

Hair Mineral Analysis

A test that can measure the levels of minerals, as well as toxic heavy metals, through a hair mineral analysis.

Your hair contains every single mineral that exists in your body. These include not only nutritional minerals, but also toxic heavy metals. This Hair Mineral Analysis provides an accurate gauge for both nutrient deficiencies and toxic exposure.

Who is this hair test for?

This test is designed for anyone looking to establish any nutritional deficiencies or toxic exposure in their body.

Whats tested.

Minerals

[Calcium](#), [Magnesium](#), [Phosphorus](#), [Sodium](#), [Potassium](#), [Iron](#), [Copper](#), [Zinc](#), [Chromium](#), [Manganese](#), [Selenium](#), [Cobalt](#)

Toxic Metals

[Aluminium](#), [Arsenic](#), [Cadmium](#), [Lead](#), [Mercury](#), [Nickel](#)

Hair Element Ratios

[Calcium / Magnesium](#)
[Calcium / Phosphorus](#)
[Sodium / Potassium](#)
[Zinc / Copper](#)
[Zinc / Lead](#)
[Zinc / Cadmium](#)
[Selenium / Cadmium](#)
[Selenium / Mercury](#)

Thyroid Check Plus

Thyroid disorders are very common but can be difficult to diagnose; many of the symptoms of a thyroid disorder can be overlooked (especially if they are mild) or confused with other conditions. This test offers an affordable insight into what could be causing your symptoms by investigating your level of thyroid stimulating hormone (TSH) which is often abnormal in thyroid disease, your levels of free thyroxine (FT4) and free triiodothyronine (FT3), the thyroid hormones unbound to proteins and therefore available to carry out their respective functions, as well as Total T4.

Many thyroid disorders are caused by an autoimmune disease and your risk for this is raised if you have a family history of autoimmune disease. This test looks for

specific thyroid antibodies which can indicate that your thyroid is under attack from your immune system.

Who is this blood test for?

This thyroid test is ideal for people looking for a thorough breakdown of their thyroid function in order to discover if it is overactive or underactive. In particular it is important for anyone who is suffering from chronic fatigue syndrome or who has symptoms consistent with a thyroid imbalance to have a thorough thyroid check.

Thyroid problems affect up to 3 % of the adult population. And although symptoms are non-specific and often begin mildly they may become debilitating if left untreated. Both underactive and an overactive thyroid can cause a swelling of the gland (goitre) but many symptoms can be present without this classic sign.

Symptoms of hypothyroidism include lethargy and excessive sleeping, difficulty in losing weight or constant weight gain despite not eating more, feeling cold when others are warm, constipation, dry hair and brittle nails, depression, slow heartbeat, muscle aches and pains and fertility problems.

Symptoms of hyperthyroidism include feeling fidgety and nervous, trouble sleeping, tremors, unexplained weight loss, frequent bowel movements or diarrhoea, feeling hot and sweaty, hair loss, palpitations, muscle weakness and fertility problems.

Tests included (6)

Thyroid Function

TSH, FT4, T4, FT3

Thyroid Antibodies

TGAb, TPOAb

Thyroid Check Plus rT3

This profile includes everything in our popular Thyroid Check Plus (TSH, T4, FT4, FT3, TgAb and TPOAb) as well as Reverse T3.

This test is our most comprehensive test for thyroid function. As well as thyroid antibodies to investigate possible autoimmune disease (the major cause of thyroid disease) it includes thyroid stimulating hormone (TSH), thyroxine (T4), free thyroxine (FT4) and free triiodothyronine (FT3). T3 is the most potent thyroid hormone and is the one which is active in governing metabolism in our cells.

T4 converts to T3 by the removal of an atom of iodine. In times of stress, for example during illness or starvation, a different atom of iodine is removed instead, creating Reverse T3 (rT3). This is thought to be the body's attempt to preserve energy for

growth and repair. When rT3 is taken up by the body's cells it can block the action of T3 therefore slowing your metabolism. As a result your thyroid hormone levels can be normal, but because T3 can't get into your cells, you suffer from hypothyroid symptoms.

Who is this blood test for?

This test is for individuals who want a very thorough examination of their thyroid function. They may already have had some basic thyroid function tests performed and now wish to get a more detailed picture.

Tests included (8)

Thyroid Function

TSH, FT4, T4, FT3, RT3, RT3 ratio

Thyroid Antibodies

TGAb, TPOAb

Well Man Check

This health check covers all the essentials and is a quick and reassuring way of assessing your current state of health. This test is designed to give you base levels for a number of important health markers including PSA (Prostate Specific Antigen) which can then be monitored over time. Key tests include: red blood cells, white blood cells, liver health, kidney function, bone health, gout, diabetes, iron status, cholesterol, inflammation and PSA.

Who is this blood test for?

The Essential Well Man Check is aimed at men of all ages. It is an excellent entry level test for people young and old for establishing base levels of many important health markers which can then be actively monitored for changes.

