

TARGETED GENOMIC INSIGHTS FOR LIFELONG BRAIN HEALTH

Address the genetic factors that can impact memory, focus, and cognitive decline.

Genes play a powerful role in how your brain ages. While APOE is a well-known marker, its interaction with other genetic variants can significantly increase or decrease the risk of cognitive decline. It is genomic insights like these that inform an action plan for better brain health.

From Concern to Clarity:

- **Reveal hidden risks to cognitive health** by identifying genetic factors linked to memory loss, brain fog, neuroinflammation, and detoxification challenges.
- **Support your brain with targeted interventions** by uncovering how your genes influence nutrient needs, neurotransmitter balance, and mitochondrial function—key areas for mental clarity and resilience.
- **Act early to preserve long-term brain function** by addressing genomic markers associated with dementia, oxidative stress, and impaired repair processes before symptoms arise.

5 STEPS TO UNDERSTANDING YOUR BRAIN HEALTH

- 1 ORDER** IntellxxDNA through your clinician.
- 2 ACTIVATE** the kit's unique barcode for privacy and security.
- 3 COLLECT** a cheek swab sample following the instructions provided.
- 4 MAIL** the completed kit back to the lab in the provided postage-paid mailer.
- 5 SCHEDULE** a follow-up appointment with your clinician to review results.



Targeted Genomic Insights to Stay Cognitively Strong

COGNITION AND MEMORY REPORT

Topics Include:

- Estrogen processing
- Inflammation
- Brain protein tangles
- Removal of pesticides and toxins
- Dozens of different vitamins and minerals
- Gut and blood brain barrier
- Blood flow to the brain
- Targeted hippocampal loss
- Brain white matter changes
- Homocysteine and methylation
- Growth factors
- Brain thyroid conversion
- Blood sugar and metabolism
- Longevity proteins

> 250 SNPs (genetic variants) analyzed

THE EXECUTIVE REPORT

INCLUDES ALL TOPICS IN THE COGNITION AND MEMORY REPORT PLUS EXPANDED INSIGHTS FOR CARDIOMETABOLIC HEALTH:

Key Additional Topics

- + Cardiometabolic & Vascular Health
 - Heart health, blood pressure, and cholesterol response
 - Blood clot risk and iron overload (e.g., hemochromatosis)
 - Blood sugar balance and weight regulation
 - Statin Response & Toxicity
- + Hormone & Metabolism Support
 - Thyroid function and hot flash response
 - Bone strength and osteoporosis risk
 - Personalized Treatment Insights

~450 SNPs analyzed

FREQUENTLY ASKED QUESTIONS

WHY CONSIDER GENOMIC TESTING?

Genomic testing reveals your genetic blueprint, highlighting inherited tendencies in cognition, metabolism, and more. Unlike microbiome or blood tests, which change over time, genetic data remains constant, offering long-term insights for personalized health. While blood tests are important, they don't always reflect what's happening in specific organs like the brain, bones, or gut. Bloodwork fluctuates, but your DNA stays the same, providing a reliable reference for understanding health for the long-term.

WHY DO CLINICIANS PREFER INTELLXXDNA?

IntellxxDNA reports, offered only through licensed clinicians, are based on peer-reviewed research to highlight clinically significant genomic variants for ~1,000 SNPs. Unlike consumer DNA tests, IntellxxDNA reports provide actionable, evidence-based insights for clinical use.

WILL INTELLXXDNA SHARE MY DATA?

Your genomic data is never shared with third parties and is only accessible to your licensed healthcare provider. IntellxxDNA follows strict security and privacy protocols to safeguard patient data.

