

**Lab Menu - Includes Patient Discount Prices - Updated 1-2019**

| TEST   | PRICE  | WHAT DOES THIS LAB TEST?   | WHY DO I ORDER THIS LAB?   |
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| <p><a href="#">Functional Medicine Blood Labs</a> - blood draw at Labcorp or Quest</p>             | <p>Insurance except Medicare or Tricare, or discount cash prices</p> | <p>These are <a href="#">Labcorp</a> or <a href="#">Quest</a> blood panels that go beyond what your primary care provider orders - to look for disease trends, using functional ranges. <a href="#">Read more here.</a></p>  | <ul style="list-style-type: none"> <li>• Annual CBC, metabolic profile, cholesterol screens</li> <li>• Nutrients: Vitamins D, B12, folate, iron, ferritin, anemia</li> <li>• Advanced cholesterol cardiovascular disease risks</li> <li>• Screen for blood sugar and insulin issues</li> <li>• Liver function</li> <li>• Sex hormone and thyroid testing</li> <li>• Autoimmune markers, antibodies</li> <li>• Suspected active Epstein Barr virus</li> <li>• Chronic inflammatory response syndrome (CIRS) markers</li> <li>• And more..... Depends on individual</li> </ul> |
| <p><a href="#">Dutch Adrenal</a><br/>4-5 urine dips collected at home over 24 hours.</p>           | <p>\$260<br/>\$210 for patients</p>                                  | <p><a href="#">Precision Analytical</a>: Tests cortisol and cortisone and DHEA-S metabolites, and cortisol/cortisol rhythm. <a href="#">Read more here.</a></p>  | <ul style="list-style-type: none"> <li>• When you score positive on adrenal stress quiz</li> <li>• Find out if you have adrenal fatigue or HPA-D</li> <li>• Check if sleep issues, resistant weight loss, fatigue, or anxiety are cortisol-related issues</li> </ul>   |
| <p><a href="#">Dutch Complete Hormone</a><br/>4-5 urine dips with blotter paper over 24 hours.</p> | <p>\$360<br/>\$310 for patients</p>                                  | <p><a href="#">Precision Analytical</a>: All that's included on Dutch Adrenal above, plus sex hormones (progesterone, estrogen, testosterone) and sex hormone metabolism, melatonin, B vitamins, oxidative stress, glutathione, neurotransmitters. <a href="#">Read more here.</a></p> | <p><b>All of the above, plus:</b></p> <ul style="list-style-type: none"> <li>• Sex hormone imbalance (PCOS, no periods, premature ovarian failure, fertility, perimenopause)</li> <li>• Estrogen dominance (estrogen dominance, PMS, fibroids)</li> <li>• Melatonin status</li> <li>• B12 and folate status</li> <li>• Glutathione/detox status</li> <li>• Asses neurotransmitters serotonin, dopamine, adrenalin, noradrenalin</li> <li>• Check oxidative stress</li> </ul>   |

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| <p><b><a href="#">GI-MAP (GI Microbial Assay Plus)</a></b><br/>A single small stool sample collected at home.</p> | <p>\$387<br/><br/>\$337 for patients or \$179 with a PPO insurance plan</p> | <p><b><a href="#">Diagnostic Solutions</a></b><br/>Comprehensive digestive function including enzyme production, fat breakdown, intestinal inflammation and immune markers, plus comprehensive PCR genetic testing of microbes including bacteria, amoebae, yeast, worms, and viruses. <a href="#">Read more here.</a></p> | <ul style="list-style-type: none"> <li>• Any GI symptoms</li> <li>• Annual for ANY autoimmune disease, and especially colitis and Crohn's</li> <li>• Osteoarthritis</li> <li>• Metabolic syndromes: PCOS, prediabetes, diabetes, insulin resistance, waist circumference larger than hips</li> <li>• Aches and pains, unexplained, including fibromyalgia</li> <li>• Female hormone imbalance (PMS, estrogen dominance, excessive perimenopause symptoms)</li> </ul>   |
| <p><b>GI Pathogens only Profile</b><br/>A single small stool sample collected at home.</p>                        | <p>\$249 for patients</p>   | <p><b><a href="#">Diagnostic Solutions</a></b><br/>Same as above, but just the microbial part.</p>   | <p>Retest if the first test showed dysbiosis, to see how treatment is working - FOR PATIENTS ONLY</p>  |
| <p><b><a href="#">Organix #3301</a></b><br/>First morning urine sample collected at home.</p>                     | <p>\$379<br/><br/>\$329 for patients</p>                                    | <p><b><a href="#">Genova:</a></b> Mitochondria &amp; detox function, neurotransmitters, B vitamins, dysbiosis markers. <a href="#">Read more here.</a></p>   | <p><b>ANY OF THESE:</b></p> <ol style="list-style-type: none"> <li>1. Unexplained fatigue</li> <li>2. Check ability to burn carbs and fat efficiently</li> <li>3. Hypothyroid, on medication but symptomatic</li> <li>4. Weight loss resistance</li> <li>5. Signs of toxicity, or that liver has poor detox function, glutathione needs</li> <li>6. Imbalances in serotonin, dopamine</li> <li>7. Check first responder stress hormones (adrenalin, noradrenalin)</li> <li>8. Check if mitochondria need support from specific nutrients, or are damaged and need rebuilding</li> <li>9. Screen for gut dysbiosis and need for further gut testing</li> <li>10. Signs of oxidative stress</li> </ol> |
| <p><b>Organix #3302</b> (without dysbiosis markers)<br/>First morning urine sample.</p>                           | <p>\$249 for patients</p>   | <p><b><a href="#">Genova:</a></b> Same as above but no dysbiosis markers.</p>  | <p>All of the above except #9. FOR PATIENTS ONLY</p>   |

