NGX
NUTRI-GENETIX

Date: xx/xx/xxxx
Barcode: XXXXXXXXXXX

Personal Nutrition Report

for

Jane Smith

SAMPLE REPORT

This is an example version of the Personal Nutrition Report you will receive when you order any or our personalised products or bundles. The information in this report is fictional and is for illustration purposes only.

NGX is personalised nutrition, made simple.

Following a genetically personalised diet enables you to be at the top of your game, whatever your goal. Learn how to unlock your inner awesome inside...

www.nutri-genetix.com

Hi Jane,

Welcome to your personal nutrition report!

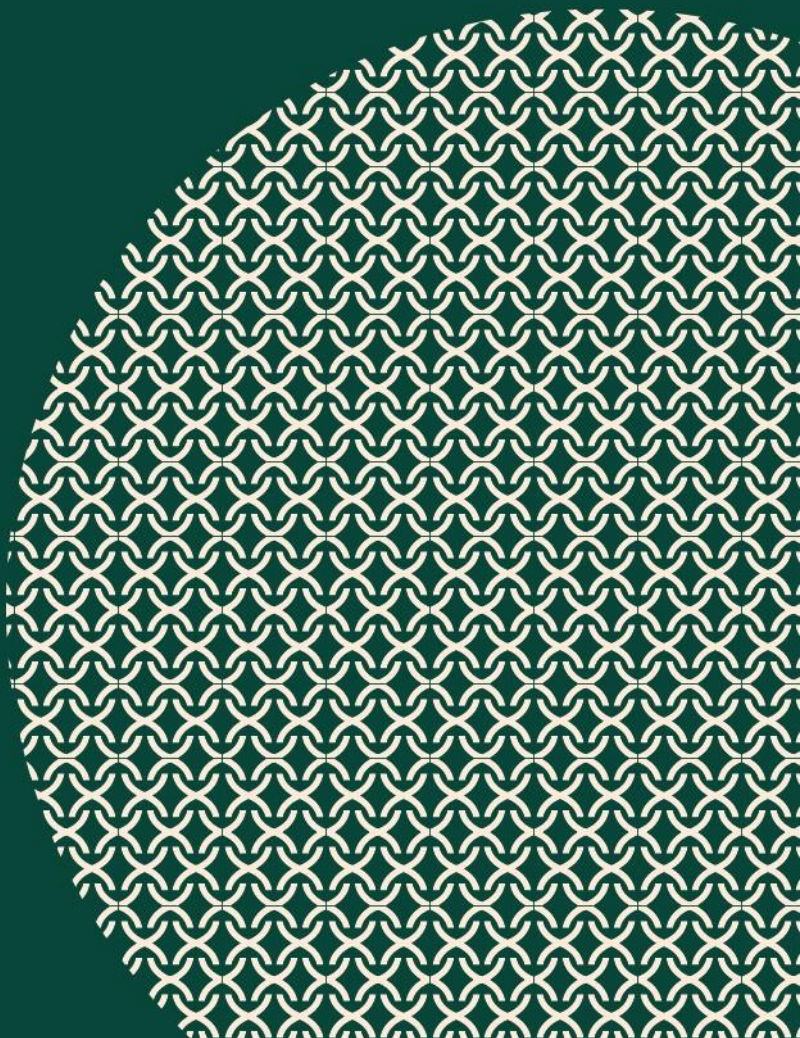
Inside this report you will find all the secrets that you need to personalise your diet and optimise your health and fitness. Whether you are looking to boost muscle, reduce body fat, improve athletic performance or support your immunity and wellbeing, personalising your diet can help you achieve your goals, faster and more effectively than ever. Why? Because food guidelines such as NRV (nutrient reference values), DRIs (dietary reference intakes) and the EFSA (European Food Safety Authority) are based on population averages. And you're not average. You're unique!

We also understand how hard It Is to prepare fresh meals every day that are personalised to your optimal nutrition needs. That's why we created NGX BodyFuel! To make personalised nutrition simple, convenient and tasty. Using insights from your DNA we personalise your shake, so you can be confident of hitting your daily nutrition targets and can focus on crushing your goals.

What's inside your report?

1.

