for the opportunity to work with your patient to address their metabolic health concerns. As we work together to create a personalized nutrition plan, it is helpful to have a baseline set of labs on which to base my recommendations. Please see below for the list of tests I have asked them to complete. I have included the rationale for each.

If you have any questions at all, please do not hesitate to reach out.

Sincerely,

A handwritten signature in black ink that reads "Tera M. Naset". The signature is written in a cursive, flowing style.

Tera Naset

Metabolic Checkup	
Lab	Key Indicators
Fasting Comprehensive Metabolic Panel (CMP)	Fasting glucose, to assess insulin resistance and diabetes risk/progression. ALT, to assess presence of fatty liver.
Fasting Serum Insulin	Used in combination with fasting glucose to calculate the HOMA-IR and identify insulin resistance.
Hemoglobin A1C	Used to assess insulin resistance and diabetes risk/progression.
Fasting Lipid Panel	Fasting triglycerides and HDL-C, to assess insulin resistance and cardiovascular disease risk.
Apolipoprotein B-100 (ApoB)	Used to assess LDL particle number and correlated heart disease risk.
Uric Acid	Used to identify metabolic syndrome, as it relates to fructose consumption/production.