
NOVOGENIA


GRECO

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Molecular Biologist, Epigeneticist, Biotechnologist, CEO of Novogenia


novogenia

Lifestyle Genetic Testing

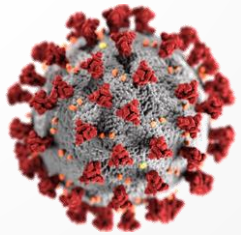
GENETIC TEST

PERSONALIZED SUPPLEMENTS

PERSONALIZED COSMETICS

Medical Genetic Testing

MEDICATION SIDE EFFECTS



COVID TESTING

THE PROJECT

WEIGHT SENSOR

DNA Test for Weight Management

NUTRITION SENSOR

DNA Test for healthy Nutrition

PHARMACO SENSOR

DNA Test for Medication Side Effects

WEIGHT SENSOR

DNA Test for Weight Management

NUTRITION SENSOR

DNA Test for healthy Nutrition

PHARMACO SENSOR

DNA Test for Medication Side Effects

Science project

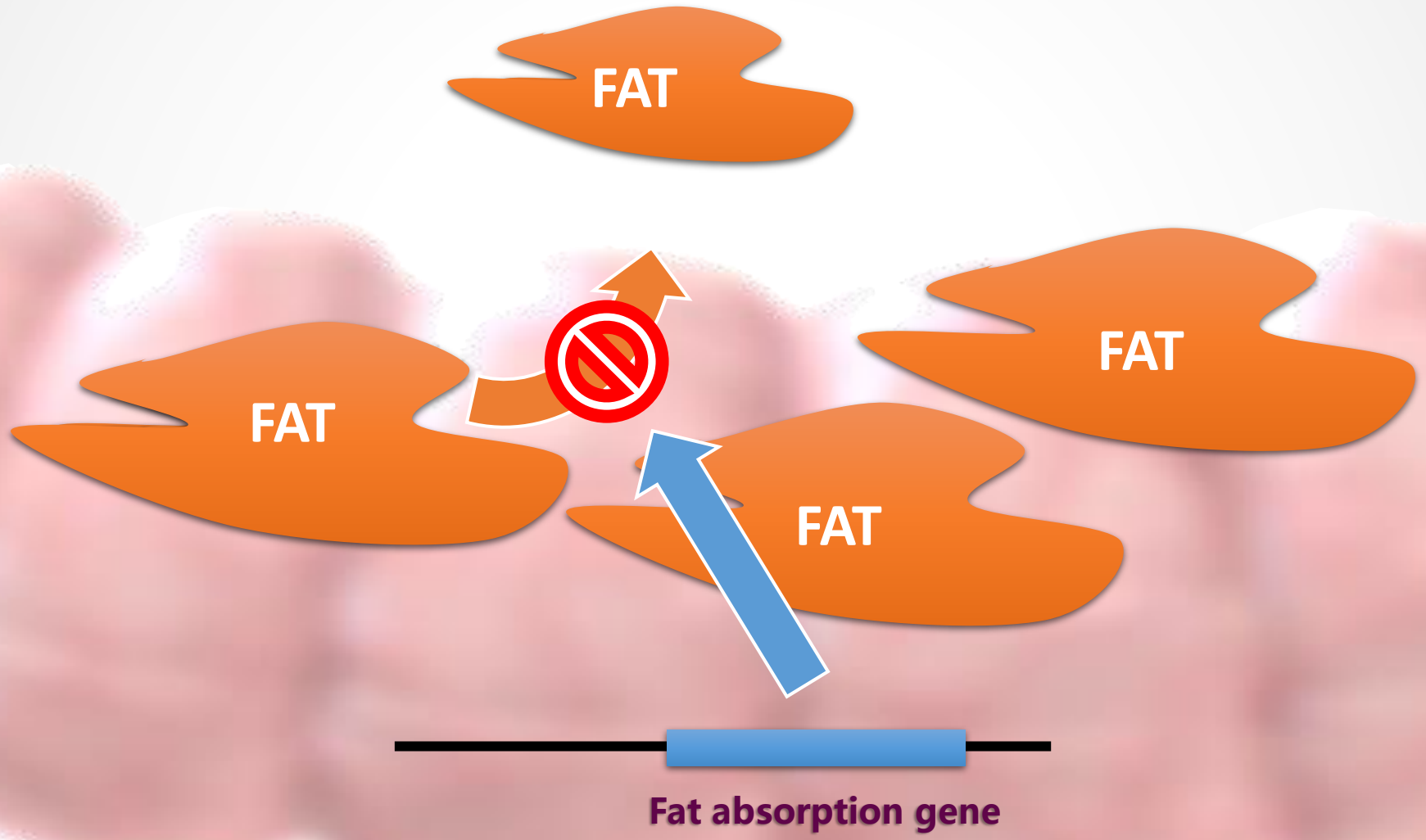
(Clin Genet. 2003 Feb;63(2):109-16. Robitaille)

MORE FAT

720 SUBJECTS

GAINED WEIGHT

NORMAL WEIGHT


FAT
FAT
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FAT
Fat absorption gene

Science project

(Clin Genet. 2003 Feb;63(2):109-16. Robitaille)

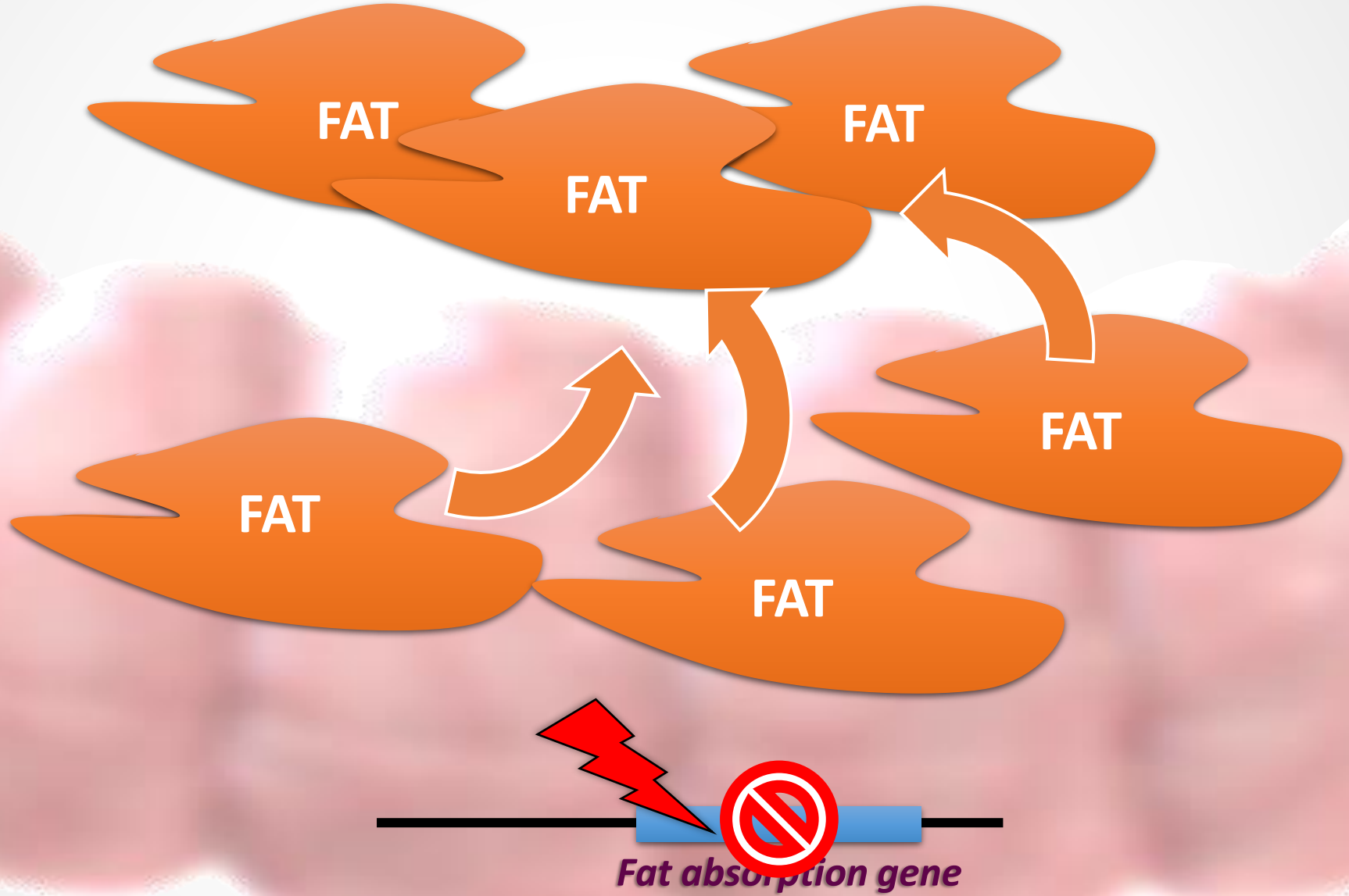
MORE FAT

720 SUBJECTS

GAINED WEIGHT

NORMAL WEIGHT

Protection


FAT
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Fat absorption gene

Science project

(Clin Genet. 2003 Feb;63(2):109-16. Robitaille)

MORE FAT

720 SUBJECTS

GAINED WEIGHT

Fat absorption

NORMAL WEIGHT

Protection

OTHER Science project

(J Nutr. 2003 Aug;133(8):2549-54. Martínez)

MORE CARBOHYDRATES

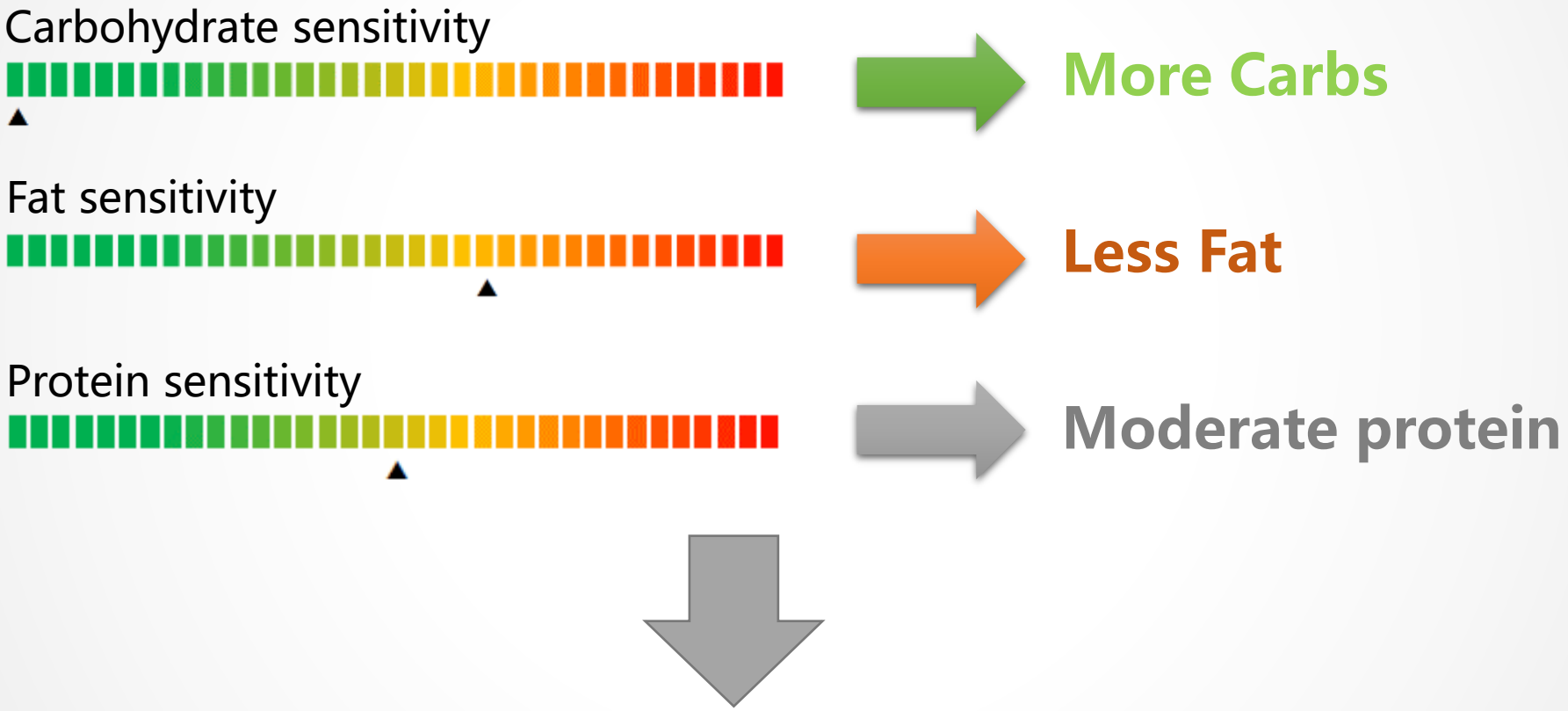
313 subjects

No Protection

GAINED WEIGHT

Protection

MAINTAINED WEIGHT


Carbohydrate sensitivity
More Carbs
Fat sensitivity
Less Fat
Protein sensitivity
Moderate protein
Specialized Diet

