



MyNutriGenes®

MyNutriGenes® test provides useful information for the definition of a personalised nutritional plan.

MyNutriGenes® test is performed using **iPLEX MassARRAY®** technology (99% accuracy and sensitivity).



HEARTGENETICS
GENETICS & BIOTECHNOLOGY



UK NEQAS

The personal characteristics evaluated in this genetic test depend on several genes. This evaluation results in a scoring model that is illustrated in the report and WebApp.

More than 100 genetic variants are evaluated in more than 70 genes.

The **MyNutriGenes**[®] test indicates how your genetic predisposition influences:

Your body



- Weight management
- Body fat distribution
- Elevated levels of LDL cholesterol and triglycerides

Your food



- Macronutrient metabolism
- Vitamins and omega-3 needs
- Impact of salt and caffeine
- Food intolerances

Your behaviour



- Impact of adopting satiety strategies
- Need for regular sleep
- Impact of physical exercise

And much more...

MyNutriGenes® test is a tool to aid healthcare professionals in the definition of personalised nutritional plans.

The test is supported by a WebApp where you can access the interpretation of test results and lists of foods that are rich in the various nutrients.



MyNutriGenes®
is a genetic test for life.



Informative flyer for healthcare professionals

Important notices: 1. The genetic test results cannot be used for clinical diagnosis. 2. The results of the genetic test do not depend on the physical, clinical, or therapeutic condition of the individual tested. 3. Genetic results should be considered as complementary information for the definition of a nutritional plan. 4. Scientific knowledge validity rests upon the testing date.

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