

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

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

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

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.

