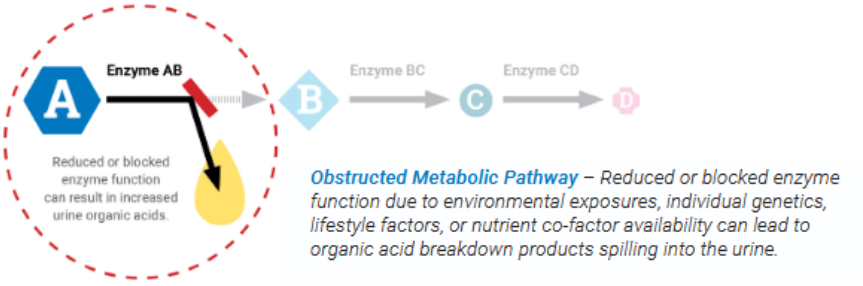
NORTH IOWA HORMONE & WELLNESS CLINIC

Explore the Root Causes of Your Symptoms with Organic Acid Testing (OAT)



If you experience fatigue, brain fog, digestive concerns, hormone imbalances, mood changes, or other unexplained symptoms, Organic Acid Testing (OAT) may offer insight into how your body functions at the cellular level.

OAT measures metabolic byproducts in urine to assess nutrient use, energy production, gut health, oxidative stress, and other key metabolic pathways.

Simply collect this urine test at home, the return it using the provided prepaid shipping materials.

How Organic Acid Testing Can Help

Energy, Nutrients & Gut Health

Energy & Mitochondrial Function
Highlights patterns in cellular energy production that may relate to fatigue, low stamina, brain fog, or slow recovery.

Nutrient Status
Reviews markers related to B vitamins, vitamin C, magnesium, CoQ10, and antioxidant status to identify potential nutritional needs.

Gut Health & Microbiome Balance
May reveal patterns linked to yeast, bacterial imbalance, digestion, and intestinal function.

Brain, Hormones & Cellular Health

Hormone & Neurotransmitter Support
Offers insight into metabolic pathways associated with mood, focus, sleep, stress response, and overall well-being.

Detoxification & Cellular Health
Reviews markers associated with detoxification, oxidative stress, antioxidant capacity, and cellular resilience.

Personalized Wellness Planning
Helps inform individualized recommendations for nutrition, supplements, gut health, hormone optimization, lifestyle, and long-term wellness.

Who May Benefit from OAT?

Common Symptoms*

✓ Fatigue or low energy
✓ Brain fog or difficulty concentrating
✓ Digestive issues, bloating, or irregularity
✓ Hormone imbalances
✓ Mood changes, sleep problems, or poor stress tolerance
✓ Headaches, inflammation, or unexplained concerns

Health Concerns*

✓ ADHD or autism spectrum disorder
✓ Autoimmune disorders
✓ Diabetes, insulin resistance, or weight concerns
✓ Fibromyalgia or chronic pain
✓ Parkinson's disease, seizure disorders, or cognitive decline
✓ Suspected mold, pesticide, heavy-metal, or chemical exposure

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At **North Iowa Hormone & Wellness Clinic**, we look beyond isolated symptoms to understand the whole person.

OAT gives our providers additional information to help personalize recommendations in six key areas:

Nutrition • Supplements • Gut Health • Hormone Optimization • Lifestyle • Long-Term Wellness

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**Organic Acid Testing is a functional wellness assessment and is not intended to diagnose, treat, cure, or prevent disease. It may provide additional insight into metabolic patterns, nutrient status, gut and mitochondrial function, detoxification, and oxidative stress that may influence symptoms and overall health.*