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| <p><b><a href="#">SIBO #900-C</a></b><br/> 135-minute Lactulose challenge with 10 samples of breath collected at home.</p>                 | <p>\$259<br/> \$209 for patients</p> | <p><a href="#">Biohealth</a> Small Intestinal Bacterial Overgrowth, a highly sensitive test. <a href="#">Read more here.</a></p>                                   | <p><b>ANY OF THESE, ESPECIALLY MORE THAN 1:</b></p> <ol style="list-style-type: none"> <li>1. GI issues like bloating, trouble with fiber, trouble with FODMAP foods, smelly gas, belching, food sits undigested, chronic constipation or sluggish bowels, chronic diarrhea</li> <li>2. Acne, rosacea, autoimmune, fibromyalgia, interstitial cystitis, vulvodynia, histamine reactions</li> </ol> |
| <p><b><a href="#">SIBO #901-C</a></b><br/> 135-minute Glucose challenge with 10 samples of breath collected at home.</p>                   | <p>\$259<br/> \$209 for patients</p> | <p><a href="#">Biohealth</a> Small Intestinal Bacterial Overgrowth, a highly specific test <a href="#">Read more here.</a> .</p>                                   | <p>Same as above</p>   |
| <p><b>SIBO #910</b><br/> 135-minute Glucose/Lactulose Combo with 10 samples of breath collected at home.</p>                               | <p>\$339<br/> \$289 for patients</p> | <p><a href="#">Biohealth</a> Small Intestinal Bacterial Overgrowth, a two-day most accurate test for SIBO. <a href="#">Read more</a> about this combined test.</p> | <p>To get the MOST ACCURATE diagnosis of SIBO. Same as above.</p>  |
| <p><b><a href="#">FIT (Food Inflammation Test)</a></b><br/> Finger prick or blood draw at Quest.<br/> Turnaround time is 7-10 days.</p>    | <p>\$375<br/> \$325 for patients</p> | <p><a href="#">KMBO Labs</a>: Tests IgG, IgA, IgM and immune complement of 100 foods. <a href="#">Read more here.</a></p>  | <p>Food intolerances. <a href="#">See food list.</a></p>   |
| <p><b><a href="#">FIT 22 (Food Inflammation Test)</a></b><br/> Finger prick or blood draw at Quest.<br/> Turnaround time is 7-10 days.</p> | <p>\$200<br/> \$150 for patients</p> | <p><a href="#">KMBO Labs</a>: Tests IgG, IgA, IgM and immune complement of 22 foods. <a href="#">Read more here.</a></p>   | <p>Food intolerances. <a href="#">See food list.</a></p>   |

