

# NUTRIFIT

*Your personal lifestyle guide*



**PRODUCT PRESENTATION**

# NUTRIFIT

**YOUR PERSONAL GUIDE ON NUTRITION,  
SPORTS AND LIFESTYLE BASED ON  
YOUR GENES.**

Is it possible to adapt your lifestyle to your body's needs? **NutriFit** is an innovative analysis that helps you to improve your diet and lifestyle according to your genetic predispositions.

*We are very similar – we all have two hands, two feet, a pair of eyes and ears. At the same time, we are very different - we have people with dark hair, blonde hair, brown eyes, blue eyes, some are taller, others are shorter. But more important*

*for our daily lives are the differences we cannot see - how we react to different foods, different types of exercise, how we metabolize vitamins, minerals and fats.*

Modern science and state of the art technology allow us to have a look at our individual predispositions and **create tailored advice for each one of us**. There is no such thing as a "one size fits all" approach. **Long-term vitality and well-being should be personal, not general!**



## TO KNOW



By examining your genetic predispositions, we are able to provide new insights into your body's functions and offer appropriate personalized lifestyle guidelines about diet, nutrition and exercise.

**ADAPT YOUR LIFE TO YOUR BODY'S  
NEEDS WITH NUTRIFIT**

## TO IMPROVE



By knowing your predispositions, you will be able to act in order to improve your life. NutriFit, your personal lifestyle guidebook, will guide you towards a positive, healthy and long-lasting change in your lifestyle and well-being.

**THE MOST COMPREHENSIVE  
ANALYSIS ON THE MARKET.**

# “SMALL DAILY CHANGES HAVE A BIG IMPACT ON YOUR LONG-TERM HEALTH AND WELL-BEING.”



**THROUGH NUTRIFIT YOU WILL RECEIVE NEW INSIGHTS INTO YOUR BODY'S NEEDS AND PERSONAL ADVICE HOW TO ACT FOR THE BEST RESULTS.**

*We all have different goals: finding our ideal diet, reaching a certain weight, improving our cholesterol levels, increasing our vitality... But we often struggle to achieve them despite following the “right” general advice. What is needed is our personalized advice based on objective needs*

## WHAT NUTRIFIT TELLS YOU?



### VITAMIN B9 (FOLIC ACID)

#### **AT LEAST 50% MORE VITAMIN B9**

*Vitamin B9 (folic acid) is crucial for normal functioning of the metabolism and healthy blood. Because of our differences some people need to consume at least 50% more vitamin B9 to cover their needs. Do you need to eat more green leafy vegetables to get your levels up!*

### STRENGTH TRAINING

#### **40% BUILD UP FAT TISSUE IN ADDITION TO MUSCLES**

*The same training regime can produce very different outcomes. Studies have shown that more than 40% of men who do only weight lifting build up fat tissue in addition to muscles. If you are one of them, you can now adequately change the training routine to achieve your goals.*

### LACTOSE INTOLERANCE

#### **45% OF PEOPLE DON'T KNOW THE CAUSE OF THEIR PROBLEMS.**

*Did you know that around 65% of the world population is to some degree lactose intolerant and 45% are not aware what causes them problems? NutriFit can tell you more...*

### RESPONSE TO SATURATED FATS

#### **OBESITY RISK CAN BE 20 TO 30% HIGHER**

*There can be various reasons why some people do gain weight faster than others. One is the response to saturated fats, where obesity risk can be 20 to 30% higher. Are you one of them?*

# NUTRIFIT PROVIDES AN EFFECTIVE PERSONALIZED PREVENTIVE APPROACH RELATED TO KEY HEALTH CHALLENGES.



With NutriFit we are improving the insureds' quality of life. It is an innovative approach in the area of prevention that allows targeted daily changes to increase long-term health and wellbeing.

