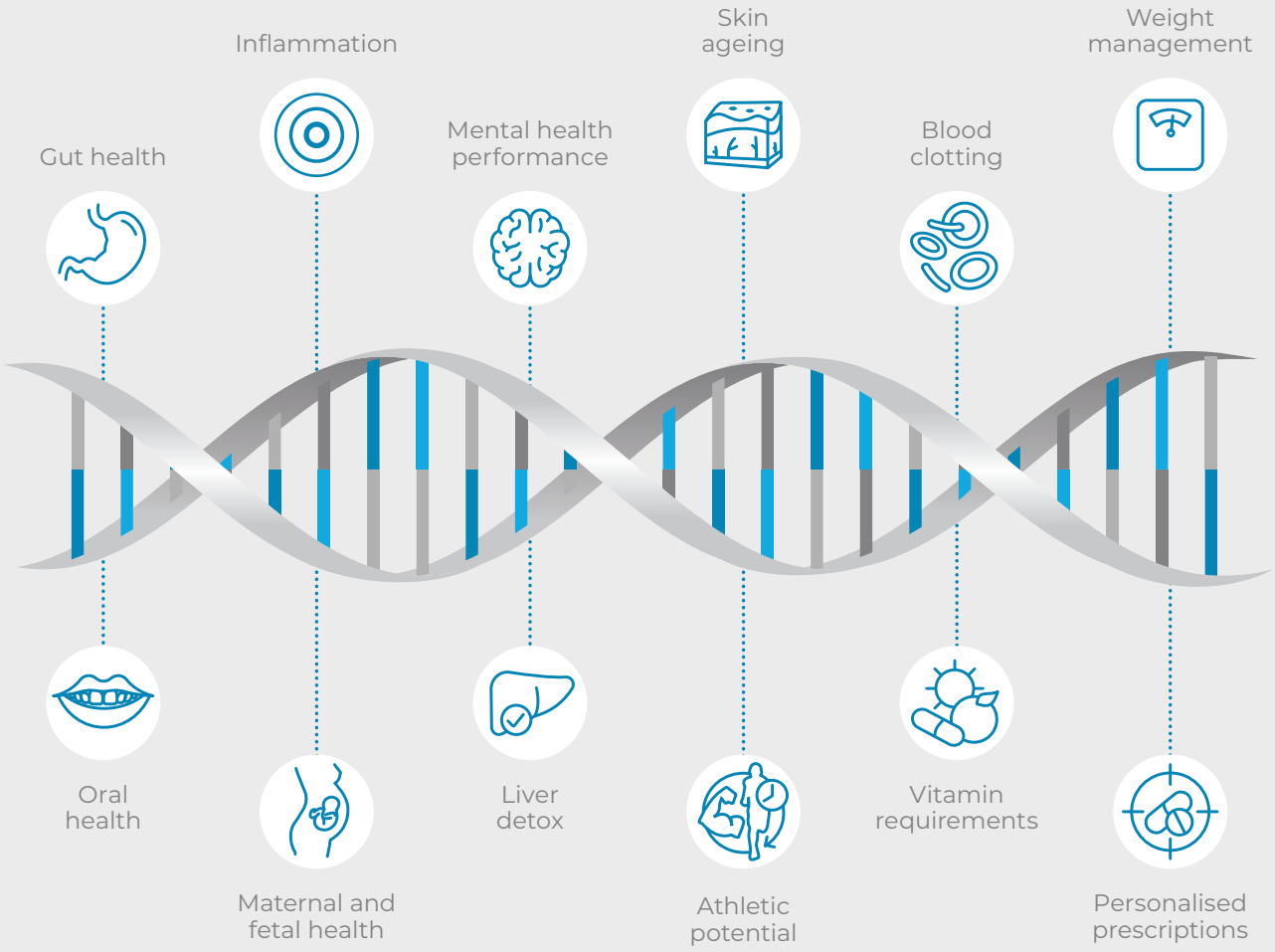
A lifetime of optimal health awaits you



Armed with knowledge of your genetic code, DNA testing can help you make smarter choices and discover more effective solutions to optimise your health and reach your goals.

