

## DOCUMENTATION AND ASSESSMENTS

- MoCA Score
- Neuropsych testing (include CVLT, Trails B); if on-line evaluation is preferred, utilize included CNS Vital Signs assessment that is part of the NeuroQ assessment. Evaluations of memory, executive function, and overall percentile for age are needed.
- AQ-21 Assessment

## LABS - INCLUDED

- ApoE4 status; whole exome, exome chip, or genome.
- Homocysteine
- Hemoglobin A1c, Fasting Insulin
- Lipid Panel: Total Cholesterol, HDL, Triglycerides, LDL-Cholesterol (calculated), Cholesterol/HDL Ratio (calculated), Non-HDL Cholesterol (calculated)
- Complete Metabolic Panel: Albumin, A/G Ratio, ALT, AST, BUN/Creatinine Ratio, Calcium, Creatinine, Globulin, Glucose, Potassium
- Complete Blood Count: White Blood Cell and Platelet
- Hs-CRP (high sensitivity C-reactive protein)
- Hormone status: TSH
- Vitamin D
- Ferritin

## OPTIONAL DOCUMENTATION AND ASSESSMENTS

- MRI for hippocampal volume and cerebral atrophy (use Neuroreader or Neuroquant)
- PiB scan (or other amyloid imaging, such as Amyvid)
- Exclude sleep apnea
- FDG PET
- SPECT scan
- EEG assessment of cholinergic function
- Neurovision (retinal imaging for plaques) or NeuroTrack (eye movement test, via Internet or special equipment, indicative of MTL degeneration)
- Neural exosomes (cathepsin D, Abeta42, p-tau 181, IRS1-pY, IRS1-pS/T ratio)

*Follow-up tests can be ordered if any of the above show abnormal values, in order to determine the underlying cause(s).*

## OPTIONAL LABS

Optional labs are only available through a trained ReCODE Practitioner. These tests can be ordered by your physician.

- Glutathione
- HLA-DR/DQ to identify toxin-sensitive haplotypes (LabCorp Code 167120)
- Heavy Metals: Cd
- VEGF, VIP, ADH
- Hormone status: Estradiol, DHEA-S, Total Testosterone, Free T3, Reverse T3, Free T4, Pregnenolone, Free Testosterone, Progesterone, Cortisol
- Vitamin B6, Vitamin C
- Vitamin B12, Folate
- Vitamin E (Vitamin A, E, b-carotenoid Panel)
- Heavy Metals Panel: (Hg, Pb, As)
- Serum Zinc and Serum Copper (Total)
- RBC Mg
- MMP9
- TNF-alpha, IL-6
- C4a (Quest Labs or Bioref—both do via National Jewish Hospital in Colo., which is most accurate); MSH
- Iron
- Lyme test (Western blot or similar)
- Serum Iodine
- Cyrex Array 2 (indicates GI leak), 3 (gluten sensitivity), 20 (blood-brain barrier) tests. Can do antibodies to LPS for GI leak test.
- Standard urinalysis
- Food sensitivity testing if Cyrex Array 2 is abnormal
- Omega-6:Omega-3 Ratio
- Antibodies to HSV-1
- TGF-beta1
- Ceruloplasmin
- Penicillium Notatum
- Penicillium Glabrum

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