



Recommended Blood Tests for Depression and/or Anxiety

- **High-sensitivity C-reactive protein (hsCRP)**
- **Vitamin D**
- **Thyroid Panel (including TSH, fT3, fT4, and Thyroid Antibodies)**
- **Vitamin B12**
- **Estrogen**
- **Testosterone - Free and Total**
- **Magnesium**
- **Homocysteine**
- **Zinc**
- **Celiac Disease Panel**
- **Food Allergy testing (IgE and IgG ELISA)**
- **Lyme Disease**
- **Fasting Glucose, Insulin and Hemoglobin A1C**
- **Toxic Mold Exposure**