

### **What is Nutrigenomics (NGx)?**

Nutrigenomics is the study of how genes and nutrition interact. Your genetic variation can be used to predict how your body will respond to different nutrients. Your DNA is a manual for how your body operates. However, Epigenetics shows that genes can change based on our environment, including our diet. Since people react differently to the same diets due to nutrigenomics, eating a personalised diet can influence gene expression and our overall health.

### **Benefits from NGx testing**

1. Knowing your genetic information encourages you to work towards health and wellness goals.
2. It helps you to understand your genetic predispositions to health conditions.
3. By using this information, we can provide you with necessary nutritional and lifestyle recommendations
4. Optimisation of quantities of certain nutrients, vitamins and minerals

### **Who should be tested for NGx testing?**

Everyone can take it but listed few:

- Individuals with a family history of certain health conditions.
- Those who are struggling with chronic health issues
- Those who are interested in preventive health
- Those who are experiencing unexplained health issues
- Those who are with food sensitivities or intolerances

### **What are the potential limitations of Nutrigenomics?**

Nutrigenomic testing is an excellent starting point for enhancing overall wellness. However, it's crucial to recognise that real health improvements occur only after implementing actionable steps.

### **Service Provided**

### **Assessment:**

Based on the information you have provided to me within our initial consultation we will be specifically looking to provide an insight into how your genetic variability impacts your nutritional processing which may benefit overall well-being as well as individuals with ASD or ADHD.

The accuracy of the analysis and recommendations made are partially dependent upon you providing a thorough and accurate medical history.

#### Testing:

All Laboratories used to process your sample are HIPPA compliant and CLIA accredited based in Denmark.

#### Evaluation:

Once the results of the NGx testing is received, we will highlight the impact of identified genetic variants on health, provide relevant nutritional and lifestyle recommendations, and are organised by key metabolic functions to easily identify genetic strengths and weaknesses.

You must be aware that the results of your NGx Testing may provide information which may potentially reveal information about your genetic risks which are not only relevant to you but also to your relatives although this is rare.

Genomic tests may generate additional, unexpected, or incidental findings and outcomes from genomic testing may be uncertain or unclear.

#### Plan:

We will formulate a nutritional and lifestyle recommendation plan to achieve patient-centered health outcomes.

#### Follow-Up:

If you provide your consent will share recommendations with your Consultant/ GP to ensure ongoing assessments and optimisation of health plans.