

# Genetic Testing for Fitness & Wellness

Rx2Live has aligned itself with many of the most innovative patient care services available today. Partnering with medical professionals we enable them to provide enhanced care to each of their patients through our proprietary programs:

- **DNA Testing**
- **Nutritional Supplements**
- **Proven Weight Loss System**
- **Thermal Imaging**
- **Chronic Care Management**

The proprietary DNA Testing is our premier service and when combined with targeted supplementation can be a powerful benefit to anyone. The DNA test is simple to administer (2–3 minutes each) and results are returned in 3–4 weeks. Extensive analysis involving 30 hours of complex science and a system of checks and balances is used to produce a personalized report that is 99.9% accurate.



## **A Customized Roadmap to Wellness**

The personalized report generated from the DNA analysis provides valuable information customized to the individual in areas of fitness, health, and wellness. This test pin-points and analyzes the most researched and highly functional genetic markers in the body that encode for fat sensitivity, insulin resistance, glucose balance, and physiological response to exercise. Results are simplified, customized, and recommendations are easy to implement into anyone's lifestyle. The Customized Roadmap to Wellness works every time it is utilized if a person adjusts their epigenetics to match their genetics. Epigenetics is simply how one's genes interact with the environment. Armed with these genetic tools, epigenetics changes how we use these tools. Diet, exercise, and nutrition are all part of epigenetics. These epigenetic specifics can influence the way our genes are stimulated and physically expressed throughout our bodies. This personalized report provides guidelines that help each person create the most effective epigenetic environment to efficiently stimulate their genetics allowing them to reach their optimal body composition. This personalized report does not diagnose any health conditions or provide medical advice.

 **DO**  **EAT**  **TAKE**

The completed report provides each person with necessary information on what type, level, and duration of exercise they need for optimal health. They will also receive a macronutrient breakdown and recommended meal plans for both weight maintenance and reduction. Also included is a section detailing

their body's recommended supplement intake for their personal genetic efficiency. This report can be the forerunner to a lifestyle change. It can be considered an "owner's manual" to putting one's body on the proper path of health and wellness.

### SNP vs. Full Sequence Analysis

The most common type of genetic testing in the market place today is called "SNP analysis" (Single Nucleotide Polymorphism.) Pronounced "snip" it is widely used due to the inexpensive nature of the test but it is NOT the most accurate test—with only a **60% accuracy level**. Our genetic testing laboratories raise their methods to uncommon levels when compared with other more consumer-based tests being offered. Our labs use a full proprietary sequencing protocol which includes both the SNP Analysis **and** Sanger DNA Sequencing. Use of the Sanger DNA Sequencing requires analysis and sequencing of both DNA strands rather than the shortened method of the SNP analysis. This 30-hour process minimizes the possibility of mismatched base pairs which may result in inaccurate test results. The full sequencing analysis method then insures that the base-calling on each strand is in agreement which provides results that are **99.9% accurate**, valid and useful personalized information.



The protocol measures described above provide a high level of confidence in every report we return to our clients. These extra steps add time and labor, so costs are a bit higher. However the results yield enhanced accuracy in which our clients can trust and begin to create lifestyle changes.