

TRUE POTENTIAL NUTRITION

Functional Lab Testing Menu

While these labs tend to be the most popular, others are available. Book a [free call](#) today to determine the best test for you.

1. Organic Acid Testing

Organic Acid Testing: Assesses mitochondria functioning, oxidative stress, inflammation, omega balance, nutrient status, digestive health, methylation ability, neurotransmitter metabolites and toxic exposures.

- **Recommended for:** Testing nutrient status, toxin exposures, suspected inflammation, fatigue, possible detoxification issues, depression, anxiety, general overview of health status

2. Cortisol Testing

Cortisol Awakening Response (CAR): Assesses cortisol at various times a day.

- **Recommended for:** People who are highly stressed, have blood sugar irregularities, sleep challenges, hormone imbalance, anxiety, depression, chronic fatigue

3. Hormone Testing

DUTCH Complete hormone testing: Tests over 20 hormone biomarkers, which includes sex hormones and their metabolites (to determine how hormones are being broken down), melatonin, and cortisol. It also assesses a number of organic acids, which helps to paint a picture about neuroinflammation, neurotransmitter and B vitamin status, oxidative stress, and DNA damage. Additionally, it serves as an indirect measure of methylation.

- **Recommended for:** People with hormonal challenges, menstrual irregularities, PMS, fibroids, sleep challenges, personal or family history of estrogen-related cancers, fertility challenges

4. Stool Testing

GI Effects Comprehensive Stool Test: Tests for infection, poor digestion, bacterial overgrowth, digestive enzyme activity, inflammation, and metabolic imbalance; Can also assess for leaky gut with additional biomarkers.

- **Recommended for:** People with chronic pain, gas, bloating, diarrhea, constipation, food particles in stools, greasy stools, depression, anxiety, and autoimmune conditions

5. Nutrigenomic Testing

Information coming soon*

Medical Disclaimer: This guide is for educational purposes only and should not be interpreted as medical advice. Labs provided by True Potential Nutrition are not diagnostic in nature. Rather, they are utilized to develop personalized nutrition and wellness protocols. It is always recommended to share your results with your doctor.