



**DNAFit**<sup>®</sup>  
ACHIEVE YOUR GENETIC POTENTIAL

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OUR GENES MAKE US WHO WE ARE, SO NATURALLY THEY IMPACT EVERY ASPECT OF OUR HEALTH AND WELLBEING. UNDERSTANDING YOUR DNA WILL HELP YOU MAKE THE RIGHT CHOICES TO LIVE A HEALTHIER LIFE.

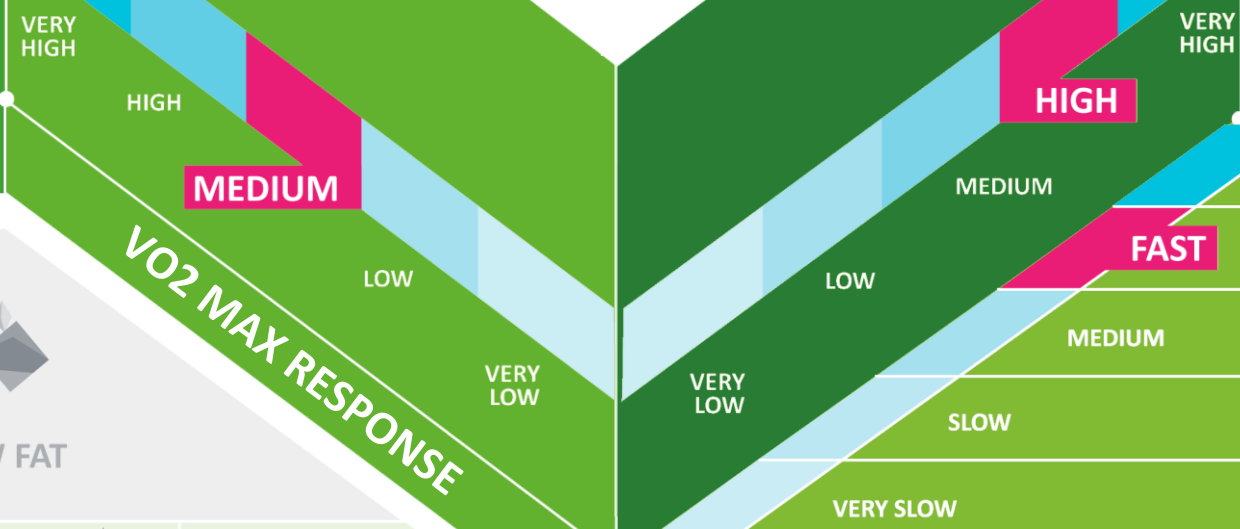
**POWER/ENDURANCE RESPONSE**

33.3% 66.7%



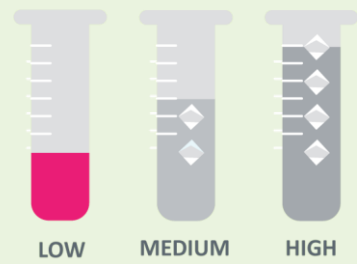
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INJURY RISK



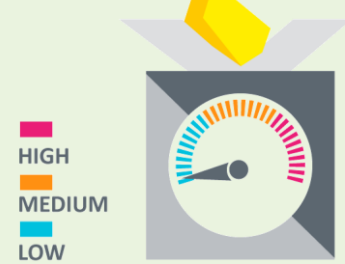
**DNAFit**<sup>®</sup>  
**DIET**

**OPTIMAL DIET TYPE**



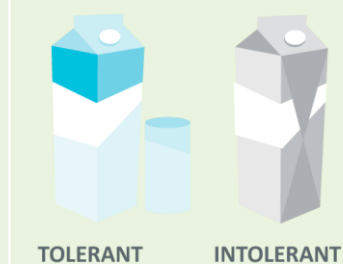
**CARBOHYDRATE SENSITIVITY**

Refined carbs are rapidly digested and absorbed, which may result in large swings in blood glucose levels and can also affect our energy levels and weight control. Some genetic variants are associated with an increased response to refined carbohydrates, which can have a negative effect both on glycaemia and weight management.



**SATURATED FAT SENSITIVITY**

Long-term overconsumption of saturated fats is associated with many health problems, and limits are advised. However, the way saturated fats are handled varies according to genetic variation – some of us are more efficient at getting fats from food, so in these cases a lower intake is advisable.



**LACTOSE INTOLERANCE**

Lactose is a sugar present in milk and most dairy products, and it is digested by an enzyme called Lactase. In many people the presence of this enzyme decreases significantly with age – determined by the lactase gene variant. This results in a reduced ability to digest lactose itself, which can cause symptoms of bloating, pain and discomfort for those affected.



