



# RX2Live

*Prescription for Life*

**DNA TESTING**

**ROADMAP TO  
WELLNESS**

**Have you ever wondered why one person can lose weight on a certain diet or exercise program and someone else on the same program has no results or, even worse, gains weight?**



# One Size Does ~~Not~~ Fit All!

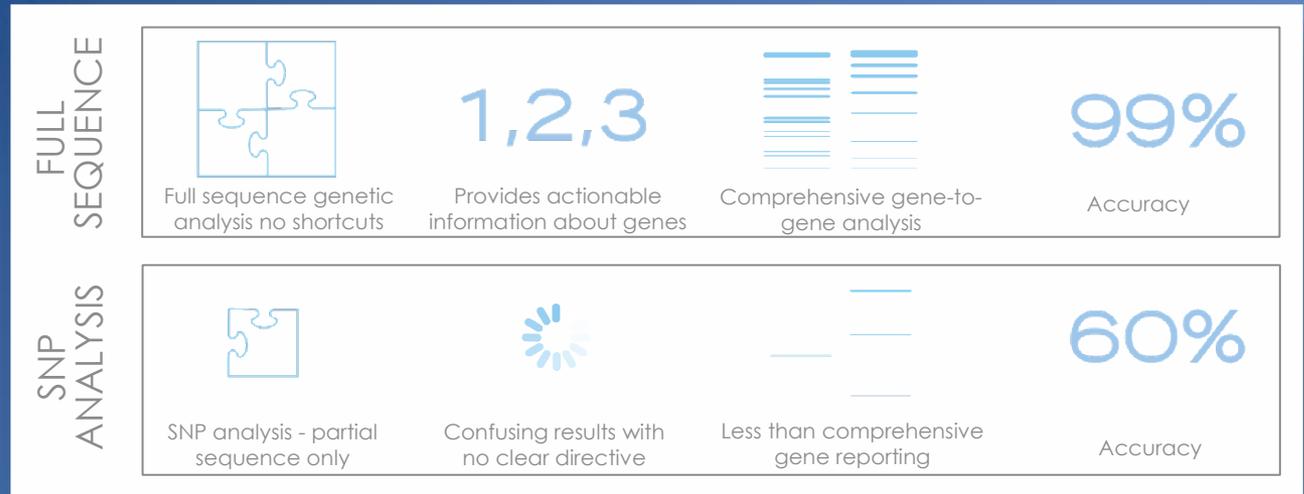


Most lifestyle programs provide a “one size fits all” approach. More often than not, this proves to be problematic since each of us is genetically unique.

# DNA Genetic Blueprint



# 99.9% Accurate



Currently, a majority of genetic testing is performed using SNP (Single Nucleotide Polymorphism) analysis due to the inexpensive nature of the test. Although this is a common approach and widely used, it is **NOT** the most accurate and is typically less than **60% accurate**. At RX2Live our proprietary protocol using both Sanger DNA sequencing and SNP analysis ensures our results are accurate, valid and useful—up to **99.9% accurate**.

# Full Sequence DNA Testing



**Work Out Smarter,  
Not Harder.**

Achieve optimal wellness and body composition by knowing which **types of exercises, meal plans and nutritional supplements** work specifically with your genetics to help you manage your weight.

We can also better determine how well your brain **heals after a concussion** based on accurate genetic analysis.



# Full Sequence DNA Testing

Lets look at the specific genes that are analyzed

## Apolipoprotein (APoE)

- Gene testing helps measure risk levels of clients for Alzheimer's, dementia, and concussions.
- This is a powerful tool used to inform patients of the most appropriate activities to participate in and precautions that may need to be taken.



# Genetic Blueprint

Roadmap to Wellness

John Doe

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# Genetic Blueprint Customized Plan

**DO**



In your DO section, you will see which types of exercises are optimal for you along with the recommended frequency and duration of workouts. Many exercises can be modified to be low or high intensity so you have many options for optimizing the results of your workouts.

**EAT**



In your EAT section, you'll find your macronutrient breakdown, the most intuitive tool we've found for attaining that breakdown and a 7-day meal plan designed specifically for your genotype. We provide the best tool along with a 7-day kick-start meal plan to help you intuitively adjust your food intake to optimal levels while never resorting to counting calories.

