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Genetic Direction

Every person has a distinctive DNA profile. This cutting-edge science-based approach squashes the old school mindset of one size fits all. The test kit focuses solely on those genes that are related to your body's ability to process food, nutrients and respond to exercise. You'll collect your DNA via a cheek/saliva swab and send it off in a pre-paid package. The certified lab will analyze 48 genetic markers. Finally, schedule an appointment with your dietitian to review your detailed report which includes sample meal plans and exercise strategies tailored for you.