

Personal Nutrition Report

for

Sample Customer



**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...

Hi Sample,

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

A brief introduction to nutrigenetics and your DNA

2. YOUR NUTRITION NEEDS

Discover which nutrients your body uses well and not so well

3. GOALS YOU COULD IMPROVE

Discover how your genes impact key areas of your fitness, health and wellbeing

4. YOUR PERSONAL NUTRITION RECOMMENDATIONS

Discover your optimal balance of fats, carbohydrates, protein, vitamins and minerals

5. YOUR PERSONALISED NGX SHAKE

Discover the characteristics of your personal nutrition shake

6. HOW TO TAKE NGX

Learn how to take NGX BodyFuel for best results

7. DETAILED RESULTS

Detailed information about your fat, carbohydrate, protein, vitamin, mineral and food sensitivity needs

8. WANT TO DISCUSS YOUR RESULTS?

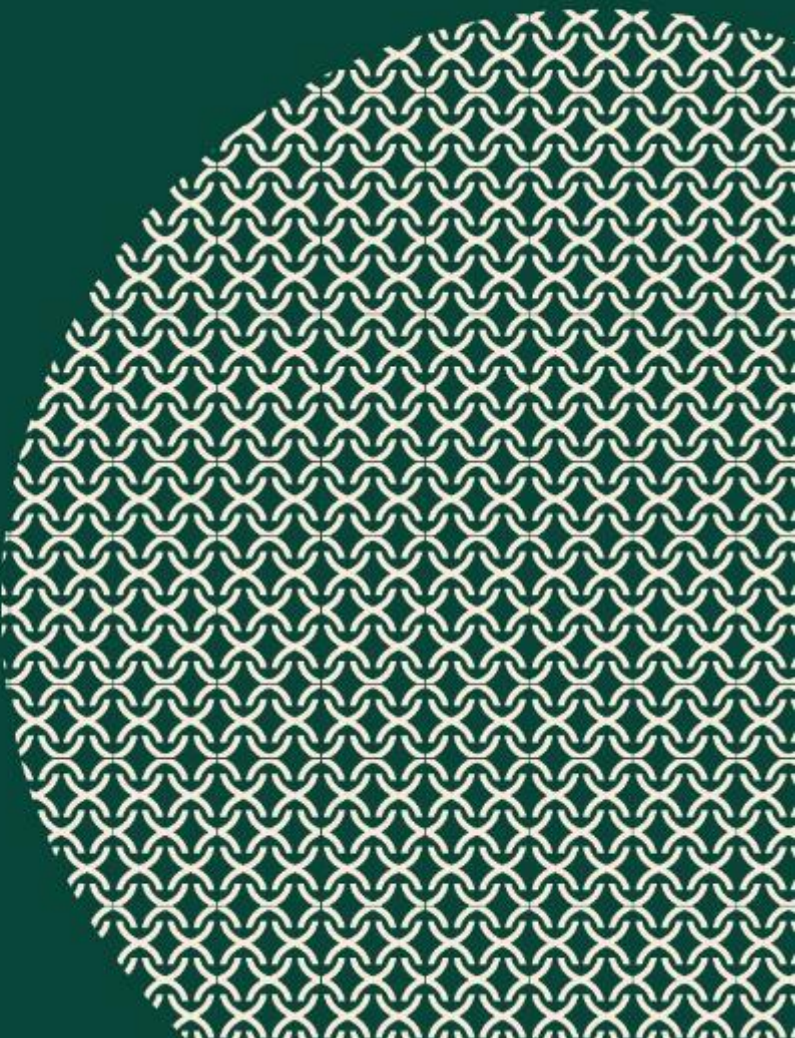
Book a FREE 15-minute consultation with one of our nutrition team here at NGX

9. LEGAL DISCLAIMER

Key information about the contents of this document and NGX products

1.

About the science of nutrigenetics



About the science of nutrigenetics

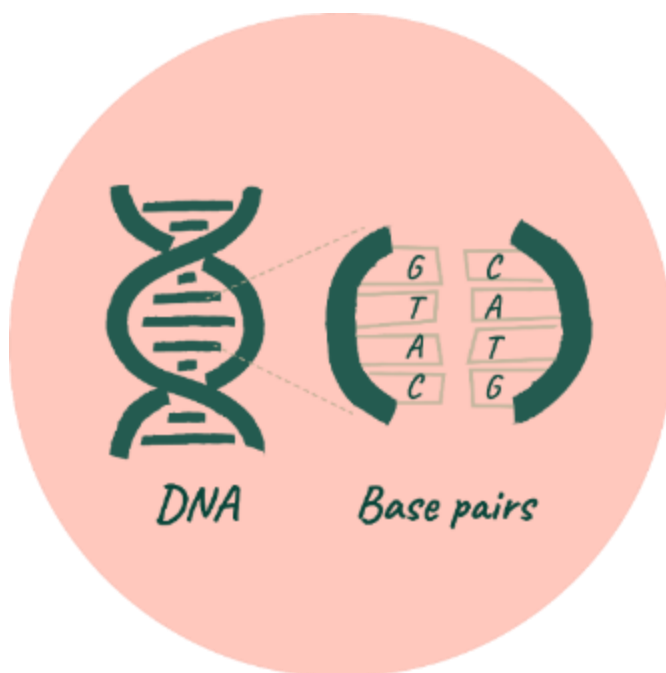
Nutrigenetics is the field of science that seeks to understand how we metabolise and process different nutrients, based on our unique genetic make-up. Our DNA can have a significant effect on the way our bodies use nutrients, such as how these nutrients are absorbed, transported, activated, and eliminated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

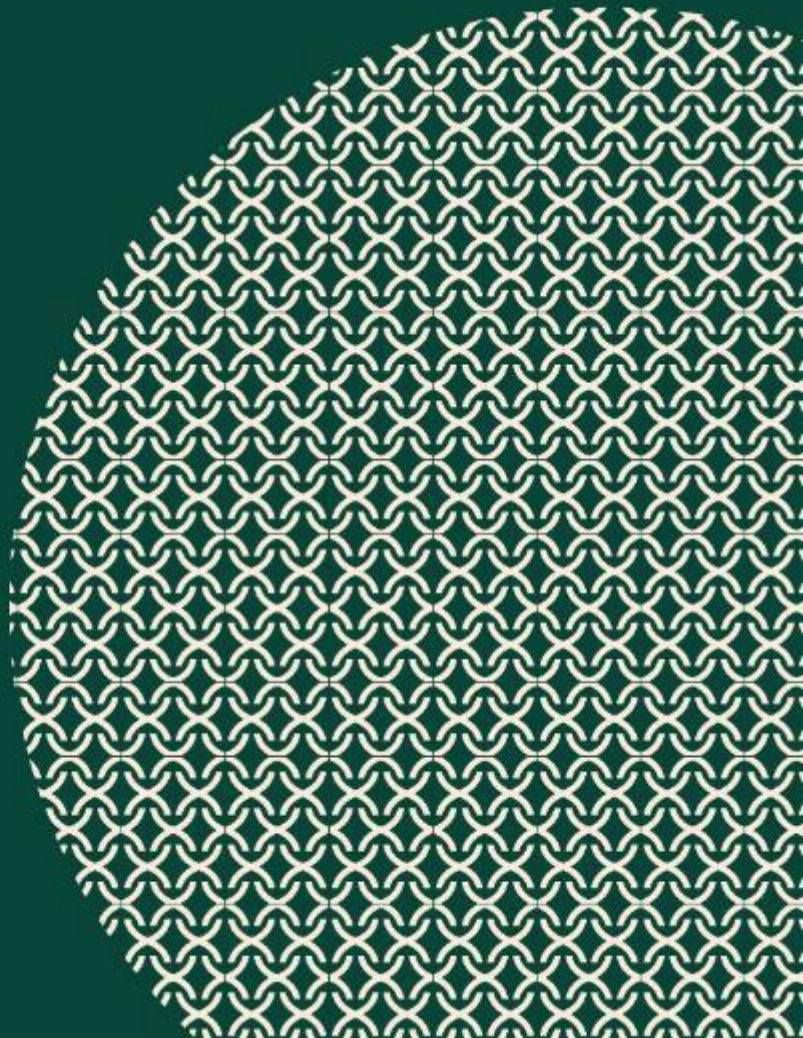
Each double helix is composed of four base pairs: adenine (A), thymine (T), cytosine (C), and guanine (G). The order, or sequence of these components is called a gene (and collectively genotype). This is similar to the way in which letters of the alphabet are ordered to form words and sentences. These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



MORE ABOUT THE SCIENCE

2.