BODY WEIGHT How genes influence our body weight

Recommendations to lose weight			genet. warning 1	genet. warning 2	your preference	Legumes (mellow), nuts, oil and other seeds	All values per standard serving				
g per item	often	rarely					g	kcal	Prot	Carb	Fat
115 g	🟢🟢🟢🟢		?	?		Bamboo shoots	150	27	5	5	0
85 g	🟢🟢🟢🟢		?	?		Bean sprouts	15	5	0	5	0
5 g		🔴🔴🔴🔴🔴	?	?		Cashew	60	355	15	15	30
10 g		🔴🔴🔴🔴🔴	?	?		Chia seeds	30	137	5	15	10
30 g		🔴	?	?		Sweet chestnut	60	118	5	25	5
60 g	🟢🟢🟢🟢		?	?		Peas germinated	15	4	5	0	0
5 g		🔴🔴🔴🔴🔴	?	?		Peanut	100	576	30	10	50
90 g	🟢🟢🟢🟢		?	?		Grain sprouts	15	8	0	5	0
5 g		🔴🔴🔴🔴🔴	?	?		Hazelnut	60	390	10	5	40
15 g		🔴🔴🔴	?	?		Chickpeas	60	161	15	25	5
60 g	🟢🟢🟢🟢		?	?		Chickpeas germinated	15	4	5	0	0
5 g		🔴🔴🔴🔴🔴	?	?		Pumpkin seed	20	113	10	5	10
5 g		🔴🔴🔴🔴🔴	?	?		Flaxseeds	20	89	5	5	10
15 g		🔴🔴🔴	?	?		Lima beans	60	167	15	30	5
15 g		🔴🔴🔴	?	?		Lentils	60	185	15	30	5
65 g	🟢🟢🟢		?	?		Lentils germinated	15	4	5	0	0
10 g		🔴🔴🔴🔴	?	?		Lupine seeds	100	371	40	40	10
75 g	🟢🟢🟢		?	?		Alfalfa sprout	15	4	0	0	0
5 g		🔴🔴🔴🔴🔴	?	?		Macadamia nut	60	418	5	5	45
5 g		🔴🔴🔴🔴🔴	?	?		Mandel	60	353	15	5	35
5 g		🔴🔴🔴🔴🔴	?	?		Poppy	20	97	5	5	10
15 g		🔴🔴🔴	?	?		Mung beans	60	164	15	25	5
5 g		🔴🔴🔴🔴🔴	?	?		Brazil nut	60	412	10	5	45

Recommendations to lose weight			genet. warning 1	genet. warning 2	your preference	Mostly animal menu components
g per item	often	rarely				
25 g		🔴🔴	?	?		Lasagna with minced meat
40 g	🟢		?	?		Liver dumplings
20 g		🔴🔴🔴	?	?		Liver pâté
35 g		⚫	?	?		Oxtail soup
40 g	🟢		?	?		Paprika chicken with sauce
30 g		🔴	?	?		Ragout fin
40 g	🟢		?	?		Ravioli stuffed with meat in tomato sauce
35 g		🔴	?	?		Beef goulash
45 g	🟢🟢		?	?		Stewed beef with red wine sauce
20 g		🔴🔴🔴	?	?		Scrambled eggs
25 g		🔴🔴	?	?		Cream herring
15 g		🔴🔴🔴🔴	?	?		Pork with sauce
20 g		🔴🔴🔴	?	?		Breaded pork cutlet, fried
20 g		🔴🔴🔴	?	?		Breaded pollock fillet
65 g	🟢🟢🟢🟢		?	?		Spaghetti Bolognese
40 g	🟢		?	?		Brawn Berliner style
35 g		⚫	?	?		Sushi
10 g		🔴🔴🔴🔴🔴	?	?		Dumplings stuffed with cheese and ham
30 g		🔴	?	?		Squid fried in beer batter
35 g		⚫	?	?		Tomatoes stuffed with minced meat
35 g		⚫	?	?		Wild ragout with sauce
25 g		🔴🔴	?	?		Boar sour sweet
45 g	🟢🟢		?	?		Game sauce

Recipe Book: 40 daily menus to choose from

Recipe Book: 100 personalized recipies

Zubereitungszeit: 20 min
Nährwert: 435 kcal / 604 kcal

Garnelen mit scharf-süßen Kakis und Feldsalat

ZUTATEN

1.5	2	Kaki(s)
0.4	0.5	Chilischote(n)
4	5	EL Rohrzucker
40	55	ml Weißweinessig
1.5	2	EL Limettensaft
1	1.5	EL Olivenöl
60	80	g Feldsalat
		Jodsalz
		Pfeffer
5	6	küchenfertige Garnele(n) - ohne Schale und Kopf

1. Die geschälten Kakis mit den Gewürzen verfeinern. Dann die Chili fein hacken. In einem Topf die Kakis und die gehackte(n) Chili mit etwas Rohrzucker, Essig, etwas Salz und Pfeffer bei milder Temperatur etwa 10 Min. köcheln.
2. Für das Dressing den Limettensaft mit dem restlichen Zucker, Salz, Pfeffer und etwas Öl verrühren. Den verlesenen und abgebrausten Feldsalat trocken schütteln und mit dem Dressing anmachen.
3. In einer Pfanne das restliche Öl erhitzen und die Garnelen etwa 5 Min. garen. Anschließend noch mal stark würzen. Zusammen mit dem marinierten Feldsalat und der Kaki-Mischung servieren.

ABNEHMEN
GEWICHT HALTEN
BEISPIELBILD - ABWEICHUNGEN MÖGLICH

Seite 127

Steak mit Gurken-Kresse-Salat

Zubereitungszeit: 25 min
Nährwert: 435 kcal / 604 kcal

1. Die verschiedenen Gurken jeweils sehr fein würfeln. Die Kapern fein hacken, die Kresse mit einer Schere abschneiden und beides unter die in Würfel geschnittenen Gurken geben. Einen Teil der Mischung beiseite stellen.
2. Die Mayonnaise mit der Gurken-Kresse- Mischung vermengen. Salzen und pfeffern. Die restliche Gurken-Mischung darüber verteilen.
3. In einer Pfanne etwas Öl erhitzen und die Steaks rundum jeweils 3-4 Min. braten. Mit Salz und Pfeffer verfeinern und anschließend mit dem Gurkensalat servieren.

ZUTATEN

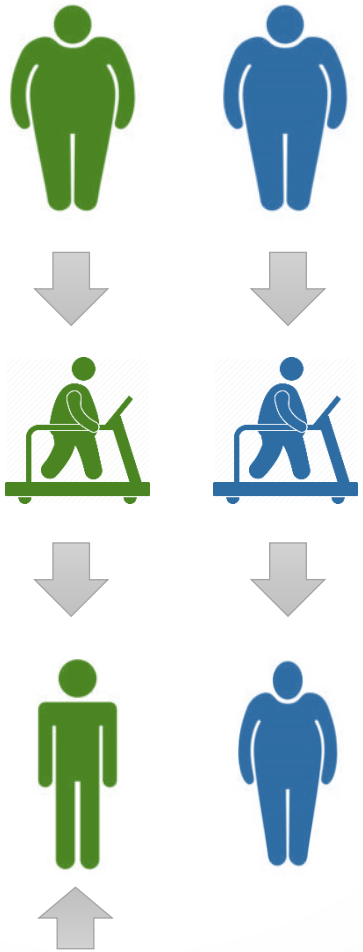
0.3	0.5	Gewürzgurke(n)
0.3	0.5	Senfgurke(n)
0.3	0.5	Minigurke(n)
0.3	0.5	TL Kapern (abgetropft. Glas)
35	45	g Mayonaise
0.2	0.2	Beet Kresse
		Salz
		Pfeffer
0.5	1	EL Öl
100	135	g Rinderfilet

ABNEHMEN
GEWICHT HALTEN
BEISPIELBILD - ABWEICHUNGEN MÖGLICH

Seite 158

2 overweight friends go to the gym

4 months of training



-12kg

PPARG ADRB3 FTO

EFFECTIVE

-4kg

PPARG ADRB3 FTO

NOT EFFECTIVE

3x more weight loss

ADRB3 adrenoceptor beta 3 (rs4994)

Eine Aktivierung von β-Adrenozeptoren führt über eine Kopplung der gebundenen G-Proteine zu einer Aktivierung nachgeschalteter Signaltransduktionswege. Alle β-Adrenozeptoren sind in der Lage über Gs die Adenylylcyclase zu aktivieren, welche die Konzentration an cAMP im Zytosol erhöht und über diese Konzentrationserhöhung die Proteinkinase A aktiviert. Der Subtyp ADRB3 ist dabei spezifisch in der Lipolyse involviert, weshalb Polymorphismen in diesem Gen Relevanz für das Körpergewicht haben.

ERG	Genotyp	POP	Ergebnismöglichkeiten
X	T/T	83%	Erhöhte Gewichtsreduktion durch sportliche Betätigung
	T/C	16%	Keine Auswirkung
	C/C	1%	Keine Auswirkung

Literatur

Diabetes Obes Metab. 2002 Nov:4(6):428-30. TRP64ARG polymorphism of the beta 3-adrenergic receptor gene and obesity risk: effect modification by a sedentary lifestyle. Marti A, Corbalán MS, Martínez-Gonzalez MA, Martinez JA.

Diabetes Care. 1997 Dec:20(12):1887-90. Effects of Trp64Arg mutation in the beta 3-adrenergic receptor gene on weight loss, body fat distribution, glycemic control, and insulin resistance in obese type 2 diabetic patients. Sakane N, Yoshida T, Umekawa T, Kogure A, Takakura Y, Kondo M.

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Obes Res. 2004 May:12(5):807-15. Association between body fat response to exercise training and multilocus ADR genotypes. Phares DA, Halverstadt AA, Shuldiner AR, Ferrell RE, Douglass LW, Ryan AS, Goldberg AP, Hagberg JM.

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J Clin Endocrinol Metab. 1998 Jul:83(7):2441-4.Meta-analysis of the association of Trp64Arg polymorphism of beta 3-adrenergic receptor gene with body mass index. Fujisawa T, Ikegami H, Kawaguchi Y, Ogihara T.

