

MyDNA Comprehensive

Insights provided from your genes

DIGESTION

Ideal diet type
Macronutrient requirements
How you respond to weight loss
Vitamin C absorption
Ketosis
Fasting

ENERGY

Methylation cycle
MTHFR
Folate requirements
Balancing homocysteine
Fatigue

HORMONES

Thyroid health
Testosterone
Oestrogen
Sex hormone-binding globulin
Vitamin-D homeostasis

STRESS & COGNITIVE PERFORMANCE

Raise cognitive performance
Stress reduction
Anxiety & depression
Sleep optimisation
Memory
Ideal work environment

ATHLETIC PERFORMANCE

Cardiovascular health
Optimise muscle recovery
VO2 Max
Muscle injury
Triglycerides
Blood clots

INFLAMMATION & LONGEVITY

Carcinogen detoxification
Optimise anti-oxidant levels
Detoxification
Lower inflammation

DNA PROTECTION & REPAIR

Tumour suppression and genes
Cancer prevention
Improve DNA repair
SIRT1: Longevity gene

DETOXIFICATION

Toxin sensitivity
Drug metabolism
Chemical sensitivity