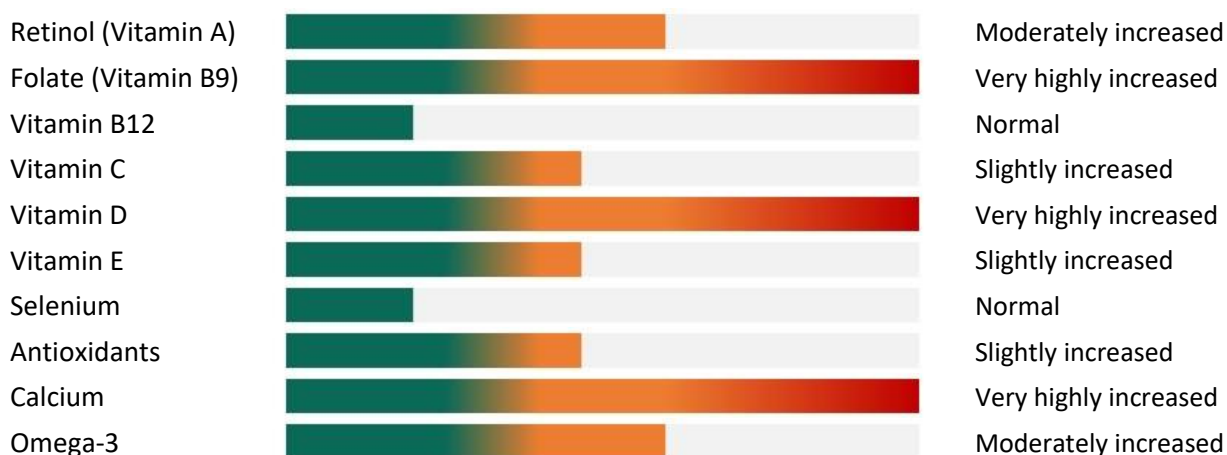
Your Nutrition Needs



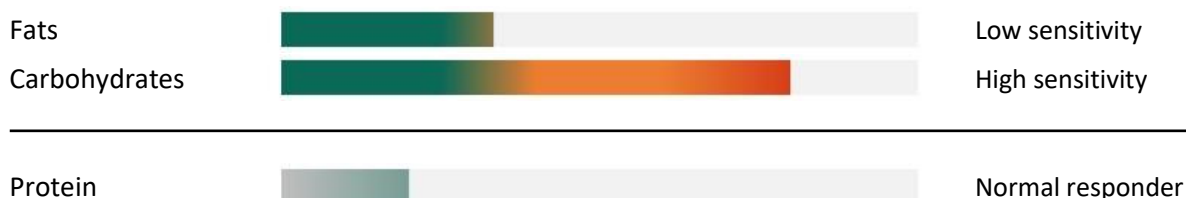
WE HAVE OUTLINED YOUR NEEDS AND SENSITIVITIES FOR DIFFERENT NUTRIENTS BELOW

Genetic variations can impact your ability to use, process or absorb different nutrients. We have outlined your level of need for different nutrients below:

Vitamins and minerals



Macronutrients



Your food sensitivities and intolerances



What do we mean by sensitivity?

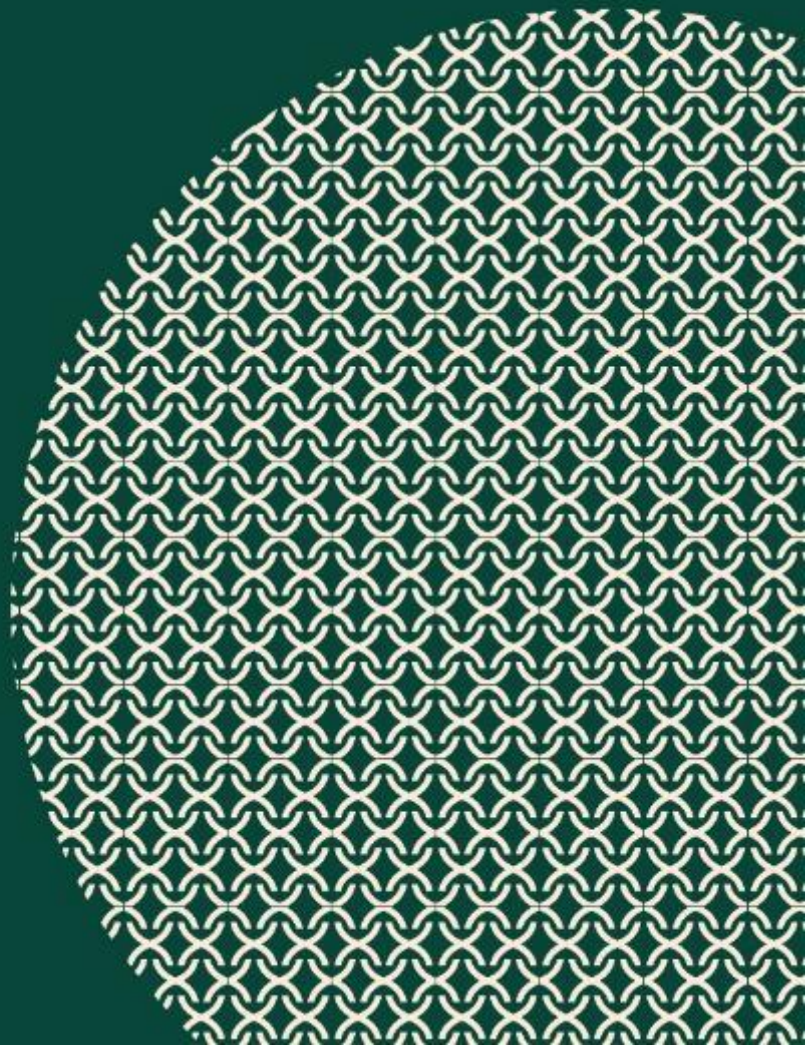
These results represent how your body reacts to certain food groups.

For fats and carbohydrates, the higher your sensitivity, the higher your ability to extract energy per calorie of food and the higher the likelihood of excess weight gain through consumption of that food.

For caffeine, the higher your sensitivity, the longer it takes for your body to process and eliminate caffeine from your system, and the longer the effects of caffeine will last.

3.

**Goals you could
improve**



GOALS YOU COULD IMPROVE BY OPTIMISING YOUR NUTRITION

Nutrition is the cornerstone of every fitness, health and wellbeing goal. Hitting your unique targets will help you achieve better overall outcomes. Below is a guide for the areas you could improve the most by hitting your targets every day.