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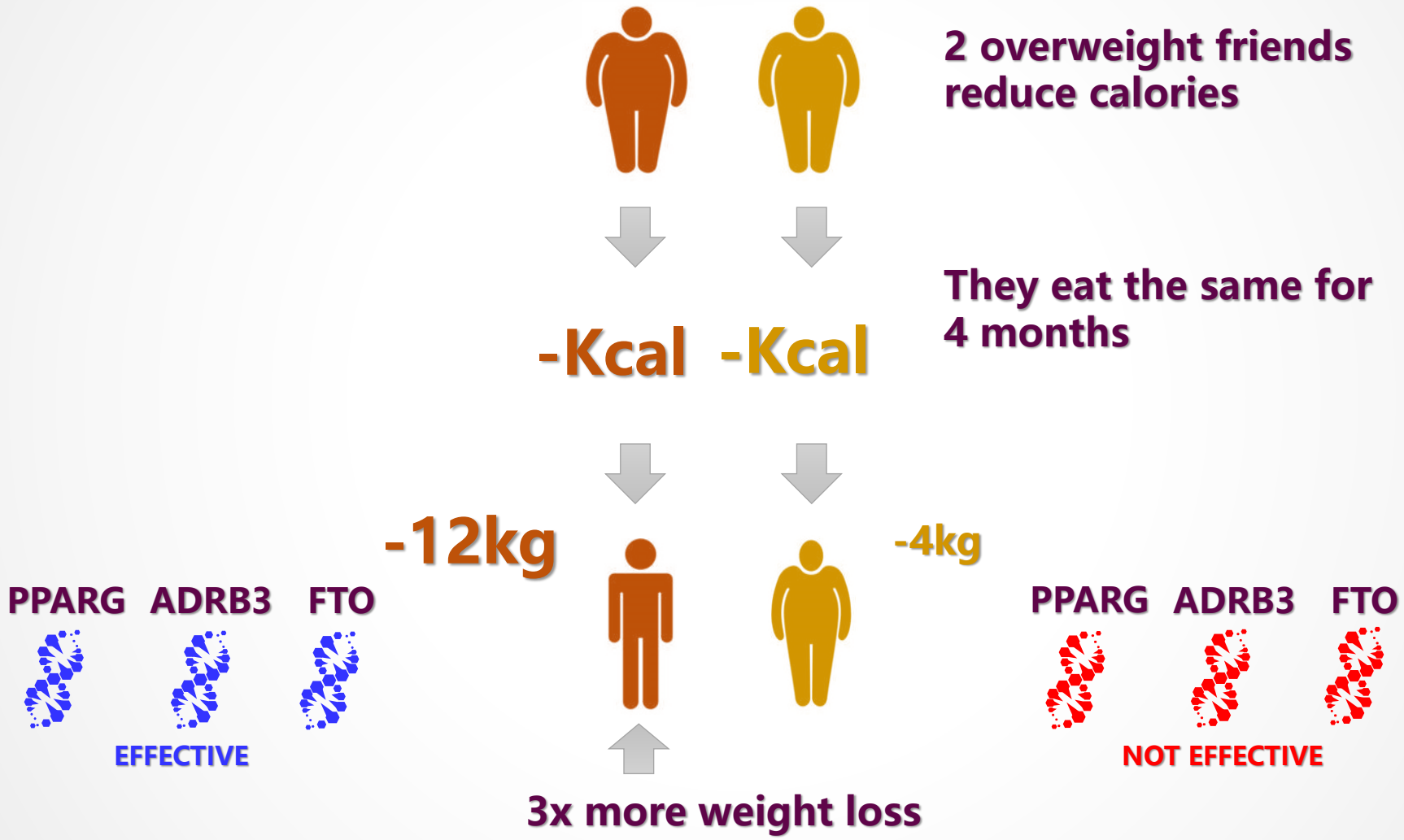
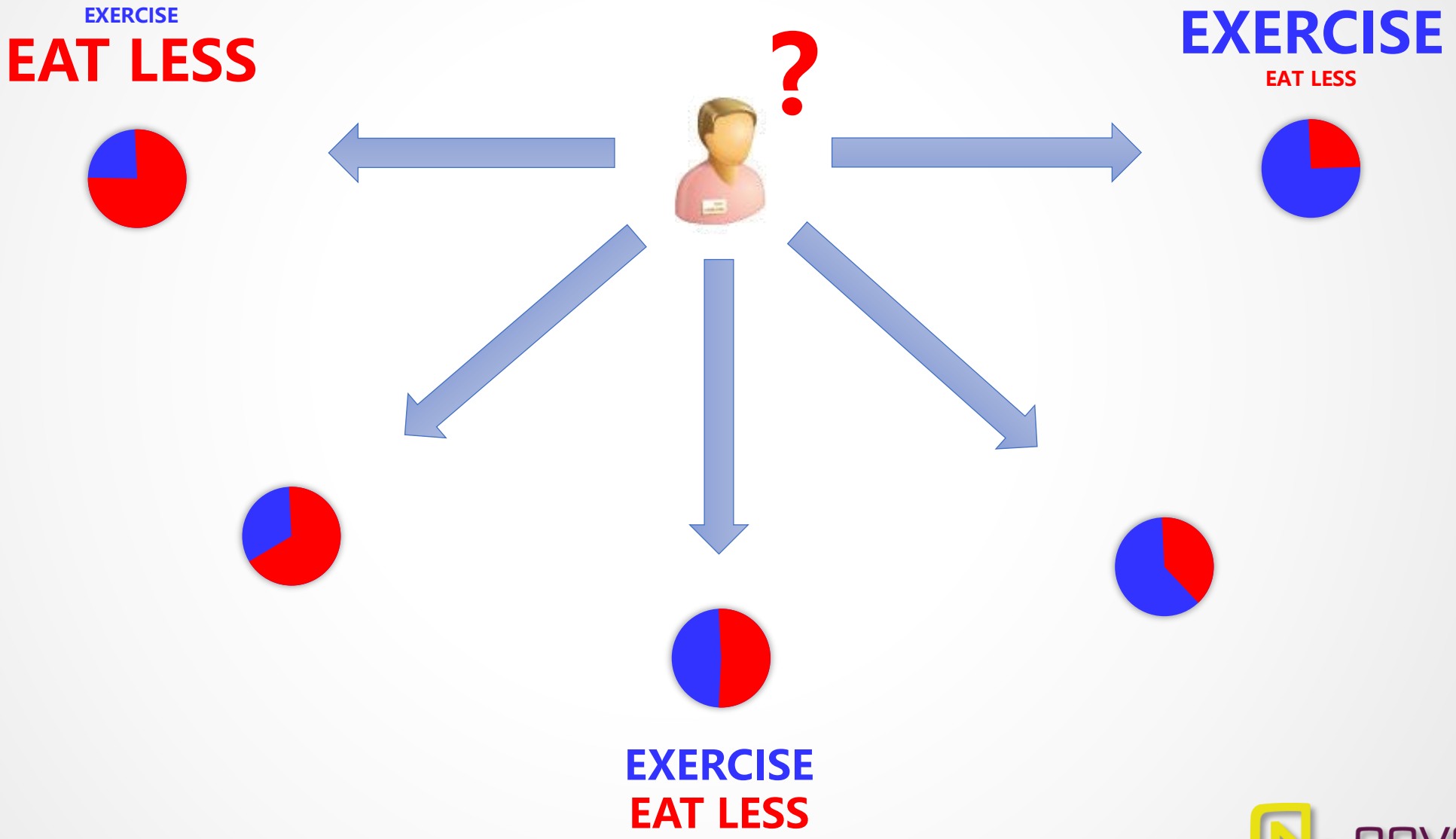
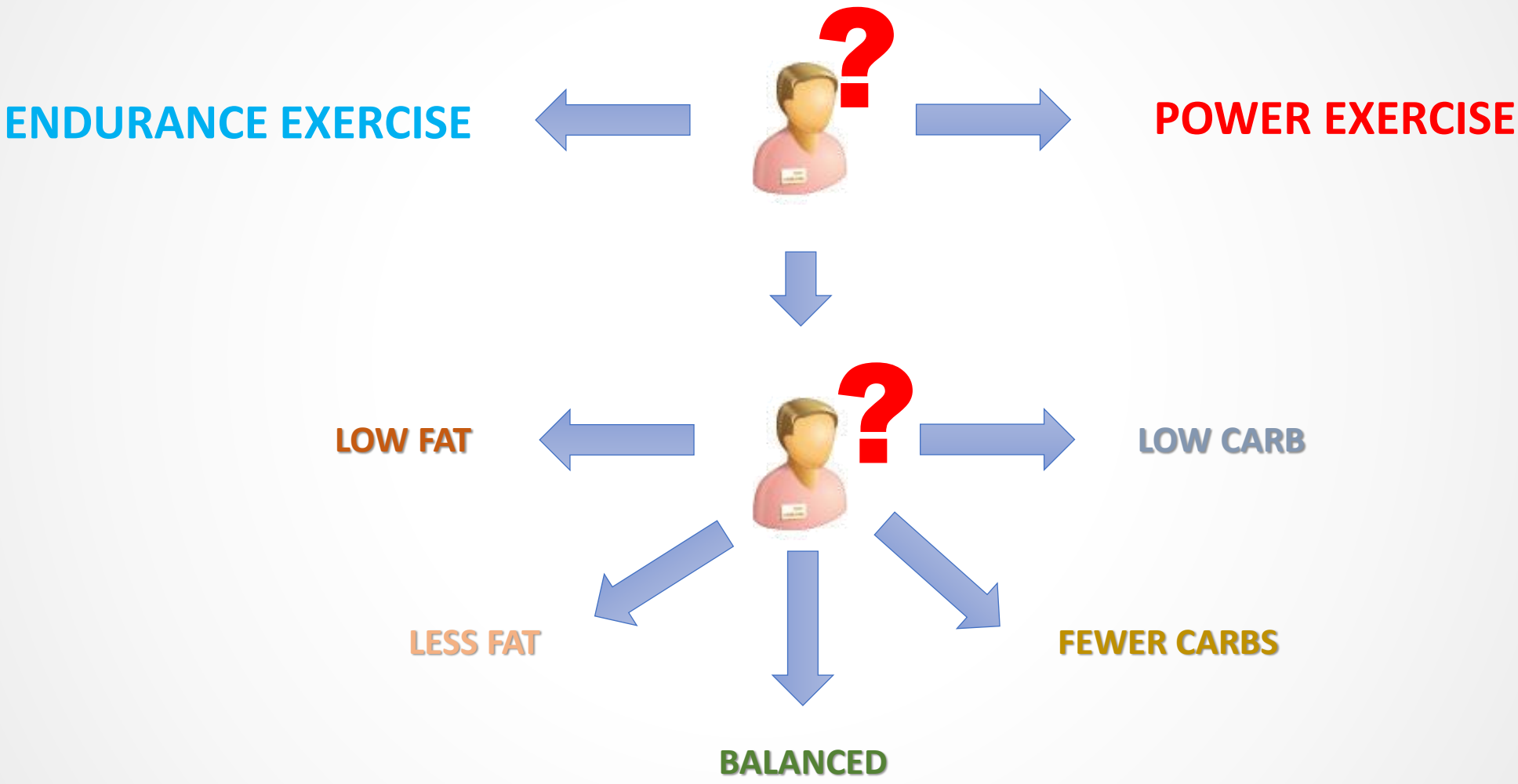
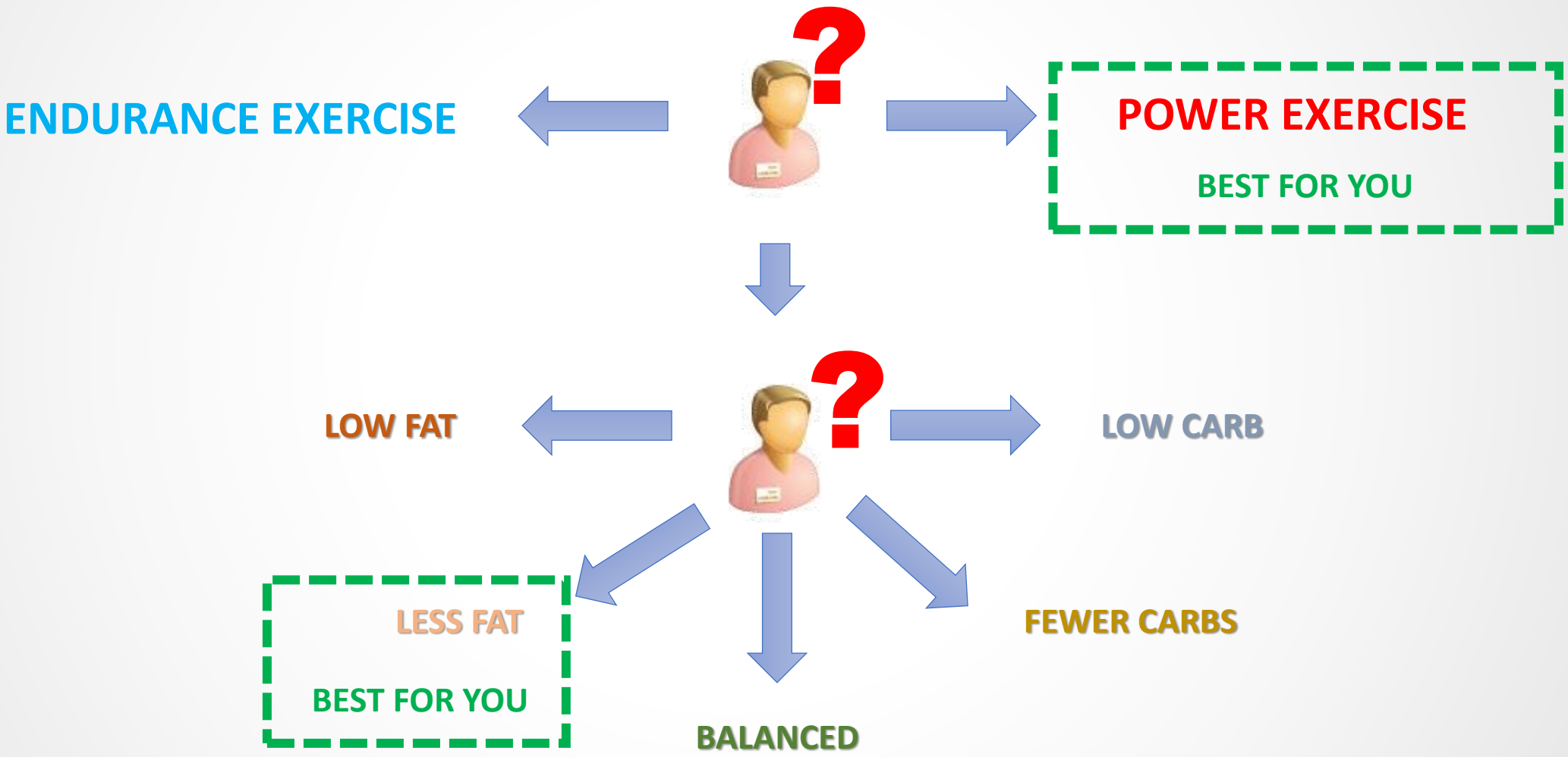

2 overweight friends reduce calories
They eat the same for 4 months
-Kcal -Kcal
-12kg
-4kg
PPARG ADRB3 FTO
EFFECTIVE
PPARG ADRB3 FTO
NOT EFFECTIVE
3x more weight loss


EXERCISE
EAT LESS
?
EXERCISE
EAT LESS
EXERCISE
EAT LESS


ENDURANCE EXERCISE
?
POWER EXERCISE
LOW FAT
?
LOW CARB
LESS FAT
FEWER CARBS
BALANCED

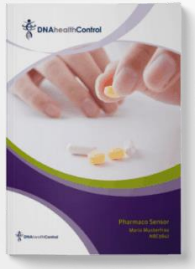

ENDURANCE EXERCISE
?
POWER EXERCISE
BEST FOR YOU
LOW FAT
?
LOW CARB
LESS FAT
BEST FOR YOU
BALANCED
FEWER CARBS

WEIGHT SENSOR

DNA Test for Weight Management

NUTRITION SENSOR

DNA Test for healthy Nutrition



PHARMACO SENSOR

DNA Test for Medication Side Effects

IRON OVERLOAD DISORDER!

GLUTEN INTOLERANT!

LACTOSE INTOLERANT!

