

Functional Lab Roadmap

YOUR ROADMAP TO WELLNESS

TAKE THE LAB QUIZ

SLEEP ISSUES

- Sleep & Adrenal
- Hormone & Adrenal
- Gut Health
- HTMA

AUTOIMMUNE

- Gut Health
- HTMA + Blood Labs
- Food Zoomers
- Environmental Toxins

FATIGUE

- HTMA + Blood
- Thyroid Optimization
- OAT (Organic Acids)
- Blood Sugar & A1C
- Gut Health

FEMALE HORMONES

- Hormone & Adrenal
- HTMA + Blood
- Gut Health
- Environmental Toxins

SKIN ISSUES

- Food Zoomers
- Gut Health
- OAT (Organic Acids)
- Hormone & Adrenal
- HTMA

ADHD

- OAT (Organic Acids)
- Gut Health
- HTMA + Blood
- Environmental Toxins

WEIGHT ISSUES

- Thyroid Optimization
- HTMA + Blood
- Blood Sugar & A1C
- Gut Health
- Hormone & Adrenal

MENTAL HEALTH

- HTMA + Blood
- Mood & Fatigue
- Gut Health
- OAT (Organic Acids)
- Hormone & Adrenal

Lab selection should be individualized and interpreted in the context of symptoms, history and other findings.

NOURISH FUNCTIONAL HEALTH