

Health In A Box

See what we test

Physician-designed. Clinically interpreted. Structured for clarity.

Every tier includes a virtual review with a licensed clinician who translates your results into plain language and provides a clear, personalized plan.

COMPARE TIERS	Track Metabolic Baseline	Transform Metabolic + Hormones	Thrive Comprehensive Panel
Price	\$350	\$500	\$850
Biomarkers	10	15	60+
Clinician review	30-min review	30-min review	45-min review + 15-min check-in
Metabolic Health (10)			
Blood sugar regulation			
Fasting Glucose Current blood sugar levels	✓	✓	✓
HbA1c (Glycosylated Hemoglobin) Blood sugar regulation over 2-3 months	✓	✓	✓
Fasting Insulin How your body manages blood sugar	✓	✓	✓
Lipid balance			
LDL Cholesterol Lipid balance	✓	✓	✓
HDL Cholesterol Protective cholesterol	✓	✓	✓
Triglycerides Fat metabolism and metabolic load	✓	✓	✓
Thyroid and stress physiology			
TSH (Thyroid Stimulating Hormone) Thyroid signaling and metabolic regulation	✓	✓	✓
Free T4 (Thyroxine) Active thyroid hormone output	✓	✓	✓
Cortisol Stress response and adrenal function	✓	✓	✓
Inflammation			
CRP (C-Reactive Protein) Systemic inflammation	✓	✓	✓
Hormone Balance (5)			
Estradiol Primary reproductive hormone	—	✓	✓
Progesterone Cycle regulation, sleep, and mood stability	—	✓	✓
Free Testosterone Energy, libido, and metabolic function	—	✓	✓
DHEA Adrenal hormone supporting energy and resilience	—	✓	✓
FSH (Follicle Stimulating Hormone) Hormonal signaling and reproductive transition	—	✓	✓
Nutrient Optimization (11)			
Vitamins			
Vitamin B12 Nerve function, energy, and cognition	—	—	✓
Folate (B9) Cell repair and methylation support	—	—	✓
Vitamin D Bone health, immunity, and mood regulation	—	—	✓
Omega Fatty Acids			
Omega Fatty Acids Omega-3 status and overall fatty acid balance (5 markers)	—	—	✓

Minerals			
Ferritin Iron stores and energy capacity	—	—	✓
Magnesium Muscle function, sleep, and stress response	—	—	✓
Zinc Immune function and hormone metabolism	—	—	✓
Organ Health (35)			
Liver Function (6)			
AST Liver cell damage marker	—	—	✓
ALT Most specific liver enzyme	—	—	✓
Alkaline Phosphatase (ALP) Liver and bone health	—	—	✓
GGT Bile duct function	—	—	✓
Bilirubin (Total) Liver processing capacity	—	—	✓
Albumin Liver protein production	—	—	✓
Kidney Function (13)			
Creatinine Kidney filtration	—	—	✓
Glomerular Filtration Rate (eGFR) Kidney function estimate	—	—	✓
Potassium Electrolyte balance	—	—	✓
Sodium Fluid and electrolyte balance	—	—	✓
Calcium Bone and cellular function	—	—	✓
Uric Acid Metabolic byproduct, kidney clearance	—	—	✓
Urinalysis, Chemical Kidney, metabolic, and urinary tract screening (7 markers)	—	—	✓
Blood Cell Profile (15)			
Red Blood Cells Hemoglobin, hematocrit, indices	—	—	✓
White Blood Cells Plus differential	—	—	✓
Platelets Clotting and immune function	—	—	✓
Pancreatic Function (1)			
Amylase Pancreatic function	—	—	✓
10 biomarkers		15 biomarkers	
		60+ biomarkers	

ADD-ONS

Expand your panel based on your goals. Each testing add-on includes 15 additional minutes with your clinician.

Add-On	What It Includes	Available For	Price
Nutrient Optimization	Vitamin B12, Folate (B9), Vitamin D, Omega Fatty Acids, Ferritin, Magnesium, Zinc	Track, Transform	\$300
Organ Health	Liver function, kidney function, blood cell profile, pancreatic function, urinalysis	Track, Transform	\$150
Additional Consultation	30-minute follow-up with your licensed clinician	All tiers	\$150

Private health benefits and health spending accounts may cover all or part of your testing and clinician consultations. Check with your provider for naturopathic doctor (ND) coverage.

All prices in Canadian dollars. Testing completed at a nearby lab or via house call. Results delivered through My Wellness File, a secure platform for tracking your progress over time. Licensed naturopathic doctors are regulated healthcare professionals. Many extended health benefits plans provide coverage for their services.