

## HAVE YOU EVER WONDERED...

- Why you don't lose weight despite eating a low-fat diet or exercising intensely?
- Why you crave certain foods?
- Why you don't feel full even after a large meal?
- If you respond better to endurance over strength exercise?
- If the vitamin supplements you take are effective for you?

It's no surprise that eating the right foods in the correct portions while maintaining an active lifestyle can help you live a longer, healthier life. Research has proven that many illnesses—such as diabetes, heart disease, and high blood pressure—can be prevented or controlled by eating right and staying active. Getting the nutrients you need, such as calcium and iron, and keeping your weight under control can help too. If only achieving optimal health were as simple as that!

But it isn't that simple. The average person gains 11 pounds for every diet they go on. In fact, following any 'trend diet' regimen won't achieve optimal health goals without including a carefully designed fitness and nutrition program. But what is right for you? Where do you start and whom do you listen to? Understanding that your success is linked to factors associated with your specific DNA could define where to put your energy.

## THE ANSWERS LIE IN YOUR GENES.

We know that 'optimal health' is different for each individual and obtaining 'optimal health' is not achieved through a one-size-fits-all plan. Your genes hold the answers of what is right for you.

We are all unique genetically. Your genes can explain why you react differently to exercise regimens and essential nutrients such as carbohydrates, fats, proteins and vitamins. Your genes also determine your taste perception, food preferences, satiety responsiveness and metabolism.

That's why some people are more likely to crave sugary and fatty foods and lack the sense of satiety. Some people try to lose

weight by eating a low-fat diet, but that approach may not suit them if they are genetically more sensitive to the amount of sugar they consume rather than the amount of fat. The same idea applies to exercise effectiveness. Some people who are more resistant to burning fat during endurance exercise may complain that exercise does not "work" for them.

Genetic variants may also interfere with the absorption and metabolism of vitamins and nutrients. You might think nutrient deficiencies are a thing of the past. But even today, it's possible to lack some of the essential nutrients your body needs to function optimally.

## PRIVACY STATEMENT

Unlike other genetic companies, XfinityLab does not sell or transfer our client's data or any personal information. XfinityLab adheres to strict confidentiality and privacy laws that ensure all our clients genetic information is kept private. No exceptions.

## WE TAKE YOUR PRIVACY VERY SERIOUSLY

Confidentiality is a respected part of the XfinityLab code of ethics. Your privacy is our number one priority. We pledge to uphold the highest standards of bioethics and maintain rigorous policies and procedures to keep your data safe and secure. We will not even share your DNA data with your physician without your permission and we will never sell your data. That is our strict policy. We guarantee it.



# HEALTH & WELLNESS GENETIC TEST

Improve Yourself discovering what DNA says about you.

Understand your unique genetic makeup to achieve your personal health and fitness goals

Knowing Your Health and Wellness Helps You Become The Best You:

- Boost Energy
- Enhance Vitality
- Increase Muscle and Bone Health
- Control Weight
- Optimize Exercise Routine
- Identify Vitamin Deficiencies
- Improve Mood

- Complete Data Privacy
- Safe and Painless
- Private Consultation
- Accurate Genetic Test
- Actionable Findings
- One Test, One Time, Lifetime of Understanding

## XfinityLab. The life beyond.

XfinityLab empowers our clients to make smarter lifestyle choices based on their unique genes. We simplify and summarize complicated genetic data into an easy to read format. We offer post-testing consultation for free. Unlike several other genetic companies, XfinityLab does not sell or transfer any of our client's data. XfinityLab adheres to strict confidentiality and privacy laws that ensure all our clients genetic information is kept private. No exceptions.

The XfinityLab Health & Wellness test provides clients with actionable data that can be used to tailor nutrition, diet, and fitness choices that best fit them. XfinityLab is an expert and industry pioneer in genomic testing. Fewer companies have sold more tests worldwide. To better serve our clients, XfinityLab operates state-of-the-art genomic laboratories in the United States and Hong Kong.



a service of SmartLifeSolution

## THE IMPORTANCE OF GENETICS: THE ANSWERS LIE IN YOUR GENES.

DNA is the genetic material in your cells that determines your traits. You inherit this genetic material, half from your mother and half from your father. It governs your physical appearance, like your skin color, hair color, eye color and height, as well as your predisposition to certain health conditions. Similarly, DNA also influences how your body functions, such as how your body utilizes and metabolizes sugars, fats and other nutrients and how your body responds to exercise and medications.

Genetic Test profiles and analyzes many genes that make your genome unique in terms of optimal health and athletic performance. Possessing the knowledge of your genetic information can empower you to make informed decisions about your body and make lifestyle choices in areas such as diet, exercise, nutrition, and weight management that are suitable for you, and only you.

Our goal is to provide you with actionable findings and help you achieve and maintain your optimal weight, vitality and wellness. Visit [www.XfinityLab.com](http://www.XfinityLab.com) today.

