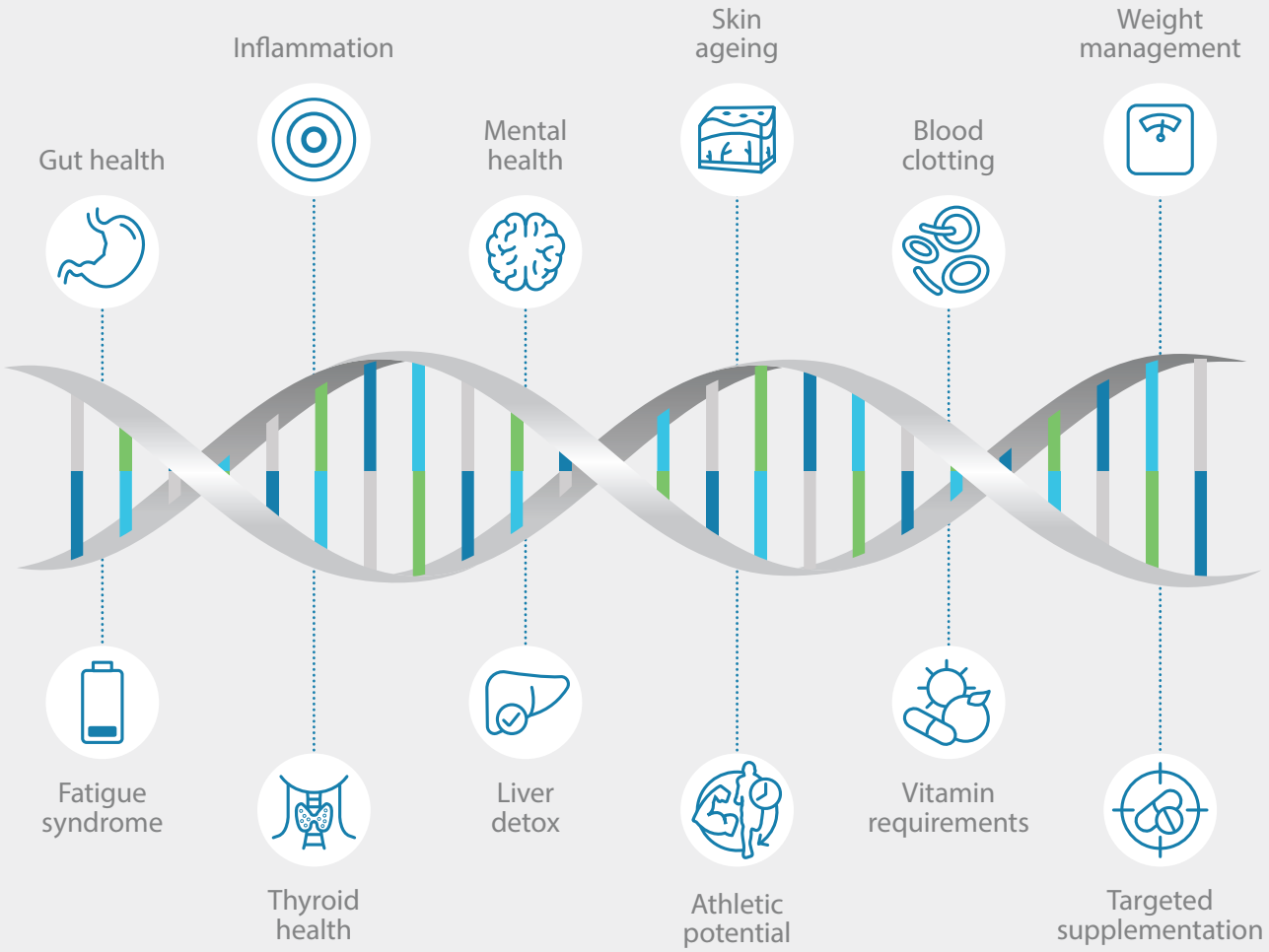
A LIFETIME OF OPTIMAL HEALTH AWAITS YOU



Armed with knowledge of your genetic code, DNA testing can help you make smarter choices and discover more effective solutions to optimise your health and reach your goals.

DNALYSIS BIOTECHNOLOGY

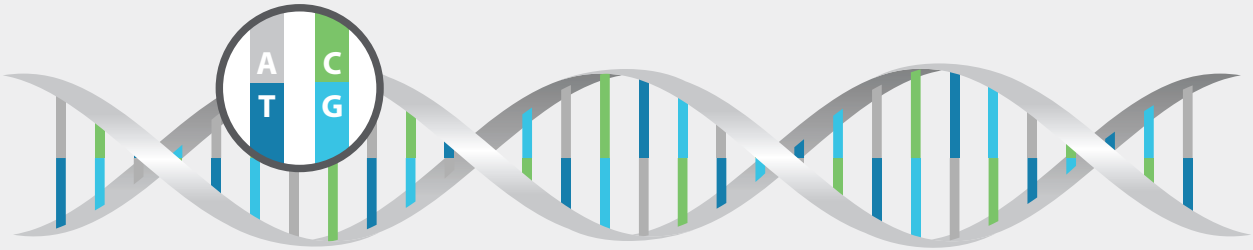
Personalised medicine

It is well known that every patient that walks into a waiting room is a unique individual that requires unique interventions. The advent of the genomic era has ensured that the days of a one-size-fits-all approach to healthcare are behind us.