## HEALTH CHALLENGE High blood pressure (Hypertension)



**Hypertension appears in more than 65% cases with persons over 65 years** and is the most important factor related to heart attack, stroke and kidney failure (7 out of 10 people who have a first heart attack have hypertension; 8 out of 10 people who have a stroke have hypertension, 7 out of 10 people with chronic heart failure have hypertension, 9 out of 10 people with a kidney transplant have hypertension). **Lowering your blood pressure for 5% results in lowering your stroke risk for 25% and heart attack risk for 18%. Genetic analyses that can help you get your blood pressure under control.**

## GENETIC TESTS that help you reduce Hypertension



### CAFFEINE METABOLISM

*(lower caffeine metabolizing leads to higher blood pressure). Because of specific genetic mutation some people are slow caffeine metabolizers which means caffeine will stay in their bodies longer and this will increase their blood pressure more. In this case more than 2 cups of coffee per day can increase your heart attack risk for 2,5 times.*



### SODIUM (SALT)

*needs (45% of the population has certain genetic variants which make them more sensitive to salt. Salt increases blood pressure and some people could be exposed to 3 times higher risk of cardiovascular diseases if they follow daily general salt intake recommendations because of their genetic mutations.*



### POTASSIUM

*can influence your sodium levels and consequently your risk for high blood pressure. About 40% of Caucasians have certain genetic variants that make them more likely to suffer from potassium deficiency. For these carriers, increasing potassium while limiting sodium is the most effective method to prevent hypertension and related cardiovascular diseases.*



### INFLAMMATION SENSITIVITY

*will show you how prone are you to inflammation. Long-term chronic inflammation can further result in cardiovascular complications and high blood pressure. 25% of the population has genetic predisposition for higher risk of developing CIRS (Chronic Inflammatory Response Syndrome).*

# NUTRIFIT

## YOUR PERSONAL LIFESTYLE GUIDEBOOK

NutriFit is designed to be used by everyday people, therefore, all information is structured in the most convenient and user-friendly way.

Your NutriFit starts with an **overview of your results** and a guide on how to interpret and use the results. It is then followed by the most important part of your guide – **the specific results of each analysis with your personal results, recommendations and guidelines** on how to improve your nutrition and lifestyle. Your personal report is concluded with **an overview of the tested genes**, a glossary of used terms, a list of scientific sources and **nutritional charts** to help you to construct a suitable diet plan.



### RESULT OVERVIEW

**ANALYSIS OVERVIEW OF YOUR RESULTS**

#### THE INFLUENCE OF DIET ON BODY WEIGHT

Analysis	Your result	Summary
Response to saturated fats	<b>NORMAL</b>	The intake of saturated fats is not additionally unfavorable for you. Despite this, your daily intake should not exceed 10% of caloric intake.
Response to monounsaturated fats	<b>FAVORABLE</b>	We recommend you to consume 16% of monounsaturated fats daily. They have an important part in your diet, as your reaction to them is favorable.
Response to polyunsaturated fats	<b>NORMAL</b>	Polyunsaturated fats should represent 7% of your daily caloric intake. They will find sufficient amounts of them in hazelnuts, almonds, mackerels, etc.
Response to carbohydrates	<b>UNFAVORABLE</b>	Due to your unfavorable response to carbohydrates, we recommend you to lower their daily intake. Reduce it to 20% of daily caloric intake.
Satiety	<b>HIGHER TENDENCY</b>	We suggest that you go food shopping with a full stomach, because this way you'll be more likely to buy only those products that you really need.
Weight loss-regain	<b>LESS LIKELY TO REGAIN WEIGHT</b>	Your genes determine that for you maintaining weight should be easier in comparison to most of the population. However, it still doesn't mean that you can eat everything you want.

**LOW CARB DIET**  
You are advised to eat foods from all food groups, with emphasis on monounsaturated fats and controlled intake of carbohydrates.

