



METHYLGENETIC NUTRITION[®]

NUTRIGENOMIC TESTING

Discover how your unique genetic makeup can guide you to better health and optimized wellness.



LIFEMED
INSTITUTE

What is MethylGenetic Nutrition Testing?

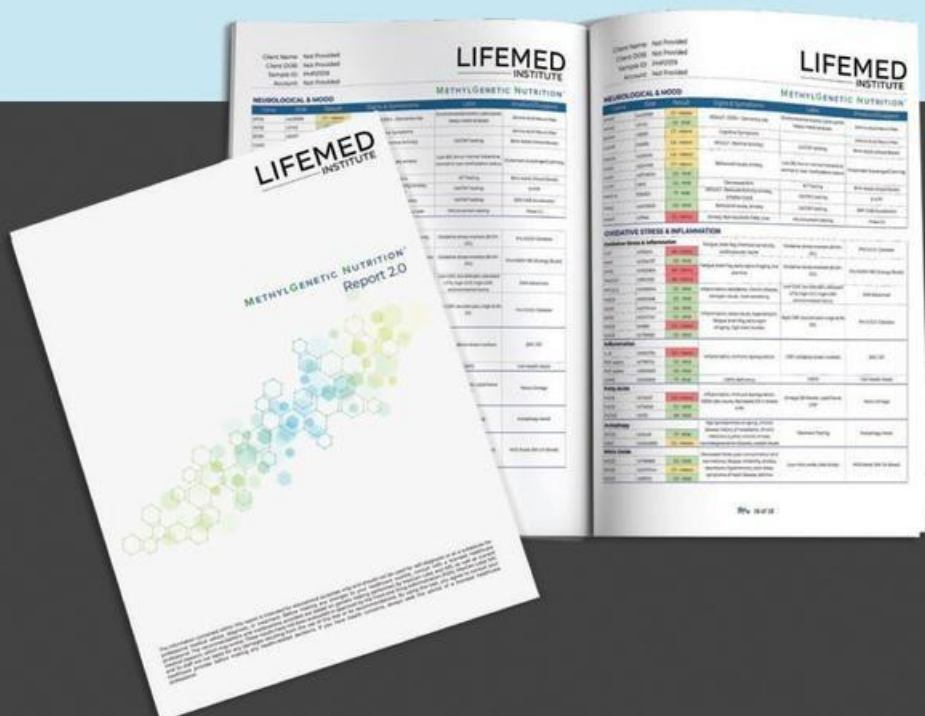
MethylGenetic Nutrition Testing is an innovative tool designed to analyze your genetic blueprint, offering valuable insights into your health.

By using genetic testing, you can gain a deeper understanding of your wellness. Whether addressing current concerns, symptoms, or aiming to prevent future health challenges, this is your opportunity to take proactive steps toward a healthier lifestyle.

This test uncovers how your genes impact key processes, such as:

- **NEUROLOGY AND MOOD**
- **NUTRIENT ABSORPTION**
- **METABOLIC FUNCTION**
- **ELIMINATION PATHWAYS**
- **OXIDATIVE STRESS**

With this information, your healthcare provider can develop a personalized plan tailored to your specific needs, guiding you toward optimal health.



Empower your health journey with these benefits:

PRECISION

Tailored recommendations based on
your unique genetic makeup

OUTCOMES

Address the root cause of health
issues, not just symptoms

TARGETED

Identify and support nutritional
and lifestyle needs

PREVENTATIVE

Stay ahead of potential health
challenges with early insights

PERSONALIZED

Discover which foods, supplements, and
habits are best suited for your body



ONE SIMPLE TEST.
100 GENETICS.
PERSONALIZED ANSWERS.



Easy Sample Collection:

A non-invasive cheek swab is all it takes.



Comprehensive Analysis:

100s of genes and RS numbers are analyzed to uncover actionable genetic insights.



Personalized Recommendations:

Your healthcare provider will guide you with a custom plan for nutrition, supplements, and lifestyle adjustments.

MethylGenetic Nutrition Testing Can Provide Information for:

Chronic or unresolved health issues:

- Fatigue, mood disorders, or brain fog.
- Digestive problems or nutrient absorption issues.
- Hormonal imbalances or difficulty managing weight.

Individuals with a family history of health concerns:

- Predispositions to conditions like heart disease, diabetes, or neurological disorders.
- A desire to take preventive measures based on genetic predispositions.

People pursuing optimal health:

- Athletes looking to enhance performance and recovery.
- Anyone interested in preventative care and proactive management
- Those who have struggled with medications or supplements.

Difficulty metabolizing certain medications or experiencing side effects.

- Challenges in finding the right supplements or dietary approaches.

People with specific health goals:

- Balancing energy levels, improving sleep, or managing stress.
- Supporting detoxification or improving skin health.

Ready to Begin?

**Speak to a LifeMed Institute
practitioner about MethylGenetic
Nutrition Testing today!**

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