



SD Medical Nutrition Therapy PC

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United Healthcare & Aetna Accepted | Virtual & In-Person | San Diego, CA

Services & Pricing Guide

Effective 2026 | All prices in USD | Pay by Zelle for additional savings

SIGNATURE PACKAGES

The Flourish Package

Advanced lab testing, full hormonal mapping & 6 months of expert support.

\$2,499

Save \$331 vs. individual

- Gut Health Stool Test (GI-MAP, Zonulin & StoolOMX)
- DUTCH Plus Hormonal Testing
- Metabolomics+ SNPs (COMT & MTHFR)
- Comprehensive Thyroid Panel
- Mobile Lab Draw (we come to you)
- Full Laboratory Interpretations
- 90-min Initial Assessment & Treatment Plan
- 6 Follow-Up Sessions (25 min each)
- Free Concierge Chat Support for 45 days

♥ Pay by Zelle: \$2,427 (save \$73)

The Transform Package

GI & hormone testing combined with 6 months of expert guidance — most popular.

\$1,599

Save \$167 vs. individual

- Gut Health Stool Test (GI-MAP, Zonulin & StoolOMX)
- DUTCH Hormonal Testing
- Full Laboratory Interpretations
- 90-min Initial Assessment & Treatment Plan
- 6 Follow-Up Sessions (25 min each)

♥ Pay by Zelle: \$1,552 (save \$47)

The Foundation Package

Your complete nutrition starting point — assessment and 6 sessions to build lasting habits.

\$529

- 90-min Initial Assessment & Treatment Plan
- Personalized P3F Nutrition Strategy
- 6 Follow-Up Sessions (25 min each)

♥ Pay by Zelle: \$514 (save \$15)

APPOINTMENTS

Discovery Call

20 min · Applied to first appt

\$25

Initial Assessment

90 min · New patients

\$175

Follow-Up Visit

25 min · Existing patients

\$59

LIFESTYLE SERVICES

7-Day Personalized Meal Plan

Customized to your goals

\$195

1-Hour Grocery Tour

In-store food & label guidance

\$120

Accountability Support

Ongoing check-ins & motivation

\$99/mo

Concierge Home Visit

Add-on to any appointment

+\$

FUNCTIONAL LAB TESTING

All panels ordered directly through Andrea · includes interpretation

GI-MAP + Zonulin + StoolOMX

Comprehensive gut health stool analysis

\$457

DUTCH Plus Hormonal Test

Complete sex & adrenal hormone mapping

\$428-\$637

Cortisol Awakening Response

Adrenal rhythm & stress assessment

\$294

Organic Acids Test

Cellular energy, detox & gut dysbiosis

\$407

Metabolomics+ SNPs Test

Incl. COMT & MTHFR genetic variants

\$577

Nutrigenomics Test

DNA-based nutrition & metabolism analysis

\$348

Book online at sdmnt-rd.com/pricing | No referral needed | Virtual & In-Person available

United Healthcare & Aetna accepted | Prices subject to change | July 2026