



Recommended Labs

It is strongly **recommended** that you complete the following lab work in collaboration with your Primary Care Provider (PCP). These labs help ensure the safest and most effective treatment plan, allowing your PCP to remain actively involved in your overall medical care. If needed, providers at Gloss can order labs for you.

Core Labs (Recommended for All Patients):

- **CBC** – Complete Blood Count
- **CMP** – Comprehensive Metabolic Panel
- **TSH, Free T3, Free T4** – Thyroid Function
- **HgA1c** – Hemoglobin A1c (Glucose Control)
- **Fasting Insulin** – Metabolic Health
- **Lipid Panel** – Cholesterol and Cardiovascular Risk

Additional Labs (If Clinically Indicated):

If History of Bariatric Surgery or Nutrient Malabsorption:

- Vitamin B12, Vitamin D, Folate, & Ferritin

If High Cardiovascular Risk or History of ASCVD:

- CRP (High-Sensitivity C-Reactive Protein)

Follow-Up Monitoring Schedule

- Recheck labs **4 months after treatment initiation**
- Continue lab monitoring **every 6 months** thereafter