

Nutrition Consultations & Specialty Labs

Receive practical tips from our certified nutritionists that consider your health conditions, dietary preferences, and lifestyle

We occasionally offer brief nutrition consultations along with your regularly scheduled appointment. Please note that we do this to provide a value-added service, but insurance companies do not reimburse us for this time.

To get the greatest benefit from our nutrition services, we recommend that you schedule a paid [nutrition consultation](#) with one of our three certified functional nutritionists. Call 303-343-3121 to schedule an appointment today or [click here](#).

Our nutritionists evaluate your current health status, including any medical diagnoses, digestive conditions, and food sensitivities. They tailor a plan that fits your lifestyle and your food preferences. When you leave your nutrition consultation, you will be armed with a specific **plan, recipes, and snack ideas**. A personalized nutrition consultation is one of the best ways to reach your health goals.

Specialty Labs – For Patients

This is a partial list of specialty labs we offer for our patients. We offer a variety of specialty labs for our patients. These tests are an out-of-pocket expense; however, some insurance companies may reimburse for the expense or may be reimbursed through your HSA. It is the patient's responsibility to submit the receipt to his/her insurance and inquire about reimbursement.

If a test requires a blood draw, there will be a \$15 charge at the time of the blood draw.

Genova SIBO Test \$275 (for both the 2 hour or 3 hour test collection)

This is a breath test kit completed at home and mailed into Genova. The test measures both hydrogen and methane gases. A kit will be mailed to the patient once payment is collected at The Care Group. No physician signature is required on requisition forms that have The Care Group information provided.

Results received - 10 days

GI MAP Test \$400 (\$450 with zonulin add-on)

A stool test completed at home assessing for GI pathogens, H. Pylori and Antibiotic Resistance Genes Test. Includes a scheduled follow up with a nutritionist to review results.

Results received- 10 days

Dunwoody Dietary Antigen Test \$380

A blood test done at the office or Lab Corp. Looking at IgE, IgG4, IgG, C3D. Includes a scheduled follow up with a nutritionist to review results.

Results received- 14-21 days

Dunwoody Advanced Adrenal Stress Test \$160

A salivary cortisol test, completed at home and mailed to the company

Results received- 14-21 days

SpectraCell Micronutrient Test \$400

Patient takes requisition form to a designated lab to have blood draw. Test looks at nutrients within white blood cells (i.e., absorbed and utilized). Includes a scheduled follow up with a nutritionist to review results.

ZRT- Iodine Test \$90 - Urine Test

This is a urine test completed at home and mailed directly to the company in the UPS shipping materials provided with the test.

Results received- 2 week

ZRT-Female/Male Saliva Profile III \$230 - Saliva Profile 3 Tests: Estradiol, Progesterone, Ratio of E2: Progesterone, Testosterone, DHEAs, Cortisol x4 (morning, noon, evening, and night)

This is a salivary test patients complete at home and ship in the provided mailing materials. Use the tubes provided to collect saliva four designated times during one day. Women need to pay particular attention to timing of collection with regards to their menstrual cycle as outlined on page 1 of the instructions. Fill in the oval on the req form for Female/Male Saliva Profile III under Panels and Tests. UPS shipping.

Results received- 2-3 weeks

GENOMIND Test \$300

Patient submits through Insurance. The most they will be responsible for paying is \$300 to Genomind. Cheek swab is taken here and mailed to Genomind. Test looks at 18 different genes that are associated with mental/emotional imbalances and can help identify medications that will and will not work for the individual.

Results received- 1 ½ weeks

Cyrex Labs

Blood draw is performed here.

- Array 3 Test Wheat/Gluten Reactivity & Autoimmunity \$425
- Array 4 Test Gluten associated cross-reactive foods and food sensitivity \$325

Results received- 2-3 weeks