

Advanced Diagnostic Testing

Comprehensive diagnostic options to support personalized, evidence-based care

Follow-up office visit with medical provider to interrupt results: Insurance: Will be filed | Self Pay: \$150 will be collected when testing kit is ordered. Please note: the cost of the testing kit cannot be filed with insurance.

BRAIN & MEMORY HEALTH		Memory · Alzheimer's · Cognitive Decline
TEST	WHAT IT DOES & WHO IT'S FOR	SAMPLE & RESULTS
Alzheimer's Assessment	- Can spot early warning signs of Alzheimer's disease - Recommended for adults 45 and older who have noticed memory or thinking changes - Helps your doctor rule out other causes of memory loss and plan next steps	Prep: Fasting required Sample: Blood Collection: In-Office Results: 2 weeks

HORMONAL & ADRENAL HEALTH		Stress · Cortisol · Energy · Hormones
TEST	WHAT IT DOES & WHO IT'S FOR	SAMPLE & RESULTS
Essential Estrogens	- Shows how your body is breaking down and using estrogen - Helpful for women going through menopause or on hormone therapy - Also useful for men on testosterone therapy - Helps lower risk and guide your hormone treatment plan	Prep: None Sample: First - Morning Urine Collection: Home Results: 2 weeks
Adrenal Stress Profile	- Checks your stress hormones (cortisol & DHEA) four times throughout the day - Good for people who feel worn out, can't sleep, gain weight easily, or feel anxious - Helps find out if stress is affecting your heart, blood sugar, or mood	Sample: Saliva Collection: Home Results: 2 weeks *Must be shipped within 24 hrs of collection

METHYLATION & GENETIC PATHWAYS		Mood · Detox · Energy · Brain Health
TEST	WHAT IT DOES & WHO IT'S FOR	SAMPLE & RESULTS
Methylation Panel	- Looks at a key process in your body that controls mood, energy, and how you remove toxins - Helpful if you struggle with mood swings, low energy, heart health concerns, or memory issues - Results help your doctor choose the right vitamins and supplements just for you	Sample: Blood + Cheek Swab Prep: Fasting required Collection: In-Office Results: 2 weeks

MICRONUTRIENT & METOBOLIC TESTING		Vitamins · Minerals · Energy · Immune Health
TEST	WHAT IT DOES & WHO IT'S FOR	SAMPLE & RESULTS
Micronutrient Testing	- Checks whether your body is getting and using the vitamins and minerals it needs - Great for people who feel tired a lot, get sick often, or have trouble losing weight - Looks inside your cells, not just your blood, for a more complete picture - Helps your doctor know exactly which nutrients would be beneficial to add to your supplement regimen	Prep: Fasting required Sample: Blood Collection: In-Office Results: 3 weeks *May be required to discontinue certain medication & supplements 4 weeks prior to testing

FOOD SENSITIVITY & ALLERGY TESTING		Allergies · Sensitivities · Gut · Inflammation
TEST	WHAT IT DOES & WHO IT'S FOR	SAMPLE & RESULTS
Food Sensitivity	IgE — Fast Reaction - Finds foods that cause quick reactions like hives, swelling, or trouble breathing - Reactions usually show up within minutes to a couple of hours after eating - Checks for reactions to molds and things in the air like pollen - Good for anyone with known or suspected food allergies IgG — Slow Reaction - Finds foods that cause slow reactions, symptoms may show up hours or even days later - Linked to bloating, headaches, skin rashes, joint pain, and feeling tired all the time - Eat a wide variety of foods for 2–3 weeks before the test for best results	Sample: Blood Collection: In-Office Results: 2 weeks

GUT & DIGESTIVE HEALTH		Gut Bacteria · Digestion · Bloating · Inflammation
TEST	WHAT IT DOES & WHO IT'S FOR	SAMPLE & RESULTS
GI Effects Comprehensive Profile	- A detailed stool test that shows how well your gut is working - Checks for harmful bacteria, parasites, yeast, and signs of gut inflammation - Great for people with bloating, constipation, diarrhea, or stomach pain - Results help your doctor build a plan to heal and rebalance your gut	Sample: Stool Collection: Home Results: 2 weeks *May be required to discontinue certain medication & supplements 4 weeks prior to testing