Fitness



Health

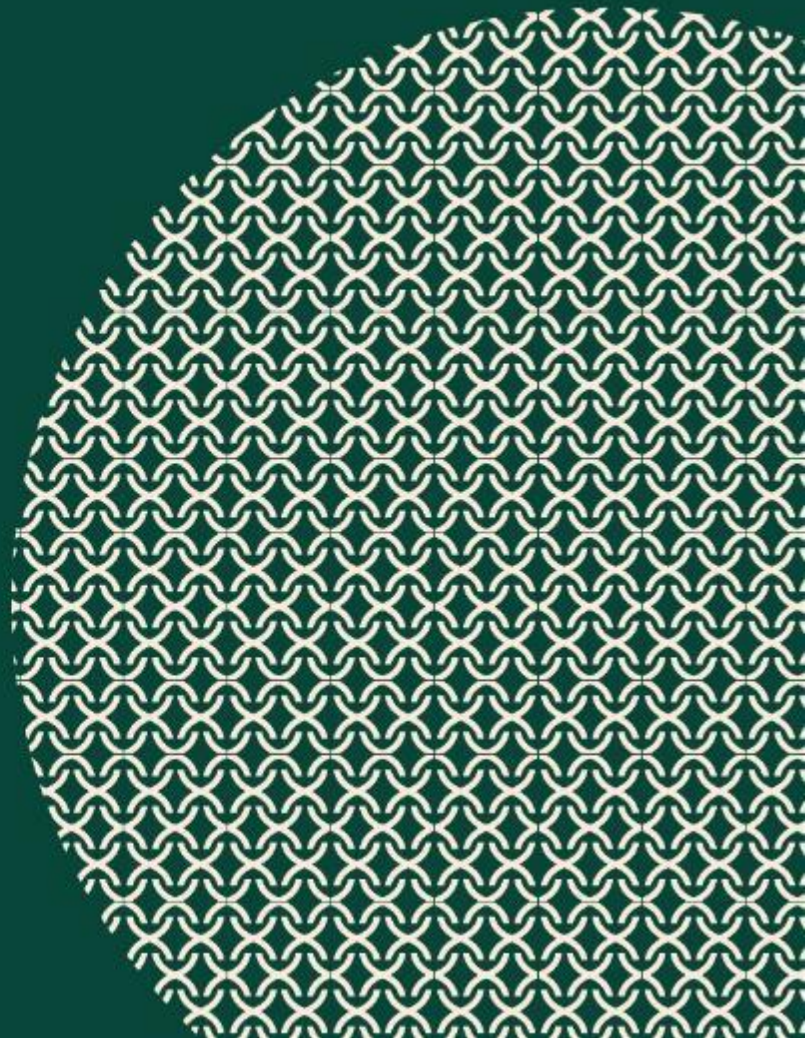


Wellbeing



4.

Your personal nutrition recommendations



YOUR PERSONAL NUTRITION RECOMMENDATIONS

To determine your ideal nutrition targets, we have combined your DNA test results with the following information that you provided:

Your Profile			
Gender (at birth):	Male	Height:	185 cm
Age:	37 years old	Weight:	76 kgs
Health Goal:	Building lean muscle		
Activity Level:	Very active (hard exercise / sports 6-7x per week)		

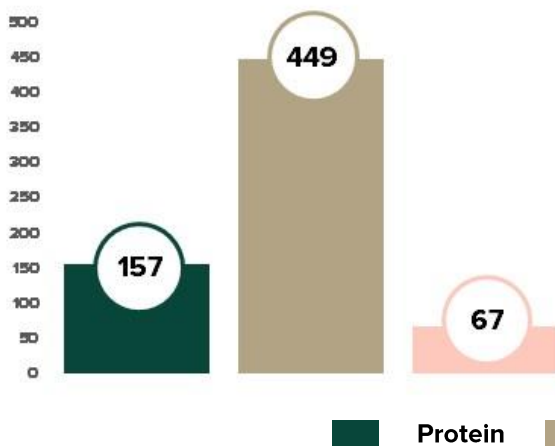
Recommended calorie intake

Your daily caloric need is calculated as **3025**, based on your height, weight, age, gender, activity level and health goal. This is the daily number of calories your body needs to maintain your current weight.

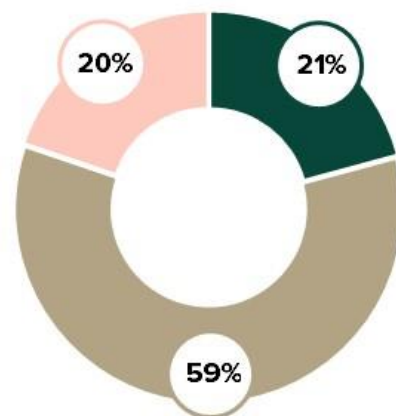
Protein, fats and carbohydrates (macronutrients)

Aim to achieve your protein, fats, carbohydrates, vitamin and mineral targets on a daily basis to optimise your nutrition and improve progress towards your **Building lean muscle** goal.

Your Target Grams (per day)



Your Target Macronutrient Ratio



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	1064ug	87%	Carrot, oranges, red pepper
Vitamin B6	1.5mg	9mg	500%	Bananas, oats, potatoes
Folate (Vitamin B9)	250ug	410ug	64%	Leafy green vegetables
Vitamin B12	4ug	16ug	300%	Fortified cereals, lean meats
Vitamin C	90mg	296mg	229%	Oranges, peppers, broccoli
Vitamin D	15ug	31ug	107%	Mushrooms, sunlight
Vitamin E	13mg	98mg	654%	Nuts, seeds, pumpkin
Omega-3	1.6g	2.4g	50%	Fish oil, flax seeds
Selenium	55ug	69ug	25%	Brazil nuts, grains
Calcium	860mg	1000mg	16%	Tofu, 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		

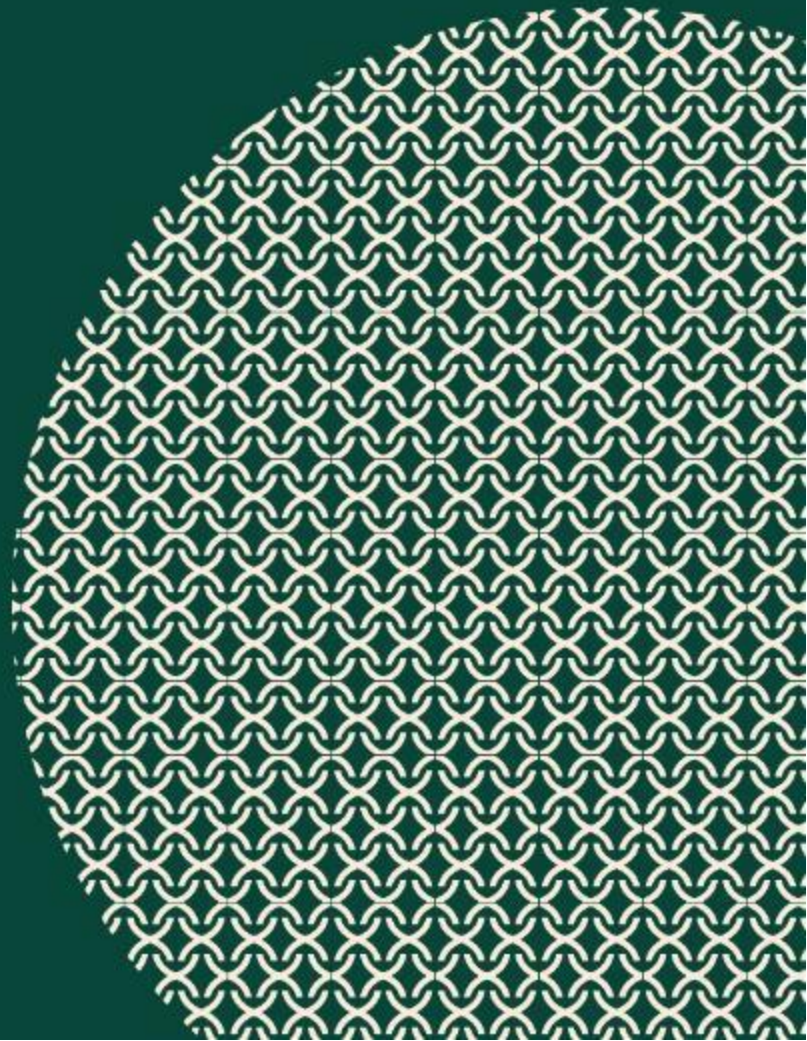
The best way for you to hit your nutrition targets is to prepare fresh ingredients on a daily basis, in the exact quantities you need from food sources such as those listed above. However, if you don't have the time to do that everyday or you prefer not to cook, NGX BodyFuel is a simple and convenient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

S.

