

# How Genetic Testing Can Improve Your Health

Genetic testing has moved into the mainstream and is now the future of preventive health. In addition to the thousands of tests being offered for medical conditions and diseases, the science and research behind genetic testing for lifestyle and wellness improvement has progressed dramatically.

The science can now help identify the specific genes that dictate how the human body utilizes protein, how types of exercise and training affect the body, and how the body's unique metabolic and physiologic functions influence athletic performance. Programs tailored to an individual's DNA have proven to be much more effective than one-size-fits-all programs because they take the guesswork out of health management.

## The Research

Clinical studies and research on genetic testing related to lifestyle and wellness markers have been rapidly increasing in quality and volume since the human genome was first mapped in 2003.

As the testing technology improves and the cost of analyzing an individual's DNA decreases, more research facilities and universities around the world are able to perform more research studies with larger test subject groups, all leading to more being discovered about the connections between genetics and preventive health.



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Get Started Today



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THE POWER TO EXCEL  
IS WITHIN YOU.  
**IT ALL STARTS WITH  
YOUR DNA.**

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GxPerform is the DNA-based athletic performance solution engineered for your body's unique chemistry.

## What is GxPerform?

GxPerform is a DNA-based athletic performance solution engineered for a person's unique genetic makeup, providing health and performance management strategies that are tailored to your specific genotype. This is not guesswork or some magic potion. GxPerform provides the best athletic performance recommendations for you because they are based on your unique DNA.

GxPerform examines 15 unique traits for your genetic predisposition in areas such as strength, endurance, VO2 Max, macronutrient utilization and injury risk. GxPerform will then provide you with specific recommendations to assist you in your diet and training regimens, empowering you to be the best athlete you can be.

In addition to insightful reports with helpful information, you will have direct access to an abundance of genotype-specific content within our secure web portal.

The combination of DNA science, customized information and guided support are what truly set GxPerform apart from the litany of generic performance solutions being marketed today.

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## Reach your peak athletic potential with GxPerform

1



Collect and analyze a sample of your DNA.

When you purchase GxPerform, you will perform a simple cheek swab using the sample collection materials provided in your kit, then return the sample to us in the included pre-paid package. Our CLIA-certified lab will then perform scientific analysis of your unique genotype.

2



We'll send you your unique report.

Within 2-3 weeks, you'll receive a comprehensive online report with specific details about how your genetic makeup affects your athletic performance. We'll provide a detailed set of recommendations and solutions matched to your genotype with a unique action plan to help enhance your performance.

3



Work with your health advisor to implement the recommendations into your lifestyle.

To help you get the most out of your GxPerform program, your health advisor will work closely with you to incorporate the report's recommendations for diet and exercise into your daily routine. By customizing your food and exercise plans to utilize your genetic tendencies, you are much more likely to achieve your performance goals.