

# Ordering Guide



#### Dear Healthcare Professional,

As a healthcare professional in today's climate, you have probably observed that patients are taking a more active role in their healthcare. This trend gives you the opportunity to partner with your patients on their journey to optimal health. As patients focus more on prevention, this decreases the burden on the public system, and frees up those resources for the people who really need them. This is a win for all Canadians.

#### How can I order Nutrigenomix for my patients?

Enclosed is a registration form as well as an order form which you can complete and either email to info@rmalab.com or fax to 866-370-5223. The Nutrigenomix® test can be found on the Test Kit order form under "Environmental/Nutritional".

#### **Clinical Support**

We are pleased to be considered a partner in your patient's path to health, and as such we provide you with access to three great clinical consultants for your professional use: Dr. Joe Klassen, ND, our Naturopathic Consultant on staff, Dr. George Gillson, MD, PhD, our Medical Director and Dr. Clare Westmacott, MD, CCFP, MD MFHom(UK).

If you have any questions, please do not hesitate to call our Customer Service team at 866-370-5227, or email us at <a href="info@rmalab.com">info@rmalab.com</a>. Also, check our website 9www.rmalab.com) for information on other Rocky Mountain Analytical tests.

Yours in health,

George Gillson, MD, PhD, CCFP Medical Director, President

Billson MD PhD

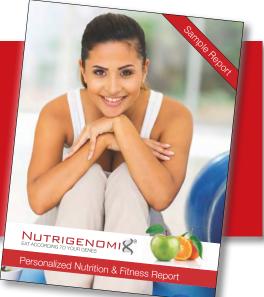
Rocky Mountain Analytical, a division of LifeLabs LP

## NUTRIGENOMIS



Genetic Testing for Personalized Nutrition

Research shows that people are more highly motivated to adopt healthy dietary habits when given specific information about their unique metabolism than when given general advice. Daiva E. Nielsen and Ahmed El-Sohemy 2012



#### **THE TEST**

#### 45 Gene Panel

• This comprehensive genetic test consists of a panel of 45 genetic markers that enable healthcare professionals to provide patients with personalized nutrition advice and physical activity recommendations tailored to their DNA.

#### **RESEARCH**

#### Weight Management

- Variants in the FTO gene can impact your metabolic response to physical activity which will impact weight management in 1 in 6 individuals. Andreasen et al. 2008
- Research shows the CYP19A1 and LEPR genes are key contributors to one's likelihood of participating in physical activity. De Moor MH et al. 2009

#### THE RMA ADVANTAGE

- Easy, non-evasive collection
- Comprehensive, easy to interpret report
- Actionable results

#### **Digestive Health**

- Individuals with an elevated risk for lactose intolerance are at an increased risk for low calcium intake and blood calcium levels. Enattah NS et al. 2002
- Non-celiac gluten sensitivity (NCGS) affects approximately 5% of the population. 60% of those with NCGS have the DQ2 or DQ8 risk variation of the HLA gene. Mark Wolters VM and Wijmenga C. 2008
- Accredited Canadian medical laboratory
- Dedication to exceptional clinical support and education for healthcare professionals and patients
- Committed to advancing the science of wellness



105 - 32 Royal Vista Drive NW, Calgary, AB, T3R 0H9 P. 866.370.5227 | F. 866.370.5223 P. direct: 403 241 4500 | F. direct: 403 241 4501 www.rmalab.com | info@rmalab.com

### **Healthcare Professional** Registration

Please complete this form & FAX to toll-free: 866.370.5223 or direct: 403.241.4501. To avoid delays please print all information clearly.													
Last Name				Desig	Designation: please specify, ND, MD, etc.								
First Name					Profe	Professional License Number							
Please include a 'file copy' of your credentials. This is required to verify with the accreditors that you are an authorized user of laboratory serv							ory servi	ces.					
Clinic / Pharmacy Name						If you are a recent ND graduate, please							
Clinic / Pharma	cy Address			provide the date you received your license.*			•	year month		nth	day		
City				Province				Postal Co	ode				
Phone	( )	FAX ( )											
Email							Web Add	dress					
Check ✓ or circle how you wish to receive Tes			Test Reports (2	2 options only	<i>ı</i> ):	drOPsite (online portal)			Canada I	Post		Fax	
Circle applicable box if you would like to be listed on our website as a healthcare professional offering our testing services?  Yes						Yes	No						
If yes, please specify how (circle only one).			Your Name	Clinic / Pha	armacy I	nacy Name Receive business news via em			nail? (eg. ne	w tests)	Yes	No	

