

Nutrition Connection Balance (NCB)

Valerie Sayre, RD, LDN, IMD

Registered and Licensed Dietitian

Medical Exercise Specialist

Reiki Master

IMD

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

Iodine by Urine Clinic

2025 Dates: 5/14/25 & 10/15/25 (prices subject to change)

\$228.00

1. What is Iodine testing by urine? A simple but valuable test for thyroid, immune and breast health and toxin exposure testing through 2 dried urine samples. Results only include iodine levels.
2. Participants will need to call our office @ 850-227-7931 or e-mail NCB: ncbteam@nutritionconnectionbalance.com to provide demographic information and credit card information to register for the workshop and receive the testing kit **at least 5-6 weeks or more before the workshop date so their personal results will be back in time for the clinic date.**
3. **You will receive an email with handouts, a recorded webinar from NCB clinician and your individual results and goals between 11 am – 5 pm on the testing clinic date or sooner.**
4. The **\$228.00 registration fee** is due when you call the office for the kit or pay on our website. This includes a copy of your results by e-mail and an information sheet, a therapy handout and recorded group webinar recording that is good for 30 days from the clinic date.
5. **Easy instructions: collect 2 urine strip samples: first sample upon waking and second before bed on the same day. Do not drink more than 8oz of water the hour before each urine collection. Samples must be fully dry when packaged to ship.**

It's takes approximately 3-4 weeks or MORE for the results to come back due to mail unreliability! Be sure the lab receives your sample no later than 5-6 weeks before your clinic date!

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 this clinic means it must be sent in for this clinic.

6. **Important:** The therapies (supplements, foods and powders) at Nutrition, Connection, Balance (NCB) are used and brought in through my verification and food science degree. MOST importantly, they have shown clinical effectiveness with thousands of our NCB clients; therefore, if you do have issues with your levels or your body is unresponsive to something, we know that it is not the supplement but that your body needs a different dose or therapy to achieve balance. We STRONGLY advise you to order any recommended over the counter supplements directly from Nutrition Connection Balance/NCB at [850-227-7931](tel:850-227-7931) or e-mail your order ncbteam@nutritionconnectionbalance.com after the results session for your individualized deficiencies and imbalances. A NEW updated of "Supplement Guideline" sheet has been included with your e-mailed individual test results. Please review the handout and the recorded lecture on www.nutritionconnectionbalance.com under "education" about "The Right Supplements".
7. If you are interested in Juice Plus+ (fruits, vegetables, berries and/or omegas), Complete or Perform shakes, and Tower Garden, please call or email NCB.
8. Please visit our website www.NutritionConnectionBalance.com for more information about **NCB, upcoming events and clinics and testing services.** Under "education" there are many medical valuable presentations on many health topics!