About the science of nutrigenetics



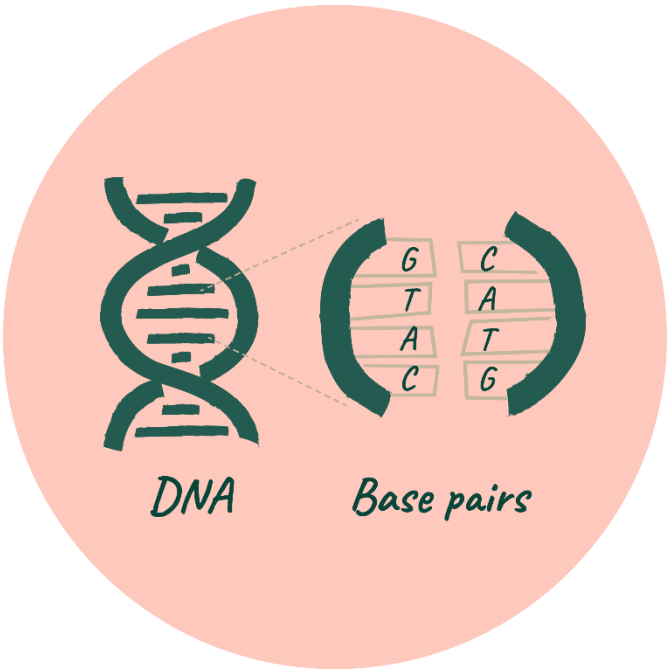
NGX
NUTRI-GENETIX

About the science of nutrigenetics

Nutrigenetics is the field of science that seeks to understand how we metabolise and process different nutrients, based on our unique genetic make-up. Our DNA can have a significant effect on the way our bodies use nutrients, such as how these nutrients are absorbed, transported, activated, and eliminated from the body. Once our genetic profile has been determined, we can match our nutrient intake to our genetic make-up to achieve enhanced physical and cognitive performance:

What are DNA and genes?

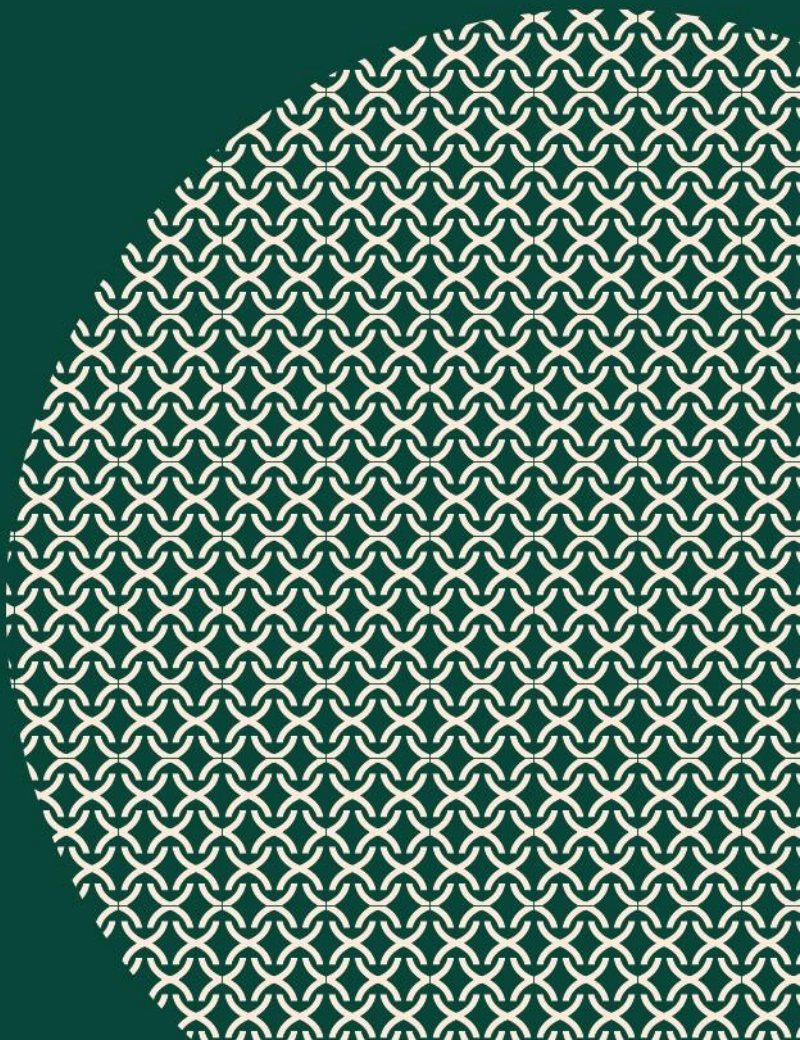
DNA is short for deoxyribonucleic acid and is a chemical found in nearly every cell in the human body. Our DNA is arranged as a double helix and holds the genetic information that determines our physical traits and characteristics – from our eye colour to how we metabolise and process different nutrients.



Each double helix is composed of four base pairs: adenine (A), thymine (T), cytosine (C), and guanine (G). The order, or sequence of these components is called a gene (and collectively genotype). This is similar to the way in which letters of the alphabet are ordered to form words and sentences. These genes provide the instructions our bodies need to make molecules such as protein, which perform functions such as breaking down and processing nutrients.

2.

