

FUNCTIONAL TESTING BROCHURE

NICOLE - GOODE HEALTH



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Never put off seeking treatment because of something you have read on Goode Health. If you think you may have a medical emergency, call your doctor.



WHY FUNCTIONAL TESTING

At Goode Health, we take a root cause approach to healthcare—because true wellness isn't about masking symptoms, but understanding and addressing what's driving them. Many chronic health issues, from fatigue and digestive problems to hormonal imbalances and autoimmune conditions, stem from underlying dysfunctions that conventional tests often miss. This is where functional testing plays a crucial role. By using advanced laboratory analysis, we go beyond standard blood work to assess key biomarkers, uncover hidden imbalances, and identify the real triggers behind your symptoms. Whether it's nutrient deficiencies, gut dysbiosis, toxin exposure, or hormone fluctuations, these insights allow us to create a truly personalised plan. Functional testing is the missing piece for many people who have struggled to find answers—helping you move from frustration to real, measurable results.

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COMPREHENSIVE STOOL TEST

Why it Matters

Your gut is at the core of your overall health, influencing everything from immune function to hormone balance and energy production. The Comprehensive 3-Day Stool Test is a cutting-edge functional test that provides an in-depth analysis of your gut microbiome, digestion, biochemistry, inflammation, and potential infections.

At Goode Health, we often see that gut imbalances are a hidden driver behind burnout, chronic fatigue, thyroid dysfunction, autoimmune conditions, and stress-related health issues. This test helps identify key factors such as dysbiosis (imbalanced gut bacteria), parasites, yeast overgrowth, intestinal permeability, digestive enzyme insufficiencies and more—offering critical insights into why symptoms persist.

By addressing these root causes, we can develop a targeted plan to restore gut health, improve energy levels, and support long-term healing.

If you struggle with ongoing digestive issues, fatigue, brain fog, or immune challenges, the Comprehensive 3 Day Stool Test can provide the answers you've been looking for.

Markers:

We get back a roughly 20 page report on your gut health and so cannot list every single marker here however below is a summary of the key markers looked at with this test:

- Gut Microbiome Balance – Identifies beneficial and pathogenic bacteria, dysbiosis, and microbial diversity.
- Pathogens & Infections – Detects parasites, viruses, and opportunistic bacteria that may contribute to symptoms.
- Yeast & Fungal Overgrowth – Assesses Candida and other fungal imbalances that can impact digestion and immunity.
- Digestive Function – Measures levels of digestive enzymes, fat absorption, and protein breakdown to evaluate how well food is being processed.
- Inflammation & Immune Response – Includes markers such as calprotectin and secretory IgA to assess gut inflammation and immune activity.
- Leaky Gut & Mucosal Integrity – Evaluates markers like zonulin that indicate intestinal permeability (leaky gut), which is linked to autoimmune and chronic conditions.
- Short-Chain Fatty Acids (SCFAs) – Analyses gut-derived metabolites that play a key role in immune function, metabolism, and gut health.
- Antibiotic Resistance Genes – Provides insights into microbial resistance patterns to guide more targeted treatment strategies.

Who should consider this test:

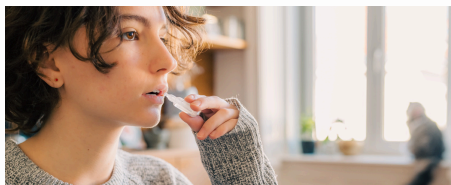
- ✓ Burnout & Chronic Fatigue – Gut dysfunction can contribute to poor nutrient absorption, inflammation, and low energy levels.
- ✓ Thyroid Dysfunction – Imbalances in gut bacteria and infections can impair thyroid hormone conversion and contribute to Hashimoto's.
- ✓ Autoimmune Conditions – A compromised gut barrier (leaky gut) and dysbiosis are common triggers for autoimmunity.
- ✓ Digestive Issues – Bloating, constipation, diarrhoea, reflux, or IBS-like symptoms that haven't been resolved with dietary changes.
- ✓ Food Sensitivities & Inflammation – Frequent reactions to foods, skin issues, joint pain, or unexplained inflammation.
- ✓ Brain Fog & Mood Imbalances – The gut-brain connection plays a crucial role in focus, memory, and mood regulation.
- ✓ Frequent Infections & Low Immunity – Chronic colds, recurring infections, or an overactive immune response.

Price:

- £375

Add Ons:

- H-Pylori £76
- Zonulin £49



ADRENAL SALIVA TEST WITH CAR

Why it Matters

Chronic stress is one of the most significant root causes with burnout, chronic fatigue, thyroid dysfunction and autoimmune conditions, yet standard tests often fail to capture its full impact.

The Adrenal Stress Test is a non-invasive saliva test that measures cortisol patterns throughout the day, including the Cortisol Awakening Response (CAR)—a crucial marker of how well your body responds to daily stress.

At Goode Health, we see how long-term stress can dysregulate the HPA axis (hypothalamic-pituitary-adrenal axis), leading to symptoms such as energy crashes, brain fog, poor sleep, anxiety, and hormonal imbalances.

This test provides a clear picture of adrenal function, helping us determine whether your body is in a state of high stress, burnout, or adrenal fatigue. With these insights, we can create a personalised strategy to restore resilience, regulate cortisol levels, and support your recovery.

Markers:

- Cortisol Awakening Response (CAR) – Measures how cortisol rises in the first 30–60 minutes after waking, a key indicator of stress resilience.
- Diurnal Cortisol Rhythm – Assesses cortisol levels throughout the day to identify patterns of dysregulation (e.g., high evening cortisol disrupting sleep or low morning cortisol causing fatigue).
- DHEA (Dehydroepiandrosterone) – Evaluates adrenal reserve and balance between stress and recovery.
- Cortisol/DHEA Ratio – Helps assess chronic stress impact and potential progression to adrenal burnout.
- Secretory IgA (sIgA) – Indicates immune function within the gut and mucosal barrier, often suppressed by chronic stress.

Who should consider this test:

- ✓ Burnout & Chronic Fatigue – Persistent exhaustion, energy crashes, or feeling ‘tired but wired’.
- ✓ Thyroid Dysfunction – Adrenal imbalances often contribute to hypothyroidism, Hashimoto’s, and difficulty regulating thyroid hormones.
- ✓ Autoimmune Conditions – Chronic stress plays a key role in triggering and exacerbating autoimmunity.
- ✓ Sleep Issues – Difficulty falling asleep, waking up frequently, or feeling unrefreshed in the morning.
- ✓ Mood & Mental Health Challenges – Anxiety, irritability, or low mood linked to dysregulated cortisol.
- ✓ Weight Changes & Metabolic Issues – Unexplained weight gain, difficulty losing weight, or blood sugar imbalances.
- ✓ Chronic Stress & Overwhelm – A history of prolonged stress that may be impacting health, energy, and resilience.

Price:

- £135



COMPREHENSIVE THYROID PANELS

Why it Matters

Thyroid health is essential for energy, metabolism, hormone balance, and immune function, yet standard thyroid tests often miss key markers that provide a complete picture.

Our comprehensive thyroid blood panels go beyond basic TSH testing to assess a full range of thyroid hormones, antibodies, immune function, nutrient cofactors essential for optimal function and more.

At Goode Health, we see many cases where burnout, chronic fatigue, autoimmune conditions, and stress-related health issues are linked to undiagnosed or poorly managed thyroid dysfunction.

We also see people with subclinical or diagnosed thyroid conditions where they are taking their medication but not reaping the benefits of balanced thyroid function. Many thyroid cases are poorly managed and as a result patients accept their symptoms as normal.

Whether you're experiencing low energy, brain fog, weight changes, or hair thinning, this test helps us identify subclinical hypo or hyper thyroidism, Hashimoto's, Grave's or imbalances affecting thyroid performance. By uncovering the root causes of thyroid issues, we can create a targeted plan to restore function and help you regain vitality.

Markers:

We do two thyroid panels:

Our Plus Panel:

- Full Blood Chemistry Profile
- EBV Antibodies
- Inflammation - 1 marker
- Glucose
- Thyroid
 - Free t3
 - Free t4
 - ft3:rT3 ratio
 - Reverse T3
 - T7 Free Thyroxine index
 - Thyroglobulin Abs
 - Thyroid Binding Globulin
 - Thyroid peroxidase antibody
 - Total T3
 - Total T4
 - TSH
 - TSH receptor abs

For Graves Disease testing choose the Plus Panel as you need TSH receptor Abs.

