



My Genetic Body

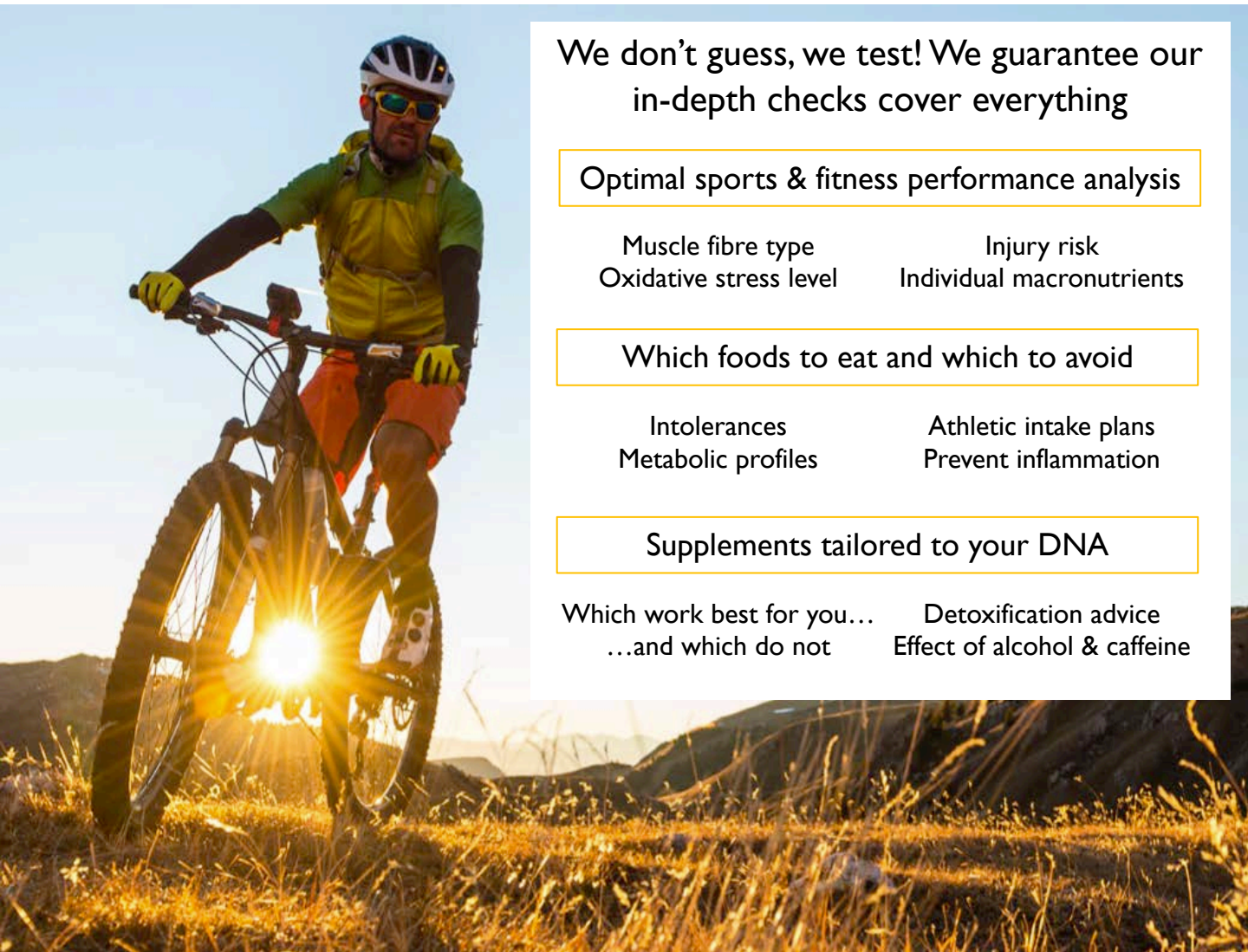
Personal DNA profiling
for fitness performance
and wellbeing

Increase

Performance
Concentration
Energy
Balance

Live Life Optimized





We don't guess, we test! We guarantee our in-depth checks cover everything

Optimal sports & fitness performance analysis

Muscle fibre type
Oxidative stress level

Injury risk
Individual macronutrients

Which foods to eat and which to avoid

Intolerances
Metabolic profiles

Athletic intake plans
Prevent inflammation

Supplements tailored to your DNA

Which work best for you...
...and which do not

Detoxification advice
Effect of alcohol & caffeine

How we stack up against the rest

in house laboratory	✓	✗	✗	✗	✗	✗	✗	✓
Lab certification	ISO15189, ISO9001, Medical License	NONE	NONE	NONE	CLIA, CAP	NONE	NONE	CLIA, CAP
Supplement manufacture	✓	✗	✗	✗	✗	✗	✗	✗
Cosmetics manufacture	✓	✗	✗	✗	✗	✗	✗	✗
Lifestyle genetic testing	✓	✓	✓	✓	✓	✗	✓	✗
Medical genetic testing	✓	✓	✗	✗	✓	✓	✓	✓
Number of Analyses	50+ genetic programs	3	3	2	1	1	11	3

WE DON'T GUESS

WE TEST

WE GUARANTEE

Your unique report



200 pages of in-depth knowledge about your body. It's the opportunity to really understand what you need to perform.



