

## DNA Sample Kit Introduction

**Congratulations** on taking a proactive approach to your health and wellbeing by undertaking a Fitgenes Personal Genetic Profile as part of our Nutrigenomic Intervention Programs. These programs are delivered by Fitgenes Accredited Practitioners.

The information made available in your Personal Genetic Profile is designed to empower you towards making more informed decisions regarding your nutrition, health, lifestyle choices, and fitness.

You can be assured the highest standard of DNA testing and assessment is employed to produce your personal genetic profile; instilling confidence in the accuracy of your results.

These standards include:

- Your DNA sample is tested by a NATA (National Association of Testing Authorities) Accredited Lab
- Your DNA results from the laboratory will have passed strict Quality Control requirements.

The genes selected for your profile are based on an extensive review of evidence-based scientific literature alongside 5 years of Fitgenes own practical application in the marketplace.

**PLEASE NOTE:** *Fitgenes Programs focus solely on improving your fitness, health and nutrition through the use of targeted proactive health interventions. The information provided in your personal genetic profile forms only part of the entire program and interventions required to maximise your health results. Furthermore, this information is only to be used by Fitgenes Accredited Practitioners.*

Any advice or suggested interventions recommended relate specifically to enhancing your personal health and wellbeing, and not for the identification of any diseases and /or prescribing any medically-based interventions or procedures. If you have any pre-existing medical conditions please consult your General Practitioner or Medical Specialist prior to the commencement of any Proactive Health Program.

### TO COMPLETE YOUR GENETIC PROFILE PLEASE FOLLOW THESE INSTRUCTIONS

1. **Sign** the 2 copies of the Consent Form provided by your Fitgenes Accredited Practitioner.
2. **Do not** eat, drink, or smoke for 30 minutes prior to taking the DNA sample.
3. **Rinse** mouth out with water three times.
4. **Follow** the steps outlined in the Instruction sheet included with the DNA Sample Collection.
5. **Place** the Consent Form and Swab into the pre-paid Courier Post bag and phone Courier Post on 0800 268 743 to arrange collection.

**Please take special care with this as we are not responsible for loss / damage during transit or specimens that are rejected due to incorrect collection or specimen contamination.**

We look forward to seeing you *maximise your potential for 'Healthy Living and Healthy Ageing'*.

Regards,  
**Nutrisearch & The Fitgenes Team**