Your
personalised
BodyFuel 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. Your perfect personalised partner for breakfast, lunch and snacks.

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 the quantities you need.

[Order My BodyFuel](#)

Nutrients topped up in your shake

Your BodyFuel starts with 100% of the daily recommended amount of nutrients. Then we top it up based on your genetic needs. Here is what we have topped up in your shake:

	EFSA Avg.*	Your Personal Top Up	% Increase
Vitamin A (ug)	570µg	+494µg	+87%
Vitamin B6 (mg)	1.5mg	+7.5mg	+500%
Folate (Vitamin B9) (ug)	250mg	+160mg	+64%
Vitamin B12 (ug)	4µg	+12µg	+300%
Vitamin C (mg)	90mg	+206mg	+229%
Vitamin D (ug)	15µg	+16µg	+107%
Vitamin E (mg)	13mg	+85mg	+654%
Selenium (ug)	55µg	+14µg	+25%
Calcium (mg)	860mg	+140mg	+16%



Genetically Personalised



30 Essential Nutrients



High Protein



Naturally Sourced



Vegan Friendly

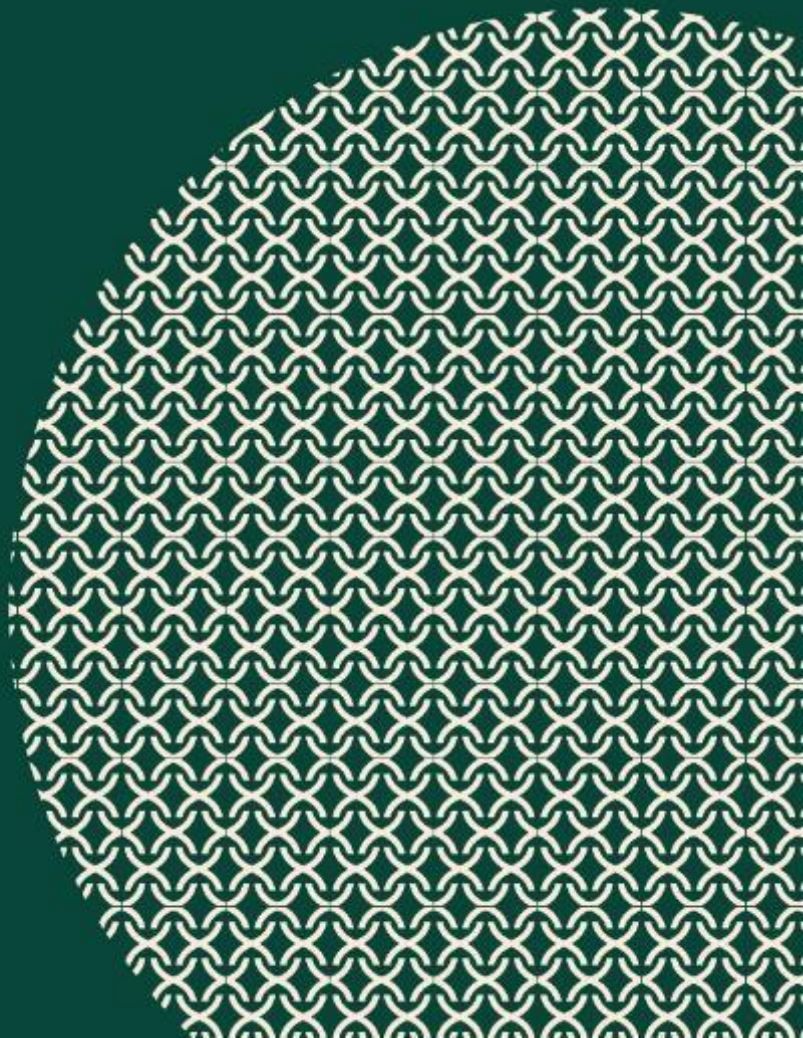


Zero Sugar

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

6.

How to take NGX BodyFuel



HOW TO TAKE NGX BODYFUEL

BodyFuel can be taken as a meal replacement or supplement, whenever you need it. 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!

Discover more tasty ways to take NGX visit:

[NGX BLOG](#)

7.

Detailed results:

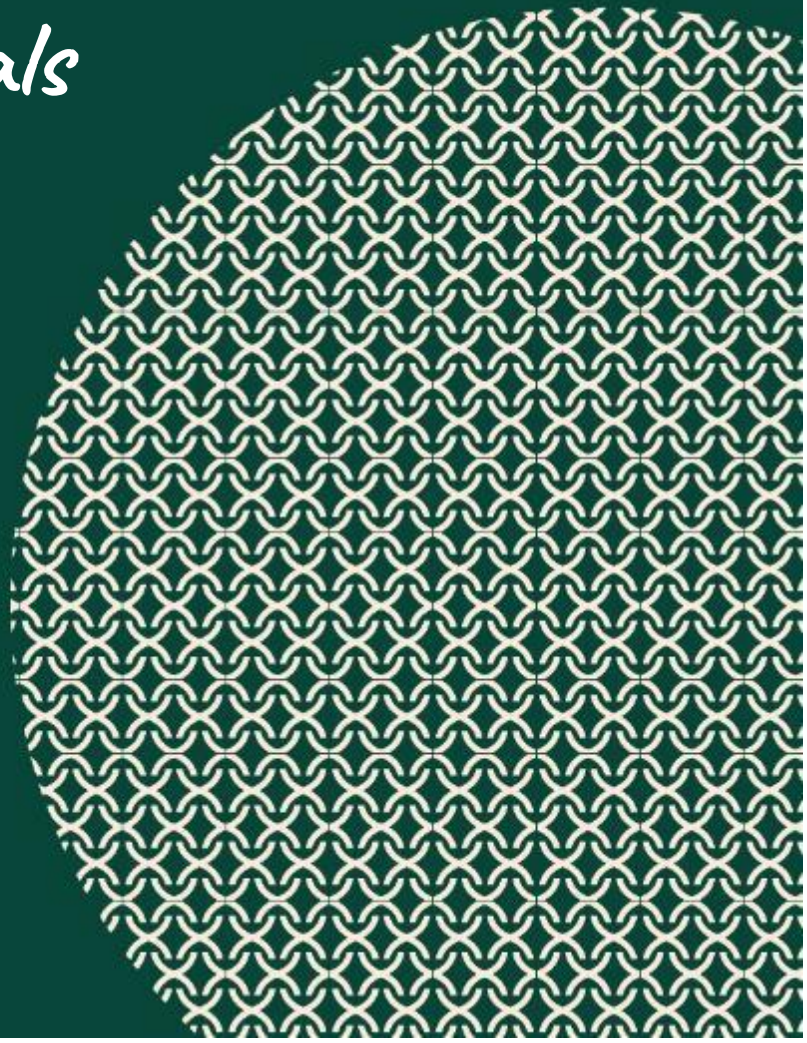
Protein

Carbohydrates

Dietary Fats

Vitamins & Minerals

Food Sensitivities

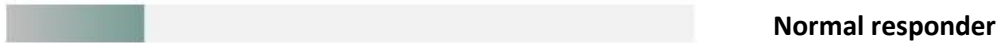


PROTEIN

Aim to consume 157 grams of protein per day

Your recommended protein intake is based on a combination of factors, including your age, genetics, weight, goal (e.g. weight management or muscle gain) and level of physical activity.

