



eplimo

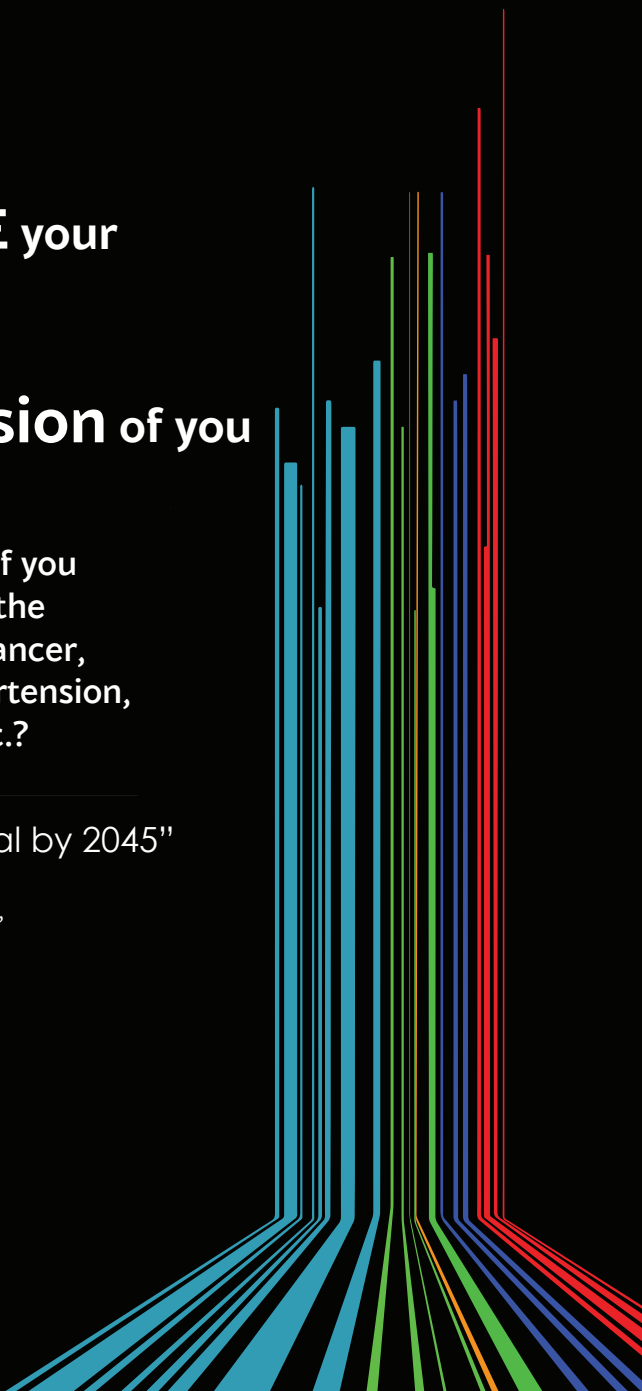
**PERSONALISE your  
LIFESTYLE**  
to **bring out  
the best version of you**

Wouldn't Life be great if you  
could possibly prevent the  
lifestyle diseases like Cancer,  
Diabetes, Stroke, Hypertension,  
Alzheimer's Disease etc.?

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"Death will be optional by 2045"

Jose Cordeiro & David Wood,  
Authors of 'Death of Death'





## EPIGENETIC LIFESTYLE MODIFICATION ( EPLIMO<sup>™</sup> )

Using **Geno-Metabolic Analysis<sup>™</sup>**

EPLIMO<sup>™</sup> helps you to take  
'INFORMED CHOICES' based on your  
Genetic and Metabolic profile



Your body is made up of cells. All cells have 23 pairs of chromosomes. Chromosomes are made of DNA, which contain the entire information about you, including probable disease occurrences in future.

Explore your 23 pairs today; decode this most valuable information about your own life

## **Viegenome™ Test**

**Discover your genetic profile**  
**Actively manage your wellbeing**

Most of the lifestyle diseases have some genetic origin. Deep within your genes you could be carrying gene variants that are associated with diseases like Cancer, Obesity, Alzheimer's and many more. Whilst in the past, it would have been impossible to know your predisposition to such conditions, today it can be done from the comfort of your home.

