



GeneXvita

Nutrigenetics applied to your health.



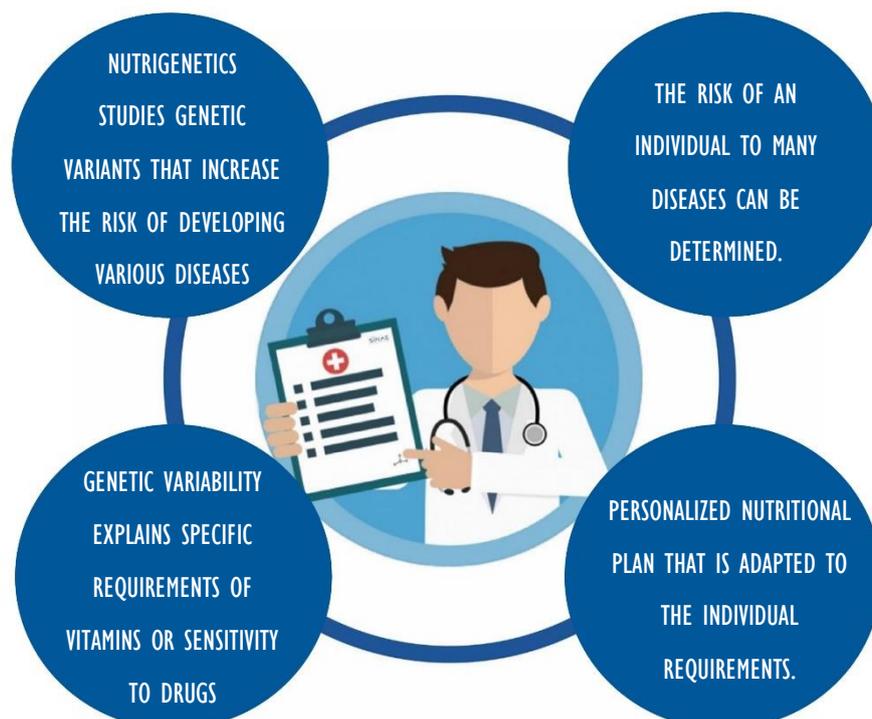
GeneXvitae is a comprehensive, simple and precise genetic study that allows us to establish a personalized nutritional action plan

Currently, chronic noncommunicable diseases such as cardiovascular disease, obesity, cancer and diabetes are responsible of 35 million deaths per year worldwide. In Europe, these diseases account for 70% of all deaths, and it is estimated that they will increase up to 80% by 2030.

People do not have the same risk of suffering from these diseases and, therefore, we do not react similarly to a bad diet. Humans are 99.9% genetically identical while the variation in the remaining 0.1% is responsible for the existence of phenotypic differences: hair color, skin color, weight, risk of suffering from certain diseases...

Nutrition is a key factor in the development of complex diseases. Therefore, **nutrigenetics and nutrigenomics are becoming increasingly important as prevention and treatment tools.**

Nutrigenetics is responsible for studying the response of each individual to a specific diet, and this depends on individual genetic variation. The discovery of **gene-nutrient interactions** gives scientific support to personalized nutritional recommendations. The aim is to prevent diseases, optimize treatments and, ultimately, improve the quality of life.



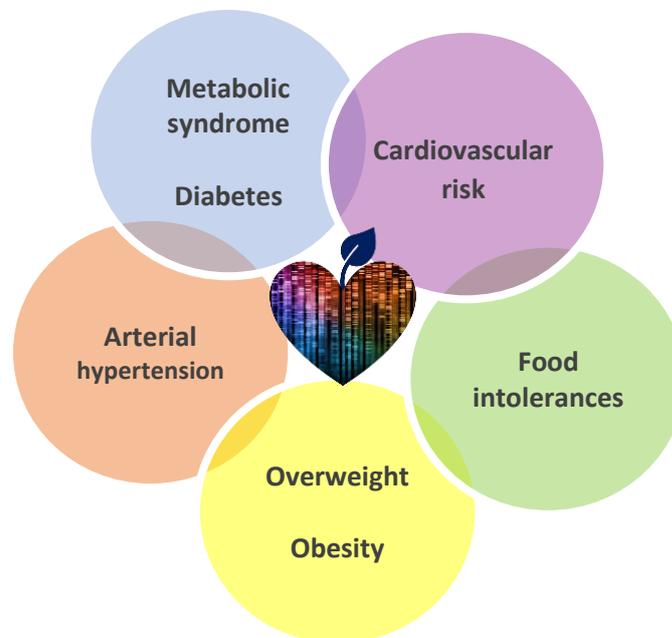
WHAT DO WE ANALYZE?

In this genetic study, DNA extracted from blood or saliva samples is analyzed in order to study individual genetic variation in 107 genetic variants of 75 loci.

The variants included in the study have been associated with specific nutritional requirements, sensitivity to certain components of the diet, increased risk of developing complex diseases (such as hypertension, diabetes, cardiovascular disease or hypercholesterolemia) and the effectiveness of certain pharmacological treatments.

In addition, it includes a detailed immunological study of IgG-mediated allergies and intolerances on the 46 most prominent foods against which the patient could have some intolerance.

All this information is reflected in the following areas:



METHODOLOGY

Genotyping is performed using a DNA microchip on the Illumina Human Omni Express BeadChip processor. This microarray platform is designed to provide high sample throughput and optimal genetic analysis.

Identified associations between genes studied and the body's response to food intake or the genetic risk that predisposes to different diseases are supported by **validated scientific studies**.

On the other hand, the study of food intolerances is carried out using the semi-quantitative ELISA technique FD Professional.



WHAT ARE THE OBJECTIVES OF THIS GENETIC TEST?



With an innovative approach to personalized medicine, it provides:

- 1. Global and integrated vision of the genetic profile of each patient.**
- 2. Practical and simple genetic information** that has an impact on the patient's life.
- 3. Detailed action plan** whose design is based on the individual genetic profile. These recommendations are useful to avoid unnecessary nutritional restrictions and it allows for the elaboration of feeding action plans that are adapted to the metabolism of each individual, thus facilitating the achievement of long-term objectives.

This nutrigenetic test only needs to be done once in a lifetime and the results obtained are exclusive for each individual.

Results of the test can't be used for diagnostic purposes. However, the findings obtained allow the elaboration of an action plan that is translated into recommendations

It has been specially designed to be used by professionals in the field of nutrition. These professionals are the ones who have the demonstrated ability to guide the patient according to the peculiarities of each one, that is, according to their phenotype.



A correct feeding pattern may counteract a genotype with tendencies to prevalent diseases!



GeneXvitae