Your genetic response to protein:



Your genetic result indicates you have a 'normal response' to protein and you are likely to achieve average results from a high protein diet.

Your NGX BodyFuel is high in plant-based protein, containing 22g protein per 35g scoop. NGX contains a combination of brown rice and pea protein isolate to provide you with all 20 essential amino acids, which are vital for muscle growth and recovery.



Peas



Tofu



Nuts



Broccoli



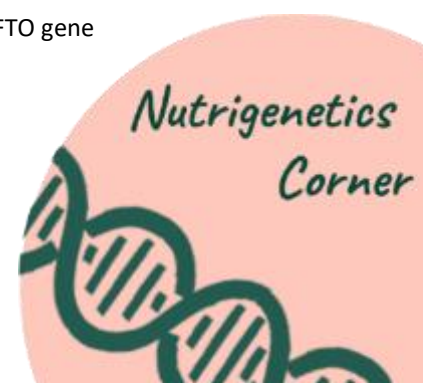
legumes

Your response protein is based on your unique genetic variations for the following gene

Gene	Your Result	
FTO	T:T	Protein is one of the three macronutrients (nutrients that form a large part of our diet) found in food. Protein is essential for building almost every tissue in our body. It is required for the repair of red blood cells, hair and fingernail growth, hormone secretion, muscle contraction, digestion, body water balance, disease protection, nutrient transport, the carrying of oxygen and blood clot regulation.

Protein is also important if you are trying to build muscle. High intensity exercise, particularly strength training and resistance training, can result in micro-injury or trauma to skeletal muscles. When muscles undergo trauma, the body uses protein to repair them, causing muscle cells to increase in number and thickness. Our brain function also requires amino acids for optimal mental focus, concentration and drive.

Cognitive capacity can be influenced by amino acids (protein) for the synthesis of neurotransmitters such as serotonin and dopamine. Genetics play a role in the utilisation of protein by the body. The FTO gene gives insight as to whether someone is especially likely to benefit from a high protein diet, particularly in terms of achieving weight loss and maintaining a healthy weight.



CARBOHYDRATES

Aim to consume 449 grams of carbohydrates per day



Olga's Insights

Your recommended carbohydrate intake is based on a combination of factors, including your age, genetics, weight, goal (e.g. weight management or muscle gain) and level of physical activity

Your sensitivity to carbohydrates:



Your genes indicate a high sensitivity to carbohydrates compared with the average population. This means you are highly likely to put on excess weight if you consume more than the average level of carbohydrates.

Reducing your carbohydrate intake will help to control your blood sugar levels and long-term insulin sensitivity.

Your NGX BodyFuel is low in carbohydrate, containing less than 3.5g of carbohydrate per 35g meal and virtually zero added sugar. Aim to consume your remaining daily carbohydrate from healthy sources such as:



Sweet Potato



Legumes



Oats



Fruit



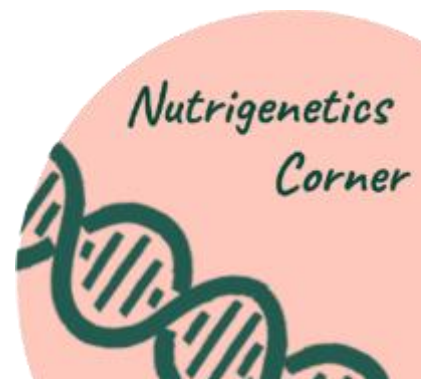
Quinoa

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

Gene	Your Result
ACE	DEL:DEL
PPARG	C:C
TCF7L2	T:T
ADRB2a	C:G
ADRB2b	G:G
ADRB3	T:T

Carbohydrates are normally the body's main source of energy in a healthy, balanced diet, providing about 4kcal (17kJ) per gram. Carbohydrates get broken down into glucose (sugar) before being absorbed into the bloodstream. From there, the glucose enters the body's cells with the help of insulin.

Glucose is used by the body for energy, fuelling everything from breathing to an intense exercise workout. Unused glucose is converted to glycogen found in the liver and muscles. If more glucose is consumed than can be stored as glycogen, it is converted to fat for long-term storage of energy



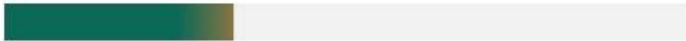
DIETARY FATS



Becca's Insights

Aim to consume 67 grams of healthy fats per day

Your sensitivity to dietary fats:



Low sensitivity

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 from using fats as a source of energy and following a higher-fat diet type, such as a Ketogenic diet.

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)



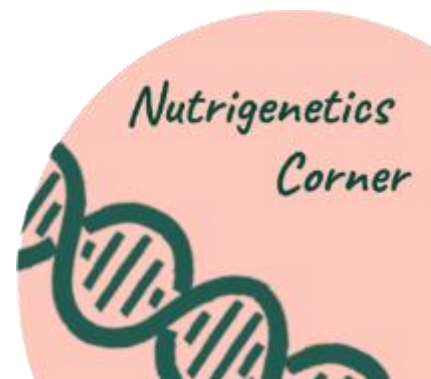
Olive oil

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

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

Fats are one of three 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 A (RETINOL)



Becca's Insights

You should aim to consume 1064ug of retinol daily

This is based on how effectively your body processes and uses retinol

Your Need:



Moderately increased

Consuming your optimal daily amount of retinol can help you:



Combat fatigue



Manage weight



Support your immune system



Protect against skin damage & signs of aging



Maintain healthy eyes and hair

Retinol is an essential vitamin and powerful antioxidant, is important for cell production and growth. It stimulates fibroblasts – the cells responsible for developing tissue that keeps skin firm – and also helps to protect the skin against UV damage. Retinol also plays an important role in regulating thyroid function, which helps to regulate your metabolism and body weight.

You should aim to consume 1064ug of retinol per day. You can find this in 2x 35g meals of your NGX BodyFuel. Retinol is only found in products containing meat, therefore vegan's must supplement from vegan friendly sources, such as



Red Pepper



Carrots



Oranges



Leafy Vegetables



Sweet Potato

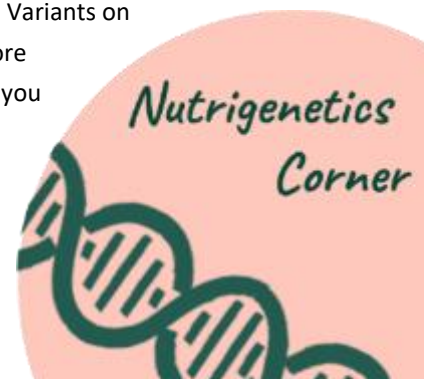


Supplementation

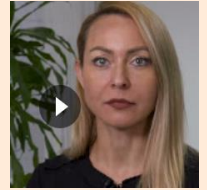
Your recommended Retinol intake is based on your unique genetic variations for the BC01 gene:

Gene	Your Result
BC01a	T:A
BC01b	T:C

The BC01 gene converts beta-carotene (a precursor of vitamin A) into vitamin A so that it can be used by the body. BC01 symmetrically cleaves beta-carotene into two molecules of retinal using a dioxygenase mechanism, the first step of the pathway process. Variants on the BC01 gene can reduce your ability to convert beta-carotene by more than 50 percent. This may result in a Vitamin A deficiency, especially if you are vegan.