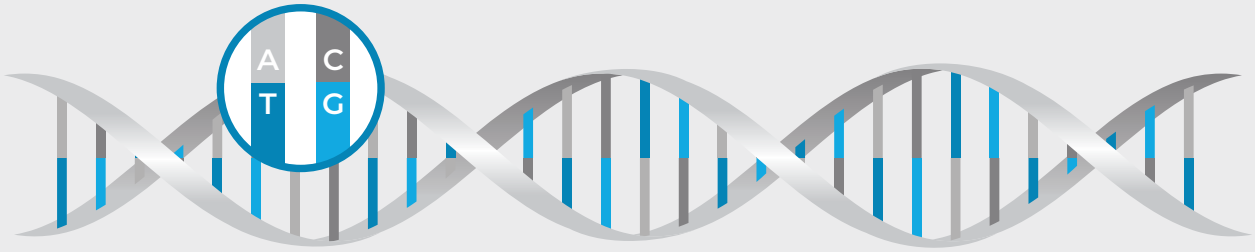
DNALYSIS
Biotechnology

Personalised medicine

Every patient is a unique individual that requires unique healthcare interventions. DNA testing allows us to better understand a patient's response to different diet, lifestyle and supplement choices (nutrigenetics); as well as their response to certain medications (pharmacogenomics).

How can DNA testing help you achieve your health goals?

You are born with a set of genes that you cannot change during your lifetime. What you can do, is influence the manner in which these genes are expressed. There is a strong relationship between the genes that we carry, and the nutritional, medicinal and lifestyle choices we make.



What are genes?

Genes are segments of DNA that contain the instructions your body needs to make each of the many thousands of proteins required for life. Each gene is comprised of thousands of combinations of "letters" (called nucleotides) which make up your genetic code. The code gives the instructions to make everything required for proper cellular, organ and bodily function.

What are gene variations?

With the exception of identical twins, all people have small differences (variations) in their genetic code. These differences make each of us unique. In the same way as a single letter variation can profoundly change the meaning of a word, so single nucleotide changes can profoundly affect the function of our genes.

What is nutrigenetics?

Genetic variations can affect the expression of a gene, thereby affecting metabolic processes that are important for maintaining cellular health and how we respond to environmental interventions such as diet, lifestyle, supplements and exercise.

Knowledge of these genetic variations offers unparalleled insight into your biological systems, allowing your healthcare practitioner to recommend precise interventions aimed at helping you reach your goals and achieve optimal health.

Choosing your DNAlysis test

A genetic test that reports on gene-environment interactions and provides personalised, easy-to-follow, summarised recommendations on four core areas: key biological processes that impact health and risk for disease, macro- and micro-nutrient requirements as well as risks for food sensitivities and intolerances, weight management insights and exercise responsiveness.

Reports on genes involved in: lipid metabolism; bone health; methylation; insulin sensitivity; detoxification; inflammation and oxidative stress; vitamin requirements; gluten and lactose intolerance; caffeine metabolism; salt sensitivity and iron overload disorders.

Analyses genes related to weight management and reports on responsiveness to diet and lifestyle interventions: carbohydrate and saturated fat responsiveness; mono- and poly-unsaturated fat intake; exercise resonsiveness; eating behaviours and effect of circadian rhythms.

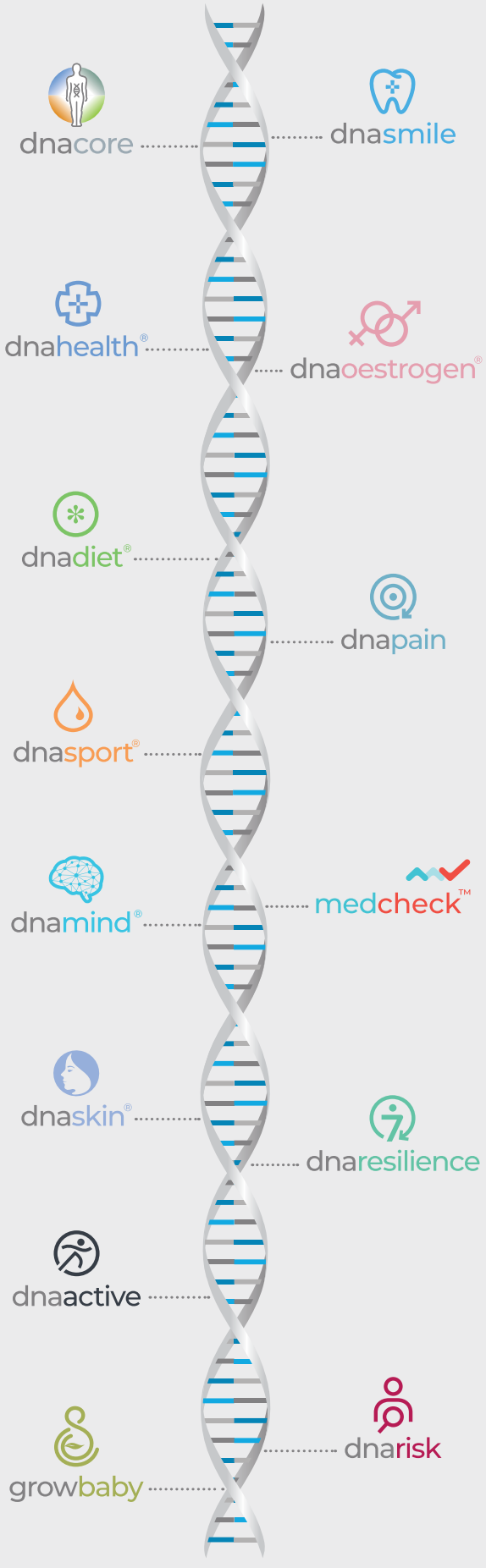
Analyses genes which have been shown to have significant associations with: soft tissue injury risk; recovery; power potential; endurance potential; caffeine metabolism; salt sensitivity and peak performance time.

