

About the Nutrigenomix[®] 45-Gene Health and Wellness Test

- Your genes impact your metabolism and we know that a ‘one-size-fits-all’ approach to weight loss and health does not provide the best results.
- Eating according to your genes provides you with a personalized nutrition and physical activity plan to help you achieve optimal health and wellness.
- Nutrigenomix testing looks at 45 genetic markers impacting weight management, body composition, nutrient metabolism, food intolerances, eating habits, and physical activity.
- For example, are you consuming the right amount of fat and the appropriate types of fats to maximise weight loss? Some people benefit more than others when it comes to weight loss if they are consuming a low-fat diet. Even the specific types of fats in your diet can impact how much fat mass you lose and/or how much muscle mass you gain. Nutrigenomix provides you with specific recommendations about the amount of total fat, monounsaturated fat, polyunsaturated fat and saturated fat that you should aim for to help you achieve your weight loss goals.
- Is a high protein diet right for you? About 1 in 6 people have a genetic variant that results in substantially more body fat loss when consuming a high protein diet.
- What about metabolism? You may need a greater calorie restriction if you have a certain genetic variant.
- When it comes to activity, you may be genetically predisposed to excel in endurance exercises or strength exercises, or both! The Nutrigenomix test can tell you where your strengths lie and recommend a specific amount of activity that will assist you with weight loss.
- Beyond weight management, Nutrigenomix testing provides you with specific recommendations and information so that you can improve not only your weight, but also your overall health.
- For example, are you drinking too much coffee? About 50% of the population has a genetic variant that puts them at a greater risk for heart disease but only when they are consuming more than two cups of coffee per day.
- For more information about the 45-gene Health and Wellness test, visit www.nutrigenomix.com.