How your genes affect your goals



NGX

NUTRI-GENETIX

YOUR GENES CAN IMPACT YOUR ABILITY TO ACHIEVE FITNESS, HEALTH & WELLBEING GOALS

When following only a normal diet*, your genes may result in debilitated performance in the following fitness, health and wellbeing categories. Note: If you, like two-thirds of the UK population** do not regularly meet the average recommended daily guidelines for nutrition, you could experience a more debilitating effect than that shown below.

*the average recommendations for protein, fat, carbohydrates and vitamins and minerals
**Over two-thirds of the UK population do not consume their recommended daily requirements of vitamins and minerals or achieve the right balance of protein, fats and carbs. Public Health England 2018 Report

Your overall result

Summary of how your genes impact your performance across fitness, health and wellbeing, ranging from a **Very High Debilitation** to **Normal**:

Your overall result indicates that you may benefit from following a genetically personalised diet.

Potential gains of a genetically personalised diet

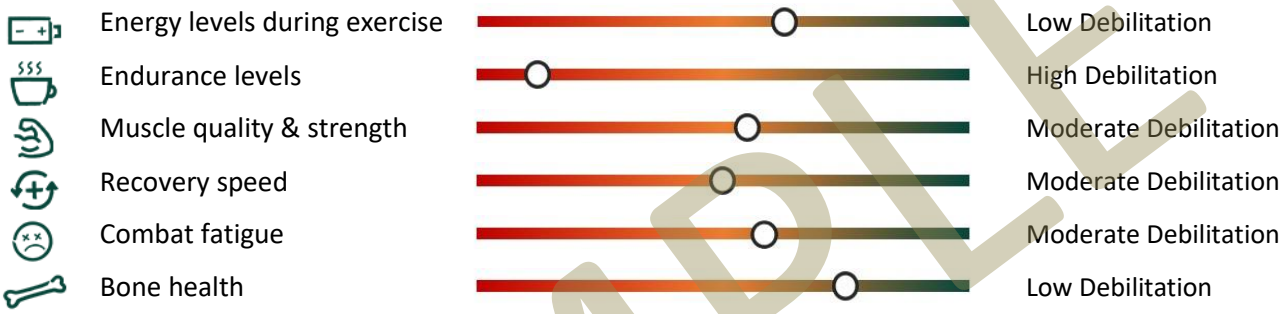
The level of gain you could achieve by following a genetically personalised diet Is linked to the overall level of debilitation caused by your genes above. Your potential gain is:

For you to achieve best results across all your fitness, health and wellbeing goals, you should follow a genetically personalised diet.

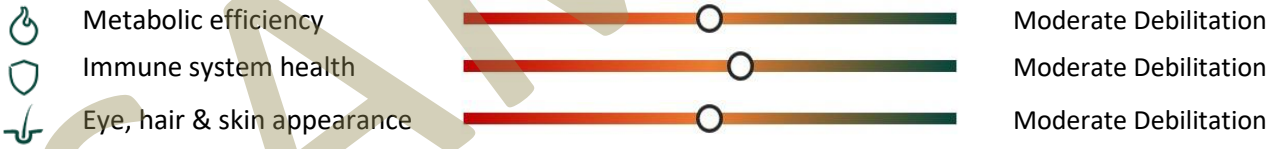
Breakdown by goal

We have broken down your Overall Result Into 14 key areas of fitness, health and wellbeing so you can get a better understanding of how your genes may be impacting your levels of performance.

