

How Fitgenes Can Help

Fitgenes personalised profile reports identify your genetic profile by analysing a range of genes related to health and wellbeing, fitness and nutrition. This information is used by Fitgenes Accredited Practitioners in conjunction with lifestyle factors to design a personalised and manageable health plan.



It's true you can't change your genes but you can affect their expression and influence with the right nutritional, exercise and lifestyle choices.

Speak to your Fitgenes Accredited Practitioner today to get started.

Fitgenes Australia Ltd

- 📞 1300 348 436
- ✉️ enquiries@fitgenes.com
- 🌐 fitgenes.com
- 🏠 PO Box 3120 Mentone East VIC 3194

Learn more about Fitgenes and our programs at fitgenes.com/personalisedhealth



Find us on:



Vitamin D Personalised Genetic Variation Profile

Understand your vitamin D requirements for optimal health and wellbeing.



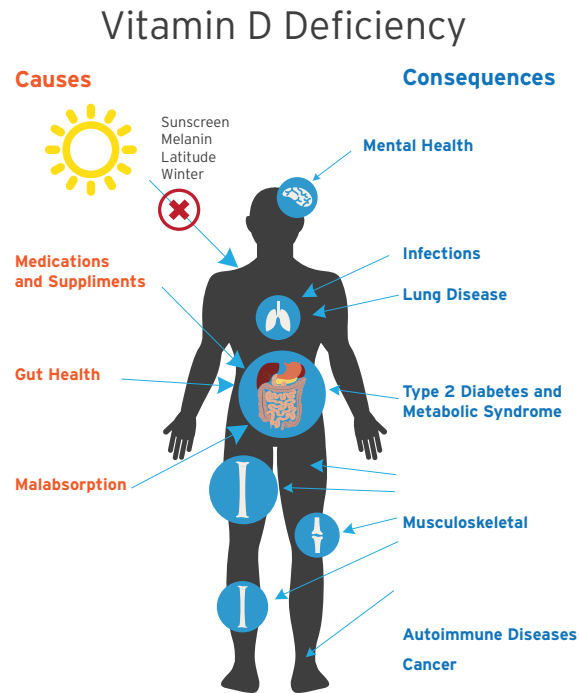
Bone Health
Calcium Absorption
Immunity
Weight Management
Fatigue



Vitamin D and Genetic Profiling

While we cannot change our DNA, understanding the genetic variations that influence health and wellbeing offer intervention planning and support for achieving optimal health and wellbeing.

Vitamin D plays key a role in many health issues and deficiency had been identified as a major contributor to the causes and consequences of poor health.



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The Importance of Vitamin D

Vitamin D receptors exist in every cell and therefore, every organ of the body and they are there for a reason.

Contrary to popular belief, vitamin D isn't just about bone health - it's actually a hormone that underpins the function of heart, muscle, immune and neurological functions, as well as regulating inflammation.

Low levels of vitamin D increase the risk of many health concerns.

Sources of Vitamin D

The main source of vitamin D is skin exposure to sunlight. Whilst we have become nervous about sun exposure without sunscreen, sensible sun exposure is very important to our health. Vitamin D can also be found in small quantities in foods, however most people only receive approximately 5 - 10% of their intake from this source.



To gain the most benefit from vitamin D, you must have other cofactors in your body. Such as magnesium, vitamin and zinc, which assist in absorption.

Personalised Genetic Profiling

A number of genes influence vitamin D absorption. Our genetic profile examines these genes and reports on their level of activity. Your healthcare practitioner uses this information to prepare a personalised healthcare plan that addresses vitamin D deficiencies and the consequences of this on your health.

The programs are manageable and easy to follow as vitamin D can be found in a range of everyday sources.

Addressing Vitamin D Deficiency

Your healthcare practitioner is trained in the interpretation of your genetic profile report and the range of interventions that are available.

Your Vitamin D Genetic Profile report contains:

- > Detailed information about the genes and the pathways through the body, as it processes vitamin D.
- > The genes associated are noted as functioning well or otherwise.
- > Interventions designed to improve the gene 'expression' which impacts on your bodies overall response to vitamin D absorption.

This is where the value of the personalised approach lies. It's your practitioner's understanding of the results, the factors that influence your vitamin D deficiency and how to address them that should make this an important part of your health and wellbeing.

It's Your Health

A Fitgenes genetic profile empowers you to make better choices, it's your health after all. By knowing your genetic variations and the effects that can have on your body, you can take control of your health.

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