**Viegenome™ test will tell you just how likely it is that you will develop any of over 200 health conditions over the course of your life.**



## Why should I know about my Genes?

1. Wellness genetic test is what will ultimately enable you to make the best lifestyle choices. By making the lifestyle choices based upon the results of a genetic health test you can actually mitigate your risks of developing the condition. This applies to anything from prostate cancer, diabetes, breast cancer and many more.

2. Wouldn't it help to know that you are genetically predisposed to obesity? This would enable you to get appetite management tips and ideas from a nutritionist, possibly saving yourself from obesity and the many diseases that come with it. Proper wellness management is the key to your improved health. EPLIMO™ can help towards disease prevention.

3. What is considered as good food for some, can turn out to be dangerous for you based on your genetics. For instance; Grilled foods are considered to be healthy; however it can be a disaster for you if you have a genetic predisposition towards colorectal cancer. Food, exercise, sleep, supplements, meditation etc are highly individualized and what works for you or what works against you could be found only from your genetic profile.

4. The hereditary aspect is also significant: Suppose you have a history of cancer in the family; Perhaps prostate or breast cancer. Doesn't it worry to think that you might develop the cancer as well? Then Vieggenome test could put your mind at rest by telling you that your risk of developing the hereditary form of the disease is very low or nonexistent.





## How can you Change your Life by doing EPLIMO™ ?

1. Come out of health related uncertainties and face life with more confidence.
2. If there is any predisposition for some disease, effective and pro-active steps can be taken well in advance to prevent or delay the onset of that disease.
3. Create a highly personalized Lifestyle plan based on your geno-metabolic profile. Design a wellness management plan customized for your genetic requirement with the help of certified Lifestyle Coaches.
4. Choose the right Nutritional supplements. Nutrient requirements vary with the genotypes. Hence unscientific consumption of nutritional supplements can cause serious damages. EPLIMO™ helps you to decide on the nutrition plan including supplements.
5. Personalise your Fitness Plans and avoid disasters- Find out the right exercise pattern that suites your genotype.
6. Find your body's response to many life-saving medications – efficacy, metabolism, adverse reactions.





## Viegenome™ Test

World's most comprehensive wellness genetic test covering risk for 200+ health conditions for people who want to be completely in charge of their own health and enjoy a long healthy life.

|                |    |                 |    |
|----------------|----|-----------------|----|
| LIFESTYLE      | 5  | AUTOIMMUNE      | 7  |
| CANCER         | 21 | NEUROMUSCULAR   | 2  |
| MALE           | 3  | MENTAL WELLNESS | 13 |
| FEMALE         | 9  | GASTRO/LIVER    | 10 |
| NUTRITION      | 26 | KIDNEY          | 3  |
| OBESITY        | 3  | ENDOCRINE       | 2  |
| TRAITS         | 16 | BONES           | 7  |
| CARDIOVASCULAR | 18 | EYES            | 7  |
| DRUG RESPONSE  | 18 | FITNESS/SPORTS  | 19 |
| DIABETES       | 3  | INFECTIONS      | 6  |
| SKIN           | 8  |                 |    |



## EPLIMO™ app



EPLIMO™ app is a highly sophisticated mobile app, which becomes a Health companion for your lifetlme. You get to experience the following through our AI enabled EPLIMO™ app:

**EPLIMO™ report:** View your EPLIMO™ report on the EPLIMO™ app at your convenience.

**Metabolic analysis:** Complete the metabolic analysis prepared by our doctors' panel to understand your present health condition.

**Personalized lifestyle recommendations:** Get your personalized lifestyle recommendations from our genetic/medical experts, which is explained through an online counselling.

**Health store:** 24/7 access to Vieroots health store, from where you get to experience some of the world class wellness products.

**Health data storage:** Store all your health records by just taking a picture so that you can access it anytime, especially when an emergency situation arises.

**Find nearby practitioners/professionals:** Access to professionals like doctors, fitness trainers, nutritionists, dieticians, lifestyle coaches etc through the app where you can fix appointments.



**Know the Real You....  
Create the Best Version of You Right Now**

Call



and fix an appointment for a telecall with a EPLIMO advisor

**Vieroots Wellness Solutions Pvt. Ltd.**

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