

## 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 carbohydrates, fats, proteins and micro-nutrients; how types of exercise affect the body; how lifestyle behaviors influence the aging process; and how 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 technology improves and cost decreases, more research facilities and universities around the world are able to perform more research studies, leading to more being discovered about the connections between genetics and preventive health.

## Personalized Health Management Starting With Your DNA



1

We'll collect and analyze a sample of your DNA. Use the simple cheek swab provided in your kit and return it using the included pre-paid package.



2

Within 2-3 weeks, you'll receive a comprehensive online report with specific details about how your genetic makeup affects your health.



3

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

## Choose A Program Today



**Gx** slim

Take the guesswork out of weight management with DNA-based diet and exercise recommendations.



**Gx** renew

Look and feel younger, longer with our DNA-based healthy aging program.



**Gx** perform

Reach your peak potential with a DNA-based athletic performance program.



**Gx** nutrient

Gain valuable DNA-based insights to develop a healthy nutrition program.



**CARNELIAN**  
Health Services  
*Demand Vitality.*

[CarnelianHealthServices.com](http://CarnelianHealthServices.com)

YOUR DNA IS A GIVEN.  
WE'RE GIVING YOU MORE.



## LOSE THE GUESSWORK AND THE WEIGHT

GxSlim focuses on your body's unique genetic makeup to determine how you best react to specific diet and exercise strategies for weight management.

- 45 genetic markers tested, 16 traits scored
- Food, nutrient and exercise recommendations

**Gx** *slim*



## WORK SMARTER AND HARDER

GxPerform provides you with specific recommendations to assist you in your diet and training regimens to help you reach peak athletic performance.

- 89 genetic markers tested, 15 traits scored
- Mental/physical foundation, training response, fuel utilization and recovery recommendations

**Gx** *perform*

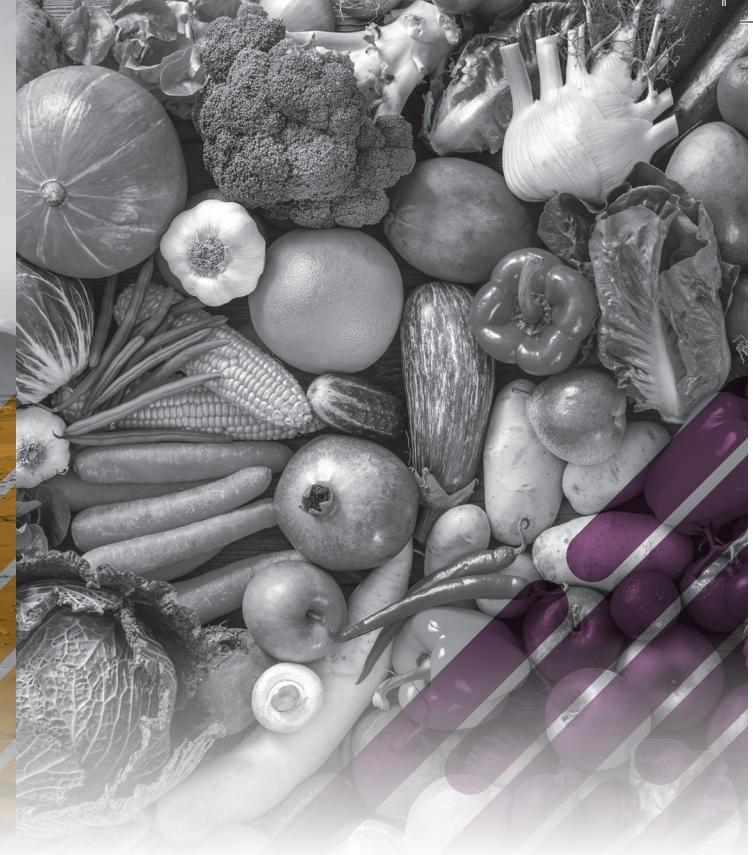


## SLOW DOWN THE SANDS OF TIME

GxRenew examines your unique genetic makeup to help you understand how your genes dictate how your body ages.

- 94 genetic markers tested, 28 traits scored
- Nutrition, exercise and lifestyle recommendations to look and feel better, longer

**Gx** *renew*



## TAKE THE NEXT STEP IN PERSONALIZED NUTRITION

GxNutrient provides valuable insight into how your body processes and utilizes key vitamins and nutrients.

- 42 genetic markers tested, 15 traits scored
- Food recommendations and success strategies for maintaining healthy nutrient levels

**Gx** *nutrient*