

How Chemistry at Work™ Works

Program Structure

The Chemistry at Work™ program combines science-based education, private at-home screening, and access to registered dietitians. The goal is to help employees better understand the biological factors that influence energy, focus, mood, and day-to-day functioning at work.

The Foundation program includes:

- 1hour discovery video
- Printed companion guide for easy reference
- Private At-Home or In-Lab Screen (via 5Strands or Quest Diagnostics)
- Access to a network of licensed nutrition coaches (via Nutri Greene)

What Employees Learn in the Video

- Understanding what nutritional imbalances are and how to test for them
- How to correct nutrient gaps with the right supplements and nutrition
- How vitamins, minerals & amino acids fuel your brain (motivation, calm, balance)
- How food choices shape mood, energy, and clarity
- How simple movements and brain-games can quickly shift focus and awareness
- Fun interactive brain games designed to stimulate focus and memory
- The printed/digital guide captures all major take-aways so employees can revisit & apply the information long after the session ends

Why Functional Testing Matters

- Reveals the root causes of performance issues: The screening gives employees a clear baseline of their nutrient status, turning guesswork into insight.
- Personalized clarity: Knowing real deficiency data allows for targeted corrections that improve energy, mood, focus, and overall health.
- Data-driven results: Research shows nutrition-focused workplace programs improve workforce health, reduce absenteeism, and boost productivity. (GAIN Global Review 2022; AJHP 2022)

Access to Real Support

Through our partnerships with several dietitian networks, each employee receives direct access to licensed nutrition specialists, often covered by insurance at no cost. Those specialists will:

- Interpret the 5Strands test results
- Help employees build a simple plan to address deficiencies
- Guide them through practical, sustainable strategies for better health

This support layer removes guesswork and empowers employees to take action

