

FIT GENES™

PERSONALIZED WEIGHT LOSS BASED ON YOUR DNA

Stop guessing. Find out **exactly** what you need to be healthy. Unlock your genetic potential with DNA testing.

Lose weight, build more muscle, reduce injury and prevent disease

What does your genes say about you? With DNA testing you can find out specific information about your health that helps to direct informed decisions that leads to results.

Nutritional Needs

Risk for nutrient deficiencies
What health products do you need
Do you need Vitamin A, B12, D, folic acid, or iron?

Dietary Choices

Are you lactose intolerant
Should you go gluten free
What is your caffeine tolerance

Exercise Regime

Weight resistant or endurance training
Are you prone to inflammation and poor **recovery**
How well do you repair (methylation)
Do you have an increased risk for tendon injury

Personalized Weight Loss

What type of diet is best for weight loss
More or less protein, fat or carbohydrates
Is intermittent fasting helpful or harmful

Eating Habits

Are you satisfied after eating
How to curb your tendency to snack
Mitigate unhealthy eating habits

Disease Prevention

What is your risk for high blood pressure
Is insulin resistance leading to weight gain?
Increased risk for cardiovascular disease
Risk for hormonal imbalance (option)

Purchase your DNA test today

DNA test including +45 genes
Exclusive hormone panel (\$99 Add-on)
Genomics Nutritional consult
Lifestyle Genomics consult



www.Fitgenes.me
info@Fitgenes.me