



Functional Nutrition Evaluation ABCD Order Form

Patient Name _____ DOB _____ Date _____

ANTHROPOMETRICS: Body Composition, Vital Signs, and Functional Tests Requested

Weight in lb/kg: Current _____ Gain of _____ Loss of _____ in past _____ months

Body Composition Evaluation

(all or individually requested)

- BMI – Weight, Height, & Body Mass Index
- WC – Waist Circumference
- WHtR – Waist to Height Ratio
- WHR – Waist to Hip Ratio
- BIA – Bioelectrical Impedance Analysis
- BMR – Basal Metabolic Rate (calculated)

Vital Signs

(all or individually requested)

- Temperature
- Left/Right Pulse
- BP Left and Right Arm
- Respiratory Rate

Other

Functional Tests

(all or individually requested)

- O₂Sat – Oxygen Saturation (Pulse Oximetry)
- PEFR – Peak Expiratory Flow Rate
- HRV – Heart Rate Variability

BIOMARKERS: Laboratory Tests Requested

Circle appropriate tests

Protein

Albumin, Globulin, Total Protein ■ Carnitine, Plasma Amino Acids, Prealbumin-Transferrin ■ Methylhistadine, Fibronectin, Serum Proteins Electrophoresis, Somatomedin C, Transferrin, Urinary Amino Acids

Fats

ApoA1, ApoB, ApoB/A1 Ratio ■ Lipid Panel and Ratios (TC, LDL, HDL, TG), Lipid Particle Number, Size, Subfractions, TG/HDL Ratio ■ Omega 3 Index, Oxidized LDL, Plasma EFA panel, RBC EFA Panel

Carbohydrates

Fasting Blood Glucose, Fasting Insulin, GGT, HgA1c, HOMA-IR Score, Uric Acid ■ Adiponectin, Fructosamine ■ ½ hr gtt for glucose and insulin, 1 and 2 hr gtt for glucose and insulin

Minerals

Calcium: Ionized Ca²⁺, Serum Ca²⁺ ■ 1,25 OH₂ D₃, 25 OH₂ D₃, Bone Resorption Markers (24 Hour Urine Ca²⁺, 24 Hour Urine Protein, N-Telopeptide,

Pyridinium Crosslinks, Deoxyypyridinoline, ...), PTH, Urinary Ca²⁺

Copper: Ceruloplasmin, Serum Copper ■ RBC Copper

Iodine: Spot First Morning Urine Iodine, 24 Hour Urine Iodine

Iron: CBC (Hgb, Hct, MCV, MCH), Ferritin, HFE Gene Panel, Serum Iron, TIBC, Transferrin

Magnesium: RBC Mg²⁺, Serum Mg²⁺ ■ 24 hour Urinary Mg²⁺ Buccal Cell Mg²⁺ Ionized Mg²⁺ by NMR ■ Mg²⁺ Load

Phosphorus: Serum Phosphorus

Selenium: Serum Selenium ■ RBC Selenium ■ Glutathione Peroxidase

Zinc: Plasma Zn²⁺ ■ 24 Hour Urinary Zn²⁺, RBC Zn²⁺ ■ Serum Metallothionein

Vitamins

Vitamin A: Serum Beta Carotene, Serum Retinol ■ Retinol Binding Protein

Vitamin D: 25 OH₂ D₃ ■ 1,25 OH₂ D₃ ■ Ionized Ca²⁺, PTH, VDR Gene Panel (Bsm1, Fok1, Taq1)

Vitamin E: Alpha Tocopherol, Gamma Tocopherol, Serum Vitamin E

Vitamin K: PT, PTT ■ Serum Phylloquinone (K1), Under-carboxylated Osteocalcin

Vitamin B1 (Thiamine):

Plasma Thiamine ■ RBC Transketolase Index ■ Plasma Isoleucine, Urine Isocaproate, Urine Isovalerate, Urine Methylvalerate

Vitamin B2 (Riboflavin):

Plasma Riboflavin ■ Urine Ethylmalonate, Urine Methylsuccinate

Vitamin B3 (Niacin):

N-Methylnicotinamide, Urine Lactate, Urine Pyruvate

Vitamin B6 (Pyridoxine):

Homocysteine, Plasma P5P ■ Urine Kynurenate, Urine Xanthurenate ■ CBS SNPs, Methionine Load Test, Tryptophan Load Test

Vitamin B7 (Biotin): Urine Alpha and Beta Hydroxyisovalerate

Vitamin B9 (Folate):

Homocysteine, MCV, Serum Folate ■ RBC Folate, Urine FIGLU ■ COMT SNPs, MTHFR (677, 1298,...) SNPs, Unmetabolized Folic Acid

Vitamin B12 (Cobalamin):

Homocysteine, MCH, MCV, MMA, Serum B12 ■ MTR SNPs, MTRR SNPs

Vitamin C (Ascorbic Acid): Serum Vitamin C, WBC Vitamin C

Phytonutrients

8-OHdG, Lipid Peroxides, Oxidized LDL, Total Antioxidant Capacity ■ RBC Glutathione, Serum CoQ10

Foundational Testing

CBC w/diff, CMP

Other Functional Testing

Autoimmune Panel, Celiac Genetic Testing, Celiac Serology, Heavy Metal Assessment, IgE Food/Environment, IgG/IgG4 Food Sensitivity, Intestinal Permeability, Organic Acid Testing, Sex Hormone Testing, Stool Testing for Infection and Absorption, Hydrogen Breath Test, Thyroid Panel with Auto-antibodies, Urinary Dysbiosis Markers

Other _____

■ Designates separation of first, second, and third tier testing.

CLINICAL INDICATORS: Nutrition-oriented Physical Exam Requested

- Nutrition-oriented Physical Exam**
(all or individually requested)
 - Head:**
 - Hair Distribution
 - Scalp
 - Face
 - Eyes
 - Eyelids
 - Conjunctiva
 - Lens
 - Iris
 - Pupils
 - Ears
 - Nose
 - Sinuses
 - Mouth
 - TMJ
 - Lips
 - Soft/Hard Palate
 - Tongue
 - Coating
 - Taste Bud Distribution
 - Gums
 - Mucosa
 - Teeth
 - Swallow
 - Breath Odor
 - Neck:**
 - Lymph Nodes
 - Thyroid
 - Chest:**
 - Cardiopulmonary
 - Abdomen**
 - Musculoskeletal:**
 - Musculature
 - Skeleton/Joints
 - Upper Extremity
 - Hands
 - Lower Extremity
 - Feet
 - Skin:**
 - Temperature
 - Color
 - Hydration
 - Lesions
 - Bruising
 - Edema
 - Hair Asymmetry
 - Nails:**
 - Fingernails
 - Toenails
 - Neuro:**
 - Cranial Nerves
 - Vision/
Color Vision
 - Visual Contrast
 - Smell Test
 - Strength
 - Grip Strength
 - Get Up and Go
 - Reflexes
 - Sensation
 - Vibratory Sense
 - Monofilament
 - Position Sense
 - Hot/Cold
 - Balance
 - Gait**
- Comments** _____

DIET, NUTRITION, AND LIFESTYLE: Requested

- Diet, Nutrition, Lifestyle Journal** 1 3 7 day
- Sleep and Relaxation Assessment:** _____
- Exercise Clearance** **Exercise Prescription** **Other** _____
- Stress Assessment:** _____
- Relationship Assessment:** _____
- Other:** _____

Insurance Relevant Information:

Working Diagnosis _____
ICD 9/10 codes _____

Signature _____ Date _____

