



shelina mediratta

wellness redefined



Are you drinking too much coffee?  
Is a gluten-free diet right for you?  
What about a high protein diet for weight loss?



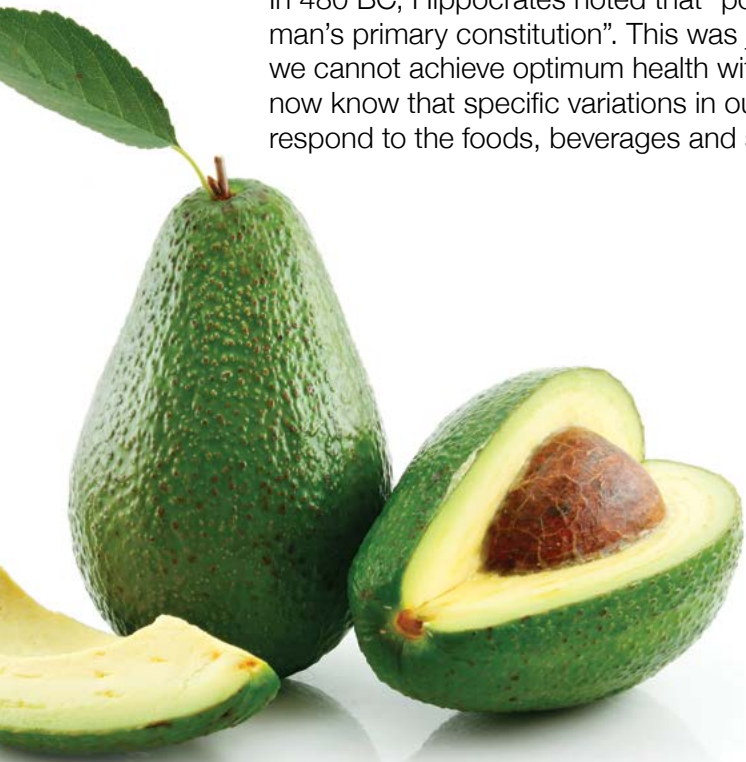
**NUTRIGENOMI**<sup>®</sup>  
EAT ACCORDING TO YOUR GENES

Genetic Testing for Personalized Nutrition

NEW TEST  
45 genetic markers

# 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 can affect:

Weight Management

Cardio-metabolic Health

Nutrient Metabolism

Food Intolerances

Eating Habits

Physical Activity

Injury Risk



