



Recommended Labs for Celiac Disease and NCGS

- Celiac Antibody Panel (including an AGA) **with a Total IgA and IgG**
- Gluten Stool Analysis from Enterolab **with a Total IgA and IgG**
- *Ideally Array 3x from Cyrex Labs **with a Total IgA and IgG or SIgA**
- 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
- Iodine level
- Fecal Fat Score: Enterolab recommended for this test
- Folate level (B9)
- Ferritin Level
- Thyroid Panel
- Bone Density Test
- A Breath test for bacterial overgrowth – SIBO
- Lipid Panel
- ANA -- Anti-Nucleotide Antibody test
- ESR and/or CRP
- Stool Analysis
- MTHFR

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 provider. 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.

Nadine Grzeskowiak, RN BSN CEN
Nadine@GlutenFreeRN.com
541-602-1065