

DNA NUTRITION & FITNESS TESTING \$199:

Comes with the 1st appointment and DNA swabbing with our staff and results of test in report form. Test covers Micro-Nutrients, Food Responses, Exercise, and Sensitivity Traits to help you reach your health and fitness goals. Get the blueprint for your body which has been the missing link your entire life! See us at @rawtruthhealth.

What the Nutrition & Fitness DNA test tells you: The DNA test will provide personalized recommendations for your health, nutrition, workout, and more all based on your unique genetic profile with comprehensive genetic test with up to 200+ genetic markers developed by world-renowned researchers. The genetic tests are based on the most robust scientific evidence available. Your DNA is analyzed using a simple saliva sample to provide you a solution for your weight loss, muscle gain, nutrition needs, fitness and overall health. For those who desire weight loss – using the findings of the nutrigenomic tests, we can develop a genetically appropriate diet plan allowing you to *lose up to 3x more weight* as compared to using a conventional diet plan. You will receive food recommendations, meal plan samples, macronutrient breakdown, caloric needs, vitamin & mineral suggestions and more!

This DNA is an analysis of your gene SNPs associated with your unique nutrition/food genes that will give you a unique genetic insight to what your body will respond best to in terms of your diet. You will get sample menus as well as your recommended calories and macros all based on your DNA. Increase Energy & Well Being and so much more with the results of this (see below phenotypes tested).



DNA Testing for Fitness & Nutrition

Exercise Traits:

Endurance
Aerobic Capacity
Heart Capacity
Lung Capacity
Power
Hand Grip Strength
Flexibility
Tendon Strength
Ligament Strength
Exercise Motivation
Likelihood Of Injury
Likelihood Of Fatigue
Exercise Recovery
HDL Cholesterol Levels With Exercise
Insulin Sensitivity With Exercise
Weight Loss or Weight Gain With Exercise

Sensitivity Traits:

Caffeine Consumption
Caffeine Metabolism
Gluten Sensitivity
Lactose Intolerance
Salt Intake & Blood Pressure Sensitivity
Riboflavin & Blood Pressure Response
Alcohol Flush

Micro-Nutrient Traits:

Vitamin A Requirement
Vitamin B6 Requirement
Vitamin B9 Requirement
Vitamin B12 Requirement
Vitamin C Requirement
Vitamin D Requirement
Vitamin K Requirement
Calcium Requirement
Choline Requirement
Copper Requirement
Iron Needs
Magnesium Requirement
Phosphate Requirement
Zinc Needs
Choline Requirement
Antioxidant Requirement

Food Response Traits:

Tendency To Overeat
Tendency To Prefer Fatty Foods
Tendency To Prefer Sweet Foods
Tendency To Prefer Bitter Foods
Carbohydrate Intake & Weight Gain Tendency
Saturated Fat Intake & Weight Gain Tendency
Mono Unsaturated Fats Intake & Weight Gain Tendency
Poly Unsaturated Fat Intake & Weight Gain Tendency
Protein Intake & Weight Loss Tendency
Fiber Intake & Weight Loss Tendency
Tendency To Regain Weight

Report Includes:

51 Trait Report (emailed & downloadable PDF)
Optimal Diet Guideline (Macronutrient Ratio)
Optimal Exercise Guideline
Sample Meal Plans (3 day's worth, Breakfast, Snacks, Lunch & Dinner, with calories)
Nutrition Guide (32 pages)
3-4 Week Turn-Around Time