

# Most Comprehensive Health Screening

Live Healthy, Longer.



21<sup>st</sup> Century Health



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**Inflammation**  
High Risk

**ApoB**  
Elevated

**DNA Health**

**Heart Health**

**Triglycerides**

Last Assessed (ORV): 61 mg/dL (on 19-Jul-24)

Inconclusive   **Optimal**   Acceptable   Borderline High   High

61

Below 40.0   40.0-80.0   81.0-140.0   141.0-180.0   Above 180.0

**Historical Trend**

Date	Value
16-Nov-20	70.8
24-Mar-21	53
17-May-21	61.93
16-Sep-21	68
01-Nov-21	52
22-Mar-22	51
18-May-22	42
14-Sep-22	46
14-Nov-22	54
22-Mar-23	54
18-May-23	53
14-Sep-23	53
24-Jul-23	59
24-Feb-24	58
19-Jul-24	65
19-Jul-24	93
19-Jul-24	61

**TMAO Production**  
Average

**Gut Health**



# GutSmart Plus Health Screening

GutSmart Plus is a comprehensive GUT Microbiome + DNA insights based holistic health screening package for our members to assess all-in-1 their Gut health, DNA health, in combination with 75 lab tests (covering most commonly assessed blood biomarker), 1x Ultrasound\* or specialized scans, along with a detailed lifestyle assessment.



**Gut Health Test**

+

**DNA Insights**

+

**75 Blood Tests**

+

**1x Ultrasound\***

=

**Buy Now** 

\* Don't want an ultrasound? Choose from 50+ options to customize your package.

\*Turnaround time: Up to 4-8 weeks\* from the time the lab receives your sample.



# Blood Tests Included

Category	Test Name	GutSmart Plus
<b>Energy &amp; Metabolism</b>	Blood Sugar (Fasting or Non-fasting)	✓
	HbA1c (Type-2 Diabetes Screen)	✓
<b>Heart Health Risk</b>	Total Cholesterol	✓
	HDL, LDL Cholesterol, Triglycerides	✓
	Cholesterol Ratio(s)	✓
<b>Inflammation Risk</b>	Inflammation Marker (hsCRP   CRP)	✓
<b>Vitamin Deficiency</b>	Vitamin D, Vitamin B12	✓
<b>Bone &amp; Joint Health</b> (Asses osteoporosis or rheumatoid arthritis risk)	Calcium, Phosphate	✓
	Uric Acid (Gout Risk)	✓
	Rheumatoid Arthritis (RA) Factor	✓
<b>Liver Health</b> (Asses liver enzymes, function, damage, inflammation, or fatty liver / fibrosis risk)	Total Bilirubin (+ Direct, Indirect)	✓
	Alkaline Phosphatase (ALP)	✓
	SGPT/ALT, SGOT/AST, Gamma GT	✓
	Protein, Albumin, Globulin, AIG Ratio	✓
	FIB-4 Index (Assess Fibrosis Risk)	✓
<b>Urine Examination</b>	Urine Microalbumin Ratio, Urinalysis	✓

Category	Test Name	GutSmart Plus
<b>Kidney Health</b> (Assess kidney function to detect early signs of kidney disorders)	Urea	✓
	Creatinine	✓
	Sodium, Potassium	✓
	Chloride	✓
	Bicarbonate	✓
	Anion Gap (Acid-Base Imbalances)	✓
<b>Thyroid Function</b>	eGFR (Estimated Glomerular Filtration Rate)	✓
	Free Thyroxine (FT4)	✓
<b>Blood Profile</b> (Detect early signs of iron deficiency anemia or other blood disorders)	Thyroid Stimulating Hormone (TSH)	✓
	Full Blood Count (incl. RDW)	✓
<b>Hepatitis A &amp; B Screen</b>	ESR, Peripheral Blood Film (PBF)	✓
	Blood Group (ABO & Rhesus)	✓
	Hepatitis Bs Antigen, Antibody (HBsAg, HBsAb)	✓
<b>3x Cancer Markers</b>	Hep. A Total Antibody (in non-fasting profile*)	✓
	Liver (AFP). Colon (CEA)	✓
	For Women: Ovaries (CA125)	✓
	For Men: Prostate (PSA)	✓

## GutSmart Plus = Choice of ONE (01) extra option (see next page)

Choose ONE (01) option of specialized blood tests, ultrasound, or scans. If you wish to add more options, indicate the same upon your purchase to enjoy bundle discounts.