Ernährungsgene - Herz

SYMBOL	rs NCBI	GENOTYP
CDH13	rs8055236	T/T
CHDS8	rs1333049	G/G
APOA5	rs662799	A/A
PON1	rs662	A/A
PON1	rs854560	T/T
APOB	rs5742904	A/G
SREBF2	rs2228314	G/G
NOS3	Ins/Del Intron 4	Ins/Ins
NOS3	rs2070744	C/T
NOS3	rs1799983	G/G
APOA1	rs670	G/G
MTRR	rs1801394	G/A
MMP3	rs3025058	T/T
GJA4	rs1764391	T/T
ITGB3	rs5918	C/C
CETP	rs708272	C/T
MTHFR	rs1801133	C/T
NOS1AP	rs16847548	C/C
NOS1AP	rs12567209	A/G
NOS1AP	rs10494366	T/T
AGT	rs699	T/T
ADRB1	rs1801253	G/G
GNB3	rs5443	C/T

Ernährungsgene - Oxidativer Stress

SYMBOL	rs NCBI	GENOTYP
GSTM1	Null Allel	INS
GSTT1	Null Allel	DEL
GSTP1	rs1695	A/A
SOD2	rs4880	C/C
GPX	rs1050450	T/T

Ernährungsgene - Stoffwechsel

SYMBOL	rs NCBI	GENOTYP
TCF7L2	rs7903146	C/C
HIGD1C	rs12304921	A/A
HHEX	rs1111875	G/G
IL6	rs1800795	G/G
IL10	rs1800872	C/A
PPARG	rs1801282	C/C
FTO	rs9939609	T/A
KCNJ11	rs5219	C/T

Ernährungsgene - Gehirn

SYMBOL	rs NCBI	GENOTYP
APOE	rs429358	C/C
APOE	rs7412	C/C
APOE Typ	Kombination	E4/E4

Ernährungsgene - Entgiftung

SYMBOL	rs NCBI	GENOTYP
HFE	rs1799945	C/C
HFE	rs1800730	A/A
HFE	rs1800562	G/G
GSTM1	Null Allel	INS
GSTT1	Null Allel	DEL
CYP1A2	rs762551	C/C
COMT	rs4680	G/G
CYP1B1	rs1056836	C/G
CYP1A1	rs4646903	T/T

Ernährungsgene - Knochen

SYMBOL	rs NCBI	GENOTYP
Col1A1	rs1800012	T/T
VDR	rs1544410	A/A
ESR1	rs2234693	C/T
LCT	rs4988235	T/T

Ernährungsgene - Gelenke

SYMBOL	rs NCBI	GENOTYP
TNFa	rs1800629	G/G
IL1a	rs1800587	C/C

Ernährungsgene - Getreide

SYMBOL	rs NCBI	GENOTYP
HLA DQ2.5	rs2187668	G/G
HLA DQ8	rs7454108	T/T

Ernährungsgene - Milch

SYMBOL	rs NCBI	GENOTYP
LCT	rs4988235	T/T

Ernährungsgene - Augen

SYMBOL	rs NCBI	GENOTYP
HTRA1	rs11200638	G/G
CFH	rs1061170	T/C
LOC387715	rs10490924	G/G

Ernährungsgene - Blut

SYMBOL	rs NCBI	GENOTYP
MTHFR	rs1801133	C/T
MTRR	rs1801394	G/A

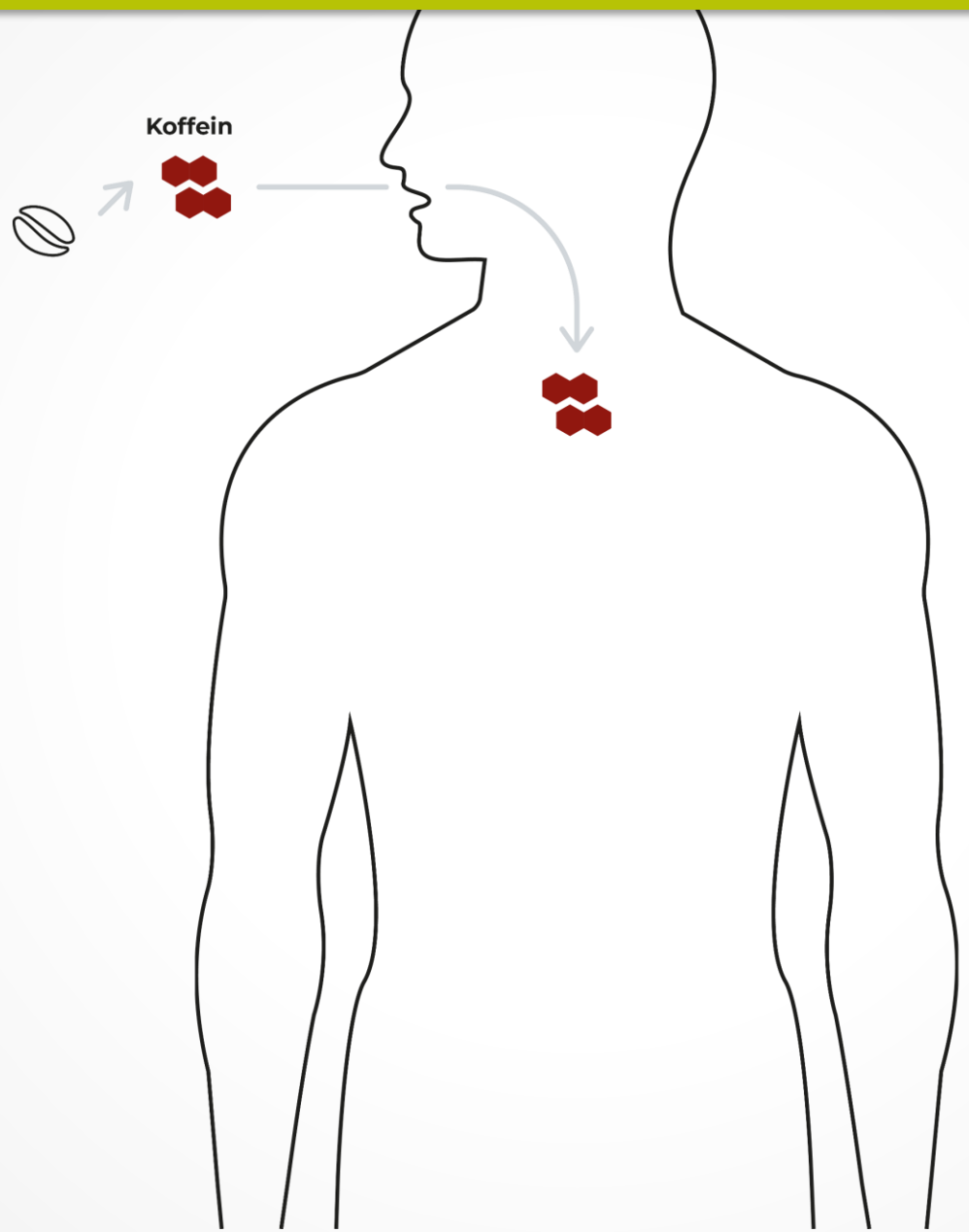
Ernährungsgene - Vitamin B2

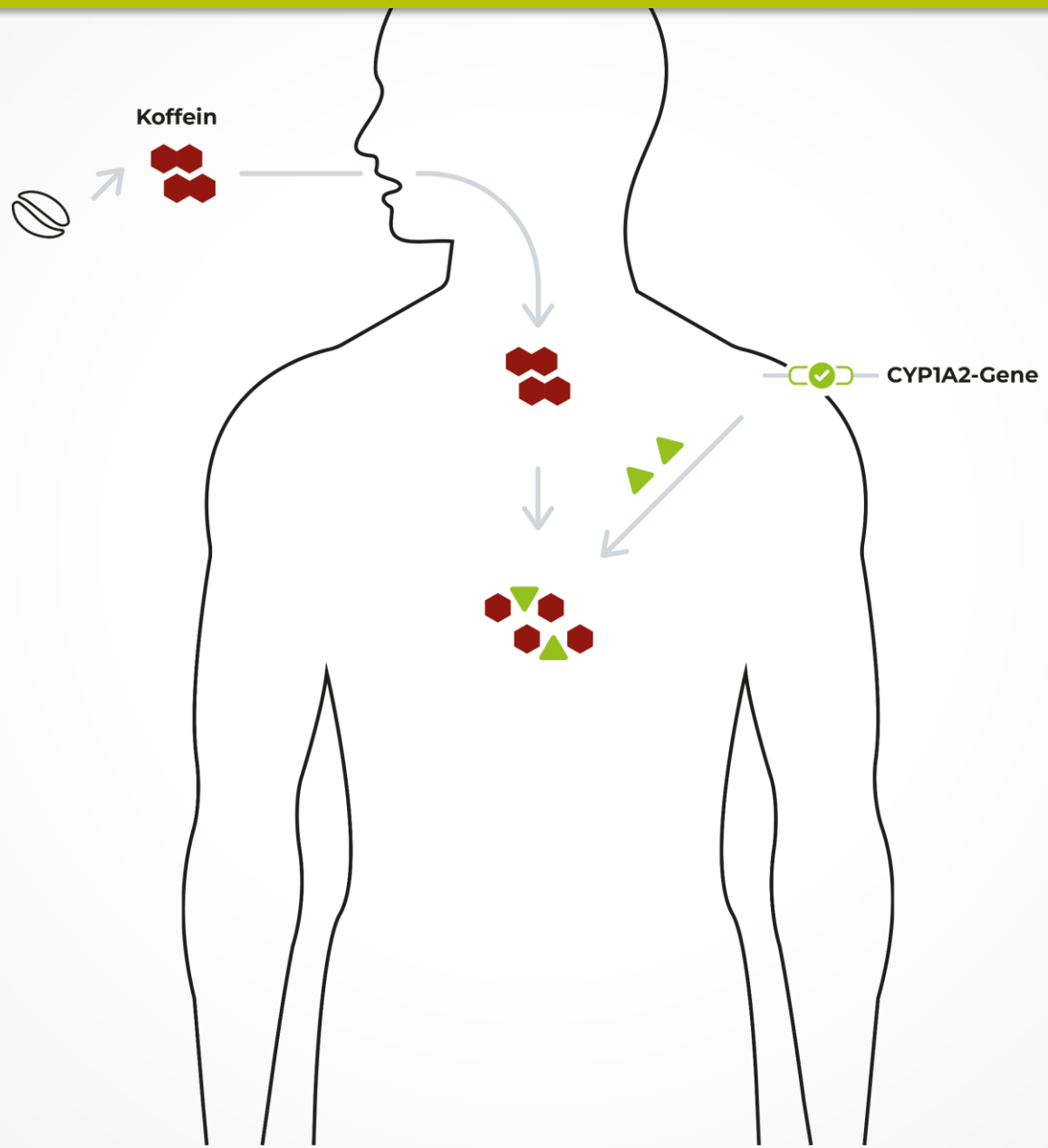
SYMBOL	rs NCBI	GENOTYP
MTHFR	rs1801133	C/T

Ernährungsgene - Blutdruck

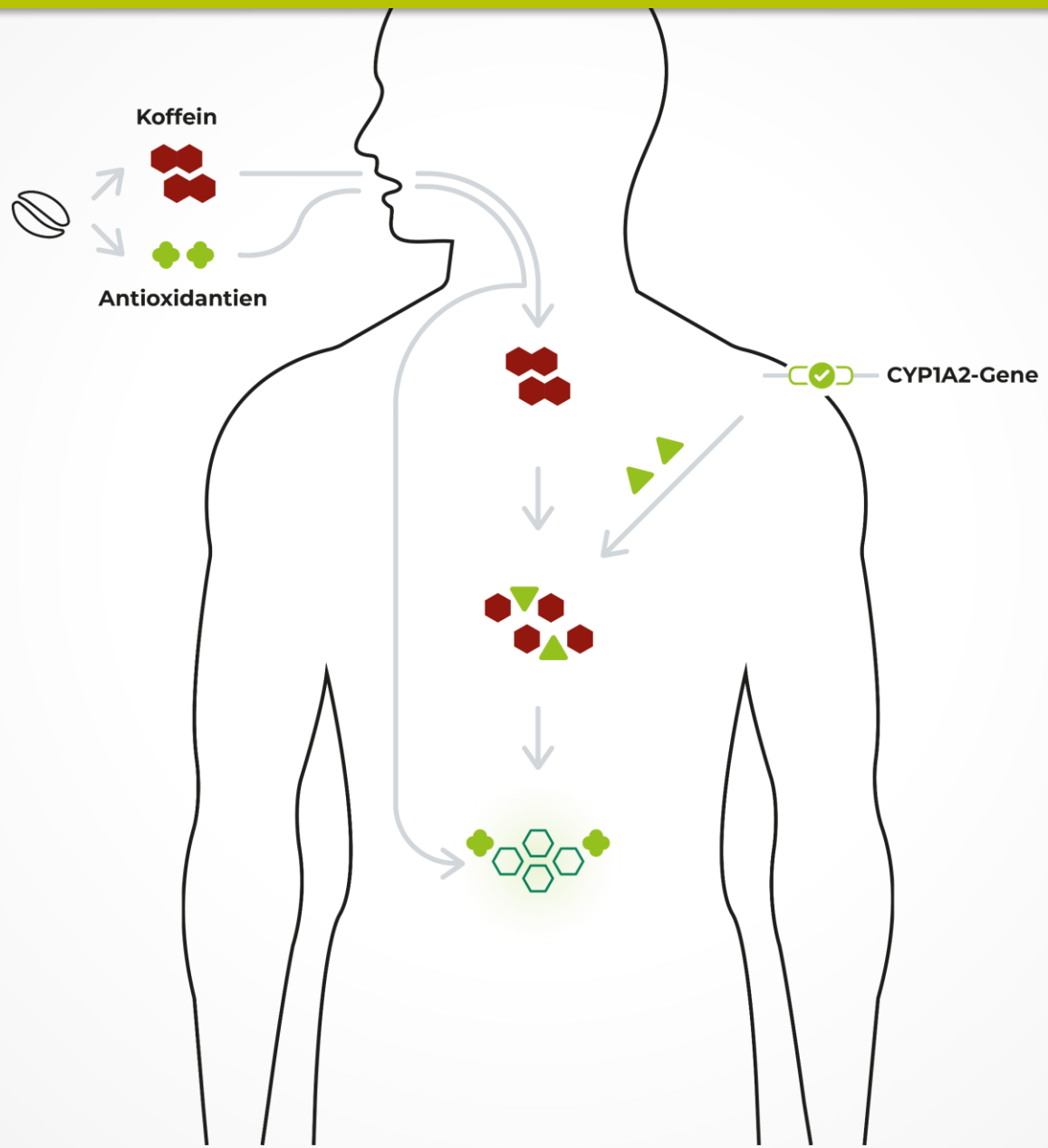
SYMBOL	rs NCBI	GENOTYP
AGT	rs699	T/T
ADRB1	rs1801253	G/G
GNB3	rs5443	C/T