FOLATE (VITAMIN B9)



Olga's Insights

You should aim to consume 410ug of Folate daily

This is based on how effectively your body processes and uses Folate

Your Need:



Very highly increased

Consuming your optimal daily amount of folate can help you:



Increase energy



Improve cognition



Increase strength



Reduce fatigue

Folate is an essential nutrient that helps the body to produce and maintain cells, digest proteins and improve blood oxygenation. Quite simply, the more oxygen our muscles and brain get, the better they function.

You should aim to consume 410ug of Folate per day. You can find this in 2x 35g meals of your NGX BodyFuel, or in these vegan-friendly sources:



Beetroot



Leafy green vegetables



Peas



Beans



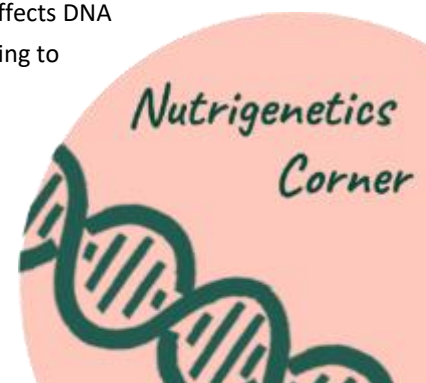
Asparagus

Your recommended folate intake is based on your genetic variations for the MTHFR and RFC1 genes:

Gene	Your Result
MTHFR–AA1298C	C:C
MTHFR–C677T	T:T
RFC1	G:G

The MTHFR gene plays an important role in folate (vitamin B9) metabolism. The test is used to identify variations in two specific regions of the MTHFR gene - C677T and A1298C that determine the level of MTHFR enzyme activity and the corresponding ability to utilise folate.

The RFC1 gene is a transporter of folate and is involved in the regulation of intracellular concentrations of folate. It has a higher affinity for reduced folate than folic acid. Variants on this gene are associated with reduced ability to take up, retain, and metabolise folate resulting in reduced bioavailable folate (5-MTHF) which negatively affects DNA methylation, and impacts the methionine cycle potentially contributing to increased homocysteine levels and reduced cognitive function.



VITAMIN B12



You should aim to consume 16ug of Vitamin B12 daily

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

Becca's Insights

Your Need:



Normal

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. Vitamin B12 is largely found in animal products, so vegans in particular would benefit from supplementation

You should aim to consume 16ug of Vitamin B12 per day. You can find this in 2x 35g meals of your NGX BodyFuel. Vitamin B12 is only found in animal sources of protein such as dairy, meat, poultry and fish. Therefore vegans must supplement from vegan friendly sources, such as NGX. Example food sources containing a high quantity of Vitamin B12 include:



Fortified Cereals
(e.g. corn flakes)



Fortified Soy /
Almond Milk

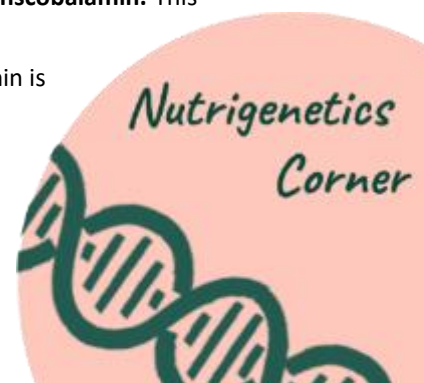


Supplementation

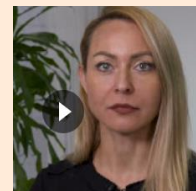
Your recommended Vitamin B12 intake is based on of your unique genetic variations for the TCN2 gene;

Gene	Your Result
TCN2	C: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 cells.



VITAMIN D



Olga's Insights

You should aim to consume 31ug of Vitamin D daily.

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

Your Need:



Very highly increased

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



Improve energy levels



Healthy muscles and bones



Improve hair, skin and teeth quality



Improve mood and happiness



Support immunity



Improve sleep

Vitamin D is a multi-function fat-soluble vitamin produced in the skin in response to sunlight. It plays an important role in the efficiency of mitochondria, the 'powerhouses' in cell that produce ATP - an energy currency required by muscles for movement. Vitamin D also improves calcium absorption, protects against ultraviolet light (UVB) and promotes a healthy immune system.

You should aim to consume 31ug of Vitamin D per day. You can find this in 2x 35g meals of your NGX BodyFuel, or from these vegan-friendly sources:



Sunlight



Mushrooms



Fortified Cereals
(e.g. corn flakes)



Fortified Soy /
Almond Milk

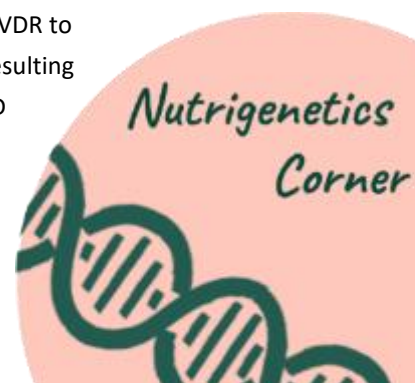


Supplementation

Your recommended Vitamin D intake is based on your unique genetic variations for the VDR gene:

Gene	Your Result
VDR 1	A:A
VDR 2	C:C

The Vitamin D Receptor (VDR) gene provides instructions for the Vitamin D Receptor, which allows the body to respond to Vitamin D. The VDR protein attaches (binds) to the active form of vitamin D, known as calcitriol. This interaction allows VDR to partner with another protein called retinoid X receptor (RXR). The resulting complex then binds to particular regions of DNA, known as vitamin D response elements, and regulates the activity of vitamin D-responsive genes.



ANTIOXIDANTS

You should aim to consume 1064ug of Vitamin A, 296mg of Vitamin C, 98mg of Vitamin E, 69ug of Selenium, 1mg of Copper and 11mg of Zinc daily



Becca's Insights

This is based on your ability to produce antioxidants

Your Need:



Slightly increased

Consuming your optimal daily amount of these nutrients can help you:



Neutralise free radicals



Reduce muscle soreness



Recover faster



Support Immunity

Antioxidants are substances that can prevent or slow damage to cells caused by free radicals (unstable molecules). This damage is known as oxidative stress. High intensity exercise in particular causes oxidative stress, which can have a harmful effect on muscle performance and cause higher levels of muscle soreness. Antioxidants help to reduce these harmful effects, with beneficial effects seen for up to 3 days after exercise.

Vitamins A, C and E are powerful antioxidants, along with the minerals Copper, Zinc and Selenium. 2x 35g meals of your NGX BodyFuel contains all your antioxidant needs.

