



DNA Sport tests genetic variants that influence injury risk, recovery, as well as, power and endurance performance.

Results provide insight into various biological areas that impact training responsiveness and sport performance, optimal exercise selection, and injury and recovery strategies.

Who needs this gene panel?

- ☐ Elite or Recreational Athletes
- ☐ People looking to maximize their fitness potential
- ☐ People who injure easily
- ☐ People not seeing results from their current routine
- ☐ People searching to find their endurance vs. power potential

A circular image of a male athlete in a dark tank top, looking forward with a focused expression. Overlaid on the image are various scientific motifs: a DNA double helix, molecular structures with orange and grey spheres, and a network of interconnected nodes. An orange circle is positioned in the lower right of the image, containing the text "Embrace a gene-based approach to optimal health and exercise performance".

Embrace
a gene-based
approach to optimal
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performance

DNA Sport reports on the following areas:

- ☐ Structural integrity of soft tissue
- ☐ Inflammation and oxidative stress
- ☐ Blood flow: pressure and oxygenation
- ☐ Cardiopulmonary capacity
- ☐ Energy during exercise
- ☐ Fuel during exercise
- ☐ Caffeine metabolism
- ☐ Muscle fiber type and bone composition
- ☐ Endurance/aerobic capacity
- ☐ Power/strength potential

