

dietPower

Eat right for your DNA
100+ genetic variations tested

Diet Management:

How your body burns fat, your sensitivity to carbohydrates, your cholesterol and blood sugar regulation, and your protein requirements to help determine your optimum diet.

Weight Response:

Your body's ability to control body mass index (BMI).

Food Tolerances:

Your tolerances to alcohol, caffeine, salt, lactose, gluten and sugar cravings.

Food Taste and Preferences:

Your preference for caffeine, carbohydrates, fats and protein. Your taste ability for bitter, salt, sweet tastes and smoking behaviour. Vitamins and

Supplements:

Your need for vitamins including vitamin A, vitamin B6, vitamin B9 (folate), vitamin B12, vitamin C, vitamin D and vitamin E. Your need for Calcium, Iodine, Iron, Omega 3 and Omega 6 supplements to stay healthy.

fitPower

Exercise for your DNA
50+ genetic variations tested

Power and Endurance:

Your genetic ability for high-intensity aerobic and longer endurance activities.

Injury and Recovery:

Your susceptibility to joint, ligament or tendon injuries. How effectively your muscles recover and repair after exercise and how your overall body recovers.

Exercise Performance:

How well your body regulates blood pressure and utilizes energy during exercise. How well you break down nutrients for energy during exercise and how well you manage oxygen during exercise.

Exercise Response:

Your body's ability to regulate blood sugar due to exercise and how well you manage cardiovascular health.

healthPower

Live healthy for your DNA
35+ genetic variations tested

Detoxification:

Your body's ability to rid itself of these environmental toxins and free radicals, both of which can be damaging to your tissues.

Hormones:

How your body biosynthesizes, metabolizes and eliminates estrogens.

Inflammation:

How effectively your immune system fights inflammation, infection, and tumors.

Methylation:

If you have genetic variations which can impact the methylation cycle for healthy cells, mood, toxins and infection.

brainPower

Be proactive for your DNA
15+ genetic variations tested

Alzheimer's:

Your normal genetic risk for developing Alzheimer's disease.

Concussion:

Your ability to recover normally after a concussion.

Cortisol:

Your ability to regulate cortisol levels normally.

Depression:

Your normal risk of experiencing depression.

Emotional Eating:

Your ability to eat normally during stressful or emotional situations.

Parkinson's:

Your normal genetic risk of developing Parkinson's disease.

totalPower

GET 4 TESTS in ONE: dietPower, fitPower, healthPower and brainPower
200+ genetic variations tested - will provide you with actionable guidance based on the relationship between nutrition, lifestyle and your genes to achieve lifelong gains.