

GENETIC TESTS



TESTES GENÉTICOS

The genetic test allows you to identify :

- Predisposition for Pathologies Development.
- Nutritional genetic profile and food intolerance.
- Athletic performance Genetic Profile.
- Vitamin Deficit.
- Common Health Risks.
- Wellness.
- Stress Predisposition.
- Physical Traits
- Behavioral Traits
- Personality Traits.
- Disease Risk.
- Dementia and Mental Health
- Cancer Risk.
- Planned Parenthood Risk.

The genetic test is done once in a lifetime, it's a one-time-only investment!

The obtained result is unique for each individual, and it contributes in a decisive way to prevent pathologies developments and to preventive health.

The personal traits evaluated in this genetic test are polygenic traits, i.e. several genes contribute to the same trait.



NUTRIGENETIC

The nutrigenetics test analyzes your DNA in order to evaluate **102 genetic variants** of **75 genes** that, in a determinant way, are associated with **nutrition** and **weight control**.

In this test, we'll know what your genes say about:

- **Your Body** - Find out your genetic predisposition for your body composition. **Body Mass Index (BMI), Waist-hip ratio, abdominal fat, insulin resistance, LDL cholesterol, triglycerides, weight, appetite control**
- **Your Nutrition** - Find out your ideal nutritional action plan for your body. **Carbohydrates, fibers, fats, proteins, vitamins, salt, caffeine.**
- **Your Behavior** - Find out your ideal behavioral action plan for healthy weight management. **Appetite Control, Sleep, Physical Exercise.**

The recommendations provided in this report can be used to develop a personalized nutritional plan.



ATHLETIC PERFORMANCE

In this test, we'll know what your genes say about:

- **Your athletic potential**, as well as preventive measures and needs associated with sports. It also informs about nutritional needs and sensitivities.

The test covers the following areas:

- Explosive Force,
- Resistance,
- Resistant strength,
- VO2max,
- Predisposition to injuries,
- Recovery needs,
- Energy replacement needs,
- Muscle gain.

The recommendations provided in this report can be used to guide you and your personal trainer to optimize your training plan.



WELLNESS GENETIC

The wellness genetics test analyzes your DNA in order to evaluate **26 genetic variants** of **22 genes** that, in a determinant way, are **associated** with **nutrition and metabolic health**.

It investigates the association of genes with **individual characteristics** with an **impact on the definition of a healthy life plan**.

In this test, we´ll know what your genes say about:

- **Iron Deficiency**
- **Sensitivity to Sodium**
- **Vitamin Deficiency**
- **Antioxidant Capacity**

The recommendations provided in this report can be used to build a healthy lifestyle.



PHARMACOGENETIC

The pharmacogenetics test assesses **your body's response to drugs**. It allows a **prescription personalization in a safer, more effective way with a better cost-benefit ratio, and reduces the side effects of the treatment.**

The pharmacogenetics test is indicated for:

- **Patients who are starting new therapies;**
- **Patients who are unable to achieve their therapeutic goals and/or who experience moderate or severe adverse reactions with current therapy.**
- **Anyone who wants to know about their genetic predisposition to respond to certain drugs.**

Analyzes your DNA in order to evaluate **88 variants of 32 genes**, associated with the **response and/or the risk of adverse effects of more than 100 drugs** with an impact in therapeutic areas such as:

- **Psychiatry,**
- **Pain management,**
- **Oncology,**
- **Diabetes**
- **Cardiovascular.**



GLOBAL TEST

The global genetic test **is the most complete one**. Makes a complete assessment based on Nutrigenetics, Athletic Performance, Wellness Genetics, and Pharmacogenetics. In addition, it also carries out an analysis at the level of **Sleep and Stress, Risks of Disease, Risks of Cancer, Ancestrality, Characteristics of Success**, among others.

