



FoodChoice

INTOLERANCES AND SENSITIVITIES DNA TEST

FIND OUT IF:

You are predisposed to have coeliac disease, or if you do not have any risk at all.

You are likely to be/become lactose or alcohol intolerant.

You are likely to experience caffeine or salt sensitivity.

Match your diet to your genes to maximise your health potential.



Fitgenes, who are we?

We are an established organisation offering DNA genetic testing globally since 2009. Our genetic profile reports are evidence-based, incorporating published scientific evidence, and provide personalised interventions.

We work with a community of health practitioners, directly trained by us, that can assist you with understanding your results. If you would like to speak with an accredited practitioner, contact us today.

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FoodChoice

Intolerances and Sensitivities

- Gluten/Coeliac
- Lactose/Dairy
- Alcohol
- Caffeine/Coffee
- Salt

POWERED BY  **fitgenes**



Your **genes** play an important role in how your body responds to common dietary ingredients, such as gluten, lactose, alcohol, caffeine, and salt, as these can often cause adverse reactions and affect people differently.

Celiac disease is a well-known autoimmune reaction to eating **gluten**, due to variants in genes involved in the immune system.

When a person struggles to metabolise **lactose** and **alcohol** effectively, due to variants in genes involved in their metabolism, this can lead to lactose and alcohol **intolerance**, respectively.

People can also be more or less **sensitive** to the natural effect of **caffeine** and **salt**, depending on their genotype.



How does it work?

1. **Contact us or a Fitgenes Accredited Practitioner to purchase a report.**
2. **We will check your DNA for the following genes:**
 - HLA-DQA1 and HLA-DQB1 (Coeliac Disease Risk)
 - LCT (Lactose Intolerance)
 - ADH1B/ALDH2 (Alcohol Intolerance)
 - CYP1A2 and ADORA2A (Caffeine Sensitivity)
 - AGT and ACE (Salt Sensitivity)
3. **You will receive a detailed report with background information, explanation of your results, and personalised dietary recommendations.**
4. **If you have any questions or concerns about your results, you can contact a Fitgenes health practitioner.**

What is a Food Choice (Intolerances and Sensitivities) report?

This is a **personalised genetic report** that aims to identify some of the foods and beverage choices that you should avoid in order to prevent diet-related health issues and promote wellness.

In particular, we detail your specific **genetic variants** that can influence your body response to what you ingest – ranging from coeliac disease risk (**gluten**) and dietary intolerances (**lactose** and **alcohol**) to individual sensitivities to common ingredients (**caffeine** and **salt**) – with **personalised interventions** and supplementary **dietary information**.

Although symptoms may overlap, these are all different conditions to true food allergies, which involve the immune system attacking a particular substance and can be life-threatening. The genetics of food allergies are not well-established yet, and therefore this is not included in this report.