

# PERSONALIZED GENOMIC INSIGHTS FOR LONGEVITY

Address the genetic factors that can impact brain, heart, blood, bone and metabolic health.

Imagine knowing how your unique genetic makeup influences aging, health, and cognitive risks and what actions to take.

## From Guesswork to Guidance:

- **Target the root causes of aging** by pinpointing genetic variants that may drive inflammation, oxidative stress, and mitochondrial dysfunction.
- **Optimize nutrient, detox, and hormone support** by identifying how your genes impact vitamin absorption, detoxification pathways (like glutathione and methylation), and hormonal balance.
- **Lower your risk for age-related conditions** by highlighting genomic vulnerabilities tied to heart disease, cognitive decline, bone loss, and metabolic disorders.
- **Personalize your prevention plan** by using your genetic insights to guide lifestyle choices, supplementation, and other interventions—long before symptoms appear.

## 5 STEPS TO LONGEVITY 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 for a Longer and Healthier Life

## THE EXECUTIVE

### Key Topics

- Cognition & Memory
- Brain Ischemia and BDNF
- Inflammation
- Detoxification and Glutathione
- Vitamins & Minerals
- Gluten/Celiac
- Obesity & Weight Management
- Diabetes
- Cardiovascular Disease
- Homocysteine & Methylation
- Thyroid Health
- Osteoporosis
- Mast Cell and IgE
- Melanoma
- Macular Degeneration
- Anesthesia Response

~450 SNPs (genetic variants) analyzed

## THE POWERHOUSE

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.