Please note we can add on markers to panels or create bespoke panels, if you would like to do this please email us to let us know your requirements and we can quote you.

Our Inspect Panel:

- Full Blood Chemistry Profile
- Electrolytes
- Enzymes
- DHEA
- Inflammation - 3 markers
- Full Iron Panel
- Kidney Function
- Lipid profile - Cholesterol
- Liver Profile
- Metabolic Markers
- Minerals
 - Calcium
 - Magnesium
 - Phosphorus
- Proteins
- Glucose profile & HbA1C
- Folate
- B12
- D3
- Thyroid
 - Free t3
 - Free t4
 - ft3:rT3 ratio
 - Reverse T3
 - Thyroglobulin Abs
 - Thyroid peroxidase antibody
 - Total T3
 - Total T4
 - TSH

Who should consider this test:

- ✓ Diagnosed Thyroid Conditions – to get to the root issues of your thyroid condition.
- ✓ Fatigue & Low Energy – Persistent tiredness, sluggishness, or feeling exhausted despite rest.
- ✓ Unexplained Weight Changes – Difficulty losing weight, unexplained weight gain, or sudden fluctuations.
- ✓ Brain Fog & Poor Concentration – Struggling with focus, memory, or mental clarity.
- ✓ Hair Thinning & Dry Skin – Brittle nails, hair loss, or skin that feels dry and rough.
- ✓ Cold Sensitivity & Temperature Regulation Issues – Feeling cold often or struggling with body temperature control.
- ✓ Mood Imbalances – Anxiety, depression, or mood swings that may be linked to thyroid dysfunction.
- ✓ Hormonal Imbalances – Irregular periods, fertility issues, or worsening PMS symptoms.
- ✓ Autoimmune Conditions – If you have an existing autoimmune disease (e.g., Hashimoto's, rheumatoid arthritis, or coeliac disease) or a family history of thyroid conditions.
- ✓ Burnout & Chronic Stress – Long-term stress can impact thyroid function and energy levels.
- ✓ Poor Recovery & Exercise Intolerance – Struggling with muscle recovery, weakness, or exercise-induced fatigue.

Price:

- Either Panel £340
- You will require a blood draw this can be booked to be done at your home. This is an additional cost. We will send you phlebotomists based in your area for you to arrange. National average is approx £45.

Add Ons:

- 52 available add ons - please contact us to create a bespoke panel at info@nicolegoodehealth.com

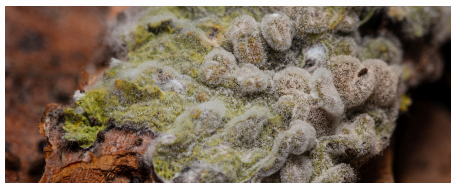
As an alternative we offer an at home finger prick test for you to get a quick and easy full thyroid panel.

Our Thyroid Monitor at Home Panel:

- Ferritin
- HsCRP
- Vitamin B12
- Vitamin D
- Thyroid
 - Free t3
 - Free t4
 - Thyroid Binding Globulin
 - Thyroid peroxidase antibody
 - TSH

Price:

- £125



MYCOTOXIN TEST (MOULD)

Why it Matters

Exposure to mould and mycotoxins can have a profound impact on energy, immune function, and overall health, yet it is often overlooked as a root cause of chronic symptoms and chronic disease.

The Mycotoxin Test is a highly sensitive urine test that detects toxic metabolites produced by mould, helping to uncover hidden environmental exposures.

At Goode Health, we see how mycotoxin-related illness can contribute to burnout, chronic fatigue, brain fog, thyroid dysfunction, and autoimmune conditions.

Mycotoxins can disrupt the immune system, trigger inflammation, impair detoxification pathways, and lead to persistent, unexplained symptoms that don't improve with conventional treatments. Identifying and addressing mould toxicity is a crucial step in restoring energy, cognitive function, and immune resilience.

Markers:

- Aflatoxins (M1) – Produced by *Aspergillus* mould; linked to immune suppression, liver stress, and oxidative damage.
- Chaetoglobosin A – A mycotoxin with cytotoxic effects, impacting cellular health.
- Citrinin (CTN) – Affects kidney function, mitochondrial energy production, and detoxification.
- Enniatin – Disrupts cellular function and has antimicrobial resistance implications.
- Gliotoxin – Suppresses immune function and is often linked to *Candida* overgrowth.
- Mycophenolic Acid – Suppresses immune function and can contribute to chronic infections.
- Ochratoxin A (OTA) – Common in water-damaged buildings; affects kidney function, immune health, and neurological balance.
- Sterigmatocystin – A precursor to aflatoxins, impacting liver detoxification and immune balance.
- Zearalenone (ZEA) – Mimics oestrogen and can contribute to hormonal imbalances and reproductive issues.
- Trichothecenes (Verrucaroin A, Roridin E) – Produced by *Stachybotrys* ('black mould'); highly toxic to the nervous system and gut lining.

Who should consider this test:

- ✓ Persistent Fatigue & Low Energy – Mitochondrial dysfunction caused by mycotoxins can lead to chronic exhaustion.
- ✓ Brain Fog & Cognitive Issues – Memory problems, poor concentration, and mental sluggishness.
- ✓ Unexplained Autoimmune Symptoms – Mycotoxins can trigger immune dysregulation, contributing to autoimmune conditions.
- ✓ Thyroid Dysfunction – Mould exposure can impair thyroid hormone conversion and contribute to hypothyroidism.
- ✓ Frequent Infections & Low Immunity – Chronic colds, sinus infections, or difficulty recovering from illness.
- ✓ Sinus Congestion & Respiratory Issues – Chronic sinusitis, asthma, or a persistent cough that doesn't resolve.
- ✓ Digestive Issues & Food Sensitivities – Mycotoxins can disrupt gut health, leading to bloating, IBS-like symptoms, or increased food intolerances.
- ✓ Unexplained Hormonal Imbalances – Irregular periods, fertility issues, or worsening PMS symptoms.
- ✓ Skin Rashes & Sensitivities – Eczema, hives, or unexplained itching.
- ✓ History of Mould Exposure – Living or working in a damp or water-damaged building.
- ✓ Chemical Sensitivities – Increased reactions to fragrances, cleaning products, or environmental toxins.
- ✓ Detoxification Issues – Difficulty tolerating alcohol, medications, or supplements, indicating impaired liver detox pathways.

Price:

- £405



GENETIC TESTING

Why it Matters

Your genes play a crucial role in how your body processes nutrients, manages inflammation, detoxifies toxins, and responds to stress.

The DNA Test provides a comprehensive analysis of key genetic variants that impact metabolism, hormone balance, brain function, and overall health. Unlike standard DNA tests that focus solely on ancestry, this test is designed to translate genetic insights into actionable nutrition and lifestyle strategies.

At Goode Health, we use this test to personalise recommendations for individuals struggling with burnout, thyroid dysfunction, autoimmune conditions, chronic fatigue, and inflammatory issues. By understanding how your unique genetic blueprint influences nutrient absorption, detoxification, and stress resilience, we can create a targeted plan to optimise energy, longevity, and overall well-being.

This is the ultimate in personalised medicine.

By understanding your genetic blueprint, we can create a highly personalised nutrition, lifestyle, and supplement plan to support energy, stress resilience, immune health, longevity and more.

Markers:

This test provides 170+ in-depth health reports covering essential areas of genetic influence on nutrition, detoxification, and overall well-being, including:

- Vitamin & Mineral Requirements – Personalised insights into nutrient absorption and metabolism, including B vitamins, vitamin D, magnesium, and more.
- Heavy Metal & Pesticide Sensitivity – Genetic predispositions affecting detoxification and toxin clearance.
- Macronutrient Metabolism – How your body processes carbohydrates, fats, and proteins for optimal energy balance.
- Toxin Sensitivity – Response to environmental toxins, pollutants, and chemicals that may impact health.
- Bacteria, Yeast & Parasite Sensitivity – Genetic factors influencing gut health and microbial balance.
- DNA Repair & Longevity – Genetic pathways involved in cellular repair, oxidative stress, and ageing.
- Hormones & Fertility – Impact of genetic variants on oestrogen metabolism, testosterone balance, and reproductive health.
- Sleep Optimisation & Meal Timing – How genetics influence circadian rhythms, meal schedules, and metabolism.
- Stress Management & Resilience – Genetic predispositions affecting cortisol regulation and response to stress.
- Methylation & Detoxification – Key pathways such as MTHFR, COMT, and GST that impact detoxification and inflammation.
- Cardiovascular Health – Genetic risks for heart health, blood pressure regulation, and cholesterol metabolism.
- Mental Health & Cognitive Function – Influence on anxiety, addiction, brain repair, OCD tendencies, and mood regulation.
- Athletic Performance & Recovery – Muscle composition, endurance, injury risk, and post-exercise recovery.