You can also find antioxidants in the following vegan-friendly sources:



Sweet Potato



Blueberries



Purple & Red Grapes



Dark Leafy Greens

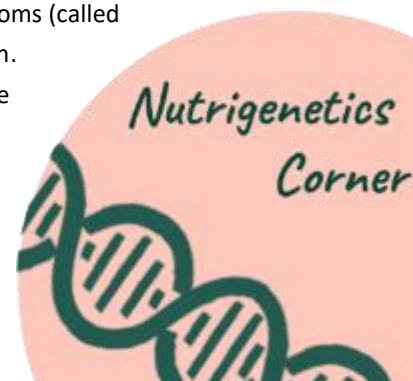


Nuts

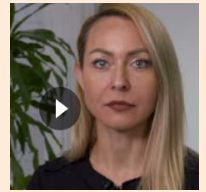
Your antioxidant requirements are caused by your genetic variations for the CAT, SOD2 and GPX1 genes:

Gene	Your Result
CAT	C:C
SOD2	C:C
GPX1	C:C

CAT, SOD2 and GPX1 provide instructions for making proteins and enzymes (such as antioxidants) that protect against and breakdown free radicals, which cause damage to healthy cells and DNA. Free radicals are formed in the body during normal metabolism but are also created through exercise. A free radical is formed when oxygen in the body splits into single atoms with unpaired electrons. Electrons like to be in pairs, so these atoms (called free radicals) scavenge the body to seek out other electrons to pair with. Antioxidants keep free radicals in check by giving an electron to the free radical, without itself becoming unstable.



OMEGA-3



Olga's Insights

You should aim to consume 2.4g of Omega-3 daily

This is based on how effectively your body regulates inflammation

Your Need:



Moderately increased

Consuming your optimal daily amount of Omega-3 can help you:



Reduce cellular inflammation



Improve recovery



Increase endurance



Build muscle



Promote soft & smooth skin



Burn body Fat

Omega-3 is an 'essential fatty acid' (meaning that it must be obtained from the diet) and is considered a healthy fat. Omega-3s have several important functions, including the reduction of cellular inflammation, the stimulation of muscle protein synthesis, the formation of cell membranes, the provision of energy for the body and the formation of eicosanoids – signalling molecules that have a wide range of general health implications.

You can find your daily Omega-3 requirement in 2x 35g meals of your NGX BodyFuel, or from these vegan-friendly sources:



Flax seeds



Chia seeds



Walnuts



Kidney beans



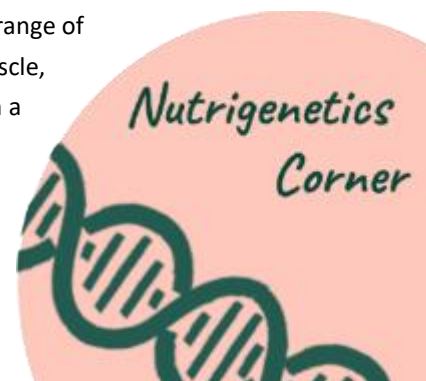
Seaweed

Your Omega-3 requirement is based on your genetic variations in the IL-6 and TNF genes:

Gene	Your Result
IL-6	G:C
TNF	G:A

The IL6 and TNF genes help regulate inflammation. Interleukin-6 is associated with the synthesis of IL-6, a multifunctional cytokine that regulates immune responses such as inflammation by secreting substances to influence other cells. Specific variations of this gene have been shown to either increase or decrease the levels of IL-6 during and after exercise or in response to UV-induced inflammation in our skin.

Variants on TNF are associated with an overactive immune response and susceptibility to a range of inflammatory health conditions. These conditions can reduce protein synthesis in skeletal muscle, negatively affecting physical performance. The inflammation can also take a toll on the skin in a variety of ways, including accelerating the aging process.



CAFFEINE

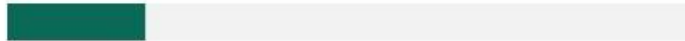


Caffeine may improve your level of endurance

This is based on how sensitive your body is to caffeine

Becca's Insights

Your Sensitivity:



Very low sensitivity

Caffeine is frequently used by athletes because of its performance-enhancing effects and while numerous studies have demonstrated the benefit of caffeine on aerobic endurance performance, research has shown that certain gene variants play a role in how we metabolise caffeine, altering the magnitude of these performance enhancing effects.

You can use caffeine-containing foods and beverages prior to exercise to improve your physical endurance. The recommended dose varies by body weight, but is typically about 200–400mg, taken 30–60 minutes before a workout. Vegan sources include:



1 cup of
black
coffee
=
95mg
caffeine

1 cup of
matcha
green tea
=
280mg
caffeine

1 cup of
black
tea
=
26 mg
caffeine

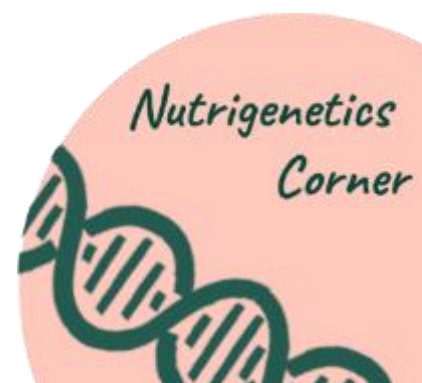
Dark
chocolate
=
20-70 mg
caffeine

Energy
drinks
=
30mg
caffeine (per
100ml)

Your caffeine sensitivity is caused by your genetic variation in the CYP1A2 gene:

Gene	Your Result
CYP1A2	A:A

CYP1A2 plays an important role in how we process and eliminate caffeine. Individuals who carry one or more CYP1A2*1C alleles are slow caffeine metabolisers. While a moderate amount of caffeine is usually harmless, in some people excessive caffeine intake can cause anxiety, insomnia, palpitations, headaches and stomach irritation. In some cases, excess caffeine intake has also been linked to high blood pressure.



LACTOSE

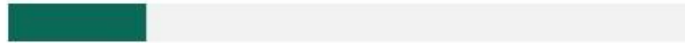


Olga's Insights

You are Likely tolerant to lactose

This is based on your genetic ability to produce lactase, the lactose digesting enzyme

Your Result:



Likely tolerant

You may enjoy lactose containing products such as milk, kefir, certain cheese, yogurt as part of a balanced diet. You can mix your NGX BodyFuel with either lactose containing products such as yoghurt or milk, as well as non-lactose containing products such as coconut milk, coconut water, water and oat milk.

Lactose intolerance can significantly affect wellbeing and the ability to digest and absorb other nutrients.

Having a genetic ability to digest lactose is potentially beneficial as dairy products provide good source of protein, calcium, potassium, vitamins A, D, B12, Vitamin B2 and Vitamin B3. Likewise, if a person does not have the ability to digest lactose and carries on eating dairy products it can potentially lead to digestive symptoms such as bloating, gas, indigestion etc. All these gastro-intestinal symptoms may interfere with the effectiveness of digestion and absorption of other nutrients.

Your NGX BodyFuel is free from all major known allergens, including lactose. For a great tasting shake, mix with any of these lactose free liquids:



Coconut Milk



Coconut Water



Oat Milk



Soy Milk



Or Simply Water!

Your lactose tolerance is based on your unique genetic variation for the LCT gene:

Gene	Your Result
LCT	C:T

The LCT gene provides instructions for making an enzyme called lactase. This enzyme helps to digest lactose, a sugar found in milk and other dairy products. Primary lactase deficiency is the most common cause of lactose intolerance worldwide and is caused by an inherited genetic fault in this gene that runs in families.

