

## DNA PRACTITIONERS

Practitioners are stewards of health. They oversee both the specific application and the general maintenance of health care for individuals and society. This role demands trust, competency, and integrity from practitioner to patient.

We know that practitioners are most effective when they are best informed. To that end, we offer a DNA Life training to both empower practitioners and support the quality care of their patients.

## WHO

Recent DNA Life certification participants have included medical doctors, physical therapists, nurses, and nutritionists.

## WHAT

Our courses comprise 2-4 intensive days of lectures and open discussion with our DNALife team. Participants will learn both the very basic and the very advanced role of gene-based health care.

## WHERE AND WHEN

Please email [info@nordic-labs.com](mailto:info@nordic-labs.com) to find more information on the next available DNA Life course.

For more information about DNA Life visit: [www.DNALife.eu](http://www.DNALife.eu)



## NORDIC LABORATORIES

Nordic Laboratories was founded in 1998 with the goal to provide patients and practitioners with clear, reliable laboratory test results. Since then, we've become a leading European laboratory test distributor. We are completely independent and, as a result, are able to choose laboratory assessments from a wide range of suppliers, based on the individual quality and value of each test.

Our commitment to deliver the highest-quality laboratory evaluations is valued by clients from Scandinavia to Spain, the US to the UK, Hong Kong, the Middle East, and South Africa.

As a part of the Nordic Group of companies, we are intent on incorporating a functional medicine approach into modern medicine. Our passion for health and sustainability is reflected in everything we do.

Find us on  [www.facebook.com/dnalifelabs](https://www.facebook.com/dnalifelabs)

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Gene-Based Healthcare



**Nordic** Laboratories

HEALTHCARE  
FOR THE  
FUTURE  
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### WHY TEST DNA?

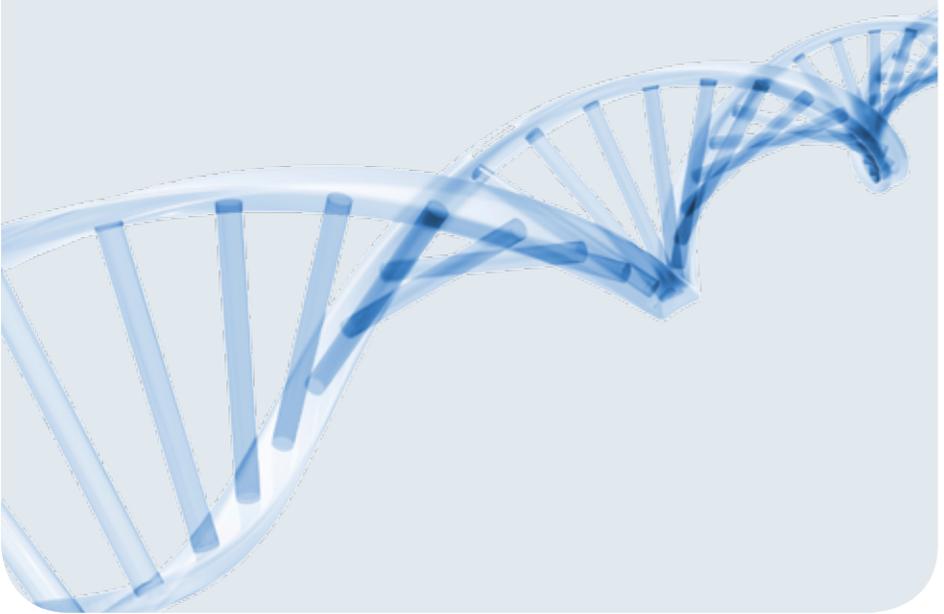
Genetic research is at the forefront of clinical science. Few fields have reacted so positively to this progress than the practice of personalised medicine. Gene studies related to metabolism, lifestyle diseases, sports performance, and nutrition now make it possible to incorporate individual genetic responses into treatment protocols.

### KNOW YOUR PATIENT'S GENES

The impact of diet, lifestyle, exercise, and environment on our individual genetic makeup should not be underestimated. Knowledge of how genes are activated by external factors enables the development of highly effective, personalised treatments. Whether your patient suffers chronic disease or is at the apparent peak of fitness, a genetic profile can reveal the subtle keys to proper treatment and training regimes.

### WITHIN THE CLINIC

With this new knowledge, practitioners can create diet, exercise, and lifestyle strategies specific to each patient. Our three DNA tests focus on health management, dietary disposition, and athletic performance. Each test provides a unique insight into a patient's genetic code: revealing sensitivities, susceptibilities, and keys to their true health potential.



### WHAT IT IS

DNA Health grounds patient treatment in gene-based personalised nutrition. Twenty-six tested genes mark for seven key biological processes. Results offer a unique breadth of health profile: a gene-based healthy eating plan; dietary goals for relevant vitamins, minerals, phytochemicals, and foods; and nutritional supplement recommendations. With this genetic knowledge, practitioners can provide specific diet and lifestyle recommendations. As importantly, patients themselves can get further involved in their health, taking the necessary steps to lead a life most favorable to their genes.

### WHAT IT TESTS

26 gene variants related to:

- Heart disease – the impact of LDL / HDL levels and CVD risk.
- B Vitamins – vitamins B-6, B-12 and folate, all involved in DNA and cell renewal.
- Oxidative stress – free radical and antioxidant production levels.
- Bone Health – identifies calcium and vitamin D metabolism processes.
- Detoxification – phase 1 and phase 2 enzyme function.
- Inflammation – response to injury, infection, and allergies.
- Insulin resistance – cell insulin sensitivity.

### WHO IT'S FOR

DNA Health is valuable to any patient and practitioner looking for a genetic basis for health and treatment. The analysis is comprehensive enough to cover many health risks, providing clear interpretations for lifestyle response.



### WHAT IT IS

DNA Diet helps optimise diet and exercise interventions in order to treat and prevent obesity. Results provide personal diet, exercise, and lifestyle strategies for patient and practitioner.

### WHAT IT TESTS

13 genes that mark for individual disposition to:

- Diet
- Energy adaptation
- Weight gain
- Exercise
- Circadian rhythm
- Weight loss training.

### WHO IT'S FOR

DNA Diet is intended for patients with weight loss or weight management issues. However, the healthy-weighted individual can likewise benefit from the nutritive profile and dietary recommendations.



### WHAT IS IT

DNA Sport unlocks the genetic basis for performance potential in both the elite and the recreational athlete. The focus is on maximum return from training. Related genes are tested for three categories: power / endurance, tendon pathology, and recovery. The result is an specific profile for exercise selection, recovery methods, and injury avoidance. Of particular interest are athletes who've responded below expectations, as the key to their performance lies within their genes.

### WHAT IT TESTS

3 Keys to Fitness:

- Strength and endurance - physiological factors such as circulatory and cardiovascular performance; blood pressure; heart and lung capacity; muscle strength; and adaptation to training.
- Connective tissues - chance of soft tissue injury.
- Recovery time - the athlete's sensitivity to inflammation, free radicals, and oxidative stress.

### WHO IT'S FOR

DNA Sport is aimed at both the elite and the recreational athlete looking to gain maximum return from training time. Whether after a marathon best or just seeking to finish her first race, DNA Sport gives the key to unlocking athletic potential.

