

Nutrigenomics

Price Guide

Genetic Testing for Personalised Health
Nutrigenomics studies how your genes interact with the nutrients in your diet, influencing your health, energy, and wellbeing.

By analysing key genetic variants, we reveal how your body absorbs, metabolises, and responds to nutrients. This personalised insight goes beyond generic advice: guiding diet, lifestyle, and supplementation choices to optimise energy, support immunity, maintain healthy weight, and reduce long-term health risks.



Option 1
Essential Nutrigenomics

£350

Option 2

Targeted Nutrigenomics from

£250
per report

or 5x
reports
£1000






Option 1 Essential Nutrigenomics

£350

This foundational package focuses on your core nutrient needs and how your genetics impact health, nutrition, and energy.

It examines key genetic traits that influence vitamin and mineral metabolism, energy production, and overall wellbeing. By highlighting areas where your body may need extra support, it empowers informed choices around diet and supplementation. This helps you boost vitality, support mental clarity, and optimise daily nutrient intake for a healthier, balanced life.

What's Included

-  Health questionnaire & goal mapping
-  Saliva-based DNA home test kit
-  Nutrigenomic Report
-  Personalised Nutrigenomic interpretation
-  1:1 30-min call to discuss your results in the context of your health goals,

What's Covered:

Personalised DNA report covering:



- Food response & intolerances
- Key Nutrient Absorption (Zinc, Magnesium)
- Caffeine & alcohol sensitivity
- Vitamin metabolism (e.g. B12, Folate, Vitamin D)
- Blood pressure regulation
- Detoxification & inflammation pathways
- Circadian rhythm and sleep genes
- Microbiome-related gene interactions

Ideal for

Those looking to explore the connection between their genes and nutrition and take the first step into personalised health.



Perfect if you want to

Understand which key nutrients your body struggles to absorb or utilise



Learn how your genetics may impact your future health risks



Get clear, actionable diet and lifestyle strategies to support your body's unique needs

Option 2 Targeted Nutrigenomics

From
£250

This in-depth option explores your nutrigenomic blueprint, going beyond core nutrient analysis.

It reveals how your genes influence metabolism, detoxification, hormone balance, cognitive function, and long-term health risks. Designed for personalised guidance, it integrates your genetics with your health goals, symptoms, and lifestyle, empowering you to make proactive choices that optimise performance, wellbeing, and longevity.

What's Included



Report from Lifecode Gx



Health questionnaire & goal mapping



Saliva-based DNA home test kit



Personalised Nutrigenomic analysis



1:1 call to discuss your results in the context of your health goals, diet and lifestyle.



£250

per report

Support Options

30 mins £90

60 mins £175

£1000

For 5 reports including 60 minutes support (extra support can be purchased separately)

Selection of reports

Nutrient Core Report



Learn how your body absorbs, metabolises, and utilises key vitamins. Foundational insights to understand responses to food, metabolism and inflammation.

Methylation Report



Understand how your genes influence methylation pathways that affect detoxification, cardiovascular health, and cellular repair. Gain insights to support personalised nutrition and lifestyle strategies.

Metals and Minerals Report



Discover how your body handles essential and toxic minerals, including nutrient deficiencies or sensitivities. This can help guide supplementation and environmental support strategies.

Nervous System Report



Learn how your genetic blueprint impacts neurotransmitter balance, mood, and cognitive function. Support mental clarity, stress resilience, and overall nervous system health.

Metabolics Report



Assess how your genes influence metabolism, energy production, and weight management. Identify personalised strategies to optimise nutrient use and metabolic efficiency.

Detoxification Report



Explore how your liver and detox pathways handle environmental toxins and chemical exposure. Optimise diet and lifestyle to support effective detoxification.

Hormones Report



Understand your genetic tendencies in hormone balance and regulation. Support reproductive, adrenal, and overall endocrine health.

Thyroid Balance Report



Examine how your genetics influence thyroid function, metabolism, and energy levels. Identify personalised strategies to support thyroid health.

Histamine Intolerance Report



Discover genetic variants affecting histamine metabolism and sensitivity. Optimise diet and lifestyle to reduce intolerance symptoms and support gut health.

APOE Report



Understand your genetic risk factors for cardiovascular and cognitive health. Gain actionable insights to reduce risk and support long-term brain and heart health.

Frequently Asked Questions



How is my DNA sample and personal information kept private?

Your DNA sample is given a unique code, and personal information is not shared with the lab. Samples are stored for six months, allowing additional reports to be ordered within that period.



How long does it take to get my results?

Results are typically available around 3 weeks after your sample is received. Support sessions are scheduled after your results have been reviewed.



How do I choose between 30 or 60 minute support sessions?

A 30-minute session gives an overview of key findings. For detailed interpretation and personalised guidance, 60 minutes or additional time is recommended. Minimum 30 minutes per report is suggested.



How many reports should I start with?

Most clients begin with Nutrient Core and Methylation reports for foundational insights. Additional reports are added to explore specifics such as hormones, detoxification, or cognitive health, depending on your goals.



How do I combine different reports to support my health goals?

Reports can be ordered individually or combined for a comprehensive view. Examples are shown below.



Energy, Metabolism & Weight Loss

Reports: Methylation, Nutrient Core, Metabolics, Thyroid Balance, Hormones

Supports metabolic pathways, nutrient processing, hormone balance, energy production, and thyroid function. Ideal for sustainable weight management and metabolic optimisation.



Longevity & Healthspan

Reports: Methylation, Nutrient Core, Metabolics, APOE, Hormones

Covers methylation, metabolism, hormone balance, longevity markers, and cardiovascular risk to support long-term wellbeing and vitality.



Brain Health

Reports: Methylation, Nutrient Core, Nervous System, APOE, Metabolics

Focuses on nutrient metabolism, brain signalling, nervous system regulation, cognitive function, and detox pathways—optimising brain health, mood, and clarity.



Bone Health

Reports: Methylation, Nutrient Core, Metals & Minerals, Hormones, Thyroid Balance

Provides insights into nutrient metabolism, mineral balance, detox pathways, hormonal regulation, and thyroid function for strong bones and long-term structural health.



Allergy & Sensitivities

Reports: Methylation, Nutrient Core, Detoxification, Hormones, Histamine

Investigates histamine pathways, detox capacity, nutrient processing, and immune balance—ideal for identifying intolerance triggers and supporting immune resilience.



Tailored Nutrigenomics

Reports: Bespoke 5 x Report Selection

Fully personalised panel to explore methylation, metabolism, hormonal balance, longevity markers, and heart health predispositions, guiding strategies for long-term wellbeing and vitality.



Interested but still not sure which reports to select for your health? Contact me to discuss the options and see sample reports.

Get in touch

If you're unsure about tests or have any questions, please contact me before your appointment:

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