



Get Empowered with AGS Health & Wellness Genetic Tests

NutraFit Health & Wellness Genetic Test

The **NutraFit** test examines 25 individual SNPs (24 unique genes) and provides:

- Your ideal daily percentage of proteins, carbohydrates and fats
- Your sample shopping list and food items to avoid
- Your optimal exercise and activity combination (power vs. endurance)
- Your genetic impairment of 6 vitamins and supplements (Vitamins A, D, K, B6, B12 and Folate)
- Your genetic effects of exercise on your blood pressure and cholesterol levels
- And, includes a Genetic Highlights Summary page for an easy-to-understand overview of your personal genetics with many tips on how to improve your health!

Premium Health & Wellness Genetic Test

The **Premium** test examines 60 individual SNPs (53 unique genes) and provides:

- Your *Health Awareness and Effort Score* – A score calculated by evaluating the most clinically validated genetic obesity biomarkers to help assess your individual effort level towards reaching your health goals
- Your ideal daily percentage of proteins, carbohydrates and fats
- Your sample shopping list and food items to avoid
- Your optimal exercise and activity combination (power vs. endurance)
- Your genetic impairment of 8 vitamins and supplements (Vitamins A, D, K, B6, B12, Folate, Iron and Vitamin E)
- Your genetic stress response
- Your genetic effects of exercise on your blood pressure and cholesterol levels
- Your genetic blood sugar predisposition
- Your genetic soft tissue injury and recovery propensity
- Your food craving and satiety propensity per your genetic makeup
- Your genetic behavioral tendencies towards satiety, emotional eating and addictive behaviors
- Your genetic taste sensitivities towards sweet and bitter foods
- Your genetic propensity for caffeine, alcohol and lactose sensitivity
- Your personal Genetic Highlights Summary section for an easy-to-understand overview of your genetics with many tips on how to improve your health
- And, includes a complimentary 20-minute consultation with an AGS Genetic Health Specialist to empower you with actionable tools to help make immediate healthier lifestyle choices!

**AGS Health & Wellness Genetic Tests
takes the guesswork out of the equation
making optimal health truly achievable!**





Categories Tested	AGS H&W NutraFit	AGS H&W Premium
SNP Count	25	60
Gene Count	23	51
All SNPS Tested are Reported	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

Genetic Highlights Summary Section with Tips	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Genetic Dietary Profile (daily percentage of proteins, carbohydrates and fats)	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Sample Shopping List and Foods to Avoid	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Optimal Exercise and Activity Combination (Power vs. Endurance)	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Vitamin / Supplement Genetic Tendencies	6	8
Genetic Stress Predisposition		<input checked="" type="checkbox"/>
Genetic Cholesterol Predisposition		<input checked="" type="checkbox"/>
Genetic Blood Pressure Predisposition		<input checked="" type="checkbox"/>
Genetic Blood Sugar Predisposition		<input checked="" type="checkbox"/>
Injury and Recovery Genetic Potential		<input checked="" type="checkbox"/>
Genetic Behavioral Tendencies Toward Satiety, Emotional Eating and Addictive Behaviors		<input checked="" type="checkbox"/>
Genetic Propensity for Food Craving		<input checked="" type="checkbox"/>
Taste Sensitivities Toward Sweet and Bitter Foods		<input checked="" type="checkbox"/>
Beverage Reaction (caffeine, alcohol, lactose)		<input checked="" type="checkbox"/>
Complimentary Consultation (20 minutes)		<input checked="" type="checkbox"/>
DNA-Based Health Awareness & Effort Score*		<input checked="" type="checkbox"/>
Never Sell or Share Data - Guaranteed	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

* A score calculated by evaluating the most clinically validated genetic obesity biomarkers to help assess your individual effort level towards reaching your health goals