

Prevention guide

For:

Sample ID:

Race: N/A

Test ID:

Gender: ...

Age:

Batch:

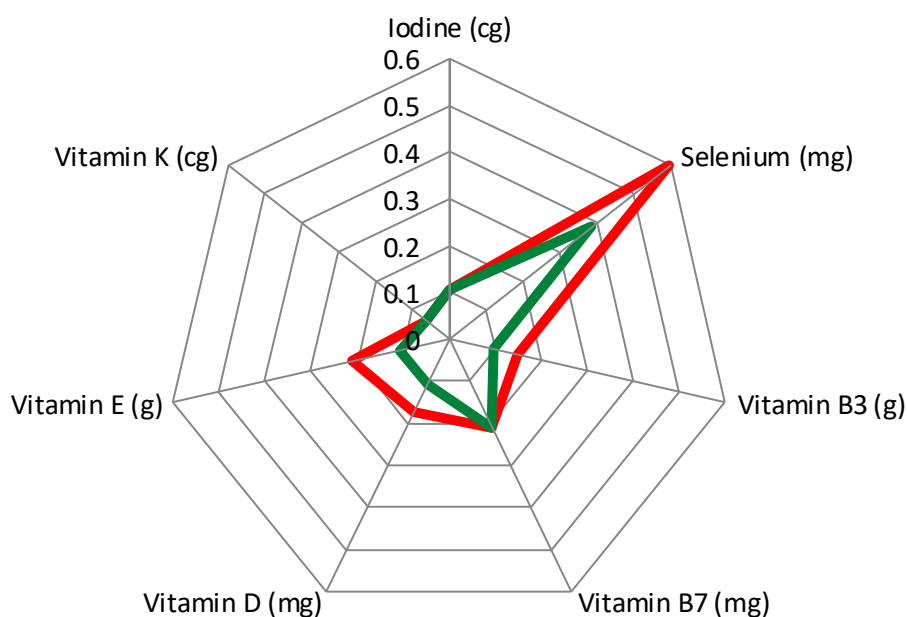
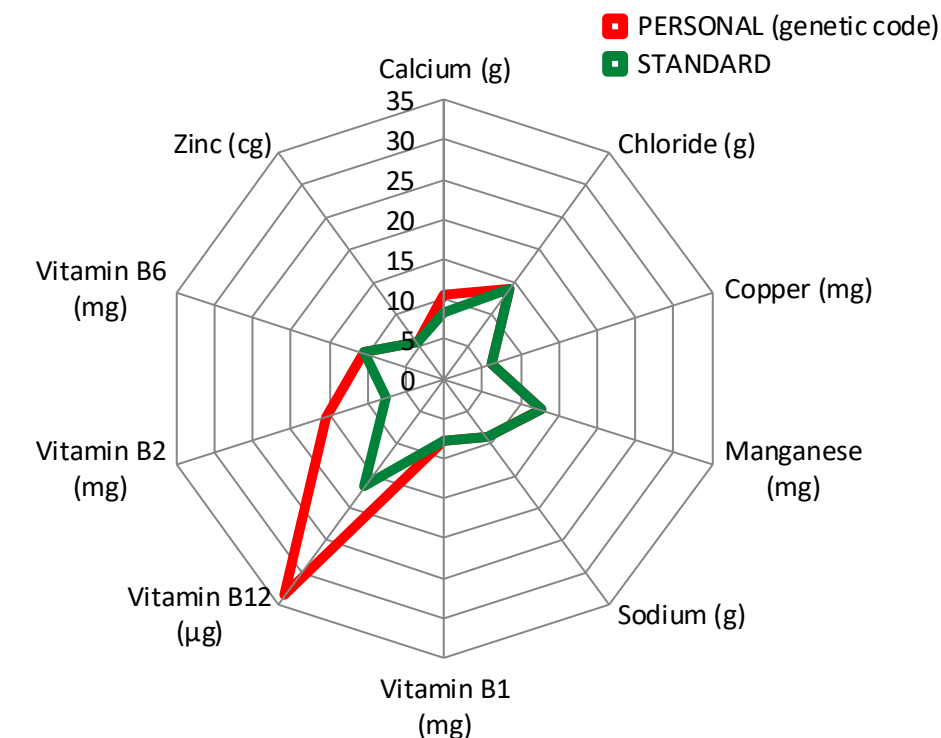
Cuprins