#### THE REQUIREMENT OF NUTRIENTS

Analysis	Your result	Summary
Vitamin B6	<b>LOW LEVEL</b>	Eat foods that contain more vitamin B6: eggs, sprouts, chicken, to make sure that your daily consumption of vitamin B6 reaches 1.800 mg.
Vitamin B9	<b>HIGHER LEVEL</b>	Eat enough vegetables, such as cauliflower, artichokes or cabbage, that will help you to consume recommended 400 mg of vitamin B9 daily.
Vitamin B12	<b>AVERAGE LEVEL</b>	You should increase your daily vitamin B12 intake to 2.5 mg. You can get it from recommended amounts of fish, meat and dairy products.
Vitamin D	<b>AVERAGE LEVEL</b>	For consuming 25 mg of vitamin D daily, we advise you to consume fish, codliver, mushrooms and dairy products.



### SPECIFIC GENE RESULTS

**ANALYSED GENES**

#### CARDIOVASCULAR HEALTH

Gene	Analysis	Role of the gene	Genotype
IL6R	LDL cholesterol	IL6 gene encodes a subunit of the interleukin 6 (IL6) receptor complex. Interleukin 6 is a systemic inflammatory protein that regulates cell growth and differentiation and plays an important role in the immune response.	CC
APOA5	Triglycerides	Apolipoprotein A5 has an important role in the regulation of the level of chylomicrons and lipoproteins in the plasma.	CC
LDL	HDL cholesterol, Triglycerides	Lipoprotein, which eliminates fats from chylomicrons and LDL.	AA
LRPI	HDL cholesterol, Triglycerides	Protein, involved in insulin lipid homeostasis.	CC
IRS1	HDL cholesterol, Triglycerides	Protein which is phosphorylated by insulin receptor tyrosine kinase.	AA
TG7L2	Blood sugar	A transcription factor which is involved in the Wnt5a-signaling pathway through which it influences diabetes type II.	CC
SLC30A5	Blood sugar	The main component of zinc supply for the production of insulin, and it is involved in processes of storage in insulin granules in the pancreas.	CC
G6PC2	Blood sugar	Catalytic subunit of an enzyme, glucose-6-phosphatase, and it, therefore, important influences the blood glucose level.	GG
MTNR1B	Blood sugar	Receptor for melatonin, influencing circadian rhythms.	GG
DGKB	Blood sugar	Dialkylglycerol kinase regulates the level of diacylglycerol and the secretion of insulin.	CG
GCKR	Blood sugar	Inhibitor of glucokinase (GCK), which regulates the first step of metabolic pathway of sugar.	AG
ADYS1	Blood sugar	Enzyme cofactor, responsible for the synthesis of cAMP, which regulates the activity of glycogen and adrenaline.	AA
FAO51	Omega-3 metabolism	An enzyme encoded by the gene is involved in conversion of ALA (n-3 polyunsaturated fatty acid) to EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid).	CT
FAO51	Omega-3 and triglycerides	An enzyme encoded by the gene is involved in conversion of ALA (n-3 polyunsaturated fatty acid) to EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid).	CT
PCSK1	Insulin sensitivity	An enzyme which processes protein ligand type 1 (LDL receptor), has an important role in regulating the homeostasis of insulin.	AA
ADIPOQ	Insulin sensitivity	A gene expressed in fatty tissue. It regulates fat metabolism and sensitivity to insulin.	GG
TG7L2	Insulin sensitivity	A transcription factor which is involved in the Wnt5a-signaling pathway through which it influences diabetes type II.	CC
ADIPOQ	Adiponectin	A gene expressed in fatty tissue. It regulates fat metabolism and sensitivity to insulin.	GG



### DETAILED ANALYSIS RESULTS

#### THE REQUIREMENT OF NUTRIENTS

##### VITAMIN B9

Vitamin B9, also known as folic acid, is a water-soluble vitamin, which is crucial for an adequate metabolism of essential components (amino acids, healthy blood, DNA synthesis), and it is also an important factor which reduces the risk of cardiovascular disease.

