



Iron, B12 & Fatigue Lab Conversation Card™

Organize your symptoms and questions when low energy needs a closer look.

Markers You May Hear About



CBC



Ferritin



Iron Studies



Vitamin B12



Related Markers

The most useful tests depend on your symptoms, history, diet, medications and previous results.

1 Describe the Fatigue



- ☐ When did it begin or become worse?
- ☐ Is it constant or does it follow a pattern?
- ☐ Does rest improve it?
- ☐ What other symptoms occur with it?

2 Understand What Was Tested



- ☐ Which iron and B12 markers were included?
- ☐ What does each result help you assess?
- ☐ How do they compare with my previous results?
- ☐ Would another marker add useful information?

3 Add Helpful Context



- ☐ Could bleeding or digestive symptoms matter?
- ☐ Do my eating pattern or medications affect the picture?
- ☐ Could menopause, sleep or thyroid health overlap?
- ☐ Do any supplements affect the results?

4 Clarify the Plan



- ☐ Does anything need to be repeated or monitored?
- ☐ When should it be checked again?
- ☐ What symptoms should prompt me to call?
- ☐ How will we know whether the plan is helping?

My Symptoms & Questions

- ☐ Low energy or weakness
- ☐ Dizziness or shortness of breath
- ☐ Brain fog or poor focus
- ☐ Numbness or tingling
- ☐ Hair, skin or nail changes
- ☐ Heart racing or headaches

What I most want to ask: _____

Gentle Reminder

Fatigue can have many causes. Lab results should be interpreted alongside your symptoms, history and overall health.

Martine's Midlife Wellness Tip

Bring your medication and supplement list.
Iron and B12 products can affect both symptoms and test results.