



GTLDNA

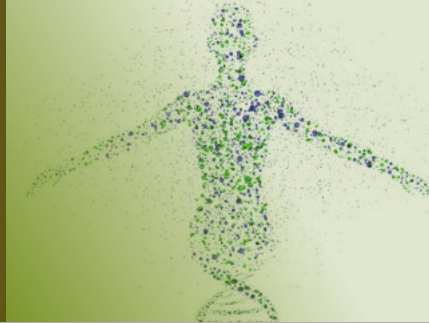
GENETIC TESTING
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PERSONALISED MOLECULAR DIAGNOSTICS FOR YOU

NutriFit



Introduction

The NutriFit analysis is based on facts that exist between numerous genetic variants and individual dietary needs. Ordering a NutriFit analysis is the first step towards discovering your specific needs to living a healthy life style through optimal diet and nutrition.



This personal guide will identify your specific nutritional and fitness characteristics that can help navigate you on the path to optimal health and well-being. You will be able to discover your needs for the most important micro-and macronutrients, learn about your metabolism as well as response to physical activity. The NutriFit analysis will be able to tell you whether you have inherited high cholesterol, high blood sugar, weak bones, and/or are susceptible to being overweight. It will provide information on how you metabolise alcohol, caffeine and lactose, how prone you are to oxidative stress and which sports activities are the best for you to reach your optimal health.

The nutrigenetics guide, NutriFit, is a comprehensive guide that contains 35 analyses divided into 8 chapters that cover key thematic elements of diet and lifestyle. In total we analyse over 110 genetic variations.

NutriFit reveals which nutrients are most suitable for each individual, based on their genetic makeup, which enables them to establish an optimal diet and lifestyle and help to improve their health, well-being and quality of life.

Each individual analysis contains:

- An explanation of the analysis and genetic results
- A coloured presentation of genetic results
- Individualized dietary and lifestyle recommendations
- Additional points of interest and information
- Graphs and data indicating the role of heritability

The NutriFit nutrigenetics guidebook provides comprehensive diet and daily caloric intake recommendations adapted to the genetic makeup of the individual.

Benefits of the NutriFit Analysis

- Evaluate individual response to the basic types of nutrients (carbohydrates, saturated, monounsaturated and polyunsaturated fatty acids)
- Review of a number of important health factors, such as genetic predisposition to obesity, inadequate cholesterol, triglyceride and blood sugar levels, bone density, etc.
- Calculation of the genetic risk for lacking the most important vitamins and minerals
- Assessment of many other features, such as metabolic characteristics, exposure to oxidative stress, perception of taste and smell, and other factors that influence diet and lifestyle.



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- Indication of which nutrients are important for optimal training for each individual
- Establishment of dietary guidelines and lifestyle guidance
- A list of recommended food products that will allow an individual to meet their daily needs for most important macro-nutrients, vitamins and minerals

We recommended our NutriFit nutrigenetic analysis to:

- Anyone who wants to achieve optimal body weight
- Anyone who wants to reduce the risk of developing some of the most common diseases
- Anyone who wants to achieve greater vitality
- Anyone who wants to maintain a healthy and youthful appearance
- Anyone who wishes to follow an optimal exercise program
- Anyone who wants to adapt diet and lifestyle in accordance with their genetic makeup

The NutriFit nutrigenetic guide takes into consideration each person's age, gender, weight, height and physical activity, along with genetic variations to provide a report with greater practical value than any other solutions available on the market. The suggestions given to the individual are not based on general guidelines but on scientifically proven data.

The nutrigenetic guidebook NutriFit covers:

- Instructions to make it easier to read the nutrigenetic guidebook
- Understandable and interesting introduction to genetics and diet
- Additional sections where more detailed information about each area covered in NutriFit can be obtained
- Glossary for unknown terms
- List of all genes analysed with a description of their role
- List of scientific research on which the NutriFit analysis is based
- Nutritional tables with nearly 200 different foods with information about each food products caloric value, content of cholesterol, nutrients, minerals and vitamins, all of which enables effective planning of meals

Certified laboratory

We collaborate with a laboratory which operates according to the ISO standard 9001:2008, using state-of-art molecular diagnostics technology to analyse your DNA. The laboratory is a certified provider of services.

