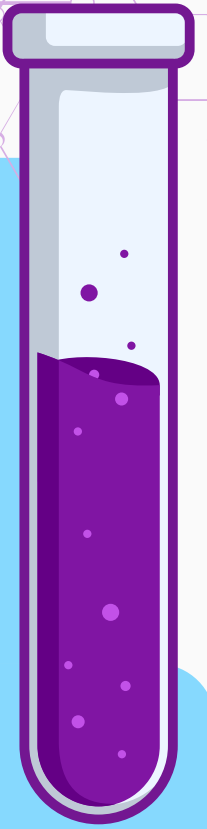


Nutrigenomics Testing

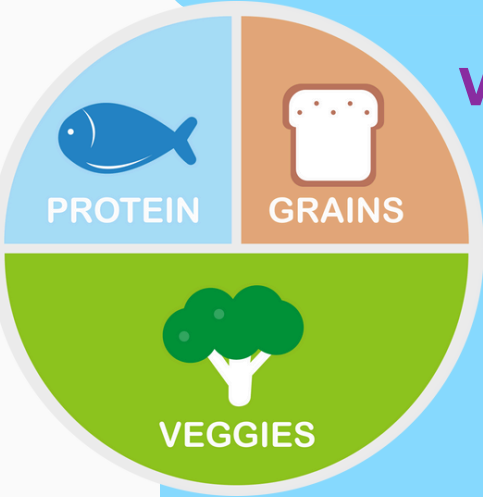
What is Nutrigenomics?

- Simple DNA test (saliva or cheek swab).
- Why: Analyzes genetic markers related to nutrition, metabolism, and health.
- Studies linking diet-gene interactions to health outcomes.
- Mention advances in genomic research and accessibility.



Why Does It Matter?

- Tailored nutrition plans based on genetic profiles.
- Prevention and management of chronic diseases (e.g., diabetes, heart disease).
- Improved metabolism and nutrient absorption.



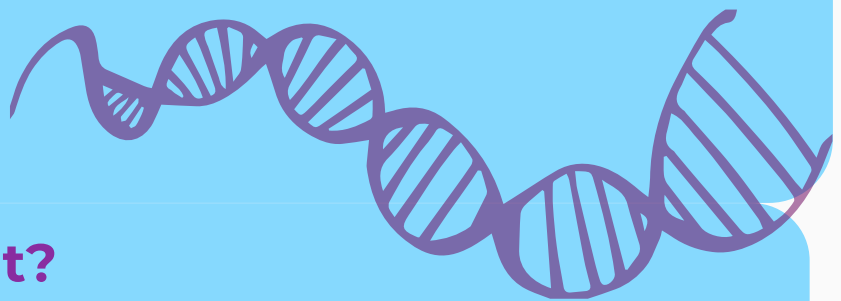
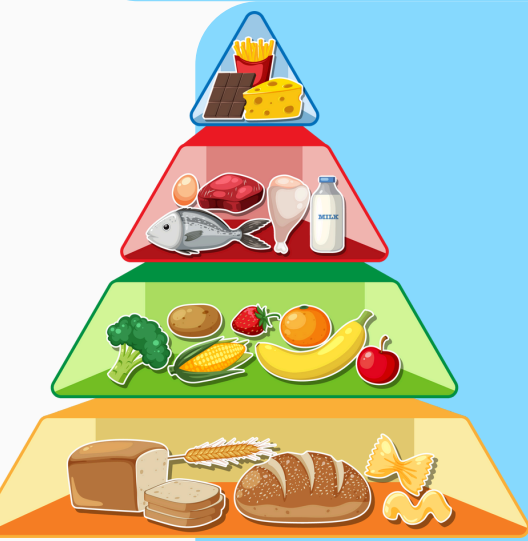
How It Works?

- Step 1: Genetic Testing.
- Step 2: Analysis of DNA variants related to metabolism, food intolerances, and health risks.
- Step 3: Personalized diet and supplement recommendations.



Genetic Traits Affected by Nutrigenomics:

- Lactose Intolerance: Gene variants in LCT.
- Caffeine Sensitivity: CYP1A2 gene.
- Gluten Sensitivity: HLA-DQ genes.
- Omega-3 Absorption: FADS1 and FADS2 genes.
- Vitamin D Metabolism: GC gene.



Who Should Consider It?

- Mood Disorders: Support for depression, anxiety, or bipolar disorder.
- Cognitive Issues: Help with brain fog, memory, and focus.
- Stress Management: Build resilience through nutrition.
- Tailored Care: Personalized plans for mental wellness.
- Genetic Risks: For those with a family history of mental illness.
- Medication Support: Reduce side effects and boost treatment effectiveness.

Benefits of Nutritional Genetic Testing

- Personalized Nutrition: Tailored to support your mental well-being.
- Mood Balance: Manage anxiety, depression, and stress with nutrient-based care.
- Brain Health: Enhance cognitive function and emotional resilience.

Nutrition Facts

Serving Size oz.	
Serving Per Container	
Amount Per Serving:	
Calories	Calories From Fat
%Daily value*	
Total Fat	%
Saturated Fat	%
Trans Fat	
Cholesterol	%
Sodium	%
Total Carbohydrate	%
Dietary Fiber	%
Sugars	
Protein	

*Percent Daily values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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