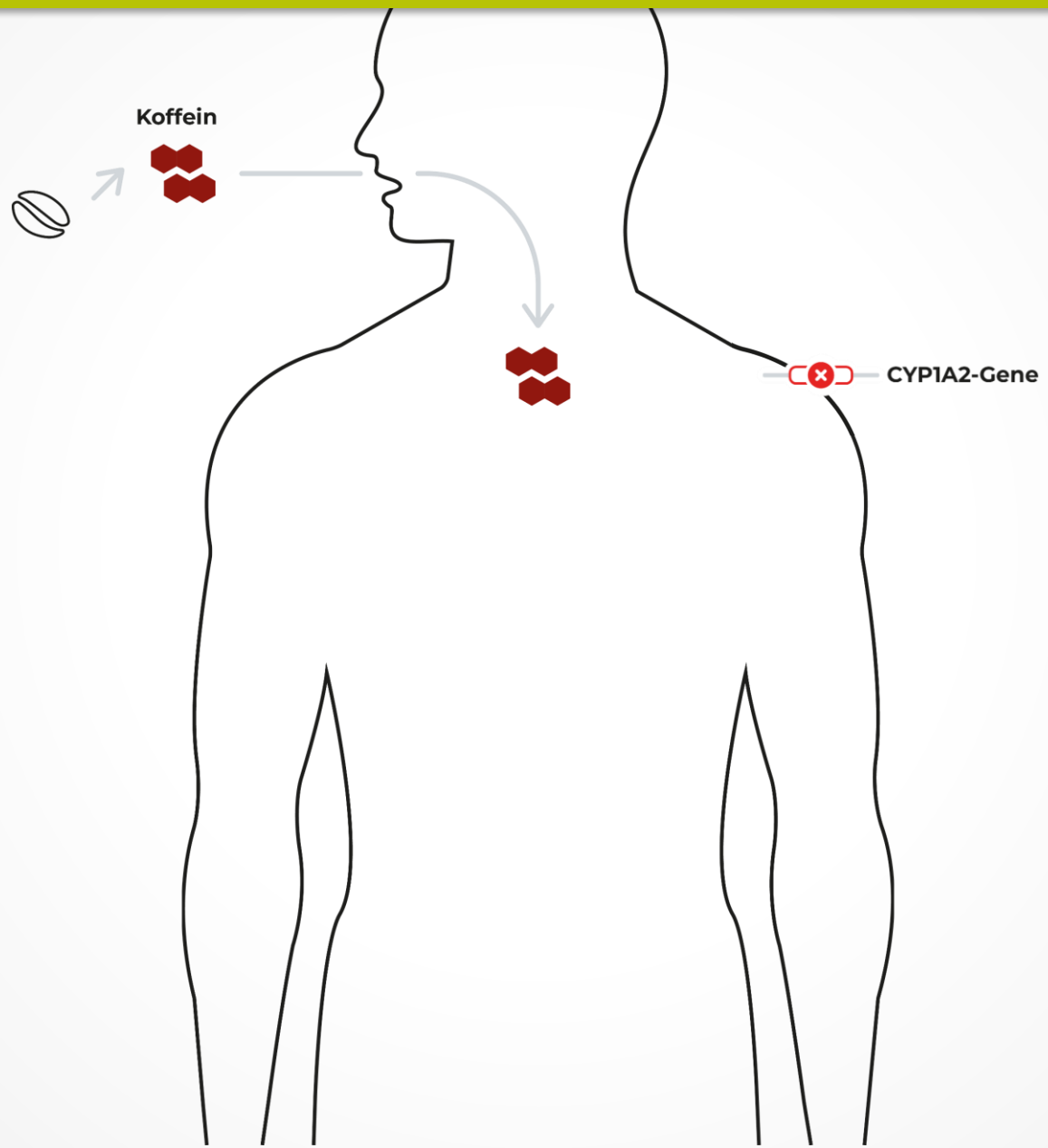
LEGENDE: SYMBOL = Name der untersuchten genetischen Variation, rsNCBI = Bezeichnung der untersuchten genetischen Variation, GENOTYP = Ergebnis.

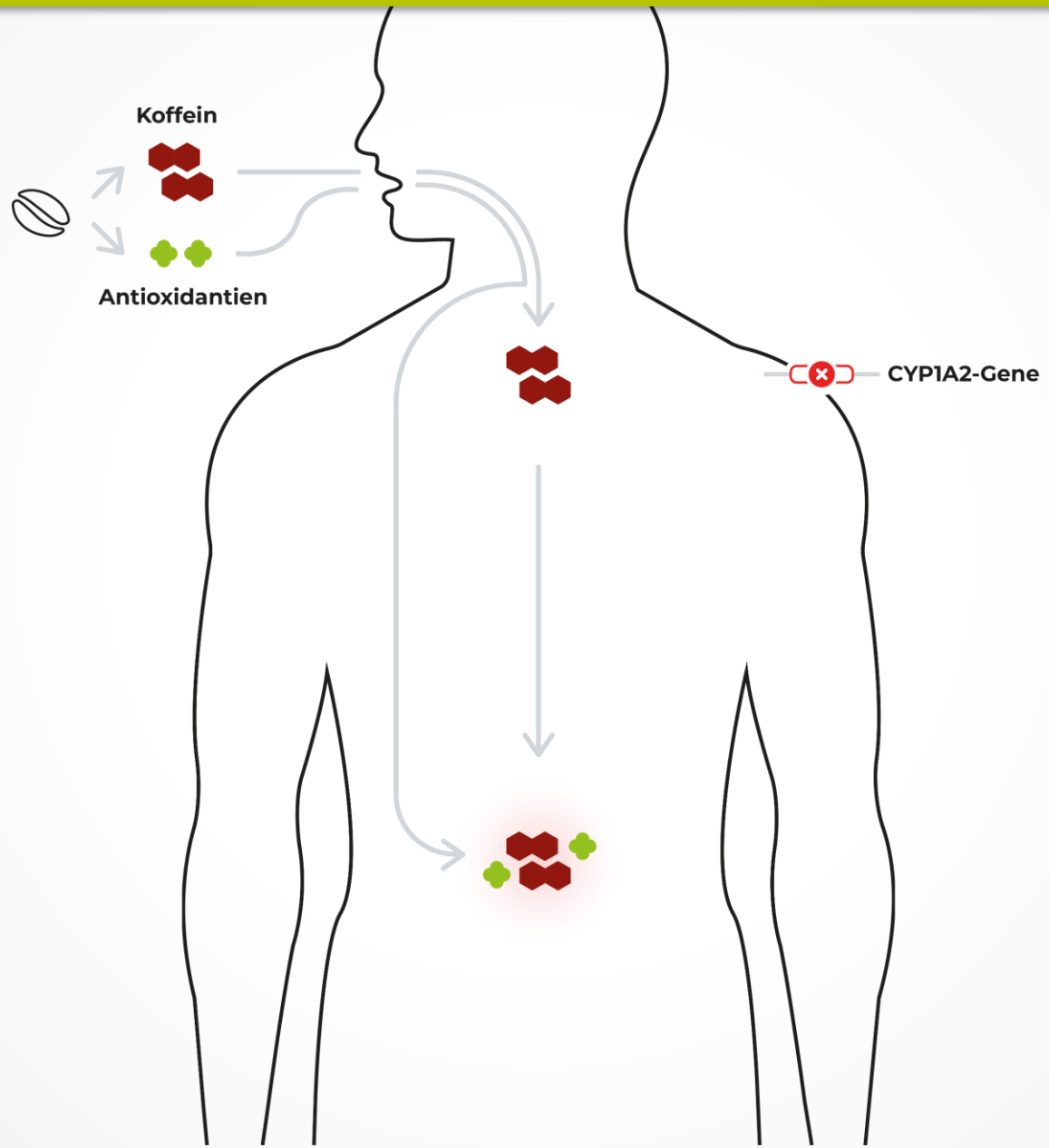

Koffein

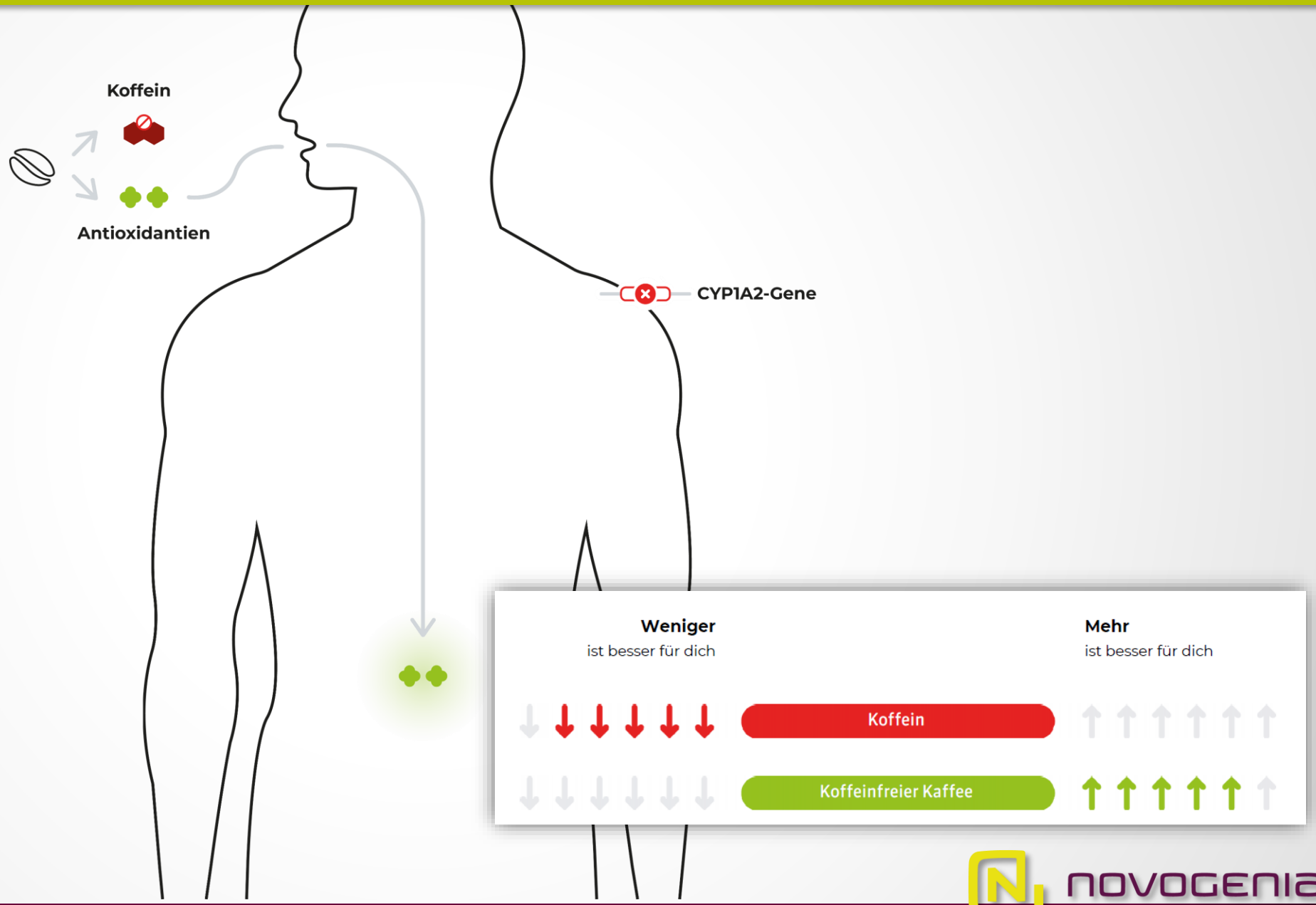

Koffein
CYP1A2-Gene

How genes influence what is healthy for us




Koffein
CYP1A2-Gene


Koffein
Antioxidantien
CYP1A2-Gene


Koffein
Antioxidantien
CYP1A2-Gene
Weniger
ist besser für dich
Mehr
ist besser für dich
Koffein
Koffeinfreier Kaffee

HEALTHY NUTRITION How genes influence what is healthy for us

Ernährungsgene - Herz

SYMBOL	rs NCBI	GENOTYP
CDH13	rs8055236	T/T
CHDS8	rs1333049	G/G
APOA5	rs662799	A/A
PON1	rs662	A/A
PON1	rs854560	T/T
APOB	rs5742904	A/G
SREBF2	rs2228314	G/G
NOS3	Ins/Del Intron 4	Ins/Ins
NOS3	rs2070744	C/T
NOS3	rs1799983	G/G
APOA1	rs670	G/G
MTRR	rs1801394	G/A
MMP3	rs3025058	T/T
GJA4	rs1764391	T/T
ITGB3	rs5918	C/C
CETP	rs708272	C/T
MTHFR	rs1801133	C/T
NOS1AP	rs16847548	C/C
NOS1AP	rs12567209	A/G
NOS1AP	rs10494366	T/T
AGT	rs699	T/T
ADRB1	rs1801253	G/G
GNB3	rs5443	C/T

