

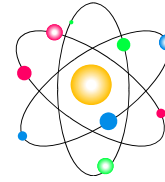
Biolab Information Leaflet

The following pages are designed to be printed double-sided.

Place the printed pages together and fold down the centre line creating a four-page booklet.

if you require this document in a larger font size please let us know.

Biolab Medical Unit



Nutritional and Environmental Medicine

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Introduction

Biolab, established by Dr Stephen Davies with Dr John McLaren Howard in 1984, is a medical referral laboratory specialising in nutritional and environmental medicine. Our nutritional biochemistry laboratory, led by Dr Nicholas Miller PhD MCB FRCPath, measures mineral and vitamin levels, toxic metals and other biochemical levels related to the availability of micro-nutrients. We also offer an extensive range of profiles for assessing the effects of a twenty-first century lifestyle on our bodies. The laboratory is staffed by a highly qualified team and participates in a number of external quality control schemes. Many of our tests require expensive high-tech instrumentation which is not ordinarily available in hospital pathology laboratories. Samples for standard pathology investigations are sent to the London Clinic Pathology Department (or other laboratories by prior arrangement).

Biolab is actively involved in researching the effects of nutrition and the environment on health and disease. We have our own library of research material and have published many papers in medical and scientific journals (see publications list on our web site).



We are a medical referral unit and accept test requests from medically qualified doctors, dental surgeons, chiropractors and osteopaths. We can now also accept referrals from some other complementary practitioners, but we will need to send a copy of our reports to the patient's GP. All test reports are sent, in duplicate, to the referring practitioner for interpretation. Although we cannot discuss results directly with patients, we are always happy to discuss our findings with practitioners. Our senior laboratory staff comment on all reports with abnormal or unusual test results.

If you feel that Biolab tests would be of benefit to you, please discuss this with your doctor who can call us to discuss the most appropriate tests, or for interpretation of your results.

Appointments

All patients attending the laboratory require an appointment, which can be made by telephone between 9am and 5:30pm on weekdays. Appointments between 9:30am and 4:30pm Monday to Thursday, and up to 2pm on Friday, are normally available within one week (there is a



Biolab Pathology Request form

To be completed by referring practitioner.

(Please call to book an appointment or to order test kits and request forms)

Patient details	Referring doctor
Name:	Name
Address:	Address:
Date of birth:	
Telephone:	Telephone:
E-mail:	Fax / E-mail:
Account to: <input type="checkbox"/> Doctor <input type="checkbox"/> Patient (see below) Patients are requested to settle their account at the time of testing. For postal samples please include a cheque or your credit card details: Cardholder's name: _____ Card number: _____ Start and expiry dates: _____ 3 digit security code (last 3 digits on reverse of card): _____ Issue number (Switch cards only) _____ Cardholder's signature _____ <input type="checkbox"/> Please send me a receipt.	
Clinical details:	
Medications:	
Tests required (please list):	

Key Biolab staff:

- Medical Director Dr Stephen Davies
- Laboratory Director Dr Nicholas Miller
- Head of Nursing Melita Dean
- Manager Mark Howard
- Practice Manager & Accounts Helen Hayes

Doctors at Biolab

There are a number of doctors practising at Biolab who are very familiar with our range of tests and are available for consultations (a letter of referral from your GP is normally required). Please contact them on the numbers below for details of fees and appointment availability:

- Dr Charles Forsyth 01737 226338
- Dr Jenny Goodman 020 8216 3751
- Dr Nicola Hembry 01179 692814
- Dr Alan Stewart 01273 487003

Doctors in other areas of the UK who are very familiar with our work are listed on our web site at www.biolab.co.uk/reflist.html.

Nutritionist

Gail Pollard, a state registered dietitian, is available for consultation for patients who require an in-depth analysis of their diet and specific advice on specialised diets. She can be contacted on 01635 46651.

If you need any further information please do not hesitate to contact us, or take a look at our web site (www.biolab.co.uk/faq.html is a list of frequently asked questions about Biolab).

waiting list for some clinical tests). Before calling for an appointment please ensure that you have a Biolab request form (abbreviated version at the back of this brochure), or a letter from your doctor/practitioner specifying precisely which tests are required.

For some tests it is necessary for you to spend just over an hour at the laboratory, and you may be required to fast and/or restrict alcohol intake beforehand, so please let the receptionist know which tests are required so that the necessary instructions may be given.