Who should consider this test:

This DNA Test is essentially ideal for **anyone** who want a deeper, personalised approach to their health and nutrition.

- ✓ Burnout & Chronic Fatigue – Understanding how genes impact energy production, mitochondrial function, and stress resilience.
- ✓ Thyroid Dysfunction – Insights into iodine metabolism, inflammation and detoxification pathways affecting thyroid health.
- ✓ Autoimmune Conditions – Identifying genetic factors related to immune regulation, inflammation and gut health.
- ✓ Nutrient Deficiencies – Determining genetic predispositions for poor absorption of vitamins and minerals, including B12, folate, vitamin D, and magnesium.
- ✓ Detoxification Challenges – Assessing how well your body processes toxins, heavy metals and environmental chemicals.
- ✓ Gut & Microbiome Health – Genetic insights into susceptibility to bacterial imbalances, yeast overgrowth and digestive issues.
- ✓ Hormonal Imbalances & Fertility Concerns – Analysing oestrogen metabolism, testosterone balance and reproductive health markers.
- ✓ Sleep & Stress Issues – Understanding how genes influence melatonin production, cortisol regulation and stress response.
- ✓ Cardiovascular & Metabolic Health – Assessing genetic risks for high cholesterol, blood pressure issues and insulin resistance.
- ✓ Mental Health & Cognitive Function – Identifying genetic factors affecting mood, anxiety, focus and addiction tendencies.
- ✓ Athletic Performance & Recovery – Personalised insights into muscle function, endurance, injury risk and post-exercise recovery.

Price:

- £359



COMPREHENSIVE BLOOD PANEL

Why it Matters

A standard blood test often provides only a basic snapshot of health, leaving many underlying imbalances undetected.

Our comprehensive panels for Man or Woman go beyond conventional testing, offering a deep dive into over 70 key biomarkers to assess metabolic, hormonal, immune, and cardiovascular health.

Designed for proactive, root-cause medicine, these panels are ideal for identifying hidden nutrient deficiencies, hormonal imbalances, inflammation, and early signs of chronic disease—all crucial for optimising energy, longevity, and overall well-being.

By analysing a wide range of functional health markers, this test provides actionable insights tailored to your unique physiology, whether you're struggling with burnout, thyroid dysfunction, autoimmunity, chronic fatigue, or metabolic concerns.

Your report will also pull together different markers to provide an in depth review of your health rather than just receiving a list of numbers that you have no idea how to use to benefit your health. Our functional reports dig deeper.

Markers:

We do two blood panels:

Our Man Panel:

- Full Blood Chemistry Profile
- Amylase
- Cortisol serum
- DHEA
- Estradiol E2
- FSH
- LH
- Progesterone
- Prolactin
- Sex Hormone Binding Globulin
- Testosterone Total
- CRP
- HsCRP
- Iron Panel
- Kidney Function
- Lipid Panel
- Liver & Gallbladder Panel
- Creatine Kinase
- Uric Acid
- Magnesium Serum
- PSA Total
- Protein Panel
- Glucose
- HBA1C
- Thyroid Panel -
 - Free t3
 - Free t4
 - Thyroglobulin Abs
 - Thyroid peroxidase Ab
 - Total T4
 - TSH
- B12 & Active B12
- Folate Serum
- Vitamin D3

Please note we can add on markers to panels or create bespoke panels, if you would like to do this please email us to let us know your requirements and we can quote you.

Our Femme Panel:

- Full Blood Chemistry Profile
- Cortisol serum
- DHEA
- **Estradiol E2**
- **FSH**
- **LH**
- **Progesterone**
- **Prolactin**
- **Sex Hormone Binding Globulin**
- **Testosterone Total**
- CRP
- **HsCRP**
- Iron Panel
- Kidney Function
- Lipid Panel
- Liver & Gallbladder Panel
- Creatine Kinase
- Uric Acid
- **Magnesium Serum**
- Protein Panel
- Estimated Average Glucose
- Glucose
- HBA1C
- Thyroid Panel
 - Free t3
 - Free t4
 - Thyroglobulin Abs
 - Thyroid peroxidase Ab
 - Total T4
 - TSH
- B12 & Active B12
- Folate Serum
- Vitamin D3

Who should consider this test:

These panels are ideal for individuals who want a comprehensive, preventative approach to health.

- ✓ Burnout & Chronic Fatigue – Identifying underlying nutrient deficiencies, adrenal function, and metabolic imbalances.
- ✓ Thyroid Dysfunction – A full thyroid panel to assess optimal function, including nutrient cofactors and autoimmune markers.
- ✓ Autoimmune Conditions – Detecting inflammation, immune system imbalances, and early signs of immune dysregulation.
- ✓ Hormonal Imbalances – Comprehensive insight into sex hormone levels, adrenal function, and metabolic health.
- ✓ Cardiovascular & Metabolic Health – Assessing cholesterol, blood sugar regulation, and heart health risk factors.
- ✓ Nutrient Deficiencies – Evaluating key vitamins, minerals, and antioxidants essential for energy and immune function.
- ✓ Inflammation & Gut Health – Identifying systemic inflammation, liver function, and digestive health markers.
- ✓ Detoxification & Liver Health – Understanding how well your body processes toxins and supports overall detox pathways.
- ✓ Stress & Resilience – Assessing adrenal function, cortisol balance, and overall stress response.
- ✓ Longevity & Preventative Health – A proactive way to detect imbalances before they develop into chronic issues.

Price:

- £325
- You will require a blood draw this can be booked to be done at your home. This is an additional cost. We will send you phlebotomists based in your area for you to arrange. National average is approx £45.

Add Ons:

- 55 available add ons - please contact us to create a bespoke panel at info@nicolegoodehealth.com



DUTCH COMPLETE HORMONE

Why it Matters

Hormones play a critical role in energy, mood, metabolism, and overall well-being. Imbalances can contribute to fatigue, stress, burnout, thyroid dysfunction, autoimmunity, and metabolic issues, yet standard hormone tests often miss key insights.

The DUTCH Complete Test (Dried Urine Test for Comprehensive Hormones) provides a comprehensive analysis of hormone production, metabolism, and detoxification.

Unlike blood tests, which offer a single snapshot, DUTCH testing tracks hormone fluctuations throughout the day, giving a more accurate picture of adrenal health, sex hormone balance, and stress response.

This advanced test is particularly valuable for those struggling with burnout, stress-related fatigue, thyroid conditions, autoimmune diseases, PMS, perimenopause, or postmenopausal hormone changes. It helps uncover the root cause of symptoms, guiding a targeted approach to restoring balance and vitality.

Markers:

1. Sex Hormones & Metabolites

- ✓ Oestrogen Metabolism (Estrone (E1), Estradiol (E2), Estriol (E3))
- ✓ Oestrogen Detoxification Pathways (2-OH, 4-OH, 16-OH oestrogen metabolites)
- ✓ Progesterone & Metabolites (Pregnanediol, Allopregnanolone)
- ✓ Testosterone & Androgen Markers (Testosterone, DHT, DHEA-S, Androstenedione)
- ✓ Androgen Metabolites (5a-DHT, 5a-Androstanediol, 5b-Androstanediol)

2. Adrenal & Cortisol Function

- ✓ Cortisol Awakening Response (CAR) – Measures adrenal response to stress
- ✓ Free Cortisol & Cortisone – Active vs. inactive forms of cortisol
- ✓ Cortisol Metabolites – Understanding long-term adrenal function
- ✓ DHEA & DHEA-S – Key markers of adrenal resilience

3. Organic Acids & Neurotransmitters

- ✓ Melatonin (6-OHMS) – Sleep and circadian rhythm regulation
- ✓ Neurotransmitter Markers – Dopamine, serotonin, and norepinephrine metabolism
- ✓ B6 & B12 Metabolism – Nutrient cofactors for hormone balance and energy production
- ✓ Glutathione & Oxidative Stress Markers – Cellular detoxification capacity

