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Genetics for people

My Sport



THE NEW AERODYNAMICS IS MOLECULAR

What does MySport test analyse?

MySport is a genetic test that analyses genetic markers involved in:

- Muscle development
- Endurance capacity
- Hydration capacity
- Folic acid levels
- Predisposition to oxidative stress
- Inflammation response
- Predisposition to injury
- Maximal strength, power and speed
- Predisposition to fat accumulation
- Factors affecting appetite and satiety control
- Fat burning capacity

What is MySport for?

The MySport test analyses the genetic profile associated with nutrition, sports performance and predisposition to injury. It provides effective and accurate information to intervene in all phases of training, prevent injuries, specifically modify eating habits and select the person's strengths.

In other words, the MySport test helps to establish a personalised strategy in order to achieve maximum sporting performance.

Who is MySport for?

The MySport test is aimed at all people who practice sport at any level and can be taken by anyone who wishes a personalised strategy to maximise sport performance. It is recommended that a specialist carries out the assessment and interpretation of the results, as there are physiological conditions and pathologies that must be considered and included in the personalised dietary-sports recommendations and guidelines.

What is MySport?

Both sports training and correct nutrition require a great deal of effort and planning, although this effort does not always translate into good results, as each of us has our own characteristics that make us react differently.

**THE BEST
RECORDS ARE IN
YOUR GENES**

We are different because our DNA is different, and while most of our genetic material is identical, a small proportion differs between us and makes each person have certain characteristics. Using our genetics, we can find out beforehand which diet and training suits us best, which will greatly increase the profitability and the likelihood of success in sport.

Areas that determine the genetic profile of athletic performance

Athletic potential:

It is important in sport in general and particularly in high-performance sport to know the strengths and limitations of athletes in order to adjust their physical preparation in the most appropriate and efficient way.

The results of the genetic profile lead to a set of personalised measures to be implemented in a training programme, according to the level of physical activity, exercise intensity, fitness goals and predisposition to injury.

Sports Nutrition

The right choice of diet for body weight control adapted to energy consumption is essential to achieve sporting goals in an effective and safe way, since not everyone reacts in the same way to the same type of diet and food.

Introducing MySport

- MySport is a **genetic test** to determine the genetic profile related to sports performance in order to achieve fitness and sporting goals.
- MySport Genetics 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.
- MySport requires only a **single test**, as genetics do not change throughout life.
- MySport analyses the genetic markers with **scientific evidence** that are useful to adapt diet and training plan recommendations.
- **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.