**TAKE**



In your TAKE section, you will find supplement recommendations based on our genetic analysis.

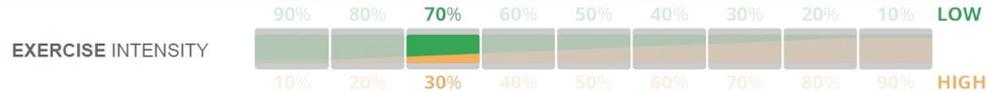
DO



OPTIMAL EXERCISE

Your optimal type of exercise is determined by your genetic receptors. Your body doesn't know what kind of exercise you are doing, but rather it responds to stimuli exercise creates. The stimuli created vary based on your heart rate during physical activity. The intensity level of the workout determines the type of stimuli and, as a result, the effectiveness of your workout.

Your genetic receptors indicate which type of exercise regimen is optimal for you: one that is mostly low intensity, one that is primarily high intensity or one that combines both low and high intensity workouts. Implementing an exercise program appropriate for your receptors will have a significant impact not only on your body composition, but also on recovery, energy level and cravings.



The above graphic displays the percentage of the two types of exercise: LOW INTENSITY or HIGH INTENSITY, and how much of each specifically for you.

### EPIGENETIC RECOMMENDATIONS

#### YOUR INTENSITY RANGES



LOW INTENSITY = 50%-65% of your max heart rate (MHR)



HIGH INTENSITY = 70%-85% of your max heart rate (MHR)

In the illustrations above you will find your target heart rate for both LOW INTENSITY and HIGH INTENSITY exercise, the duration at which these exercises are performed and optimal weekly frequency.

TYPICALLY LOW INTENSITY			LOW OR HIGH INTENSITY			TYPICALLY HIGH INTENSITY		
WALKING	HIKING	JOGGING	BIKING	WEIGHT LIFTING	ROWING	CROSSFIT	HIIT	SPRINTS
YOGA	PILATES		SWIMMING	CALISTHENICS		JUMP ROPE	STEP CLASS	

Exercise activities can be classified by which heart rate zone they will typically put you in. The above illustration is a reference for sample exercise activities in either LOW INTENSITY or HIGH INTENSITY ranges. The middle are the activities that could be either, depending on how they are performed.

DO



OPTIMAL EXERCISE

## WORKOUT WORKSHEET

## LOW INTENSITY

YOGA	MARATHON
PILATES	CROSS COUNTRY
WEIGHT TRAINING	JOGGING
CYCLING	POWER WALKING
SWIMMING	WATER AEROBICS
SOCCER	HIKING

## HIGH INTENSITY

SPIN CLASS	BOXING
STEP CLASS	INTERVAL TRAINING
CROSS FIT	BARRE
SPRINTS	ZUMBA
TABATA	KICK BOXING
JUMP ROPE	STAIR CLIMBING

Choose either the **WEIGHT MAINTENANCE** or **WEIGHT LOSS** calendar below, then fill in the **LOW** and **HIGH** from the sample LI and HI categories above or choose your own **LOW** and **HIGH** activities. Once you have finished, you will have a monthly workout schedule tailored to your preferences. Reprint this sheet as often as you would like to make changes to your schedule.

**WEIGHT MAINTENANCE**  
2-3 PER WEEK 70 LOW / 30 HIGH

SUN	MON	TUE	WED	THU	FRI	SAT
		LOW		LOW		
	LOW		HIGH		LOW	
		LOW		HIGH		
	LOW		LOW		LOW	

**WEIGHT LOSS**  
3-4 PER WEEK 70 LOW / 30 HIGH

SUN	MON	TUE	WED	THU	FRI	SAT
HIGH		LOW		LOW		LOW
	LOW		LOW		LOW	
HIGH		LOW		LOW		HIGH
	LOW		LOW		HIGH	

# EAT



# OPTIMAL DIET

Your nutritional habits are arguably the most influential element for optimal body composition and performance but this area is often the most challenging to get right. Your genes determine your ideal breakdown of proteins, carbohydrates and fats, which are known collectively as macronutrients. You have a genetic disposition to be more or less sensitive to fats and/or carbohydrates. Those sensitivities dictate your ideal macronutrient footprint.