Using the latest discoveries in genetic research, the XfinityLab Health & Wellness

## UNDERSTAND MORE ABOUT YOUR BODY WITH XfinityLab HEALTH & WELLNESS TEST

Better health starts with health awareness. XfinityLab Health & Wellness Genetic Test examines genes that are most relevant to your overall health, diet and exercise.

We evaluate the following, which are influenced by your genes:

- Increased blood cholesterol
- General obesity index
- Relative resting metabolic rate
- Fast twitch muscle fiber activity
- Vitamin (eg. A, D) and folate / folic acid metabolism
- Addictive behaviors
- And more!

Your report also helps you understand the interactions between your genes, diet and exercise in terms of:

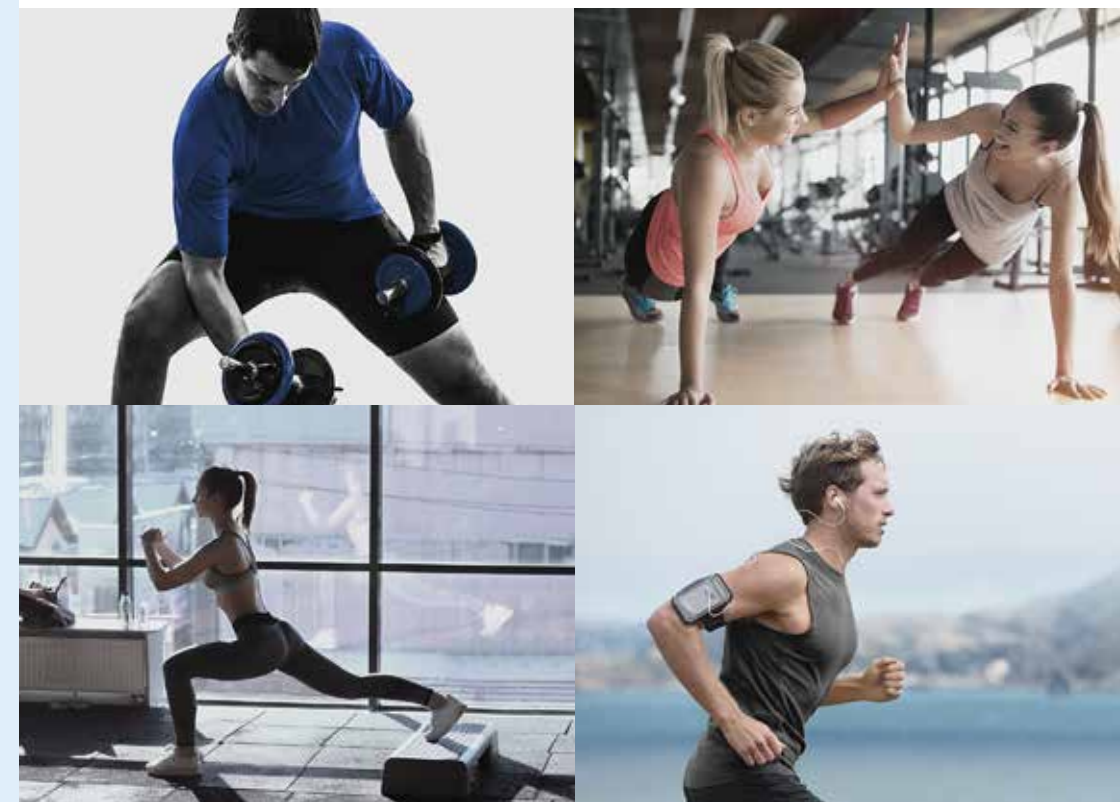
- Sugar and carbohydrate metabolism
- Alcohol and caffeine metabolism
- Dietary fat intake and response to blood cholesterol
- Lactose intolerance and bone health
- Exercise potential with power and endurance
- And more!

## ESTABLISH A HEALTHIER LIFESTYLE WITH PERSONAL GENETIC INFORMATION

While you cannot change your genetic makeup, you can take active steps to reduce the risk of certain diseases and optimize your health. Personalized genetic information allows you to focus on the modifiable lifestyle factors such as healthy diet, exercise regimen and appropriate supplement intake.

Knowing your genetic information and working on lifestyle changes empower you to:

- Make the most cost-effective lifestyle changes
- Achieve and maintain a healthy weight
- Better prevent chronic diseases and live healthier
- Increase endurance and athletic performance
- Look and feel your best



## HOW IS MY DNA TESTED?

To gather your unique DNA, the simple and painless test requires only that a cotton swab be rubbed on the inside of your cheek. The sample will be delivered and analyzed in our state-of-the-art laboratory and you will receive your report in approximately two weeks.



## YOUR PERSONAL GENETIC TEST REPORT

Your easy-to-read report includes a simplified five-page summary as well as a detailed analysis of your genetic profile. An Overall Health Awareness and Effort Score will be identified which empowers you and will direct you toward dietary and fitness changes. Being aware of your genetic tendencies will allow you to understand the level of effort you need to take to support your overall health. Schedule a complimentary consultation with one of our Genetic Health Specialists who will walk you through your report, answer any questions, and provide specific recommendations based on your unique genetics.

