

How It Works?



Gather saliva samples.
Make sure the cap is
securely fastened



Document the sample
And reach us to collect
your samples



Lab Processing &
Data Analysis



Report Generation



Login in your account or
check your email



Schedule your Genetic
Counselling



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Discover.
Empower.
Transform.





Genes & Fitness ●●●

Genes express differentially under diverse conditions depending on physical activity and diet (mainly high-fat), and these two key factors influence obesity development and prognosis.¹

Further, same diet, same work out may not fit all, and one can have wrong pattern of diet and exercises that may not be suitable to him or her for healthy weight as well as healthy lifestyle.

Identifying such differentially expressed genes related to exercise and high-fat diet and their related pathways could suggest potential novel therapeutic approach for obesity treatments.¹

1. Ghanemi, A.; Melouane, A.; Yoshioka, M.; St-Amand, J. Exercise and High-Fat Diet in Obesity: Functional Genomics Perspectives of Two Energy Homeostasis Pillars. *Genes* 2020, 11, 875. <https://doi.org/10.3390/genes11080875>








MyDNA FitGeneguard has been carefully designed to target 40+ traits and conditions that can impact sports performance . Genetic predisposition for these parameters affect nutrition, fitness and wellness of an athlete.

- **Cardio-respiratory Fitness:** Heart health, smoking/drinking habits, fat metabolism, lipid profile etc. are major determinants of cardio respiratory fitness - a key component in your athletic prowess.
- **Muscle Strength & Endurance :** Genes are responsible for the inborn composition of muscle fiber, conditioning and strength. Athletic traits such as power and endurance can also be analyzed
- **Body Composition :** Muscle, bone and tissue regeneration, repair and energy levels etc. heavily rely on micronutrients (vitamins) and immunity (antioxidants). These factors are controlled by certain genes.
- **Neurological Components :** Personality traits such as resilience/stress response, pain threshold, ability to avoid errors and memory skills and others affect your training results. These aspects have been linked to genes.
- **Clinical Parameters :** Gluten intolerance, hormonal function, migraine and more - screening for major health conditions which concern athletes and their coaches.
- **Injury Risk & Recovery :** Bone health, muscle repair and nutrient levels directly affect an athlete's risk of injury. Recovery is dependent on biological events such as cellular repair & regeneration, neutralisation of free radicals (immunity), bone mineralization etc.







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Be Fit & Fine Forever!!!
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Why to Take MyDNA FitGeneguard ●●●

-  Get all the details regarding your fitness and what suits you better in terms of exercises, diet and lifestyle modifications required
-  You can find out if anything is missing in your nutrition
-  You can get the information regarding your Muscle composition, metabolic requirements, and more.
-  If you have lot of stress and anxiety that hampers your fitness, you can get the information related to it and how you can limit it
-  You can identify the risks for your health and intervene as early as possible .

Who can Take this Test? ●●●

-  One who is involved in sports and athletes
-  One who wants to know regarding their fitness
-  One who is prone to risk of lifestyle diseases
-  One who wants gain the lifestyle comparable to athletes