



Nutri
Health

Advanced Nutrigenetic
Analysis

SYNLAB 
SOLUTIONS IN DIAGNOSTICS

www.synlab-sd.com



Why undergoing this examination?

NutriGenetics is a field of genetics that studies the relationship between genes and nutrition with the aim of improving health through diet and promoting healthy habits. Determining the genetic profile from genes related to important biological processes for health and nutrition allows the customization of nutrition based on the needs of each individual. By understanding these needs, it is possible to create a specific diet that provides the necessary nutrients for each individual, thus achieving an appropriate state of health based on their genetics.

What is the exam?

The **Nutrihealth genetic test** allows the analysis of 128 genetic variants (SNPs – Single Nucleotide Polymorphisms) in 95 genes related to nutrition, sports, addictions (alcohol and smoking), metabolism, detoxification, and aging.

For whom is it indicated?

- Patients who want to adapt their diet based on their genetics and know their specific nutritional needs in a personalized way;
- Individuals who want to proactively manage their health.

Technology

Mutational Array

Advantages

SYNLAB GROUP

Guaranteed by the experience of the absolute European leader in laboratory diagnostics.

COMPLETE

Report with clear results and a detailed description of the influence of nutrients on metabolism, as well as suggestions for creating a personalized diet plan.

Extra Information

DOCUMENTATION - Available on the SYNLAB Direct for clients

- Informed Consent;
- Clinical Questionnaire.

PREPARATION

- Fasting is not necessary for the exam.



Delivery Time

30 business days



Sample Type

5 mL of total blood in EDTA

or

Saliva (Qiagen)

Additional Information

NutriHealth List of parameters analyzed

Risk of overweight	Sweet consumption
Response to saturated fats	Insatiability and hunger
Response to monounsaturated fats	Sweet taste perception
Response to carbohydrates	Bitter taste perception
Type of diet	Alcohol metabolism
HDL cholesterol	Lactose metabolism
LDL cholesterol	Selenium
Triglycerides	Vitamin E
Blood sugar	Oxidative stress
Vitamin B6	Muscle structure
Vitamin B9	Resistance training
Vitamin D	Achilles tendon
Iron	Nicotine dependence
Sodium (Salt)	Alcohol dependence
Potassium	Biological aging
Bone density	