## With GutSmart Plus: Add-on Quarterly Subscription Extra (\$69.90/- per visit)



Body Measurements and Vitals (BMI, BP, SpO2)	✓
Metabolic Health: Body Composition Assessment	✓
Cardiac Risk: Resting Electrocardiogram (ECG)	✓
Vision Check: Visual Acuity, Color Vision, Contrast	✓



# For GutSmart Plus (Choose ANY ONE option for FREE or at Extra Cost)

Options Available	ID#	Test Name
<p>Choose ANY ONE (01) for FREE</p>	1	Ultrasound Kidneys <b>OR</b> Ultrasound Thyroid
	2	Bone Mineral Density (BMD) - Assess risk of osteoporosis, bone and joint health
	3	Resting ECG <b>AND</b> Chest X-Ray (Filmless) <b>AND</b> (Urine Microalbumin <b>OR</b> Stool Occult Test)
	4	Specialized Blood Test: Heart (ApoB, LP(a)) <b>OR</b> Metabolism (Insulin + Cortisol) <b>OR</b> Hormones <b>OR</b> Iron Deficiency
	5	Women: Ultrasound Pelvis (Transabdominal)
	6	Women: Pap Smear (LBC ThinPrep)
	7	Women (under 40 y.o.): Ultrasound Breast
	8	Supplements: 1 unit (Vitamin <b>OR</b> Mineral) <b>AND</b> 1 unit Probiotic supplement
<p>Choose ANY ONE (01) for Extra Cost</p>	9	Ultrasound KUB (Kidneys, Ureter, Bladder) <sup>\$59 extra</sup> <b>OR</b> Ultrasound Neck <sup>\$59 extra</sup>
	10	Women: Ultrasound Pelvis (Transvaginal for PCOS/PCOD Diagnosis) <sup>\$79 extra</sup>
	11	Women: HPV DNA Cervical Cancer Screening (Higher Accuracy) <sup>\$79 extra</sup>
	12	Women (over 40 y.o.): Mammogram <sup>\$79 extra</sup>
	13	Ultrasound Hepatobiliary (Liver, Pancreas, Spleen and Gallbladder) <sup>\$79 extra</sup>
	14	Men: Ultrasound Prostate (Prostate Cancer Screen) <sup>\$99 extra</sup>
	15	Diet   Weight Management: Continuous Glucose Monitoring (Abbott Freestyle Libre) <sup>\$99 extra</sup>
	16	Ultrasound Abdomen (Liver, Pancreas, Spleen, Gallbladder and Kidneys) <sup>\$99 extra</sup>
	17	Ultrasound Liver with Elastography (to assess liver stiffness and/or fibrosis risk) <sup>\$159 extra</sup>
	18	Specialized Blood Test: Metabolic Efficiency Assessment (Comprehensive Insulin Resistance Screen) <sup>\$179 extra</sup>
	19	Treadmill Stress ECG (Detailed Heart Function) <sup>\$179 extra</sup>
	20	Body Composition (fat, muscle) DEXA Scan <sup>\$199 extra</sup>
	21	CT Coronary Calcium Score <sup>\$259 extra</sup>
	22	2D Echocardiogram <sup>\$299 extra</sup>

**OR**

Contact us  [EHS@genixpro.com](mailto:EHS@genixpro.com) |  **WhatsApp: +65-88752304** to add-on more than ONE (01) option or if you wish to inquire about other health screening packages.  
*Blood tests, Ultrasound and Scans require a visit to our clinic location at Royal Square Novena or Paragon. Ultrasound and scans require an appointment to be scheduled before your visit.*