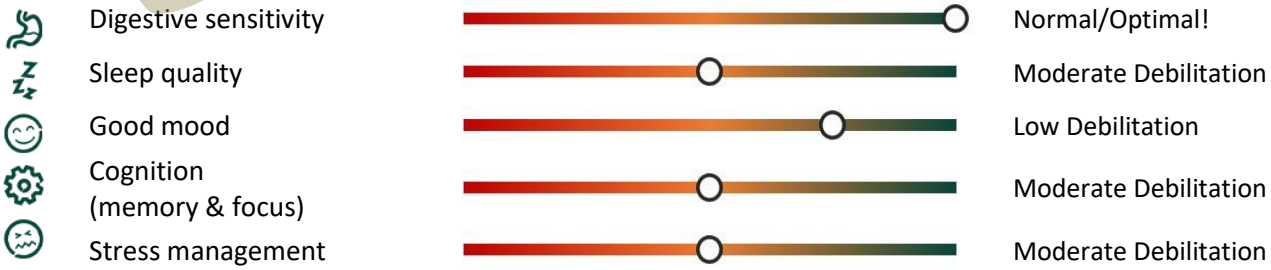
FITNESS



HEALTH



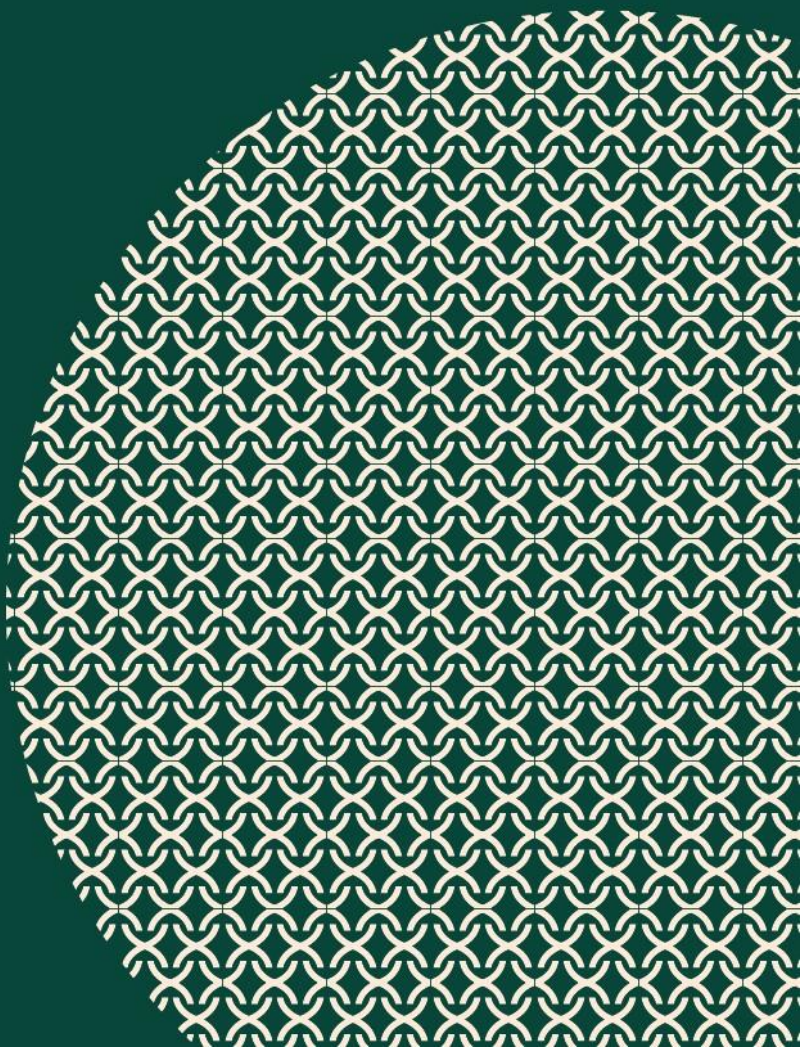
WELLBEING



Following a genetically personalised diet could help you become **'optimal'** for all the above fitness, health and wellbeing categories, helping you to reach the top of your game.

3.

How you process and use different nutrients



NGX

NUTRI-GENETIX

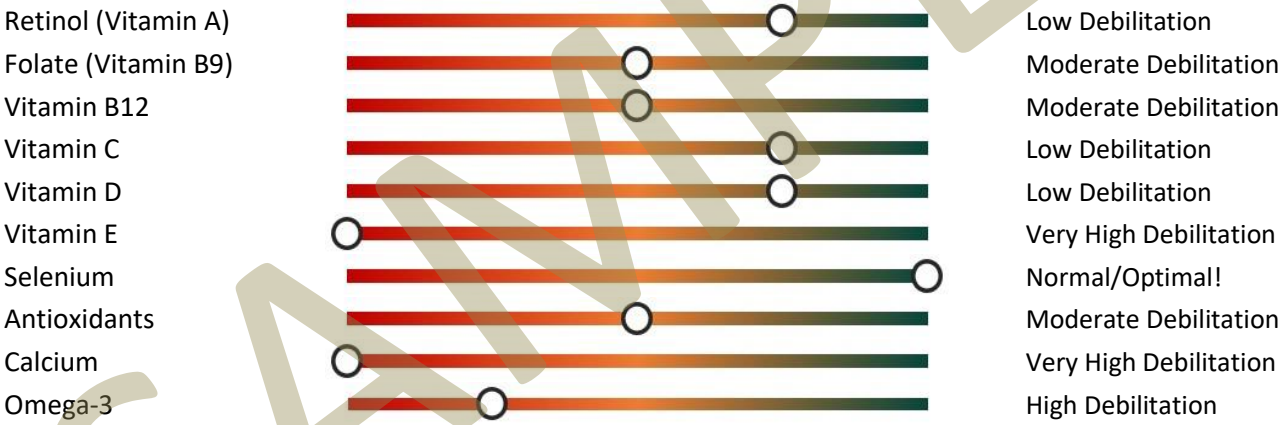
HOW YOU PROCESS AND USE DIFFERENT NUTRIENTS

Genetic variations may prevent your ability to use and absorb certain nutrients normally, leading to reduced physical and mental performance on a normal diet. Discover the affect of your variations below.

