

## Nutrition by Design Service Menu

SERVICE	SERVICE DETAIL	TOTAL COST
<b>Initial Consultation</b>	An opportunity to learn about the Nutrition by Design program and also discuss why you are interested in the program!	<b>FREE</b>
<b>Initial Exam</b>	<b>Biometric measurements (<i>height, weight and blood pressure</i>), along with EKG and urinalysis assessments.</b>	\$75
<b>Comprehensive Blood Test</b>	Blood work measures metabolic function, heart function, thyroid function, liver function and kidney function. It also assesses electrolyte levels, inflammation markers, cholesterol, glucose and hemoglobin A1c levels.	<b>\$225</b>
<b>Interpretation &amp; Analysis:</b> Initial Report of Findings	<b>One-hour visit including customized comprehensive written report with lab results, supplement protocol, along with dietary and lifestyle changes.</b>	\$275
<b>Comprehensive Blood Test:</b> Re-Test Blood Work	Re-Test blood work measures metabolic function, heart function, thyroid function, liver function and kidney function. It also assesses electrolyte levels, inflammation markers, cholesterol, glucose and hemoglobin A1c levels.	<b>\$225</b>

**Interpretation & Analysis:**  
Re-Test Report of Findings

<b>One-hour visit including customized comprehensive written report with re-test and past lab results, new supplement protocol, along with updated dietary and lifestyle changes.</b>	\$150
	<b>\$950</b> + supplement cost

OTHER SERVICES	SERVICE DETAIL	TOTAL COST
Interpretation & Analysis: Mailed Report of Findings	<b>Customized report mailed to house instead of in office visit.</b>	\$75
Outside Lab Entry	Fee for uploading outside lab results into Science Based Nutrition™ system.	<b>\$75</b>
Office Visit	<b>One-hour appointment for established patients that want an additional dietary and lifestyle support.</b>	\$75
Specialized Diet & Recipes	One-hour appointment for patients seeking specialized dietary support with recipe suggestions.	<b>\$100</b>
Hair Analysis	<b>In-depth mineral hair assessment identifying heavy metal toxicity.</b>	\$90
Urinalysis	Urinalysis helps to diagnose and/or monitor several diseases and conditions, such as kidney disorders or urinary tract infections (UTIs).	<b>\$15</b>
Stool Analysis	<b>Stool analysis determines whether you have a digestive tract infection due to the presence of disease-causing bacteria.</b>	\$15



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