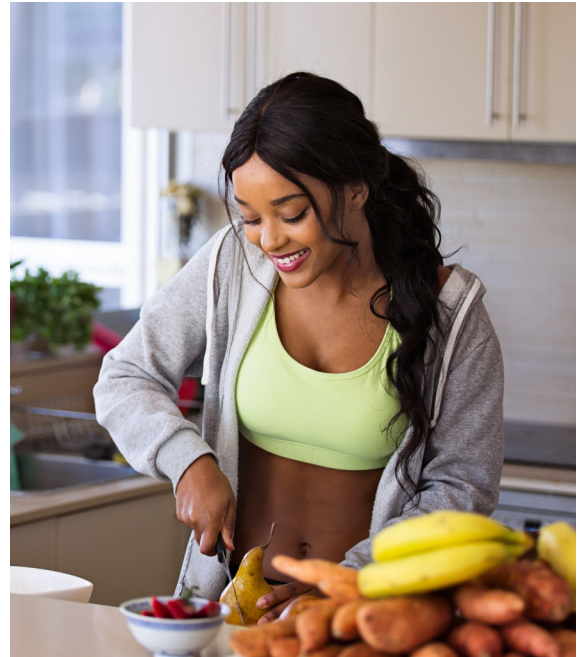


NUTRIFIT

YOUR PERSONAL GUIDE TO NUTRITION, SPORTS AND LIFESTYLE BASED ON YOUR GENES

When it comes to diet and lifestyle, we cannot use a “one size fits all” approach. The NutriFit analysis provides an individually tailored, diet and lifestyle plan developed according to your genes. Based on your genetic makeup, the NutriFit analysis will provide recommendations as to your daily needs in terms of nutrition and guide you to a lifestyle that best suits you. This can help you align your lifestyle with your genes in the fields of personalized nutrition, sport, rejuvenation and health.

The report is based on scientific findings from the field of nutrigenetics. Nutrigenetics focuses on how changes in a person’s genetic makeup can influence their dietary and lifestyle needs. By examining your genetic predispositions, the NutriFit analysis will help you discover your needs of important micro and macronutrients, your metabolic activity and your response to physical activity



WHAT IS COVERED IN THE NUTRIFIT ANALYSIS?

Your personal analysis captures key elements of diet and lifestyle, including:

Influence of diet on body weight

Genetic factors can influence feelings of satiety (fullness), weight-loss regain and how your body responds to different types of fats and carbohydrates. Based on your genetic makeup and these factors, NutriFit can recommend what diet type is best suited to you.

Sports and Recreation

Genetic factors do not only contribute to athletic performance but also to different workout results for different individuals. The NutriFit analysis can provide insight into your muscle structure and what type of training is beneficial for you.

Skin Rejuvenation

By understanding your genetic disposition to wrinkles, cellulite and other skin conditions, you can eliminate, reduce or delay symptoms and prolong a youthful appearance through the diet and treatments plans recommended in your NutriFit results.

Cardiovascular Health

Your genetic makeup can affect how you metabolise omega-3 fatty acids and how your body regulates insulin levels. Knowing your genetic predisposition to these and following diet recommendations can improve your cardiovascular health.

YOUR PERSONALISED RESULTS

Your NutriFit results will be delivered as a comprehensive and personalised guidebook. Your NutriFit guide starts with an overview of your results and a guide on how to interpret them. For each analysis, it will contain your personal genetic results, and recommendations and guidelines for incorporating changes into your lifestyle to best suit your genetic predispositions. The report is concluded with an overview of the tested genes, a glossary of terms, a list of scientific sources and nutritional charts to help you construct a suitable diet plan.

NUTRIFIT

NutriFit contains analyses from 29 DNA tests in the fields of nutrition, metabolic properties, sport and health, presented through an individually tailored diet and lifestyle plan.

NUTRIFIT PREMIUM

NutriFit Premium covers 58 analyses, including the 29 NutriFit analyses, as well additional analyses relating to sport, lifestyle, cardiovascular health, eating habits and skin rejuvenation.

NUTRIPLAN

Available in combination with NutriFit or NutriFit Premium, NutriPlan is a personalized cookbook based on your genes. It contains a 28-Day diet plan and over 60 recipes for maintaining and losing weight

Analysis	NutriFit	NutriFit Premium
SPORTS AND RECREATION		
Muscle structure	✓	✓
Strength training (only male)	✓	✓
Fat burning gene (only female)	✓	✓
Soft tissue injury risk	-	✓
VO2 MAX	-	✓
Post exercise recovery	-	✓
Heart Capacity	✓	✓
Muscle volume gene	✓	✓
Warrior gene	-	✓
Lean Body Mass	-	✓
Gene for fatigue	-	✓
LIFESTYLE		
Nicotine addiction	-	✓
Alcohol addiction	-	✓
Biological ageing	✓	✓
Inflammation sensitivity	✓	✓
Sleep cycle	✓	✓
CARDIOVASCULAR HEALTH		
HDL (good cholesterol)	-	✓
LDL (bad cholesterol)	-	✓
Triglycerides	-	✓
Blood sugar	-	✓
Omega-3 metabolism	✓	✓
Omega-3 and triglycerides	✓	✓
Insulin sensitivity	✓	✓
Adiponectin level	✓	✓
C-reactive protein (CRP)	-	✓
SKIN REJUVENATION		
Skin antioxidant capacity	-	✓
Glycation protection	-	✓
Cellulite	-	✓
Skin hydration	-	✓
Skin elasticity	-	✓
Stretch marks	-	✓

Analysis	NutriFit	NutriFit Premium
THE INFLUENCE OF DIET ON BODY WEIGHT		
Satiety	✓	✓
Weight loss-regain	✓	✓
Risk of being overweight	-	✓
Response to saturated fats	✓	✓
Response to monounsaturated fats	✓	✓
Response to polyunsaturated fats	✓	✓
Response to carbohydrates	✓	✓
DIET TYPE	✓	✓
THE REQUIREMENTS OF NUTRIENTS		
Vitamin B6	✓	✓
Vitamin B9	✓	✓
Vitamin B12	✓	✓
Vitamin D	✓	✓
Iron	✓	✓
Sodium (salt)	✓	✓
Potassium	✓	✓
Bone Density	-	✓
Zinc	-	✓
EATING HABITS		
Sweet treats intake	-	✓
Satiety and Hunger	-	✓
Perception of sweet taste	-	✓
Perception of bitter taste	-	✓
METABOLIC PROPERTIES		
Alcohol metabolism	✓	✓
Caffeine metabolism	✓	✓
Lactose intolerance	✓	✓
Gluten intolerance	✓	✓
DETOXIFICATION OF YOUR BODY		
Oxidative stress	-	✓
Vitamin E	✓	✓
Selenium	-	✓
Vitamin C	-	✓



Head to our website to order your test



Receive testing kit from Paternity for Life



Return oral swab to Paternity For Life



Paternity For Life completes requested testing



Receive your personalised report in 4 - 6 weeks