In this test, we'll know what your genes say about:

- **Your Diet**

- Your ideal diet type
- Alcohol sensitivity
- Caffeine sensitivity
- Theophylline sensitivity
- Fat sensitivity
- Carbohydrate sensitivity
- Salt sensitivity
- Celiac predisposition
- Lactose intolerance
- Spicy sensitivity
- Taste sensitivity
- Sweet Tooth
- Weight Regain
- Detox: Cruciferous vegetable needs
- Detox: Toxin generation speed



GLOBAL TEST

• Your nutrition

- Antioxidants
- Calcium
- Folic acid
- Iodine
- Iron
- Magnesium
- Omega-3 (ALA)
- Omega-3 (DHA)
- Omega-3 (DPA)
- Omega-3 (EPA)
- Phosphor
- Selenium
- Vitamin A
- B12 vitamin
- Vitamin B2
- Vitamin B6
- Vitamin C
- Vitamin D
- Vitamin E
- Zinc

• Sports & Fitness

- Risk of Achilles Tendon Injury
- Blood Flow
- Body Composition
- Endurance Capacity
- Fatigue Resistance
- Heart Rate Response to Exercise
- Injury Risk
- Lactate Clearance
- Lactate Production
- Risk of Anterior Cruciate Ligament Rupture
- Exercise Associated Muscle Cramps
- Oxygen / VO2 Efficiency
- Power Capacity
- Recovery Efficiency
- Strength Profile
- Water Loss



GLOBAL TEST

- **Well-Being**

- Appetite Control
- Bone Mineral Density
- Inflammatory Response
- Life Longevity
- Metabolic Response
- Tendency for Mosquito Bites

- **Stress & Sleep**

- Sleep Apnoea Risk
- Sleep Depth
- Sleep Duration
- Sleep Movement
- Sleep Quality
- Sleep Time (Chronotype)
- Stress-Induced Obesity
- Stress Tolerance



GLOBAL TEST

- **Skin**

- Skin Age
- Acne Risk
- Glycation Risk
- Oxidative Stress Risk
- Cellulite Formation
- Wrinkle Formation Risk
- Stretch Marks
- Keloid Scars Risk
- Skin Bruising Tendency
- Skin Hydration Ability
- Skin Lightening Ability
- Skin Photoaging Risk
- Hyperpigmentation Risk
- Sunburn Risk



GLOBAL TEST

- **Physical Traits**

- Facial & Body Hair
- Body Odour (Bromhidrosis)
- Ear Protrusion
- Earwax Type
- Eye Colour
- Hair Colour
- Pain Sensitivity
- Photic Sneeze Reflex
- Smell Sensitivity
- Sweat (Hyperhidrosis) Tendency
- Persistent Thinness
- Waist Circumference

- **Gender Traits**

- Thrill-Seeking
- Male Sex Hormone Levels

- **Behavioral Traits**

- Alcohol Addiction
- Altruism
- Food Addiction
- Obsessions With Washing/Cleaning
- Smoking Addiction



GLOBAL TEST

- **Personality Traits**
 - Agreeableness
 - Conscientiousness
 - Extraversion
 - Neuroticism
 - Openness
- **Success Traits**
 - Intelligence Quotient (IQ)
 - Emotional Quotient (EQ)
 - Entrepreneurship Tendency (AQ)
 - Creativity
 - Educational Attainment
 - Information Processing Power
 - Language Ability
 - Mathematical Skills
 - Memory Skills
- **Pollution**
 - Dust Allergy Sensitivity
 - Pesticide Sensitivity
 - Automobile Pollution Sensitivity
 - Environmental Pollution Sensitivity
 - Second-Hand Smoke Sensitivity



GLOBAL TEST

- **Common Health Risks**

- Familial Hypercholesterolemia
- Heart Disease
- High Cholesterol
- Hypertension
- Non-Alcoholic Fatty Liver Disease
- Obesity
- Stroke
- Type 2 Diabetes

