

✓ Affordable Cash Prices

Significantly lower than typical hospital or traditional office fees. Direct pricing makes important lab work accessible and transparent.

✓ Answers That Matter

Comprehensive testing helps uncover the “why” behind your health concerns so we can build a truly personalized care plan.

✓ Flexible Options

From routine wellness labs to advanced specialty testing, we can order just about any lab you need. Don’t see it here? Just ask.

Individual Labs

F = fasting AM = draw before 10 AM See back for full prep instructions

GENERAL & METABOLIC	THYROID	CARDIOVASCULAR
CBC w/diff\$15	TSH\$15	hs-CRP\$15
CMP (w/GGT)\$15	Free T3\$15	Homocysteine\$15
Lipid Panel F\$15	Free T4\$15	NMR Lipoprofile F\$80
A1c\$15	Total T3\$15	Lipoprotein (a)\$25
Insulin F\$15	Total T4\$15	Apolipoprotein B\$15
C-peptide F\$15	T3 Uptake\$15	oxLDL\$30
Uric Acid\$15	Reverse T3\$30	Lp-PLA2\$45
Lipase/Amylase\$20	TPO & Thyroglobulin Ab\$20	OmegaCheck\$45
LDH\$15		
ABO Rh\$15		
G6PD\$20		
NUTRIENTS & MINERALS	HORMONES	INFLAMMATION & IMMUNE
Iron Panel (incl. ferritin)\$20	Testosterone, Free & Total AM\$20	ESR\$15
Ferritin\$15	Estradiol\$20	ANA\$15
Vitamin D\$15	Progesterone\$20	Rheumatoid Factor\$15
Vitamin B12 & Folate\$20	FSH\$15	Lyme\$15
Magnesium, RBC\$25	LH\$15	
Iodine\$40	DHEA-S\$15	
Selenium\$46	Cortisol AM\$15	
	ACTH AM\$35	
	PSA\$15	
		BONE HEALTH
		Collagen Type 1 C-Telopeptide (CTX) F\$80
		Procollagen 1 Intact N-Terminal (P1NP) F\$160
		Osteocalcin\$80
		Alkaline Phosphatase, Bone Specific\$40

Panel Options

Female Hormone Panel

Estradiol, progesterone, free & total testosterone, DHEA-S, LH/FSH, TSH, cortisol

Blood draw by 10 AM

\$120

Male Hormone Panel

Total & free testosterone, estradiol, LH, PSA

Blood draw by 10 AM

\$70

Cardiovascular Health Panel

hs-CRP, homocysteine, uric acid, NMR lipoprofile, ApoB, insulin, A1c

Fasting 10-12 hours

\$170

Thyroid Panel

TSH, free T3, free T4, TPO & thyroglobulin Ab

\$65

General Wellness Panel

CBC, CMP, lipid panel, iron panel, A1c, homocysteine, TSH, free T4, free T3, vitamin D, vitamin B12, uric acid

Fasting 10-12 hours

\$185

Comprehensive Testing

Food Sensitivity Testing	\$600-700
Mycotoxin Testing	\$380
Tick-borne Panel & Co-infections	\$520
Comprehensive Stool Analysis	\$499
Environmental Toxins + Heavy Metals (add-on)	\$400 +\$60
Heavy Metals (stand-alone)	\$180
Micronutrient Testing	\$400
Salivary Cortisol & DHEA	\$155
Galleri Cancer Screening	\$750
Exact Sciences CancerGuard	\$650
AVISE Connective Tissue Autoimmune Panel	Insurance

F • Fasting 10–12 Hours

Nothing to eat or drink except water. Plain water is encouraged!

- Lipid panel & NMR lipoprofile
- Insulin & C-peptide
- Bone markers: CTX & P1NP
- **Panels:** Cardiovascular Health and General Wellness

AM • Draw Before 10 AM

These levels naturally change throughout the day and are highest in the morning.

- Cortisol & ACTH
- Testosterone (free & total)
- **Panels:** Female Hormone and Male Hormone

Timing With Your Cycle

For those with a menstrual cycle. Day 1 is the first day of full flow.

- **FSH & LH:** cycle days 2–5
- **Estradiol & Progesterone:** about 7 days after ovulation (around day 19–22 of a 28-day cycle)
- Your provider will let you know which day is best for you
- Not cycling, irregular cycles, or on birth control? Ask us when to test

Supplements & Medications

Some supplements can interfere with lab results.

- **Biotin:** stop 72 hours before a thyroid blood draw. Check hair, skin & nail formulas and B-complexes, which often contain it.
- Continue all prescriptions unless your provider tells you otherwise

Day-of Tips

- **Hydrate:** drink plenty of water the day before and morning of. It makes your draw quicker and easier.
- **Skip hard workouts** the day before, since intense exercise can affect some results
- **Specialty kits** (stool, salivary, urine): follow the instructions in your kit and bring it with you, or ask us for help
- **Questions?** Call either location before your appointment and we're happy to help.

Two Convenient Locations

East Madison

3205 E Washington Ave
Madison, WI 53704
Phone: **608-886-9802**

Middleton

6710 University Ave
Middleton, WI 53562
Phone: **608-820-1300**

Lab draws are available at both locations.