

PRECISION[®] HEALTH



Are you drinking
too much coffee?
Is a gluten-free diet
right for you?
What about a
high protein diet
for weight loss?



Genetic Testing for Personalized Nutrition

NEW TEST
70 genetic markers

The answer may be in your genes

In 480 BC, Hippocrates noted that “positive health requires knowledge of man’s primary constitution”. This was just an ancient way of saying that we cannot achieve optimum health without knowing about our genes. We now know that specific variations in our genes can explain how we will respond to the foods, beverages and supplements we consume.

Learn how your genes can affect:

Cardio-
metabolic
Health

Nutrient
Metabolism

Weight
Management

Food
Intolerances

Eating Habits

Physical
Activity

Injury Risk



About Precision Health

- Comprehensive genetic test consisting of 70 genetic markers.
- Developed by world-renowned researchers.
- Genetic tests are based on the most robust scientific evidence.
- DNA is analyzed using a simple saliva or cheek swab sample.
- Personalized recommendations developed based on your unique genetic profile.
- Contact your healthcare provider to get started and *eat according to your genes!*

To learn more about Precision Health contact:
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 precisionhealthandweightloss.com

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 [@precisionweightlosscenter](https://www.instagram.com/precisionweightlosscenter)

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