

# Personalised Genomic Wellness is here now!

Personalised nutrition based on your profile.

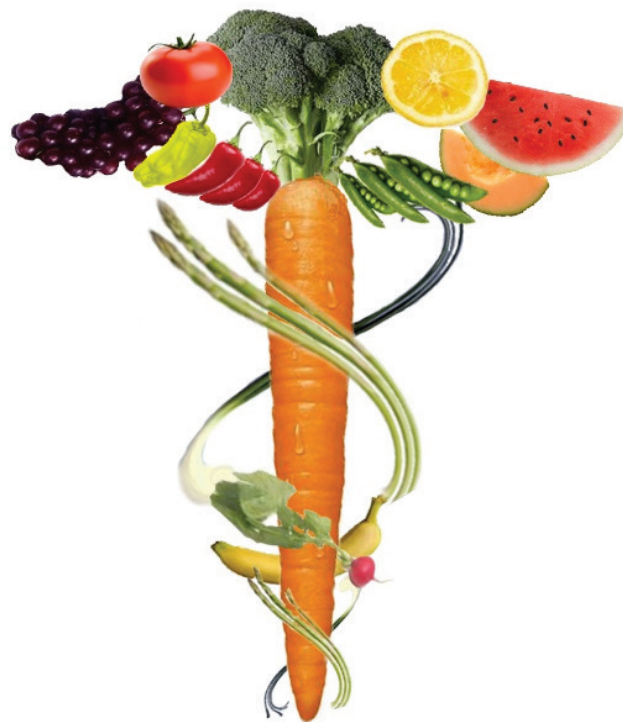
Our aim is to work with your specialist practitioner to reduce the risk of many of the most common health issues that affect us as we age.

Your Genomic Wellness Plus test is a one off genetic test. The genetic variations we look at you can action via nutrition, supplementation and lifestyle interventions.

**Ask your accredited practitioner today!**

When your body is healthy and has access to the nutrients it genetically needs, you typically:

- Age more slowly
- Experience a higher quality of life
- Feel less stressed
- Suffer less with unhealthy conditions



## How to order your smartDNA Genomic Wellness Plus Test

1. Contact your Practitioner.
2. The Genomic Wellness Test can only be ordered by an accredited Healthcare Practitioner.
3. Pay for the test.
4. You will be provided with a collection kit.
5. Provide your saliva sample in the collection device.
6. Send the saliva sample back to the laboratory.

Go to [www.smartDNA.com.au](http://www.smartDNA.com.au) to find out more information.

OMEGA-3 FAT AND RISK OF ELEVATED TRIGLYCERIDE LEVELS

VITAMIN E AND ALPHA-TOCOPHEROL BLOOD LEVELS

smartDNA global  
PRACTITIONERS CHOICE FOR GENOMIC SOLUTIONS

# GENOMIC WELLNESS TEST+

GOELIAC DISEASE RISK

VITAMIN C AND LOW BLOOD LEVELS OF VITAMIN C

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PRACTITIONERS CHOICE FOR GENOMIC SOLUTIONS

## GENOMIC WELLNESS FOR YOU

smartDNA.com.au  
1300 022 750

# smartDNA Genomic Wellness Plus Test includes: 160 Personalised Genetic Variations

- Lipid Metabolism
- Metabolic Syndrome and Diabetes
- Carbohydrate metabolism (AMY1)
- Anti-inflammatory cytokines
- Pro-inflammatory cytokines
- Blood Pressure
- Sodium sensitivity
- Caffeine metabolism
- Lactose Intolerance
- Gluten intolerance
- Fatty acid metabolism
- Phase I and Phase II Detoxification
- Methylation, Folate and Cofactors
- Homocysteine -methoinine pathway
- Choline metabolism
- Thyroid and Hormone receptor
- Acetylation biomarkers
- Transulphuration Pathway
- Glutathione metabolism
- Oxidative stress
- Antioxidants
- Amine metabolism
- Histamine metabolism
- Clotting factors
- Neurotransmitters and mood
- HPA axis and stress responses
- Circadian Rhythm and Seasonal Variation
- Iron stores
- Weight Management
- Microbiome Health
- Sports and Exercise
- Vitamins - A, B<sup>2</sup>, B<sup>9</sup>, B<sup>12</sup>, C, D and E
- Omega 3 and 6 Blood Levels
- Co-enzyme Q10 Metabolism

## What will this analysis do for me?

Your practitioner will be able to design a specific nutritional program for you.

It will enable specific preventative health strategies to be used for long term health.

It will enable better weight management and understanding of your specific dietary needs.

It will assess your genes involved in anti-oxidative defense.

You will find out how well you metabolise certain vitamins.

Inflammation has a key role in chronic diseases. Your inflammatory response will be evaluated to reduce your risk of various diseases.

Find out how well your body detoxifies environmental toxins. Reduce your toxic burden.

Find out how well you process carbohydrates.

Understand your hormone metabolism pathway.

Understand your stress responses. Learn to manage mental and environmental stress in your life. It will assess your genes involved in anti-ageing process.