



Menu

Advanced and functional lab testing

April 2024

Pricing subject to change

Knowledge is power

This menu provides you with information about the most popular tests we provide health optimisers

Test menu

Start here

MyDNA comprehensive

You only need to check your nutrigenomic genetics once for a lifetime of insight to instruct your personalised health strategy

Comprehensive health status array An unmatched blood and metabolomics test covering 230+ biomarkers to find out what's playing out now in your body

Food sensitivities

KBMO 132

132 foods broadly tested to reveal the degree of inflammation caused by sensitivities

KBMO 176

An 44 extra foods tested to arm you with knowledge across 176 foods

Precision 88

88 foods tested, covering a deep analysis into sensitivities and allergies per food item

Hormone health

DUTCH Plus

An advanced picture of oestrogen and metabolites, progesterone, testosterone, DHEA, DHT, cortisol, and melatonin

Thyroid extensive

Full thyroid review of your T4, T3, rT3, TPOAb, TGAb, and TRAb.

Bundled into Comprehensive health status array.

Gut health

GI MAP

The gut microbiome plays a critical role in mediating your health. Assess your gut health with a review for parasites and the mix of beneficial v harmful bacteria and fungi

Cardiometabolic health

Cardiovascular comprehensive

The perfect spot check for your current cardiovascular disease risk profile. Bundled into Comprehensive health status array.

Longevity

TruAge complete

Cellular level testing for biological age and PACE of ageing based on epigenetic expression, gene methylation, telomere length

TruAge PACE

PACE of ageing plus telomere length

Further options

The tests listed above are a small selection of the full suite of tests available. Talk to us if you wish to test other markers such as: heavy metals, environmental toxins, mycotoxins, MARCoNS, CIRS, SIBO, intestinal permeability and many more offered by our partner labs. We work with Precision Analytical, TruDiagnostic, Genova Diagnostics, KBMO, NutriPath and Mosaic Diagnostics.

TEST NAME: MYDNA COMPREHENSIVE

Genetic test

Nutrigenomic gene profile

Whilst your genes are not your destiny, understanding your genetic makeup empowers you to make informed lifestyle choices, and directs your attention towards the essential strategies needed to optimise your health.

What it tests?

This practitioner order only test looks at 92 genes and 113 SNP's across digestion, energy, hormones, stress & cognitive performance, inflammation, athletic performance, MTHFR, DNA protection & repair, and detoxification.

Bio-sample

Cheek swab

Time frame for results

5 weeks

Cost

\$335 + interpretation appointment



Locate a sample report [here](#)

Learn more

[Decoding your DNA: A personalised blueprint to optimise your health](#)



TEST NAME: NUTRISTAT + FASTING INSULIN

Comprehensive health status array

230+ Biomarkers

Measuring key biomarkers allows you to uncover suboptimal functioning in the body before it manifests as illness and disease, and take a proactive approach to health optimisation. This array is one of the most comprehensive blood and metabolite panels available.

What it tests?

A baseline summary of over 230 key health biomarkers including blood biochemistry, mitochondrial function, metabolism, amino acids, cardiovascular profile, essential fatty acid profile, thyroid, hormones, mineral and metals analysis, and cortisol. Also determine your blood glucose regulation.

Bio-sample

Blood (serum) and urine

Time frame for results

5 weeks

Cost

\$1070 + interpretation appointment



Locate a sample report [here](#)

Learn more

[Personalised wellness: Decoding biomarkers with Nutri-STAT](#)

The collage displays several sample reports from NutriPATH, including:

- Thyroid & Protein Health:** Shows results for TSH (2.80), FT4 (16.1), FT3 (5.8), Reverse T3 (509.0), and Thyroid T3 Ratio (0.747).
- Metabolic Health:** Lists cholesterol levels (Total: 6.8, HDL: 2.0, LDL: 4.6), triglycerides (0.8), and various lipoprotein ratios.
- Hormone Health:** Includes Progesterone (0.4), SHBG (3.3), Testosterone (12.3), and Estradiol (153.0).
- Essential Fatty Acids:** Provides a detailed breakdown of fatty acid profiles, such as Omega-3 Total (26.34) and Omega-6 Total (15.66).

TEST NAME: KBMO FIT 132 OR KBMO FIT 176

Food inflammation test

Immunoglobulin G (IgG 1 - 4)

Chronic Inflammation is known to be at the root cause of most chronic disease and dysfunction. If the food you are eating is adding fuel to the fire, identifying problem foods it is an effective way to reduce inflammation. The KBMO FIT tests go broad, allowing many foods to be tested.

