



Maximize Your DNA Health.

Live Healthy, Longer.

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My DNA Health 

ARE YOU...

- ✓ Lacking in vitamins, minerals
- ✓ Lactose or gluten intolerant
- ✓ At risk of nutritional deficiency
- ✓ At risk of allergy, food sensitivity
- ✓ A carrier of hereditary diseases

Discover Today





DNA NUTRIGENOMIC TEST (DNAassess)

Our members choose to fully decode their DNA health proactively, to maximize their genetic potential and to gain early insights about:

- ✓ Diet and metabolism, DNA methylation, nutritional deficiencies
- ✓ Personalized vitamins, micronutrient needs and ideal dosages
- ✓ Lactose and gluten intolerances; alcohol, caffeine, salt sensitivity
- ✓ Fitness and exercise potential, likely ACL or Achilles injury risks
- ✓ Eating behavior, weight loss potential, and weight regain issues
- ✓ Disease risks influenced by genes and lifestyle, early interventions
- ✓ Health risk carrier status, fertility or premarital DNA risk screen
- ✓ Inflammation; cardiovascular; bone, joint, musculoskeletal health
- ✓ Autoimmune diseases, thyroid imbalances, skin and hair conditions
- ✓ Sleep Apnea, poor sleep depth or quality influenced by genes



What You May Learn

About your nutrition and fitness.



What You May Learn

About your health conditions.