Tests included (42)

Red Blood Cells

Haemoglobin, HCT, RBC, MCV, MCH, MCHC, RDW

White Blood Cells

White Cell Count, Neutrophils

Lymphocytes, Monocytes, Eosinophils, Basophils, Blood Film Report - Included if results abnormal

Clotting Status

Platelet Count, MPV

Inflammation Marker

CRP-hs

Kidney Function

Sodium, Urea, Creatinine

Liver Function

ALP, AST, ALT, CK, Gamma GT, Bilirubin

Proteins

Total Protein, Albumin, Globulin

Bone Health

Calcium, Corrected Calcium

Gout

Uric acid

Diabetes

HbA1c

Iron Status

Iron, T.I.B.C, Transferrin

Cholesterol Status

Triglycerides, Cholesterol, HDL Cholesterol, LDL Cholesterol

Heart Disease Risk

HDL % of total

Prostate Test

PSA (Total)

Well Man UltraVit

The Well Man UltraVit covers all the essentials plus important measures of iron storage and key vitamins as well as a free:total PSA ratio which is a more reliable indicator of prostate cancer than a simple PSA test. It is a quick and reassuring way of assessing your current state of health. This test is designed to give you base levels for a number of important health markers which can then be monitored over time.

Key tests include everything in the Well Man Check: red blood cells, white blood cells, liver health, kidney function, bone health, gout, diabetes, iron status, cholesterol, inflammation and a PSA test as well as ferritin, vitamin B12, folate, vitamin D, thyroid function and an advanced prostate profile. This profile also includes testosterone, an important male hormone for muscle mass, libido and fertility.

Who is this blood test for?

The Well Man UltraVit is a comprehensive health screen for men of all ages but especially those who wish to have a more advanced prostate check, either because they have a family history of the disease or because they have concerns about their prostate health. With investigations into a wide variety of conditions from heart disease, diabetes, liver and kidney function, this health screen is a vital tool in understanding your current state of health.

Tests included (51)

Red Blood Cells

Haemoglobin, HCT, RBC, MCV, MCH, MCHC, RDW

White Blood Cells

White Cell Count, Neutrophils, Lymphocytes, Monocytes, Eosinophils, Basophils, Blood Film Report - Included if results abnormal

Clotting Status

Platelet Count, MPV

Inflammation Marker

CRP-hs

Kidney Function

Sodium, Urea, Creatinine

Liver Function

ALP, AST, ALT, CK, Gamma GT, Bilirubin

Proteins

Total Protein, Albumin, Globulin

Bone Health

Calcium, Corrected Calcium

Gout

Uric acid

Diabetes

HbA1c

Iron Status

Iron, T.I.B.C, Transferrin, Ferritin

Cholesterol Status

Triglycerides, Cholesterol, HDL Cholesterol, LDL Cholesterol

Heart Disease Risk

HDL % of total

Thyroid Function

TSH, FT4

Prostate Screen

PSA (Total), PSA (Free), PSA Ratio

Hormone

Testosterone

Vitamins

B12, Folate, Vitamin D

Well Woman Check

This health check covers all the essentials and is a quick and reassuring way of assessing your current state of health. This test is designed to give you base levels for a number of important health markers including CA-125, an ovarian cancer marker, which can then be monitored over time.

Who is this blood test for?

The Well Woman Check is aimed at women of all ages. It is an excellent entry level test for people young and old for establishing base levels of many important health markers which can then be actively monitored for changes.

Tests included (42)

Red Blood Cells

Haemoglobin, HCT, RBC, MCV, MCH, MCHC, RDW

White Blood Cells

White Cell Count, Neutrophils, Lymphocytes, Monocytes, Eosinophils, Basophils, Blood Film Report - Included if results abnormal

Clotting Status

Platelet Count, MPV

Inflammation Marker

CRP-hs

Kidney Function

Sodium, Urea, Creatinine

Liver Function

ALP, AST, ALT, CK, Gamma GT, Bilirubin

Proteins

Total Protein, Albumin, Globulin

Bone Health

Calcium, Corrected Calcium

Gout

Uric acid

Diabetes

HbA1c

Iron Status

Iron, T.I.B.C, Transferrin

Cholesterol Status

Triglycerides, Cholesterol, HDL Cholesterol, LDL Cholesterol

Heart Disease Risk

HDL % of total

Cancer Tumour Marker

CA125

Well Woman UltraVit

Everything in the Well Woman Check, this profile also includes thyroid function, female hormones FSH, LH and oestradiol as well as ferritin, vitamin B12, folate and vitamin D.

The Well Woman UltraVit covers all the essentials plus important measures of iron storage, thyroid function and key vitamins. It is a quick and reassuring way of assessing your current state of health. This test is designed to give you base levels for a number of important health markers which can then be monitored over time.

This profile also includes female hormones FSH, LH and oestradiol as markers for fertility and menopause.

Who is this blood test for?