- **Disease Risk**

- Androgenetic Alopecia
- Lumbar Degenerative Disc Disease
- Migraine
- Abdominal Aortic Aneurysm
- Attention Deficit Hyperactivity Disorder (ADHD)
- Allergic Rhinitis
- Allergies
- Alopecia Areata
- Age-Related Macular Degeneration (AMD)
- Ankylosing Spondylitis
- Arrhythmogenic Right Ventricular Cardiomyopathy (ARVC)
- Asthma



GLOBAL TEST

- **Disease Risk**

- Atopic Dermatitis
- Atrial Fibrillation
- Autism
- Brugada Syndrome
- Catecholaminergic Polymorphic Ventricular Tachycardia (CPVT)
- Childhood Ear Infection
- Chronic Periodontitis
- Cluster Headache
- Chronic Obstructive Pulmonary Disease (COPD)
- Crohn's Disease
- Deep Vein Thrombosis
- Major Depression
- Dilated Cardiomyopathy (DCM)
- Duodenal Ulcer
- Influenza (Flu) Susceptibility
- Gallstone Disease
- Glaucoma
- Gout



GLOBAL TEST

- **Disease Risk**

- High-Density Lipoprotein (HDL) Cholesterol
- Hyperhomocysteinemia
- Hypertrophic Cardiomyopathy (HCM)
- Hypothyroidism
- Idiopathic Pulmonary Fibrosis (IPF)
- Inflammatory Skin Disease
- Insulin Resistance and Response
- Irritable Bowel Syndrome (IBS)
- Kidney Stones
- Long QT Syndrome
- Male Infertility
- Early Onset Myocardial Infarction
- Non-Syndromic Hearing Loss
- Noonan Syndrome
- Opioid Addiction
- Orthostatic Hypotension
- Osteoarthritis



GLOBAL TEST

- **Disease Risk**

- Osteoporosis
- Peripheral Artery Disease
- Psoriasis
- Psoriatic Arthritis
- Rheumatoid Arthritis
- Selective IgA deficiency
- Short QT Syndrome
- Sitosterolemia
- Syndromic Hearing Loss
- Temporomandibular Joint Disorder
- Thoracic Aortic Aneurysm and Dissection
- Tooth Decay
- Hypertriglyceridemia
- Ulcerative Colitis
- Vitiligo

- **Dementia & Brain Health**

- Alzheimer's Disease
- Bipolar Disorder
- Frontotemporal Dementia
- Lewy Body Dementia
- Parkinson's Disease
- Schizophrenia





GLOBAL TEST

- **Drug Response**

- Psychiatric
- Cardiovascular
- Diabetes
- Pain
- Commonly Prescribed Drugs
- Paediatrics
- Geriatrics

- **Family Planning**

Circle Family Planning (carrier screening) can determine whether or not you or your partner carry inherited genetic mutations that you might pass on to an unborn child.

Knowing this information **before you get pregnant, or early in your pregnancy**, can make a difference in your family's well-being.

With this information, your healthcare provider can give you actionable steps you can take to prevent your child from having the condition.

Most people carry at least one pathogenic mutation in a gene included in our Family PlanningScreen. This usually only becomes an issue if both you and your partner have a pathogenic mutation in one copy of the same gene.

When this happens, even though neither of you have any symptoms, there is a 1-in-4 chance for each pregnancy that your child will be affected by the condition associated with the gene.

GLOBAL TEST

- **Cancer Risk**

- Leukaemia
- Liver Cancer
- Melanoma
- Lung Cancer
- Meningioma
- Multiple Myeloma
- Neuroblastoma
- Neurofibroma
- Osteosarcoma
- Pancreatic Cancer
- Paraganglioma
- Parathyroid Cancer
- Pheochromocytoma
- Pituitary Adenoma
- Prostate Cancer
- Retinoblastoma
- Rhabdomyosarcoma
- Skin Basal Cell Cancer
- Skin Squamous Cell Cancer
- Stomach Cancer
- Thyroid Cancer
- Uveal Melanoma
- Wilms Tumour







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