MINERALSandHEALTH.com By IHC INTEGRATIVE HEALTH COACHING

A Global Industry Leader in HTMA & Mineral-Based Health

Education, Coaching, & Personalized Wellness Programs

A-LA-CARTE **HTMA SERVICES**

Basic HTMA Lab Test
$120 / $145
Trace Elements Inc (TEI) lab test, 36 Elements. Profile 1 (charts only), or Profile 2 (charts + automated lab report w/ recommendations)

HTMA Test + 60-Minute Consultation
$295
Profile 2 HTMA lab test plus a 1 hour personal call with Rick to explain your results and guide you with supplementation, next steps, etc.

Stand-Alone Consultation
$120 / 30min
Already have an HTMA chart? Need a second opinion? Book a focused 30 or 60 minute call to get further guidance.

Personalized HTMA-Based Wellness Report $395
Flagship 5+ hour manual analysis and report, including step by step supplementation program & added guidance, built around YOU.

BUNDLE AND SAVE – COMPREHENSIVE SUPPORT PACKAGES

DESCRIPTION OF SERVICES	Silver $549 DEEP HTMA SUPPORT	Copper $747 COPPER TOXICITY FOCUS	Gold $997 DNA ADD-ON	Platinum $2495 FULL SUPPORT W/ MICROBIOME AND MINERAL MASTERY — SIGNATURE 4-MONTH "WHITE GLOVE" PROGRAM
HTMA Lab Testing (TEI) Lab testing by the industry leader Trace Elements Inc. Provides Profile 2 (your charts together with the automated lab report). Tests for 36 elements (minerals & metals). *(Note: Our Platinum Package includes 2 x HTMA tests (before and after).*	✓	✓	✓	✓✓
Personalized HTMA-Based Wellness Report Deep-dive HTMA analysis, personally written for you, with comprehensive supplement, diet, & detox guidance, plus lots of additional support even beyond your HTMA.	✓	✓	✓	✓
Support Vault Various eBooks and support resources to help with anxiety, energy, sleep, & much more	✓	✓	✓	✓
Private Consultation Call 1 on 1 consultation with Rick Fischer to review your results and discuss a plan forward. *(Note: In Platinum, minutes are spread over 4 months to go over test results as they arrive)*	—	30min	60min	180min
Additional Email Support for Questions Need support beyond the report and consultation? You can also freely ask questions by email, up to the allotted time it takes to answer the questions.	—	—	20min	60min
Copper-Toxicity-Specific Support Package From the global leader in copper toxicity education, this pack includes The Complete Copper Toxicity Handbook (digital), the Guided Meditation for Copper Toxicity Healing & Detox, the Copper/Zinc unit from Mineral Mastery, Guided 90 Day Copper Toxicity Survival Program, the full video library of interviews with copper toxicity experts, plus one year of on-demand access to our CopperCalm app to have all your questions answered in real time while guiding and supporting your healing/detox journey!	—	✓	—	✓
DNA for Health Lab Test + Reports dnaPower Genetic Testing for Health - includes detailed yet user-friendly genetic reports (with guidance) in the areas of Diet, Fitness, Health, and Brain wellness, along with genetics affecting the detox of copper and other metals.	—	—	✓	✓
Microbiome DNA Test for Gut Health Advanced shotgun metagenomic sequencing capturing the diversity of your gut microbiome, w/ customized action plan for food, probiotics, & lifestyle changes.	—	—	—	✓
Personal "Wellness Score" Report Our proprietary "Wellness Score" looks at the 12 key areas of life and pinpoints simple changes that can have the biggest impact for YOU in bringing about fulfillment and better health	—	—	—	✓
Discount on Future HTMA Orders / Retests When you're ready to retest, you'll be able to apply your discount towards all future HTMA orders	10%	10%	15%	20%
Mineral Mastery Program Full life-time access to the original, ground-breaking, mineral-based health program.	—	—	—	✓
	Choose Silver	Choose Copper	Choose Gold	Choose Platinum