4. Methylation & Detoxification Pathways

- ✓ COMT Activity – How well oestrogen and neurotransmitters are cleared
- ✓ Phase I & Phase II Liver Detox Markers – Detoxification efficiency

Who should consider this test:

- ✓ Burnout & Chronic Fatigue – Assessing adrenal function, cortisol patterns, and hormone balance in response to long-term stress.
- ✓ Thyroid Dysfunction – Identifying adrenal-thyroid imbalances that impact metabolism and energy levels.
- ✓ Autoimmune Conditions – Understanding how stress and hormone imbalances contribute to immune dysregulation.
- ✓ Perimenopause & Menopause – Evaluating shifting oestrogen, progesterone, and androgen levels for symptom management.
- ✓ PMS & Menstrual Irregularities – Identifying hormone imbalances that cause mood swings, bloating, heavy or painful periods.
- ✓ PCOS & Androgen Imbalances – Assessing testosterone, DHEA, and androgen metabolites for those with PCOS or unwanted hair growth.
- ✓ Endometriosis – Assessing oestrogen metabolism, inflammation, and hormone imbalances that contribute to pain and symptoms.
- ✓ Sleep Issues & Low Energy – Analysing melatonin levels and adrenal function for sleep optimisation.
- ✓ Mood Imbalances & Anxiety – Investigating neurotransmitter function, oestrogen dominance, and stress-related hormone fluctuations.
- ✓ Detoxification & Liver Health – Evaluating how well the body metabolises and clears hormones to prevent imbalances.
- ✓ Post-Birth Control Syndrome – Supporting hormonal recovery after stopping oral contraceptives.

Price:

- £255



NUTRITION TESTING (NUTREVAL /METABOLOMIX)

Why it Matters

Nutrient imbalances can have a profound impact on energy, immunity, hormone balance, and overall health. Many people experience fatigue, stress, gut issues, or chronic symptoms without realising that underlying micronutrient deficiencies, oxidative stress, and poor detoxification may be contributing factors.

The NutrEval and Metabolomix+ tests provide a comprehensive assessment of key nutritional biomarkers, identifying functional deficiencies that standard blood tests may miss. These tests evaluate how well the body is absorbing, utilising, and metabolising essential nutrients, offering deeper insight into energy production, mitochondrial function, gut health, detoxification, and inflammation.

- ✓ NutrEval – Our most comprehensive functional nutrition assessment, including blood, urine, and plasma markers, ideal for those wanting the most in-depth analysis.
- ✓ Metabolomix+ – A cost-effective alternative that still provides key urine-based nutritional insights, making it more accessible while still offering valuable data.

NutrEval Markers:

- Personalised Results Overview and Nutrient Need Overview
 - Functional Imbalance Scores in areas of methylation, toxic exposure, mitochondrial dysfunction, fatty acid imbalances, and oxidative stress
 - Nutrient Need Overview with recommendations for antioxidants, B-vitamins, minerals, essential fatty acids, GI support, and amino acids
 - Interpretation-At-A-Glance pages provide nutritional educational support for you and your patient highlighting the function of each nutrient, cause of deficiency, complications of deficiency and food sources of the nutrient
- Organic Acids (urine)
 - Malabsorption and Bacterial/ Yeast Dysbiosis Markers are metabolites produced by the gastrointestinal microbiome
 - Cellular Energy & Mitochondrial Metabolites are biomarkers of carbohydrate and fatty acid metabolism, and the citric acid (Kreb's) cycle
 - Neurotransmitter Metabolites are downstream byproducts of epinephrine, norepinephrine, serotonin and dopamine
 - Vitamin Markers are specific analytes used to assess functional levels of vitamin cofactors
 - Toxin & Detoxification Markers relate to certain toxic metabolites and the body's detoxification capacity
 - Oxalate Markers relate to kidney stone formation, oxidative stress and metabolic dysfunction
- Oxidative Stress Markers include antioxidants glutathione (whole blood) and Coenzyme Q10 (serum), as well as the oxidative damage markers lipid peroxides and 8-OHdG (urine)

NutrEval Markers:

- Amino Acids
 - Essential Amino Acids must be derived from dietary sources
 - Nonessential Amino Acids are synthesised by the body
 - Intermediary Metabolites are byproducts of amino acid metabolism
 - B Vitamin Markers are involved in biochemical reactions that specifically require B vitamins
 - Urea Cycle Markers are byproducts associated with nitrogen (ammonia) detoxification
 - Glycine/Serine Metabolites are involved in the serine-to-choline pathway and the methylation pathways
 - Dietary Peptide Related Markers can indicate incomplete protein breakdown and meat intake
- Essential and Metabolic Fatty Acids Markers (RBCs)
 - Omega 3 Fatty Acids are essential for brain function and cardiovascular health and are anti-inflammatory
 - Omega 6 Fatty Acids are involved in the balance of inflammation
 - Omega 9 Fatty Acids are important for brain growth, nerve cell myelin, and reducing inflammation
 - Saturated Fatty Acids are involved in lipoprotein metabolism and adipose tissue inflammation
 - Monounsaturated Fats include omega 7 fats and unhealthy trans fats
 - Delta-6 Desaturase Activity assesses efficiency of this enzyme to metabolise omega 6's and omega 3's
 - Cardiovascular Risk includes specific ratios and the Omega 3 Index

NutrEval Markers:

- Elemental Markers
 - Nutrient Elements are direct measurements of copper and zinc (plasma), magnesium and potassium (RBC), and manganese and selenium (whole blood)
 - Toxic Elements (whole blood) indicate exposure to lead, mercury, arsenic or cadmium within approximately a 90-120 day timeframe
- Vitamin D (serum) measures a total of 25-hydroxyvitamin D3 (cholecalciferol) and 25-hydroxyvitamin D2 (ergocalciferol)
- Add-on SNPs (buccal swab) include MTHFR, COMT, TNF-a, and APOE

Metabolomix Markers:

- Personalised Results Overview and Nutrient Need Overview
 - Functional Imbalance Scores in areas of methylation, toxic exposure, mitochondrial dysfunction, fatty acid imbalances, and oxidative stress
 - Nutrient Need Overview with recommendations for antioxidants, B-vitamins, minerals, essential fatty acids, GI support, and amino acids
 - Interpretation-At-A-Glance pages provide nutritional educational support for you and your patient highlighting the function of each nutrient, cause of deficiency, complications of deficiency and food sources of the nutrient
- Organic Acids (urine)
 - Malabsorption and Bacterial/ Yeast Dysbiosis Markers are metabolites produced by the gastrointestinal microbiome
 - Cellular Energy & Mitochondrial Metabolites are biomarkers of carbohydrate and fatty acid metabolism, and the citric acid (Kreb's) cycle
 - Neurotransmitter Metabolites are downstream byproducts of epinephrine, norepinephrine, serotonin and dopamine
 - Vitamin Markers are specific analytes used to assess functional levels of vitamin cofactors
 - Toxin & Detoxification Markers relate to certain toxic metabolites and the body's detoxification capacity
 - Oxalate Markers relate to kidney stone formation, oxidative stress and metabolic dysfunction

Metabolomix Markers:

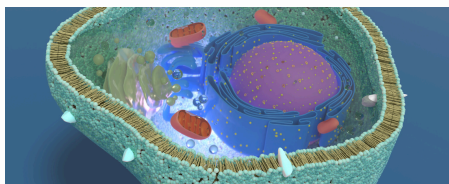
- Amino Acids (urine)
 - Essential Amino Acids must be derived from dietary sources
 - Nonessential Amino Acids are synthesised by the body
 - Intermediary Metabolites are byproducts of amino acid metabolism
 - B Vitamin Markers are involved in biochemical reactions that specifically require B vitamins
 - Urea Cycle Markers are byproducts associated with nitrogen (ammonia) detoxification
 - Glycine/Serine Metabolites are involved in the serine-to-choline pathway and the methylation pathways
 - Dietary Peptide Related Markers can indicate incomplete protein breakdown and meat intake
- Oxidative Stress Markers (urine) include the oxidative damage markers lipid peroxides and 8-OHdG
- Add-on Essential and Metabolic Fatty Acids Markers (Bloodspot- whole blood)
- Add-on Add-on Comprehensive Urine Element Profile (urine) assesses 20 toxic and 15 mineral elements
- Add-on SNPs (buccal swab) include MTHFR, COMT, TNF-a, and APOE