One of the best known and most important enzymes, which ensure an appropriate B9 vitamin level, is **MTHFR**. A mutation can occur within the gene that determines this enzyme. This can greatly influence the vitamin B9 level, which has been confirmed by many studies. MTHFR enzyme is sensitive to temperature and thus inactive in people who consume a lot of red meat and a small amount of green leafy vegetables. It has been documented that every unfavorable copy of the MTHFR gene markedly reduces the vitamin B9 level. In case you are the carrier of one of the unfavorable copies of the gene, it is highly recommended that you adjust your diet to achieve optimal health.



**YOUR RESULT:**  
**HIGHER LEVEL**

The analysis has shown that you are the carrier of two favorable copies of the MTHFR gene, which determine a higher vitamin B9 level. Approximately 49 percent of people have such a genetic makeup.

**Recommendations:**

- Your vitamin B9 level is higher compared to people with one or two unfavorable copies of the MTHFR gene.
- Because of favorable genes you are able to fully your daily vitamin B9 requirements with 400 mg of vitamin B9 per day.
- Include in your menu vegetables, such as green lettuce, cauliflower, artichokes or cabbage, as they contain sufficient amounts of vitamin B9, which will enable you to have an appropriate vitamin B9 level.
- High amounts of vitamin B9 are found in whole wheat pasta and rice.
- Because you are the carrier of the most favorable genetic makeup, you can, undoubtedly, consume enough vitamin B9 in food only, and you do not need any food supplements.

**WHY WE NEED IT**  
It is based on indicators, DNA and RNA synthesis.

**THE EFFECTS OF THE LACK**  
The reduction in number of blood cells.

**WHERE IT IS FOUND**  
Green leafy vegetables, fish, beer, yeast.

Vitamin B9 is called also folic acid. The name is a derivative of the Latin word folium, meaning leaf. No wonder, since Vitamin B9 is mostly found in leafy vegetables. The consumption of leafy vegetables is highly advisable because our body cannot produce folic acid.



### NUTRITIONAL CHARTS

**NUTRITIONAL CHARTS**

#### NUTS AND SEEDS

#P	#F	D	C	F	Ber	Almond	Sesame	Cashew	Hazelnut	Walnut	Soybean	Other
30 mg	0.02 mg	0.02 mg	0 mg	26.28 mg	3.7 mg	705 mg	23 mg	264 mg	268 mg	2.3 mg	1 mg	3.35 mg
22 mg	0.02 mg	0.02 mg	1 mg	5.78 mg	24 mg	659 mg	1017.02 mg	160 mg	376 mg	1.2 mg	3 mg	4.38 mg
68 mg	0.02 mg	0.02 mg	0 mg	0.90 mg	5.0 mg	546 mg	113 mg	43 mg	258 mg	0.8 mg	15 mg	3.90 mg
88 mg	0.02 mg	0.02 mg	27 mg	0.20 mg	1.7 mg	773 mg	63 mg	46 mg	54 mg	0.5 mg	27 mg	0.20 mg
113 mg	0.02 mg	0.02 mg	4 mg	1.02 mg	4.7 mg	682 mg	24 mg	114 mg	163 mg	6.2 mg	6 mg	3.25 mg
11 mg	0.02 mg	0.02 mg	1 mg	0.50 mg	3.7 mg	308 mg	34 mg	85 mg	130 mg	4.1 mg	5 mg	1.30 mg
140 mg	0.02 mg	0.02 mg	0 mg	8.30 mg	48 mg	705 mg	72 mg	92 mg	168 mg	1.8 mg	18 mg	2.10 mg
34 mg	0.02 mg	0.02 mg	1 mg	1.90 mg	5.5 mg	391 mg	67 mg	16 mg	251 mg	8.8 mg	2 mg	6.50 mg
57 mg	0.02 mg	0.02 mg	1 mg	2.88 mg	4.2 mg	525 mg	73 mg	107 mg	121 mg	1.2 mg	1 mg	2.26 mg
82 mg	0.02 mg	0.02 mg	1 mg	1.80 mg	9.8 mg	719 mg	133 mg	143 mg	347 mg	6.7 mg	26 mg	7.20 mg
58 mg	0.02 mg	0.02 mg	2 mg	0.80 mg	15.0 mg	807 mg	54 mg	43 mg	535 mg	3.0 mg	18 mg	2.80 mg
118 mg	0.02 mg	0.02 mg	0 mg	1.70 mg	6.4 mg	370 mg	973 mg	600 mg	343 mg	1.4 mg	47 mg	6.70 mg
98 mg	0.02 mg	0.02 mg	1 mg	0.70 mg	2.9 mg	441 mg	43 mg	98 mg	158 mg	3.4 mg	2 mg	3.20 mg

#### FISH AND SEAFOOD

9 mg	0.6 mg	1.7 mg	0 mg	0.00 mg	3.3 mg	883 mg	36.5 mg	147 mg	41 mg	0.1 mg	104 mg	1.70 mg	
13 mg	7.8 mg	3.9 mg	1 mg	0.20 mg	1.5 mg	361 mg	126 mg	43 mg	22 mg	0.9 mg	52 mg	0.20 mg	
7 mg	0.02 mg	1.3 mg	1 mg	0.08 mg	0.4 mg	413 mg	331 mg	14 mg	33 mg	0.0 mg	96 mg	0.20 mg	
17 mg	2.9 mg	23.3 mg	2 mg	0.40 mg	0.0 mg	349 mg	900 mg	35 mg	35 mg	0.0 mg	65 mg	1.30 mg	
9 mg	0.2 mg	18.3 mg	1 mg	1.00 mg	1.0 mg	357 mg	140.0 mg	41 mg	29 mg	0.0 mg	65 mg	0.50 mg	
7 mg	0.5 mg	4.2 mg	3 mg	0.40 mg	0.3 mg	409 mg	36.5 mg	7 mg	24 mg	0.0 mg	71 mg	0.50 mg	
30 mg	19.7 mg	1.0 mg	1 mg	1.10 mg	1.3 mg	327 mg	36.5 mg	57 mg	32 mg	0.0 mg	96 mg	1.80 mg	
1 mg	0.5 mg	0.0 mg	0 mg	1.20 mg	0.3 mg	275 mg	414 mg	46 mg	27 mg	0.1 mg	296 mg	4.30 mg	
1 mg	8.7 mg	9.0 mg	1 mg	1.50 mg	1.8 mg	314 mg	441 mg	12 mg	76 mg	0.0 mg	96 mg	6.00 mg	
70 mg	24.0 mg	0.0 mg	14 mg	0.55 mg	6.7 mg	268 mg	894 mg	33 mg	37 mg	6.8 mg	369 mg	2.70 mg	
16 mg	26.0 mg	0.0 mg	5 mg	1.20 mg	5.3 mg	306 mg	448 mg	53 mg	30 mg	0.0 mg	236 mg	1.70 mg	
26 mg	3.2 mg	10.6 mg	4 mg	3.60 mg	0.3 mg	363 mg	249 mg	1 mg	27 mg	0.0 mg	59 mg	4.00 mg	
—	—	—	—	0.00 mg	2.7 mg	474 mg	640.0 mg	379 mg	—	40 mg	0.2 mg	59 mg	—
12 mg	8.9 mg	6.8 mg	0 mg	2.00 mg	2.9 mg	397 mg	52.7 mg	382 mg	39 mg	0.1 mg	505 mg	1.30 mg	
5 mg	0.3 mg	67.8 mg	0 mg	0.30 mg	0.3 mg	256 mg	36.5 mg	10 mg	41 mg	0.0 mg	68 mg	0.40 mg	
16 mg	1.2 mg	0.0 mg	4 mg	1.20 mg	1.0 mg	279 mg	51.8 mg	39 mg	33 mg	0.1 mg	306 mg	1.70 mg	
2 mg	1.2 mg	4.5 mg	0 mg	0.90 mg	1.0 mg	237 mg	67.0 mg	14 mg	33 mg	0.0 mg	377 mg	0.50 mg	
2 mg	0.5 mg	4.5 mg	1 mg	0.50 mg	0.7 mg	444 mg	36.5 mg	16 mg	50 mg	0.0 mg	37 mg	0.40 mg	