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| <p><b><a href="#">Intestinal Permeability Screen</a></b> - Blood draw, arrange with Cyrex.</p>                       | <p>\$295<br/>\$245 for patients</p>  | <p><b><a href="#">Cyrex Array 2:</a></b> Tests all markers for intestinal permeability or “leaky gut.”</p>   | <p>To find out if intestinal permeability is REAL, and if it’s a problem</p>   |
| <p><b><a href="#">Wheat/Gluten Reactivity &amp; Autoimmunity</a></b> - Blood draw, arrange with Cyrex.</p>           | <p>\$368<br/>\$318 patient price</p> | <p><b><a href="#">Cyrex Array 3X:</a></b> State of the art immune lab, tests all the ways your body reacts to gluten.</p>  | <ul style="list-style-type: none"> <li>• Any autoimmune disease</li> <li>• Suspicion of celiac or non-celiac gluten intolerance</li> </ul>   |
| <p><b><a href="#">Gluten Associated Cross Reactive Foods</a></b><br/>Blood draw - arrange through Cyrex.</p>         | <p>\$325<br/>\$275 for patients</p>  | <p><b><a href="#">Cyrex Array 4:</a></b> State of the art immune lab, tests all the ways your body reacts to gluten cross-reactive foods commonly found in packaged gluten-free products, plus other common allergens.</p> | <ul style="list-style-type: none"> <li>• If gluten intolerant</li> <li>• If soy, eggs, corn or dairy are suspects</li> <li>• If gluten-free processed foods are suspects (common)</li> </ul>                           |
| <p><b><a href="#">Mycotoxins</a></b><br/>First morning urine sample collected at home.</p>                           | <p>\$349<br/>\$299 for patients</p>  | <p><b><a href="#">Great Plains:</a></b> Least expensive test on the market specific for mold toxins. <a href="#">Read more here.</a></p>   | <ul style="list-style-type: none"> <li>• To see if mold toxins (past or present exposure) are making you sick</li> <li>• Chronic illness</li> <li>• CIRS (chronic inflammatory response syndrome)</li> </ul>           |
| <p><b><a href="#">Microbial Organic Acids Test (MOAT)</a></b><br/>First morning urine sample collected at home.</p>  | <p>\$269<br/>\$219 for patients</p>  | <p><b><a href="#">Great Plains:</a></b> Fungal and bacteria dysbiosis markers. <a href="#">Read more here.</a></p>   | <ul style="list-style-type: none"> <li>• To find out if you have fungal or yeast overgrowth</li> <li>• High histamine</li> </ul>   |
| <p><b><a href="#">Environmental Toxins Plus Glyphosate</a></b><br/>First morning urine sample collected at home.</p> | <p>\$338<br/>\$288 for patients</p>  | <p><b><a href="#">Great Plains:</a></b> Chemicals in the environment, including Roundup (glyphosate). <a href="#">Read more.</a></p>   | <ul style="list-style-type: none"> <li>• Signs of toxicity</li> <li>• Prepare for pregnancy (this must be done at least a year in advance to treat results)</li> <li>• Chronic illness</li> </ul>                      |
| <p><b><a href="#">Mercury Tri-Test</a></b><br/>A sample of blood, hair, and urine</p>                                | <p>\$320<br/>\$270 for patients</p>  | <p><b><a href="#">Quicksilver Mercury Tri-Test</a></b> tests 3 body tissues to perform mercury speciation analysis and assess both the body burden and ability to excrete each form of mercury.</p>                        | <ul style="list-style-type: none"> <li>• Persistent candida or mold toxins</li> <li>• Amalgam fillings</li> <li>• Chronic illness</li> <li>• Chronic gut infections</li> <li>• Chronic low ferritin or iron</li> </ul> |

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| <p><b><a href="#">Blood Metals</a></b><br/>A blood draw</p>   | <p>\$250<br/>\$200 for patients</p>                                       | <p><a href="#">Quicksilver Blood Metals</a> screens for a broad range of potentially toxic and nutrient metals to show elevated exposure to toxic metals or imbalances of nutrient metals in whole blood</p> | <p>Suspicion of heavy metal toxicity</p>  |
| <p><b><a href="#">Nutrient Panel</a></b><br/>A blood draw</p> | <p>\$399<br/>\$349 for patients or \$199 if you qualify for insurance</p> | <p><a href="#">Vibrant Wellness Micronutrient Panel</a> measures nutrients inside and outside your cells, to determine if you have deficiencies. Includes fatty acids.</p>                                   | <p>Highly useful to target your needs for supplementation with vitamins, minerals, amino acids, antioxidants, and fatty acids. This is a test-not-guess approach.</p> |