

### Additional Biomarker Costs

Biomarker	Details	Additional Cost
OMEGA 3 & 6	Fatty acids play a vital role in reducing inflammation and protecting your body against heart disease. The ideal ratio is 3:1 however, due to poor diet many have far in excess of this. Please note there is 10-15 days turnaround for this	£70
OESTRADIOL	Oestradiol plays a key role in the reproductive, cardiovascular and bone health of females. Levels will naturally reduce in women during the perimenopause.	£6
LIPID PANEL	A standard cholesterol panel measuring both 'good' HDL cholesterol and 'bad' LDL cholesterol together with total cholesterol and triglycerides.	£6
HS-CRP	High sensitivity c-reactive protein (hs-CRP) is a measure of the general level of inflammation within the body. High levels are associated with increased risk of developing cardiovascular disease and stroke.	£6
HBA1C	HbA1c provides an average reading of your blood sugar levels over a period of 2-3 months. High blood glucose levels puts you more at risk of gaining weight, heart disease and diabetes 2.	£11
ACTIVE B12	B12 is essential for the formation of healthy red blood cells and is important for energy. Low levels can therefore lead to fatigue and low mood.	£15
ALBUMIN	Albumin is a protein that helps to transport calcium around the body. It can therefore be useful as a marker in the assessment of bone health alongside calcium and Vit D.	£6
BONE & MUSCLE	Protect against osteoporosis and avoid frequent muscle injury. Ideal for those involved in sports, women who've reached menopause and those with inflammatory conditions.	£50
CALCIUM	Maintaining good calcium levels helps decrease the risk of stress fractures and other bone injuries. Particularly important for women over 40 who have a heightened risk of osteoporosis due to the menopause.	£7
CORTISOL (9AM)	Measuring cortisol is useful in assessing your body's ability to respond to stress. Consistently high levels can lead to high blood sugar levels, muscle weakness, weight gain and also impact energy.	£6
FEMALE HORMONE NETWORK	Identify reasons for irregular periods or absent periods, fertility issues, PMS as well as checking for perimenopause and conditions such as PCOS.	£42
FEMALE HORMONES	A useful test for women who are either trying or planning to have children and want to check their key fertility hormones. This test is best done on day 3.	£24
FERRITIN	Ferritin is the main form of iron stored in the body and plays a key role in energy. Low levels can make you feel tired and also lead to low mood.	£6
FREE ANDROGEN INDEX	FAI estimates the amount of free testosterone in the bloodstream. This test is for women or those transitioning to be a woman. If male, choose Free Testosterone.	£12
FREE TESTOSTERONE (CALCULATED)	For those who want a deeper look at their testosterone levels, this tests measure the amount of bioavailable testosterone available to the body. This test is for men or those transitioning to be a man. If female, choose FAI.	£15
FSH	FSH is key in helping to regulate a woman's menstrual cycle. FSH levels rise in women as they transition towards the menopause. Recommend purchasing alongside LH and Oestradiol in women.	£6
HBA1C	HbA1c provides an average reading of your blood sugar levels over a period of 2-3 months. High blood glucose levels puts you more at risk of gaining weight, heart disease and diabetes 2	£11