Your overall ability to use, produce and absorb nutrients

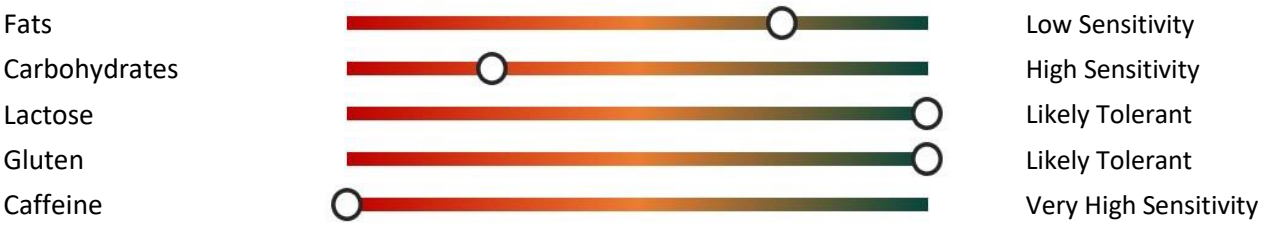
The higher your level of debilitation, the more of that nutrient you need to consume to be at your best.

Breakdown by nutrient where you differ to the norm



Food intolerances and sensitivities

Your genes also reveal food sensitivities and intolerances, helping you to understand which food groups to consume more of and which to avoid:

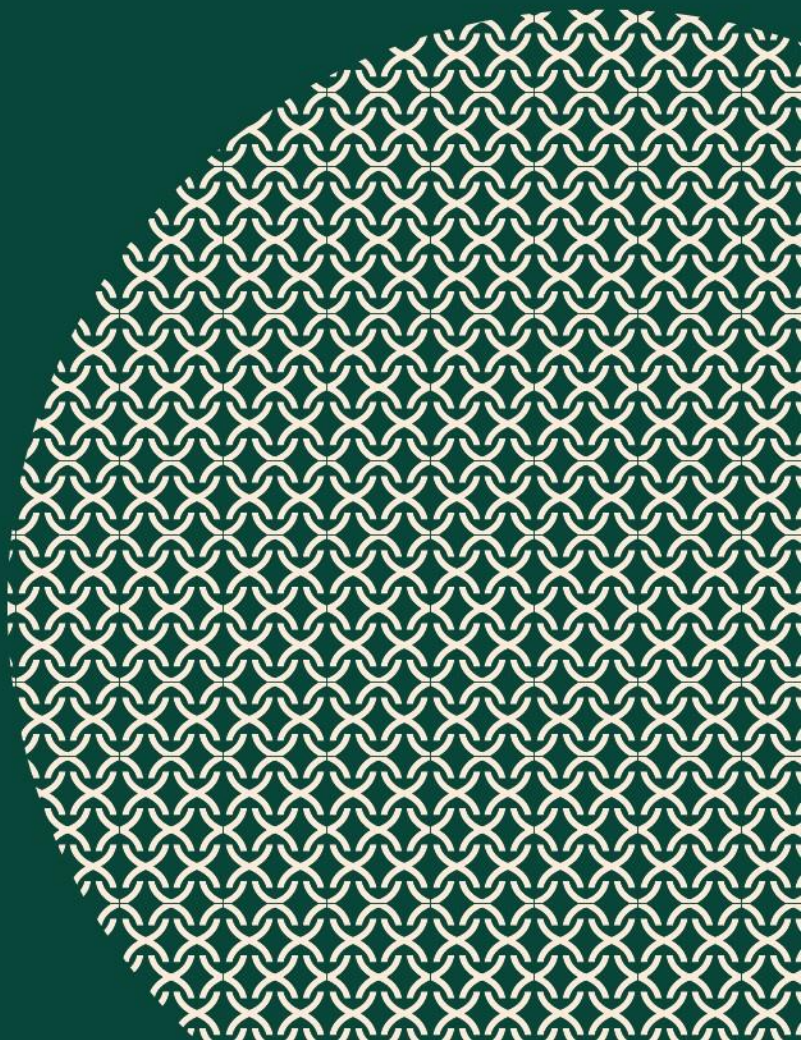


What is the effect of fat and carbohydrate 'sensitivity'?

The higher your sensitivity, the more likely you are to produce insulin, which can lead to higher fat storage and weight gain.

4.