What it tests?

Assesses if you have sensitivities to either restricted 132 or 176 common foods. Through a few drops of blood, it detects and measures IgG 1-4 and complement protein (C3d) to identify whether an inflammatory response may be being caused by an immune response to a food. This is a great way to reduce inflammation in the body.

Bio-sample

Blood drop

Time frame for results

5 weeks

Cost

132 foods \$595 + interpretation appointment

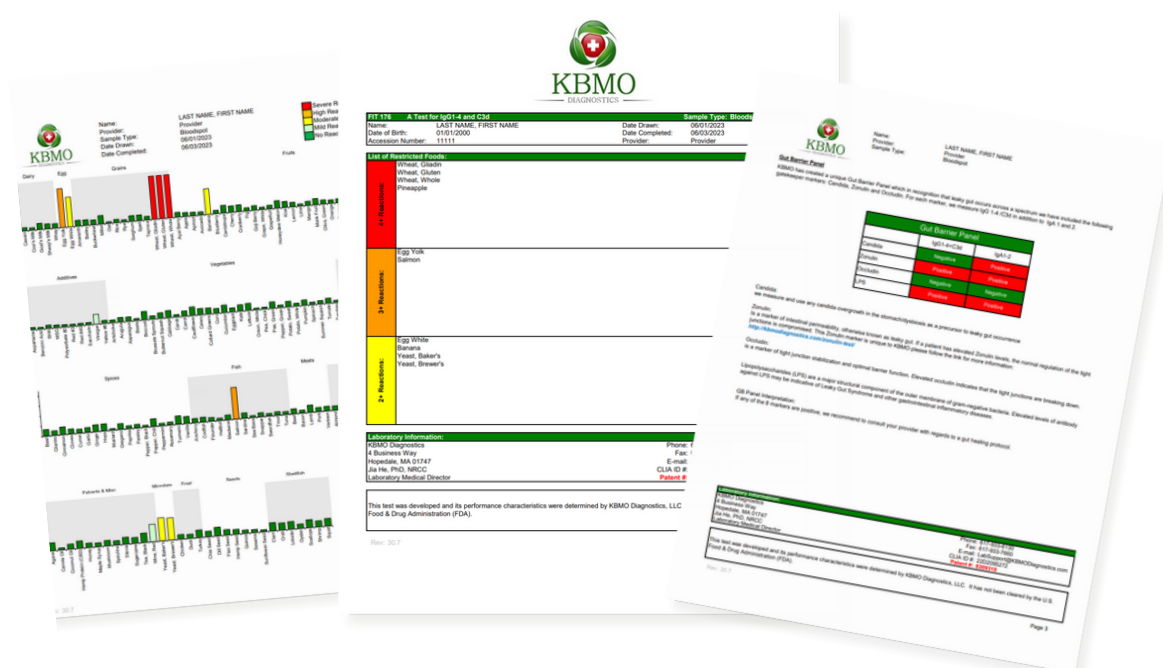
176 foods \$800 + interpretation appointment



Locate a sample report [here](#)

Learn more

[Why is reducing IgG a longevity strategy?](#)



TEST NAME: PRECISION 88 (P88)

Food inflammation test

Immunoglobulin G and E (IgG, IgE)

Whereas the KBMO FIT tests a greater breadth of foods, the P88 (88 foods) array goes deep on each food tested providing itemised data on both allergy (IgE) immune pathway and your sensitivity pathway (IgG).

What it tests?

Helps us shortcut the process of figuring out what foods might be causing a problem for you by measuring your immunoglobulin (immune system) responses to various foods across IgG 1-4 (sensitivity), C3d, IgE (allergy) plus IgG4.

Bio-sample

Blood drop (DIY) or blood draw

Time frame for results

5 weeks

Cost

\$720 + interpretation appointment



Locate a sample report [here](#)

Learn more

[Why is reducing IgG a longevity strategy?](#)

P88-Dietary Antigen Test Summary Table:

DIETARY ANTIGEN	IgE		IgG4		Sensory Tolerance (IgE + IgG4)	IgG	
	Present	Absent	Present	Absent		Present	Absent
Almonds	LOW	2%	LOW	2%	LOW	100%	
Apples	LOW	1%	LOW	2%	LOW	100%	
Asparagus	LOW	2%	LOW	2%	LOW	100%	
Avocado	LOW	2%	LOW	2%	LOW	100%	
Bananas	LOW	2%	LOW	2%	LOW	100%	
Barley	LOW	2%	LOW	2%	LOW	100%	
Berries	LOW	2%	LOW	2%	LOW	100%	
Broccoli	LOW	2%	LOW	2%	LOW	100%	
Butter	LOW	2%	LOW	2%	LOW	100%	
Carrots	LOW	2%	LOW	2%	LOW	100%	
Cashews	LOW	2%	LOW	2%	LOW	100%	
Chickpeas	LOW	2%	LOW	2%	LOW	100%	
Citrus	LOW	2%	LOW	2%	LOW	100%	
Cocoa	LOW	2%	LOW	2%	LOW	100%	
Coffee	LOW	2%	LOW	2%	LOW	100%	
Corn	LOW	2%	LOW	2%	LOW	100%	
Cranberries	LOW	2%	LOW	2%	LOW	100%	
Cucumbers	LOW	2%	LOW	2%	LOW	100%	
Dairy	LOW	2%	LOW	2%	LOW	100%	
Eggs	LOW	2%	LOW	2%	LOW	100%	
Fermented	LOW	2%	LOW	2%	LOW	100%	
Fish	LOW	2%	LOW	2%	LOW	100%	
Fruit	LOW	2%	LOW	2%	LOW	100%	
Grains	LOW	2%	LOW	2%	LOW	100%	
Herbs	LOW	2%	LOW	2%	LOW	100%	
Legumes	LOW	2%	LOW	2%	LOW	100%	
Nuts	LOW	2%	LOW	2%	LOW	100%	
Oil	LOW	2%	LOW	2%	LOW	100%	
Onions	LOW	2%	LOW	2%	LOW	100%	
Peanut	LOW	2%	LOW	2%	LOW	100%	
Pears	LOW	2%	LOW	2%	LOW	100%	
Pineapple	LOW	2%	LOW	2%	LOW	100%	
Pistachios	LOW	2%	LOW	2%	LOW	100%	
Potatoes	LOW	2%	LOW	2%	LOW	100%	
Raspberries	LOW	2%	LOW	2%	LOW	100%	
Rice	LOW	2%	LOW	2%	LOW	100%	
Salmon	LOW	2%	LOW	2%	LOW	100%	
Soy	LOW	2%	LOW	2%	LOW	100%	
Squash	LOW	2%	LOW	2%	LOW	100%	
Tea	LOW	2%	LOW	2%	LOW	100%	
Tomatoes	LOW	2%	LOW	2%	LOW	100%	
Wheat	LOW	2%	LOW	2%	LOW	100%	
Yeast	LOW	2%	LOW	2%	LOW	100%	

TEST NAME: DUTCH PLUS

Advanced hormone panel

Sex and adrenal hormones
Cortisol awakening response

DUTCH (Dried Urine Test for Comprehensive Hormones) offers the most extensive profile of sex and adrenal hormones along with their metabolites. This comprehensive report provides actionable results for in depth hormone function.

What it tests?

Oestrogen and metabolites, progesterone, testosterone, DHEA, DHT, cortisol, melatonin, and more.

