



# ACTIVITY DESCRIPTION FORM (ADF)

Accreditation Council for Pharmacy Education

135 S. LaSalle Street, Suite 4100 Chicago, IL 60603-4810

Phone (312) 664-3575 Fax (312) 664-7008 <http://www.acpe-accredit.org>

**UNIVERSAL ACTIVITY NUMBER (UAN):** 0864-9999-25-053-H01-P

**Provider Name:** CPE Consultants, LLC

**Cancel**

**Cosponsor(s):** 9999 Joint Providership (H)

**Activity Type:** Knowledge

**Activity Title:** Core Concepts in Functional Medicine Lab Testing: Building a Strong Foundation

**Learning Objectives:**

(Pharmacists)

At the completion of this activity, the participant will be able to:

- Discuss patient profiles where functional nutrition testing would be beneficial.
- Identify key biomarkers for nutrient deficiencies using organic acids and other functional tests.
- Compare and contrast the various testing methodologies for assessing nutrient status.
- Analyze the role of mitochondrial function in overall health and how to assess it.
- Apply testing data to create personalized nutrition plans for patients.
- Recognize the biomarkers used in evaluating cardiovascular risk and insulin resistance.
- Discuss laboratory work-up for conditions such as metabolic associated fatty liver, PCOS, thyroid, and cardiovascular health.
- Interpret lab results to assess risk for cardiovascular disease and metabolic dysfunction.
- Recommend targeted interventions based on test results to mitigate cardiovascular and metabolic risks.
- Differentiate between various gastrointestinal testing methods, including PCR, culture, and microbial DNA sequencing.
- Discuss other methods of assessing the microbiome, such as breathing testing for Small Intestinal Bacterial Overgrowth, metabolomics, and digestive health markers.
- Evaluate the clinical significance of comprehensive stool testing results.
- Interpret data from stool tests to understand the health of the gut microbiome.
- Formulate treatment plans based on stool test findings to address GI dysfunction.
- Discuss profiles of patients where hormone testing would be indicated.
- Compare the advantages and limitations of blood, urine, and saliva testing for hormones.
- Examine the clinical relevance of cortisol testing in functional medicine.
- Discuss salivary cortisol testing and testing of urinary cortisol metabolites.
- Review hormone test results to understand the hormonal balance and dysfunction in a patient's case.
- Discuss resources to develop hormone-balancing protocols based on test data.
- Evaluate comprehensive functional medicine workups through real patient case examples.
- Apply interpretation of lab results (nutrient, cardiometabolic, gastrointestinal, and hormone testing) to complex cases.
- Develop personalized, evidence-based treatment plans for patients using functional lab data.
- Discuss challenges and solutions in implementing functional medicine lab testing in clinical practice.

**Activity Length:** 7 **Contact Hours**

**Target Audience:** Pharmacists

**Home Study Format(s):** Web-based

**Keyword(s):** Laboratory

**Initial Release Date:** 07/16/2025

**Planned Expiration Date:** 07/16/2028

**Originally Submitted By:** Cheryl Reese

**Submission Date:** 07/16/2025

**Last Modified By:** Cheryl Reese

**Modification Date:** 07/16/2025



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**Board Specific Content:** Education and Instruction