Your personal nutrition recommendations



NGX

NUTRI-GENETIX

YOUR PERSONAL NUTRITION RECOMMENDATIONS

Following a genetically personalised diet could help you overcome the nutritional debilitations caused by your gene variations. The level of gain you could achieve is:

Your optimal balance of essential vitamins and minerals (micronutrients)

You should aim to consume more than the average levels recommended by the EFSA for these nutrients:

	EFSA Avg.*	Your Goal	% Increase	Example Sources
Vitamin A	570ug	1770ug	**211%**	Carrots, oranges, butter
Vitamin B6	1.5mg	11.5mg	**700%**	Bananas, oats, milk
Folate (Vitamin B9)	250mg	365mg	**46%**	Leafy green vegetables
Vitamin B12	4ug	8ug	**100%**	Fortified cereals, lean meats
Vitamin C	90mg	265mg	**194%**	Oranges, peppers, broccoli
Vitamin D	15ug	21ug	**40%**	Mushrooms, sunlight
Vitamin E	13mg	63mg	**385%**	Nuts, seeds, pumpkin
Omega-3	1.6g	3g	**88%**	Fish oil, flax seeds
Selenium	55ug	72ug	**31%**	Brazil nuts, grains
Calcium	860mg	932mg	**8%**	Milk, cabbage, broccoli

* EU Food Safety Authority, recommended average nutrient consumption levels for your biological gender

You should aim to consume the average levels recommended by the EFSA for the following nutrients:

	EFSA Avg.		EFSA Avg.		EFSA Avg.		EFSA Avg.
Fibre (g)	30	Biotin (B7) (ug)	40	Chromium (ug)	40	Magnesium (mg)	350
Salt (g)	2	PABA (B10) (mg)	36	Phosphorus (mg)	550	Fluoride (mg)	3.40
Vitamin B1 (mg)	0.10	Vitamin K1 (ug)	70	Iodine (ug)	150	Potassium (mg)	3500
Vitamin B2 (mg)	1.30	Inositol (mg)	43	Iron (ug)	6	Copper (mg)	1.60
Vitamin B3 (mg)	1.30	Chloride (mg)	800	Molybdenum (ug)	65	Zinc (mg)	11
Vitamin B5 (mg)	5	Choline (mg)	400	Manganese (ug)	2		

The best way for you to hit your nutrition targets is to prepare fresh ingredients on a daily basis, in the exact quantities you need from food sources such as those listed above. However, if you don't have the time to do that everyday or you prefer not to cook, NGX BodyFuel is a simple and convenient way for you to hit these targets. Just consume two scoops per day as a meal or snack.

5.

Your NGX BodyFuel meal shake

NGX

NUTRI-GENETIX

Healthy, nutritious food, crushed just for you.

YOUR NGX BODYFUEL MEAL SHAKE

NGX BodyFuel is your personalised meal shake made from real food, providing a convenient way for you to optimise your nutrition and crush your fitness, health and wellbeing goals.

Each 35g scoop contains a lean 150kcal and includes 27g of 'complete' pea protein, 3g of carbohydrate and 1.5g of healthy fats, plus all your essential vitamins and minerals in quantities you need to hit your nutrition targets.

All your ingredients are of the highest quality, are naturally sourced and are suitable for vegans and vegetarians.

Nutrients we have increased in your shake

To create your personalised shake, we start by adding 100% of the average recommended daily amount each essential nutrient. Then, based on your nutrient deficiencies, we top up the shake with the extra nutrients that your body needs. Here is what we have topped up in your shake:

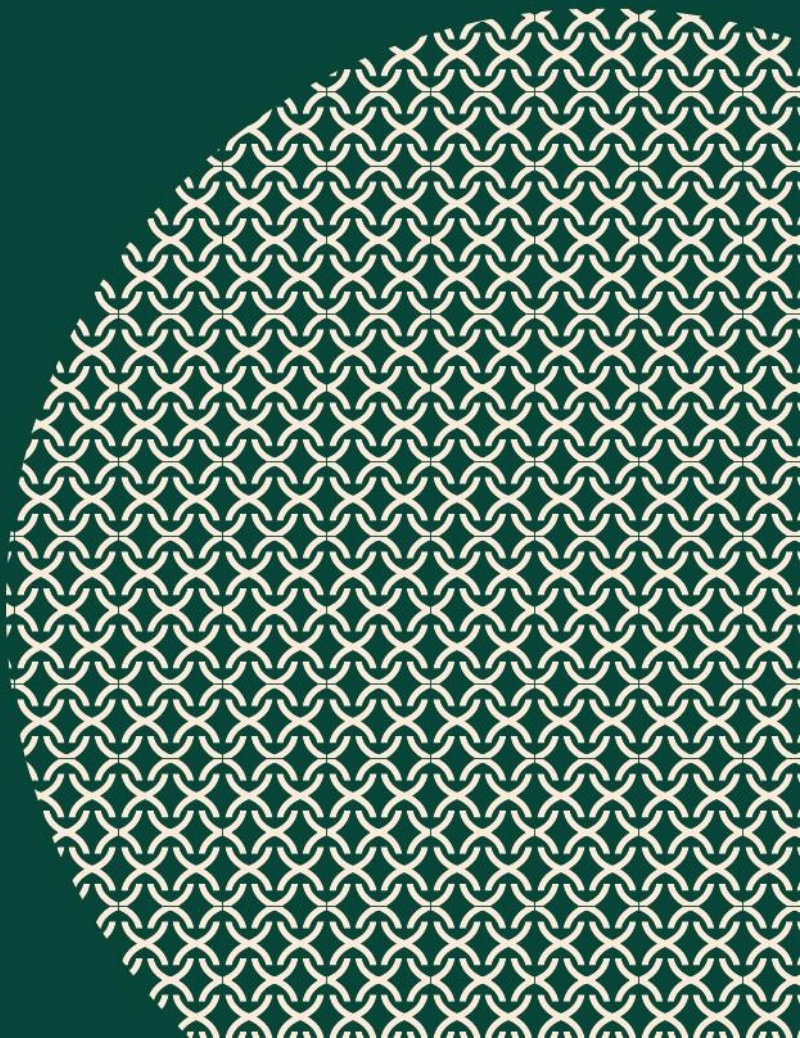
	EFSA Avg.*	Your Personal Top Up	% Increase
Vitamin A (ug)	570µg	+1200µg	211%
Vitamin B6 (mg)	1.5mg	+10.5mg	700%
Folate (Vitamin B9) (mg)	250mg	+115mg	46%
Vitamin B12 (ug)	4µg	+4µg	100%
Vitamin C (mg)	90mg	+175mg	194%
Vitamin D (ug)	15µg	+6µg	40%
Vitamin E (mg)	13mg	+50mg	385%
Selenium (ug)	55µg	+17µg	31%
Calcium (mg)	860mg	+72mg	8%

Genetically Personalised | 30 Essential Nutrients | High Protein | Naturally Sourced | Vegan Friendly | Zero Sugar

* EU Food Safety Authority, recommended average nutrient consumption levels for your biological gender

6.

How to take NGX BodyFuel



NGX

NUTRI-GENETIX

HOW TO TAKE NGX BODYFUEL

BodyFuel can be taken as a meal replacement on a 'when you need it' basis. However, we typically advise that you take 1x 35g scoop of BodyFuel in the morning and 1x 35g scoop in the evening, in replacement of 1-2 regular meals. If you stick to this regime every day, you will start to see results after two weeks and best results after 3 months.

How to take by goal

You can also customise how you take BodyFuel, based on the goal you want to achieve.

BUILD LEAN MUSCLE	IMPROVE ATHLETIC PERFORMANCE
When to take NGX	**When to take NGX**
Morning & Evening	Morning & Evening
How to take NGX	**How to take NGX**
Replace one meal per day and one snack. Take 1x 35g scoop instead of breakfast and another before bed. If you need extra calories, add BodyFuel to a smoothie or pancake mix for a delicious, personalised breakfast!	2x 35g meals of NGX contains 54g of protein and 300kcal. Supplement your diet with up to 2 scoops of per day, one in the morning and evening.

*To achieve faster results, consume 1x 35g scoop of **NGX PowerPack** before or after workouts. PowerPack is the perfect ratio of protein, creatine and carbohydrates for maximising your workout gains.*

LEARN MORE ABOUT POWERPACK

LOSE BODY FAT	SNACK HEALTHY
When to take NGX	**When to take NGX**
Morning, Lunchtime or Evening	When you normally snack!
How to take NGX	**How to take NGX**
Replace up to 2 meals per day. Take 1x 35g scoop instead of breakfast and again for lunch or dinner. If you need extra calories while you reduce your diet, add BodyFuel to a smoothie or pancake mix for a delicious, personalised breakfast!	Replace snacking with BodyFuel up to twice per day. Once you have stopped snacking, replace either breakfast, lunch or dinner with BodyFuel.

Serving Suggestions		
Use your NGX shaker	**Blend into a smoothie**	**Make protein pancakes!**
Add your choice of liquid (e.g. milk / coconut water / water). Add 1x 35g scoop of BodyFuel and 1x 5g scoop of NGX Flavour. Shake vigorously for 20 seconds and consume.	Add 1x 35g scoop of NGX BodyFuel. Add your choice of fruit and veg (e.g. spinach, kale, mango). Add your choice of liquid (e.g. coconut water / juice / water) and blend with ice!	Blend 1x 35g scoop of BodyFuel with 1 banana, 2 eggs, 1/2 cup egg whites. 4 teaspoons of baking powder, a pinch of salt, a pinch of cinnamon and a handful of rolled oats. Fry pancake style!