# Add-on Options (Additional charges\* apply)

## 01 Nutritional Deficiency

Magnesium (Mg), Zinc (Zn), Iron Deficiency Anaemia Screen (see 02)

## 02 Iron Deficiency Anaemia (Fatigue | Tiredness)

Iron, Ferritin, Transferrin, TIBC, % Iron Saturation, Folic Acid (B9)

## 03 Cardio-Metabolic Risk (Longevity)

- Lipoprotein(a), APOB, Homocysteine, Total Testosterone OR Estradiol (E2), Cortisol, DHEAS, Insulin.
- **Extra(s)\*:** Ferritin, Testosterone (F), Estradiol (M), Insulin Resistance Screen (Basic: HOMA-IR or Comprehensive: Kraft Test\*), Telomere Length Test, myTrueAge (Biological Age Test)\*

## 04 Cardiac Health Risk Screen

- Lipoprotein (a), APOB, APOA1, CK, Homocysteine.
- **Extra(s)\*:** Insulin, Cortisol, High Sensitive Troponin-I

## 05 Cardio-Respiratory Fitness

- Body Fat Assessment (DEXA Scan | InBody)
- VO2Max Test – Aerobic Fitness (Treadmill or Bike)

## 06 Cancer Markers

- Pancreas (CA 19.9), Nose (EBV), Breast (CA 15.3) OR Testicular
- **Extra(s)\*:** Free PSA %, SCC
- Liver (AFP), Colon (CEA), Ovaries (CA125) OR Prostate (PSA) – Included in Prevent

## 07 Colon Cancer Screening

- Stool Occult Blood (Basic) OR FIT – Fecal Immunological Screen (Advanced)

## 08 Stomach Ulcer Screen – Helicobacter Pylori | SIBO

- H. Pylori Blood Test (Basic) OR Urea Breath Test (Advanced)
- SIBO Breath Test

## 09 Cervical Cancer Screen (Female)

- HPV DNA (Higher Accuracy) OR Pap Smear (LBC Thin Prep)

## 10 Hepatitis Markers

- Hepatitis A Antibody
- Hepatitis C Antibody
- Hepatitis B included in Prevent

## 11 Hormone Profile (Female)

- FSH, LH, Prolactin, Estradiol (E2), Progesterone.
- **Extra(s)\*:** Testosterone, DHEAS, SHBG

## 12 Fertility Screen (Female)

- FSH, LH, Prolactin, Estradiol (E2), Progesterone, Ovarian Reserve (AMH), Pregnancy (hCG),

## 13 Stress | Anti Ageing (Female)

- Estradiol (E2), DHEAS, IGF1, Cortisol
- **Extra(s)\*:** IGFBP3, DUTCH Test (Hormones)

## 14 Menopause | Menstrual Irregularities | PCOS

- FSH, LH, Estradiol (E2)
- **Extra(s)\*:** Prolactin, Selenium

## 15 Hormone Profile (Male)

- FSH, LH, Prolactin, Total Testosterone
- **Extra(s)\*:** Free Testosterone, DHEAS, SHBG

## 16 Stress | Anti Ageing (Male)

- Total Testosterone, DHEAS, IGF1, SHBG, FAI, Cortisol
- **Extra(s)\*:** IGFBP3, DUTCH Test (Hormones)

## 17 Thyroid Imbalances (Weight | Mood)

- Free T3, Total T3, Total T4, TgAb, TPO
- **Extra(s)\*:** TRAB, Rev. T3.

## 18 Hair Loss Screen (M/F)

- Free T3, Iron Deficiency Anaemia Screen (see 02), Zinc, Mg, Hormones
- **Extra(s)\*:** Thyroid Antibodies

## 19 Digestive Enzymes

- Liver: Lactate Dehydrogenase (LDH)
- Pancreas: Amylase, Lipase
- **Extra(s)\*:** LiverFAST, LiverStat

## 20 Kidney Function

- Urine Microalbumin/Creatinine
- **Extra(s)\*:** Cystatin C

## 22 Sexual Health

- HIV, Syphilis, Herpes Simplex Virus Type I and II, Chlamydia, Gonorrhea

## 23 Immunity | Autoimmune Diseases

- Anti-Nuclear Antibodies (ANA)
- **Extra(s)\*:** CD4:CD8 Ratio

\*Price available on request upon purchase of main package(s).