Sample Collection Procedures

We prefer our own nurses to collect the test samples, but when it is not convenient for the patient to attend the laboratory we can perform a number of our tests on postal samples. For some tests we will need to provide you with a test kit that includes everything required to collect a sample and return it to the laboratory, including instructions and postal packing. Sample requirements and all test prices are detailed in our Laboratory Guide which is available for doctors on request.



Payment of Test Fees

Biolab is a private unit and tests are only available on the NHS if your doctor or consultant agrees to settle the fee. We ask that patients settle their account at the time of the test appointment or that they send payment with postal samples. This reduces our administrative overheads and assists us in keeping our prices to a minimum.

Many of our trace element and vitamin test reports are despatched by first class post within one or two working days of receipt of the sample. Other test reports normally follow within 10–12 days. Our senior laboratory staff comment on all -abnormal results.

Other Information

Our web site at www.biolab.co.uk contains comprehensive information about our services, including a full list of all available tests, our scientific publications list, copies of newsletters for doctors and a downloadable copy of our Laboratory Guide.

If you require any further information please don't hesitate to contact us by e-mail or fax, or telephone in office hours.

Biolab Tests

Minerals and Toxic Metals: We measure trace element levels in head hair (£33), sweat (£41 + £5 for Hg), serum (£44), blood and urine. However, the different body tissues are not all suitable for the wide range of trace metals that we can determine. If you are able to attend the laboratory, the Sweat Mineral Analysis is probably the best all round test and requires an absorbent patch (7cm x 3cm) being taped to your back for one hour. The collected sweat, (about 0.1 grams) is extracted in the laboratory and ten mineral and toxic metal levels are measured in the extractant. The Hair Mineral Analysis is often used when the patient cannot attend the laboratory and when it is not possible for blood samples to be delivered promptly to the laboratory. This technique can be very useful in the assessment of a patient's trace and toxic element levels, but no definitive diagnosis can be made from a hair sample. There are a number of blood tests that indirectly reflect the levels of some minerals; these are called functional tests and generally involve looking at various biochemical pathways that depend on an adequate level of particular nutrients being present. Our urine and blood toxic metal scans (£110 each) are screening tools for all the toxic metals.



Vitamins: We can measure the levels of vitamins A, C and E and total carotene directly. There is a range of functional blood tests available for vitamins B1, B2, B6 and biotin, and a 24-hour urine functional assay for vitamin B12. Vitamin B12 and folic acid measurements in serum are widely available within the NHS and other private laboratories, so we send samples for these to the London Clinic Pathology Department. Vitamins can be requested individually for £16 or as profiles (A, E and carotene for £46, B1, B2 and B6 for £46 or both of these with vitamin C for £79).



We also measure a number of other antioxidants and vitamin-like substances which are known to play an important part in optimal health

Vitamin D Profile: This profile assesses total vitamin D (D3 and D2) levels derived both sunlight exposure and dietary sources (£40).

Essential Fatty Acids (£55): Omega-6 and Omega-3 series and other fatty acids.

Gut Fermentation Profile (£46): This profile is used to detect abnormal yeast fermentation in the gut. The patient is given 4g of glucose dissolved in water and 1g of glucose in two capsules following a 3-hour fast and 24 hours without alcohol. A blood sample taken one hour later is analysed for levels of different alcohols that will be present if there is abnormal fermentation in the gut. If any ethanol is found then it suggests that some of the glucose has been fermented by a yeast in the gut.



Breath Hydrogen Measurements (£77): This test detects the presence of bacteria in the stomach or small intestine. A series of breath samples are taken and analysed for hydrogen levels. Variations of the test enable the investigation of lactose or sucrose intolerance.

Antioxidant Profile (£92): Antioxidants are important protective substances, which include a number of essential vitamins and minerals. This profile looks at the levels of the important antioxidants (copper, caeruloplasmin, vitamin E, selenium, β -carotene and others).



Health Risk Profile (£160): Designed to identify biochemical and metabolic abnormalities associated with an increased risk of disease. It should be used in conjunction with, and not instead of, routine haematology and biochemistry screens, and while this profile is based on much research, a 'normal' set of results does not provide a total guarantee of freedom from disease.

Osteoporosis Screen (£119): A series of blood and urine tests for important nutrients of known importance in the development and maintenance of bone.

