

NUTRITION AND NUTRIGENOMIC CONSULTATIONS

Annelie Smith Bsc Med Hon Clin Diet

Pr 8407738

All consultations may be claimed back from medical aid

3x4 Genetic test price R 4 400 www.3x4genetics.com

Description	Price
Initial Assessment (45 min)	
Full medical and nutritional history assessment, Tests and treatment options will be discussed.	R 750
Functional Nutrition feedback session - 60 min	
Consideration and interpretation of all clinical test information and results. Explanation of findings and discussion of therapeutic plans. (Includes action plan below)	R 1850
Treatment Plan Detailed action plan and examples to implement recommendations Includes dietary, lifestyle and supplement recommendations	Included in follow up.
Additional Follow up sessions 45 min	
The action plan will typically be implemented over a period (typically 3-10 months)	R 750

Nutrition Lifestyle program (EXCLUDING TEST)	R 4 500
Duration: 3 months Includes: 45 min Assessment Treatment Plan Up to 12 x 45min follow up sessions over 3 months Unlimited email communication	
Nutrition Lifestyle program (EXCLUDING TEST)	R 2 500
Duration: 3 months Includes: 45 min Assessment Treatment Plan Up to 6 x 45min follow up sessions over 3 months Unlimited email communication	
Couples package – 2 people in the same family/ household	R3 900
Includes 3 sessions per person Assessment (30 min each) Feedback (1h30 together or 45 min each) Action plans (30 min each)	
Family Package – 3-6 people in same family / household	R 1850 per person
Includes 3 sessions per person (no assessment or follow up fee charged) Assessment (30 min each) Feedback (1 hr group intro plus 30 min indivual each) Action plans (30 min each)	

Payments

Consultations will be confirmed once payment have been received.

Payment methods: Card, Snapscan or Bank EFT.

Bank : ABSA

Account Holder: A. Snelling

Account number 9172804141

Account type: Cheque

Send proof of payment

annelie@anneliesmith.co.za

Statements will be generated to claim back from medical aid.

Options available

Face to Face (Thursdays only)

Address:

**The Health Team,
129 Beach Road, Mouillie Point, Cape Town**

Virtual

www.zoom.us

Once the consultation has been confirmed you will be sent a secure link to use for your consultation.