Bio-sample

urine and saliva during 14 hours

Time frame for results

4 weeks

Cost

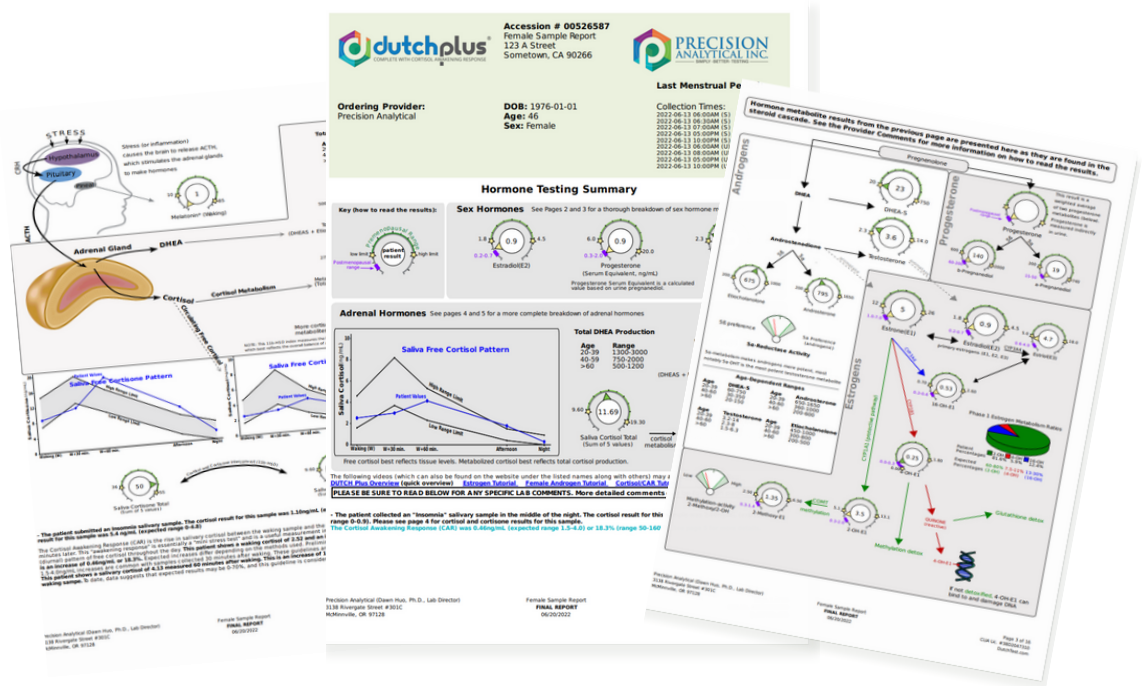
\$695 + interpretation appointment



Locate a sample report [here](#)

Learn more

[Mastering your hormones: Insights from the DUTCH test](#)



TEST NAME: NP THYROID PROFILE EXTENSIVE

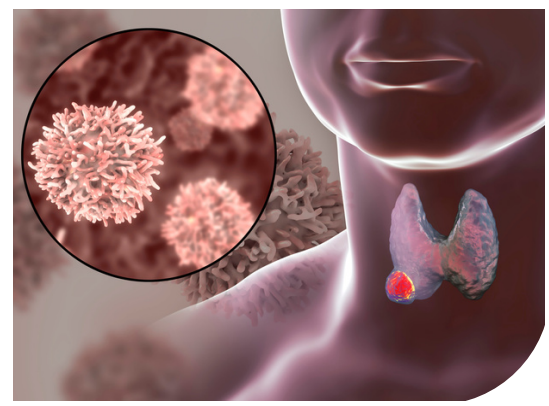
Thyroid panel

T4, T3, rT3, TPOAb, TGAb, and TRAb

Comprehensive thyroid testing can give you a more complete picture of thyroid function and also help to identify potential metabolic problems early on.

What it tests?

Thyroid function is typically measured by testing for levels of thyroid signals via TSH which is not always an accurate indicator of thyroid function. This test goes a step further than TSH alone testing levels of T4, T3, reverse T3, and autoimmunity through thyroid antibodies (TPOAb, TGAb, and TRAb).



Locate a sample report [here](#)

These markers are included in the [NutriStat](#)

Bio-sample


Blood

Time frame for results

2 weeks

Cost

\$290 + interpretation appointment




1300 666 522
E: info@nutripath.com.au

Dr. SAMPLE REPORT
TEST HEALTH CENTRE
123 TEST STREET
BURWOOD VIC 3125

SAMPLE REPORT
09-May-1990 Female

16 HARKER STREET
BURWOOD VIC 3125

LAB ID: 3814074
UR NO: Collection Date: 09-May-2022
Received Date: 09-May-2022



3814074

ENDOCRINOLOGY

BLOOD - Serum	Result	Range	Units	
THYROID FUNCTION ASSESSMENT				
TSH	1.67	0.50 - 5.00	mIU/L	●
FREE T4	15.0	11.0 - 21.0	pmol/L	●
FREE T3	4.1	3.1 - 6.0	pmol/L	●
Reverse T3	592.0 ^H	250.0 - 540.0	pmol/L	●
FT3 : Reverse T3 Ratio (X 100)	0.692 ^L	1.200 - 2.200		●

THYROID TEST COMMENTS
There are differing views regarding reference ranges of TSH. New reference ranges using populations without thyroid disease suggest that the optimal TSH range for thyroid function should be 0.5-2.0mIU/L. However it should be noted that this laboratory shall continue to report a normal reference range of 0.5 - 5.0 mIU/L.

FREE T4 and FREE T3
Free T4 and T3 represent bioactive portion of thyroid hormone. The test results can identify functional or subclinical hyper- and hypothyroidism and overt hypo- and hyperthyroidism. T4 converts to active T3 or inactive rT3.