IMPORTANT: Whilst Primary lactase deficiency is the most common cause of lactose intolerance, in rarer cases intolerance can also be caused by other factors. Secondary lactase deficiency is a shortage of lactase caused by a problem in the small intestine, for example through Ulcerative Colitis or Crohn's Disease. If you are experiencing symptoms of lactose intolerance, seek professional medical advice from your doctor. For more information, visit the NHS page on lactose Intolerance at <https://www.nhs.uk/conditions/lactose-intolerance/causes>

GLUTEN & COELIAC DISEASE



Becca's Insights

You may be gluten intolerant and at risk of developing Coeliac Disease

This is based genetic risk factors for developing gluten intolerance and Coeliac Disease

Your Result:



Likely intolerant

It is advisable not to consume products containing sources of gluten (e.g. wheat, rye and barley) if you are experiencing any symptoms of gluten intolerance. Your NGX products are free from gluten, as well as all other major known allergens

When people with Coeliac Disease eat foods or use products containing gluten, their immune system responds by damaging or destroying villi — the tiny, finger-like protrusions lining the small intestine. Villi normally allow nutrients from food to be absorbed through the walls of the small intestine into the bloodstream. For that reason, consumption of gluten may lead to digestive symptoms and malabsorption of various important nutrients.

Your NGX BodyFuel is free from all major known allergens, including gluten. If you are gluten intolerant, look for gluten free alternatives when planning your diet and try to avoid food groups that are high in gluten, such as:



Wheat



Cereal



Barley



Bread



Pasta

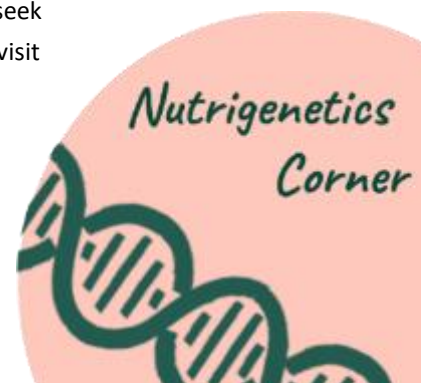
Your gluten tolerance is based on your unique genetic variation for the HLA-DQA1 gene:

Gene	Your Result
HLA - DQA1	T:C

The HLA-DQA1 gene is strongly linked to gluten intolerance and Coeliac Disease. The gene provides instructions for making a protein that plays a critical role in the immune system. This protein helps the immune system distinguish the body's own proteins from proteins made by foreign invaders such as viruses and bacteria.

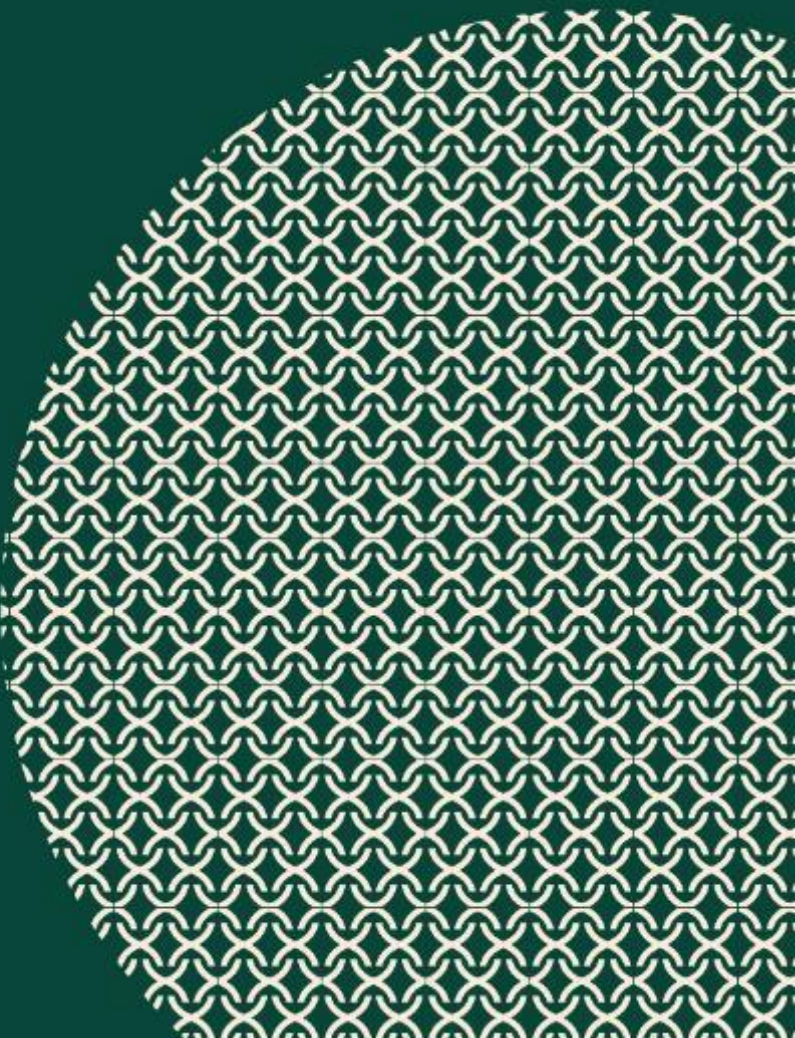
Variants on HLA genes are associated with auto-immune conditions including Coeliac Disease, which is an inability to digest gliadin, the component of gluten found in wheat, rye and barley.

IMPORTANT: Whilst research shows that gluten intolerance and Coeliac Disease is strongly associated with genetic mutations to the HLA-DQ genes, in a small percentage of cases other health conditions can also increase your risk of getting the disease, such as Type 1 diabetes or thyroid problems. If you are experiencing symptoms of intolerance, seek professional medical advice from your doctor. For more information visit the NHS webpage: <https://www.nhs.uk/conditions/coeliac-disease/causes>





**Want to
discuss your
results?**



Becca Taylor

NGX Nutritionist
Consultant



Want to
discuss your
results?

Olga Hamilton

Head of Nutrigenetic
Science

Hi Sample!

If you have any questions about this report, or would simply like to go through your results in more detail, the nutrition team would be happy to discuss them with you over a **FREE 15-minute consultation**.

Simply use the link below to access our calendar and book your slot. You can choose from any of the times that show up as available in the diary.

[Book My Free Session](#)

Or copy this URL into your browser:
<https://calendly.com/ngx-nutrition/ngx-personalised-report-consultation>

NGX
NGX Personalised Report Consultation
15 min
As you've now received your NGX Health & Fitness Report, you have a 15 minute complimentary call with one of our team of nutritionists.
Please use this link to book in a slot with the team.

Select a Date & Time

June 2022

MON	TUE	WED	THU	FRI	SAT	SUN
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

UK, Ireland, Lisbon Time (10:50am)

powered by Calendly

[Cookie settings](#)

Legal disclaimer

1. This report is based on your unique DNA results obtained by testing your swabs for your response to a selection of key genes that are associated with nutrition.
2. As with all NGX products, this report is intended for adults who are over the age of 18 only.
3. Any insights and recommendations outlined in this report are based on scientific literature and the evidence available in the public domain for the specific gene and single nucleotide polymorphisms (SNPs) analysed.
4. Scientific research is always changing, and genetic technology is always evolving. The team here at Nutri-Genetix are committed to continuous innovation to ensure we provide the best information to our customers, however the information provided and the contents of your nutrition shake are subject to change based on the results of new scientific research.
5. NGX shakes should always be taken as part of a healthy balanced diet that includes at least one regular high fibre meal per day.
6. We do not provide any medical guidance or recommendations based on the results of your genetic test because we are not a medical company. You must always seek medical advice from a registered medical professional if you have any concerns at any time about whether or not the assumptions in this report are correct.
7. Always check with your health professional before excluding any major food groups from your diet (e.g. foods containing lactose or gluten).
8. You are at all times responsible for any actions you take, or do not take, as consequence of the information, assumptions and recommendations in this report. You will hold Nutri-Genetix Limited, its officers, employees and representatives, harmless against all losses, costs and expenses in this regard, subject to what is set out below.
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