






Know Your DNA, Empower Your Life.

DNA Testing Areas	
 diet and weight management	Diet Management Weight Response Food Tolerances Food Taste and Preferences Vitamins and Supplements
	Power and Endurance Injury and Recovery Exercise Performance Exercise Response
 unlock all your potential	dietPower fitPower healthPower <ul style="list-style-type: none">• detoxification• hormone• inflammation• methylation brainPower



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Diet Test Areas	What it Tells You	
Diet Management	Carbohydrates	Your ability to process carbohydrates in your diet
	Cholesterol – HDL	How well you regulate good cholesterol
	Cholesterol – LDL	How well you regulate bad cholesterol
	Fat – Dietary	Your ability to metabolize fats in your diet
	Fat – Monounsaturated	How well you metabolize monounsaturated fats
	Fat – Saturated	How well you metabolize saturated fats
	Fat – Stored	How well you burn the fats stored in your body
	Insulin	Your ability to regulate blood sugar
	Protein Need	Your need for a normal amount of dietary protein
	Protein Weight Response	Your weight response to a high protein diet
Weight Response	Body Mass Index	Your ability to regulate your body mass index
Food Tolerances	Alcohol	How well your body metabolizes alcohol
	Caffeine	How well your body processes caffeine
	Gluten	Your normal risk for gluten sensitivity
	Lactose	How well your body digests lactose from dairy products
	Salt	How well you metabolize salt
	Sugar Craving	Your ability to resist sugar cravings and sweet foods
Food Taste and Preferences	Caffeine Preference	Your preference to consume a normal amount of caffeine
	Carbohydrate Preference	Your preference to consume a normal amount of carbohydrates
	Fat Preference	Your preference to consume a normal amount of fats
	Protein Preference	Your preference to consume a normal amount of protein
	Bitter Taste	Your ability to taste bitter flavours and foods
	Salt Taste	Your ability to taste salt and salty foods
	Sweet Taste	Your ability to taste sweet flavours and foods
	Smoking Behaviour	Your ability to respond normally to nicotine
Vitamins and Supplements	Vitamin A	How well you convert vitamin A for healthy growth and immune response
	Vitamin B6	How well you process vitamin B6 for macronutrient metabolism
	Vitamin B9 (Folate)	How well you process folate for cell growth and healthy red blood cells
	Vitamin B12	How well you process vitamin B12 for healthy nerve and blood cells
	Vitamin C	How well you process vitamin C for growth and development
	Vitamin D	How well you process vitamin D to support calcium absorption and cell growth
	Vitamin E	How well you convert Vitamin E for antioxidant and anti-aging benefits
	Calcium	How well your body absorbs calcium for bones, teeth and muscles
	Iodine	How well your body transports iodine to support thyroid function
	Iron Deficiency	How well your body absorbs iron for red blood cells to carry oxygen
	Iron Overload	How well your body regulates iron for red blood cells to carry oxygen
	Omega 3	Your need for beneficial omega 3 fatty acids for metabolism, brain health and reducing disease
	Omega 6	Your ability to process Omega 6 in your diet



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fitness + injury prevention

Fitness Test Areas		What it Tells You
Power and Endurance	Endurance	How suited you are for endurance activities
	Power and Sprint	How suited you are for power, sprint and high-intensity activities
Injury and Recovery	Ligament Strength	How well your body maintains healthy ligaments
	Tendon Strength	How well your body maintains healthy tendons
	Muscle Strength	How predisposed you are for muscle strength and tone
	Muscle Repair	How well your muscles build and repair from physical activity
Exercise Performance	Blood Pressure	How well your body regulates blood pressure
	Energy Availability	How well you utilize energy during exercise
	Energy Metabolism	How well you break down nutrients during exercise
	Oxygen Uptake	How well you manage oxygen during exercise
Exercise Response	Blood Sugar and Insulin	How physical activity affects your ability to regulate blood sugar
	Stroke Risk	Your normal genetic risk for ischemic stroke
	Cardiovascular Health	How well your body manages cardiovascular health



unlock all your potential

Includes the above mentioned dietPower & fitPower as well as the 2 tests outlined below



Detoxification		
Detoxification Test Areas		What it Tells You
Detoxification	Phase 1	How well you manage oxidation, reduction and hydrolysis
	Phase 2 - Acetylation	How well you manage acetylation
	Phase 2 - Conjugation	How well you manage conjugation
	Phase 2 - Methylation	How well you manage methylation
	Phase 2 – Oxidative Protection	How well your body provides oxidative protection

Inflammation		
Inflammation Test Areas		What it Tells You
Immune Response	Inflammatory Immune Response	How well your body responds to inflammation, infection and fever
Tumour Response	Inflammatory Tumour Response	How well your body responds to tumors and acute inflammatory diseases

Hormones		
Hormone Test Areas		What it Tells You
Hormone Health	Biosynthesis of Androgens and Estrogens	How effectively your body synthesizes sex steroids, estrogen and androgen
	Phase 1 - Metabolism	Your ability to metabolize estrogen
	Phase 2 - Elimination	Your ability to eliminate estrogen



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Methylation	
Methylation Test Areas	What it Tells You
Methylation – FUT2	How effectively you maintain plasma B12 concentrations throughout the methylation cycle
Methylation – TCN2	How effectively you transport Vitamin B12 in the methylation process
Methylation – SHMT1	How effectively you converse homocysteine to methionine and your bioavailability of active folate
Methylation – MTHFR	How effectively you metabolize folate (5-MTHF)
Methylation – MTR	How efficiently you transform homocysteine to methionine
Methylation – MTRR	How efficiently you re-methylate cobalamin back to methylcobalamin



Mental Wellness Test Areas	What it Tells You
Alzheimer's	Your normal genetic risk of Alzheimer's
Concussion	Your ability to recover normally from concussion
Cortisol	Your ability to respond normally to cortisol
Depression	Your ability to manage depression
Emotional Eating	Your ability to eat normally when emotional or under stress
Parkinson's	Have normal genetic risk of developing Parkinson's