

HEALTHY WEIGHT

ANALYSIS + REPORT

A HEALTHIER YOU THROUGH GENETICS

ABOUT HOMEDNA™

HomeDNA™ Healthy Weight is a revolutionary DNA test and program that first examines genetic markers (SNPs) that influence weight and then provides customized diet and exercise strategies for a healthier life. With the genetic testing technology and scientific understanding of the human genome available today, it is now possible to develop individually-tailored nutrition and fitness programs based on each individual's unique DNA. They simply collect their DNA using the easy-to-use cheek swabs, mail the samples to the lab, and within a few short weeks, results are ready for viewing in a secure, online account.

BENEFITS

- Learning more about an individual's genetic profile to achieve a healthy weight
- Obtaining individually-tailored nutrition and exercise recommendations
- Receiving ongoing support through a library of videos, articles, and recipes curated to each test participant's genotype that influence skin's potential

WHY TEST WITH DDC?

Established in 1995, DDC is a highly-accredited lab founded on the belief that technological advancements in DNA testing should translate to services that are accessible and affordable to everyone. We have built an international reputation based on our commitment to reliability, innovation, and value. You can be sure that all analyses, including HomeDNA Skin Care, have been fully validated and are conducted with expertise and care.

HomeDNA™



TEST RESULTS INCLUDE

- Detailed analysis of the genetic markers influencing weight
- Personalized recommendations for:
 - **Foods to eat**—the best foods to meet caloric needs
 - **Nutrients**—Optimal nutrient needs and effective supplements
 - **Best exercises**—Ideal exercises to achieve and maintain healthiest weight
- Exclusive online access to a comprehensive resource library containing hundreds of articles, videos, and recipes



Due to state regulations, currently not available in New York, Maryland, and Massachusetts. This product is not intended to diagnose, treat, cure, or prevent any disease.