



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

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

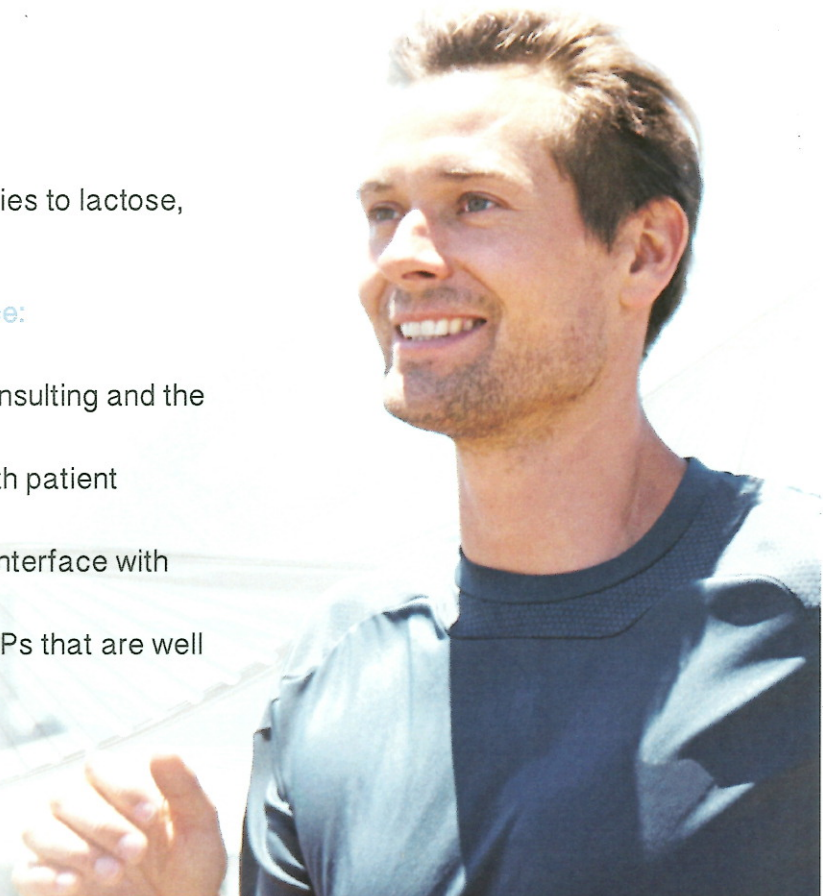
Nutrigenomics research has shown that individualized diet and lifestyle choices do have a significant effect on the expression of these genes – but this also depends on early detection and appropriate intervention.

DNA Health reports on genes involved in the following areas:

- Cholesterol metabolism and responsiveness to Diet vs. Statins
- Bone Health
- Methylation
- Inflammation
- Oxidative Stress
- Insulin Resistance
- Food responsiveness, such as sensitivities to lactose, caffeine and salt intake

Major benefits of the DNA Health test in practice:

- Provision of a baseline for nutritional consulting and the management of chronic illness.
- Consumer friendly graphics to assist with patient understanding of the report.
- Results are designed to be used as an interface with functional medicine testing.
- Grounded in solid science, based on SNPs that are well researched and actionable.



FROM THE LABORATORIES OF DNALYSIS