

Optimal Fertility Labs

When it comes to feeling your best, “normal” is often not good enough.

That’s why when we look at your labs using OPTIMAL values.

**Cycle Day 3**

Estrogen

FSH

LH

AMH

DHEA-S

Testosterone (total and free)

SHBG

DHT

CBC

CMP

Ferritin

Iron panel

Full thyroid panel (TSH, fT3, Ft4, Thyroid antibodies)

MTHFR

Vit D

B12/folate

RBC Magnesium

Cortisol AM

HS-CRP

Cholesterol panel

ANA autoimmune

**7 Days Post Ovulation:**

Progesterone

**Other tests that may be indicated for you.**

Micronutrient Panel

GI Map- for any GI concerns

Saliva Adrenal profile

Autoimmune panel

Food sensitivity testing

Genetic testing

**For the male partner:**

Semen analysis

Serum labs for optimal health