



Collection Overview

BioCertica offers a wide variety of products that help you understand more about your nutritional needs, which supplements you can take, and what medicine is right for you.

[\[TAKE SURVEY\]](#)

Available on all major app stores for download



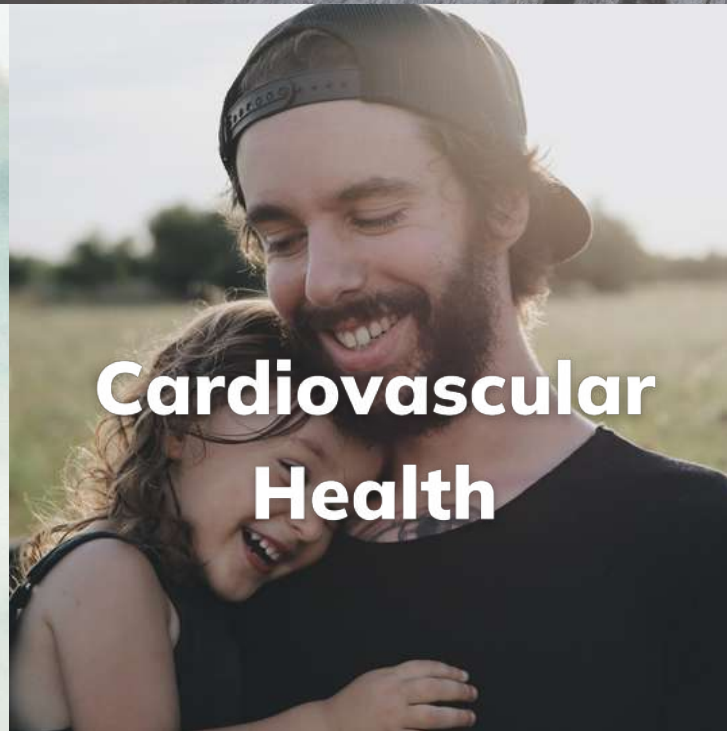
Collections



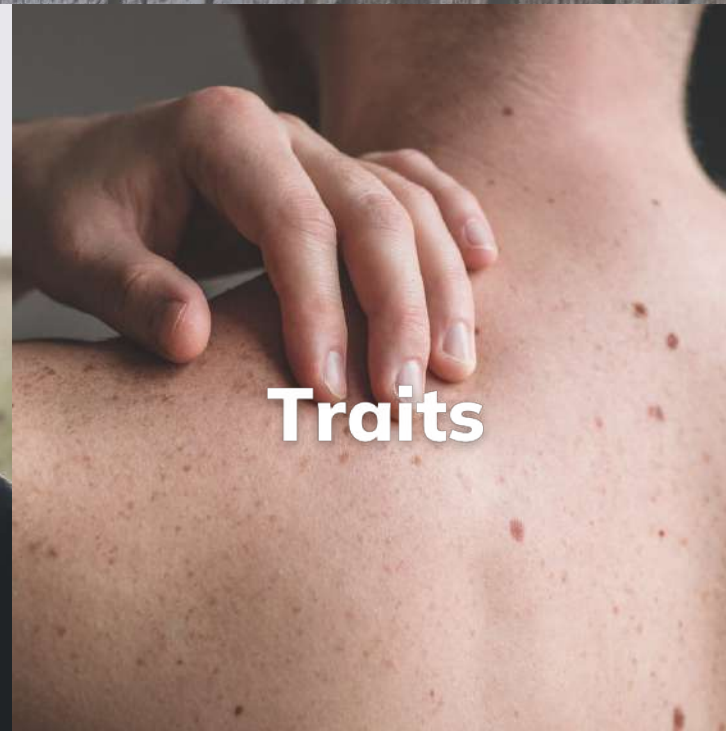
All kits are sold at R2399



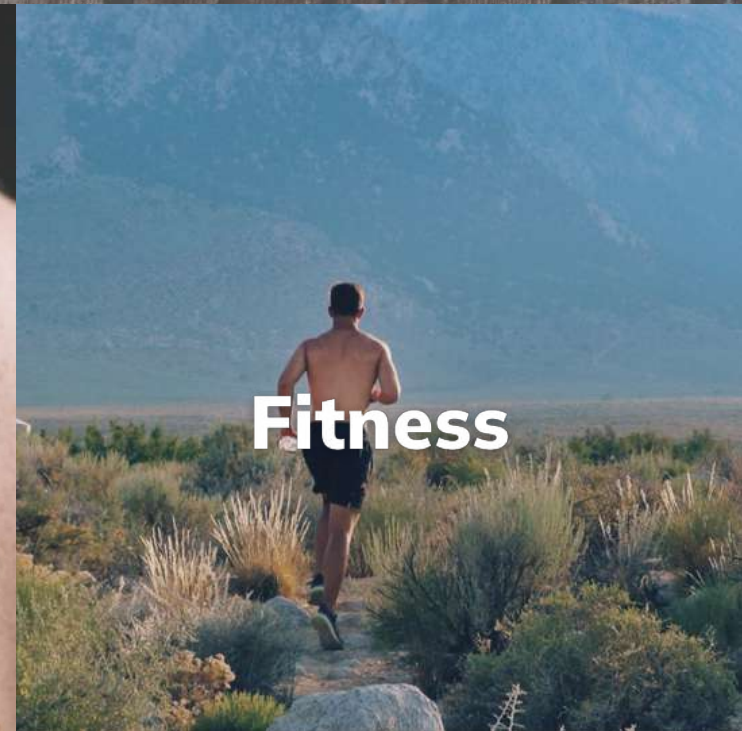
Mental Health



Cardiovascular Health



Traits



Fitness



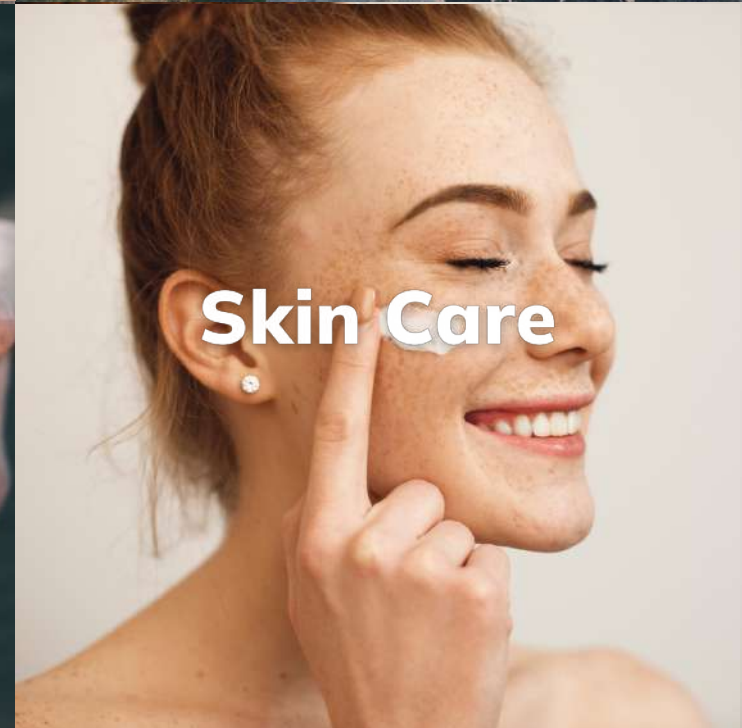
Weight Management



Ancestry



Nutrition & Well-being



Skin Care

Collections: Mental Health



There is a range of genes that have been clinically associated with key mental health disorders. This Mental Health DNA test allows you to understand how to better mitigate the risk of the onset of a range of mental disorders. They include addictive behavior, disorders, mood regulation, and even more.

The following is covered in this test:

- Risk for alcohol dependence
- Risk for cannabis dependence
- Chronotype measurement
- Dealing with stress
- Ability to stay awake
- Alcohol intake
- Risk for developing obsessive-compulsive disorder (OCD)
- Nicotine addiction risk

Collections: Cardiovascular Health



Knowing your genetic risk can help you take good care of your heart when it comes to your cardiovascular health. The following is covered in this test:

- Risk for atrial fibrillation (a heart condition characterized by irregular and rapid heart rate)
- Caffeine metabolite levels
- HDL ("good") cholesterol levels
- LDL ("bad") cholesterol levels
- Triglycerides levels
- Risk for a heart attack
