



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

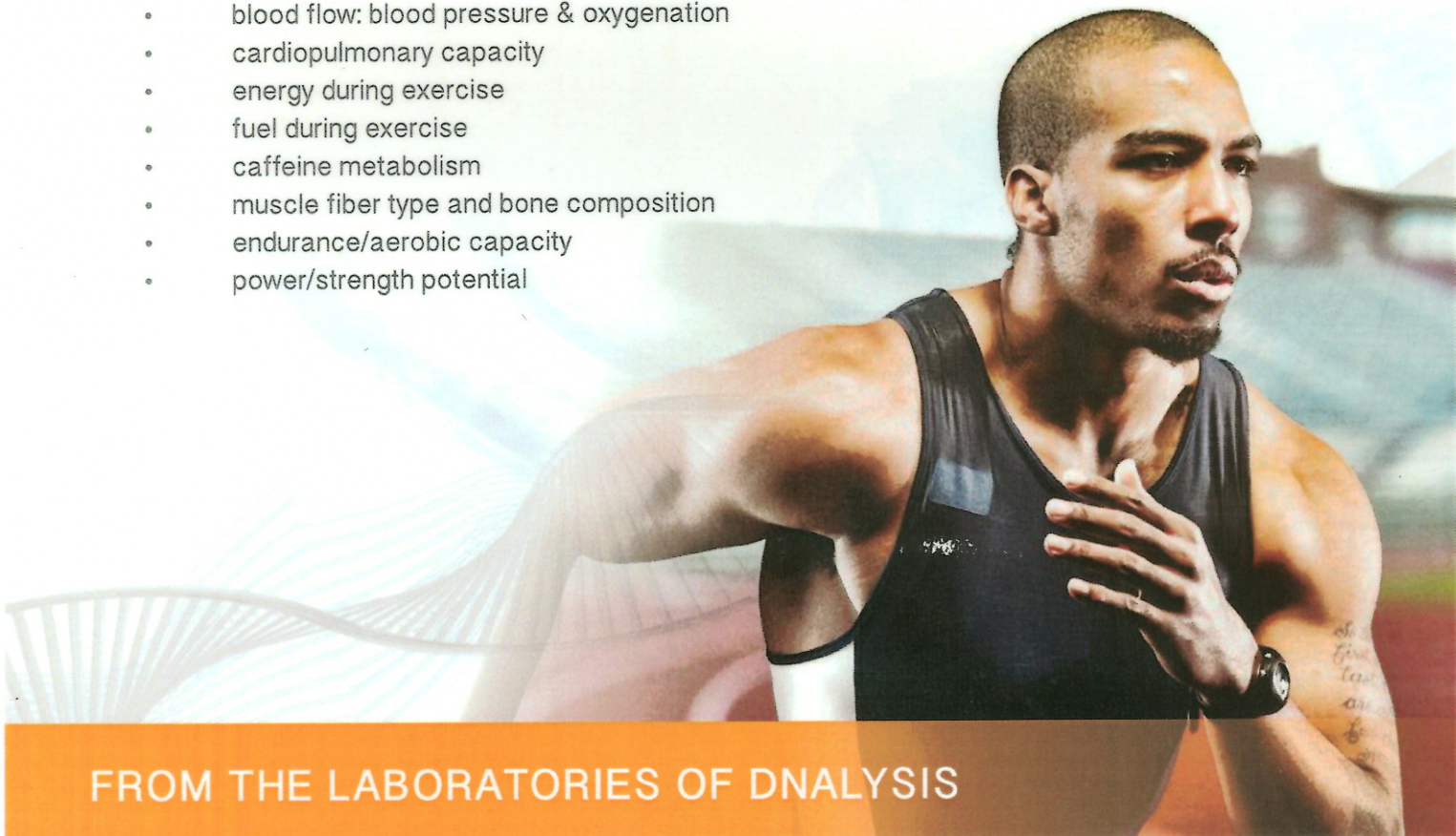
DNA Sport tests genetic variants that influence injury risk, recovery, as well as power and endurance performance.

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:

- structural integrity of soft tissues
- inflammation & oxidative stress
- blood flow: blood pressure & oxygenation
- cardiopulmonary capacity
- energy during exercise
- fuel during exercise
- caffeine metabolism
- muscle fiber type and bone composition
- endurance/aerobic capacity
- power/strength potential



FROM THE LABORATORIES OF DNALYSIS