

PlexusDx

NUTRIGENOMICS

Diet and Nutrition

Macronutrients:

Protein
Fat
 Saturated Fat
 Unsaturated Fat
 Omega-3
Carbohydrates

Vitamins:

A
B2 (Riboflavin)
B6
B9 (Folate)
B12
C
D
E
K

Minerals:

Calcium
Iron
Magnesium
Potassium
Selenium
Zinc

Sensitivities:

Gluten (non-celiac)
Food Allergies
Lactose Intolerance
Alcohol Sensitivity
Histamine Intolerance
Caffeine Sensitivity
Salt/Sodium Sensitivity

Eating Habits:

Snacking
Sugar Cravings
Tendency to Overeat

Methylation:

Currently report on MTHFR for Folate deficiency
(PGx has MTHFR and COMT)

Advanced Wellness - 3Q24

GLP-1 - Hunger Response
Mental and Cognitive Health
Hormone Health
Sexual and Reproductive Health
Disease and Infection
Immunity and Allergy
Fitness, Recovery, and Injury
Skin and Beauty
Hair Loss
Methylation - expanded panel