



TOP 10 BLOOD TESTS

For veg*ans

1 CBC

The Complete Blood Count with Differential and Platelets provides important information about your general metabolism. It is done to check for anemia, immune deficiency, infection or allergies. Low numbers of healthy red blood cells, hemoglobin and hematocrit are signs of anemia.

2 CMP

The Comprehensive Metabolic Panel includes 14 different analyzes that provides information about your kidneys, liver, and electrolyte and acid/base balance, as well as of your blood sugar (glucose) and blood proteins (total protein, albumin) and calcium.

3 LIPID PROFILE

This group of tests measures your blood lipids (total cholesterol, LDL, HDL, and triglycerides) to determine the risk of coronary heart disease. Vegetarians typically have normal lipid profiles, but vegans may have low cholesterol levels. Cholesterol is necessary to produce hormones, such as estrogen and testosterone, and cell membranes and it is transported in the blood.

4 IRON

You can have sufficient iron levels on a strict vegan diet if you eat quantities of iron-containing vegetables and fruits, such as spinach and raisins. However, raw vegans, depending on their type of diet, have shown to have low levels of red blood cells and iron deficiency.

5 FERRITIN

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6 FOLATE

The folate analysis, also called folate and vitamin B9, simply gives an idea of the folate level—rarely low in a plant-based diet. However, higher than normal levels combined with low levels of B12, magnifies the B complex of vitamins deficiency in the body. The amount of folate inside the red blood cell (folate, RBC) may also be measured and is normally higher inside the cell than in the serum.

7 B12

B12 and folate are both necessary for the formation of red blood cells, tissue and cell repair, DNA synthesis and nerve health. A deficiency of B12 or folate causes macrocytic anemia. Also called megaloblastic anemia, this type of anemia is characterized by the decrease, but also the enlargement of red blood cells produced, called macrocytes, resulting in fatigue, weakness and other symptoms of anemia.

8 MMA

Methylalonic acid is a compound found in the blood or urine and is connected to homocysteine. Together, they help diagnose a low or early detection of B12 deficiency, especially if both are elevated. This would mean that there is little B12 available at the tissue level. If only homocysteine is elevated, then folic acid may be low or not metabolized well.

9 HOMOCYSTEINE

An elevated homocysteine level helps determine B12 or folate deficiency. Elevated levels of homocysteine (above 10 micromoles/liter) are associated with atherosclerosis (hardening and narrowing of the arteries) and suggest an increased risk of heart attacks, strokes, blood clot formation, and Alzheimer's disease.

10 VITAMIN D 25 HYDROXY

This analysis determines the vitamin D3 status. It indicates if you have a fragility or a bone malformation, or an abnormal calcium metabolism. Since vitamin D is a fat-soluble vitamin and absorbed from the intestine like dietary fat, low-fat diets are prone to vitamin D deficiency.