



## A Smarter Approach to Your Metabolic Health

Traditional lab testing is designed to diagnose disease. Our approach goes a step further by focusing on early indicators of metabolic imbalance so we can guide you toward true optimization, not just “normal” results.

Our enhanced lab panel is designed specifically for patients on a GLP-1 journey, helping us better understand how your body is responding and where we can further support your progress.

## What We Evaluate

### Insulin Resistance

We assess the relationship between your glucose and insulin levels through fasting labs. This helps us identify early signs of insulin resistance—often before it appears on standard testing—and better tailor your treatment plan.

### Advanced Lipid Profiling

Beyond basic cholesterol levels, we evaluate detailed lipid markers, including ratios and lipoprotein particle size. This provides a more comprehensive view of cardiovascular and metabolic risk.

### Systemic Inflammation

We measure C-reactive protein (CRP), a key marker of inflammation in the body. Chronic inflammation can impact weight loss, energy levels, and overall health.

### Key Metabolic Nutrients

- Vitamin D: Supports insulin function, metabolism, and immune health
- Ferritin: Reflects iron stores and can also provide insight into inflammation and oxidative stress



## When Should You Test?

- At the start of your GLP-1 program to establish a baseline
- Every 6–12 months to monitor progress and optimize results
- Anytime during your journey to get a clear snapshot of your current metabolic health

## Why It Matters

Your GLP-1 program is about more than weight loss—it's about improving your overall metabolic health. This deeper level of testing allows us to personalize your care, identify opportunities for optimization, and support long-term success.

## Your Results

Your lab panel results are reviewed by our Signature Skinny Shot Medical Director, Dr. Jerry Haas, and you will receive a personalized report. A follow-up virtual appointment can be arranged with Dr. Haas by request.

## Set Up Your Labs

Ready to set up your labwork? Contact Lauren!

- email: [lauren@ljcsc.com](mailto:lauren@ljcsc.com)
- phone: (858) 452-1981
- text: (858) 203-2944

	Basic Metabolic Panel NP draw: included in enrollment Follow up draws: \$65	Enhanced Metabolic Panel NP draw upgrade: \$60 Follow up draws: \$140
Blood count & organ function: CBC, CMP	✓	✓
Blood sugar screening: A1C	✓	✓
Thyroid function: TSH	✓	✓
Fasting insulin: evaluates insulin resistance	✓	✓
Pancreatic enzyme: Lipase	✓	✓
Metabolic function		✓
Advanced cardiovascular risk		✓
Full cholesterol panel: Total, HDL, LDL, Triglycerides		✓
Advanced markers: ApoB, Lipoprotein (a)		✓
hs-CRP: inflammation		✓
Vitamin D		✓
Ferritin (iron stores)		✓