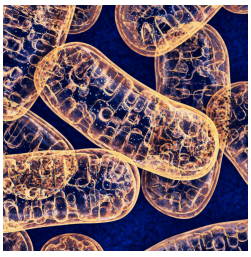
# DNA Tests & Reports

Lifecode GX ®
— Professional Genotype Analysis —

## Nutrient Core

Discover how genes impact: food response - gluten (coeliac disease), lactose (found in dairy), and caffeine; microbiome diversity; nutrient need - vitamin A (beta-carotene & retinol), folate (B9), vitamin B12, vitamin C, vitamin D, vitamin K, and glutathione; metabolism - blood sugar control (insulin), appetite (leptin), inflammation and omega-3 fatty acids; and circadian rhythm - early bird or night owl predisposition.



## Metabolics

Metabolism describes the chemical reactions in the body involved in nutrient assimilation, utilisation - fat / sugar burning or storing - and removal. Presenting 6 interconnected pathways: appetite regulation, nutrient sensing, sugar metabolism, fat metabolism, cholesterol and bile, and mitochondria and inflammation. To help manage your personal risk of diabetes, chronic fatigue, weight gain, cardiovascular and neurodegenerative conditions and optimise health span and longevity.

## Hormones

Steroids are hormones derived from cholesterol that act as chemical messengers in the body. They are involved in the regulation of many physiological processes in men and women, such as the function of the reproductive system, metabolism, inflammation and immune system. This test analyses genes involved in the synthesis, signalling, transport and metabolism of corticosteroids and sex steroids hormones.

## Methylation

Methylation is critical to keeping your body and brain biochemistry in balance. Common genetic variants (SNPs) can impact methylation and increase susceptibility to systemic imbalances and chronic health conditions such as cardiovascular disease, sub-fertility, mood swings, depression, dementia, fatigue, autoimmune disease, allergies and premature ageing.

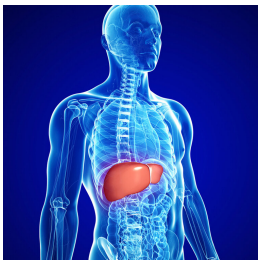
## Histamine Intolerance

Histamine intolerance is a toxic response by the body resulting from an imbalance between accumulated histamine and the capacity to break it down. Symptoms of histamine toxicity may mimic an allergic reaction including skin irritation, gastro-intestinal upset, respiratory distress, headaches, insomnia and anxiety.

## Oestrogen Balance

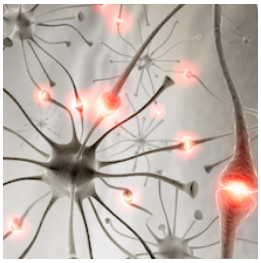
Oestrogen and androgen imbalances can contribute to sub-fertility, PCOS, endometriosis, menstrual irregularities, excess facial hair (women) or breast tissue (men), osteoporosis, cardio-vascular disease, blood clots, acne, sexual disfunction, mood swings, poor memory, weight gain and hormone sensitive cancers.

**See full descriptions and sample reports at www.lifecodegx.com/products**



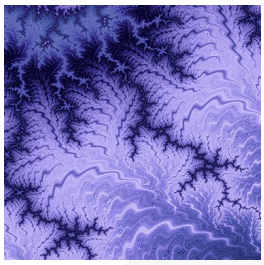
## Detoxification

Genetic variants (SNPs) can impact phase 1, 2 and 3 detoxification pathways and contribute to symptoms such as headaches, muscle aches, fatigue, allergies, skin disorders, weight gain, bloating, acid reflux and heartburn, excessive sweating, chronic infections, sub-fertility, decreased libido, poor mental function and lower stress tolerance.



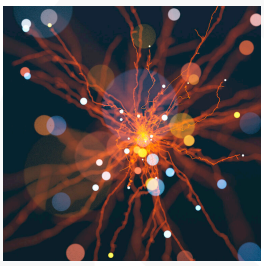
## Nervous System

Neurotransmitters are chemicals that enable communication within and between neurons in the mind and body. Symptoms of neurotransmitter imbalance can include: mood imbalances, depression, mania, attention deficit and obsessive compulsive disorders, addictive behaviours, motor control disruption, anger, aggression and restlessness.



## APOE

The APOE4 genotype is a well known risk factor for late onset Alzheimer's disease and cardiovascular diseases. This test also analyses genes involved in the three subtypes of Alzheimer's - i) inflammatory, ii) toxic and ii) atrophic - described in the Bredesen™ protocol. Understanding your risk enables a personalised approach to managing it.



## Thyroid

The thyroid is an endocrine gland in the neck that produces triiodothyronine (T3) and thyroxine (T4). Thyroid hormones control the metabolism of almost every cell, with wide-ranging metabolic, developmental and cardiovascular effects. This report analyses genes involved in the thyroid hormone lifecycle: synthesis, activation, transport and metabolism. It also examines genes that confer susceptibility to inflammation and autoimmunity.

## Athlete

Whether you are an elite athlete, a 'weekend warrior', or just want to be more active, the athlete DNA test will enable you to optimise: 1.Training - cardio-vascular adaption, strategic fuelling and structural strength; 2. Recovery - build resilience and reduce injury risk; and 3. Performance - balance stress and stimulation - to achieve your personal best.

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If you have any questions about test selection, or the status of your order, sample or test result please contact your practitioner for first line support.

Always work with a registered, qualified health professional.

Health professionals may contact team@lifecodegx.com for support or to register. Proof of qualifications and professional status required.

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