

Test	Ages	Testing Details	Prep / Hold Meds	Misc, follow-up
Tiny Health Gut Health Test	1 week+ of age	Stool collection at home	Hold antibiotics 4-6 wks, probiotics 5 days	6+ weeks
Tiny Health Pro Gut Health Test	Ages 5+ ONLY	Stool collection at home	Hold antibiotics 4-6 wks Hold probiotics 5 days Ship within 5 days of collection	6+ weeks
Tiny Health Vaginal Microbiome	All ages (any female)	Vaginal swab collection at home	None	6+ weeks
SpectraCell Micronutrient <i>31 cellular micronutrients over 4-6 months</i>	2+ but caution under 12 due to peds limited by blood volume required	In clinic blood draw, ONLY prior to noon Mon-Thurs (can be drawn same day as appointment if meets criteria above)	None	3+ weeks
CancerGuard (ExactSciences) <i>50+ types/subtypes of cancer</i>	50+ yrs OR ages 18-49 with risk factors. Not for pregnancy or prior cancer within past 3 yrs.	In clinic blood draw (can be drawn same day as appointment)	None	3+ weeks
Alletess – 184 Foods	No age limit	In clinic blood draw	Avoid heavy meal prior to draw No fasting required	Turnaround 6 days Follow-up 2+ weeks after draw
Alletess – 96 Foods	No age limit	Bloodspot at home	Avoid heavy meal prior to draw No fasting required	Turnaround 6 days Follow-up 2+ weeks after draw
Boston Heart Cardiometabolic Expanded	5+ yrs	In clinic blood draw, must be fasting. Kit will be sent to patient home, freeze ice packs, and make lab only blood draw. only drawn Mon-Thurs prior to noon	8-12 hr fast No fish oil 8 hrs prior Avoid high-dose biotin 5 days prior (patient to read instructions for details)	Turnaround 2 weeks Follow-up 3+ weeks after draw
Dutch Complete Hormones	9+yrs	At home urine collection (dried)	Many instructions to read prior to collection 28-day cycling female: begin collection days 19-22. Other cycle lengths: collect 6-9 days before end of cycle. Otherwise (menopause/male): any day	Turnaround ~10 days from lab receipt. Cycle-day dependent — plan 6+ weeks total from initial visit. Follow-up 2+ weeks after patient mails specimen.

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Genova SIBO (2 & 3-hr)	No age limit, but must be at least 25 lbs to collect; must be able to perform breath test appropriately	At home breath test	Strict pre-collection instructions — avoid certain items for 4 weeks prior; read ahead of time	Turnaround 10 days Follow-up 2+ weeks after patient submits specimen in mail
Genova GI Effects	3+ (validated)	At home stool collection	Extensive pre-collection info to review, up to 4 weeks prior to testing	Turnaround 17 days Follow-up 3+ weeks after patient submits specimen in mail
RealTime Labs Urine Mycotoxin	No age restrictions	Urine collection at home	See instructions with kit	Turnaround 10 days Follow-up 4+ weeks after initial visit
Mosaic OAT (Organic Acid)	No age restrictions	Urine collection at home	See instructions with kit	Turnaround 10 days Follow-up 4+ weeks after initial visit
3x4 Lifestyle Genetics <i>170 genes</i>	18+	At home oral swab collection	See instructions with kit	Turnaround 15-20 days Follow-up 5+ weeks after initial visit