

# 5 QUESTIONS TO ASK BEFORE PAYING FOR A PRIVATE TEST OR SUPPLEMENT

Before you spend money on a gut test, hormone panel, food intolerance test, or supplement — pause and ask yourself these key questions:

**IS THIS TEST OR SUPPLEMENT RECOMMENDED BY THE NHS OR NICE GUIDELINES?**

If not, there may be a reason, such as poor reliability, lack of proven benefit, or even potential harm. When in doubt, check with a regulated healthcare professional.

**WOULD MY GP OR A REGISTERED DIETITIAN/NUTRITIONIST USE THIS IN PRACTICE?**

If it's not used in evidence-based care, it's unlikely to help — and may delay a proper diagnosis or treatment.

**IS THE PERSON RECOMMENDING THIS ALSO PROFITING FROM IT?**

If someone benefits financially from selling you a test or supplement, it's important to question the advice and consider possible bias.

**COULD THIS CREATE UNNECESSARY WORRY OR RESTRICTION?**

Many private tests (like food intolerance or microbiome panels) offer vague or inaccurate results — which can lead to food fear, over-restriction, and added stress.

**IS THIS ADDRESSING THE ROOT CAUSE — OR JUST THE SYMPTOMS?**

Tests and supplements can feel like quick fixes, but real, lasting change looks at your full picture: lifestyle, medical history, relationship with food, and more.

## Looking for support you can trust?

I'm Kate Wall, a Registered Nutritionist (RNutr), offering compassionate, evidence-based guidance — no product sales, no gimmicks. Learn more at:

[WWW.KATEWALLNUTRITION.CO.UK](http://WWW.KATEWALLNUTRITION.CO.UK)