Ernährungsgene - Oxidativer Stress

SYMBOL	rs NCBI	GENOTYP
GSTM1	Null Allel	INS
GSTT1	Null Allel	DEL
GSTP1	rs1695	A/A
SOD2	rs4880	C/C
GPX	rs1050450	T/T

Ernährungsgene - Stoffwechsel

SYMBOL	rs NCBI	GENOTYP
TCF7L2	rs7903146	C/C
HIGD1C	rs12304921	A/A
HHEX	rs1111875	G/G
IL6	rs1800795	G/G
IL10	rs1800872	C/A
PPARG	rs1801282	C/C
FTO	rs9939609	T/A
KCNJ11	rs5219	C/T

Ernährungsgene - Gehirn

SYMBOL	rs NCBI	GENOTYP
APOE	rs429358	C/C
APOE	rs7412	C/C
APOE Typ	Kombination	E4/E4

Ernährungsgene - Entgiftung

SYMBOL	rs NCBI	GENOTYP
HFE	rs1799945	C/C
HFE	rs1800730	A/A
HFE	rs1800562	G/G
GSTM1	Null Allel	INS
GSTT1	Null Allel	DEL
GSTP1	rs1695	A/A
CYP1A2	rs762551	C/C
NQO1	rs1800566	T/T
COMT	rs4680	G/G
CYP1B1	rs1056836	C/G
CYP1A1	rs4646903	T/T

Ernährungsgene - Knochen

SYMBOL	rs NCBI	GENOTYP
Col1A1	rs1800012	T/T
VDR	rs1544410	A/A
ESR1	rs2234693	C/T
LCT	rs4988235	T/T

Ernährungsgene - Gelenke

SYMBOL	rs NCBI	GENOTYP
TNFa	rs1800629	G/G
IL1a	rs1800587	C/C

Ernährungsgene - Getreide

SYMBOL	rs NCBI	GENOTYP
HLA DQ2.5	rs2187668	G/G
HLA DQ8	rs7454108	T/T

Ernährungsgene - Milch

SYMBOL	rs NCBI	GENOTYP
LCT	rs4988235	T/T

Ernährungsgene - Augen

SYMBOL	rs NCBI	GENOTYP
HTRA1	rs11200638	G/G
CFH	rs1061170	T/C
LOC387715	rs10490924	G/G

Ernährungsgene - Blut

SYMBOL	rs NCBI	GENOTYP
MTHFR	rs1801133	C/T

Ernährungsgene - Vitamin B2

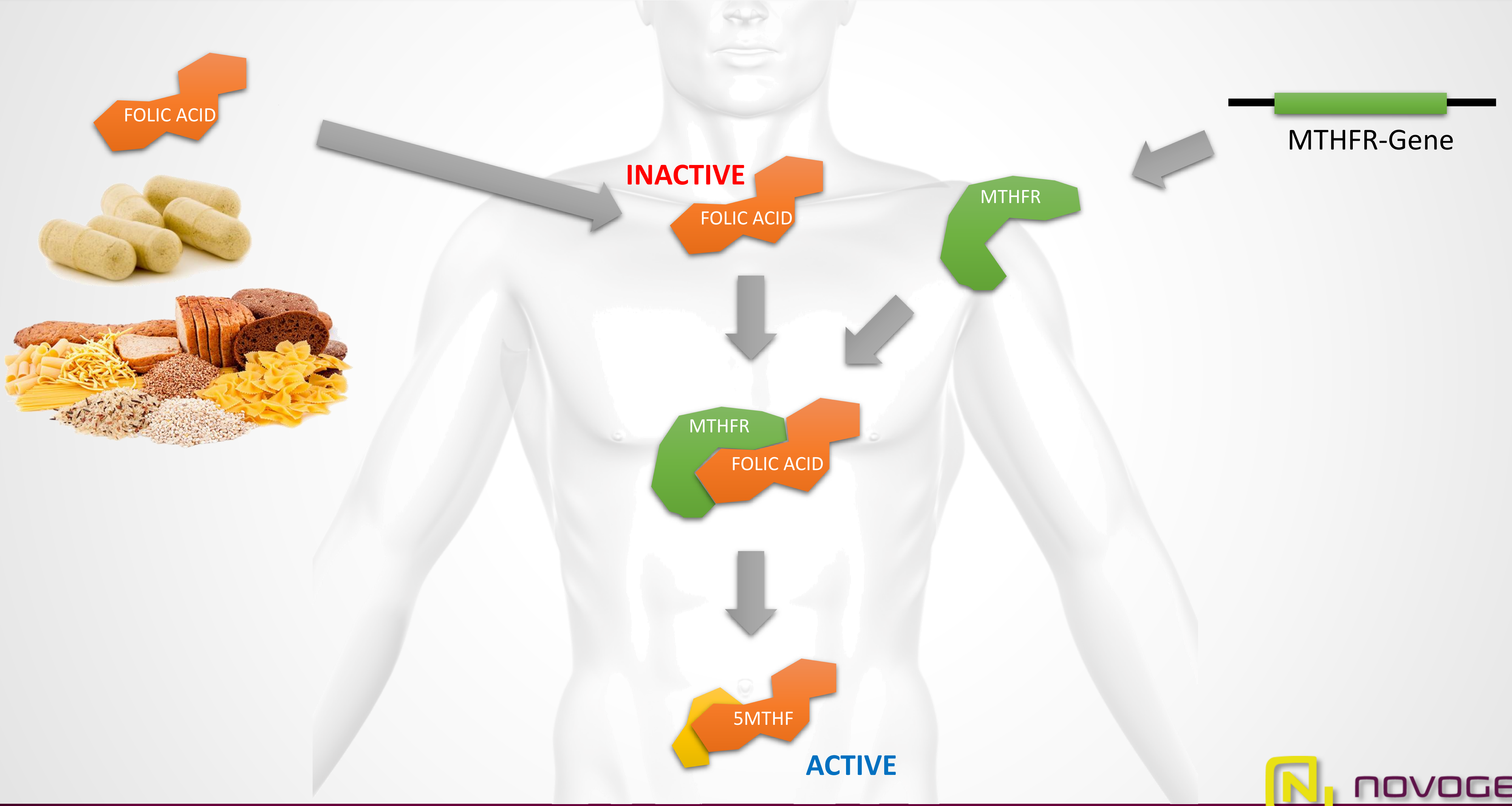
SYMBOL	rs NCBI	GENOTYP
MTHFR	rs1801133	C/T

Ernährungsgene - Blutdruck

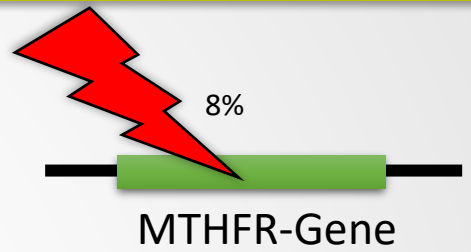
SYMBOL	rs NCBI	GENOTYP
AGT	rs699	T/T
ADRB1	rs1801253	G/G
GNB3	rs5443	C/T

LEGENDE: SYMBOL = Name der untersuchten genetischen Variation, rsNCBI = Bezeichnung der untersuchten genetischen Variation, GENOTYP = Ergebnis.

Converting Folic Acid



HEALTHY NUTRITION Converting Folic Acid



INCACTIVE

FOLIC ACID

INACTIVE

FOLIC ACID

Folic Acid remains without effect

5MTHF

ACTIVE

5MTHF

ACTIVE

Ernährungsgene - Herz

SYMBOL	rs NCBI	GENOTYP
CDH13	rs8055236	T/T
CHDS8	rs1333049	G/G
APOA5	rs662799	A/A
PON1	rs662	A/A
PON1	rs854560	T/T
APOB	rs5742904	A/G
SREBF2	rs2228314	G/G
NOS3	Ins/Del Intron 4	Ins/Ins
NOS3	rs2070744	C/T
NOS3	rs1799983	G/G
APOA1	rs670	G/G
MTRR	rs1801394	G/A
MMP3	rs3025058	T/T
GJA4	rs1764391	T/T
ITGB3	rs5918	C/C
CETP	rs708272	C/T
MTHFR	rs1801133	C/T
NOS1AP	rs16847548	C/C
NOS1AP	rs12567209	A/G
NOS1AP	rs10494366	T/T
AGT	rs699	T/T
ADRB1	rs1801253	G/G
GNB3	rs5443	C/T

Ernährungsgene - Oxidativer Stress

SYMBOL	rs NCBI	GENOTYP
GSTM1	Null Allel	INS
GSTT1	Null Allel	DEL
GSTP1	rs1695	A/A
SOD2	rs4880	C/C
GPX	rs1050450	T/T

Ernährungsgene - Stoffwechsel

SYMBOL	rs NCBI	GENOTYP
TCF7L2	rs7903146	C/C
HIGD1C	rs12304921	A/A
HHEX	rs1111875	G/G
IL6	rs1800795	G/G
IL10	rs1800872	C/A
PPARG	rs1801282	C/C
FTO	rs9939609	T/A
KCNJ11	rs5219	C/T

Ernährungsgene - Gehirn

SYMBOL	rs NCBI	GENOTYP
APOE	rs429358	C/C
APOE	rs7412	C/C
APOE Typ	Kombination	E4/E4

Ernährungsgene - Entgiftung

SYMBOL	rs NCBI	GENOTYP
HFE	rs1799945	C/C
HFE	rs1800730	A/A
HFE	rs1800562	G/G
GSTM1	Null Allel	INS
GSTT1	Null Allel	DEL
GSTP1	rs1695	A/A
CYP1A2	rs762551	C/C
NQO1	rs1800566	T/T
COMT	rs4680	G/G
CYP1B1	rs1056836	C/G
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Ernährungsgene - Knochen

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SYMBOL	rs NCBI	GENOTYP
LCT	rs4988235	T/T

Ernährungsgene - Augen

SYMBOL	rs NCBI	GENOTYP
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CFH	rs1061170	T/C
LOC387715	rs10490924	G/G

Ernährungsgene - Blut

SYMBOL	rs NCBI	GENOTYP
MTHFR	rs1801133	C/T
MTRR	rs1801394	G/A

Ernährungsgene - Vitamin B2

SYMBOL	rs NCBI	GENOTYP
MTHFR	rs1801133	C/T

Ernährungsgene - Blutdruck

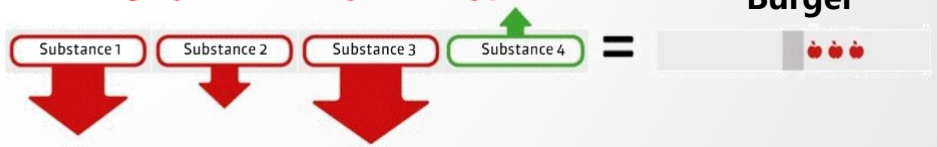
SYMBOL	rs NCBI	GENOTYP
AGT	rs699	T/T
ADRB1	rs1801253	G/G
GNB3	rs5443	C/T

LEGENDE: SYMBOL = Name der untersuchten genetischen Variation, rsNCBI = Bezeichnung der untersuchten genetischen Variation, GENOTYP = Ergebnis.

