

Test name & Laboratory	Type of specimen Required	Phelbotomy (blood draw required)	Approximate time for results	Details of Test
GI Ecologix Invivo £355 Add ons available	Stool At home collection	No	21 days	A comprehensive assessment of complete gut health. Provides immediate, actionable clinical information to support gut health. Utilises cutting edge technologies and biomarkers to provide valuable insight into digestive function, gut inflammation & gut microbiome. Areas that affect not just gut health, but overall health.
Bone reabsorption - osteoporosis risk Genova Labs £100	Urine At home collection	No	14 days	Provides an accurate assessment of the rate of your bone turnover and indicates the risk of your developing osteoporosis. This test is also a great tool for monitoring the efficacy of bone supporting therapies. It's suitable for women of all ages, including those on HRT.
Metabolomix + Essential Fatty Acid Metabolism Genova Labs £410 (price includes Fatty Acid Add on - other add ons available including genetic testing)	Blood spot & urine At home collection	No	14 days	This comprehensive test is a key tool for health optimisation. It provides information that can help with weight gain/loss, inflammation, chronic stress, low energy, memory loss, cognitive decline & digestive issues. It will indicate your body's need for vitamins, minerals, antioxidants & digestive support. I always recommend to include the essential fatty acid metabolism. Other add ons are available - recommended according to your individual needs.
Cardio Vascular Health Profile Genova Labs £240 £500 (with Genetic testing add on)	Blood With Centrifuge	Yes	14 days	Provides lipid markers (cholesterol, LDL, HDL. - including particle concentration and particle size) and independent risk factors that can lead to cardiovascular disease (CRP, fibrinogen, PLAC, homocysteine & insulin resistance score). These nutritional markers provide a thorough assessment of cardiovascular health status.

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DUTCH complete Precision Analytical through Regenerus Labs £289	Dried urine At home collection	No	21 days	Extensive profile of sex & adrenal hormones, melatonin & other markers to help identify the root cause of hormone imbalance in women & men. Can prove helpful with PCOS, menopause, baseline measurement to assist in monitoring of HRT, weight gain, fatigue, hot flushes, tender breasts, vaginal dryness, joint pain, hair loss, acne, low sex drive, PMS, mood swings, sleep issues, mood disorder and male prostate issues, erectile dysfunction & aggression.
DUTCH PLUS Precision Analytical Through Regenerus Labs £330	Dried Urine & saliva At home collection	No	12 days	The addition of CAR (cortisol awakening response) to the DUTCH complete (see above). measures daily free cortisol, the oxidative stress marker 8OHdG, melatonin, six organic acids and the CAR, which is an excellent snapshot of HPA axis function.
DUTCH complete with cycle mapping Precision Analytical Through Regenerus Labs £399	Dried urine At home collection	No	30 days	The addition of the Mapping delivers a clear understanding of the overall menstrual cycle by tracking and evaluating hormones throughout the month. Nine targeted oestrogen and progesterone measurements provide important details on a patient's hormone levels in the follicular, ovulatory and luteal phases of the cycle.
Female Ecologix Invivo Healthcare £179	Vaginal swab At home	No	15 days	Comprehensive assessment of the vaginal microbiome - a key area for female health. Imbalances in this microbiome are associated with bacterial vaginosis, increased UTIs, increased risk of STIs, premature delivery & infertility.

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Oral Ecologix Invivo £129	Saliva At home	No	15 days	Assessment of oral microbiome - a key part of gut-brain connection. Healthy oral microbiome very important for cardiovascular health & female reproductive health.
Iodine Genova Labs £71	Urine At home	No	14 days	Iodine is an essential trace element vital for healthy thyroid function. Adequate levels are required to produce thyroid hormones and are also required in other areas of health. Deficiency can lead to impaired heat/energy production, mental function & slow metabolism.
OAT Regenerus Labs £260 Available as bundle with GPL Tox test - for £469	Dried urine At home	No	30 days	Evaluates yeast & bacteria overgrowth, with vitamin and mineral and antioxidant levels, Fatty acid metabolism, neurotransmitter levels, oxalates, mitochondrial function (energy), oxidative stress, detoxification and much more.
Mycotoxin Regenerus Labs £379		No	24 days	Comprehensive test for 7 mycotoxins and 4 species of mould. Symptoms and conditions associated with exposure include: pneumonia like symptoms, heart disease, rheumatic disorders, chronic fatigue, skin rashes, asthma, sinusitis, memory loss & anxiety.
Chronic Fatigue Screen Genova £275	Saliva Urine At home Collection	X	21 days	Adrenal stress profile and metabolic analysis of various factors that may be implicated in chronic fatigue.

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Genetic Testing Nordic Health From £119-£499	Buccal Swab At home Collection	X	18-21 days	Many genes are influenced by external factors - diet, lifestyle, exercise & environment. As a dnalife practitioner - I can offer various genetic testing panels (diet, mind, skin, oestrogen, health, sport, smile & grow baby) to help clients identify their sensitivities and susceptibilities.
GPL Tox Regenerus Labs £273.50 Available as bundle with OAT test - for £469	Dried Urine At home collections	X	30 days	Assessment of exposure to 172 different environmental toxins.