Email								
Check ✓ or ci	rcle how you wish to	o receive	e Test Repo	rts <i>(2</i>	options onl	y):		
Circle applicab	le box if you would	like to b	e listed on	our w	ebsite as a	hea		
If yes, please specify how (circle only one). Your Name Clinic / Pharm								
Selec	t Billing Methods	Below	by check	ing √	box.			
Cred	it Card*		In	voice	!			
* Please comp	lete and FAX a Cred	lit Card	Authorizat	ion F	orm			
Option 1: Pro	fessional Pays RMA.	(include	s volume di	scoun	rts (saliva)			
<ul> <li>Healthcare</li> </ul>	Professional pays v	vholesal	e price for a	all tes	ts.			
	, Professional is bille I by RMA. Payment		•		ratory work			
	s are not kept currer efforts to bring the				riate			
<ul> <li>RMA reser</li> </ul>	ves the right to assig	gn credit	limits to a	ccour	nts.			
	rd is your method o complete and report		nt, the card	l is ch	arged once	<u></u>		
Option 2: Pat	Option 2: Patient Pays RMA. No volume discounts with Option 2.							
Note: Patie	nt Pay may not be a	vailable	for all tests					
<ul> <li>**Credit Card only accepted for patient pay option. Healthcare         Professional is responsible to ensure patients know their credit         card will be charged upon receipt of sample for full retail price, plus         applicable taxes.</li> </ul>								
• Contact Cli	ent Services for <b>Pati</b>	ent Cred	dit Card Au	thori	zation Forn	n.		
Confirm billing option, choose:  Option 1 Option 2								
works. I will a	ne payment options abide by the terms a derstand this option	and cond	litions of th	ne opt	tion I have	t		

to change my preferences. I further certify that I am a member of a

regulated health profession.

Signature

**Healthcare Professional Signature below:** 

RMA TEST PANELS (check ✓ all you are interested in	1)
Hormones (sex hormones)	
Urine Steroid Hormones	
Urine Thyroid Assessment	
Food Reactions	
D-Spot 25-hydroxyvitamin D <sub>3</sub>	
Environmental Pollutants	
Fatty Acid Profile	
Hair Element Analysis: 45 Essential & Toxic Elements	
Urine Element Analysis: 39 Essential & Toxic Elements	
lodine Plus	
MELISA	
Hair Cortisol	
Conventional Labs	·
Alberta	
British Columbia	
British Columbia (Okanagan)	
Ontario	
Other interests, please specify:	,









## **Test Kit** order form

Н	ealthcare Pr	ofessional First Name			La Nan				
Clinic or Pharmacy Name									
Clinic or Pharmacy Address									
	City			Province				Postal Code	
Phone	area code				FAX	area code			
	TEST KIT ORDER - Test kits are provided free of charge.								

Saliva Hormones	Kit Quantity
1-tube: Any combination of morning hormones.	
2-tubes: Morning hormone(s) plus bedtime cortisol.	
4-tubes: Morning hormone(s) plus noon, suppertime and bedtime cortisol.	
11-tubes: Morning E2-Pg every 3rd day x 11 samples. Average testosterone, DHEAS and Cortisol	
Hair Hormones	Kit Quantity
Hair Cortisol	
Urine Hormones	Kit Quantity
<b>Urine Thyroid Assessment:</b> Measures selenium, T3 and T4 in urine. <b>Note:</b> Kit includes 24 hour urine collection container.	
<b>dutch® Steroid Hormones:</b> metabolites of androgens, glucocorticoids, estrogens, progestogens, and melitonin.	
Growth Hormone	
Food Reactions - IgG / IgA / IgE	Kit Quantity
<b>RMA FST™:</b> Tests for 120+, 160+, 200+ IgG food sensitivity panels as well as Candida IgG.	# of Extra Cards
Candida Panel: IgA, IgG, IgM.	
<b>Standard IgG-IgE-IgA</b> - <b>Serum:</b> General 96 Food Panel, Vegetarian Panel, Herbs & Spices, Inhalants.	
<b>LifeLabs IgG-IgE-IgA</b> - <b>Serum:</b> Same as IgG-IgE Serum. Patient goes to LifeLabs collection centre for blood draw & LifeLabs ships sample to RMA. Collection fee applies.	
<b>Celiac Panel:</b> Tests for gliadin IgA, gliadin IgG, antitissue transglutaminase IgA.	

