

Dear Kathy,

Please find a list below of key hormones, vitamins, minerals including a full blood count that would provide a thorough picture enabling me to support your health comprehensively prior to your IVF commencing.

- **Full Blood Count (FBC)**
- **Full Hormone Panel for Fertility status:**
 - Follicle-Stimulating Hormone (FSH)
 - Luteinizing Hormone (LH)
 - Oestradiol (E2)
 - Progesterone
 - Anti-Müllerian Hormone (AMH)
 - Prolactin
 - Testosterone (Total and Free)
 - DHEA-S (Dehydroepiandrosterone Sulfate)
 - Androstenedione
- **Thyroid Panel:**
 - Thyroid-Stimulating Hormone (TSH)
 - Free Triiodothyronine (Free T3)
 - Free Thyroxine (Free T4)
- **Key Vitamins and Minerals for Fertility:**
 - Iron (and Ferritin)
 - Vitamin D
 - Vitamin B12
 - Folate (Folic Acid)
 - Zinc
 - Iodine
 - Magnesium
 - Selenium

I understand the extensiveness of this list, these health checks would be of great assistance to determine any nutritional deficiencies and hormonal irregularities that we may need to consider at this time.

Sincerely,

Nikkola Berrington

nikkjb@icloud.com