Who should consider these tests:

- ✓ **Mood Disorders** – Assessing nutrient deficiencies and imbalances related to neurotransmitter function, which can impact mood, anxiety, and depression.
- ✓ **Mitochondrial Dysfunction** – Offering insights into mitochondrial metabolites, which play a critical role in energy production, and identifying potential issues that may contribute to chronic fatigue.
- ✓ **Fatigue** – Pinpointing deficiencies in key nutrients, mitochondrial dysfunction, and oxidative stress that contribute to chronic tiredness and low energy levels.
- ✓ **Chronic Stress** – Detecting markers related to cortisol production, oxidative damage, and inflammatory pathways to assess how stress is impacting overall health.
- ✓ **Inflammation** – Evaluating markers related to oxidative stress, fatty acid imbalances, and immune function, which can reveal underlying chronic inflammation contributing to various symptoms.
- ✓ **Cardiovascular Disease** – Identifying markers linked to inflammation, oxidative stress, and fatty acid imbalances to support heart health and reduce cardiovascular risk.
- ✓ **Obesity/Insulin Resistance/Type 2 Diabetes** – Understanding metabolic function, nutrient imbalances, and insulin sensitivity to guide effective weight management and blood sugar control.
- ✓ **Weight Issues/Dietary Guidance** – Offering personalised dietary recommendations based on the individual's nutrient needs, macronutrient metabolism, and fatty acid balance.
- ✓ **Maldigestion/Malabsorption** – Detecting gut imbalances, dysbiosis, and malabsorption issues that may hinder the body's ability to properly digest and absorb nutrients.
- ✓ **Athletic Performance** – Optimising nutrient intake, fatty acid balance, and metabolic function for enhanced physical performance, endurance, and recovery.

Price:

- £625 - NutrEval
- You will require a blood draw this can be booked to be done at your home. This is an additional cost. We will send you phlebotomists based in your area for you to arrange. National average is approx £45
- £360 - Metabolomix (No blood draw required)



MITOCHONDRIAL STRESS TEST

Why it Matters

Mitochondria are vulnerable to oxidative stress as they generate energy using oxygen, which can damage their DNA (mtDNA). This damage is more likely due to mtDNA's proximity to harmful free radicals, its less efficient repair mechanisms, and lack of protective barriers. Damaged mitochondria may impact ATP production and their membrane, affecting overall energy levels. Healthy mitochondria require sufficient antioxidants to neutralise this oxidative stress and maintain proper function.

The Mitochondrial Stress Test measures oxidative damage to mitochondrial DNA, a marker for mitochondrial dysfunction. Mitochondria are critical for energy production, and when exposed to excessive oxidative stress, they can become damaged, leading to various health concerns. This simple finger prick test identifies damage.

Markers:

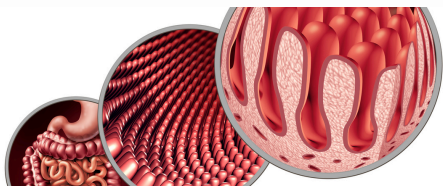
The Mitochondrial Stress Test measures markers related to mitochondrial DNA damage, specifically the 4977 deletion. It also evaluates oxidative stress and antioxidant capacity within the mitochondria.

Who should consider this test:

- ✓ Individuals experiencing persistent fatigue and low energy
- ✓ Those with chronic health conditions impacting energy levels
- ✓ People with fibromyalgia or chronic fatigue syndrome
- ✓ Athletes or active individuals monitoring exercise recovery
- ✓ Those concerned about oxidative stress and mitochondrial function
- ✓ Individuals experiencing poor recovery from illness or exertion
- ✓ Anyone looking to optimise cellular energy production and overall vitality

Price:

- £125



ADVANCED INTESTINAL BARRIER

Why it Matters

Your gut lining plays a crucial role in overall health, acting as a protective barrier that regulates nutrient absorption and prevents harmful substances from entering the bloodstream. When this barrier is compromised—a condition known as intestinal permeability or "leaky gut"—it can trigger widespread inflammation, immune dysfunction, and chronic health issues.

The Advanced Intestinal Barrier Assessment is a comprehensive test that evaluates gut permeability and mucosal integrity. It measures key biomarkers associated with intestinal lining damage, immune activation, and microbial imbalance, offering valuable insights into gut-related symptoms.

At Goode Health, we often see gut dysfunction contributing to burnout, chronic fatigue, autoimmune diseases, skin conditions, and mood disorders. This test helps pinpoint underlying issues such as increased permeability, immune reactivity, and digestive stress—allowing for a targeted, evidence-based plan to support gut healing, reduce inflammation, and restore optimal health.

If you struggle with digestive discomfort, food sensitivities, brain fog, fatigue, or unexplained inflammation, this test may provide the missing answers to your health concerns.

Markers:

- DAO: Histamine Ratio – Assesses the balance between histamine and diamine oxidase (DAO), crucial for histamine breakdown.
- Diamine Oxidase (DAO) – An enzyme responsible for histamine degradation; low levels may indicate histamine intolerance.
- Histamine – Elevated levels can contribute to inflammation, digestive issues, and immune dysregulation.
- Lipopolysaccharide (LPS) IgA, IgG, IgM – Detect immune responses to bacterial endotoxins, which can indicate leaky gut and systemic inflammation.
- Zonulin – A key regulator of tight junctions in the gut; elevated levels suggest increased intestinal permeability.

Who should consider this test:

- ✓ Digestive Issues – Persistent bloating, diarrhoea, constipation, or abdominal pain.
- ✓ Histamine Intolerance Symptoms – Flushing, headaches, itching, sinus congestion, or food sensitivities.
- ✓ Leaky Gut & Autoimmune Conditions – Conditions such as IBS, Crohn's disease, rheumatoid arthritis, or thyroid disorders.
- ✓ Chronic Inflammation & Fatigue – Unexplained fatigue, joint pain, or brain fog.
- ✓ Frequent Infections & Allergies – Increased susceptibility to infections, seasonal allergies, or skin conditions like eczema.
- ✓ Food Sensitivities – Reactions to certain foods, including skin issues, digestive discomfort, and inflammation.
- ✓ Cognitive Decline – Memory issues, difficulty concentrating, or neuroinflammation-related concerns.

Price:

- £355
- You will require a blood draw this can be booked to be done at your home. This is an additional cost. We will send you phlebotomists based in your area for you to arrange. National average is approx £45



NEUROTRANSMITTER PROFILES

Why it Matters

Neurotransmitters are essential chemical messengers that regulate mood, focus, stress response, sleep, and overall cognitive function. Imbalances in these key brain chemicals can contribute to anxiety, depression, fatigue, brain fog, and sleep disturbances.

The Comprehensive Neurotransmitter Profile is an advanced functional test that assesses a wide range of excitatory and inhibitory neurotransmitters, providing valuable insights into brain chemistry. At Goode Health, we use this test to help identify underlying imbalances contributing to mental health concerns, chronic stress, and neurological symptoms.

The NeuroBasic Profile provides a targeted assessment of key neurotransmitters, offering valuable insights for individuals experiencing mental health challenges, fatigue, and cognitive dysfunction. This test is ideal for those who need a foundational understanding of their brain chemistry to guide personalised interventions for better mood and overall well-being.

By addressing neurotransmitter dysfunction, we can create a personalised plan to support mood stability, cognitive function, and overall well-being.