- Ability to manage blood triglycerides (omega-3)
- Risk for PAD (peripheral arterial disease)
- Risk for venous thrombosis

Collections: Traits



Genetics is mainly about inheriting traits from your parents. Your height, weight, hair, and eye color depend on your genetics. However, you do not inherit only physically visible traits. Your behavior, intelligence, memory, and even more depending on your genetics.

This fun and exciting genetic test might teach you something new about yourself and your genetics. In this test, you would find your earwax type, coffee consumption, intelligence, memory, aggression, and many more.

The following is covered in this test:

- Baldness
- Earwax type and body odor
- Hyperactivity
- Intelligence (non-verbal)
- Baldness (males only)
- Long term memory
- Working memory
- Pair bonding and sociability
- Likelihood of having thin and wavy hair

Collections: Fitness



As we all know, the key to success in any sport is sheer determination, resilience, and strength; after a certain age, your body starts losing these elements. Most athletes do these DNA tests for diet and exercise to improve their potential. This test is perfect for the athletes who participate in Wines2Whales, Crossfit, or even Iron Man, as it helps them find their potential and prepare them accordingly. This DNA which is best for health and fitness, helps you reach the best version of yourself and makes you genetically fit. It improves your bone health and makes you pain tolerant. This DNA Kit is great for weight loss and testing your diet, as it can help you lose weight through CrossFit exercise and help you find the right nutrition.

