

MyNutriGenes®

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Personalized Nutritional Plan

A genetic test for a lifetime



HEARTGENETICS
GENETICS & BIOTECHNOLOGY



CENTRO 2020

PORTUGAL
2020

UNIÃO EUROPEIA
Fundo Europeu
de Desenvolvimento Regional



UK NEQAS



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From 9 am to 6 pm (GMT) | Monday to Friday

Information disclosure: The genetic test results cannot be used for clinical diagnostics or prevention. **Limitations:** Genetic results should be considered as additional information for the nutritional plan. Scientific knowledge validity rests upon the testing date.

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FOOD IS FUEL

Are you eating right?
Ask your genes.



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Your Genes Say:

DECREASE / INCREASE

Portion of fat

Portion of carbs

Portion of protein

Portion of fiber

DECREASE

Snacking

INCREASE

Physical exercise

Sleep

INCREASE

Vitamin B6

Vitamin B12

Vitamin A

Vitamin C

Vitamin D

Vitamin E

Omega-3

DECREASE

Caffeine



Salt

What is analyzed?

The DNA, extracted from a saliva sample, is analyzed in order to evaluate 54 genes (in a total of 80 genetic variants). These genes are specifically associated with nutrition and weight management.

MYNUTRIGENES PANEL

ADD1	BCMO1	FADS1	RS12272004	OPRM1	SLC23A1
ADIPOQ	CLCNKA	FTO	IL6	MTNR1B	SLCA2
ADRB2	CLOCK	FUT2	IRS1	NR1D1	SOD2
AHR	CRY1	GC	LIPC	PCSK1	TCF7L2
ALPL	CRY2	GHSR	LPL	PER2	TFAP2B
APOA1	CYP1A1	GIPR	LYPLAL1	PPARD	
APOA2	CYP1A2	GRB14	MC4R	PPARG	
APOA5	DHCR7	GRK4	MMAB	PPM1K	
APOB	DRD2	GSTM1	MSRA	PROX1	
APOE	FABP2		MTHFR	SIRT1	

- Predisposition to weight gain 
- Influence of nutrition on fat mass 
- Nutritional metabolism 
- Nutritional sensitivities, needs, and detox 
- Appetite control, satiety, and emotional eating 

Action plan