Markers:

We do two panels:

Comprehensive:

- 3-Methoxytyramine (3-MT)
- 5-Hydroxyindolacetate (5HIAA)
- Acetate
- Butyrate
- Creatinine
- Dopamine
- Epinephrine
- Gamma-aminobutyrate (GABA)
- Glutamate
- Glycine
- Histamine
- Metanephrine
- Norepinephrine
- Norepinephrine / Epinephrine ratio
- Normetanephrine
- Phenethylamine (PEA)
- Serotonin
- Taurine
- Tryptamine
- Tyramine
- Tyrosine

Basic:

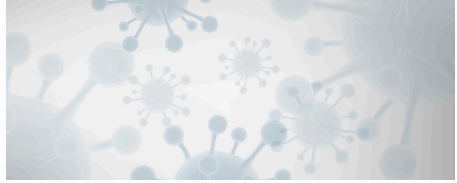
- Creatinine
- Dopamine
- Epinephrine
- Gamma-aminobutyrate (GABA)
- Glutamate
- Glycine
- Histamine
- Norepinephrine
- Norepinephrine / Epinephrine ratio
- Phenethylamine (PEA)
- Serotonin

Who should consider this test:

- ✓ Mood concerns: Anxiety, depression, irritability, or mood swings
- ✓ Low energy / fatigue: Chronic tiredness or lack of vitality
- ✓ Insomnia: Difficulty sleeping or maintaining sleep
- ✓ Cognitive health issues: Brain fog, forgetfulness, inattention, or poor concentration
- ✓ Obsessions or cravings: Excessive focus on specific thoughts or food cravings
- ✓ Chronic illness and immune deficiency: Persistent health issues impacting overall well-being
- ✓ Chronic pain: Ongoing discomfort or pain without clear cause
- ✓ Low libido or sexual dysfunction: Reduced sexual drive or performance issues

Price:

- £287 - Comprehensive Neurotransmitter Profile
- £197 - NeuroBasic Profile



EBV PANEL

Why it Matters

The Epstein-Barr Virus (EBV) Panel is a specialised test that assesses immune response to past or current EBV infection, helping to identify whether the virus is dormant, reactivated, or newly acquired. EBV, also known as herpesvirus type 4, is a common virus that, after initial infection, remains in the body for life, residing in epithelial cells and B lymphocytes.

At Goode Health, we see EBV reactivation as a hidden driver of chronic fatigue, autoimmune conditions, and immune dysfunction. This test detects IgG and IgM antibodies to different EBV antigens, allowing us to determine if viral reactivation is contributing to low energy, brain fog, immune challenges, or lingering post-viral symptoms.

By uncovering EBV-related immune imbalances, we can develop a targeted strategy to support immune resilience, energy recovery, and overall well-being.

Markers:

This test measures various key EBV antibodies to determine ongoing viral activity, past infection, reactivation, or new/acute infection:

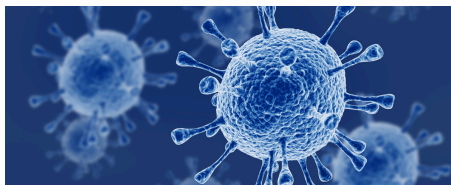
- EBV Early Antigen (EA) IgG
- EBV Nuclear Antigen (EBNA) IgG
- EBV Nuclear Antigen (EBNA) IgM
- EBV Viral Capsid Antigen (VCA) IgG
- EBV Viral Capsid Antigen (VCA) IgM

Who should consider this test:

- ✓ Chronic Fatigue & Low Energy – EBV reactivation is a common trigger for persistent fatigue and post-viral syndromes.
- ✓ Autoimmune Conditions – EBV has been linked to autoimmune diseases such as Hashimoto's thyroiditis, multiple sclerosis, and lupus.
- ✓ Frequent Infections & Immune Dysfunction – Recurring colds, viral infections, or difficulty recovering from illness.
- ✓ Brain Fog & Cognitive Issues – Poor concentration, memory issues, or mental fatigue linked to viral reactivation.
- ✓ Long COVID or Post-Viral Symptoms – Lingering symptoms after viral infections, including ongoing inflammation and immune dysregulation.
- ✓ Unexplained Muscle & Joint Pain – EBV reactivation can contribute to systemic inflammation and discomfort.
- ✓ Lymph Node Swelling or Sore Throat – Persistent swollen glands, throat discomfort, or flu-like symptoms without a clear cause.

Price:

- £235
- You will require a blood draw this can be booked to be done at your home. This is an additional cost. We will send you phlebotomists based in your area for you to arrange. National average is approx £45



VIRAL PANELS

Why it Matters

Chronic viral infections and reactivated viruses can be hidden drivers of fatigue, immune dysfunction, neurological symptoms, and autoimmune conditions.

Many viruses, including Epstein-Barr virus (EBV), cytomegalovirus (CMV), herpes simplex virus (HSV), human herpesvirus-6 (HHV-6), and Cocksackievirus, can persist in the body long after the initial infection, sometimes reactivating under stress or immune suppression.

At Goode Health, we offer comprehensive viral panels to detect past infections, active viral reactivation, and immune responses, helping to uncover whether viral activity is contributing to chronic fatigue, brain fog, autoimmune conditions, or persistent health issues.

These panels measure both antibodies and cellular immune responses, providing deeper insights into how the body is handling viral infections.

Markers:

We do two panels:

Viral Panel A2:

- EBV Elispot (2 Antigens: Lytic + Latent) – Detects reactivation of Epstein-Barr Virus, differentiating between latent and actively replicating virus.
- HSV 1 + 2 Elispot – Assesses immune response to herpes simplex virus (both HSV-1 and HSV-2), even when traditional tests are negative.
- CMV Elispot (2 Antigens: Lytic + Latent) – Identifies CMV reactivation by measuring cellular immune response.
- Coxsackievirus A7 + B1 IgG/IgA Antibodies – Assesses persistent Coxsackievirus infection, which is linked to chronic fatigue and neurological symptoms.
- HHV-6 Elispot – Detects human herpesvirus-6 reactivation, a virus linked to fatigue, neurological symptoms, and immune suppression.

Basic Viral Screen:

- Cytomegalovirus (CMV) IgG – Indicates past CMV infection; once positive, it remains for life.
- Cytomegalovirus (CMV) IgM – Suggests a recent or active CMV infection.
- EBV Viral Capsid (VCA) IgG – Confirms past Epstein-Barr Virus (EBV) infection.
- EBV Viral Capsid (VCA) IgM – Indicates an active or recent EBV infection.
- Herpes Simplex Virus (HSV) 1+2 IgG – Detects past herpes virus infections, which can remain dormant.
- Herpes Simplex Virus (HSV) 1+2 IgM – Suggests a recent or reactivated HSV infection.

Who should consider this test:

- ✓ **Chronic Fatigue & Low Energy** – Persistent exhaustion that doesn't improve with rest, often linked to EBV, CMV, or HHV-6 reactivation.
- ✓ **Autoimmune Conditions** – Viruses like EBV and CMV have been associated with conditions such as Hashimoto's thyroiditis, lupus, multiple sclerosis, and rheumatoid arthritis.
- ✓ **Frequent or Recurring Infections** – Repeated colds, flu-like symptoms, or slow recovery from illnesses, suggesting immune dysfunction.
- ✓ **Long COVID & Post-Viral Syndromes** – Lingering symptoms such as fatigue, brain fog, muscle pain, and immune imbalances after viral infections.
- ✓ **Brain Fog & Cognitive Issues** – Poor focus, memory problems, or difficulty concentrating, often linked to viral inflammation in the brain.
- ✓ **Chronic Pain & Fibromyalgia** – Unexplained joint pain, muscle aches, or widespread pain, which can be triggered by chronic viral infections.
- ✓ **Neurological Symptoms** – Dizziness, tingling, nerve pain, or neuroinflammation that could be linked to viruses like HHV-6 or Coxsackievirus.
- ✓ **Unexplained Swollen Lymph Nodes** – Persistent swelling in the neck, underarms, or groin, often associated with EBV or CMV activity.

Which one should I choose

Basic panel measures antibody responses to common persistent viruses, helping to determine whether an infection is past or active.

Best for: Individuals wanting to assess past vs. active viral infections using standard antibody testing.

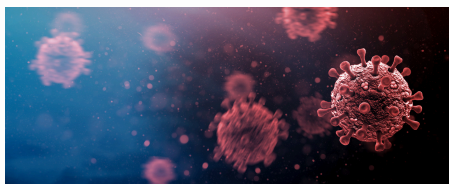
The A2 Viral Panel goes beyond antibody testing, using Elispot technology to measure cellular immune responses against key viral infections. This provides a more accurate reflection of viral activity, even in cases where antibody tests may not fully capture chronic viral persistence.

- More Accurate Detection of Viral Reactivation – Unlike standard antibody tests, Elispot testing detects T-cell immune responses, identifying whether the immune system is actively fighting a virus.
- Useful for Chronic Infections & Immune Dysfunction – Many individuals with chronic fatigue, post-viral syndromes, and autoimmune conditions have reactivating viruses that don't always show up in antibody tests.
- Differentiates Between Active & Latent Infections – Unlike IgG testing (which remains positive for life), this test determines whether a virus is currently active.

Best for: Individuals dealing with chronic fatigue, brain fog, autoimmune conditions, long COVID, or unexplained immune dysfunction who need a deeper investigation into viral reactivation.

