
Nutrition, Aging,
Sport and Skin



LAULARMED

Laularmed Prevention Panel

Holistic Analysis for Personalized Prevention- Genetics,
Epigenetics and Biological Age



Health + Prevention: An Individualized concept for your healthy aging. For the first time, we analyze the combination of epigenetic and telomere markers together with inflammation and DNA stability markers from a drop of blood.

The Aging Panel helps find the ideal preventive measures for a healthy and long life. The measured biomarkers of this

test method can also be used to monitor any kind of intervention or therapy. With the test method Aging Panel, problems can be detected analytically at an early stage and thus preventive interventions can be applied to optimize your health and slow the aging process.

The analyses presented here are only available from a doctor. ■

Combined analysis of

- Nutrition and lifestyle
- 23 gene variants (SNPs)
- 5 epigenetic markers (3 methylation sites and 2 miRNAs)
- Gene regulation of aging and metabolism related genes (DNA methylation)
- Gene regulation of relevant genes for inflammation

You will receive your personal recommendation according healthy aging, integrate lifestyle, medication or supplements and a personalized diet.

- Metabolic type (carbohydrate, protein, fat or balanced type)
- Sport tips
- Analyzed health risks (diabetes)
- Nutritional and metabolic factors (inclination to snacks, food cravings, etc.)
- Nutricosmetic classification
- Methylation / DNA stability /
- Inflammatory behavior
- Prognosis for weight loss and stabilization
- Epigenetic status of metabolic regulation

Prevention Panel can identify metabolic and age related disease (obesity, type 2 diabetes, increased cancer risk)

Application of molecular medicine towards personalised treatment.

Counteract the signs of aging prematurely through dietary changes and adapted care products.

Laularmed Test-kit

- **Sample material:**
Blood: dried blood spots: long stability, easy handling, minimally invasive
- **Lifestyle-questionnaire:**
Data of nutrition, lifestyle, stress

Central importance: sufficiently fill out blood spots!



Metabolic type

Different people have different metabolism.

Classification in Metabolic Types macronutrient distribution and genetics interactions.

By analyzing twenty-three gene variants (SNPs) and various epigenetic markers (three methylation sites and two miRNAs), we assign you to one of four metabolic types:

- Carbohydrate Type: It is possible to metabolize carbohydrates well, but there are difficulties in digesting protein and fat.
- Fat Type: Fat is metabolized well, and you can achieve a desired weight with the right intake and lipid composition in your diet.
- Protein Type: Proteins are digested well and you can lose weight with protein rich foods.
- Balanced Type: All three macronutrients (carbohydrates, fats, and proteins) are equally well metabolized.

In addition to classification into a respective metabolic type, all analyzed SNPs are evaluated individually and contribute to your personalized nutritional recommendations. These recommendations also include information on corresponding exercise.

Counteract the signs of aging

Analyzed Parameters

- Metabolic Type
- Exercise Type
- Health Risks
- Nutritional and Metabolic Factors
- Nutricosmetics Epigenotyping (Methylation and MicroRNA)
- Overall Methylation (DNA-Stability)
- Inflammatory Response
- Your Prognosis for Weight Loss and Stabilization
- Your Epigenetic Status of Metabolic Regulation

Prevention Analysis Panels : Why?

- Low grade inflammation
- DNA (in-)stability (Timeblock XP)
- Personalized nutrition recommendation – individual weight management
- Control of success of the intervention – motivation / compliance of the patient / client
- Continuous examinations throughout different life-phases or relevant diseases
- The execution of the test is simple and understandable
- You can improve your image (modern, innovative)

Conclusions

- Personalized nutrition and classification of metabolic types based on genetics, epigenetics and gut microbiota.
- Interpretation of your nutritional status.
- Your metabolic type macronutrient distribution in practice.
- Biological age calculated from the telomere length analysis.
- Genetic risks: diabetes, obesity, nutritional and metabolic factors.
- Nutricosmetics is the individual anti-aging program matched to your skin condition by analyzing the polymorphisms of the genes. ■



FOR MORE INFORMATION



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