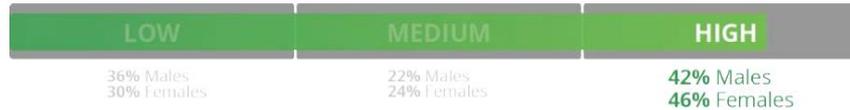
It can be cumbersome and time-consuming to count calories and then divide those calories based on your macronutrient percentages. We strongly believe you dont have to count and calculate calories to successfully manage and optimize your body composition and health.

### CARB SENSITIVITY



Reduce white flours and sugars and increase vegetables and fruits.

### FAT SENSITIVITY



Typically your body has challenges with weight loss, due to your homozygous proline variant. However, they can be overcome by your genotype's preferred program.

## EPIGENETIC RECOMMENDATIONS

### MACRONUTRIENT PROPORTIONS



We have formulated macro-nutrient proportions based on your fat and carbohydrate sensitivities and provided an exact percentage of each as seen above. If you tend to be on the highly disciplined end of the scale, there are plenty of applications out there that will allow you input your own macro-nutrient percentages and track your calorie proportions.

We have discovered that most people dont want to or will not count calories, let alone macronutrients and certainly not relative proportions. We believe for most people, the "Hand Serving" method we have chosen to implement is nearly as effective, and requires only your body parts, which we will explain on the subsequent page.

EAT



OPTIMAL DIET

Below is your customized weekly meal plan based on your recommended macronutrient proportions from your results. This is a 1500 calorie diet.

