



What is Nutrigenomics?

Nutrigenomics is a science studying the relationship between human genome, human nutrition and health. People in the field work toward developing an understanding of how the whole body responds to a food via systems biology, as well as single gene/single food compound relationships.

What does the 3x4 Genetics Nutrigenomic test do?

The 3x4 Genetic Test analyzes over 140 genes to determine how your genes work together in 36 metabolic pathways across 6 health categories.

How do I get tested?

You will receive a kit at your home. Everything you need is in the kit. The sample is taken by firmly rotating the swab on the inside of your cheek. The sample can be sent to the laboratory in the pre-paid shipping package at your convenience.

How do I get my results?



Your practitioner will notify you when results are ready. Your results will be available on the MedPGx platform.

What will my results look like?

Your results will be provided as a 3x4 “blueprint” with all your genetic variants tested. The blueprint also has a summary of impact on 36 pathways and systems, with a focus on the three most impactful to your health based on the combination of all the gene variants identified.

(Can we insert the example here?)

How do I get my consultation?

Your provider will send you a link for easy scheduling. Initial consultations are 45 minutes to an hour. (We can also add a follow-up consultation, as discussed- will get back to you on that soon)

Why do I need a consultation?

All consultations will be provided by a clinical pharmacist with specialty training with certification in Nutrigenomics. They will review your data to provide a deeper dive into areas of concern and make recommendations for specific issues or conditions you would like to address based on your genetic data. A Summary and Action Plan will be provided. Specific changes for your diet, lifestyle and any beneficial supplement recommendations will be provided. A Certified Wellness and Nutrition Coach is also available for follow-up and ongoing health management services.