# How it works

Contact your nutritionist or healthcare specialist to order the NutriGen™ test.



questionnaire provided by GX Sciences.

Follow your

diet and supplementation plan as recommended. Your DNA sample is collected with a gentle cheek swab. This process only takes about a minute.

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After 5-7 business days of receipt of a valid sample and forms: contact your provider and get to know your results.

**Example 1** Image: Second state state

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# NutriGen™

Personalizing diet, wellness, and weight loss planning



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## What is NutriGen<sup>™</sup>?

NutriGen<sup>™</sup> is an innovative and comprehensive genetic test for personalizing diet, wellness, and weight loss planning, analyzing both genetic factors and other relevant patient characteristics.



#### NutriGen<sup>™</sup> is indicated to be used by everyone who:

- Wants to understand how their genetics affect their body weight.
- Would like to have the optimal diet plan according to their body characteristics.
- Have tried different diet plans with little to no success.

### **Body weight**

The regulation of body weight is complex and dependent on several factors. Overweight and obesity may increase the risk of many health problems, including diabetes, heart disease, and certain cancers.

### Factors that promote weight gain:

Genetics

- Hormones Medicines
- Energy intake
- Physical activity
- Type of diet
- Stress
- Others

### **Personalizing nutrition**

Nutrigenomics studies common genetic variations (SNPs) related to unique body responses to nutrition. Everyone is genetically unique when analyzing markers such as these.

Personalizing nutrition means dietary and supplement recommendations tailored to our unique health status. lifestyle, and genetics, using the information obtained from nutrigenomic testing and questionnaires.



## Benefits of taking the NutriGen<sup>™</sup> Test

### Personalized diet plan

You will receive a diet plan taking account of more than 850 foods exclusively designed to help you reach your goals.

#### Genetic factors explanation

By analyzing 363 genetic variations, you will receive a complete report that will help you understand your body better and how to provide it with the right nutrients.

#### Specialist support

Your nutritionist or healthcare provider will now have a deeper understanding of your genetic characteristics and how they relate to your body weight and diet.

### Once in a lifetime test

Your genetic results will not change during your life.

### What is analyzed?

### NutriGen<sup>™</sup> analyzes your genetic predispositions to:



1. Goordazi MO. Lancet Diabetes Endocrinol. 2018;6(3):223-236. 2. Ordovas JM, et al. BMJ, 2018;13:361;bmi,k2173.

when the dietary advice provided is personalized,

based on our genetic

profile. <sup>1,2</sup>