# YOUR PERSONAL RESULTS

The main part of your NutriFit analysis is divided into 6 chapters with 30 individual analyses. Each analysis follows a logical information structure that contains the following information: analysis explanation, result and personal recommendation



## ANALYSIS EXAMPLE Vitamin D

### ANALYSIS EXPLANATION

Detailed explanation of each specific analysis.

### RESULT

Personal descriptive result

### RECOMMENDATION

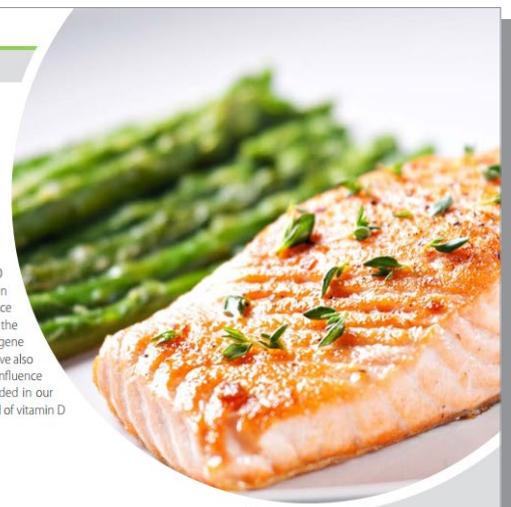
Personalized guidelines and recommendations

#### THE REQUIREMENT OF NUTRIENTS

### VITAMIN D

**Vitamin D** is an important vitamin, which enables the absorption of calcium from the intestines into the blood – vitamin D, allows the calcium to be incorporated into our bones, and is, therefore, an important factor which enables healthy bones. The level of vitamin D depends on our diet and the exposure to sun, as well as on our genetic makeup.

In a study, started in 2010, vitamin D levels were measured for 33 000 people and several genes were analysed for their influence on vitamin D uptake. Three genes, that slightly varied between people and influence vitamin D levels, were identified. The mutation in the **gene GC** had the greatest influence, and people with two unfavourable copies of the gene had a 20 percent lower vitamin D level. **Genes DHCR7 and CYP2R1** have also been analysed in addition to GC, and they had an equally important influence on the vitamin D level. The three genes mentioned have been included in our analysis and, based on this analysis, we can effectively predict the level of vitamin D determined by your genes.



**YOUR RESULT:**  
**AVERAGE LEVEL**

The analysis has shown that you are the carrier of a genetic makeup which determines an average vitamin D level.

#### Recommendations:

- Your genetic makeup determines an average vitamin D level, and with an appropriate choice of foods, you can further improve your state.
- Compared to people with the most favourable genes, you have slightly higher vitamin D requirements, and we recommend that you consume 25 mcg of vitamin D daily.
- There is plenty of it in fish (sardines and mackerels), and dairy products (creme fraiche, Edam cheese, and mozzarella).
- We recommend regular walks in nature, because sun exposure encourages the synthesis of vitamin D.
- The lack of vitamin D can express mostly in vegetarians and, in this case, we recommend food supplements.

