

Nutrition Connection Balance (NCB)

Valerie Sayre, RDN, IMD
Registered and Licensed Dietitian
Medical Exercise Specialist
Reiki Master
Kent Sayre, CNC, NASM



303 Garrison Ave
Port St. Joe, FL 32456
850-227-7931
Fax: 850-227-7932

ncbteam@nutritionconnectionbalance.com
www.nutritionconnectionbalance.com

2026 NCB Individualized Testing Clinic Schedule

MUST READ:

Please register, pay, and get your clinic samples into the lab at least 5-6 weeks OR earlier than the CLINIC DATE. This ensures that you have your individual results for the actual release date!

All clinics occur on Wednesday's. A link with a pre-recorded video will be included explaining the overall testing. There will be specific clinical recommendations made for your individualized test results and handouts on or before the date of the clinic between 11 am-5 pm CST.

There are NO cancellations or refunds for any reason, and you can NOT move to another testing clinic or send in an old kit. Purchasing a kit for a clinic means it must be sent in for that clinic on that date.

***FOR ALL TESTS:* you will take all supplements/medications and eat/drink everything AS NORMAL unless NCB specifies to you otherwise.**

We have additional tests that you can add to any clinic or do any time. See last page for more details and pricing!

*****Call or email NCB to order, or go to www.nutritionconnectionbalance.com and click on the shop tab.***

2026 NCB Clinic Dates

****prices subject to change at any time****

February 18th, 2026: MINERALS/METALS and OMEGA CLINIC

Minerals and Toxic Metals by hair: **\$230.00** OR by urine: **\$325.00**

Omega Essential Fatty Acids: **\$230.00**

OR Pick a Bundle:

Hair AND Omega: **\$400.00/per same person**

Urine AND Omega: **\$500.00/per same person**

****can add Vitamin D to Omega Clinic if order at same time: \$75/per same person**

**** Order by: January 6th, 2026**

****Send samples NO LATER than January 14th, 2026**

AND

February 18th, 2026: MENTAL HEALTH CLINIC (26 parameters) Moods, Pain,

Anxiety, Headaches, Inflammation, Depression, Memory, ADHD & Brain Diseases

Neurotransmitter (testing by urine): **\$455.00**

**** Order by: January 6th, 2026**

****Send samples NO LATER than January 14th, 2026**

April 8th, 2026: HORMONE CLINIC

Adrenal Stress Hormones (4 cortisol and 1 DHEA): **\$380.00**

Female hormones, melatonin, sleep and adrenals: **\$640.00**

Male hormones, melatonin, sleep and adrenal: **\$540.00**

**** Order by: February 13th, 2026**

****Send samples NO LATER than February 25th, 2026**

May 13th, 2026: IODINE AND TOXIN CLINICS

Iodine: Important for toxin protection, thyroid, and breast health: **\$228.00**

Toxic metals and minerals: 38 metals and minerals: **\$325.00**

Glyphosate: dangerous herbicide linked to cancers: **\$148.00**

Tox Detect: 19 environmental toxins: **\$350.00**

Mycotox: 40 species in 11 mycotoxins/mold and fungus: **\$400.00**

Organic Acids ("OAT"): 76 markers for yeasts, fungus, bacteria, oxalate, glutathione (vital for toxin and cell protection, unknown fatigue, immune bowels, and stomach and GI pain, and if toxins are present): **\$400.00**

OR Pick a Bundle:

Environ Tox (3 tests, 97 markers): organic acids, tox detect (environmental), and glyphosate: **\$820.00** (save: \$78.00)

Environ Tox Complete (4 tests, 108 markers): organic acids, tox detect (environmental), glyphosate, and mycotoxin: **\$1085.00** (save: \$213.00)

Environ Tox Complete + Toxic Metals (5 tests, 128 markers): organic acids, tox detect (environmental), glyphosate, mycotoxin, and metals and minerals): **\$1310.00** (save: \$313.00).

**** Order by: March 20th, 2026**

****Send samples NO LATER than April 1st, 2026**

June 10th, 2026: ADVANCED NUTRITION CLINIC Food, Candida, & Marker Sensitivity, Antioxidant & Damage and Anti-Aging (*choose 1 or all 4!!*)

ALCAT Platinum Plus: 370 items tested (food, herbs, mold and more) **\$900.00**

Cellular Micronutrient Assay (CMA): Assesses vitamins, minerals, amino acids and additional nutrients at a cellular level: **\$330.00**

Antioxidant Protection Assay (APA) & Redox Score: Provides an overall resistance to oxidation/damage score and over 40 specific antioxidant and anti-inflammatory levels **\$330.00**

Telomere Length: Slow your aging and disease risk: **\$230.00**

****Additional fee of \$70 to order at-home blood draw**

Nutrition & Anti-Aging Bundle: All four tests at the same time: **\$1,675** (*savings of \$115.00 /per same person & includes blood draw charge*)

****Order kit NO LATER than April 30th, 2026. Complete blood draw by May 20th, 2026.**

July 29th, 2026: MINERALS/METALS and OMEGA CLINIC

Minerals and Toxic Metals by hair: **\$230.00** OR by urine: **\$325.00**

Omega Essential Fatty Acids: **\$230.00**

OR Pick a Bundle:

Hair AND Omega: **\$400.00/per same person**

Urine AND Omega: **\$500.00/per same person**

****can add Vitamin D to Omega Clinic if order at same time: \$75/per same person**

**** Order by: June 12th, 2026**

****Send samples NO LATER than June 24th, 2026**

AND

July 29th, 2026: MENTAL HEALTH CLINIC (26 parameters) Moods, Pain, Anxiety, Headaches, Inflammation, Depression, Memory, ADHD & Brain Diseases

Neurotransmitter (testing by urine): \$455.00

**** Order by: June 12th, 2026**

****Send samples NO LATER than June 24th, 2026**

September 16th, 2026: HORMONE CLINIC

Adrenal Stress Hormones (4 cortisol and 1 DHEA): **\$380.00**

Female hormones, melatonin, sleep and adrenals: **\$640.00**

Male hormones, melatonin, sleep and adrenal: **\$540.00**

**** Order by: July 24th, 2026**

****Send samples NO LATER than August 5th, 2026**

October 14th, 2026: IODINE AND TOXIN CLINICS

Iodine: Important for toxin protection, thyroid, and breast health: **\$228.00**

Toxic metals and minerals: 38 metals and minerals: **\$325.00**

Glyphosate: dangerous herbicide linked to cancers: **\$148.00**

Tox Detect: 19 environmental toxins: **\$350.00**

Mycotox: 40 species in 11 mycotoxins/mold and fungus: **\$400.00**

Organic Acids ("OAT"): 76 markers for yeasts, fungus, bacteria, oxalate, glutathione (vital for toxin and cell protection, unknown fatigue, immune bowels, and stomach and GI pain, and if toxins are present): **\$400.00**

OR Pick a Bundle:

Environ Tox (3 tests, 97 markers): organic acids, tox detect (environmental), and glyphosate: **\$820.00** (save: \$78.00)

Environ Tox Complete (4 tests, 108 markers): organic acids, tox detect (environmental), glyphosate, and mycotoxin: **\$1085.00** (save: \$213.00)

Environ Tox Complete + Toxic Metals (5 tests, 128 markers): organic acids, tox detect (environmental), glyphosate, mycotoxin, and metals and minerals): **\$1310.00** (save: \$313.00).

**** Order by: August 21st, 2026**

****Send samples NO LATER than September 2nd, 2026**

TESTING YOU CAN DO ANY TIME

****Get results within 3-5 weeks from the time you send in your sample(s)!**

Basic Hair Clinic: \$230.00

Vitamin D3 (finger blood spot sample)

DHEAS and Estradiol (1 morning saliva sample)

Elite Hair Clinic: \$395.00

Vitamin D3 and HS CRP (blood spot sample)

Estradiol, Testosterone, DHEAS, and 2 cortisol's (1 morning and 1 night saliva sample)

Premier Hair Clinic: \$595.00

Vitamin D3 and HS CRP (blood spot)

Estradiol, Testosterone, DHEAS, and 2 cortisol's (1 morning and 1 night saliva sample)

Minerals and Toxic Metals (1 morning urine sample)

Blood Spot Profiles

Cardiometabolic Profile: \$325.00

Insulin, Hemoglobin A1c, High-Density Lipoprotein, Triglycerides, Cholesterol, Highly-Sensitive C-Reactive Protein

Elite Thyroid Profile: \$421.00

Thyroid-Stimulating Hormone, Free Triiodothyronine, Free Thyroxine, and Thyroid-Peroxidase Antibodies, Thyroglobulin, and Total Thyroxine

Essential Thyroid Profile: \$270.00

Thyroid-Stimulating Hormone, Free Triiodothyronine, Free Thyroxine, and Thyroid-Peroxidase Antibodies

Toxic and Essential Elements Profile: \$190.00

Zinc, Copper, Magnesium, Selenium, Cadmium, and Mercury

Blood Spot Individual Markers:

Vitamin D3 **\$125.00**

Sex Hormone Binding Globulin **\$115.00**

Prostate-Specific Antigen **\$105.00**

Thyroglobulin **\$93.00**

Total Thyroxine **\$85.00**

Thyroid-Stimulating Hormone **\$93.00**

Luteinizing Hormone **\$99.00**

Follicle Stimulating Hormone **\$99.00**

Fasting Insulin **\$110.00**

Highly Sensitive C-Reactive Protein **\$105.00**

Hemoglobin A1c **\$105.00**

FREE Medical Video Lectures:

Go to www.nutritionconnectionbalance.com under “education” and then click on “read more” to watch video presentation or older posts” at the bottom left hand corner.

Can also go to our YouTube: <https://www.youtube.com/@NutritionConnectionBalance>

Follow our Instagram page @nutritionconnectionbalance Posting weekly health & wellness tips!

Be sure to check out our event calendar on www.nutritionconnectionbalance.com for free monthly nutrition and science-based lectures, classes and clinics.

Move your heart with Valerie Sayre’s new book, “Soul Soaring” released on Amazon.