## LISTEN TO YOUR GUT

Our members choose Gut Microbiome Test, 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



# LISTEN TO YOUR GENES

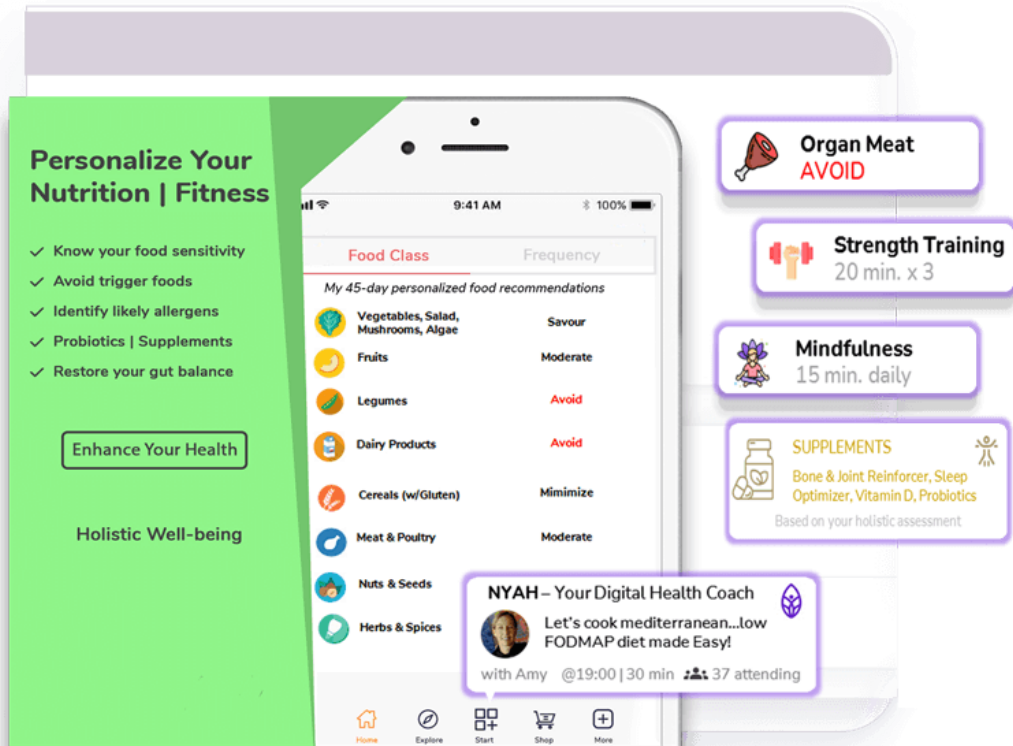
Our members choose to fully decode their DNA health proactively, to maximize their genetic potential and to gain early insights about:

- ✓ 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



# LEARN ABOUT DNA+GUT HEALTH

Discover personalized insights and gain actionable recommendations to optimize your nutrition, fitness, and holistic well-being



BUY NOW 

\$678

- ✓ Know 650+ food items to eat and avoid
- ✓ Know your supplementation and probiotics needs
- ✓ Test to optimize sleep, mood, memory and brain function
- ✓ Enhance sleep and stress management
- ✓ Identify ways to maximize efficiency, calorie burn
- ✓ Maximize your innate potential to transform your holistic health





# 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

### Diet and Metabolism

Should you be on a Low Carb, Low Fat, Mediterranean or Balanced diet? Identify carbohydrate, fat sensitivity, daily calorie needs, macronutrient ratios



### Vitamin and Micronutrients

Identify your nutrient needs and Vitamin B6, B9, B12, A, D, E requirements. Become aware of likely Calcium, Choline, Glutathione, CoQ10 deficiency

