



FAQ

What is Nutrigenomics?

Nutrigenomics is a new scientific discipline that uses modern genomics technology to study the relationship between genes, nutrition and health. It has long been apparent that some people respond differently from others to certain foods. For example, individuals with lactose intolerance experience gastrointestinal discomfort after consuming certain dairy products, while other individuals can consume dairy with no problems. Nutrigenomics allows us to understand how our genes affect the way we respond to the foods, beverages and supplements we consume.

What is Nutrigenomix?

Nutrigenomix is a University of Toronto start-up biotechnology company that is dedicated to empowering healthcare professionals and their clients with comprehensive, reliable, genomic information with the ultimate goal of improving health through personalized nutrition. Nutrigenomix currently offers two tests with new panels added as the science develops. Both tests consist of a panel of 45 genetic markers related to several important aspects of your lifestyle including weight management and body composition, nutrient metabolism, eating habits, cardiometabolic health, food intolerances, and physical activity. The Nutrigenomix Health and Wellness test is intended for the general public to optimize health and wellbeing, whereas the Nutrigenomix Sport test is focused on enhancing performance and decreasing injury risk while optimizing health.

Why should I have a Nutrigenomix test? How will the results benefit me?

Armed with information that is specific to your genetic profile, your healthcare professional will be able to develop the best dietary plan to help you meet your nutrition and fitness goals. Adhering to those recommendations will enable you to optimize your nutritional status and prevent nutrition-related chronic diseases. The Nutrigenomix Sport test can help you to enhance your performance while decreasing your risk for injuries.

How is the testing done?

A simple saliva sample is required to test the 45 genetic markers included in our reports. The sample will be taken by your healthcare professional and sent to the Nutrigenomix laboratory for analysis.

Can my test results be bad?

Our Nutrigenomix tests analyze DNA for genetic variants that affect your response to the foods and beverages you consume. The test does not predict or diagnose any disease or health condition. With the information from your test results, your healthcare professional will be able to provide you with dietary advice tailored to your individual genetic profile.

How long do I need to follow the advice for?

Your test results are not intended to form a short-term "diet". The information provided in your report, combined with the nutritional plan created by your healthcare professional, will empower you with knowledge so that you can continually make the best dietary choices on a daily basis.



Nutrigenomix, Inc

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Can I get the test done without contacting a healthcare professional?

No. A consult with a healthcare professional is the best way to gain the optimum benefit from your genetic test results and personalized nutrition report. Your healthcare professional will be able to explain the findings and recommendations to you and help you achieve your optimal diet and healthy eating habits, based on your unique genetic profile.

If I don't already have a healthcare professional, how do I find one?

Under the heading "Locate a Clinic" on our home page click on "Search Now" to find a healthcare professional that offers the Nutrigenomix test. After selecting your region and city, you will be given a list of clinics with authorized providers nearest to you. You can also complete a Nutrigenomix report review with one of our in-house dietitians remotely (through Skype or over the phone). If you are interested in this option, please contact us at info@nutrigenomix.com or call 1-800-250-4649 (1-800-250-4NGX).

How long will it take to get my results?

Once our laboratory receives your saliva sample from your healthcare professional it should take approximately 2 weeks for the analysis and recommendations to be sent to your healthcare professional. Your healthcare professional will contact you once they receive the results and set up a time to discuss them with you.

Who will have access to my genetic test results?

Only your healthcare professional will be able to access your genetic test results through Nutrigenomix. Your DNA kit is marked with a unique barcode, which is what we will use at our facilities to analyze your sample. Only your healthcare professional will be able to link your kit's barcode to your personal information. All genetic data is sent through a secure 256-bit encryption server.

What will happen to my DNA sample?

Your sample will be stored in our secure, controlled-access facilities and labeled only with your unique barcode, which only your healthcare professional will know belongs to you. As new discoveries in the field of nutrigenomics are made, additional information may be added to our test reports and new panels with additional cutting-edge information could be available to you.

Will my insurance cover the cost of the test?

Check with your insurance provider. Some providers may cover the cost of a consultation with a healthcare professional, or provide a healthcare spending account that may cover the cost of the test kit as well.

What language is the report available in?

Our reports are currently available in English, French, Spanish, Portuguese, Hebrew, Arabic and Chinese, and we are working to develop translations into many other languages. Please check our website under "News and Events" for updates.



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