



**GET  
FIT**

**DNAtwise Wellness**

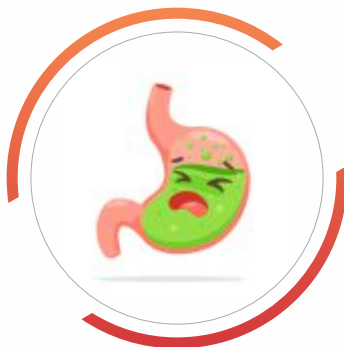
Unable to **Lose Weight**? Unable to build a **Muscular Body**? Get injuries often while playing your **Favorite Game**? Have **Grip issues**? **Weak Ligament** ? **Slow** recovery?

**DNAwise Wellness** will give you answers to all the above questions & even more basis your genes. It will help you train yourself better at the shortest possible time. It tells you about your genes & hence leads to higher motivation & faster results.

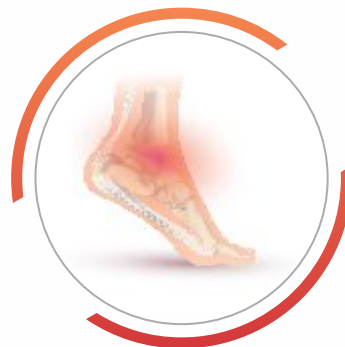
### Knowing Your Genetic Information And Implementing Lifestyle Changes Empower You To:



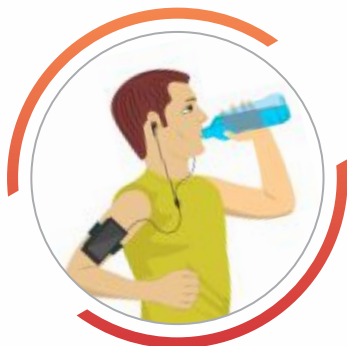
Maintain optimal levels of various vitamins and minerals



Identify and manage food sensitivities and intolerances



Prevent soft tissue injuries



Optimize post-exercise recovery



Understand if you respond better to endurance or strength based exercises



Look and feel your best



Achieve and maintain a healthy weight, **Weight gain or weight loss**



Increase or maintain your current **fitness levels**



Increase your **muscle mass**

**DNAWISE WELLNESS** INFORMS ABOUT YOUR GENETIC TENDENCIES FOR  
TOTAL OF **44 PARAMETERS** IN TWO CATEGORIES

# NUTRITION



## DIET AND WEIGHT

- ▶ Body Mass Index
- ▶ Carbohydrate and Weight Gain Tendency
- ▶ Response to High Fiber Intake
- ▶ Response to High Protein Intake
- ▶ Response to Mediterranean Diet
- ▶ Response to Monounsaturated Fats (MUFA) Intake
- ▶ Response to Polyunsaturated Fats (PUFA) Intake
- ▶ Saturated Fats Intake and Weight Gain Tendency

## EATING BEHAVIOUR

- ▶ Adiponectin Levels
- ▶ Caffeine Metabolism
- ▶ Eating between Meals/Snacking
- ▶ Response to Green Tea
- ▶ Satiety

## TASTE PREFERENCE

- ▶ Bitter Taste Preference
- ▶ Sweet Taste Preference

## DEFICIENCIES AND LEVELS

- ▶ Antioxidant Requirement
- ▶ Bone Mineral Density
- ▶ Calcium Deficiency
- ▶ Homocysteine Levels
- ▶ Iron Deficiency
- ▶ Vitamin A Deficiency
- ▶ Vitamin B12 Deficiency
- ▶ Vitamin B6 Deficiency
- ▶ Vitamin B9 Deficiency
- ▶ Vitamin C Deficiency
- ▶ Vitamin D Deficiency
- ▶ Vitamin E Deficiency
- ▶ Vitamin K Deficiency

## SENSITIVITIES & INTOLERANCES

- ▶ Riboflavin and Blood Pressure Response
- ▶ Salt Intake and Blood Pressure Sensitivity
- ▶ Lactose Sensitivity



# FITNESS

## CARDIOVASCULAR/ METABOLIC AND MUSCLE PROFILE

- ▶ Blood Pressure Response to Exercise
- ▶ Hand Grip Strength
- ▶ HDL Cholesterol Levels with Exercise
- ▶ Insulin Sensitivity with Exercise
- ▶ Weight Loss with Exercise

## SPORTS PROFILE

- ▶ Achilles Tendinopathy
- ▶ Aerobic Capacity
- ▶ Endurance
- ▶ Likelihood of Injury
- ▶ Power

## OTHER FACTORS

- ▶ Motivation to Exercise
- ▶ Post-Exercise Recovery
- ▶ Response to Pain

**indus health**  
PLUS



Know Better  Live Better

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