



Are you drinking  
too much coffee?  
Are you getting enough  
Omega-3 fat?  
What about salt?

**NUTRIGENOMI**®  
EAT ACCORDING TO YOUR GENES



Personalized Nutrition Assessment

# The answer may be in your genes

In 480 BC, Hippocrates noted that “positive health requires knowledge of man’s primary constitution”. This was just an ancient way of saying that we cannot achieve optimum health without knowing about our genes. We now know that specific variations in our genes can explain how we will respond to the foods, beverages and supplements we consume.

Learn how your genes affect how you respond to...

Sodium

and risk of high blood pressure

Folate

and risk of low blood levels of folate

Omega-3 Fat

and risk of elevated triglyceride levels

Saturated Fat

and risk of developing obesity

Vitamin C

and risk of low blood levels of vitamin C

Whole Grains

and risk of type 2 diabetes

Caffeine

and risk of heart disease



# About Nutrigenomix®

Nutrigenomix Inc. is a University of Toronto start-up biotechnology company that moves genetic studies from the laboratory into the clinic. Working with our International Science Advisory Board, consisting of global leaders in the field of nutrigenomics, we have developed a panel of 7 genetic tests that enable your registered dietitian to provide you with personalized nutritional recommendations based on your DNA.

When it comes to your diet, a one-size-fits all approach may not lead to optimal health. Research has shown that personalized dietary advice based on your DNA is more valuable than general population-based recommendations. Nutrigenomix has developed a safe, easy-to-use kit that enables your registered dietitian to develop a dietary plan that is tailored to your unique genetic profile.

Talk to your dietitian today about Nutrigenomix®. A simple DNA test will get you started down the path to eating according to your genes!

To learn more  
about Nutrigenomix®  
talk to your dietitian at:



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