

Diet Test Areas		What it Tells You
<b>Diet Management</b>	Carbohydrates	Your ability to process carbohydrates in your diet
	Insulin	Your ability to regulate blood sugar
	HDL Cholesterol	How well you regulate HDL cholesterol
	LDL Cholesterol	How well you regulate LDL cholesterol
	Dietary Unsaturated Fat	Your ability to metabolize unsaturated fats in your diet
	Dietary Saturated Fat	How well you metabolize saturated fats in your diet
	Stored Body Fat	How well your body burns stored fats
	Protein Need	Your need for a normal amount of dietary protein
	Protein Weight Response	Your weight response to a high protein diet
<b>Weight Response</b>	Body Mass Index	Your ability to regulate your body mass index
<b>Food Tolerances</b>	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
<b>Food Taste and Preference</b>	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
<b>Vitamins and Supplements</b>	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 Fatty Acids	Your need for beneficial omega 3 fatty acids for metabolism, brain health and reducing disease

Fitness Test Areas		What it Tells You
<b>Power and Endurance</b>	Endurance Activity	How suited you are for endurance activities
	Power and Sprint Activity	How suited you are for power, sprint and high-intensity activities
<b>Injury and Recovery</b>	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



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	Muscle Repair	How well your muscles build and repair from physical activity
<b>Exercise Performance</b>	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
	<b>Exercise Response</b>	Blood Sugar and Insulin
	Stroke Risk	Your normal genetic risk for ischemic stroke
	Cardiovascular Health	How well your body manages cardiovascular health



Health Test Areas		What it Tells You
<b>Detoxification</b>	Detoxification Phase 1 - Activation	How efficiently your body manages oxidation
	Detoxification Phase 2 - Conjugation	How efficiently your body conjugates drugs, hormones and various toxins into water soluble substances for elimination
	Detoxification Phase 2 - Acetylation	How efficiently your body catalyzes acetylation reactions to detoxify cancer causing carcinogens
	Detoxification Phase 2 - Methylation	How efficiently your body metabolizes dopamine, epinephrine (adrenalin), norepinephrine (noradrenaline), and estrogen
	Detoxification Phase 2 – Oxidative Protection	How efficiently your antioxidant enzymes can protect you against reactive oxygen species
<b>Hormone Health</b>	Biosynthesis of Androgens and Estrogens	How effectively your body regulates sex steroids, estrogen and androgen
	Phase 1 – Metabolism of Estrogen	Your body's ability to metabolize estrogen
	Phase 2 – Elimination of Estrogen Metabolites	Your body's ability to eliminate estrogen and estrogen metabolites
<b>Inflammation Response</b>	Inflammatory Immune Response	How effectively your immune system fights inflammation
	Inflammatory Tumour Response	How effectively your immune system fights acute inflammatory diseases
<b>Methylation</b>	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 convert 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
<b>Alzheimer's</b>	Your normal genetic risk of developing Alzheimer's disease
<b>Concussion</b>	Your ability to recover normally from concussion
<b>Cortisol</b>	Your ability to regulate cortisol levels normally
<b>Depression</b>	Your normal risk of experiencing depression
<b>Emotional Eating</b>	Your ability to eat normally during stressful or emotional situations
<b>Parkinson's</b>	Your normal risk of developing Parkinson's disease