



Personalised  
healthcare starts here

# EMBRACE A GENE-BASED, PERSONALISED DIET AND LIFESTYLE

DNA testing from saliva can help maintain wellbeing, health and longevity by personalising lifestyle and diet choices based on your individual genetic variations.



**dna**health



**dna**diet



**dna**oestrogen



**dna**sport

AVAILABLE HERE  
Ask us for more information on this test

# DNA testing provides the clinical foundations for truly personalised preventative healthcare recommendations.

By placing emphasis on the inter-relationship between genes, nutrition and lifestyle, genetic tests provide a valuable tool for the management of health and wellness. The use of cutting-edge molecular technologies provides high-quality testing, performed according to the highest international standards.

## **dnalife tests:**



### **dnahealth**

DNA Health tests for genetic variations that are known to have a significant effect on health and susceptibility to chronic diseases. (e.g. Methylation, Detoxification, Oxidation etc.).



### **dnadiet**

DNA Diet is amongst the most comprehensive and accurate weight-management and body composition related genetic tests available.



### **dnaoestrogen**

DNA Oestrogen tests for various polymorphisms that have been shown to affect the metabolism of oestrogen and associated disease risks.



### **dnasport**

DNA Sport provides insight into an individual's potential for sporting performance, optimal exercise/training selection, recovery strategies and injury risk.

Ask your practitioner if these tests are right for you.