

## Nutrigenomix<sup>®</sup> Frequently Asked Questions

**Q: What are the genetic tests that you currently offer?**

**A:** We offer a 45-gene Nutrigenomix<sup>®</sup> Health and Wellness test (Health), a 45-gene Nutrigenomix<sup>®</sup> Fertility test (Fertility), and a 45-gene Nutrigenomix<sup>®</sup> Sport test (Sport).

**Q: Do all tests analyze the same 45 genetic markers?**

**A:** Yes, all tests analyze the same 45 genetic markers. However, the recommendations are slightly modified depending on the type of test ordered and the wording is tailored specifically to the target client (e.g. reference to fertility outcomes or performance).

**Q: What is the difference between the Health, Fertility and Sport tests?**

**A:** While all tests report the same 45 genetic markers, each test is intended for a different clientele so there would never be a need to order more than one type of test for a given client. The Health test focuses on achieving optimal health for clients who are pursuing general well-being. For example, these clients would be interested in addressing factors that influence weight loss, cardiovascular health and maintaining healthy blood sugar levels, while optimizing their energy levels and improving fitness. The Sport test is designed to provide nutrition and performance-related recommendations that will help athletes of all levels boost physical and mental performance while optimizing body composition and nutritional status. The Fertility test is designed to provide nutrition recommendations that will help couples who are trying to conceive by optimizing their fertile potential. You can view sample reports by logging in to your account and clicking on Resources > Sample Reports.

**Q: What is an example that demonstrates how the information differs between the reports?**

**A:** Caffeine is a great example. Though the CYP1A2 gene is analyzed for caffeine metabolism in all tests, each report focuses on different information and provides different recommendations depending on your client's goals. The Health report focuses on risk of heart attack and hypertension based on caffeine consumption and genetic variation. The Sport report highlights the effects of caffeine on endurance performance while still discussing heart disease risks. The Fertility report focuses on caffeine's effects on time to establish pregnancy, and pregnancy-associated health conditions such as pre-diabetes and hypertension.

**Q: Does the price differ between tests?**

**A:** No, all tests are the same price.

**Q: Do I need to use a different kit for each test?**

**A:** No, you do not need to use a different kit. The same saliva collection kit can be used for any Nutrigenomix test.

**Q: Can a client order more than one test?**

**A:** Since each test was specifically developed for a different clientele, it is unnecessary for a client to order more than one test. Providing a client with multiple reports may cause unnecessary confusion for your client since they would be given multiple sets of recommendations for the same dietary/fitness components.