

**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
<b>Price</b>	<b>\$365</b>	<b>\$595</b>	<b>\$995</b>
<b>Biomarkers</b>	<b>8</b>	<b>12</b>	<b>50</b>
<b>Clinician review</b>	30-min review	30-min review	45-min review + 15-min follow-up
<b>Metabolic Health (10)</b>			
<b>Blood sugar regulation</b>			
<b>Fasting Glucose</b> Current blood sugar levels	✓	✓	✓
<b>HbA1c (Glycosylated Hemoglobin)</b> Blood sugar regulation over 2-3 months	✓	✓	✓
<b>Fasting Insulin</b> How your body manages blood sugar	✓	✓	✓
<b>Lipid balance</b>			
<b>LDL Cholesterol</b> Lipid balance	✓	✓	✓
<b>HDL Cholesterol</b> Protective cholesterol	✓	✓	✓
<b>Triglycerides</b> Fat metabolism and metabolic load	✓	✓	✓
<b>Thyroid and stress physiology</b>			
<b>TSH (Thyroid Stimulating Hormone)</b> Thyroid signaling and metabolic regulation	✓	✓	✓
<b>Free T4 (Thyroxine)</b> Active thyroid hormone output	—	—	✓
<b>Cortisol</b> Stress response and adrenal function	—	✓	✓
<b>Inflammation</b>			
<b>CRP (C-Reactive Protein)</b> Systemic inflammation	✓	✓	✓
<b>Hormone Balance (5)</b>			
<b>Estradiol (female)</b> Primary reproductive hormone	—	✓	✓
<b>Progesterone (female)</b> Cycle regulation, sleep, and mood stability	—	✓	✓
<b>Free Testosterone (male)</b> Energy, libido, and metabolic function	—	✓	✓
<b>DHEA (male)</b> Adrenal hormone supporting energy and resilience	—	✓	✓
<b>FSH (Follicle Stimulating Hormone) (female)</b> Hormonal signaling and reproductive transition	—	✓	✓
<b>Nutrient Optimization (11)</b>			
<b>Vitamins</b>			
<b>Vitamin B12</b> Nerve function, energy, and cognition	—	—	✓
<b>Folate (B9)</b> Cell repair and methylation support	—	—	✓
<b>Vitamin D</b> Bone health, immunity, and mood regulation	—	—	✓
<b>Omega Fatty Acids</b>			
<b>Omega Fatty Acids</b> Omega-3 status and overall fatty acid balance (5 markers)	—	—	✓

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<b>Minerals</b>			
<b>Ferritin</b> Iron stores and energy capacity	—	—	✓
<b>Magnesium</b> Muscle function, sleep, and stress response	—	—	✓
<b>Zinc</b> Immune function and hormone metabolism	—	—	✓
<b>Organ Health (35)</b>			
<b>Liver Function (6)</b>			
<b>AST</b> Liver cell damage marker	—	—	✓
<b>ALT</b> Most specific liver enzyme	—	—	✓
<b>Alkaline Phosphatase (ALP)</b> Liver and bone health	—	—	✓
<b>GGT</b> Bile duct function	—	—	✓
<b>Bilirubin (Total)</b> Liver processing capacity	—	—	✓
<b>Albumin</b> Liver protein production	—	—	✓
<b>Kidney Function (13)</b>			
<b>Creatinine</b> Kidney filtration	—	—	✓
<b>Glomerular Filtration Rate (eGFR)</b> Kidney function estimate	—	—	✓
<b>Potassium</b> Electrolyte balance	—	—	✓
<b>Sodium</b> Fluid and electrolyte balance	—	—	✓
<b>Calcium</b> Bone and cellular function	—	—	✓
<b>Uric Acid</b> Metabolic byproduct, kidney clearance	—	—	✓
<b>Urinalysis, Chemical</b> Kidney, metabolic, and urinary tract screening (7 markers)	—	—	✓
<b>Blood Cell Profile (15)</b>			
<b>Red Blood Cells</b> Hemoglobin, hematocrit, indices	—	—	✓
<b>White Blood Cells</b> Plus differential	—	—	✓
<b>Platelets</b> Clotting and immune function	—	—	✓
<b>Pancreatic Function (1)</b>			
<b>Amylase</b> Pancreatic function	—	—	✓
<b>8 biomarkers</b>		<b>12 biomarkers</b>	<b>50 biomarkers</b>

## 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
<b>Nutrient Optimization</b>	Vitamin B12, Folate (B9), Vitamin D, Omega Fatty Acids, Ferritin, Magnesium, Zinc	Track, Transform	<b>\$395</b>
<b>Organ Health</b>	Liver function, kidney function, blood cell profile, pancreatic function, urinalysis	Track, Transform	<b>\$195</b>
<b>Additional Consultation</b>	30-minute follow-up with your licensed clinician	All tiers	<b>\$150</b>

**HSA eligible. Extended health benefits may cover all or part of your testing and naturopathic doctor (ND) consultations.** Check with your provider.

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.