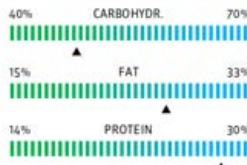
CALORIC DISTRIBUTION

Your optimal caloric distribution

On the basis of the individual genetic relationship between red and white muscle fibres, as well as the type of sport you practice, we can define a calorie distribution that will lead to your best performance.

Your result

Here you can see the optimal calorie distribution for your genes and sport. If you adjust your diet before the competition, the body is supplied with the right proportion of macronutrients. The result is better performance in power and in endurance sport. So, it would be advisable to revise your diet before a competition to this distribution in order to increase your performance to the maximum.



COMPETITIVE SPORT

Athletics gene 2 (ACE SNP rs4646994)

The human enzyme, "Angiotensin Converting Enzyme", also called ACE, plays an important role in the regulation of the blood pressure. Production of this enzyme is controlled by the ACE gene (Sports gene 2) which occurs in two forms. On the one hand, there is the endurance sports variant of the ACE gene, which has a positive effect on muscle endurance, commonly found in elite marathon runners. The second form is the power form of the ACE gene, which makes the muscles more suitable for power and sprint sports. Each individual has two genes of this type, therefore the following gene combinations are possible:

- ENDURANCE - Both genes are the endurance variants (25% of population)
- ENDURANCE - One gene is the endurance variant, the other is the power variant (50% of population)
- POWER - Both genes are the power variants (25% of population)

Genetic traits

SYMBOL	IN NCBI	POLYMORPH	GENOTYPE
ACE	rs4646994	Ile/Ile	Ile/Ile

Legend: rsNCBI = database number of genetic variation, Polymorphism = type of genetic change, Genotype = the genetic laboratory result

Your result

The genetic predisposition:



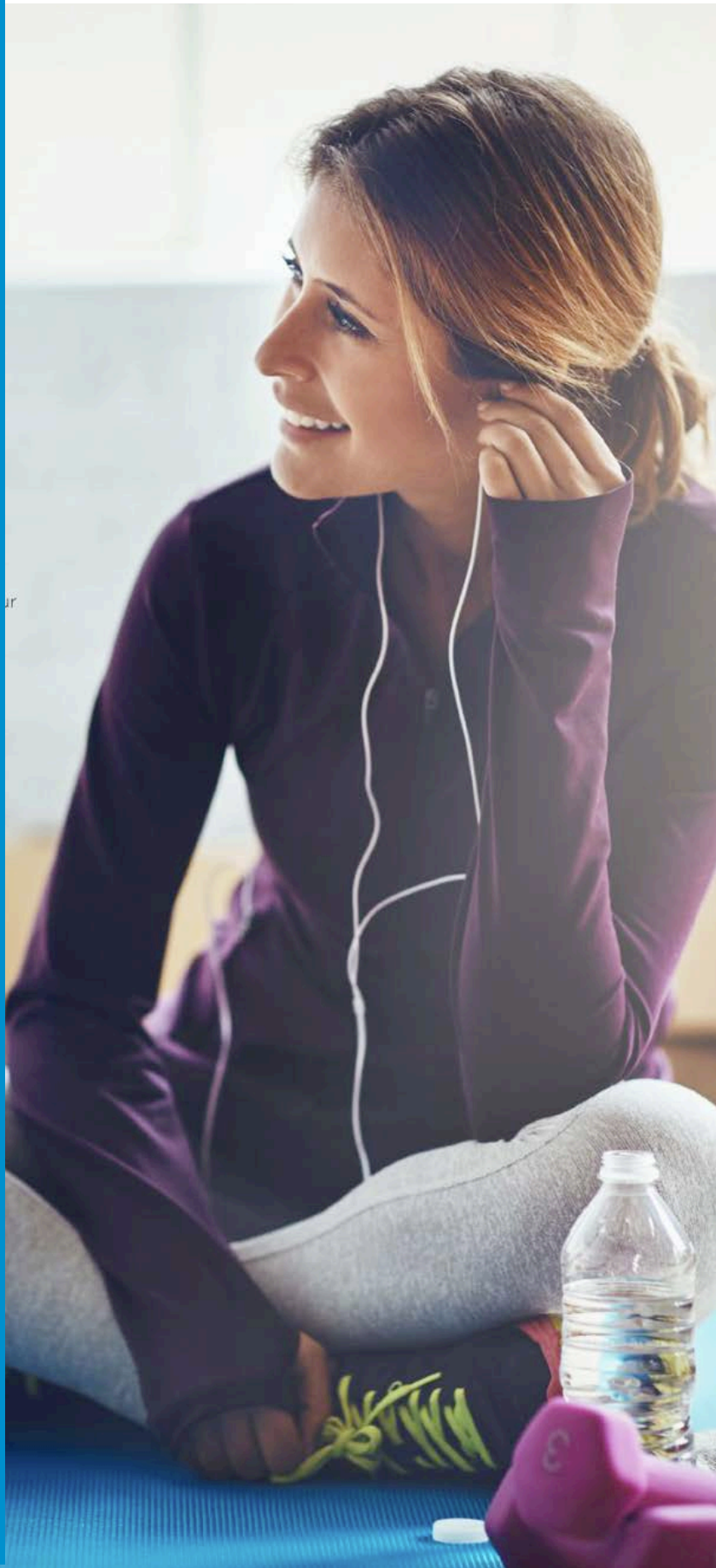
COMPETITIVE SPORT

Strategic plan for your athletic career

Based on this table, you can see the instructions you should consider and at what time. Avoid foods that can negatively affect your health and your performance, as a rule. Your body should be supplied with the right nutrients to ensure you remain healthy and in peak form.

During the competitions, your diet will be tailored to best fill the glycogen stores, taking into account the type of sport you practice.

	Decrease the glycogen stores	1 week pre-tilt	Carbohydrate depletion (pre-tilt)	Carbohydrate depletion (pre-tilt)	High protein diet	No alcohol consumption	Prevention
During the TRAINING SEASON			X				High
TRAINING INTENSIVE PERIOD	X	X	X				High
48 hours before the TRAINING					70g	10g	Low
3 days before the COMPETITION			X			X	High
2 hours before the COMPETITION				250g			Low
During the COMPETITION					45g		Low
48 hours after the COMPETITION					70g	10g	Low



The Energy & Energy Light Program



1 x My Genetic Body DNA Test
 2 x ProArgi-9+
 2 x e9
 1 x Body Prime

1 x My Genetic Body DNA Test
 1 x ProArgi-9+
 1 x e9

Special offer price
£369 (RRP £650)

Special offer price
£279 (RRP £550)



1998 Nobel Prize Winner

ProArgi-9+ - The Ultimate Health and Energy Supplement

- ✓ Enhances blood flow to ALL vital organs
- ✓ May aid in decreasing body fat and building muscle mass
- ✓ Inhibits myeloperoxidase, an enzyme known to oxidize LDL cholesterol
- ✓ Supports overall gut and cardiovascular health
- ✓ Combats the negative effects of premature cardiovascular aging
- ✓ Helps maintain healthy blood pressure levels



Body Prime - Purification & Efficiency

- ✓ Supports cleansing and bowel motility
- ✓ Magnesium helps maintain healthy electrolyte balance & reduce fatigue
- ✓ Contributes to muscle function

E9 - Go Natural and ditch chemical-laden energy drinks

- ✓ Long-lasting, healthy energy through a unique, low calorie formulation
- ✓ Combines health benefits of l-arginine to support cardiovascular health
- ✓ Enhances mental and physical energy levels
- ✓ Maintains alertness, improves cognitive capacity, increases performance
- ✓ Stimulates the body's natural ability to produce energy
- ✓ Great-tasting Tropical Burst flavour



Nutrigenetics - The Science For Elite Health



Scientifically Proven Supplementation – From Synergy Worldwide

SYNERGY INNOVATION

THE HUGHES CENTER FOR RESEARCH & INNOVATION

- Microbiome Research
- Product Formulation
- Clinical Studies
- Ingredient Testing
- Scientific Validation



Medically Approved DNA Testing – From Novogenia

NOVOGENIA

LICENSED GENETIC TESTING LABORATORY

300m² laboratory space

Capacity of 200 000 Customers per month



Data security is particularly important in the field of genetic analysis, and our highest priority. All customer data is protected using state of the art security technologies, and always kept in accordance with valid EU legal regulations. Your data will never be shared with 3rd parties, you can request the deletion, correction, blocking or cancellation of your data any time. We are proud to care for our customers data – not sell it.

Discover, Optimize and Catch the wave

It's time to take the guesswork out of improving your performance with DNA Testing

Talk to



Business Entrepreneur?

Interested in earning £500 – £5000 or more per month?



Be one of the first to offer these innovative solutions in nutrigenetic health care. We have obtained the exclusive rights to launch the **“My Genetic Body”** program here in the UK. Join us – catch the wave.