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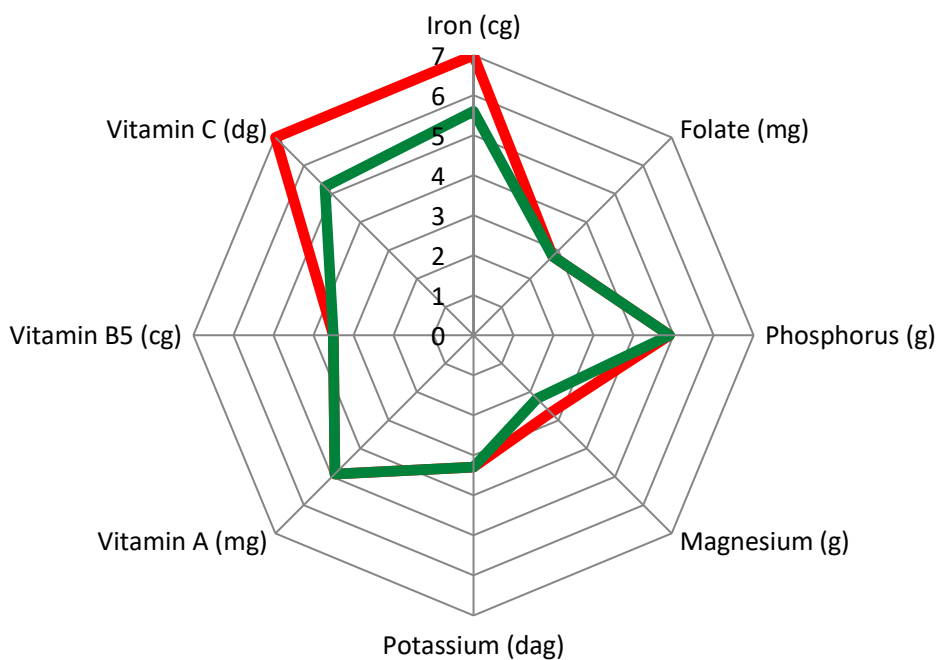
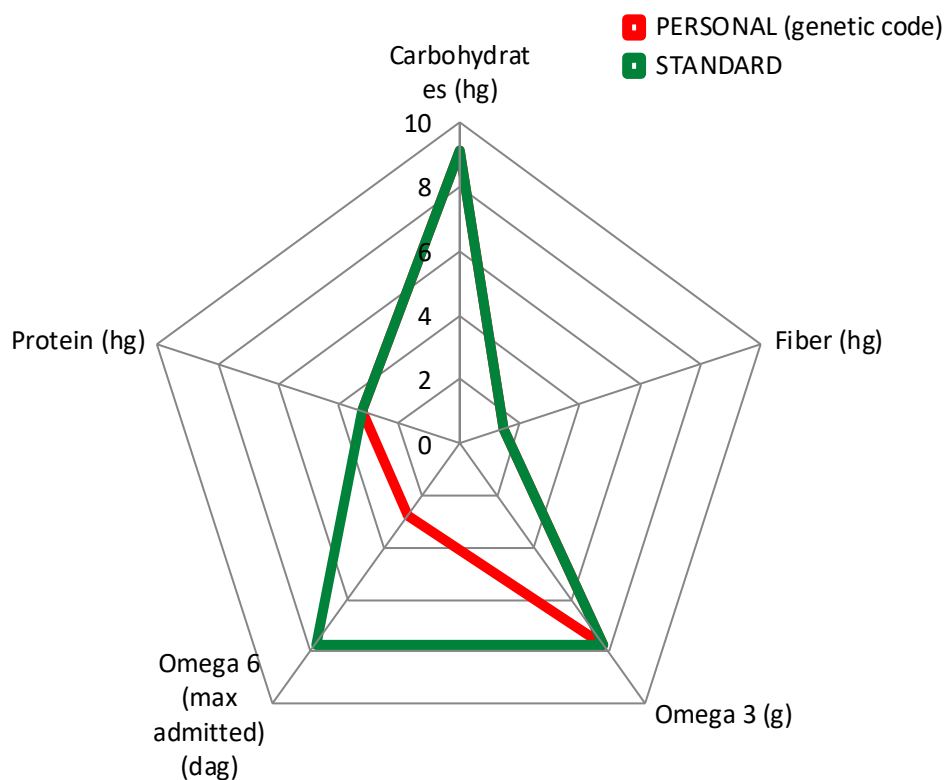
I. Nutrigenetic Profile – nutrient intake recommendation

The nutrigenetic profile was performed using the data obtained from the analysis of **86 genes** relevant to the nutritional targets and to evaluate the risk of certain serious diseases, within which a total of **382 detected genetic variations** were chosen.

Depending on your genetic profile, the personalized values (nutrient intake recommended per week) that are necessary for a healthy diet are identified.



Echivalent	Cantitate	Unitate masura	Simbol
1 gram	0.001	kilogram	kg
	0.01	hectogram	hg
	0.1	decagram	dag
	10	decigram	dg
	100	centigram	cg
	1000	milligram	mg
	1000000	microgram	μg



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II. Nutritional differences

The differences were calculated by comparing the standard nutritional intake according to the European Food Security Agency with the nutrient intake according to the personalized nutrition profile for healthy eating.

The contribution of **36 nutrients and nutritional variables** was evaluated:

- a) In the case of **25** nutrients do not present differences from the standard intake of nutrients
- b) For **11** nutrients present the following differences:

Nutrienti	Necesari zilnic	Aport vs Standard*	
		mai MARE cu	mai MIC cu
Vitamin E (mg)	30	100%	
Vitamin B2 (mg)	2.2	100%	
Vitamin B12 (µg)	4.8	100%	
Vit. D (Colecalciferol) (µg)	25	67%	
Selenium (µg)	85	55%	
Vitamin B3 (mg)	21	50%	
Vit. C (Ascorbic Acid) (mg)	100	33%	
Calcium (mg)	1500	25%	
Iron (mg)	10	25%	
Magnesium (mg)	390	22%	
Water (L)	2.7	0%	
Omega 6 (g)	4		64%

If you have a lifestyle that does not allow you to repeatedly reach these thresholds, you are suffering from nutritional deficiencies associated with metabolic imbalances.

To develop a diet that takes into account dietary preferences (vegan, vegetarian, etc.), intolerances, restrictions due to illnesses and your lifestyle, please call a nutritionist or doctor.