Gives insight into the functioning of biological areas that influence: neurodegenerative disorders including cognitive decline and late onset Alzheimer's disease; addictive behaviour; mood regulation such as stress response, anxiety and depression.

Analyses genes which have been shown to have significant associations with: firmness and elasticity; sun sensitivity and pigmentation; sun damage, protection and repair; antioxidant status; detoxification and inflammation.

A combination of the DNA Sport and DNA Diet tests, created to assist personal trainers and fitness coaches in designing unique and effective training and nutrition programs, optimised to assist clients in accomplishing their performance and weight management goals.

Gives insight into key biological areas related to maternal and fetal health. It provides guidance on how moms-to-be can optimise their health, and their baby's health, using gene-based personalised diet, supplement, and lifestyle interventions from pre-conception to birth and beyond.



Gives insight into the state of your oral health and your predisposition for developing periodontal disease and tooth caries. This test reports on gene variations involved in key biological areas including innate immunity, inflammation and acquired immunity, sweet-tooth predisposition, detoxification and lipid metabolism.

Guides personalisation of diet, hormone and nutritional supplement recommendations to improve oestrogen metabolism. Unbalanced oestrogen metabolism has been associated with: increased risk for breast, ovarian, prostate and colon cancer; endometriosis and PMS symptoms.

DNA Pain is designed to enhance the successful and sustained management of chronic pain. By analysing the genes involved in biological pathways known to affect the risk of chronic pain; the report will identify key areas that are contributing to chronic pain, and more importantly, how to address these underlying causes through personalised diet, nutraceutical, exercise therapy, and lifestyle interventions.

This pharmacogenomics test analyses gene variants that affect drug response and determine how you are likely to respond to certain medications (both therapeutic benefit and risk for side effects) allowing your doctor to make personalised prescriptions where necessary. Medcheck reports on ±200 prescription medications.

Reports on seven key molecular areas that have the greatest influence on stress and resilience: neuropeptide Y; oxytocin; neurotrophic pathway; cortisol; norepinephrine; dopamine; serotonin. This test determines one's genetic resilience and provides nutrient and lifestyle strategies to amplify intrinsic strengths and reduce weaknesses.

Analyses genetic variations associated with the risk for certain disorders. Assists in screening at-risk individuals; increasing early identification; improving prevention; guiding therapy decisions and offering diagnostic insights on: HLA-Related Autoimmunity for patients already suffering from or who have been identified as at-risk for an autoimmune disorder.

Taking your DNAlysis test is easy

Step 1: Take your sample
Collect your sample using the DNAlysis test kit.

Step 2: Analyse DNA
Your sample is processed at the DNAlysis lab and your report sent to your healthcare practitioner within 21 working days.

Step 3: Explore your DNA
Your healthcare practitioner will notify you once they receive the report to set up a consultation. Your data is securely stored for future reports, if desired.

DNAlysis for life

Your genes do not change, which means DNAlysis will only ever need a one-time sample from you. Throughout your life, as your health goals and priorities change, DNAlysis can continue to provide valuable health insights from this single sample to support your unique health journey.

Our Commitment

DNAlysis Biotechnology is continuously developing new tests with the highest standards of scientific rigour. Our commitment to ensuring the ethical and appropriate use of genetic tests in practice means that gene variants are only included in panels once there is sound motivation for their clinical utility and their impact on health outcomes.

ADVANCED technology | ACTIONABLE interventions | APPROPRIATE use in practice

For more information:
011 268 0268 | admin@dnalysis.co.za | www.dnalysis.co.za

From the laboratories of:
DNALYSIS Biotechnology