



# 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

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### Functional Tests

(all or individually requested)

- O<sub>2</sub>Sat – 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–Transthyretin ■ 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 Ca<sup>2+</sup>, Serum Ca<sup>2+</sup> ■ 1,25 OH<sub>2</sub> D<sub>3</sub>, 25 OH<sub>2</sub> D<sub>3</sub>, Bone Resorption Markers (24 Hour Urine Ca<sup>2+</sup>, 24 Hour Urine Protein, N-Telopeptide,

Pyridinium Crosslinks, Deoxyypyridinoline, ...), PTH, Urinary Ca<sup>2+</sup>

**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 Mg<sup>2+</sup>, Serum Mg<sup>2+</sup> ■ 24 hour Urinary Mg<sup>2+</sup> Buccal Cell Mg<sup>2+</sup> Ionized Mg<sup>2+</sup> by NMR ■ Mg<sup>2+</sup> Load

**Phosphorus:** Serum Phosphorus

**Selenium:** Serum Selenium ■ RBC Selenium ■ Glutathione Peroxidase

**Zinc:** Plasma Zn<sup>2+</sup> ■ 24 Hour Urinary Zn<sup>2+</sup>, RBC Zn<sup>2+</sup> ■ Serum Metallothionein

### Vitamins

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

**Vitamin D:** 25 OH<sub>2</sub> D<sub>3</sub> ■ 1,25 OH<sub>2</sub> D<sub>3</sub> ■ Ionized Ca<sup>2+</sup>, 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** \_\_\_\_\_

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■ 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 \_\_\_\_\_