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HEART HEALTH	Learn if your lifestyle is supporting your cardiovascular health. Check for factors that impact heart health such as diabetes, PCOS, menopause and autoimmune inflammatory conditions.	£41
HS-CRP	High sensitivity c-reactive protein (hs-CRP) is a measure of the general level of inflammation within the body. High levels are associated with increased risk of developing cardiovascular disease and stroke.	£6
IMMUNE HEALTH	Improve your immune health by identifying reasons for recurrent viral or bacterial infections such as coughs, colds or injuries that are slow to heal.	£63
KIDNEY FUNCTION	This test assesses how well your kidneys are functioning. Note that for those doing high levels of exercise urea and creatinine can be higher due to muscle breakdown. This test can therefore useful in assessing recovery.	£10.50
LIVER & KIDNEY HEALTH	Monitor factors that can impact liver & kidney health such as diabetes, weight, excessive alcohol consumption, hypertension and overtraining.	£18.50
LIVER FUNCTION	This liver test will help to identify any problems in liver function. The liver can become damaged due to the consumption of excessive calories or drinking too much alcohol.	£8
LUTEINISING HORMONE (LH)	LH is key in helping to regulate a woman's menstrual cycle. We recommend purchasing alongside FSH and Oestradiol in women or FSH and testosterone if male.	£6
MAGNESIUM (SERUM)	Mainly available through diet, Magnesium is important in maintaining good health and performs a wide range of functions including maintenance of strong bones, muscle function and energy production.	£10
MALE HORMONES ASSESSMENT	Identify reasons for symptoms associated with hormone imbalance such as fatigue, low energy, reduced libido and mood changes.	£39
MENTAL HEALTH (MOOD)	Explore possible reasons for low mood and/or anxiety along with factors that can impact mood such as thyroid conditions, stress, and hormone imbalance.	£69
METABOLIC HEALTH	Improve wellbeing and explore the reasons for lack of energy, fatigue, or challenges with weight control.	£59
NUTRITION HEALTH	Learn if your diet is supporting your lifestyle or explore reasons for low energy and fatigue. Check or monitor conditions such as coeliac disease, anaemia, or diabetes.	£68
OESTRADIOL	Oestradiol plays a key role in the reproductive, cardiovascular and bone health of females. Levels will naturally reduce in women during the perimenopause.	£6
PROGESTERONE	A progesterone test confirms if you've ovulated and is taken on day 21 of your menstrual cycle. For a more complete picture of your hormone network, we recommend MyFORM®.	£10
PROLACTIN	Prolactin is a hormone often measured in conjunction with other hormones such as FSH and LH. A prolactin test is useful in identifying problems with fertility or irregular periods. High prolactin can also be a sign of stress.	£6
SODIUM	Sodium is an electrolyte and has an important role to play in regulating body fluid. It is also vital to nerve function as it stimulates muscle contraction.	£6
THYROGLOBULIN ANTIBODIES	Thyroglobulin aids the production of thyroid hormones T3 and T4. Raised levels of thyroglobulin antibodies are associated with autoimmune diseases that affect the thyroid.	£10
THYROID FUNCTION	This test measures the three main thyroid hormones: TSH, FT4 and FT3. It is estimated that 1 in 20 people have some kind of thyroid problem which can lead to fatigue, weight gain, mood swings and difficulty in sleeping.	£15

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THYROID PEROXIDASE ANTIBODIES	Thyroid peroxidase antibodies (TPO) is used to detect the presence of autoimmune thyroid disease. Often measured in conjunction with other thyroid hormones.	£10
THYROXINE (FT4)	Thyroxine (T4) is measured alongside TSH and T3 to help identify thyroid issues. High levels of T4 is due to an overactive thyroid, whereas low levels are due to an underactive thyroid.	£6
TOTAL TESTOSTERONE	High testosterone levels in women can often be caused by a condition known as Polycystic Ovary Syndrome. Levels in both men and women decline with age often leading to fatigue, poor libido, low mood and loss of strength.	£6
TRIIODOTHYRONINE (T3 FREE)	T3 is the more active form of thyroxine and like T4 it is measured to identify whether the thyroid is working properly. It is used to diagnose an overactive thyroid.	£6
TSH	High levels of TSH can indicate an underactive thyroid which can lead to fatigue and weight gain, whilst low levels are often associated with an overactive thyroid which can cause mood swings and difficulty in sleeping.	£6
VITAMIN D (25-OH)	Vitamin D plays an essential role in our health including the development and preservation of healthy bones, boosting our immune system, our muscle function, energy levels and helping to reduce inflammation.	£15