



Genetic Testing for Personalized Nutrition

DNA IS ANALYZED WITH A SIMPLE BUCCAL SWAB



Sample collection



DNA analysis



Personalized dietary plan



**LISTEN TO YOUR GENES
WHAT IS THE BEST DIET FOR YOU?**

Nutrigenetic

Listen your genes for functional nutrition. Knowing the interaction between genes and nutrients will help you improve your health.

I lost 25 pouds.
I listen to my genes



address

207 S Kale St
Spring Hill
KS, 66083




contact me

+117 6758 4590
@kleinphoto
kleinphoto.com

www.websitepordefinir

Order your Nutrigenetic Testing Now!

You will received your Personalized Nutrition Report in 3 weeks





Low Carb

We all are different

Low Fat



Diet Report

If you know your genomics, you know what food the best for your genes is, and which foods you should avoid.

70% of your tendency to gain weight is determined by your genes.

Based on our analysis of your genes we have calculated your score to determine which of the three possible diet plans (**low fat, low carb, and Mediterranean**) is likely to be the most effective for you.

Why you should listen to your genes?

Hippocrates said: "food is medicine". New science shows that it's in fact the ultimate pharmacology, right down to our DNA.

One person superfood is another person's poison. Why?

Because of our genes.

"Obesity is overwhelmingly inherited," said Jason Fung, MD, author of the bestseller *The Obesity Code*. Why?

Because of your genes.



Know your risk



What is your risk for obesity?



How do you respond to carbohydrate?



How many hours of exercise do you need?



Do you should avoid saturated fat?



I need an exercise program that includes 20 MET HOURS a week. I listen to my genes



Your Exercise Plan WHAT IS A MET?

MET stands for Metabolic Equivalent Task. METs are a way to measure how much energy you burn up during any chosen physical activity. Every activity, from watching TV to going for a run, has a MET value. The more vigorous the activity, the higher the MET value.