

Mind and Body Test

Discover small changes that could have a long-lasting effect.



Select a health
screening package



Take a sample



View your results

Did you know:

- Your diet can significantly affect your mental health as well as your physical health
- Endorphins are released during exercise, which positively impacts your mental health
- 1 in 6 people in England report experiencing mental health problems, such as anxiety and depression

Why take our Mind and Body Test?

Certain nutrient deficiencies can affect the production of hormones and chemical messengers in your body, which can adversely affect your mental health. By understanding how your diet is working to support your mental health, you can adopt new habits in your lifestyle to boost your mood, enhance your wellbeing, and improve your overall self-esteem.

Do you have any of the following symptoms?

- Low mood or continually feeling sad
- Low self-esteem
- Feeling hopeless
- Feeling anxious or worried
- Irritability

Taking this test and adjusting your diet could alleviate mild forms of these symptoms without the need for clinical intervention.

The quick and easy home blood test kit will be sent to your address for you to provide the sample and send it back to our associated laboratory using the **free-post packaging** provided. Our specialists will then analyse your blood and provide you with the results within two days of receipt.

This blood test looks at the following biometric markers:

Blood Markers

- **Transferrin Saturation** – Transferrin saturation is a calculation derived from the measurement of iron and TIBC. It is used to provide a more useful evaluation of iron status than is possible using iron or TIBC alone.
- **Iron** – Iron is essential for the production of haemoglobin within red blood cells. Low iron levels can lead to iron deficiency anaemia and feelings of fatigue.

Vitamin and Mineral Markers

- **Vitamin D (25 OH)** – helps to regulate calcium and phosphate in the body which is essential for the development of healthy bones. It therefore plays an essential role in preserving bone health but has also been linked to many other aspects of health including our immune system, muscle function, energy levels and the reduction of inflammation. Unfortunately, due to the UK weather, many people have low levels particularly during the winter months.
- **Iron** – Iron is essential for the production of haemoglobin within red blood cells. Low iron levels can lead to iron deficiency anaemia and feelings of fatigue.
- **Folate (serum)** – Folate is supplied to the body through diet. It is required for the production of red blood cells and the repair of tissues.
- **Ferritin** – is a protein in the body which contains iron and is the main form by which iron is stored in the body. The amount of ferritin which is found in the blood reflects the amount of total iron stored within your body.
- **Active B12** – B12, together with folate, is part of the B group of complex vitamins. They are not produced by the body so have to be absorbed through diet. B12 is required for the formation of red blood cells and also has a role to play in nerve health.