



DNAFit[®]

ACHIEVE YOUR GENETIC POTENTIAL

Professional sports teams have utilised analytics and science for many years in order to enhance athletic performance. However, much of this analysis is now easily accessible to everyone from the aspiring athlete to the casual hobbyist. Our editor, James Drakeford, provided a cheek swab sample to DNA Fit to learn more about his genetic build and discover how this information can be utilised to help live a healthier life.

For more information about DNA Fit visit www.dnafit.com

POWER/ENDURANCE RESPONSE

30.0% 70.0%



DNAFit[®] DIET

OPTIMAL DIET TYPE



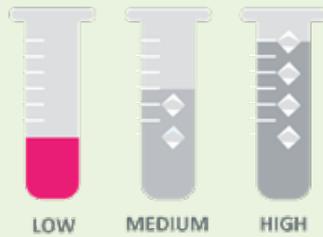
MEDITERRANEAN



LOW CARB



LOW FAT



CARBOHYDRATE SENSITIVITY

Refined carbs are rapidly digested and absorbed, which may result in large swings in blood glucose levels and can also affect our energy levels and weight control.

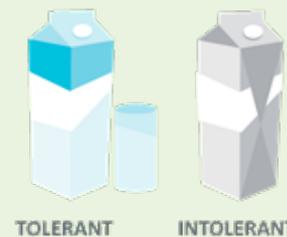
Some genetic variants are associated with an increased response to refined carbohydrates, which can have a negative effect both on glycaemia and weight management.



SATURATED FAT SENSITIVITY

Long-term overconsumption of saturated fats is associated with many health problems, and limits are advised.

However, the way saturated fats are handled varies according to genetic variation—some of us are more efficient at getting fats from food, so in these cases a lower intake is advisable.



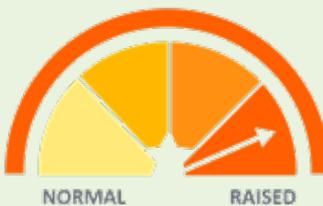
LACTOSE INTOLERANCE

Lactose is a sugar present in milk and most dairy products, and it is digested by an enzyme called Lactase. In many people the presence of this enzyme decreases significantly with age—determined by the lactase gene variant. This results in a reduced ability to digest lactose itself, which can cause symptoms of bloating, pain and discomfort for those affected.



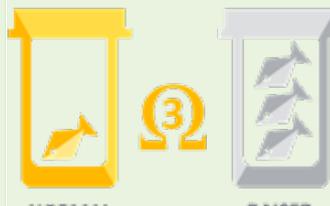
COELIAC PREDISPOSITION

Coeliac disease is a condition that occurs as an adverse reaction to gluten in grains such as wheat. Coeliac disease can affect approximately 30% of people who carry certain genetic variants.



ANTI-OXIDANT NEED

Anti-oxidants are molecules found in fresh foods like vegetables and fruit; they play a role in the removal of free radicals, which can be harmful to our health. The Anti-Oxidant vitamins are Vitamins A, C and E.



OMEGA-3 NEED

Omega-3 fatty acids are a type of unsaturated fat, often referred to as 'essential fatty acids' thanks to their role in making our bodies function normally. Oily fish, such as mackerel, salmon and sardines are a great source of dietary Omega-3's.



VITAMIN B NEED

Our nervous system, digestion and red blood cells depend on vitamin B to maintain normal function. Certain B Vitamins work in conjunction with folic acid to support our heart health - one gene in particular is well known for its roles in the utilization of folic acid and vitamins B6 and B12.



VITAMIN D NEED

Vitamin D helps us maintain healthy levels of calcium in our bones. Although we get some from our diet, our skin can produce it when we are exposed to sunlight. Vitamin D deficiency is associated with increased risk of osteoporosis and other conditions.