

Diet Test Areas		What it Tells You
Diet Management	Carbohydrates	Your ability to process carbohydrates in your diet
	Starch	Your ability to produce salivary amylase to digest starch
	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
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
	Peanut Sensitivity	Your risk for peanut sensitivity
	Salt	How well you metabolize salt
	Sugar Craving	Your ability to resist sugar cravings and sweet foods
Food Taste and Preference	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
Vitamins and Supplements	Vitamin A	How well you convert vitamin A for healthy growth and immune response
	Vitamin B2 (Riboflavin)	Your need for vitamin B2 for health, development, and management of cardiovascular risk
	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
	Vitamin K	How well you process vitamin K for coagulation and neural protection
	Calcium	How well your body absorbs calcium for bones, teeth and muscles
	Choline	How well your body manages dietary choline for brain and nervous system
	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
	Magnesium	How much dietary magnesium your body requires for health
	Omega 3 Fatty Acids	Your need for beneficial omega 3 fatty acids for metabolism, brain health and reducing disease
	Zinc	How well you process zinc for antiviral and inflammatory response

Fitness Test Areas		What it Tells You
Power and Endurance	Endurance Activity	How suited you are for endurance activities
	Power and Sprint Activity	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
	Exercise Intensity	Your genetic ability to tolerate the discomfort of increased exercise intensity
	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

Health Test Areas		What it Tells You
Detoxification	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
Hormone Health	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
Inflammation Response	Inflammatory Immune Response	How effectively your immune system fights inflammation
	Inflammatory Tumour Response	How effectively your immune system fights acute inflammatory diseases
Methylation	Methylation – MTHFR	How effectively you metabolize folate into its active form (5-MTHF)
	Methylation – SHMT1	How effectively you convert folate and regulate homocysteine
	Methylation – MTR	How well you transform homocysteine to methionine with folate and B12
	Methylation – MTRR	How efficiently you regenerate B12 for methionine synthesis
	Methylation – AHCY	How well you recycle methyl groups for detox, mood, and energy
	Methylation – FUT2	How effectively you absorb B12 for healthy methylation
	Methylation – TCN2	How well you transport B12 to cells for use in methylation



## Tests Available



Mental Wellness Test Areas	What it Tells You
Cognitive Resilience	Your normal genetic risk of maintaining cognitive resilience
Compulsive Tendency	Your normal genetic risk of developing compulsive tendencies
Concussion	Your ability to recover normally from 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 risk of developing Parkinson's disease
Restless Legs Syndrome	Your normal genetic risk for restless legs syndrome
Sleep-Wake Cycle	Your need for a regular sleep-wake cycle
Smoking Behaviour	Your ability to respond normally to nicotine



Skin Health Test Areas	What it Tells You
Collagen Breakdown	Your genetic predisposition to collagen breakdown
Wrinkling/Glycation	How your body processes sugar and efficiently breaks down glucose
Sun Damage & Pigmentation	How well your skin can naturally cope under the strains of the sun
Free Radical Damage	Your ability to produce essential antioxidants
Skin Sensitivity	Your risk factor to chemical sensitivity issues and skin inflammatory responses

Health Test Areas		What it Tells You
Heavy Metal Toxicity	Metals	Your sensitivity and the severity of health effects caused by heavy metals
	Neurological Wellness	Your normal genetic susceptibility for neurological degeneration
Heavy Metal Accumulation	Cadmium	Your normal genetic susceptibility to cadmium
	Copper	Your normal genetic susceptibility to copper
	Mercury	Your normal genetic susceptibility to mercury
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	Detoxification Phase 2 – Acetylation	How efficiently your body catalyzes acetylation reactions to detoxify cancer causing carcinogens
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