REVERSE T3 levels can increase when peripheral conversion of T4 to active T3 is impaired. Peripheral thyroid imbalances may arise from nutrient deficiencies, heavy metal exposure, adrenal stress, enzyme deficiencies, and chronic illnesses.

ELEVATED REVERSE T3 LEVEL:
A high or high normal rT3 level may inhibit the action of T3. Elevated rT3 may therefore lead to symptoms of hypothyroidism even if levels of TSH, T4 & T3 are adequate.

THYROID AUTO-Ab	Result	Range	Units	
THYROID PEROXIDASE Ab.	53.0 ^H	0.0 - 35.0	IU/mL	●
ANTITHYROIDGLIULIN Ab.	38.0	0.0 - 115	IU/mL	●
TSH RECEPTOR AB	<1.0	0.0 - 2.9		●

(*) Result outside normal reference range (H) Result is above upper limit of reference range (L) Result is below lower limit of reference range
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TEST NAME: NP CARDIOVASCULAR COMPREHENSIVE 2

Cardiometabolic health

Detailed subfraction analysis

In the past decade, cardiovascular disease has been the cause of over one-third of all premature deaths in Australia cutting lifespan short. If disease avoidance is your goal, the most advanced strategy for coronary risk assessment is a 'multi-marker' approach to assess your risk.

What it tests?

This comprehensive cardiovascular profile includes Liposcreen LDL-Subfraction analytes. Liposcreen separates and quantifies all lipoprotein sub-fractions LDL 1-7, VLDL and IDL plus mean particle size. The test also measures APoB, Lp(a), homocysteine, and glucose.

Bio-sample

Blood

Time frame for results

2 weeks

Cost

\$335 + interpretation appointment



Locate a sample report [here](#)

These markers are included in the [NutriStat](#)



TEST NAME: GI MAP

Comprehensive stool test

GI Microbial Assay

Research overwhelmingly indicates that gut health impacts overall health. The gut microbiome, in particular, is now considered as a critical organ in it's own right forming a significant piece of your health puzzle, mediating the effects of diet and other factors on health, including digestive, immune, metabolic and neuroendocrine functions.



What it tests?

GI MAP helps us understand if parasites, bacteria, fungi are affecting the function of your gut and offers functional markers of digestion and gut inflammation including leaky gut. This test assesses how much of an organism's DNA is present in a patient's stool sample, essential for helping practitioners to determine the clinical significance of pathogenic organisms and dysbiosis patterns.

Locate a sample report [here](#)

