



## WHY DO SOME DIETS WORK FOR OTHERS BUT NOT FOR YOU?

**You are unique and your meal plan should be too!**

The **GENEDIET™** test shows your genetic weaknesses that increase the risk of becoming overweight and sets out ways to manage your weight effectively based on your DNA results and by supporting your genetic strengths. The **GENEDIET™** test screens for your genetic susceptibility to:

- respond to different types of diets based on the fat, carbohydrate and protein content,
- certain eating behaviours e.g. emotional and binge eating, 'addictive' behaviours and taste preferences (e.g. sweet/bitter),
- being constantly hungry and having satiety impairment,
- a slow metabolism, fat burning ability and weight loss resistance,
- respond to physical exercise during weight loss efforts,
- insulin resistance, a poor detoxification ability and thyroid health problems,
- lactose intolerance and caffeine sensitivity,
- vitamin and mineral needs above the RDA (Recommended Dietary Allowance).

The **GENEDIET™** test gives recommendations, including the type of diet and exercise best suited to your genetic profile.

**GENEWAY™** tests give you and your Healthcare Professional the information and tools needed to approach your weight management with precision.

Know what your body needs and get tested today with **GENEWAY™** - because genes matter.