



# Genetic Testing for Personalized Nutrition

DNA IS ANALYZED WITH A SIMPLE BUCCAL SWAB



PERSONALIZED  
GENETIC TESTING



Sample  
collection



DNA  
analysis



Personalized  
dietary plan

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Listen your genes for functional nutrition. Knowing the interaction between genes and nutrients will help you improve your health.

I lost 25  
pounds.  
I listen to  
my genes



[www.kleinphoto.com](http://www.kleinphoto.com)

## Order your Nutrigenetic Testing Now!

You will received your  
Personalized Nutrition  
Report in 3 weeks



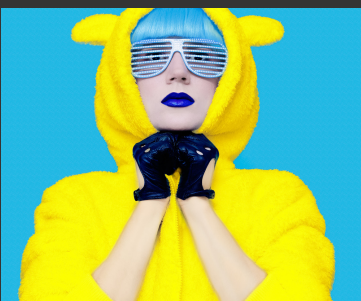
LISTEN TO YOUR GENES  
WHAT IS THE BEST DIET FOR YOU?

# Nutrigenetic

Low Carb  
for me

Low Fat  
No sugar





**Low  
Carb**

**We all are different**

**Low  
Fat**



## Diet Report

If you know your genomics, you know what food the best for your genes is, and which foods you should avoid.

70% of your tendency to gain weight is determined by your genes.

Based on our analysis of your genes we have calculated your score to determine which of the three possible diet plans (**low fat, low carb, and Mediterranean**) is likely to be the most effective for you.

## Why you should listen to your genes?

Hippocrates said: "food is medicine". New science shows that it's in fact the ultimate pharmacology, right down to our DNA.

One person superfood is another person's poison. Why?

**Because of our genes.**

"Obesity is overwhelmingly inherited," said Jason Fung, MD, author of the bestseller *The Obesity Code*. Why?

**Because of your genes.**



**Know your risk**



What is your risk for obesity?



How do you respond to carbohydrate?



How many hours of exercise do you need?



Do you should avoid saturated fat?

I need an exercise program that includes 20 MET HOURS a week. I listen to my genes



**Your Exercise Plan  
WHAT IS A MET?**

MET stands for Metabolic Equivalent Task. METs are a way to measure how much energy you burn up during any chosen physical activity. Every activity, from watching TV to going for a run, has a MET value. The more vigorous the activity, the higher the MET value.