



## EMBRACE A GENE-BASED PERSONALISED DIET AND LIFESTYLE TO OPTIMISE YOUR HEALTH AND WELLNESS

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 have associations with body weight and body mass index, and all meet stringent criteria for utility in a genetic screening test.

Recent clinical data found that the addition of nutrigenetically tailored diets resulted in better compliance, longer-term BMI reduction and improvements in blood glucose levels. From the patients' point of view, in a 2012 randomized controlled trial, they found dietary recommendations based on genetics more understandable and more useful than general dietary advice.

DNA Diet will allow the practitioner to give personalized diet & lifestyle recommendations based on the DNA Diet genetic result.

The genetic test will show which of the following diet plans are right for the individual patients:

1. Low carbohydrate diet
2. Low fat diet
3. Mediterranean diet

DNA Diet reports on the following areas:

- Variations linked to obesity and being overweight
- Ability to lose or gain weight easily
- Responsiveness to exercise
- Mobilization of fat from fat cells
- Ability to metabolise fats for energy
- Metabolic rate
- Absorption rate of dietary fat

FROM THE LABORATORIES OF DNALYSIS