### 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



### Pathogens and Harmful Bacteria

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

### Food Sensitivity

Find out if you are lactose or gluten intolerant. Identify your sensitivities to caffeine, bitter taste, salt, alcohol, lectin, histamine or food additives



# 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



### Neurodegenerative Disorders

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



### Mental Health

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



### Metabolic Health

Know your risk of lifestyle diseases such as type-2 diabetes, hypertension, kidney and liver disease. Learn ways to optimize sleep quality, stress resilience to mitigate risks



### Cardiovascular Health

Find out your genetic likelihood for Elevated LDL Cholesterol, Triglycerides, Blood Sugar or Decreased HDL. Make informed health choices personalized to your needs



### 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

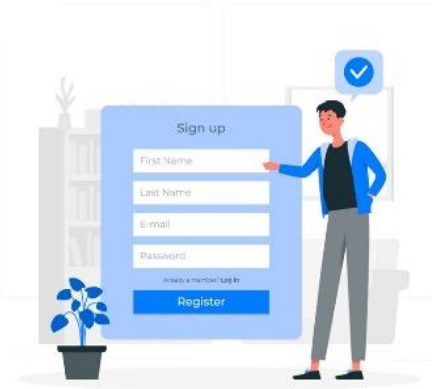


# Test Description

TEST	DESCRIPTION
PAP Smear or HPV DNA	For women, these tests help to screen for precancerous or cancerous cells in a sample of cells collected from the surface of the cervix.
Ultrasound Pelvis	For women to check for abnormalities in the organs of the pelvis, including ovaries, uterus and connecting structures to detect fibroids, cysts or other masses.
Mammogram (≥ 40 y.o.)	A mammogram uses X-rays and is considered a gold standard for early detection of breast lumps, generally recommended for women over 40 years old.
Ultrasound Breast (< 40 y.o)	An ultrasound breast examination uses sound waves for early detection of specific breast lumps (solid mass vs. cyst), and is generally recommended for younger women and/or those with dense breast tissue.
Ultrasound Abdomen	Early detection of nodules, cyst, stones, fatty liver disease in intra-abdominal organs such as liver, gallbladder, pancreas, spleen and kidney
Treadmill Stress ECG	A gold standard in detecting silent ischemic heart disease. Test result reviewed by cardiologist*
CT Coronary Calcium Score	Checks for calcium deposits in the walls of the arteries in your heart to assess the risk of heart health conditions.
Ultrasound Thyroid	Detection of abnormal tissues (tumour) in your thyroid glands and tells this apart from a sac containing fluid (cyst)
Ultrasound Kidneys or KUB	Ultrasound Kidneys to assess the blood flow to the kidney as well as its size, shape and location or KUB: to assess structural abnormalities along your entire urinary tract, such as stones, cysts and growths.
Ultrasound Prostate	Check for abnormalities in the male prostate gland, such as masses that could indicate cancer or general enlargement.
Chest X-Ray (Filmless)	Evaluation of lungs, heart and surrounding anatomy for abnormalities or for signs of congestive heart failure (CHF)
Bone Mineral Densitometry (BMD)	Provides a snapshot of bone health, identify osteoporosis and determine risk for fractures as we age
Ultrasound Carotid	Assess cardiovascular and stroke risk if cholesterol plaque is present, by checking the thickness of the inner two layers of the carotid artery



# How It Works



## Join

1. Choose your package and add-on options (if any)
2. Purchase online. E-receipt emailed upon confirmation
3. Schedule your appointment from the next screen



## Test

4. Test at clinic location(s) at either Royal Square Novena or Paragon
5. Our packages allow greater flexibility to test anytime within 6-months of purchase



## Know

6. Get results ready email notification (app, portal, WA)
7. Schedule Dr. review of lab test results (online – video)
8. Use AI Assistants to generate a personalized action plan



## Act

9. Adhere to plan. Track results. Use voice, text AI Assistants for inquiries or to customize your recommendations, next steps
10. Transform your health. Retest. Optimize your healthspan.