

# DNAFit<sup>®</sup>

INJURY RISK

VERY HIGH

HIGH

MEDIUM

LOW

VERY LOW

VO2 MAX RESPONSE

VERY HIGH

HIGH

MEDIUM

LOW

VERY LOW

MEDIUM

SLOW

VERY SLOW

VERY FAST

FAST

RECOVERY SPEED

LOW FAT

MEDIUM

HIGH



NORMAL



RAISED

## ALCOHOL SENSITIVITY

Moderate alcohol consumption is associated with some health benefits, e.g. improved lipid profile. But, it is well known that over consumption has both short and long term negative consequences. The benefits to HDL cholesterol levels seem to be influenced by genetic variation in metabolizing alcohol enzymes and some benefit more than others – though of course always in moderation!



SLOW



FAST

## CAFFEINE SENSITIVITY

Caffeine is the most common stimulant we ingest on a regular basis. Primarily we get our caffeine from coffee, but also from energy drinks, tea and even certain medicines. While a moderate amount of caffeine is usually harmless, in some people excessive caffeine intake can cause anxiety, insomnia headaches and stomach irritation. Individuals can be classed as slow or fast caffeine metabolisers, determined by personal genetic variation.



NORMAL



RAISED

## SALT SENSITIVITY

Salt is made up of Sodium and Chloride. For health reasons we are mostly concerned with sodium intake as it can cause high blood pressure in those who are genetically susceptible. Commercial food foods that we buy from supermarkets often include large amounts of hidden sodium, before we even add salt to our cook ourselves. Some individuals appear to be more susceptible than others to hypertension associated with sodium intake.



RAISED



NORMAL



RAISED

## CRUCIFEROUS VEGETABLE NEED

Cruciferous vegetables are named for their cross-shaped flowers; they include cabbage, brussel sprouts, broccoli, cauliflower and kale. Their well-known health benefits are related to substances called glucosinolates, which help maintain cellular and cardiovascular health and promote removal of toxins.

## DETOXIFICATION ABILITY

Cooking certain meats at high temperatures creates the formation of chemicals that are not naturally present in uncooked meat. Variations in detoxification genes can influence our removal of these chemicals.



SLOW

FAST

POSITION

Common digestive disorders when a person has an intolerance to gluten, a protein found in wheat, barley and rye. Intolerances do not develop only in those with certain genetic variants.

VITAMIN D NEED

Individuals who cannot maintain normal blood levels of Vitamin D and strengthen our bones. Vitamin D is found in certain foods and can also be created in the body through sunlight. Lack of Vitamin D over the long term, is associated with an increased risk of osteoporosis and other health problems.