



Dr. Gayetri
Functional Medicine Practitioner

Laboratory Tests

Functional Medicine tests can be used to test for:

- Food Allergies
- Digestive problems e.g. SIBO
- Homocysteine levels
- Hormones
- Gut Permeability
- Microbiome balances in the gut
- Food Allergies
- Digestive problems e.g. SIBO
- Vitamin deficiencies
- Mineral and Micronutrient deficiencies
- Full Biochemistry Analysis
- Electrolyte deficiencies
- Heavy metals
- Deficiency of energy ATP production through mitochondria
- Genetic testing for o detoxification o methylation, histamine intolerance, nervous system, thyroid balance
- Infections
- Auto immune tests which can predate illness by 10 years and allow us to prevent illness.

We have access to all of the following labs extensive functional testing panels but list those most commonly used in clinic below.

Functional DX:

FDX Max DX / FDX Thyroid Vital/ FDX Female Health/ FDX Male Health

This covers about 80 parameters on a blood test to analyse multiple body systems. You get a detailed report covering all areas.

Genova Diagnostic

GI Effects Comprehensive Profile - Stool

Link to <https://www.gdx.net/product/gi-effects-comprehensive-stool-test>

The GI Effects® Comprehensive Stool Profile is an advanced stool test that provides immediate information for the management of gastrointestinal health.



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ONE (Optimal Nutritional Evaluation) FMV™

<https://www.gdx.net/product/one-fmv-nutritional-test-urine>

The ONE FMV is a unique combination of nutritional tests that provides an analysis of key nutritional biomarkers in one convenient urine collection .

Organix Comprehensive Profile

<https://www.gdx.net/uk/product/organix-comprehensive-profile-metabolic-function-test-urine>

The Organix Comprehensive Profile is a nutritional test providing insights into organic acids and a view into the body's cellular metabolic processes in one convenient urine collection .

IgE Food Antibodies

<https://www.gdx.net/uk/product/ige-food-allergy-test-blood>

The IgE Food Antibody Assessment is a blood test that measures IgE antibodies to 19 of the most allergenic foods.

IgG Food Antibodies

<https://www.gdx.net/uk/product/igg-food-antibodies-food-sensitivity-test-blood>

The IgG Food Antibody Assessment is a blood test that measures antibodies to 87 commonly consumed foods. Removal of the reactive foods often results in resolution of symptoms.

Porphyrins Profile

<https://www.gdx.net/uk/product/porphyrins-test-urine>

The Porphyrins Profile can help identify the severity of heavy metal toxicity or organic chemical exposure in patients in one convenient urine collection.

Elemental Analysis

<https://www.gdx.net/product/elemental-analysis-packed-erythrocytes-rbc-nutritional-test-blood>

Elemental Analysis is a blood test which evaluates patients for recent toxic element exposure and assesses nutrient mineral status.

Toxic Element Clearance Profile (Timed or 24-Hour)

<https://www.gdx.net/uk/product/toxic-element-clearance-profile>

The Toxic Element Clearance Profile is a toxic exposure urine test which measures urinary excretion of a diverse range of potentially harmful elements.

Toxic Metals Profile

<https://www.gdx.net/uk/product/toxic-metals-profile>

This test shows levels of aluminum, arsenic, cadmium, lead, and mercury. The Genova Diagnostics Toxic Metals Profile shows levels of aluminum, arsenic, cadmium, lead, and mercury.



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Homocysteine

<https://www.gdx.net/uk/product/homocysteine>

Total plasma homocysteine levels are an independent risk factor for cardiovascular, atherothrombotic and cerebrovascular disease.

Certain key nutrients, including Vitamin B12, Vitamin B6 and folic acid, are necessary for homocysteine metabolism; therefore this blood test can also provide valuable information about a patient's nutritional status relating to these nutrients.

Adrenal Stress Profile

<https://www.gdx.net/uk/product/adrenal-stress-profile>

The Adrenal Stress Profile provides an assessment of the Hypothalamic-Pituitary-Adrenal axis using carefully timed salivary samples of the hormones cortisol and DHEA. Salivary testing is an easy, non-invasive option.

NutrEval FMV

<https://www.gdx.net/uk/product/nutreval>

NutrEval is Genova's most comprehensive nutritional evaluation, designed to assist with management of symptoms related to nutritional deficiencies.

Nordic Health

Comprehensive Female II

<http://nordiclabs.com/default.aspx>

This test measures analytes Cx4 (cortisol) in saliva and E2 (estradiol), Pg (progesterone), T (testosterone), SHBG, DS (DHEAS), TSH, fT3 (free T3), fT4 (free T4) and TPOab in bloodspot.

Comprehensive Male II

<http://nordiclabs.com/default.aspx>

This test measures analyte Cx4 (cortisol) in saliva and E2 (estradiol), T (testosterone), DS (DHEAS), SHBG, PSA, TSH, fT3 (free T3), fT4 (free T4), and TPOab in bloodspot.

Lifecode Gx

Professional Genotype Analysis

Lifecode offers a range of specialist nutrigenomics DNA test panels which inform how inherited health risks can be mitigated through personalised nutrition and lifestyle change. Samples for all of the below are taken from the cheek cells.



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DNA Test Kit – This is to collect a sample of cheek cells from which DNA is extracted and analysed.

Methylation Report – Common genetic variants can impact our natural ability to methylate and thus result in increased susceptibility to chronic health conditions including heart disease, depression, diabetes, chronic fatigue, autoimmune disease, poor foetal development and premature ageing.

Detoxification Report – The Detoxification report focuses on the key genes and variants involved in regulating Phase I, II and III liver detoxification pathways.

APOE Report – The E4 form of the APOE gene has been associated with disorders of lipid metabolism and increased susceptibility to cardiovascular disease and neurodegenerative conditions.