**COELIAC PREDISPOSITION**

Coeliac disease is common digestive condition that occurs when a person has an adverse reaction to gluten, a protein found in grains such as wheat, barley and rye. Coeliac disease can develop only in approximately 30% of the population who carry certain genetic variants.



**ALCOHOL SENSITIVITY**

Moderate alcohol consumption is associated with some health benefits, e.g. improved lipid profile. But, it is well known that over consumption has both short and long term negative consequences. The benefits to HDL cholesterol levels seem to be influenced by genetic variation in metabolizing alcohol enzymes and some benefit more than others – though of course always in moderation!



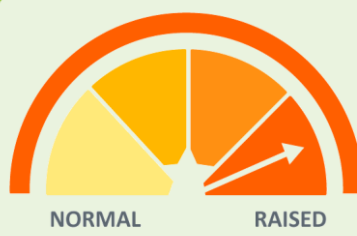
**CAFFEINE SENSITIVITY**

Caffeine is the most common stimulant we ingest on a regular basis. Primarily we get our caffeine from coffee, but also from energy drinks, tea and even certain medicines. While a moderate amount of caffeine is usually harmless, in some people excessive caffeine intake can cause anxiety, insomnia headaches and stomach irritation. Individuals can be classed as slow or fast caffeine metabolisers, determined by personal genetic variation.



**SALT SENSITIVITY**

Salt is made up of Sodium and Chloride. For health reasons we are mostly concerned with sodium intake as it can cause high blood pressure in those who are genetically susceptible. Commercial food foods that we buy from supermarkets often include large amounts of hidden sodium, before we even add salt to our cook ourselves. Some individuals appear to be more susceptible than others to hypertension associated with sodium intake.



**ANTI-OXIDANT NEED**

Anti-oxidants are molecules found in fresh foods like vegetables and fruit; they play a role in the removal of free radicals, which can be harmful to our health. The Anti-Oxidant vitamins are Vitamins A, C and E.



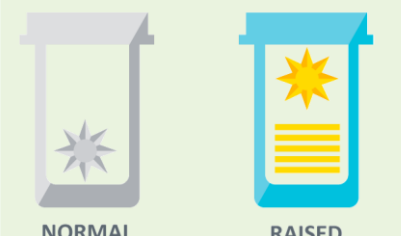
**OMEGA-3 NEED**

Omega-3 fatty acids are a type of unsaturated fat, often referred to as 'essential fatty acids' thanks to their role in making our bodies function normally. Oily fish, such as mackerel, salmon and sardines are a great source of dietary Omega-3's.



**VITAMIN B NEED**

Our nervous system, digestion and red blood cells depend on vitamin B to maintain normal function. Certain B Vitamins work in conjunction with folic acid to support our heart health - one gene in particular is well known for its roles in the utilization of folic acid and vitamins B6 and B12.



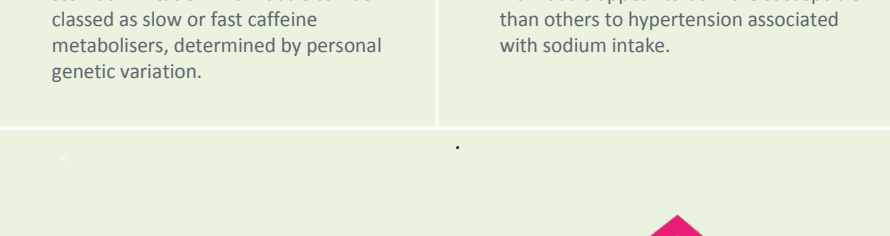
**VITAMIN D NEED**

Vitamin D helps us maintain normal blood levels of calcium and strengthens our bone structure. Although it is found in certain foods, our skin can also create Vitamin D when we are exposed sunlight. Lack of enough vitamin D, over the long term, is associated with increased risk of osteoporosis and other health problems.



**CRUCIFEROUS VEGETABLE NEED**

Cruciferous vegetables are named for their cross-shaped flowers; they include cabbage, brussel sprouts, broccoli, cauliflower and kale. Their well-known health benefits are related to substances called glucosinolates, which help maintain cellular and cardiovascular health and promote removal of toxins.



**DETOXIFICATION ABILITY**

Cooking certain meats at high temperatures creates the formation of chemicals that are not naturally present in uncooked meat. Variations in detoxification genes can influence our removal of these chemicals.

