

**Embrace a Gene-Based Personalised Diet & Lifestyle  
plan to Optimise your Health & Wellbeing**

# What DNA testing could do for you

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Personalised medicine is an emerging practice that uses an individual's genetic profile to guide decisions in the prevention, diagnosis and treatment of disease.

It is an acknowledgement that everyone is different and that a uniform treatment approach is no longer sufficient to ensure the optimal health of the individual.

Our genes determine who we are, from the most obvious characteristics we see, when we look at each other, to the less obvious differences, such as our risks for different diseases, ability to respond to certain medications, or how certain lifestyle priorities may benefit us.

Currently we offer six cutting edge tests to provide valuable information across the health spectrum. Tailoring a nutritional plan based on test results can help with weight management, athletic performance, with optimal training and recovery strategies and preventing cardio metabolic disease, some cancers and other lifestyle diseases.

Test results are shown in straightforward, individual friendly graphics to help you and your practitioner work on a personalised treatment and lifestyle plan that will help you to achieve optimal health.



Your report will show a list of all the genes tested, describing their impact on the relevant metabolic or biochemical process, from no impact to high impact.

DNA Health® tests for genetic variations that are known to have a significant effect on health and susceptibility to chronic diseases such as osteoporosis, cardiovascular disease and diabetes amongst others

*Research has shown that individualised diet and lifestyle choices do have a significant effect on the expression of these genes - but this also depends on early detection and appropriate intervention.*



DNA Health® reports on genes involved in the following areas:

- Cholesterol metabolism
- Food responsiveness, such as sensitivities to lactose, caffeine, gluten and salt intake
- Bone Health
- Methylation
- Inflammation
- Vitamin requirements: Vitamins A, D, C and B12
- Oxidative Stress
- Insulin Resistance
- Detoxification
- Gut Health
- Vitamin Metabolism





**DNA Diet is one of the first products of its kind in the world, and amongst the most comprehensive and accurate weight-related genetic tests available.**

The genes comprising the DNA Diet test are associated with weight management outcomes and responsiveness to different interventions to improve outcomes, and all meet stringent criteria for utility in a genetic screening test. Recent clinical data has found that the addition of nutrigenetically tailored diets resulted in better compliance, longer-term BMI reduction and improvements in blood glucose levels. A randomly controlled trial found dietary recommendations based on genetics more understandable and useful than general dietary advice.

**DNA Diet will show which of the following diet plans are right for the individual:**

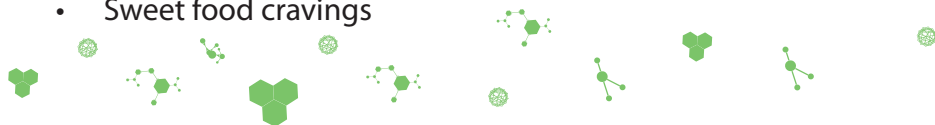
- Low carbohydrate diet
- Low fat diet
- Mediterranean diet

**DNA Diet reports on the following areas:**

- Variations linked to obesity and being overweight
- Appetite and snacking control
- Responsiveness to exercise
- Responsiveness to intake of:
  - Saturated fat
  - Carbohydrates
  - Mono- & polyunsaturated fats
- Sleep and weight management
- Sweet food cravings



***DNA Diet will allow the practitioner to give you personalised diet & lifestyle recommendations based on your DNA Diet genetic result.***





**DNA Sport tests genetic variants that influence injury risk and recovery, as well as power, endurance and performance.**

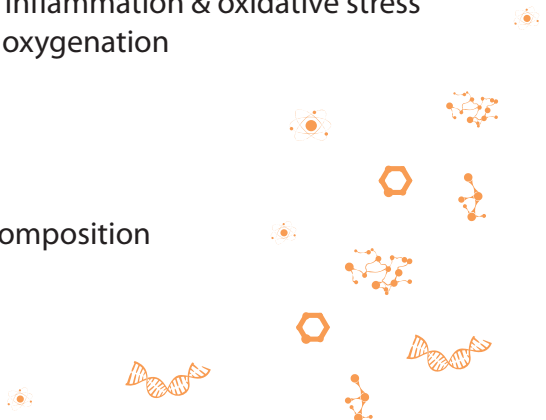
Results provide insight into various biological areas that impact training responsiveness and sporting performance, optimal exercise selection, and injury and recovery strategies.

