

DNA TEST:

Test for 19 GENES related to the following:

- 1- Heart Health
- 2- Bone Health
- 3- Insulin sensitivity
- 4- Antioxidant/ Detoxification
- 5- Inflammation at cellular level.

GENE NAME	Genetic Variation Screened	Areas of Activity
MTHFR	C677T	Heart Health
MTHFR	A1298C	Heart Health
MS-MTRR	A66G	Heart Health
MTR	A2756G	Heart Health
CBS	C699T	Heart Health
MnSOD	C(-28)T	Antioxidant/Detoxification Inflammation Heart Health
SOD3	C760G	Heart Health Antioxidant/Detoxification
GSTMI	Present or deleted	Antioxidant/Detoxification Inflammation
GSTTI	Present or deleted	Antioxidant/Detoxification Inflammation
GSTPI	A313G	Inflammation Antioxidant/Detoxification
GSTPI	C341T	Antioxidant/Detoxification
IL-6	G(-174)C	Bone health Insulin sensitivity Heart Health Inflammation
Il-6	G(-634)C	Bone Health Inflamation

WHAT ARE GENES?

A gene is a segment of the DNA (short deoxyribonucleic acid) molecule that contains instructions for HOW, WHEN, and WHERE your body makes each of the many thousands of proteins required for life. Each gene is comprised of thousands of combinations of FOUR LETTERS that make up your genetic code:

A: Adenine

T: Thymine
C: Cytosine
G: Guanine

Each gene's code combines the "letters" A, T, C, and G in various ways, spelling out the "words" that specify which amino acid is needed at every step in the process of making the PROTEINS required for your body to develop and function.

WHAT ARE GENE VARIATIONS?

With the exception of identical twins, all people have small differences in the information their DNA contains, and it's these differences that make each of us unique. Genes can come in different forms, commonly called VARIATIONS which are slight changes in the genetic code that are present in at least one percent of the population. For example, one genetic "letter" (A, T, C, or G) may be replaced by another. These variations can lead to different processes in the body, just as altering one letter in a word can completely change its meaning: for instance, from "g" oat to "c" oat. When the variation affects only one genetic letter, as in the goat/coat example above, it is called a "single nucleotide polymorphism" (or SNP pronounced "snip").

The test will give you VITAL INFORMATION about how you can help your genes function and being more efficient with life-style recommendations and customization of nutrients based on your DNA.