For more ways to take NGX and new recipes, click here to visit the NGX blog

7.

Detailed results:

Dietary Fats

Carbohydrates

Vitamins & Minerals

Food Sensitivities

NGX

NUTRI-GENETIX

DIETARY FATS

You have a Low Sensitivity to dietary fats

Your sensitivity to dietary fats

Your genes indicate a low sensitivity to dietary fats compared with the average population. This means you have a low likelihood to put on excess weight if you consume more than the average level of fat.

You would benefit by using fats as a source of energy and following a higher-fat type diet, such as a Ketogenic diet. Aim to consume up to 60% of your daily calories through healthy dietary fats, provided you are healthy.

Your NGX Body Fuel is low in healthy fats, containing less than 2g of fat per 35g meal. Aim to consume your remaining daily fat requirement from healthy sources such as:

Avocado

Nuts
(e.g. almonds, walnuts)

Seeds
(e.g. flax, chia)

Cacao
(dark chocolate)

Olive oil

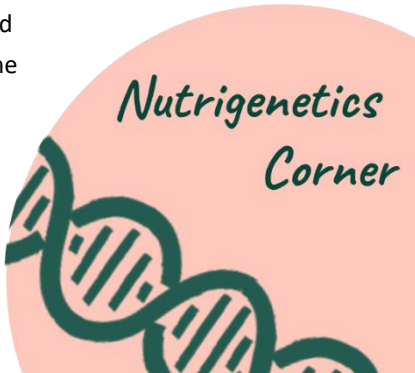
Soybeans

Your fat sensitivity is based on your unique genetic variations for the following genes

Gene	Your Result
ADRB2	G:A
ADRB3	T:C
FTO	T:T
APOC3	G:G
LPL	A:A
APOA5	A:A

Fats are one of 3 macronutrients (nutrients that form a large part of our diet) found in food – the others being carbohydrate and protein. Fats provide us with a concentrated form of energy that the body cannot produce on its own. Essential fatty acids are the healthy fats that help the body to store energy, insulate tissues, absorb fat-soluble vitamins and produce hormones.

Genetics play a role in the transport and metabolism of fat, as well the resultant effect of fats on health factors such as cholesterol. Numerous studies have demonstrated the effects of genetic variations on transport and metabolism of dietary saturated and unsaturated fats. The processes affected involve absorption through the intestine, transport in the blood, storage and conversion into energy. The genes selected in this panel are combined to provide an overall estimate of your likely sensitivity to fats.



VITAMIN B12

You should aim to consume 8ug of Vitamin B12 daily

This is based on how effectively your body processes and uses Vitamin B12

Your Result:

Moderate Debilitation

Consuming your optimal daily amount of Vitamin B12 can help you:

Reduce exercise fatigue

Speed up workout recovery

Maintain memory & focus

Support your metabolism

Improve sleep quality

Vitamin B12 is multifunctional, helping to break down various compounds such as fatty acids; which are necessary for cell growth, division and cellular energy production. B12's role is especially important in the formation of new blood cells, which transport oxygen to the brain and muscles.

You should aim to consume 6.3ug of Vitamin B12 per day. You can find this in 2x 35g meals of your NGX BodyFuel. Vitamin B12 is only found in products containing meat, therefore vegans must supplement from vegan friendly sources, such as NGX. Food sources containing a high quantity of Vitamin B12 include:

Fortified cereals
(e.g. corn flakes)

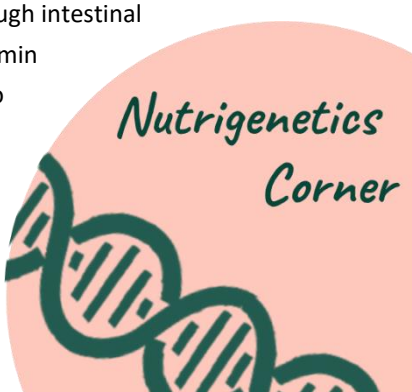
Lean meat
(e.g. chicken breast)

Fortified soy or almond milk

You need to increase Vitamin B12 intake because of your unique genetic variations for the TCN2 gene

Gene	Your Result
TCN2	G:C

The TCN2 gene provides instructions for making a protein called transcobalamin. This protein transports vitamin B12 (in the form of cobalamin) from the bloodstream to cells throughout the body. During digestion, cobalamin is transported through intestinal cells into the bloodstream. Transcobalamin attaches (binds) to cobalamin when it is released into the bloodstream and transports the vitamin to the cells.



NGX

NUTRI-GENETIX

Personal Nutrition Report

for

Jane Smith

NGX is personalised nutrition, made simple.

Following a genetically personalised diet enables you to be at the top of your game, whatever your goal. Learn how to unlock your inner awesome inside...

www.nutri-genetix.com