Example of a healthy food type

Example of a neutral food type

Example of a largely unhealthy food type



HEALTHY NUTRITION How genes influence what is healthy for us

Recommendations for healthy nutrition often	Recommendations for healthy nutrition rarely	genet. warning 1	genet. warning 2	your preference	Bread and pastry	All values per standard serving g	kcal	Prot	Carb	Fat
					Baguette	30	85	5	20	5
					Buckwheat bread	45	106	5	25	5
					Croissant	70	357	5	35	25
					Spelt bread	50	117	5	20	5
					Pita bread	50	121	5	25	5
					Brown/rye bread with sunflower seeds	45	99	5	20	5
					Brown bread - rye-wheat bread	45	101	5	25	0
					Brown bread - mixed wheat bread	45	106	5	25	5
					Green seed bread	45	108	5	25	5
					Millet bread	45	106	5	25	5
					Potato Bread	50	122	5	25	5
					Crispbread - multigrain bread	10	34	5	10	0
					Crispbread - rye-wheat bread	10	34	5	10	0
					Crispbread - mixed wheat bread	10	36	5	10	0
					Pretzel	50	171	5	35	5
					Cornbread	45	104	5	20	5
					Pumpernickel bread	40	78	5	20	5
					Rice bread	45	107	5	25	5
					Wholemeal bread with sunflower seeds	50	110	5	20	5
					Wholemeal bread - barley wholemeal bread	50	102	5	20	5
					Wholemeal bread - rye-wheat bread	50	103	5	20	5
					Wholemeal bread - whole wheat bread	50	102	5	20	0
					White bread	30	73	5	15	0

900 types of food
46 pages

WEIGHT SENSOR
DNA Test for Weight Management

NUTRITION SENSOR
DNA Test for healthy Nutrition

PHARMACO SENSOR
DNA Test for Medication Side Effects

DRUGS ONLY WORK AS EXPECTED IN 60% OF THE POPULATION

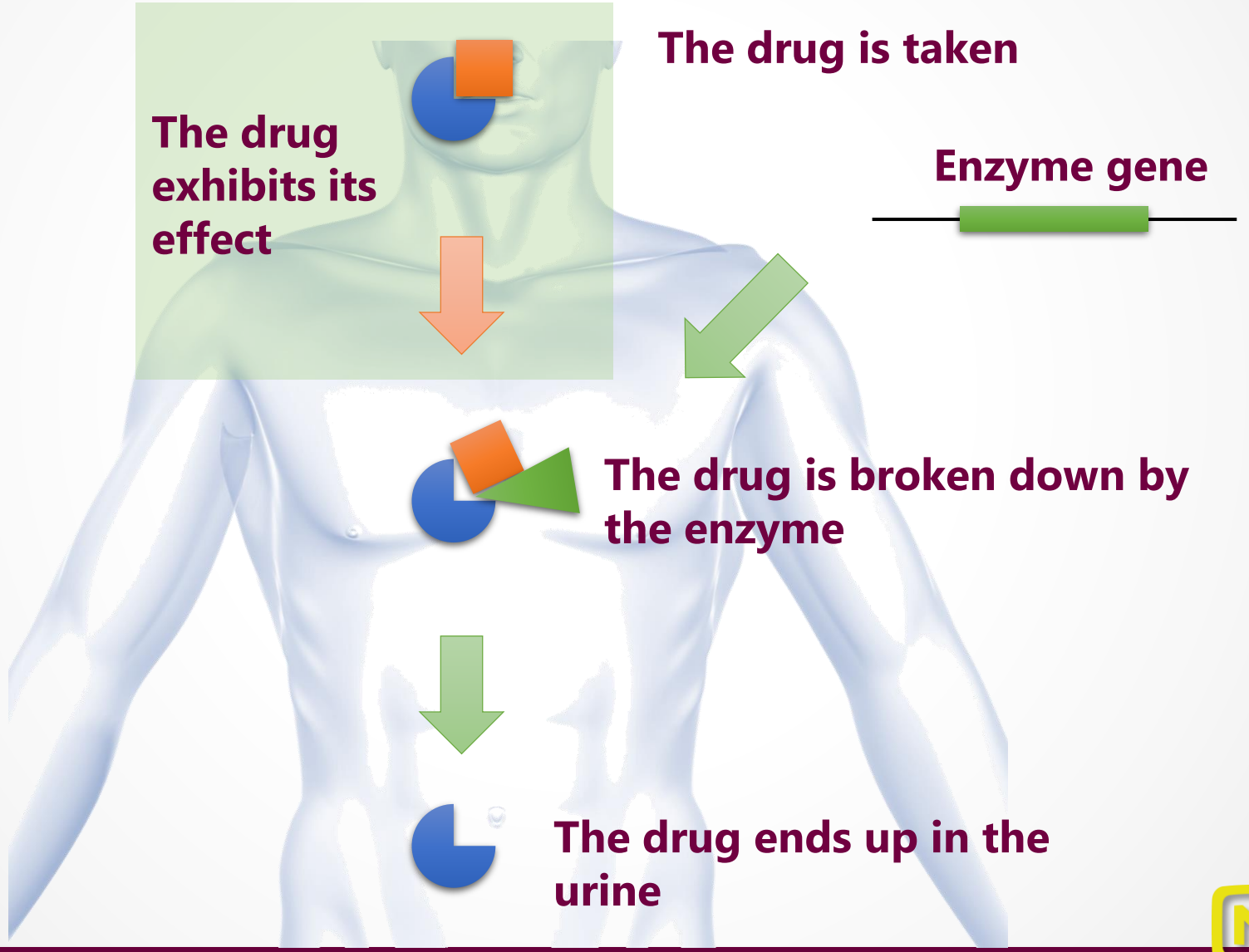
SIDE EFFECTS	Severe and sometimes deadly
NO EFFECT	Drug is not activated in the body

THIS IS A COMMON PROBLEM

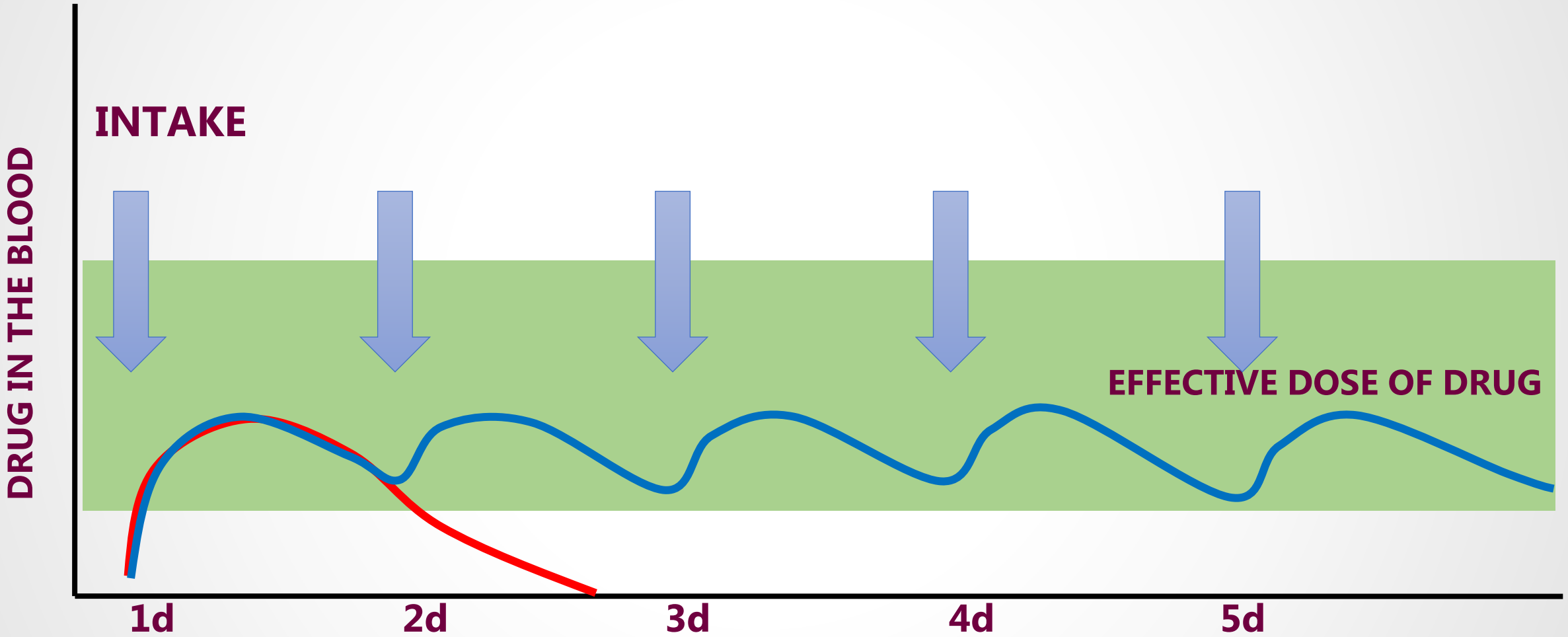
1 in 12	Hospital patients experiences side effects
1 in 250	Hospital side effects are fatal

MEDICATION SIDE EFFECTS are the fifth most common cause of death in the **WESTERN WORLD**

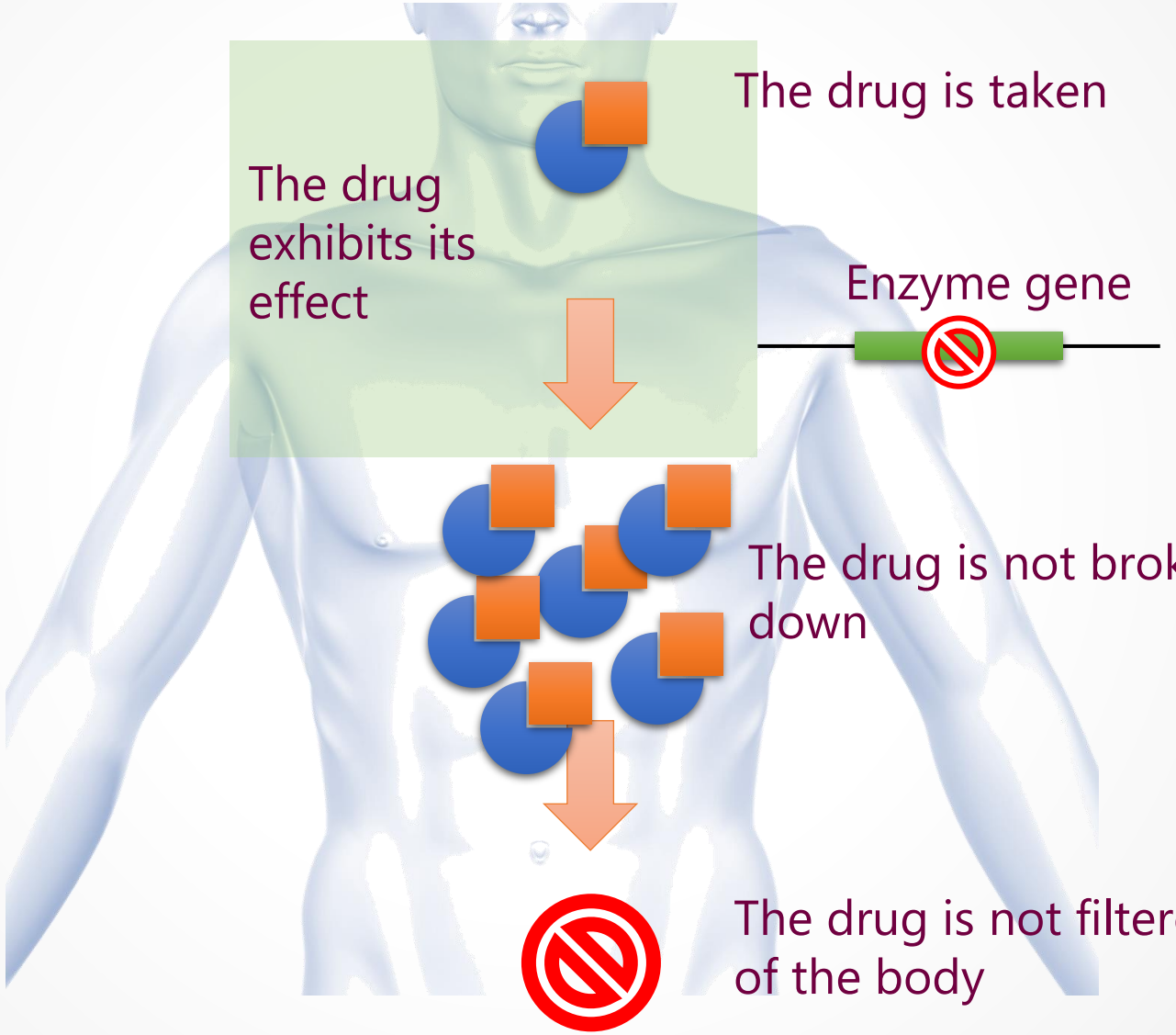
Medication side effects and function are influenced by genes



