

Lifecode GX[®]

Professional Genotype Analysis

Unlock Your Potential

Genomics is changing the future of health and medicine. Genetic testing enables us to look in detail at **DNA** - the chemical 'instructions' in every body cell. This biological code tells the body how to do everything, including how well you absorb and use specific nutrients like vitamins, affecting your nutrient needs. It impacts production of sex hormones, reproduction and fertility, and neurotransmitters, influencing thinking and emotional wellbeing. It regulates how your cells grow, repair, and produce energy. In short, it's the very **code of life**.

But we are not all the same! Common variations in our genetic code (called **SNPs**) have small but significant impacts on our life and health - from hormones to heart, metabolism to mental health, and much more.

Looking at your genetic differences unlocks a **personal health blueprint**, offering a detailed insight into your unique biological strengths and weaknesses and a deeper understanding of your health.

Of course, the environment plays a big part too. **Nutrigenomics** looks at how nutrition and lifestyle factors impact our genetic potential. It gives us an understanding of how our life choices interact with '**what makes us tick**', so we can make positive changes that *align* with our genes and **optimise our health and wellbeing**.

About Lifecode Gx[®]

Lifecode Gx[®] are the **leading experts** in nutrigenomics testing and education, applying the latest genomics science to enable a preventative, proactive and personalised approach to health.

We take a **clinical approach**, working with health experts to identify the most relevant, actionable genes and SNPs to create Lifecode Gx[®] **unique, comprehensive reports**. The science behind our interpretations is fully referenced in each report.

Unique **colour-coded pathway diagrams** provide easy to digest visual summaries, alongside in-depth insights into the risks or protective potential of each genotype. This enables a deep, holistic understanding and identification of the lifestyle changes that will be most effective.

Our DNA tests and reports are designed **for professional use**, so we recommend you work with a practitioner trained in nutrigenomics, who can consider your health concerns and advise you. If you are not working with a practitioner already, you can find one via our website. Check out the back of this guide to see how to organise a Lifecode Gx test and any reports you need.

Our Reports

NUTRIENT CORE

A broad-ranging report, suitable for everyone, looking at genes involved in food intolerance (including lactose, gluten and caffeine), appetite, blood sugar, vitamin and mineral needs (including vitamins A and D), detoxification, microbiome diversity, sleep, and susceptibility to inflammation and infection.

METHYLATION

For investigation of methylation, a biological process that is critical for immunity, fertility, energy, neurological, cardiovascular, and metabolic health. Includes folate, methionine, neurotransmitter, transsulphuration and urea cycles.

METABOLICS

To optimise metabolic health, energy and longevity. Analysing genes that influence appetite, sugar and fat metabolism, cholesterol, mitochondria and longevity.

DETOXIFICATION

For detoxification, including alcohol, pesticides, moulds, air pollutants, heavy metals, hormones, neurotransmitters, and some medications. Detailed report of key genes for phase I, II and III pathways, as well as antioxidant systems for neutralising free radicals.

HISTAMINE INTOLERANCE

For high histamine or allergic type symptoms - itching, sneezing, wheezing, swelling, headaches or digestive issues. Analyses the key genes and nutrients involved in histamine metabolism.

NERVOUS SYSTEM

For psychological and mental wellbeing. Looks at genes that impact function and balance of key neurotransmitters including serotonin, melatonin, dopamine, noradrenaline, adrenaline, glutamate, GABA, and the endocannabinoid system.

HORMONES

For hormonal imbalance in men and women. Investigates genes involved in regulation, response (sensitivity) and removal of steroid hormones including oestrogen, testosterone, cortisol and progesterone; as well as HPA regulation. Oestrogen Balance - a separate report tailored to women.

THYROID BALANCE

For investigation of thyroid dysfunction. Analyses genes involved in thyroid hormone synthesis, activation, transport and metabolism, and susceptibility to inflammation and autoimmunity in

APOE

For concerns around cognition, memory and cardiovascular health. Reports APOE genotype to assess risk for late onset Alzheimer's disease as well as other relevant genes in methylation, inflammation, toxicity and cardio and neuroprotection.

ATHLETE

For optimising athletic performance. Outlining relevant genes that underpin energy and fuelling, musculoskeletal strength, cardiovascular health, and recovery and repair. To enable a personalised approach to training, recovery and performance.

See full descriptions and sample reports at www.lifecodegx.com/products

Lifecode Gx[®]

— Professional Genotype Analysis —

How To Order

Our DNA test and reports are designed for professional use, so we recommend you find a practitioner trained in nutrigenomics, who can advise you on which reports are best for you and support you once you have the results.

Your practitioner places the order on your behalf. One Lifecode DNA test is required for each new order, and can be used for as many reports as your practitioner has suggested. Either you pay the practitioner or pay us directly, in which case we will email you a payment link. The test kit is sent directly to you (sometimes the practitioner may give you the test in a clinic).

The DNA test is a simple, non-invasive mouth swab that is easy to do at home. The only requirement is to abstain from eating/drinking for at least 1 hour before testing. Simply collect a sample of cheek cells using the swab and place the sample and stabilising capsule in the tube provided. Return with the signed consent form in the prepaid envelope (UK).

There are no special storage or transport requirements and you can return any day. For international orders, you are responsible for arranging and paying for return.

Results are ready about 2 weeks after sample receipt. Please check with your practitioner for updates. We'll email your practitioner when your reports are ready, and they will be in touch to share them with you and book an appointment.

You can also add extra reports later, up to 6 months from the date of the original test.

Children can be tested at any age with a parent or guardian's consent.

Client data is securely stored and protected using the highest industry standards. The test is used only to create the reports which are only shared with the authorised practitioner and Lifecode Gx senior staff. The test sample is destroyed after 3 months, and the data after 6 months.

