



Are you drinking  
too much coffee?

Are you getting enough  
vitamin D to optimize  
your fertility?

What about  
vitamin B12?



**NUTRIGENOMI**   
EAT ACCORDING TO YOUR GENES

Genetic Testing for Personalized Nutrition and Fertility y

# The answer may be in your genes

Research shows that the nutritional status of both women and men can impact fertility. We also know that specific variations in our genes can explain why some of us respond differently from others to the same foods, beverages and supplements we consume.



Learn how your genes can affect:

Fertility

Cardio-  
metabolic  
Health

Nutrient  
Metabolism

Food  
Intolerances

Eating Habits

Physical  
Activity

Weight  
Management

