

# FITNESS DNA PROFILE

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## **DESCRIPTION**

Your individual genetics control as much as 40% of your body's response to the foods you eat and the fitness regimen you choose. The **Fitness DNA Profile** analyzes 34 genes in order to provide you with a personalized "owner's manual" for your body based on your individual genetic blueprint. Your report will give you tailored recommendations to guide diet, exercise, and nutritional choices including:

- Fat and carbohydrate balance
- Nutrient needs
- Response to strength and endurance training
- Muscle recovery and injury risk
- Tendency towards weight re-gain

By choosing the **Fitness DNA Profile**, you will be able to use information about your own genetic makeup to optimize your diet, exercise program, and supplement regimen in a way that maximizes your overall health and wellness.

### **Test Details:**

This is a wellness test intended to provide you with diet and exercise guidance tailored to your individual genetic makeup. Test results are not intended to diagnose disease. Consider reviewing lifestyle changes with a healthcare professional, especially if you have a health condition or take medication regularly.

## **WHO SHOULD GET THIS TEST?**

The **Fitness DNA Profile** is useful for any consumer interested in harnessing the power of genetics to make the most of a healthy, active lifestyle.

## **WHY IS THIS TEST IMPORTANT?**

The **Fitness DNA Profile** is important because it provides personalized information to help guide diet and exercise choices tailored to your genetic blueprint.

## **IS THIS A DIAGNOSTIC TEST?**

No. This is a wellness and nutritional genomics test that can help you personalize your diet and exercise plan.

## **AM I REQUIRED TO FAST?**

No. Fasting is not required prior to this test.

## **WHAT DO I NEED TO DO TO PREPARE?**

In order to limit sample contamination, please refrain from brushing your teeth or having anything in your mouth (e.g., food, drink, cigarettes, vapes, gum) for 30 minutes prior to your appointment.

## **WHAT KIND OF SAMPLE IS REQUIRED?**

This test requires a simple cheek swab.

## **IS A DOCTOR'S ORDER REQUIRED?**

No. We do accept your physician's order, or we can provide a doctor's order for this test at no additional cost.

## **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 21 business days after the lab receives your sample.

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

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

## **OTHER RELEVANT TESTS**

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

- Genetic Methylation Test
- Cellular Nutritional Health (Micronutrient Test)

*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.*