

YouTriton Frequently Asked Questions

What is YouTriton Precision Nutrition & Labs?

A personalized nutrition program that integrates multi-omics data (genetics, microbiome, metabolic labs, and wearables) with expert dietitian coaching to create precise recommendations for your goals.

Who is this for?

Busy professionals, athletes, and health-seekers who want data-driven nutrition. It's great for performance, weight optimization, gut/energy/brain health, and healthy aging.

What's included?

A core lab bundle (tailored to your package), data interpretation summary, an initial strategy counseling session, two follow-up appointments, and a step-by-step plan (nutrition, supplements, training/recovery, and habit goals).

How is this different from a typical nutrition consult?

We don't guess—we measure. Your plan is built from your biomarkers and pattern analysis rather than generic guidelines.

How do we decide which package I need?

During your intro call, we match your goals, history, and budget to the right test bundle and coaching cadence.

Do you offer virtual care?

Yes—secure telehealth for clients anywhere we're licensed/able to operate, plus remote at-home test options.

Labs & Technology

Which labs do you use?

We partner with CLIA-certified labs and select panels based on your goals (e.g., gut microbiome, organic acids, nutrient status, oxidative stress, PFAS, CGM, and genetics).

Are tests done at home?

Most are at-home kits (saliva, stool, urine, finger-stick).

How long do results take?

Typically 10–21 days after the lab receives your sample (varies by test).

Will you help me interpret the results?

Yes. We translate your data into clear insights, priorities, and an action plan you can follow.

Do you integrate wearable data (Garmin, Apple, Oura, WHOOP)?

Absolutely. Activity, sleep, HRV, and training load help fine-tune your plan.

Can I do CGM without diabetes?

Yes—CGM can be used short-term for insight into your personal glucose responses. We focus on education and behavior change, not diagnosis.

Do you offer genetic testing?

Yes—targeted nutrigenomic panels to understand tendencies (e.g., caffeine metabolism, methylation, lactose tolerance). Results inform—not determine—your plan.

Logistics & Timing

What happens first?

Intro call → package selection → kit shipping or lab draw → strategy session once results arrive → bi-weekly follow-ups.

How often are follow-ups?

Every two weeks by default to keep momentum and adjust your plan.

How do I prepare for testing?

We'll send simple prep instructions (e.g., fasting windows, medication/supplement pauses when appropriate).

How do I ship my kit?

Use the included prepaid mailer. You'll get tracking + reminders.

Do you work with out-of-state clients?

Yes, for nutrition services and at-home kits, within applicable regulations.

If I am unable to complete my labs at home for some reason, can I go to a lab to complete them?

Yes, we have a network of labs around the country that will help complete a lab for any reason (unable to draw blood, broken or misplaced vials), an extra fee may occur at the lab.

Pricing, Insurance & Payments

Do you take insurance?

Not at this time.

Can I use HSA/FSA?

Often yes—many clients use HSA/FSA for labs and nutrition services. Check your plan.

What's the total cost?

Varies by package and test selection. We'll provide clear, all-in pricing before you decide.

Do you offer payment plans?

Yes—ask about installment options for larger test bundles.

Are labs refundable?

Once a kit ships or a draw is completed, labs are non-refundable per lab policy.

Safety, Scope & Eligibility

Is this medical care?

This is nutrition care. We don't diagnose or treat disease; we collaborate with your physician as needed.

Can you work with my doctor or coach?

Yes—happy to coordinate and share reports with your permission.

Is this safe if I'm on medications?

We screen for interactions and coordinate with your healthcare team. Always inform us of your meds/supplements.

Do you work with pregnant or breastfeeding clients?

Yes—with appropriate modifications and physician coordination.

Do you see teens?

Case-by-case with guardian consent and an emphasis on safe, developmentally appropriate guidance.

Are supplements required?

Not required. If used, we target evidence-based choices with quality assurance (e.g., NSF/USP/third-party testing when possible).

Data, Privacy & Sharing

Who sees my data?

Only your clinician team and the lab. We use secure platforms and never sell your data.

Can I get copies of my reports?

Yes—PDFs and practical summaries are provided. You control who else receives them.

How long do you keep my data?

We retain records per professional standards. You may request deletion where allowed by law.

Can my employer or insurer access my results?

Only if you explicitly authorize sharing.

Athletes & the Performance Track

How is the athlete program different?

We layer sport-specific labs (iron status, recovery markers, GI tolerance), training load, and CGM/food timing to sharpen performance.

Can you help with weight class management?

Yes—evidence-based, safe protocols for gradual changes, not last-minute dehydration.

Do you review supplements for anti-doping risk?

Yes—we emphasize third-party tested products and provide brand-agnostic guidance.

Will you coordinate with my coach or PT?

Absolutely—training context is key.

Results, Outcomes & Follow-Through

What results should I expect?

Clarity on your priorities, fewer guess-and-check cycles, and steady progress on metrics that matter to you (energy, body comp, performance, GI comfort, sleep).

How do we measure success?

Combination of symptom scales, repeat labs when appropriate, performance metrics, wearables, and your personal goals.

How long do clients stay in the program?

Commonly 8–16 weeks for the initial build + refine phase, then quarterly refreshers.

Policies & Practicalities

What's your cancellation policy for sessions?

48-hour notice to avoid a late fee (details in your onboarding agreement).

What if my kit is lost or delayed?

We'll help track it and coordinate a replacement if needed.

Do you offer corporate or team services?

Yes—custom group programs and testing are available.

How do I get started?

Book the intro call, and we'll map the fastest, smartest path from data → decisions → results.