*Did you know that magnesium is one of the important factors that influence activity of vitamin D? Sufficient levels of magnesium in the blood are essential to convert vitamin D into its active form. Also magnesium plays an important role in the influence of vitamin D on the immune system.*

**WHY WE NEED IT**  
calcium absorption from intestines into the blood, the formation and regeneration of bones

**THE EFFECTS OF THE LACK**  
Incorrect growth and healing of bones, rickets, occasional muscle cramps

**WHERE IS IT FOUND**  
milk, beer yeast, fish oil, sardines, salmon, tuna, liver



35

With some analyses have additional information about:

#### GENES VS. THE ENVIRONMENT



#### GRAPHIC RESULTS



#### RECOMMENDED NUTRIENTS

##### WHERE IS IT FOUND

pork, beef, liver, red meat, mussels, egg yolk, nuts, beans, oatmeal

#### INTERESTING FACTS

*Although most people believe that their iron levels improve most effectively with ...*

# LIST OF INCLUDED ANALYSES



## 1 THE INFLUENCE OF DIET ON BODY WEIGHT

- Response to saturated fats
- Response to monounsaturated fats
- Response to polyunsaturated fats
- Response to carbohydrates
- Satiety
- Weight loss-regain

## 2 THE REQUIREMENT OF NUTRIENTS

- Vitamin B6
- Vitamin B9
- Vitamin B12
- Vitamin D
- Iron
- Sodium (salt)
- Potassium
- Vitamin E

## 3 METABOLIC PROPERTIES

- Alcohol metabolism
- Caffeine metabolism
- Lactose intolerance
- Gluten intolerance

## 4 SPORTS AND RECREATION

- Muscle structure
- Strength training
- Heart capacity
- Muscle volume gene

## 5 LIFESTYLE

- Biological ageing
- Inflammation sensitivity

## 6 CARDIOVASCULAR HEALTH

- Omega-3 metabolism
- Omega-3 and triglycerides
- Insulin sensitivity
- Adiponectin

# SIMPLE AND SAFE PROCESS

Our goal is to make the whole testing procedure as simple and convenient as possible for the users. For the purpose of DNA collection, we use special DNA kits (sample collectors) that can be used by everybody and require no special handling or storage procedures.

The samples are later delivered to our certified laboratory where DNA isolation and analysis are conducted using the latest technology in molecular diagnostics. The raw data is analysed and evaluated, which provides the basis for the personalized recommendations.

The final product the client receives is a personal guidebook covering the most important areas of nutrition, sports and well-being that can substantially help in achieving a better lifestyle and personal wellbeing.

