



MY DNA

Personalized Nutrigenomic Health Report



A personalized health report derived from your DNA, highlighting your genetic strengths and vulnerabilities. This report provides personalized nutritional advice to optimize your well-being and help you achieve your wellness goals.

1500+ Mutations Analyzed

MY DNA analyzes over 1500 mutations from the entire genome, using whole genome sequencing, to give you the most comprehensive genetic test.

12 Comprehensive Panels

- Cardiometabolic
- Cellular Health
- Detox
- Energy/Performance
- General Health
- Hologenomics
- Hormone Management
- Immune
- Inflammation
- Neurocognitive
- Nutritional Regulation
- Weight Optimization

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Core Benefits

- **Uncover Your Genetic Weaknesses:** Genetic testing reveals predisposition to illnesses, enabling personalized care plans with lifestyle adjustments and monitoring to proactively improve health and prevent disease.
- **Personalized Nutrition Recommendations:** Genetic testing reveals variations that affect how individuals respond to nutrients like carbohydrates, fats, vitamins, and minerals. Tailoring nutrition to genetic makeup optimizes health and lowers the risk of developing certain conditions.
- **Discover Your Targeted Medication Regimen:** Genetic testing identifies gene variations that affect toxin metabolism. This helps health care providers understand toxin exposure and the importance of nutrition in reducing risks and improving treatment outcomes.
- **Achieve Your Health and Wellness Goals:** Genetic testing empowers you to make informed nutritional decisions, efficiently tackle current health concerns and maximize a lifetime of wellness.

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Dig in deeper:

