



# NUTRIFIT

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*Adapt your life to your  
body's needs*





**Is it possible to adapt your lifestyle to your body's needs? With our nutritional plan and healthy lifestyle advice based on your specific genetic predispositions and needs, this can be easily achieved.**

With the NutriFit analysis we are raising your life quality. Our innovative approach in the field of preventive services improves your wellbeing, long term health and raises life quality. The analysis results are based on scientific finding from the field of nutrigenetics and adapted to hands-on advice to bring you long term results with small changes.

**Your personal diet and lifestyle advice based on your genetic predispositions will help you achieve a more fulfilling, active and healthier life.**

# 30 ANALYSES

30 Analyses divided into 6 thematic chapters:

01 **THE INFLUENCE OF DIET ON BODY WEIGHT**

02 **THE REQUIREMENT OF NUTRIENTS**

03 **METABOLIC PROPERTIES**

04 **SPORTS AND RECREATION**

05 **LIFESTYLE**

06 **CARDIOVASCULAR HEALTH**

*Food is one of the factors with the highest influence on our body and at the same time a factor most easily influenced by us.*

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*Discover your DNA, discover yourself.*



## Your personal results

Your analysis results will be delivered as a comprehensive and personalized guidebook.

DETAILED EXPLANATION  
OF EACH SPECIFIC ANALYSIS

GRAPHIC AND TEXTUAL  
PRESENTATION OF YOUR RESULTS

PERSONAL(IZED)  
RECOMMENDATIONS AND ADVICE

### THE REQUIREMENT OF NUTRIENTS

## VITAMIN B12

**Vitamin B12**, also known as cobalamin, has a central role in the functioning of the entire nervous system, which is important especially for cognitive abilities. Vitamin B12 is involved in the synthesis of DNA and red blood cells, as well as the synthesis of fatty acids. Vitamin B12 blood level below 200pg/ml indicates its lack. A healthy diet gives the body sufficient amounts of vitamin B12. The lack of it, however, is common in vegetarians, vegans, older people and people who are genetically prone to the lack of vitamin B12.

Numerous studies have confirmed the influence of **gene FUT2** and its mutation on vitamin B12 level. The research that we rely on has proven that every unfavourable copy of the **FUT2** gene reduces the level of vitamin B12 level by 10 percent. As a consequence, people with the least favourable genetic makeup have a 20 percent lower vitamin B12 level.



**YOUR RESULT:**  
**HIGH LEVEL**

You have common copies of the **FUT2** gene present on both of your chromosomes which determines a high vitamin B12 level. Studies have shown that people with your genetic makeup have 10 to 20 percent more vitamin B12, compared to others.

### Recommendations:

- Your result of the analysis is favourable, and we recommend that you simply maintain your vitamin B12 level.
- We recommend that you consume 3 mcg of vitamin B12 per day.
- If you include milk, dairy products and, occasionally, some meat into your menu, you will not have to worry about experiencing lack of vitamin B12.
- We also recommend eating fish, which are a great source of vitamin B12.
- If you follow our recommendations, you will consume enough vitamin B12. This means that you do not need to compensate with food supplements. However, we do recommend them to vegetarians, because vegetarian food does not contain vitamin B12.

*Did you know that the elderly have lower levels of vitamin B12? And this is supposed to be one of the reasons, why our memory fades with increasing age. It is also very likely that vitamin B12 deficiency plays an important role in the development of Alzheimer's disease, therefore intensive research is on-going in this field.*



**why we need it**  
red blood cell maturation, the functioning of the nervous system, DNA synthesis

**the effects of the lack**  
anaemia, psychological disorders, bad eye sight

**where is it found**  
beef, pork, offal, eggs, milk and dairy products

## Big results with small changes

We often do not achieve our goals, because we do not take into account our body's needs – our genetic predispositions. **NutriFit brings a personalized approach that considers the specific needs of each individual.**

### Vitamin D absorption

The absorption of vitamin D to a large degree depends on our genes. People with an unfavourable genetic makeup can have a 50% lower level of vitamin D even when following the proper general advice.

### Lactose intolerance

Did you know that 20% of Europeans suffer from lactose intolerance? And did you know that 45% of these people are not aware of the cause of their problems?

### Iron absorption

Iron absorption varies substantially from person to person. As a consequence, the majority of people require at least a 30% higher daily intake to achieve an optimal state.



## How does it work?

**All from home. No blood. No needles. Just rub a buccal swab against your cheek!**

GenePlanet genetic tests are user friendly saliva-based tests.

The whole procedure can be summarized in 3 simple steps:



### ORDER

You will receive a sample collection kit with a buccal swab and all the necessary instructions to perform the test.



### PROVIDE THE SAMPLE

Follow the kit instructions and rub your cheek with the buccal swab. Register your sample using the barcode and send it back to our lab in the pre-paid envelope.



### DISCOVER

You will receive an email notification when your reports are ready and accessible in your online account. Log in and discover your DNA, discover yourself!



## Safe & Secure

All our analyses are performed according to the highest standards and guidelines, with emphasis on laboratory procedures and data security.



The client sample is marked with a **unique barcode**.



All analyses are performed according to EU standards, requirements, and guidelines.



Samples are analysed in an **ISO accredited laboratory**.



Data security is organized according to the **ISO 27001 standard**.

*Discover your DNA, discover yourself!*

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