

Recommended labs for Gluten Intolerance & Celiac Disease:

- Celiac Antibody Panel (*Ideally Array 3 from Cyrex Labs)
- DNA testing for HLA DQ2 (alpha and beta subunits) and DQ8
- CBC – Complete Blood Count
- CMP - Complete Metabolic Panel
- Vitamin D3 Level
- B12 and B6 Levels
- Magnesium Level - RBC, not serum level
- Zinc level
- Fecal Fat Score
- Folate level (B9)
- Ferritin Level
- Thyroid Panel
- Bone Density Test
- A Breath test for bacterial overgrowth – SIBO
- Lipid Panel
- ANA -- Anti-Nucleotide Antibody test, qualitative
- ESR and/or CRP

This is a fairly comprehensive list, but each person needs to be evaluated by their primary healthcare provider to establish which tests are necessary. The highlighted lab tests above are the most important baseline tests if you are just diagnosed with celiac disease or gluten intolerance. There are other tests that can also be added, again, based on individual evaluation by your primary care physician. I do not recommend that people get any food allergy or food sensitivity testing until they have been on a gluten free diet for at least 6 months to a year.

For help interpreting your lab results, or for any other questions, please contact me:

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