



NutriGen

Personalized plan for nutrition and weight loss



This test is designed for

Purpose: Nutrigenetic approach providing genetic insight into the patient, advising on health habits that will be most beneficial for weight loss or lifestyle improvement, with:

- Complete genetic results.
- Supplementation proposal (vitamins and minerals in oral doses).
- Recommended nutritional plan and list of foods to avoid and enhance (over 1,000 foods).

Who is it for:

- For men and women.
- Recommendations are for adults only.

What is analyzed: Analyzes more than 100 genetic variations involved in 15 macrocategories, Combining genetic data with relevant clinical information to offer personalized supplementation and nutritional advice.

15 Key Areas:

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| 1. Morphological genetics for weight control. | 8. Efficacy of exercise. |
| 2. Behavioural genetics in food intake. | 9. Detoxification imbalances. |
| 3. Flavour sensitivities. | 10. Intolerance. |
| 4. Fat metabolism. | 11. Hormones. |
| 5. Lipid metabolism. | 12. Inflammation. |
| 6. Carbohydrate metabolism. | 13. Vitamins. |
| 7. Glucose metabolism. | 14. Minerals. |
| | 15. Effectiveness of diets. |

What the report provides: **Genetic Results:** Detailed information about the analyzed variants in the patient's genetic profile.

Supplementation Proposal: Recommends vitamins and minerals in oral doses tailored to the patient's needs, based on a magistral formulation.

Recommended Nutritional Plan: Provides a personalized list of foods to avoid and enhance, featuring over 1,000 foods, beverages, and sauces, categorized into 17 groups for easy interpretation and daily use.

Benefits:

Prescribers

- Provides a clear understanding of the patient's genetics and weight relationship, allowing for more precise recommendations.
- Simplifies decision-making with nutritional plan suggestions, saving time on assessments.
- Suggests foods to eat and avoid, along with tailored supplementation, improving treatment effectiveness.

Patients

- Empowers personalized weight management by offering a science-backed approach, reducing trial and error while supporting goals like weight loss, healthy weight gain, and overall wellness.
- Simplifies following a personalized diet plan by offering clear guidance on which foods align with individual needs, whether for health management, athletic performance, or lifestyle changes.
- Recommends tailored vitamins and minerals to optimize nutrient intake, promoting overall health balance.

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