

Discover the Power of Your DNA with

Wellness-PRO

PANGENIA

Genetic Testing for Fitness & Nutrition

EDN02801-06



Member Price
\$7,200



6
Fitness
Indicators



21
Nutritional
Markers



99%
Test
Accuracy



Vast
Database
of Asians

Why do I Need a Fitness Performance & Nutritional Genetic Test?



Right from birth, your "genetic blueprint" determines how your body responds to physical activity and nutrient intake. That's why personalized exercise and nutrition plans are crucial for achieving your fitness goals. By getting a genetic test for fitness performance and nutrition, you can discover your unique genetic profile and make informed decisions about your workouts and diets.

Maximize Your Workouts and Diets with Genetic Testing



By analysing your genes, we can determine which exercises and foods are best suited for your body type, and identify any habits or activities you should avoid to achieve your goals with less effort. Plus, you need to understand how your genes impact nutrient absorption. For instance, some people are less sensitive to the absorption of saturated fatty acids, which can affect the effectiveness of their diet and exercise routine. By taking a genetic test, you can gain valuable insights into your body's unique needs and avoid ineffective approaches.



6 Fitness Indicators

- ▶ Muscular endurance
- ▶ Muscular strength
- ▶ Recovery
- ▶ VO2 Max
- ▶ Injury risk
- ▶ Muscle growth



21 Nutritional Markers

- ▶ Vitamin A
- ▶ Vitamin B9 - Folic Acid
- ▶ Vitamin B12
- ▶ Vitamin E
- ▶ Obesity
- ▶ Sweet Preference
- ▶ Snack Preferences
- ▶ Omega-3 Unsaturated Fatty Acids
- ▶ Iron
- ▶ Sodium
- ▶ Vitamin C
- ▶ Caffeine
- ▶ Protein
- ▶ Calcium
- ▶ Type 2 Diabetes Tendency
- ▶ Gluten
- ▶ Lactose
- ▶ Vitamin D
- ▶ Carbohydrates
- ▶ Fat
- ▶ Saturated Fatty Acids

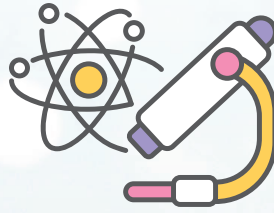


The features of Genetic Testing for Fitness & Nutrition



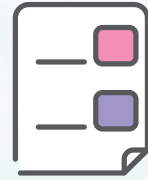
Simple, Safe & Handy Procedure

Rather than drawing blood, we use oral cells as the sample.



Accurate & Reliable

The latest DNA microarray technique - offers a **99%** accuracy rate.



Reports are typically **completed within 15-18 working days**



Test Target

Suitable for all with a particular focus on athletes

Vast Database of Asians

We recognize that there are unique differences in the physical makeup and physiology of Asians and Westerners. That's why our fitness and nutritional genetic tests utilize a vast database of Asian individuals for accurate and tailored results to help you achieve your fitness goals more effectively.

