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NutriTest



ALIGN YOUR NUTRITION WITH YOUR GENES

The food you eat is the foundation of healthy habits and reflects directly on health, both in the short and long term. However, you are unique and you do not necessarily react the same way as another person to the various element of your diet. Differences like these can be explained simply by the variations in your DNA that affect your reaction to various nutrients. By knowing which genetic variations you carry, you can now make more informed decisions when choosing what to put on your plate.

The Goal Of The Nutrition Profile

The Nutrition Profile allows you to adjust your diet and improve your health by using your genetic signature. With the results of the Nutrition Profile, your dietician or physician can better target your food priorities and establish an action plan that meets your unique needs.

What is tested

The Nutrition Profile identifies genetic variations in 13 genes allowing you to know how your body reacts to 10 specific nutrients. We use a method called genotyping and target only the DNA regions relevant to BiogeniQ's products. With respect to your entire human genome, we analyze less than 1 % of all your genetic information.

The process

From your saliva sample, your DNA is extracted and analyzed. Once your genetic variations have been identified, your personalized report is created. This report contains recommendations based on evidence-based scientific research and expert opinions. With your permission, your Nutrition Profile report is also given to your healthcare professional, who will explain the significance and scope of each result, and evaluate your priorities relative to your current eating habits. With your consent, the remaining DNA material will be kept for future analyses.

The Technological Limits

Our analyses are 99 % accurate. However, there remains a possibility that an error may occur. In the case where your sample cannot be analyzed, you will be re-contacted for another sample collection. It is also possible that we are unable to analyze one of your genes. This is a limit of our technology and it is in no way indicative of a problem from your part. This may happen due to the genetic diversity of our clients.

Interpretation Of The Nutrition Profile

Our Nutrition Profile test uniquely analyzes the variations that may be present in your DNA. This test does not detect your actual nutritional intake. The Nutrition Profile represents what is the first half of your action plan. The other half lies on the evaluation of your current nutrition. From there, it is important that your Nutrition Profile results are discussed with a dietician or physician who will be capable of creating an action plan based on your genetic results. It is also important to understand that the disease risks mentioned in the Nutrition Profile report are statistical probabilities and not absolute certainties.



METABOLIC HEALTH

Vitamin C, folate and carbohydrates are essential nutrients that affect the entire body. The appropriate daily intake of each of these nutrients is necessary to maintain your health.

What is the appropriate intake?

Based on your DNA, your body may be more sensitive to the quality of carbohydrates you consume or to suboptimal intake of vitamin C or folate. Unchecked, diseases may develop unknowingly for years and appear only once it is too late.

Even though many diseases are complex and multifactorial, eating well remains one of the most important factors in their prevention.

What would you say to reduce your risk one bite at a time?



CARDIOVASCULAR HEALTH

The Heart is a complex muscle whose lifelong rhythmic contractions distribute oxygen and nutrients to the body. However, with time, the cardiovascular system can become fragile and rigid, which can lead to cardiovascular disease. In Canada, heart disease represents the second most common cause of death (Statistics Canada, 2011).

The good news is that 80 % of heart attacks and cerebral vascular accidents can be prevented by acting on three aspects that you control: your physical activity, smoking, and your nutrition. In the following pages, discover how you can have a positive impact on your cardiovascular health by adjusting your nutrition.



BONE HEALTH

Your bones offer your body an ideal support; they give you're body the liberty of movement and flexibility all while protecting your organs against impacts. Despite the constant regeneration of bone tissue, after the age of 30 to 35 years, bone density naturally decreases from 0.5 to 1 % annually. This decrease could lead to osteoporosis, a condition characterized by bones that are thinner, weaker and more porous, rendering them more susceptible to fractures.

To maintain your bone health, it is essential to bring attention to the various factors such as physical activity, smoking, and of course, nutrition.



WEIGHT MANAGEMENT

Obesity is a worldwide phenomenon of which the rate has more than doubled in the last 35 years. Today, in the first world countries, 13 % of the adult population are considered obese and 39 % suffer from being overweight. Obesity contributes to serious chronic health problems, such as type 2 diabetes, hypertension, cardiovascular diseases, arthritis, as well as certain cancers.

Even though the equation is simple, energy consumed versus energy spent, there are a number of socioeconomic, physiologic, psychological, environmental, and genetic factors that also play a role in the development of obesity. The Nutrition Profile offers you a glimpse of your DNA and proposes adjustments to your nutrition to better manage your weight.



INTOLERANCES AND IMMUNITY

Intolerances or sensitivities arises when the body is not capable of appropriately digesting a nutrient or when a nutrient triggers an abnormal immune reaction. These undesirable reactions can manifest in several ways such as stomach pains, bloating, skin rashes, or even joint pain. The effects of intolerances and sensitivities can come within minutes to days after consumption of the trigger foods.



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