Included in my results:

- Risk for tendinopathy
- Risk for hypertension (high blood pressure)
- Risk for osteoporosis
- T-peak to T-end interval
- Rheumatoid arthritis joint injury risk
- Pain sensitivity
- Athletic endurance
- Weight loss in chronic disease



Collections: Weight Management



Genetics can determine your predisposition to become overweight, your tendency to eat between meals, carb overconsumption, weight loss, and others. This genetic test provides insight into how to manage your weight.

The following is covered in this test:

- Adiponectin (a protein hormone included in weight management)
- Sugar intake
- Obesity
- Ability to lose weight

Collections: Ancestry



Find out more about your ancestors and learn your origins with our BioCertica Ancestry DNA test.

Largest Database

Scientific evidence shows that people from a particular continent, country, or region show a specific pattern of genetic variations. We have access to the largest DNA database from 20+ populations in the world. Discover your family tree and get an estimate of your origins.

Multiple Lineage

You can be from different cultures and have personality traits that reflect the people of that origin. For example, you could be 40% South East Asian: Bengali, 30% Northern European, 20% West African, and 10% Finnish. Learn which trait reflects in your personality more and from which origin you've inherited it.

Collections: Nutrition & Well-being



Your DNA play a vital role in how your body responds to certain foods, vitamins, and nutrients. Finding out the lifestyle choices your DNA prefers can help you maintain a balanced and happy life. Find out how to optimize your lifestyle and well-being using our BioCertica DNA Nutrition and Well-Being Kit. It's a combo genetic test that analyses your DNA and reports your genetic relationship to nutrition and well-being.

A list of recipes and meal plans tailored towards you, whether you are vegan, or only eat Gluten free.

Some of these examples include things like:

- Mango smoothie bowl breakfast recipe
- Stewed apple and walnut yoghurt recipe
- Roast lamb as a dinner recipe
- Stuffed dates recipe, and many more.

Large List of Tests

The following is covered in this test:

- Ability to remove chemicals in smoked and charred meats
- Ability to cope with alcohol flush reaction
- Resistance to cockroach allergy
- Risk for egg allergy
- Estrogen levels
- Fat taste
- Gluten sensitivity
- Risk for hay fever
- Risk for peanut allergy

Checking for Deficiencies

The BioCertica DNA Nutrition and Well-Being Kit help you get a detailed overview of your body's deficiencies or any underlying or upcoming condition that the deficiencies can cause.

The following is covered in this test:

- Antioxidants
- Calcium
- Folate
- Iron overload risk
- Iron
- Gut microbiota
- Vitamin A
- Vitamin B12
- Vitamin B6
- Vitamin C
- Vitamin D
- Vitamin E

Collections: Skin Care



Like most other genetic tests that help you discover a better version of yourself, the BioCertica DNA Skin Care test helps you better analyze your genes to take care of your skin. Skin aging is a common phenomenon every woman faces after a certain age, and the two most important factors involved in skin aging are hereditary and environmental factors. The BioCertica Skin Care test doesn't only fight both these factors, but also helps you with your antioxidant status, repair dynamics, pigmentation, and sun sensitivity.

A DNA Skin Care kit has several benefits as it covers a large list of traits, including the following:

- Risk of developing acne
- Antioxidant enzymes
- Folate
- Risk of developing freckles
- Omega 3 and Omega 6
- Protection against skin condition called Rosacea that causes redness on the face
- Advanced glycation end product
- Protection from developing stretch marks
- Tanning ability
- Risk of developing varicose veins

The BioCertica DNA Skin Care test doesn't only analyze your genes but also helps you find the underlying deficiencies in your body that cause different medical skin conditions.

This DNA kit also covers the following traits to learn which vitamins are enough in your body and which vitamins are lacking:

- Vitamin A
- Vitamin B12
- Vitamin B6
- Vitamin C
- Vitamin D
- Vitamin E

Added Benefit: Book a Practitioner Session



Confused about how to turn your genetic results into actionable lifestyle improvements? Now you can easily contact a practitioner of your choice (nutritionist, general practitioner or biokineticist) to chat about your results! The practitioner will look at your results, talk to you in a 1h-long session, and share a concrete plan of lifestyle improvements tailored to your genetic needs.

IMPORTANT NOTE:

This product cannot be a standalone product and has to be purchased with one of the available DNA Kits, or as an add-on on an already existing kit.

Practitioner session is booked at R1199