

## Blood Tests for Him

### *Hormones*

Testosterone  
SHBG  
Free androgen index  
Oestradiol  
Prolactin\*

### *Infection & Inflammation Markers*

CRP C-Reactive Protein  
PSA  
White Blood Cells  
Liver Enzymes  
Kidney Function

### *Thyroid Markers*

TSH  
Free T4

### *Nutrients*

B12  
Folate  
Iron  
Ferritin  
Vitamin D – if possible

### *Glucose Markers*

Fasting Glucose\*  
HbA1c

### *Cholesterol\**

- Triglycerides
- HDL
- LDL

### *Best Time to Check*

These bloods can all be checked at the one appointment. The markers with an asterisk beside them need to be checked in a fasted state so a morning appointment will be best suited.