Price:

- £269 - Basic Viral Screen
- £525 - Viral Panel A2
- You will require a blood draw this can be booked to be done at your home. This is an additional cost. We will send you phlebotomists based in your area for you to arrange.
National average is approx £45



POST COVID REACTIVATION PANEL

Why it Matters

For many individuals, COVID-19 has triggered persistent symptoms, immune dysregulation, and the reactivation of latent viruses, leading to long COVID and post-viral syndromes. The Post-COVID Reactivation Panels assess key immune and viral markers to determine whether underlying infections, immune dysfunction, or inflammatory responses are contributing to ongoing health issues.

At Goode Health, we see post-COVID complications affecting energy, brain function, cardiovascular health, and immune resilience. These panels provide a deeper understanding of immune imbalances, helping to guide targeted recovery strategies for those struggling with chronic fatigue, neurological symptoms, and ongoing inflammation.



Markers:

We do two panels:

Advanced:

- Epstein-Barr Virus (EBV)
EliSpot, T-cell test, lytic only
- Cytomegalovirus (CMV)
EliSpot, T-cell test, lytic only
- Varicella Zoster Virus (VZV)
IgG/IgM/IgA antibodies
- Coxsackievirus A7 & B1
IgG/IgA antibodies
- Herpes Simplex Virus (HSV)
1 & 2 IgG/IgM/IgA antibodies
- Human Herpesvirus-6
(HHV-6) EliSpot, T-cell test
- Chlamydia pneumoniae
IgG/IgA antibodies
- Mycoplasma pneumoniae
IgG/IgA antibodies

Standard:

- Epstein-Barr Virus (EBV)
EliSpot, T-cell test, lytic only
- Cytomegalovirus (CMV)
EliSpot, T-cell test, lytic only
- Varicella Zoster Virus (VZV)
IgG/IgM/IgA antibodies
- Coxsackievirus A7 & B1
IgG/IgA antibodies

Who should consider this test:

- ✓ Chronic Fatigue & Low Energy – Persistent exhaustion following COVID-19 or another viral infection.
- ✓ Brain Fog & Cognitive Issues – Difficulty concentrating, forgetfulness, or mental fatigue.
- ✓ Persistent Viral Symptoms – Lingering sore throat, swollen lymph nodes, muscle aches, or flu-like symptoms.
- ✓ Respiratory Issues – Ongoing breathlessness, coughing, or recurrent respiratory infections.
- ✓ Autoimmune & Inflammatory Conditions – Post-COVID symptoms triggering or worsening autoimmune issues.
- ✓ Neurological Symptoms – Dizziness, tingling, nerve pain, or unexplained neurological discomfort.
- ✓ Cardiovascular Symptoms – Palpitations, POTS (Postural Orthostatic Tachycardia Syndrome), or post-COVID cardiovascular complications.
- ✓ Frequent Infections & Immune Dysfunction – Recurrent colds, viral reactivations, or slow recovery from illness.
- ✓ Reactivation of Latent Viruses – Symptoms suggesting reactivation of EBV, CMV, HHV-6, HSV, Coxsackievirus, or Varicella Zoster (shingles).

Price:

- £399 - Post Covid Reactivation Panel Standard
- £656 - Post Covid Reactivation Panel Advanced
- You will require a blood draw this can be booked to be done at your home. This is an additional cost. We will send you phlebotomists based in your area for you to arrange.
National average is approx £45



LYME DISEASE TESTING

Why it Matters

Lyme disease and other *Borrelia* infections can be hidden causes of chronic symptoms, including fatigue, joint pain, neurological issues, and immune dysfunction. These infections are often difficult to diagnose, as symptoms can overlap with other chronic conditions such as autoimmune diseases, chronic fatigue syndrome, and fibromyalgia.

At Goode Health, we use advanced *Borrelia* testing from Germany to provide a comprehensive evaluation of Lyme disease and related infections. By combining antibody testing (Tickplex Basic) and T-cell immune response testing (*Borrelia* Elispot), we can detect both current and past infections, offering a more accurate picture of *Borrelia* exposure and immune response.

Markers:

- Borrelia IgG Antibodies – Indicates a past infection or a longer-term immune response to Borrelia.
- Borrelia IgM Antibodies – Suggests a recent or active infection, as IgM is the first antibody produced in response to infection.
- Borrelia-Specific T-Cell Response – Identifies an active or persistent Borrelia infection, even if antibody levels are low or undetectable. More Accurate for Chronic Infections – Helpful in late-stage Lyme disease when antibodies may no longer be detectable.

Who should consider this test:

ideal for individuals who suspect they may have Lyme disease or a Borrelia infection, particularly if they have unexplained chronic symptoms. Consider these tests if you experience:

- ✓ Chronic Fatigue & Low Energy – Persistent exhaustion that doesn't improve with rest.
- ✓ Joint & Muscle Pain – Unexplained aches, stiffness, or migrating pain.
- ✓ Neurological Symptoms – Numbness, tingling, dizziness, or nerve pain.
- ✓ Brain Fog & Cognitive Issues – Difficulty concentrating, memory problems, or mental fatigue.
- ✓ Mood Changes – Anxiety, depression, or irritability linked to Lyme-related inflammation.
- ✓ Frequent Infections & Immune Dysfunction – Recurrent illnesses or poor immune response.
- ✓ Unexplained Fevers & Flu-like Symptoms – Periodic fevers, night sweats, or chills.
- ✓ Heart Palpitations & Cardiovascular Symptoms – Irregular heartbeat or unexplained chest discomfort.
- ✓ History of Tick Bites or Suspected Lyme Exposure – Even if symptoms appeared months or years later.
- ✓ Autoimmune & Inflammatory Conditions – Chronic Lyme disease has been linked to immune dysregulation and conditions such as autoimmunity and fibromyalgia.

Price:

- £354
- You will require a blood draw this can be booked to be done at your home. This is an additional cost. We will send you phlebotomists based in your area for you to arrange. National average is approx £45



CHRONIC FATIGUE SCREEN

Why it Matters

Chronic fatigue is a complex condition with multiple underlying causes, including mitochondrial dysfunction, viral infections, immune dysregulation, and metabolic imbalances. The Genova Chronic Fatigue Screen is a specialised test designed to identify the root causes of persistent exhaustion, low energy, and post-exertional malaise.

At Goode Health, we see many cases where chronic fatigue is linked to nutrient deficiencies, oxidative stress, toxic burden, and mitochondrial dysfunction. This comprehensive panel assesses key metabolic, immune, and oxidative stress markers, providing critical insights to develop a personalised strategy for restoring energy and resilience.

Markers:

- Cortisol (4 samples): Measures cortisol levels at four intervals throughout the day to evaluate diurnal rhythm and adrenal health.
- DHEA: Assesses the anabolic/catabolic balance and overall adrenal function.
- Glutathione
- Thiamin - B1
- Riboflavin - B2
- Niacin - B3
- Pyridoxine - B6
- Biotin - B7
- Folate- B9
- Cobalamin - B12
- Magnesium
- Manganese
- Zinc
- Digestive Support/Enzymes
- Microbiome Support/Probiotics
- Metabolic Analysis:
 - Mitochondrial Markers: Indicators of cellular energy production efficiency.
 - Neurotransmitter Metabolites: Reflects neurotransmitter turnover and potential imbalances affecting mood and cognition.
 - Detoxification Markers: Evaluates the body's capacity to process and eliminate toxins.
 - Nutritional Markers: Identifies deficiencies or imbalances in vitamins and minerals essential for energy metabolism.

Who should consider this test:

- ✓ Those who suspect Chronic Fatigue Syndrome.
- ✓ Persistent or Relapsing Fatigue: Ongoing tiredness without a clear cause.
- ✓ Cognitive Difficulties: Impaired memory, concentration, or "brain fog."
- ✓ Muscle and Joint Pain: Unexplained aches or stiffness.
- ✓ Sleep Disturbances: Unrefreshing sleep or insomnia.
- ✓ Mood Disorders: Feelings of depression or anxiety.
- ✓ Post-Exertional Malaise: Prolonged exhaustion following physical or mental activity.

Price:

- £295



AUTOIMMUNE PROFILE

Why it Matters

Autoimmune diseases occur when the immune system attacks the body's own tissues, leading to chronic inflammation, fatigue, joint pain, and organ dysfunction. Identifying early immune dysregulation is crucial for managing autoimmune conditions before they progress.