	 BREAKFAST	 LUNCH	 SNACK	 DINNER
SUN	<b>Scramble egg whites &amp; cheese with spinach</b> 1 Cup Fresh blueberries 1/2 Cup Fresh spinach 8 fluid ounce(s) Skim milk 1 1/4 Cup Strawberries 1/2 teaspoon Trans fat-free buttery spread 2 ounce(s) 2% milkfat Cheddar cheese 3 large Egg white	<b>Toss ingredients with spinach, oil and vinegar</b> 1/3 Cup Quinoa, cooked 1 tablespoon Balsamic Vinegar 1/2 Cup Fresh mushrooms 1 ounce(s) Canned artichoke 7 ounce(s) Water packed white tuna 3 Cup Fresh spinach 1/4 tablespoon Olive oil 1 Cup Chopped tomato 1 each Cooked egg white	<b>Mix blueberries &amp; nuts with yogurt</b> 6 ounce(s) Greek yogurt, plain, non fat 1/2 Cup Fresh blueberries 1/2 tablespoon chopped walnuts	<b>Stir fry chicken &amp; vegetables. Over spaghetti squash</b> 1/3 Cup Brown rice, cooked 8 ounce(s) Boneless chicken breast 1 Cup Broccoli 3 tablespoon chopped onion 1/2 Cup Fresh mushrooms 1/2 Cup Spaghetti squash, cooked 3/4 tablespoon Olive oil
MON	<b>Blend all ingredients until smooth</b> 1/2 Cup Fresh spinach 1 Cup Fresh raspberries 1 Cup Greek kefir, plain 1 scoop Your favorite protein powder 1/2 Cup Silk Plain Soy Milk	<b>Top quinoa w/ lentils/veg/chicken/salsa</b> 1/4 Cup Chopped tomato 1/4 Cup Salsa 1/3 Cup Cooked lentils 9 ounce(s) Chicken Breast / White Meat 1/3 Cup Quinoa, cooked	<b>Combine tuna &amp; mayo. Spread on rice cake</b> 1 each Tomato slice 1/3 Cup Tuna Solid White in water 1 each Brown rice cake 1 tablespoon Mayonnaise - low fat	<b>Season/broil/grill salmon.. Rice &amp; broccoli side</b> 2/3 Cup Brown rice, cooked 5 ounce(s) Salmon 1 Cup Broccoli
TUE	<b>Top bread w/ peanut butter.W/ soy milk/grapefruit</b> 1 tablespoon Peanut Butter 1/2 each Grapefruit 2 slice Sprouted wheat, whole grain bread 1 Cup Silk Plain Soy Milk	<b>Toss all salad ingredients together</b> 1/3 Cup Roasted beets 2 large Egg white 2 Cup Fresh spinach 1/4 Cup Grated carrots 1/2 tablespoon Italian dressing , reduced fat 1 tablespoon White vinegar 6 ounce(s) Turkey breast 1 1/2 oz cooked, Turkey bacon, cooked yield 1 tablespoon Sunflower seeds	<b>Blend soy milk &amp; strawberries with one ice cube</b> 1 Cup Strawberries 1 Cup Silk Plain Soy Milk	<b>Mix egg/chicken/crumbs. Roll/in oil. pasta/sauce</b> 1 1/4 Cup Broccoli 2 large Egg white 8 ounce(s) Ground chicken breast, raw 2 tablespoon Whole wheat panko bread crumbs 2/3 Cup Whole wheat pasta, cooked 1/3 Cup Tomato sauce
WED	<b>Top cottage cheese with berries, nuts and cereal</b> 1 1/4 Cup Cottage Cheese -1% fat 1/2 Cup Bran flakes 1 tablespoon chopped walnuts 3/4 Cup Fresh blueberries	<b>Toss all ingredients together in a bowl</b> 1/8 Cup Grated carrots 1 tablespoon Italian dressing , reduced fat 1 tablespoon White vinegar 3/4 Cup Whole wheat pasta, cooked 2 each Tomato slice 4 3/4 ounce(s) Salmon - broiled 1 Cup Fresh spinach	<b>Turkey wrap</b> 2 each Lettuce leaf 2 ounce(s) Turkey breast 1 teaspoon Mustard 1 each 100% whole wheat wrap, 6"	<b>Dinner - Season tilapia as desired; roast. Steam veg. w/quinoa</b> 1 Cup Summer squash, cooked 4 Cup Fresh spinach 2/3 Cup Quinoa, cooked 10 ounce(s) Tilapia 3 tablespoon chopped onion 2 teaspoon Trans fat-free buttery spread 1/4 Cup White mushrooms, sliced
THU	<b>Cook egg &amp; bacon in spread, place on muffin. Fruit</b> 4 large Egg white 1 muffin English muffins, wheat 2 1/2 ounce(s) Canadian bacon, extra lean 1 Cup Fresh cantaloupe 1 Cup Strawberries 1 teaspoon Trans fat-free buttery spread	<b>Top wraps w/ arugula, tomato, turkey &amp; cheese</b> 5 1/2 ounce(s) Turkey breast 1 tablespoon Vinegar, red wine 1/2 Cup Chopped tomato 3/4 Cup Grated carrots 1 1/2 ounce(s) 2% milkfat Cheddar cheese 2 Cup Arugula 2 each 100% whole wheat wrap, 6"	<b>Top cottage cheese with raspberries</b> 3/4 Cup Fresh raspberries 2/3 Cup Cottage Cheese -1% fat	<b>Season chicken, drizzle w/oil. 400F 20min</b> 1/8 teaspoon Ground black pepper 1/4 teaspoon Paprika 1 tablespoon Olive oil 1/4 tablespoon Garlic powder 2/3 Cup Brown rice, cooked 6 ounce(s) Boneless chicken breast 1/2 Cup Green beans, steamed or boiled
FRI	<b>Cook oats w/milk per directions.Top straw/walnuts</b> 10 fluid ounce(s) Skim milk 1/2 Cup Dry steel cut oats 2/3 Cup Strawberries 2 1/4 tablespoon chopped walnuts	<b>Toss all ingredients together</b> 2 tablespoon Vinegar, red wine 1/2 each Tomato 3 Cup Mixed greens 1/2 Cup Grated carrots 8 ounce(s) Water packed white tuna 1/2 tablespoon chopped walnuts 1/3 Cup Chickpeas (garbanzo beans, bengal gram),mature seeds, canned 1/8 Cup Chopped red onion	<b>Top yogurt with thawed cherries &amp; almonds</b> 1/2 Cup Unsweetened frozen cherries 6 ounce(s) Greek yogurt, plain, non fat 1/2 tablespoon Slivered almonds	<b>Top chick w/ seasoning/tomato; roast 350F 20min</b> 1 Cup Chopped tomato 1/2 Cup Broccoli 2 tablespoon Grated parmesan cheese 1/4 teaspoon Italian seasoning medley 1/2 Cup Whole wheat spaghetti, cooked 10 ounce(s) Boneless chicken breast
SAT	<b>Scramble egg whites. Top muffin w/egg/bacon</b> 5 large Egg white 1 Cup Milk - skim, no fat 2/3 Cup Fresh cantaloupe 2 ounce(s) Canadian bacon, extra lean 1 each Whole wheat English muffin	<b>Grilled turkey/cheese/arugula/avocado sandwich</b> 1 Cup Arugula 2 ounce(s) 2% milkfat Cheddar cheese 1/8 Cup Sliced avocado 1 each Tomato slice 5 ounce(s) Turkey breast 2 slice Wheat bread	<b>Almond butter wrap</b> 1 each Whole wheat wrap 1/2 tablespoon Almond Butter	<b>Season meat, sauté/onion. Over quinoa. Green/dress/asp:Label&gt;</b> 3 Cup Mixed greens 2/3 Cup Quinoa, cooked 1 tablespoon chopped onion 1/4 Cup Chopped tomato 1 tablespoon Italian dressing , reduced fat 8 ounce(s) Lean around beef



