

# PERSONALIZED GENOMIC INSIGHTS FOR CHRONIC ILLNESS

Living with chronic illness can feel like a constant search for answers—endless appointments, conflicting advice, and treatments that don't work. Imagine finally having a deeper understanding of *why* you feel the way you do—and a personalized path forward.

## From Frustration to Insight:

- Uncover hidden causes of your symptoms—like fatigue, pain, brain fog, autoimmune issues, and digestive issues—by exploring genetic factors related to inflammation, detoxification, immune balance, and more.
- Support your healing journey with insights into how your genes influence nutrient absorption, hormone balance, neurotransmitters, oxidative stress, and energy production—systems often disrupted in chronic illness.
- Address cardiovascular and metabolic risks that may be contributing to your symptoms, including issues with blood sugar, blood pressure, clotting, and vascular health.

## 5 STEPS TO CHRONIC ILLNESS INSIGHTS

- 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 Improve Everyday Living

## THE EXECUTIVE REPORT

### Topics Include:

- Inflammation & Immune Response
- Cardiovascular Health & Blood Pressure
- Coagulation Risk & Cholesterol Metabolism
- Blood Sugar Regulation & Insulin Sensitivity
- Weight Management & Obesity Risk
- Detoxification & Glutathione Pathways
- Mitochondrial Function & Energy Production
- Gut Health & Intestinal Barrier
- Vitamin & Mineral Absorption
- Hormonal Balance
- Cognitive Symptoms (Fatigue, Brain Fog)
- Chronic Pain Modulation
- Histamine Intolerance & Mast Cell Activity
- Oxidative Stress & Cellular Repair

~ 450 SNPs (genetic variants) analyzed

## THE POWERHOUSE REPORT

CREATED FOR PATIENTS WHO DESIRE THE MOST COMPREHENSIVE VIEW OF THEIR CARDIOMETABOLIC, MENTAL AND COGNITIVE HEALTH. GREAT FOR THOSE WHO WANT AS MUCH INFORMATION AS POSSIBLE FOR OPTIMIZING THEIR HEALTH FROM HEAD TO TOE.

### All topics from The Executive report, plus

- + Anxiety and Stress
- + Depression
- + Addiction and Substance Use
- + ADHD
- + OCD

~700 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.