The Well Woman UltraVit is a comprehensive health screen for women of all ages. With investigations into a wide variety of conditions from heart disease, diabetes, liver and kidney function, thyroid health and iron status, this health screen is a vital tool in understanding your current state of health.

Tests included (51)

Red Blood Cells

Haemoglobin, HCT, RBC, MCV, MCH, MCHC, RDW

White Blood Cells

White Cell Count, Neutrophils, Lymphocytes, Monocytes, Eosinophils, Basophils, Blood Film Report - Included if results abnormal

Clotting Status

Platelet Count, MPV

Inflammation Marker

CRP-hs

Kidney Function

Sodium, Urea, Creatinine

Liver Function

ALP, AST, ALT, CK, Gamma GT, Bilirubin

Proteins

Total Protein, Albumin, Globulin

Bone Health

Calcium, Corrected Calcium

Gout

Uric acid

Diabetes

HbA1c

Iron Status

Iron, T.I.B.C, Transferrin, Ferritin

Cholesterol Status

Triglycerides, Cholesterol, HDL Cholesterol, LDL Cholesterol

Heart Disease Risk

HDL % of total

Cancer Tumour Marker

CA125

Thyroid Function

TSH, FT4

Hormones

FSH, LH, Oestradiol

Vitamins

B12, Folate, Vitamin D

Sports Hormone Check Ultra

The Sports Hormone Check Ultra is made up of the core hormones such as testosterone, oestradiol, cortisol and FSH. SHGB (sex hormone binding globulin) is also measured which allows us to make a calculation of free testosterone levels. In addition there are blood tests which assess other key bodily functions such as full blood count, liver function and kidney function as well as blood tests to determine iron and protein levels. A full cholesterol profile as well as CRP-hs (a high sensitivity inflammation marker) is included in this test.

Oestradiol blood test results below 18 pmol/L are expressed as <18 pmol/L (less than 18 pmol/L) due to the sensitivity of the testing assay.

Tests included (44)

Red Blood Cells

Haemoglobin, HCT, RBC, MCV, MCH, MCHC, RDW

White Blood Cells

White Cell Count, Neutrophils, Lymphocytes, Monocytes, Eosinophils, Basophils, Blood Film Report - Included if results abnormal

Clotting Status

Platelet Count, MPV

Kidney Function

Sodium, Urea, Creatinine

Liver Function

ALP, ALT, CK, Gamma GT

Proteins

Total Protein, Albumin, Globulin

Diabetes

HbA1c

Iron Status

Iron, Ferritin

Cholesterol Status

Triglycerides, Cholesterol, HDL Cholesterol, LDL Cholesterol

Heart Disease Risk

HDL % of total

Inflammation Marker

CRP-hs

Thyroid Function

FT4, TSH

Hormones

Testosterone, F Test. (calc), Oestradiol, FSH, SHBG, LH, Cortisol

Menopause Check

This simple blood test measures hormones which can indicate menopause or whether symptoms could be due to a thyroid condition.

The menopause can be a difficult time for many women, not just emotionally, but also mentally and physically with symptoms ranging from mood swings and anxiety to fatigue, weight gain and hot flushes.

A woman normally reaches menopause around the age of 51, but symptoms can start much earlier and can often be confused for other conditions. This test measures levels of key hormones such as FSH, LH and oestradiol to give an indication of menopause status. Thyroid hormones are also included as menopausal and thyroid symptoms can be similar. It is not uncommon for a thyroid condition to develop in the 40's or 50's so this test can give an insight into whether symptoms are due to menopause, thyroid or both.

Who is this blood test for?

This test is for women who want to investigate symptoms as well as women who wish to confirm that they have reached the menopause.

Symptoms

Symptoms of the menopause include hot flushes, lethargy, sleep disturbance and vaginal dryness. The severity of menopause symptoms vary. Some women have few menopause symptoms and others require treatment such as Hormone Replacement Therapy or HRT.

Tests included (5)

Hormones

TSH, FT4, FSH, LH, Oestradiol

Hormone Check Female

The Hormone Check Female tests for levels of specific hormones which can influence your chances of conceiving, your menstrual cycle and menopause.

Hormones are chemical messengers which are involved in all of the body's functions. Women's sex hormones control the reproductive system and any imbalance can affect fertility and the menstrual cycle.

The Hormone Check Female includes tests for Luteinising Hormone (LH), which controls the reproductive system, Follicle-Stimulating Hormone (FSH), which helps control egg production and the menstrual cycle, oestradiol, which is involved in ovarian function, and prolactin which can determine whether a woman is menstruating.

Who is this blood test for?

This test is for women looking to monitor specific hormones that may impact their fertility, menstrual cycle and menopause.

Symptoms

There are several signs that you may have a hormone imbalance. These include persistent weight gain, loss of muscle mass, low libido, tiredness, problems with digestion and sweating.

Tests included (4)

Hormones

FSH, LH, Oestradiol, Prolactin