

- Unlock your body's ability to process carbohydrates
- Discover foods to avoid or increase to optimise weight management
- Recommended exercise performance and recovery

Whats your CarbChoice® number?

The CarbChoice® profile will reveal your unique copy number

LOW ACTIVITY STARCH PROCESSING



Requires lower intake of starch. If intake too high or wrong type, greater risk of obesity which can lead to insulin resistance and diabetes.

MODERATE STARCH PROCESSING



Can tolerate more grains but if intake too high or wrong type then likelihood of weight issues and related problems.

HIGHER TOLERANCE FOR STARCH PROCESSING



Can tolerate higher starch intake from grains and other carbohydrates with less impact on insulin levels.

Less risk of obesity.

Fitgenes, who are we?

CarbChoice® is powered by Fitgenes, we are an established organisation operating since 2009, offering DNA genetic testing and practitioner accreditation training globally.

We work with a community of Practitioners, directly trained by us, to assist you with understanding any your results. If you would like to speak with a CarbChoice® accredited practitioner contact us today.



Looking to understand how your body metabolises and tolerates starch carbohydrates?

Find out your CarbChoice® number and learn more about the AMY1 gene and how it may impact your weight, diet and fitness.

Let the **CarbChoice**[®] profile report help you achieve your **weight management goals**

What is a **CarbChoice**[®] profile?

CarbChoice[®] is a personalised copy number variation report based on your **AMY1 gene** CNV which affects your personal response to starch carbohydrates.

Understanding your CarbChoice[®] number and your body's related response, can assist you to better manage your nutritional and exercise needs.

Confused about Carbs?

The fact is that Carbs are an essential part of a healthy dietary plan.

The more you understand about 'Carbs and You' the easier it will be to achieve your goals.

Your CarbChoice[®] Profile makes it easy to optimise your weight management.



Nutrition, lifestyle and exercise choices may have different consequences for different people.

How it works

Looking to understand how your body metabolises and tolerates starch carbohydrates? You will benefit from knowing more about your **AMY1 gene**.

AMY1 is a gene that produces the enzyme 'amylase'.

Amylase is found in our saliva and plays a major role in the digestion of starch, which is a carbohydrate found in grains, legumes, fruits, vegetables, nuts and seeds.

Amylase begins the process of starch metabolism in the mouth.

Some of us do not produce sufficient levels of amylase to effectively process starch carbohydrates. The result being that some people may gain weight or have other issues as a result of not breaking down starch adequately.

Genetic research on amylase production and how effective it is for starch carbohydrate digestion has shown that our **AMY1 gene** copy number variation indicates our genetic predisposition for starch metabolism.

Based on your **AMY1** Copy Number ("CarbChoice[®] number") your report will contain dietary, lifestyle and exercise recommendations that may assist you in processing starch carbohydrates better or compensating for your low CarbChoice[®] number.

