



# 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 processes macro-and micro-nutrients, how types of exercise affect the body, and how lifestyle behaviors influence the aging process. 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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**SLOW DOWN THE  
SANDS OF TIME.**

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GxRenew is a new DNA-based healthy aging solution engineered for your unique chemistry.



## What is GxRenew?

GxRenew is a DNA-based healthy aging program that identifies a person's unique genetic makeup and then provides health management strategies that are tailored to your specific genotype. This is not guesswork or some magic potion – GxRenew provides the best healthy aging recommendations for you because they are based on your unique DNA.

GxRenew examines 29 different traits for signs of predisposition to lack of nutrients, organ health, skin health, and many other health concerns. GxRenew will then help you understand how your specific genes dictate how your body ages, eliminating all of the trial-and-error, and providing better, faster results.

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 GxRenew apart from the litany of unproven healthy aging solutions being marketed today.

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## GxRenew helps you look and feel young longer

1



Collect and analyze a sample of your DNA.

2



We'll send you your unique report.

3



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

When you purchase GxRenew, 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.

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

To help you get the most out of your GxRenew program, your health advisor will work closely with you to incorporate the report's recommendations for diet, exercise and lifestyle into your daily routine. By customizing your lifestyle to utilize your genetic tendencies, you will achieve greater health results.