

# Optimize Your GUT Health.

Live Healthy, Longer.



21<sup>st</sup> Century Health



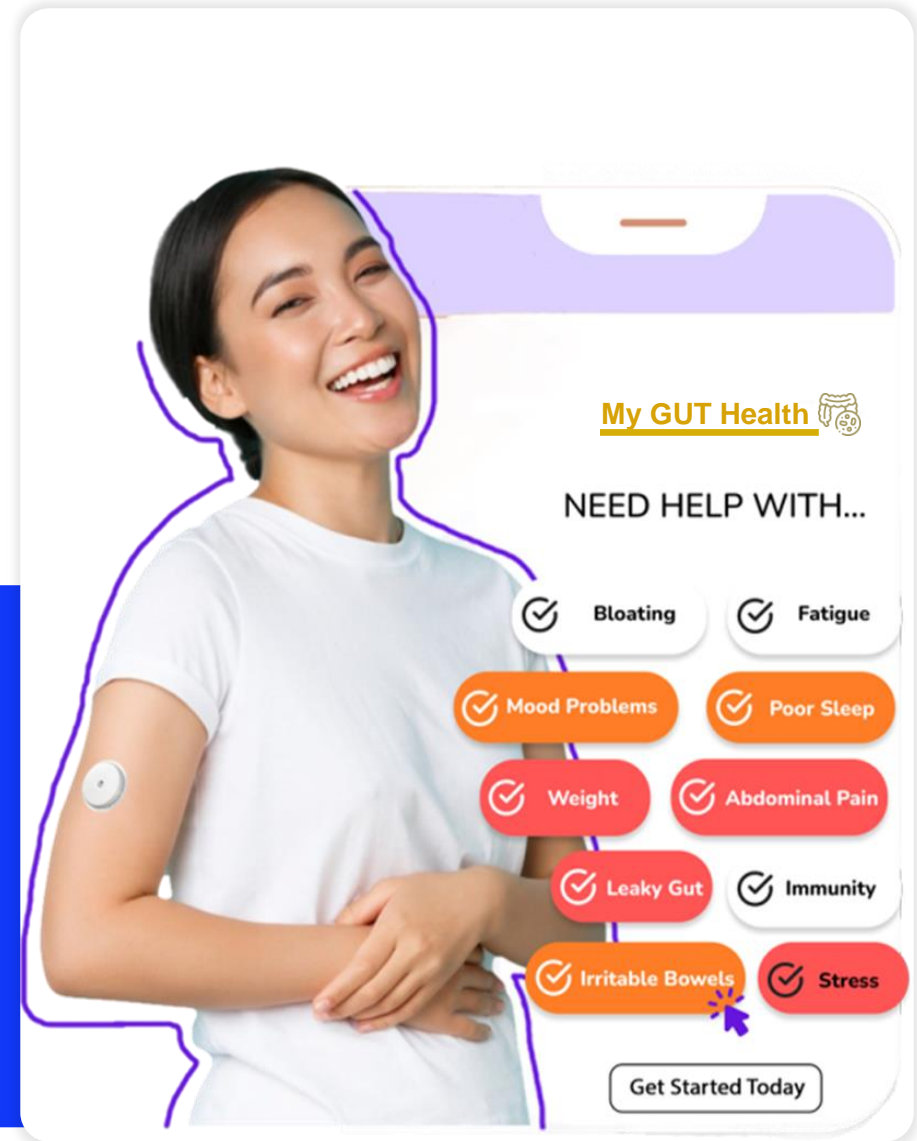
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# GUT MICROBIOME TEST (GUTassess)

Our members choose Gut Health Assessment, when they may experience any one or more of these symptoms or conditions :

- ✓ Irregular or irritable bowels (IBS), IBD, leaky gut
- ✓ Abdomen or **stomach pain, bloating, gas**, discomfort
- ✓ Constipation, diarrhea, **indigestion, bowel problems**
- ✓ Food or skin **sensitivity, allergies**, eczema or psoriasis
- ✓ **H. Pylori, SIBO**, gastritis, nausea or acid reflux
- ✓ Difficulty in losing weight or weight-loss regain
- ✓ **Low immunity, poor sleep quality**, sleep disturbances
- ✓ Feelings of anxiety or depression, impacts mental health
- ✓ Low energy, fatigue or brain fog, lethargy, tiredness
- ✓ Inflammation, bone and joint discomfort; or
- ✓ Want to assess gut microbiome to optimize health

PERSONALIZE NUTRITION  
GUT HEALTH SCREENING

MAXIMIZE YOUR GUT HEALTH  
SCAN TO LEARN MORE

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\$299

\*No report review. Results are available in up to 6-8 weeks.



# What You May Learn

About your nutrition and fitness.



### Digestive Health

Know your susceptibility to bowel movement disorders, bloating and gas, intestinal permeability (leaky gut), or food intolerances

### Functional Metabolites

Learn how metabolites (byproducts of bacterial activity) like SCFA (butyrate, propionate), methane, TMAO impact overall gut health and disease risks



### Vitamin Biosynthesis

Majority of B, K vitamin synthesis happens in the gut. Is your gut synthesizing these optimally? Identify your nutritional supplementation needs

### Probiotics and Prebiotics

Find out your innate probiotics composition in the gut and the natural food sources (prebiotics) that may help nurture a diverse microbial community



### Pathogen Characterization

Assess pathogenic species abundance (like H.Pylori, C.difficile, ETBF) that may be negatively impacting your health. Learn lifestyle modifications to minimize risks

### Physical Well-being

Discover your unique self with a new perspective across physical, behavioral, musculoskeletal, personality, among other traits



# What You May Learn

About your health conditions.



### Gastrointestinal Health

Is your gut microbiome predisposing you to risk for IBD, IBS, Ulcerative Colitis, Crohn's disease or leaky gut? Learn ways to mitigate your risks for optimal health

### Metabolic Health

Understand the gut connection to common lifestyle diseases such as Type-2 diabetes. Know your optimal diet type, food to eat or avoid, and nutrient needs



### Neurodegenerative Disorders

Protect your future by understanding how your gut bacteria may influence risk for conditions such as Dementia, Alzheimer's and Parkinson's

### Cardiovascular Health

Gut bacteria and their metabolites may impact risk for developing heart health conditions, high blood pressure. Identify preventive clinical action plans



### Mental Health

Gut bacteria influences mood, impacts risk for depression, bipolar disorder, anxiety or schizophrenia. Learn about these aspects and resilience, and stress response

### Liver and Kidney Disorders

Oh My Gut! CKD, NAFLD, Cirrhosis, Hepatitis risk. Discover how diet impacts such risks. Learn about your body's actual biological processes and their gut health connection

