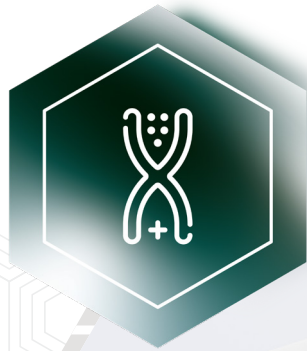


Health, Weight & Nutrition



General Benefits

Knowledge is power. Discover your genetic predisposition to certain diseases and make timely lifestyle changes and take preventative action.

Specific Benefits - Genetic risk of:

- Alzheimer's Disease
- Breast Cancer
- Lung Cancer
- Colon Cancer
- Prostate Cancer
- IBD
- Osteoporosis
- High Cholesterol
- Disease prevention and treatment
- Genetic response to pharmaceuticals
- Genetic response to nutrition

For more information or to order you analysis call our team on
0161 638 8649 or visit revivme.com/genetics



Your unique report begins with a summary of Contents and your personal 'at a glance' Action Index.

20 health sensors analysed to give an overview of your genetic predisposition/risk to common diseases and conditions along with suggested lifestyle changes and preventative actions.

Analysis of 22 genes to understand
your body's genetic response to
over 600 medicines.

Health, Weight & Nutrition

Weight

Analysis of 8 genes enabling you to fully understand the inherent genetic traits influencing your weight and how to optimize your diet to maximize sustainable weight loss/management.



Nutrigenetics

Identifies your individual's needs for over 20 vitamins and minerals and their impact on multiple bodily functions.

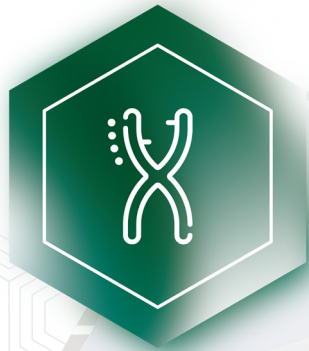


Food Planning

Our comprehensive food table lists over 1000 common foods and details your genetic responses enabling effective meal planning for either optimum health or weight management.



Beauty, Weight & Nutrition



General Benefits

We all want to look and feel our best, understanding your unique genetic make up and how other internal and external factors influence your physical appearance enables you to embark on a personal skin/beauty regime delivering optimum results.

Key Areas Analysed

- Collagen breakdown
- Collagen production
- Biological age
- Skin hydration
- Oxidative stress
- Selenium requirement
- Effect of Q10.

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Beauty, Weight & Nutrition

Beauty Analysis

Aging and especially aging of the skin has a variety of causes. 9 key areas are analysed and the status of these results allows you to follow a beauty programme based on your genetic makeup.



Weight

Analysis of 8 genes enabling you to fully understand the inherent genetic traits influencing your weight and how to optimize your diet to maximize sustainable weight loss/management.

Beauty, Weight & Nutrition



Nutrigenetics

Identifies your individuals needs for over 20 vitamins and minerals and their impact on multiple bodily functions.



Food Planning

Our comprehensive food table lists over 1000 common foods and details your genetic responses enabling effective meal planning for either optimum health or weight management.



Sports & Nutrition



General Benefits

Get the most out of your training and boost athletic performance by understanding where your genetic talents lie.

Specific Benefits

- Muscle structure
- VO2Max
- Optimal nutrition for performance
- Inflammation & Detoxification
- Recovery & post-injury repair

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Sports & Nutrition

Sports Analysis

9 key areas analysed to provide genetic predispositions that allow training programmes to be adapted and developed, enabling results and goals to be achieved.



Nutrigenetics

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Food Planning

Our comprehensive food table lists over 1000 common foods and details your genetic responses enabling effective meal planning for either optimum health or weight management.



Nutrition



General Benefits

Discover how you respond to certain nutrients, based on your genetic variations, and ensure better health through a personalised diet.

Specific Benefits

- Personalised micronutrient Requirements
- Healthy foods for you
- Foods to avoid
- How to maintain healthy cholesterol levels
- Identify metabolic problems
- Body's ability to detox

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Nutrition

Overview

Your unique report begins with a summary of Contents and your personal 'at a glance' Action Index.



Nutrigenetics

Identifies your individuals needs for over 20 vitamins and minerals and their impact on multiple bodily functions.



Food Planning

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