TAKE

OPTIMAL SUPPLEMENTATION

Your genetically preferred supplement program is designed to support the body based on your variations on each of the genes tested. The list does not contain all of the possible supplements that may be of benefit to you. For example antioxidants can be obtained from food, beverages and supplements. Eating a healthy diet is the best way to obtain key nutrients. Some supplements stimulate specific genes, while various genetic variants are better left unstimulated. The following supplement recommendations are optimal choices for your basic genetic support. Additional supplements suggested will refine your performance and health and supply your body with the proper nutrients needed to reach optimal health and function. Recommended supplements may be used in conjunction with an existing supplement program based on knowledge of your medical history or known vitamin/mineral deficiencies.

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## FOUNDATION

**Crave Control** Carbohydrate cravings have been directly associated with serotonin levels. Serotonin-releasing brain neurons are unique in that the amount of neurotransmitter they release is normally controlled by carbohydrate consumption—acting via insulin secretion. Studies show that carbohydrate cravers eat 800 or more calories a day than other people. Balancing serotonin levels can help reduce cravings.

## OPTIMAL HEALTH

**Omeegas** A blend of omega-3 and omega-6 fatty acids may be necessary due to the decrease of fats from your diet. Essential fatty acids (EFAs) aid in human metabolism and are necessary for proper function of the body's systems, including the skeletal and cardiovascular systems, with added benefits to brain function. They are not produced by the body so we must get EFAs from our diet.

**Polyphenols** Polyphenols are bioavailable flavonoids that play a role in preventative care. Polyphenols can interact at the cellular level by working in conjunction with fatty acids to keep the fats correct oxidative state. Polyphenols were generally viewed as antioxidants until the 90s, but have been shown to do much more than improve the state of oxidative stress. Polyphenols are found naturally, but the average diet is lacking. Resveratrol is a polyphenol nutrient known to activate signals that help break down your stored fat to use as fuel as well as boost your energy. Grapeseed extract is also a potent antioxidant and polyphenol.

**Vitamin B complex** Vitamin B12, folic acid and magnesium help support methylation. B vitamins also keep the nervous system in tune, enhance energy and aid in stress-relief. They are great for the eyes, skin and hair.

## WEIGHT LOSS

**BCAAs** Leucine, isoleucine and valine provide nutritional support for individuals seeking optimal lean muscle mass. BCAAs will "trick" your body into thinking it has been replenished in proteins and begins using free fatty acids for energy, post workout. \*Avoid consuming anything with carbohydrates for 90 minutes, post exercise (liquid or solid foods) as it will immediately stop fats being used for energy\* (Take BCAAs if your initial goal is to lose weight.)

