

GENETIC TESTING

- What can your genes and your DNA tell you about your weight?
- Are you destined to be overweight?
- Should you follow a low carb or low fat diet?

Our genes play a key role in the regulation of our body weight. Although we cannot change our genes, by identifying our genetic risk profile of being overweight as well as obesity, we can manage it in a scientific way. In order to take the appropriate preventative measures, tests can be performed to identify certain mutations in our DNA that not only affects our risk of being overweight, but also our susceptibility to certain diseases and our general health. These mutations provide more information about eating behaviours, natural appetite control and the fat burning process, our genetic need for physical exercise in order to maintain a healthy body weight and our metabolism in terms of dietary fat and carbohydrates.

Genesport Trademark (coming soon)

Are you a recreational or professional sports person? Optimise your training and athletic potential with the Genesport Trademark gene test.