Bio-sample

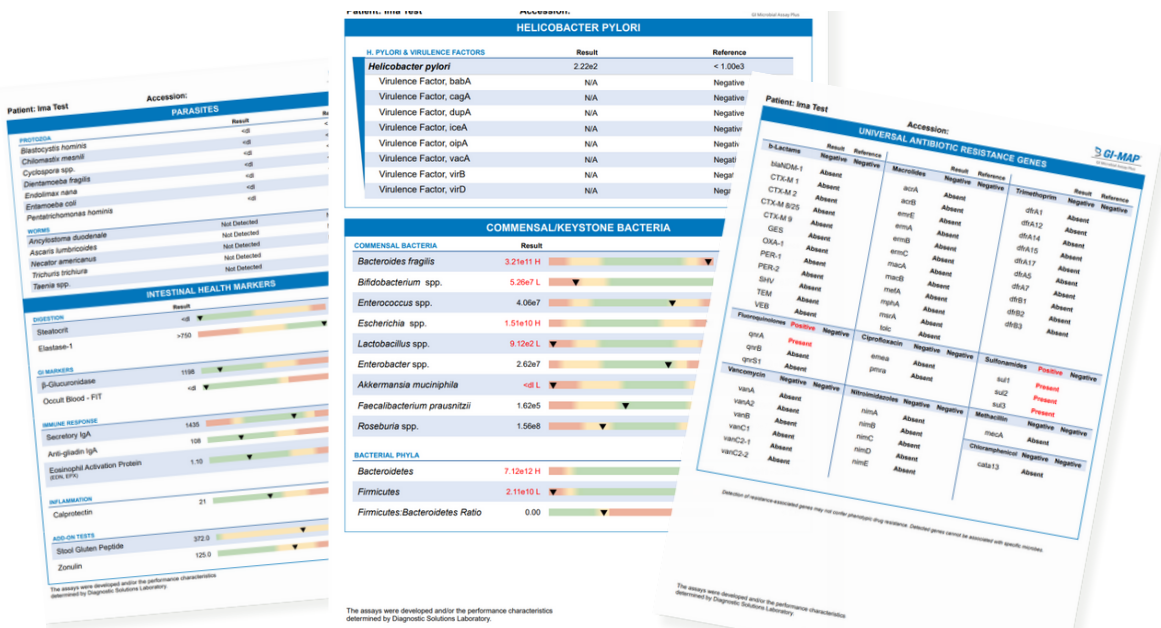
1 x stool sample

Time frame for results

4 weeks

Cost

\$627 + interpretation appointment



TEST NAME: TRUAGE COMPLETE

Biological age advanced

Epigenetic expression

Most of us are aware of our chronological age, or the number of years we have been alive on this planet. However, many factors such as stress, the environment, toxins, diet and lifestyle habits, directly impact how our body ages, meaning our biological age may be more than our chronological age.

What it tests?

When it comes to understanding the genetics of your "true" biological age, we need to understand more about how certain genes are turned on or off through a process known as methylation, as well as how many factors influence your telomere length which has been shown to correlate with biological age. TruAge COMPLETE offers the most comprehensive and in-depth look at various, biological elements of ageing. The go-to kit for anti-ageing enthusiasts who want a comprehensive look at their baseline ageing metrics, as well as in-depth analysis of specific, age-related biomarkers.



Locate a sample report [here](#)

[Learn more](#)

[How old are you really?](#)

Bio-sample

Blood drop

Time frame for results

5 weeks

Cost

\$850 + interpretation appointment



TEST NAME: TRUAGE PACE

Biological age spot check

Epigenetic expression

If you have previously received results for the TruAge Compete test, future testing to determine the efficacy of your longevity and biohacking protocol can be monitored using the TruAge PACE. For biohacking enthusiasts, we would recommend a TruAge PACE annually.

What it tests?

TruAge PACE, at-home epigenetic test analyses how fast or slow your body is currently ageing on a cellular level.

Bio-sample

Blood drop

Time frame for results

5 weeks

Cost

\$480 + interpretation appointment



Locate a sample report [here](#)

[Learn more](#)

[How old are you really?](#)



Frequently Asked Questions

How do I get access to these tests?

There are three ways to work with us to access testing:

1. [As a 6 month healthcare patient](#)
2. [As a health optimisation patient](#)
3. Via a one time (one test only) [test interpretation service](#)

I am not sure which test or which service is right for me. How do I choose?

We recommend you book a scheduled, complimentary discovery call to speak to one of our team: <https://optimise.mfm.au/discovery-call/>

I know which test I would like to order.

What next?

Please call us on 1300 614 814 or email support@mfm.au to order a test kit.

Why aren't the tests covered by Medicare? And why can't my doctor order these tests?

Unfortunately, Medicare coverage is limited to conventional medical tests, which often fail to provide a thorough understanding of your health, and use outdated markers that have been surpassed by more advanced markers supported by emerging research.

We use the most comprehensive, validated lab tests from labs that are privately billed. Most GPs are not familiar with these tests unless they are functionally trained.

What is functional medicine?

[Functional medicine](#) is a revolutionary healthcare approach that focuses on optimising health through the most up-to-date science backed insights that largely address dietary, lifestyle and environmental factors that may compromise health. It looks at the body as a complex, inter-related biological system rather than separate parts.

When and where will I do the tests?

Your test kits will arrive by mail and you will carefully follow the preparation instructions, take your sample then send your samples direct to the lab.

Many tests can be done in the comfort of your home, while some will need to be taken into a pathology collection centre for a blood draw.

We provide you with all the information and videos you need to complete your tests.

There is a \$50 re-draw fee if your sample is rejected. Please ensure you take the time to read and prepare for your testing.

Depending on the test, results take 3-6 weeks to come in.

I have a blood panel from my GP I'd like interpreted, can that be included?

Yes, we are happy for you to bring along results for review from a functional lens at your interpretation appointment. Sometimes the standard labs look at ranges from dis-ease avoidance. We look at your results from an optimal health perspective.

If I work with you via the test interpretation service, what happens after a interpretation appointment?

You will have the information and insight about what is happening in your body based on the test you have chosen.

We will provide written notes from the test interpretation from the results. Any helpful resources will also be provided - eg food guides.

If you feel you'd like more comprehensive, complete and further support, you may choose should you wish to transition to our healthcare program or our health optimisation services via a kickstart appointment.

But of course, this is 100% obligation free.

Our friendly support team can schedule a call after your interpretation to discuss the best pathway for you.



MELBOURNE
FUNCTIONAL
MEDICINE