**Cardio Support** The amino acids L-Arginine and L-Carnitine have both shown to increase blood flow to the muscles, and also aid in weight loss. L-Arginine increases activity of a protein that controls energy balance. It decreases the expression of genes that favor production of fats and glucose and increases the breakdown of fats. L-Carnitine is essential for fat metabolism and energy production. Either of these amino acids will offer great support.

# Exclusive Supplements



- Manufactured with highest quality standards  
(21 CFR Part 111, NSF Intl Registered, GMP, ISO/IEC 17025:2005 Accreditation.  
Member of VCP, Certified for Sport Nutrition and a member of the council for responsible nutrition)
- Only the highest quality ingredients
- For Professional Use Only





# Genetic Blueprint

Roadmap to Wellness

PERSONALIZED RESULTS FOR

**JANE DOE**

Gender: FEMALE  
Test Number: 9197837  
Test Date: May 11, 2018

## DISCLAIMER

BE SURE TO CONSULT WITH YOUR DOCTOR BEFORE ENGAGING IN CONTACT SPORTS OR PHYSICAL ACTIVITIES. REGARDLESS OF YOUR GENETIC VARIATION, PLEASE USE CAUTION WHEN ENGAGING IN CONTACT SPORTS. THE NATURE OF PHYSICAL CONTACT AND COLLISIONS IN CONTACTSPORTS CAN INCREASE THE PROBABILITY OF A HEAD INJURY OR SERIOUS BRAIN INJURY. BE SURE TO WEAR THE PROPER PROTECTIVE GEAR AND EQUIPMENT TO MINIMIZE THE CHANCE OF INJURIES DURING CONTACT SPORTS, AND BE SURE TO FOLLOW SAFETY GUIDELINES AND REGULATIONS ESTABLISHED BY GOVERNING ORGANIZATIONS OF A GIVEN SPORT OR ACTIVITY. WEARING A HELMET MAY NOT ALWAYS PREVENT CONCUSSION. REPEAT CONCUSSIONS, OR SIS (SECOND-IMPACT SYNDROME), MAY OCCUR AFTER SUSTAINING AN INITIAL CONCUSSION. BE SURE TO TALK TO YOUR DOCTOR IF YOU BELIEVE TO HAVE EXPERIENCED A CONCUSSION.

THIS PRODUCT AND ITS PERFORMANCE CHARACTERISTICS HAVE NOT BEEN EVALUATED BY THE FDA. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE A DISEASE OR CONDITION OR TO CURE, MITIGATE, TREAT, OR PREVENT ANY DISEASE.

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## YOUR RISK RESULTS



## ELEVATED

You are determined to carry one copy of the ApoE ε4 variation and are categorized at moderate risk. While a concussion or head injury can occur during contact sports, your variation categorizes you as being at MODERATE risk for long-term negative neurological outcome in such an event. In a 2010 study, having one copy of ε4 can make an individual 8.4 times more susceptible to a concussion, compared to a non-carrier. (43,68,75,77) Care should always be taken to wear the necessary

protective gear during contact sports and vigilance for concussion-like symptoms after any type of head injury is always critical. Serious consideration should be given as to whether or not you get involved in high-contact sports. At the very least, ensure that the school or organization involved has well-established concussion and head injury awareness protocols for their athletes and participants.

## WHICH SPORTS SHOULD I PLAY

We've compiled a list of sports below, which could be safe based on your ApoE and risk assessment. These sports are categorized by likelihood of impact, and not by statistics around reported concussions, or which sports are considered contact sports. This information is

not intended to be a substitute for professional medical advice. Always seek the advice of your physician or other qualified health provider for any questions you may have regarding any change in your exercise program or physical activity.

### SAMPLE ACTIVITIES BASED ON YOUR RISK LEVEL

MINIMAL CONTACT	MODERATE CONTACT	COLLISION
<p>ballet, baseball, bowling, dance, golf, gymnastics, snorkeling, swimming, tennis, track and field, yoga</p>	<p>basketball, cheerleading, ice-skating, skateboarding, skiing, snowboarding, soccer, softball, squash, volleyball, water polo</p>	<p>boxing, football, field hockey, ice hockey, karate, lacrosse, roller derby, rugby, waterskiing, wrestling</p>

# Is There Truly a Roadmap to Wellness?



**YES, your genes will show the way!**