

TOTAL HEALTHY LIFESTYLE DNA TEST

DESCRIPTION

The **Total Healthy Lifestyle DNA Test** is designed to help you take charge of your health and understand how your individual genetics may affect your overall physical and mental wellness. The results of this test provide insights into lifestyle adjustments that you can make today that may improve your health for as long as you live.

The detailed report for this test covers more than 92 genes, grouping results into personal strengths and weaknesses. It will provide you with valuable insights that help you understand many health factors, including:

- Nutrient needs
- Toxin sensitivity
- Immune support needs
- Hormone support needs
- Exercise balance

The report will also provide detailed information about how your genes may impact things like mental health, cognitive performance, cardiovascular health, metabolism, inflammation response, antioxidant protection, and detoxification. It even includes a personalized grocery list and blood work recommendations optimized to your genetic profile.

This test requires a simple cheek swab sample that can be collected at the Any Lab Test Now location of your choice.

Test Details:

This test is intended to provide you with personalized information about how your genes may influence all areas of your health, allowing you to make lifestyle choices that play to your strengths and support your weaknesses.

WHO SHOULD GET THIS TEST?

The **Total Healthy Lifestyle DNA Test** may be right for consumers seeking in-depth information about how their genetics influence all aspects of their personal health and wellness.

WHY IS THIS TEST IMPORTANT?

A person's genes do not change. With one test, you can gain insight into the kinds of changes you can make to your lifestyle that will have a lifelong impact on your personal health and wellness.

AM I REQUIRED TO FAST?

No, fasting is not necessary prior to this test.

WHAT DO I NEED TO DO TO PREPARE?

No special preparation is required prior to taking this test.

WHAT KIND OF SAMPLE IS REQUIRED?

A simple cheek swab is required for this test.

IS A DOCTOR'S ORDER REQUIRED?

We can provide a doctor's order for this test at no additional cost. We can also accept your physician's order.

DO I NEED TO MAKE AN APPOINTMENT?

No. You can walk in for same-day testing. We make it easy by offering work-friendly store hours.

HOW LONG WILL IT TAKE TO GET MY RESULTS?

Results are typically available within 15 business days.

IF I HAVE QUESTIONS ABOUT MY RESULTS, WHO SHOULD I CONTACT?

We recommend that you share your results with your healthcare provider.

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