dnalife®

Empowering practitioners today, with clinical tools of the future

Embrace a Gene-Based Personalised Diet and Lifestyle to Optimise you and your patients Health and Wellness

dnahealth®

DNA Health® tests for genetic variations that are known to have a significant effect on health and susceptibility to chronic diseases such as osteoporosis, cancer, neural tube defects, cardiovascular disease, and diabetes, amongst others. Nutrigenomics research has shown that individualized diet and lifestyle choices do have a significant effect on the expression of these genes – but this also depends on early detection and appropriate intervention.

DNA Health® reports on genes involved in the following areas:

- Cholesterol metabolism and responsiveness to Diet
- Food responsiveness, such as sensitivities to lactose, caffeine and salt intake
- Bone Health
- Methylation
- Inflammation
- Oxidative Stress
- Insulin Resistance

Major benefits of the DNA Health® test in practice:

- Provision of a baseline for nutritional consulting and the management of chronic illness.
- Consumer friendly graphics to assist with patient understanding of the report.
- Results are designed to be used as an interface with functional medicine testing.
- Grounded in solid science, based on SNPs that are well researched and actionable.

dnadiet

DNA Diet is one of the first products of its kind in the world, and amongst the most comprehensive and accurate weight-related genetic tests available.

The genes comprising the DNA Diet test have associations with body weight and body mass index, and all meet stringent criteria for utility in a genetic screening test. Recent clinical data found that the addition of nutrigenetically tailored diets resulted in better compliance, longer-term BMI reduction and improvements in blood glucose levels. From the patients' point of view, in a 2012 randomized controlled trial, they found dietary recommendations based on genetics more understandable and more useful than general dietary advice.

DNA Diet will allow the practitioner to give personalised diet & lifestyle recommendations based on the DNA Diet genetic result. It will show which of the following diet plans are right for the individual patients: Low carbohydrate diet; Low fat diet; Mediterranean diet.

DNA Diet reports on the following areas:

- Variations linked to obesity and being overweight
- Ability to lose or gain weight easily
- Responsiveness to exercise
- Mobilization of fat from fat cells
- Ability to metabolise fats for energy
- Metabolic rate
- Absorption rate of dietary fat

dnasport

DNA Sport tests genetic variants that influence injury risk, recovery, as well as power and endurance performance.

Results provide insight into various biological areas that impact training responsiveness and sporting performance, optimal exercise selection, and injury and recovery strategies.

The test is suitable for the elite performance athlete as well as the recreational athlete looking to maximize their fitness potential and reach peak levels of conditioning.

DNA Sport reports on the following areas:

- Structural integrity of soft tissues
- Inflammation & oxidative stress
- Blood flow: blood pressure & oxygenation
- Cardiopulmonary capacity
- Energy during exercise
- Fuel during exercise
- Caffeine metabolism
- Muscle fiber type and bone composition
- Endurance/aerobic capacity
- Power/strength potential

dnamind

Genetic variations involved in key biological processes that contribute toward the risk of development of mental health disorders may give insight to the prevention, diagnosis and treatment of disease.

Knowledge of an individual's genotype will provide diagnostic insight and assist in determining optimal treatment strategies for individuals suffering from, or at risk for, mental health disorders.

The DNA Mind test analyses 30 genes which have been shown to have significant associations with key mental health disorders.

DNA Mind reports on associations in the following areas:

- Neurodegenerative disorders - mild cognitive decline and late onset Alzheimer's disease
- Mood disorders - Depressive disorder, bipolar disorder, anxiety disorder & post-traumatic stress disorder
- Addictive behavior - Risk for alcohol, nicotine, cannabis & opioid dependence, psychosis response from cannabis use, eating disorders (binge eating), adrenaline seeking /risk-taking behaviour

The genes included in the test are involved in the following key biological areas related to mental health:

- Provision of a baseline for nutritional consulting and the management of chronic illness.
- Consumer friendly graphics to assist with patient understanding of the report.
- Results are designed to be used as an interface with functional medicine testing.
- Grounded in solid science, based on SNPs that are well researched and actionable.

dnaoestrogen

Improving oestrogen metabolism is of benefit to women who suffer from oestrogen-dominant conditions such as endometriosis, premenstrual syndrome and uterine fibroid tumors.

Are you aware that 80% of breast cancer occurs in women with no family history? Research has shown that an increased lifetime exposure to oestrogen is a strong risk factor in the development of breast cancer.

DNA Oestrogen tests for gene variants that have been shown to have an impact on how oestrogen is metabolized and therefore may help individuals' lessen the risk for developing breast cancer.

DNA Oestrogen reports on the following areas:

- Phase 1 detoxification
- Phase 2 detoxification
- Oxidative stress
- Personal risk factors associated with HRT, Oral contraceptives, bio-identical supplementation and in vitro fertilization
- Intervention strategies for at risk patients.

dnaskin

DNA skin aims to improve the visual signs of aging by focusing on interventions that are suited to your unique DNA.

We can't change our genes, but we can change our lifestyle. All the genetic variants analysed in the DNA Skin test are modifiable through appropriate environmental interventions.

Based on the results from the DNA Skin test, personalised lifestyle, nutrition, nutraceutical and cosmeceutical recommendations can be given for improved skincare and skin health, and to decrease the visible signs of aging.

The DNA Skin test analyses 18 genes involved in important areas related to skin health.

- Regulation of collagen formation and breakdown, giving insight into the firmness and elasticity of the skin
- Sun sensitivity & pigmentation
- Sun damage, protection & repair mechanisms
- Protection from oxidative stress
- Detoxification & inflammation, giving insight into general skin sensitivity

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