DNA testing allows us to better understand a patient's unique response to different diet, lifestyle and supplement choices (nutrigenetics); as well as their response to certain medications (pharmacogenomics).

How can DNA testing help you achieve your health goals?

You are born with a set of genes that you cannot change during your lifetime. What you can do, however, is influence the manner in which these genes are expressed. There is a strong relationship between the genes that we carry, and the nutritional, medicinal and lifestyle choices we make.



What are genes?

Genes are segments of DNA that contain the instructions your body needs to make each of the many thousands of proteins required for life. Each gene is comprised of thousands of combinations of "letters" (called nucleotides) which make up your genetic code. The code gives the instructions to make everything required for proper cellular, organ and bodily function.

What are gene variations?

With the exception of identical twins, all people have small differences (variations) in their genetic code. These differences make each of us unique. In the same way as a single letter variation can profoundly change the meaning of a word, so single nucleotide changes can profoundly affect the function of our genes.

What is nutrigenetics?

Genetic variations can affect the expression of a gene, thereby affecting metabolic processes that are important for maintaining cellular health and how we respond to environmental interventions such as diet, lifestyle, supplements and medication.

Knowledge of these genetic variations offers unparalleled insight into your biological systems, allowing your healthcare practitioner to recommend precise interventions aimed at helping you reach your goals and achieve optimal health.

Choosing your DNAlysis test

DNAlysis tests analyse gene variants involved in key biological areas that govern health and disease.

dnahealth®

DNA Health reports on genes involved in the following biological areas:

Lipid metabolism | Bone health | Methylation and B vitamin requirements | Insulin sensitivity and risk for diabetes | Detoxification, inflammation and oxidative stress | Food responsiveness: gluten intolerance, lactose intolerance, caffeine processing, salt sensitivity and iron overload disorders | Vitamin requirements

dnadiet®

DNA Diet analyses gene variants involved in major areas related to weight management and reports on responsiveness to diet and lifestyle interventions:

Obesity risk | Carbohydrate and saturated fat responsiveness | Mono- and poly-unsaturated fat intake and their importance in weight management | Exercise responsiveness | Eating behaviour including satiety and snacking behaviour | Effect of circadian rhythms on weight management

dnamind®

DNA Mind gives insight into the functioning of biological areas that influence:

Neurodegenerative disorders including cognitive decline and late onset Alzheimer's disease | Addictive behaviour | Mood regulation such as stress response, anxiety and depression

dnaoestrogen®

DNA Oestrogen guides the personalisation of diet, hormone and nutritional supplement recommendations to improve oestrogen metabolism.

Unbalanced oestrogen metabolism has been associated with increased risk for breast and ovarian cancer, prostate and colon cancer, as well as endometriosis and PMS symptoms. Gaining insight into how oestrogen and other free radicals are detoxified and cleared from the body will be of benefit to individuals who are concerned about these health issues.

dnasport®

DNA Sport analyses genes which have been shown to have significant associations with the following areas:

Soft tissue injury risk | Recovery | Power potential | Endurance potential | Caffeine metabolism | Salt sensitivity | Peak performance time

dnaskin®

DNA Skin analyses genes which have been shown to have significant associations with the following areas:

Firmness and elasticity | Sun sensitivity and pigmentation | Sun damage, protection and repair | Antioxidant status | Detoxification and inflammation

medcheck™

Medcheck is our pharmacogenomics test which analyses gene variants that affect drug response.

These variants determine how you are likely to respond to certain medications, both in terms of therapeutic benefit and risk for side effects, allowing your doctor to make personalised prescriptions where necessary. Medcheck reports on more than 150 different prescription medications.

Taking a DNAlysis test is as easy as 1-2-3

Step 1: Take your sample

Take a simple, non-invasive cheek swab sample using the DNAlysis test kit.

Step 2: Analyse DNA

Your sample is processed at the DNAlysis lab and your report sent to your doctor within 10-15 working days.

Step 3: Explore your DNA

Your doctor will notify you once they receive the report to set up a consultation. Your data is securely stored for future reports, if desired.

DNAlysis for life

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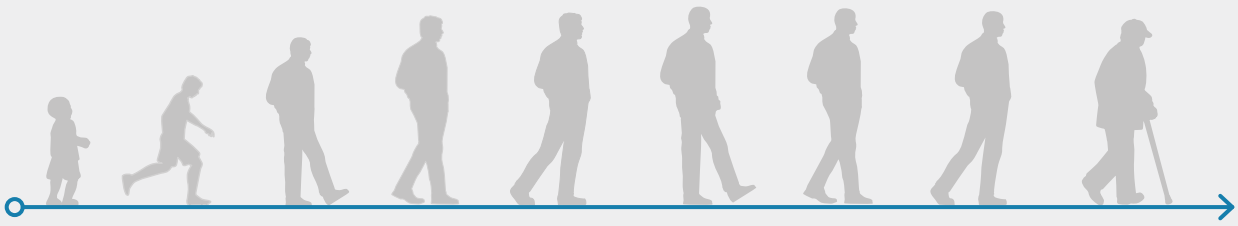
Your genes do not change, which means DNAlysis will only ever need a one-time cheek swab sample from you.



Throughout your life, as your health goals and priorities change, DNAlysis can continue to provide valuable health insights from this single cheek swab to support your unique health journey.

INHERITANCE ACADEMY

For more information:

066 334 7529 or 011 268 6074 I www.inheritanceacademy.com