



Genetics for people

My *Supplements*



What is MySupplements?

MySupplements is a genetic test that analyses genetic markers involved in 45 supplements and vitamins:

- Increasing available energy levels
- Regulating cholesterol and triglyceride levels in the blood
- Controlling the sensation of hunger and satiety
- Helping to prevent the accumulation of oxidising substances in the body
- Facilitating fat metabolism
- Preventing inflammatory response
- Preventing injuries
- Regulating levels of vitamin B9 (folate) and B12
- Promoting the acquisition and quality of sleep
- Improving vasodilation

What is MySupplements for?

The MySupplements test is used to determine the efficacy and benefits provided by each of the 45 supplements and vitamins considered according to your genetics.

Who is MySupplements for?

Anyone who either takes or will take on a regular or occasional basis any of the 45 supplements and vitamins included in the MySupplements test.

MySupplements test analyses the following supplements and vitamins :

Vitamins:

- | | |
|----------------------------|----------------|
| 1. Vitamin B1 (Thiamine) | 5. Vitamin B12 |
| 2. Vitamin B2 (Riboflavin) | 6. Vitamin C |
| 3. Vitamin B3 (Niacin) | 7. Vitamin E |
| 4. Vitamin B9 (Folate) | |

Supplements:

- | | |
|-----------------------------------|---------------------------------|
| 8. Conjugated Linoleic Acid (CLA) | 27. <i>Irvingia gabonensis</i> |
| 9. Ursolic Acid | 28. L-Arginine |
| 10. Amylopectin | 29. L-Carnitine |
| 11. BCAA | 30. L-Citrulline |
| 12. Caffeine | 31. L-Lysine |
| 13. Catechins | 32. L-Tyrosine |
| 14. Chitosan | 33. L-Tryptophan |
| 15. Coenzyme Q10 | 34. Magnesium |
| 16. Chondroitin | 35. Maltodextrin |
| 17. Curcumin | 36. Melatonin |
| 18. Spirulina | 37. Methylsulfonylmethane (MSM) |
| 19. Fucoxanthin | 38. Creatine monohydrate |
| 20. <i>Garcinia cambogia</i> | 39. Organic nitrates |
| 21. Genistein | 40. Omega 3 |
| 22. Glucomannan | 41. Chromium picolinate |
| 23. Glucose | 42. Proline |
| 24. Glucosamine | 43. Protein |
| 25. Glutamine | 44. Quercetin |
| 26. HMB | 45. Zinc |

IMPROVE THE EFFICACY OF YOUR SUPPLEMENTS AND VITAMINS THROUGH GENETICS

Introducing MySupplements:

- **Genetic test** that allows to find the supplements and vitamins that best suit our genetic characteristics.
- MySupplements 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.
- MySupplements requires only a **single test**, as genetics do not change throughout life.
- **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**.