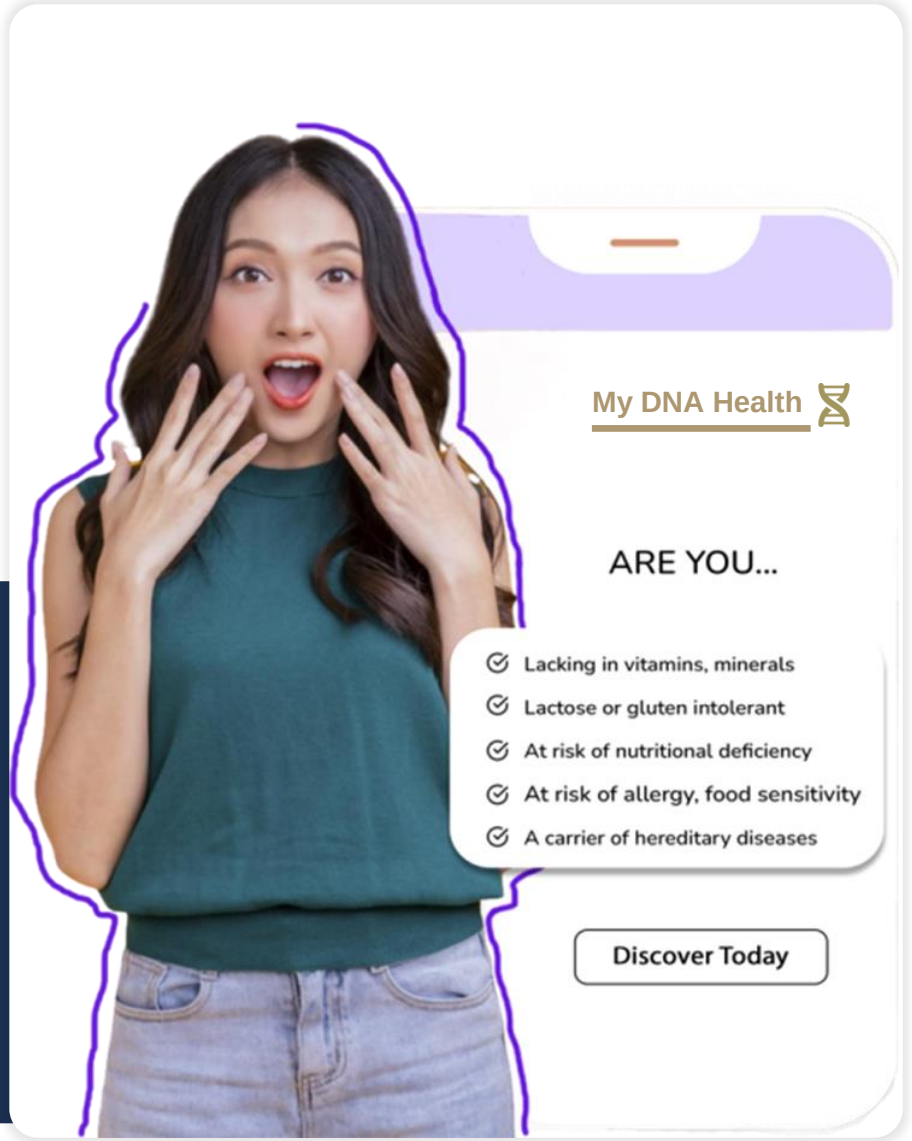
Maximize Your

DNA Health.

Live Healthy, Longer.

Elev8 Health	myelev8.health
+65-8875 2304	EHS@genixpro.com



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DNA NUTRIGENOMIC TEST (DNAassess)

Our members choose to fully decode their DNA health proactively, to maximize their genetic potential and to gain early insights about:



Buy Now

*No report review. Results are available in up to 6-8 weeks.

- ✓ Diet and metabolism, DNA **methylation, nutritional deficiencies**
- ✓ Personalized **vitamins, micronutrient needs** and ideal dosages
- ✓ **Lactose and gluten intolerances**; alcohol, caffeine, salt sensitivity
- ✓ Fitness and exercise potential, likely ACL or Achilles injury risks
- ✓ **Eating behavior, weight loss potential**, and weight regain issues
- ✓ **Disease risks influenced by genes** and lifestyle, early interventions
- ✓ Health risk carrier status, **fertility or premarital DNA risk screen**
- ✓ Inflammation; cardiovascular; bone, joint, musculoskeletal health
- ✓ **Autoimmune diseases, thyroid imbalances**, skin and hair conditions
- ✓ **Sleep Apnea, poor sleep depth** or quality influenced by genes

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What You May Learn

About your nutrition and fitness.

Diet and Metabolism

Should you be on a Low Carb, Low Fat, Mediterranean or Balanced diet? Identify carbohydrate and fat sensitivity, your daily calorie needs and macronutrient ratio

Eating Behavior

Discover if you are genetically more prone to snacking, over-eating or satiety impairment (i.e. may have difficulty feeling full even after a full meal)



Detoxification and Antioxidants

Learn about ways to optimize your body's natural biological processes in the liver. Identify your anti-aging antioxidant requirements, omega 3 & 6 needs

Vitamins and Micronutrients

Identify your nutrient needs and Vitamin B6, B9, B12, A, D, E requirements. Become aware of likely Calcium, Choline, Glutathione, CoQ10 deficiency

Food Sensitivity

Find out if you are lactose or gluten intolerant. Identify your sensitivities to caffeine, bitter taste, salt, alcohol, lectin, histamine or food additives

Fitness and Exercise

Maximize your fitness potential. Understand your genetic strength and endurance profile, power capacity and more. Identify fitness programs best suited for your body-type

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What You May Learn

About your health conditions.

Cardiovascular Health

Find out your genetic likelihood for Elevated LDL Cholesterol, Triglycerides, Blood Sugar or Decreased HDL. Make informed health choices personalized to your needs

Metabolic Health

Know your risk of lifestyle diseases such as type-2 diabetes, hypertension, kidney and liver disease. Learn ways to optimize sleep quality, stress resilience to mitigate risks



Muscle Characteristics

Find out what your genes say about your muscle damage risk, soreness, cramping, lactation and slow muscle repair

Bone and Joint Health

What do your genes tell about joint flexibility, ligament and cartilage health, achilles tendinopathy. Optimize musculoskeletal health

Injury Susceptibility

Are you one of those individuals genetically more prone to overall tendon and ligament injury risk or stress fractures? Discover ways to mitigate your injury risks

Body and Weight

Maximize vitality. Unlock genetic insights on key bodily functions such as metabolic response and appetite control. Genetically guided weight-management. Personalized.

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