The Autoimmune Profile screens for a range of autoantibodies, helping to detect early-stage autoimmune activity, existing autoimmune diseases, and underlying immune triggers. This test provides a detailed assessment of immune dysfunction, allowing for targeted interventions to support immune regulation and reduce inflammation.

At Goode Health, we see autoimmune conditions as a growing concern, often linked to chronic infections, gut permeability, environmental triggers, and genetic predisposition. This test is ideal for individuals experiencing unexplained fatigue, chronic inflammation, neurological symptoms, or multiple system dysfunctions.

Markers:

- Actin (Smooth Muscle) Antibody
- Anti Nucleic Antibodies (ANA)
- C1Q Immune complex
- Double-Stranded DNA (dsDNA) Antibody
- Extractable Nuclear Antigen (ENA) Antibody
- Mitochondrial Antibody
- Rheumatoid Factor

Who should consider this test:

✓ Suspected or Diagnosed Autoimmune Conditions – Including lupus (SLE), rheumatoid arthritis, Sjögren's syndrome, scleroderma, and autoimmune hepatitis.

✓ Chronic Fatigue & Low Energy – Autoimmune activity can contribute to persistent exhaustion and systemic inflammation.

✓ Unexplained Joint Pain & Muscle Stiffness – Inflammatory conditions such as rheumatoid arthritis and connective tissue disorders.

✓ Neurological Symptoms & Brain Fog – Cognitive dysfunction, tingling, or nerve-related autoimmune disorders.

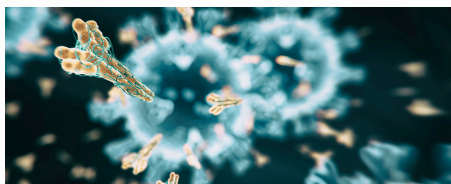
✓ Digestive & Liver Disorders – Conditions such as autoimmune hepatitis or primary biliary cholangitis, indicated by mitochondrial antibodies.

✓ Persistent Inflammation & Immune Dysfunction – Chronic swelling, skin rashes, or recurrent infections.

✓ Family History of Autoimmune Disease – Early detection can help identify risk factors before symptoms progress.

Price:

- £325
- You will require a blood draw this can be booked to be done at your home. This is an additional cost. We will send you phlebotomists based in your area for you to arrange. National average is approx £45



CYREX TESTING

Why it Matters

Advanced Autoimmune & Immune System Assessments.

The immune system plays a critical role in overall health, but when it becomes overactive or dysregulated, it can contribute to autoimmune conditions, chronic inflammation, food sensitivities, and neurological dysfunction. Many conventional tests miss early immune system imbalances, leaving individuals searching for answers to unexplained symptoms.

Cyrex Laboratories is a leader in cutting-edge immune system testing, using multi-tissue antibody arrays to identify hidden triggers of autoimmunity, gut dysfunction, and immune reactivity. Unlike standard antibody tests, Cyrex panels detect immune reactions at an early stage, often before full-blown autoimmune diseases develop. These tests assess gut barrier integrity, environmental triggers, food cross-reactivity, neurological autoimmunity, and chronic infections, helping to pinpoint the root cause of immune dysfunction.

At Goode Health, we recommend Cyrex testing for individuals dealing with autoimmune diseases, chronic fatigue, food sensitivities, neurological symptoms, or inflammatory conditions. By identifying specific immune reactivities, these tests provide a powerful roadmap for targeted interventions to calm inflammation and support immune regulation.

THE CYREX PANELS

Array 5	Multiple Autoimmune Reactivity Screen
Array 7X	Neurological Autoimmune Reactivity Screen
Array 10-90	Multiple Food Immune Reactivity Screen (90)
Array 10	Multiple Food Immune Reactivity Screen (180)
Array 2	Intestinal Antigenic Permeability Screen
Array 3X	Wheat/Gluten Proteome Reactivity & Autoimmunity
Array 4	Gluten-Associated Cross-Reactive Foods
Array 22	Irritable Bowel/SIBO Screen
Array 20	Blood Brain Barrier Permeability
Array 11	Chemical Immune Reactivity Screen
Array 12	Pathogen-Associated Immune Reactivity Screen

Price:

- Array 5 - £671
- Array 7X - £515
- Array 10-90 - £390
- Array 10 - £535
- Array 2 - £267
- Array 3X - £349
- Array 4 - £309
- Array 22 - £312
- Array 20 - £269
- Array 11 - £393
- Array 12 - £445

The Arrays

✓ Array 5 – Multiple Autoimmune Reactivity Screen

Detects autoantibodies associated with early-stage and developing autoimmune diseases, helping to identify immune dysfunction before full disease onset.

✓ Array 7X – Neurological Autoimmune Reactivity Screen

Assesses immune reactivity against brain and nervous system tissues, helping to uncover the root of neurological symptoms, cognitive decline, and neuroinflammation.

✓ Array 10-90 – 90-Food Immune Reactivity

A comprehensive food sensitivity test assessing immune reactions to 90 commonly consumed foods, helping to pinpoint dietary triggers for inflammation.

✓ Array 10 – 180-Food Immune Reactivity

A more extensive version of Array 10-90, testing for immune responses to 180 foods, including cross-reactive proteins that may trigger immune activation.

✓ Array 2 – Intestinal Antigenic Permeability Screen

Evaluates leaky gut syndrome by detecting antibodies to intestinal barrier proteins, which can contribute to autoimmune disease and systemic inflammation.

✓ Array 3X – Wheat/Gluten Proteome Reactivity & Autoimmunity

A comprehensive gluten sensitivity test that screens for immune reactivity to multiple wheat proteins, not just gliadin, to assess non-celiac gluten sensitivity and autoimmune cross-reactivity.

✓ Array 4 – Gluten-Associated Cross-Reactive Foods & Food Sensitivity

Identifies foods that cross-react with gluten, such as dairy and certain grains, which may trigger immune activation and inflammation in gluten-sensitive individuals.

✓ Array 22 – Chemical Immune Reactivity Screen

Detects immune reactions to common environmental toxins, chemicals, and heavy metals, which may contribute to chronic illness and autoimmune activation.

✓ Array 20 – Blood-Brain Barrier Permeability

Assesses whether the blood-brain barrier is compromised, which can contribute to neuroinflammation, cognitive dysfunction, and neurological autoimmunity.

✓ Array 11 – Chemical- and Pathogen-Associated Immune Reactivity Screen

Screens for immune reactions to pathogens, toxic chemicals, and biotoxins, which may be triggering autoimmune or chronic inflammatory conditions.

✓ Array 12 – Pathogen-Associated Immune Reactivity Screen

Evaluates immune responses to viruses, bacteria, parasites, and fungi, helping to identify if a chronic infection is driving autoimmune or inflammatory symptoms.

Who should consider this test:

✓ Autoimmune Conditions – Diagnosed or suspected autoimmune diseases such as Hashimoto's, lupus, rheumatoid arthritis, multiple sclerosis, celiac disease, or Sjögren's.

✓ Chronic Fatigue & Low Energy – Unexplained exhaustion, often linked to immune dysregulation or chronic infections.

✓ Neurological Symptoms & Cognitive Decline – Brain fog, memory loss, poor concentration, dizziness, or neuroinflammation, which could indicate blood-brain barrier permeability or neurological autoimmunity.

✓ Food Sensitivities & Gluten-Related Issues – Symptoms after eating certain foods, even if standard allergy tests are negative; testing can identify hidden immune reactivity to gluten, dairy, and other cross-reactive foods.

✓ Leaky Gut & Digestive Issues – Bloating, IBS, acid reflux, or chronic gut inflammation that may be linked to intestinal permeability (leaky gut), a key driver of autoimmunity.

✓ Chemical & Environmental Sensitivities – toxins, mould, pesticides, or heavy metals can trigger immune dysfunction.

✓ Chronic Infections & Inflammatory Conditions – Unexplained joint pain, muscle aches, swelling, or ongoing inflammation, which could be linked to pathogen-related immune reactivity.

✓ Unresolved Health Issues with No Clear Diagnosis – If conventional testing has failed to explain symptoms, Cyrex panels can provide deeper immune insights.



ABOUT NICOLE

Founder & Clinic Director of The Goode Health Clinic
Best Functional Medicine Clinic UK 2023 & 2024 - Goode Health
Functional Medicine Specialist of the Year 2025 - Nicole Goode

Certified Functional Medicine Practitioner CFMHC AFMCP
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