## ALL FROM HOME. NO BLOOD. NO NEEDLES. JUST RUB A BUCCAL SWAB AGAINST YOUR CHEEK!



**CLIENT RECEIVES TO THE HOME ADDRESS A DNA KIT CONTAINING THE SAMPLE COLLECTOR AND INSTRUCTIONS**



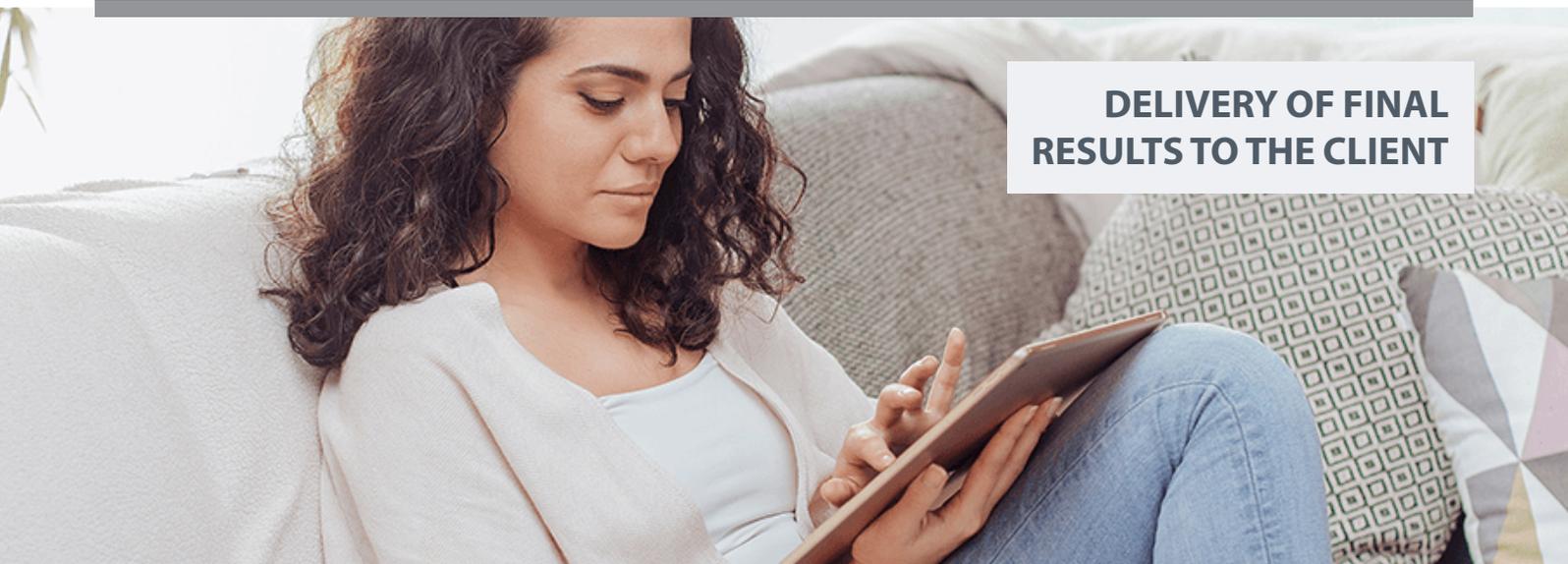
**CLIENT SENDS THE SAMPLE TO THE LABORATORY WITH A PRE-PAID AND PRE-ADDRESSES ENVELOPE**



**ANALYSIS OF DNA SAMPLE IN CERTIFIED LABORATORY**



**INTERPRETATION GENETIC DATA AND REPORT CREATION**



**DELIVERY OF FINAL RESULTS TO THE CLIENT**

# ACCURATELY & SECURELY

All analyses are performed according to the highest professional standards, focusing on laboratory and data security standards.

## THE WHOLE PROCESS IS SAFE AND SECURE.

**THE CLIENT SAMPLE IS MARKED WITH A UNIQUE ID CODE.**

**SAMPLES ANALYSED IN ISO ACCREDITED LABORATORY.**

**ANALYSES PERFORMED ACCORDING TO EU GUIDELINES AND STANDARDS.**

**DATA SECURITY ORGANIZED ACCORDING TO ISO STANDARDS AND GDPR COMPLIANT.**



### COMPLIANCE



All aspects related to the analysis are safe - it is safe from the user's point of view, as the sampling procedure excludes any chance of injury or harm. It is also safe in terms of data security – all data is stored and handled according to EU and local legislation according to the highest security standards:



- the databases are registered with the information security commissioner,
- the sample is analysed in the lab identified only by a specific barcode,
- the results are available over a secure platform by logging-in with unique username and password.

The client's results are not shared with any 3rd parties and are available only to the client. All samples are analysed with cutting-edge genotyping platforms in an accredited lab with appropriate certification.

# ABOUT GENEPLANET

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## OUR MISSION

Our goal is to help people with new insights and personalized guidelines to improve the quality of life for each individual. By using a preventive and targeted approach, we help them to take the right decisions to improve their lifestyle, health and well-being.

## OUR GOAL

GenePlanet is the leading European provider of innovative healthcare and lifestyle solutions based on preventive genetic testing. Our mission is to offer valuable information and preventive guidelines that enable individuals to live a more fulfilling and healthy life.

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GENEPLANET

## “DISCOVER YOUR DNA, DISCOVER YOURSELF!”