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Immunology	Kit Quantity
<b>MELISA:</b> Metal Hypersensitivity Testing	
Environmental /Nutritional	Kit Quantity
<b>D-Spot</b> - measures 25 hydroxyvitamin D <sub>3</sub> in dried blood spot.	
Fatty Acid Profile - measures omega-3, omega-6, mono-unsaturated, saturated & trans fatty acids plus Omega-3 Index, Omega-3 Whole Blood Score and AA to EPA ratio.	
Hair Element Analysis: 45 Essential and Toxic Elements Test kits include weigh scale.	
<b>Iodine Plus</b> - measures iodine, bromine, cadmium, selenium and the ratio of Br to I in urine	
<b>Nutrigenomix</b> ® - Analyzes genetic variants in saliva.	
<b>Urine Elements**</b> - order correct kits, see below Toxic Elements &/or Essential plus Toxic Elements.	Kit Quantity
PRE OR POST kit requires 1 tube** Toxic Elements &/or Essential plus Toxic Elements.	
PRE AND POST kit requires 2 tubes and one 3L container.	
POST kit requires 3L containers**	
Bar Code Labels - 30 labels per sheet	Order Quantity
Healthcare Professional Bar Code Labels must	# of Sheets
be affixed to all requisitions.	

#### You can also place your order:

- via <u>drOPsite</u> click Order Kits
- by phone: Client Services toll-free 866.370.5227
- by email: info@rmalab.com











### Literature order form

Н	ealthcare Pr	ofessional First Name			La Nam				
Clinic or Pharmacy Name									
Clinic or Pharmacy Address									
	City			Province				Postal Code	
Phone	area code				FAX	area code			
	LITERATURE ORDER - Literature is provided free of charge unless otherwise shown								

	•
Patient Information Sheets - 50 per pad	
Saliva & Other Hormones	Order Quantity
<b>Adrenal Function</b> - Stress, the value of cortisol testing and interventions for adrenal function.	
<b>Female Panel</b> - Female hormone imbalance, saliva testing information plus possible interventions.	
<b>Male Panel</b> - Male hormone imbalance, saliva testing information plus possible interventions.	
<b>Month-Long Hormone Assessment</b> - Female hormone imbalance over a month.	
Hair Cortisol - Information on cortisol in hair.	
<b>Thyroid Testing</b> - Information on Thyroid conditions and why early identification is important.	
dutch® Steroid Hormones Testing - Information on hormone metabolites in urine.	
<b>Growth Hormone</b> - Information on growth hormone.	
Food Reactions	Order Quantity
<b>Food Sensitivity</b> - Information on food sensitivity related conditions, and importance of identifying and avoiding antigens.	
<b>Gluten Sensitivity</b> - Information on Celiac disease and importance of identifying gluten sensitivity.	
Environmental / Nutritional	Order Quantity
Fatty Acid Profile - can be used to assess cardiovascular disease risk.	
Hair Element Analysis - How hair element analysis can be used to identify and treat a variety of health issues.	
<b>Urine Element Analysis</b> - can be used to identify both toxic and essential elements and how your body absorbs nutrients.	
<b>Iodine Plus</b> - Used to determine if patient has right balance of idodine and bromine.	

Brochures / Books / Resources	Price	Order Quantity
D-Spot, 25-hydroxyvitamin D brochure	Free	
Menopause Brochure - How saliva testing can help menopause symptoms.	Free	
MELISA Brochure - About metal hypersensitivity testing.	Free	
Nutrigenomix® 45 Gene Brochure	Free	
Critically evaluates the science around bio-identical hormone replacement in a very readable way). Written by Dr. G. Gillson & T. Marsden, BScPharm.	\$8.50 per copy wholesale price	Call Client Services to order
Reference Guide  Essential & Toxic Elements: Information on effects, sources and intake of toxic and essential elements.	Free with first Hair test \$5.00 per extra copy	
Resource Binder - Your guide to RMA Services. Includes:  • Clinical Information on tests • Patient Information Sheets • Sample Requisition	One Free \$25 per additional copy.	

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