

At-Home Functional Medicine Lab Testing

Lab Test	Description/who should take this?	Cost (with consult)	Type of Test
Complete Food Sensitivity Test	Assess the more hidden delayed response to 94 common food reactions that often don't occur for 24-72 hours after eating one of your reactive trigger foods. Do you suffer from: itchy skin, headaches, joint pain, skin rash, low mood, irritability, brain fog, inflammation?	\$325	Finger Prick
Organic Acids test (aka Complete Candida, Metabolic & Vitamins)	This will test for Intestinal yeast and bacteria to uncover the root cause of why you're not feeling well, including gut issues. Also, tests for vitamin and mineral levels, oxidative stress, neurotransmitter levels and oxalates, which are highly correlated with many chronic illnesses.	\$430	Urine
Complete Minerals & Metals Test	Anyone who is stressed, tired, anxious, and overwhelmed . Test can uncover how the nervous system is handling stress, what stage of adrenal dysfunction you may be in, mineral reserves & higher levels of toxic heavy metals.	\$200	Hair Sample

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Complete stress (hormones), mood & metabolism test*	Lower mood, metabolism or mojo? Trouble losing weight? This will test thyroid, adrenal output, and hormones. Includes Estradiol, Progesterone, Testosterone, DHEA and Cortisol(x4) as well as thyroid, vit. D, insulin and HbA1c.	\$450+	Saliva &/or finger prick
Omega-3 & Inflammation Test	Measures your levels of inflammation based on a ratio of Omega 6 to Omega 3 fats, which is often a much better indicator of overall cardiovascular health.	\$200	Finger prick

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Complete Gut Bacteria & Parasite Test	If you have digestive issues, you owe it to yourself to figure out once and for all what is going on inside your gut. This test will help pinpoint the causes of gastrointestinal symptoms and other chronic conditions by measuring key markers of digestion, absorption and inflammation.	\$550	Stool Sample
Big 5 Labs Bundle includes the following tests: the HTMA, OAT, Omega-3, Food Sensitivity, Thyroid + Adrenal + Hormone, plus a 60-minute call to review your results +tailored protocols	See above descriptions for each test.	\$1,299 (20% discount)	See above descriptions for each test.

Don't Guess, test!

- The best way to determine your personalized wellness plan is to have a baseline for certain key markers based on your current symptoms and health goals. Without numbers, we can only make assumptions based on how you feel, which may or may not be accurate.
- How would it feel to finally get to the root cause of your underlying health conditions and start to feel alive again?
- These functional medicine lab tests are often not easily available at most conventional doctor's offices. They can be done in the privacy of your own home and easily mailed back to the lab.
- Bundled pricing is available for 2 or more tests.
- Pricing includes a 30-minute consultation to review and discuss your results. Client is provided recommended protocol(s) and a summary email post consult.

* Pricing will vary depending on exact lab tests that you determine you need/desire. Optional add ons include: vit. D, insulin and HbA1c.