



Nutrigenomix[®] Genetic Test

What is in the testing kit that will be mailed to me?

The test includes a DNA collection kit, instructions for collecting the DNA cheek swap, and a pre-paid envelope for mailing your sample to the company for results.

How do I collect my DNA Sample?

Printed instructions are included with the testing kit that is mailed to you.

What is included in the test?

The test that is ordered as part of the Nutritional Genomics Program is called *HealthPlus+*. This includes 77 genetic markers exploring select nutrient metabolism, select food intolerances and sensitivities, impact on cardiometabolic health, weight management and body composition, eating habits, exercise physiology, fitness and injury risk, and hormone metabolism and methylation markers.

That's a lot of information, how will I make sense of it all?

Included in your program is a 90-minute consultation that will review your genetic test report as well as your personalized recommendations.

How long will it take to get my results?

Reports are generally available within 2 weeks from the time the lab receives your sample.



How will my personal information be protected?

Nutrigenomix® states, "Each DNA kit is marked with a unique barcode so no personal identifying information is stored at our lab."

Only your provider will be able to link your barcode to your personal information.

All genetic data is sent through a secure 256-bit encryption server.

You can request to have your DNA sample and genetic data destroyed after testing if you wish. The lab normally stores DNA samples only for future use when new test panels become available, so that you have the opportunity to purchase a new test at a discounted rate (since they would not have to collect another sample).

Nutrigenomix will never reveal client information or genetic data to a third party except as required to provide the services requested, or as required by law. Please note that they do not test for any markers that can be used to determine paternity, identify relatives or identify an individual (e.g. for forensics).

For more information, visit <https://nutrigenomix.com/faq>



Nutritional Genomics Program Includes:

- Genetic test from Nutrigenomix
- Printed copy of genetic report
- 60-minute initial consultation
- Up to 90-minute review of findings/recommendation consultation
- Four (4) 30-minute follow-up consultations

Personalized Nutrition and Lifestyle Plan

Our nutrition and lifestyle plan should be as unique as we are. There simply isn't a "one-size-fits-all" nutrition plan. Dr. Ross utilizes multiple approaches to helping you improve your nutrition and eating patterns, while also addressing your unique nutritional needs.

A *personalized* nutrition and lifestyle plan will be created for you based on your genetic test results, health history, current conditions, symptoms, and overall health goals.

Your plan will include:

- Your printed genetic report.
- Your health and nutrition goals.
- A specific, personalized food plan, based on your genetic test results, and support materials such as food lists, recipes and/or other educational material.
- Supplementation, as needed, to restore nutritional deficiencies or insufficiencies or to address nutrients that may be needed based on your genetics to help maintain optimal health.
- Recommendations for sleep, stress management and/or exercise, depending on your goals.
- Referrals to other healthcare providers to help you reach your goals, if appropriate.
- Suggestions for additional lab testing to further identify nutritional needs if appropriate. (Please note-labs are only utilized to help guide nutritional care. Diagnostic testing must be ordered by a medical doctor.)
- Ongoing support with consultations through the duration of the program and beyond, as needed.



To prepare for your appointment:

- Complete all required paperwork (intake forms, questionnaires, 3-day food diary, etc.) at **least 5 business days prior** to your scheduled appointment.
- Request or send copies of your most recent lab reports.
- Complete your genetic test as soon as possible upon receiving the testing kit. The second consultation will not be held until the test is complete and results have been provided to Dr. Ross.
- Allow for up to 60 minutes for the first consultation.
- Allow for up to 90 minutes for the second consultation.
- All consultations are held via a HIPAA compliant telehealth platform.
- Follow-up consultations may be conducted by Dr. Kim Ross or a highly qualified team member.