***The test is suitable for the elite performance athlete as well as the recreational athlete looking to maximize their fitness potential and reach peak levels of conditioning.***



### **DNA Sport reports on the following areas:**

- Injury potential related to structural integrity of soft tissues
- Recovery potential related to inflammation & oxidative stress
- Blood flow: blood pressure & oxygenation
- Cardiopulmonary capacity
- Energy during exercise
- Fuel during exercise
- Caffeine metabolism
- Muscle fibre type and bone composition
- Endurance/aerobic capacity
- Power/strength potential



# ♀♂dnaoestrogen

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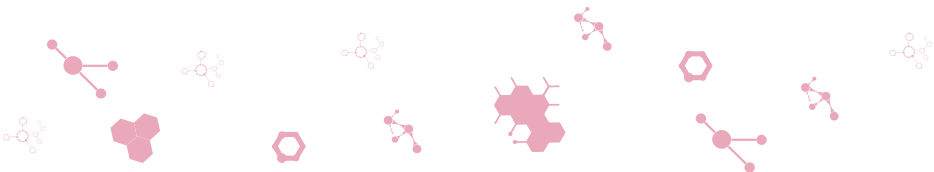
Improving oestrogen metabolism is of benefit to women who suffer from oestrogen-dominant conditions such as endometriosis, premenstrual syndrome and uterine fibroid tumors. Consider DNA Oestrogen if you are overweight, using an oestrogen contraceptive, on HRT or underwent in vitro fertilisation.

Are you aware that 80% of breast cancer occur in women with no family history? Research has shown that an increased lifetime exposure to oestrogen is a strong risk factor in the development of breast cancer.



DNA Oestrogen reports on genetic efficiency of oestrogen detoxification pathways. The report offers personalised diet, nutraceutical and lifestyle advice to achieve healthy oestrogen detoxification.

DNA Oestrogen tests for gene variants shown to have an impact on how oestrogen is metabolised and therefore may help individuals lessen the risk for developing breast cancer.



**DNA Mind offers insight into the genetic contribution of cognitive function, mood stability, and addictive behaviour. Optimising the functioning of the key pathways that influence mental health can help guide prevention, diagnosis and treatment with personalised diet, nutraceutical, and lifestyle recommendations.**

Knowledge of individual genetic variations associated with changes in key biological areas that affect mental health can be used to determine strategies for prevention of mental health diseases. Weaknesses in these areas, together with environmental factors, increase risk for development of mental health disorders.



***DNA Mind analyses 30 genes shown to have significant associations with key mental health disorders.***

## **DNA Mind reports on associations in the following areas:**

- Neurodegenerative disorders - mild cognitive decline and late onset Alzheimer's disease
- Mood disorders - depressive disorder, bipolar disorder, anxiety disorder & post-traumatic stress disorder
- Addictive behaviour - risk of alcohol, nicotine, cannabis & opioid dependence, psychosis response from cannabis use and eating disorders (binge eating)



DNA skin aims to improve the visual signs of aging by focusing on interventions that are suited to your unique DNA.

We can't change our genes, but we can change our lifestyle. All possible weaknesses linked to genetic variants analysed in the DNA Skin test are modifiable through appropriate environmental interventions.

*Based on the results from the DNA Skin test, personalised lifestyle, nutrition, nutraceutical and cosmeceutical recommendations can be given for improved skincare and skin health, and to decrease the visible signs of aging. The DNA Skin test analyses 18 genes involved in important areas related to skin health.*



- Regulation of collagen formation and breakdown, giving insight into the firmness and elasticity of the skin
- Sun sensitivity & pigmentation
- Sun damage, protection & repair mechanisms
- Protection from oxidative stress
- Detoxification & inflammation, giving insight into general skin sensitivity

Your Practitioner Details