MEDCIATION Medication side effects and function are influenced by genes

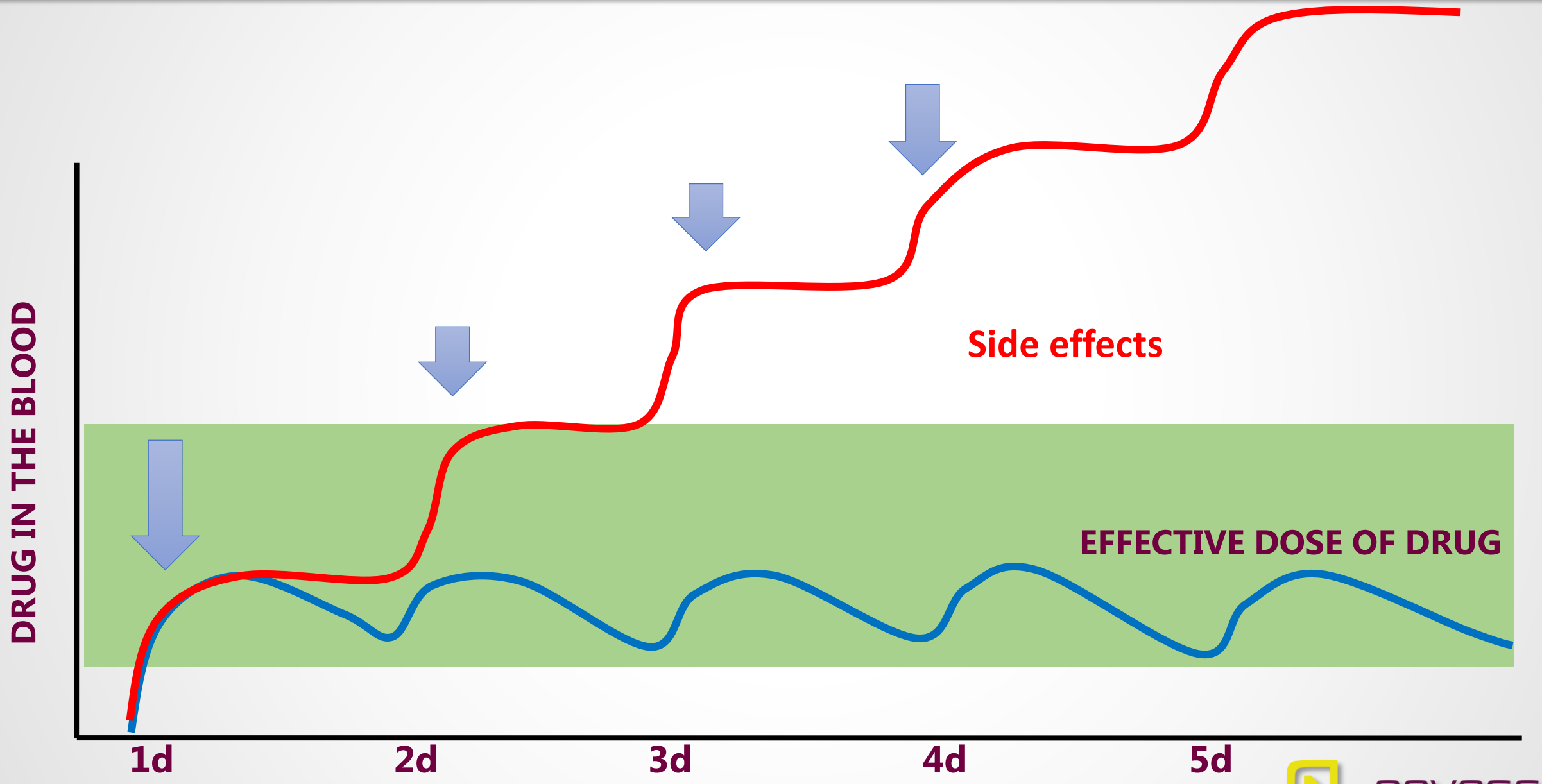


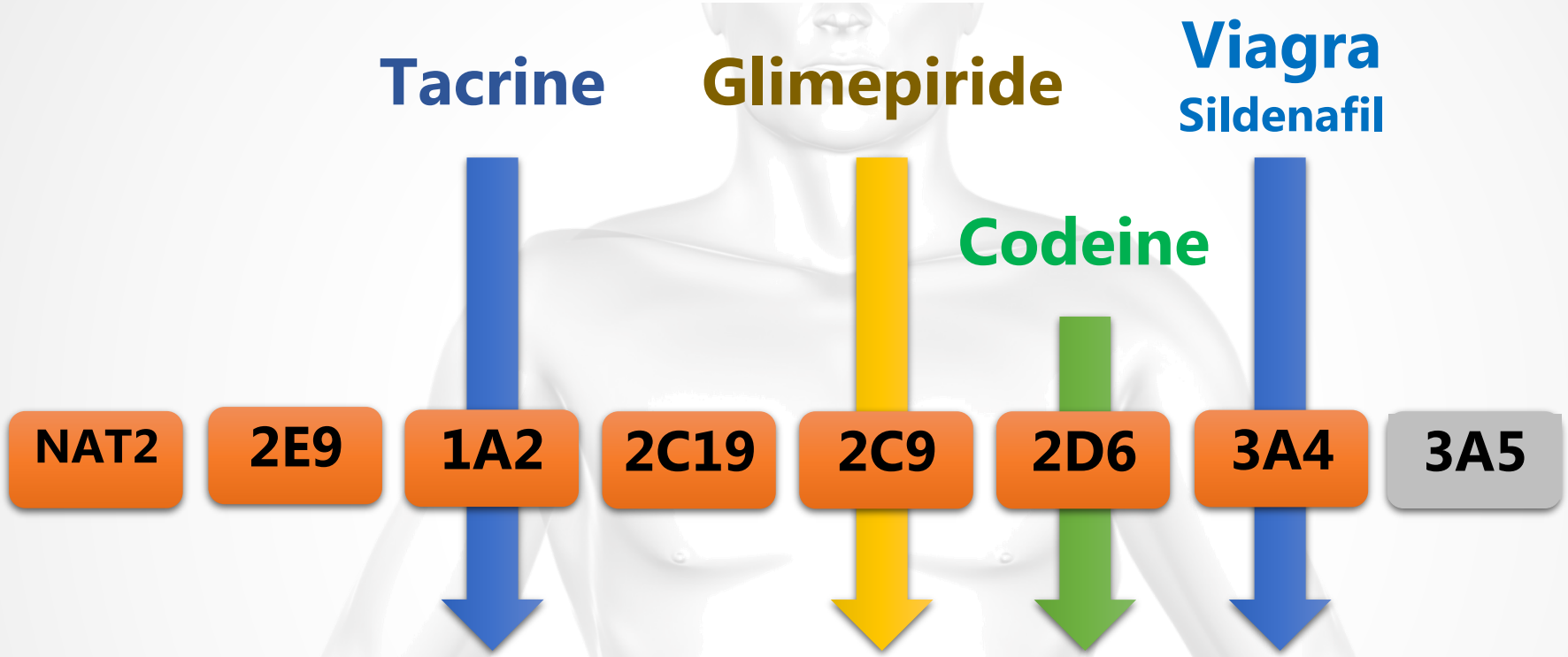
MEDCIATION Medication side effects and function are influenced by genes



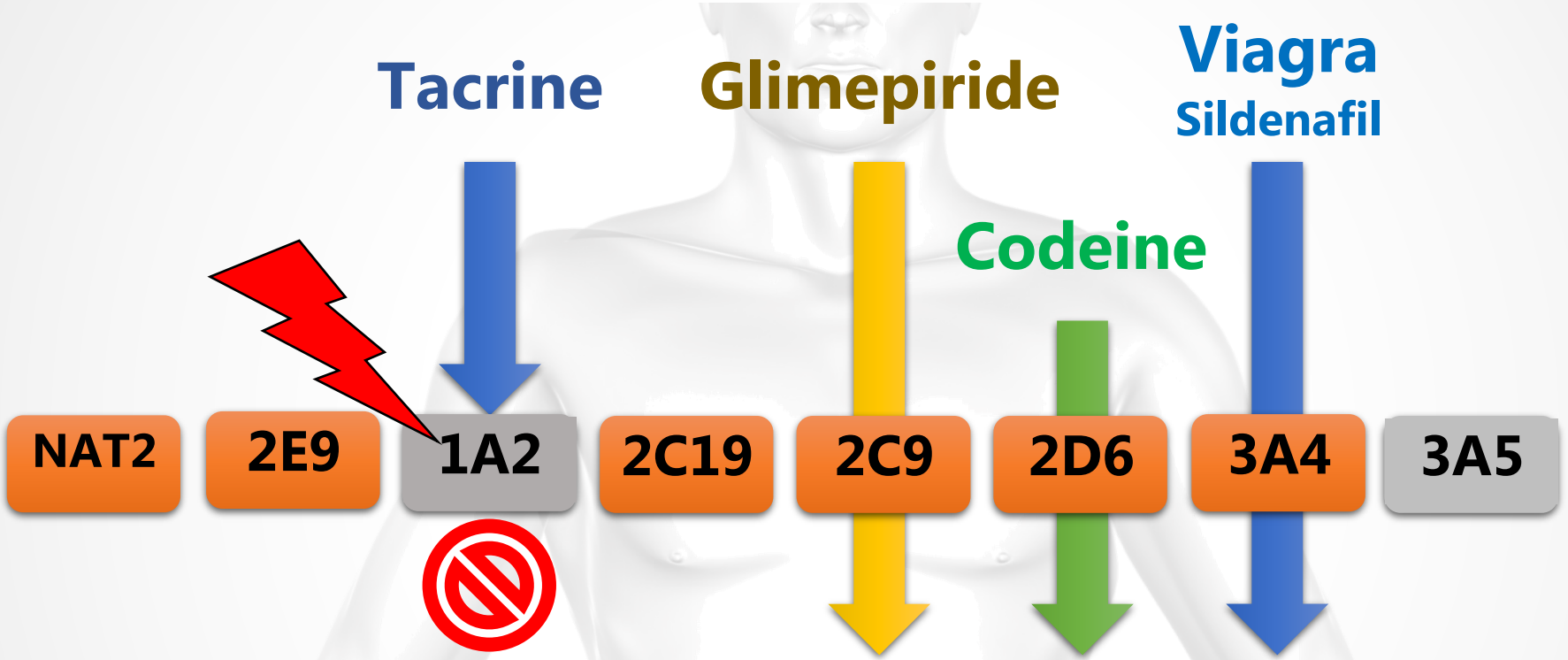
Warfarin example

MEDCIATION Medication side effects and function are influenced by genes




Tacrine
Glimepiride
Viagra
Sildenafil
Codeine
NAT2
2E9
1A2
2C19
2C9
2D6
3A4
3A5

BREAK DOWN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Codeine
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1A2
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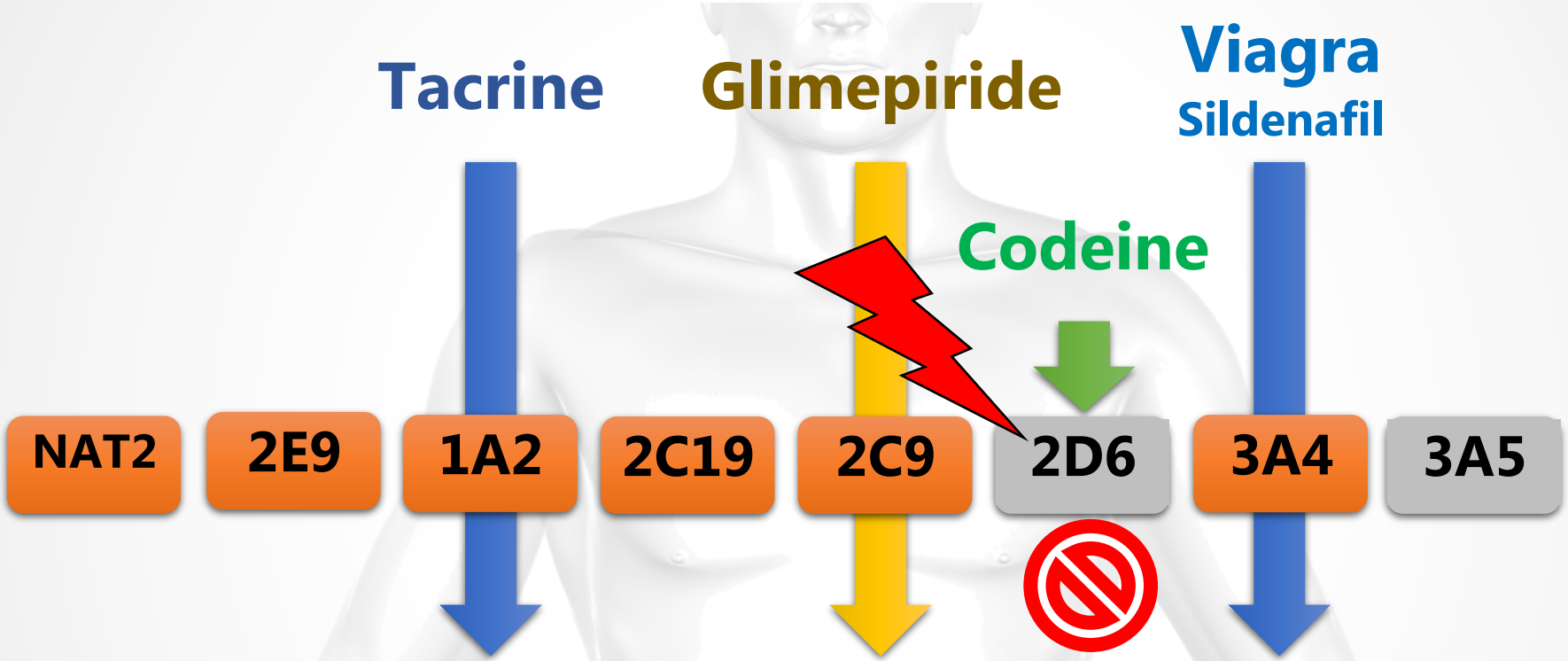
3A4
3A5

BREAK DOWN


Tacrine
Glimepiride
Viagra
Sildenafil
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NAT2
2E9
1A2
2C19
2C9
2D6
3A4
3A5

BREAK DOWN

MEDCIATION Medication side effects and function are influenced by genes

Pain Killer (Aspirin)

Antibiotic (Kanamycin)

Blood thinner (Warfarin)

More than 2000 types of drugs evaluated

	Wirkung	Abbau	Dosis
Carteolol	✓	↓	↓
Carbazochrome	✓	✓	✓
Candesartan	✓	✗	✗
Candicidin	✓	✓	✓
Carvedilol	↓	✓	✓
Capecitabine	✓	✓	✓

36 Pages

WEIGHT SENSOR

DNA Test for Weight Management

NUTRITION SENSOR

DNA Test for healthy Nutrition

PHARMACO SENSOR

DNA Test for Medication Side Effects

Vorteile für Mitarbeiter

- Vorsorge und bessere Gesundheit
- Leistungsfähigkeit & Wohlbefinden
- Einfachere Gewichtskontrolle
- Gesunde Ernährung
- Nebenwirkungen verhindern
- Wertschätzung durch den Arbeitgeber

Vorteile für Arbeitgeber

- Modernes Image intern & extern
- Gesündere Mitarbeiter
- Leistungsfähigere Mitarbeiter
- Weniger Krankenstände
- Bessere Mitarbeiterbindung

Einmaliges Investment für ein Mitarbeiter-Leben lang!

1 Modell

100-%-Gutscheine für Ihre Mitarbeiter

Mit GrECo Rabatt

2 Modell

Wert-Gutscheine für Ihre Mitarbeiter

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PLATZ FÜR VERLOSUNG

THE

END