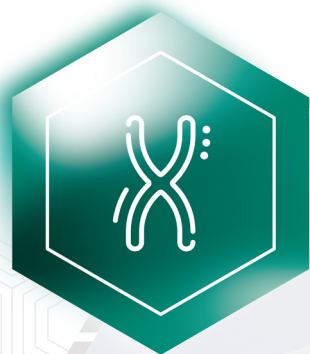


Sports & Nutrition



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

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



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

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.

