Genetics for people

My Diet

WHY DO WE ALL EAT THE SAME IF WE ARE ALL **DIFFERENT**?

What does MyDiet test analyse?

MyDiet is a genetic test that analyses genetic markers of the main genes involved in:

- Fat metabolism
- Carbohydrate metabolism
- Protein metabolism
- Appetite regulation
- Sleep regulation
- Impact of exercise
- Tendency to addictions and gluttony
- Obesity risk
- Metabolic function
- Cardiovascular function
- Antioxidant activity
- Inflammatory response

Variations in these physiological functions directly affect your body weight and health:

- Susceptibility to weight gain
- Difficulty losing weight
- Difficulty in burning fat with exercise
- Susceptibility to disease

Who is MyDiet for?

MyDiet is recommended for anyone who wants to lose weight in a more effective and healthy way, as well as for those who simply want to improve their lifestyle and wellbeing habits by adapting them to their nutrigenetic profile.

Your genetic profile does not change throughout life, so the MyDiet test can be taken by anyone at any age. It is recommended that a specialist evaluate and interpret the results, as there are physiological conditions (childhood, old age, pregnancy) and diseases that must be considered and included in personalised dietary and sports recommendations and guidelines.

KNOW YOUR GENES, ACHIEVE YOUR HEALTHY WEIGHT

What is MyDiet for?

MyDiet has been designed as a diagnostic tool for nutritionists, to find out the genetic predisposition of each person and to be able to personalise nutritional plans more accurately, increasing their effectiveness.

It also provides information on the effectiveness of the ideal exercise for each person, as a complement to the diet in weight loss or weight maintenance plans. In addition, MyDiet makes it possible to improve people's lifestyle habits through their genetics.

What is nutrigenetics?

Nutrigenetics is a field of nutritional genomics that studies the influence of certain genetic variants or polymorphisms on nutrient metabolism, diet and diet-related diseases. Nutrigenetics seeks to identify changes in DNA associated with differences between individuals that are not noticeable to the naked eye compared to others that are, such as eye color, hair type, constitution, etc. For instance, through nutrigenetics we can find out why two individuals who eat identical foods in the same quantity have different blood cholesterol levels and blood pressure.

Obesity and overweight

Along with cancer, obesity and overweight are the main epidemic in the modern world. There are currently 350 million obese people and 1.1 billion overweight people.

YOUR GENES, YOUR DIET

In most cases, this is a preventable pathological condition caused by excessive accumulation of body fat that causes 2.8 million deaths per year, and is also a risk factor for other cardiovascular diseases, inflammatory diseases, diabetes, stroke and cancer.

What are the main causes of overweight and obesity?

FIND BALANCE AND WELLNESS THROUGH THROUGH A PRECISE AND PERSONALISED DIET

Although there are diseases such as monogenic obesity, which are due to a genetic alteration in a specific gene, in most cases the origin is multifactorial. In other words, they are caused by a combination of modern lifestyle (processed foods, lack of time, sedentary lifestyle) and genetic variability among individuals (different responses to unfavorable conditions). Thus, the same diet and physical activity produce different effects in different people.

We all know cases of slim people who do not practise sport and eat whatever they want, and obese or overweight people who are constantly on a diet yet are unable to lose weight. Therefore, though the environment has a considerable influence on our physical condition, our genetics can predispose and condition us in one way or another.

Introducing MyDiet

- MyDiet is a **genetic test** to determine your nutrigenetic profile in order to improve the personalization of diet-sports plans and increase their effectiveness.
- MyDiet is a **non-invasive** test. The DNA is obtained from a saliva sample, which is completely painless and is suitable for any person of any age.
- MyDiet requires only a **single test**, as genetics do not change throughout life.
- MyDiet analyses nutrigenetic markers with **scientific evidence** and usefulness for improving people's lives.
- **Innovative technology** for greater precision and depth in the results.
- Once the sample has been received in the laboratory, you will receive your results within **20 days**.