

Lifestyle & Health DNA Test

WHO SHOULD GET THIS TEST?

This test is useful for anyone who is looking for personalized diet and fitness recommendations based on their unique genetic makeup.

WHY IS THIS TEST IMPORTANT?

Different variations on your genes can affect different aspects of your health. Understanding your unique genetic makeup can play a significant role in improving your overall well-being. Taking charge of your health is the first step in making sustainable changes- this is why the Lifestyle & Health DNA Test is so important.

Our genes contain a lot of information, and help to determine our characteristics- such as eye color, hair color, and more. Our genes can also influence our nutrient needs and exercise requirements. The Lifestyle & Health DNA Test analyzes 92 different genes to compile a detailed, personalized report about your individual genome as it relates to:

- Nutrient needs
- Stress management
- Immune support
- Hormone support
- Toxin sensitivity
- Cardiovascular health
- Mental health/cognitive performance

OTHER RELEVANT TESTS

If you're interested in this panel, you may also want to consider:

- MTHFR PGx Panel
- Basic Nutritional Panel
- Annual Check-Up Panel

Website test descriptions and all associated information are provided through Any Lab Test Now and the Product Management Team, in conjunction with the Medical Professionals Committee, and Ekan Essien, MD, Corporate Medical Director.