

How it works

01

Visit your nutritionist or healthcare specialist to perform the Fagron NutriGen.

02

Your DNA sample will be collected with a buccal swab during your consultation - this process takes 1 minute.

03

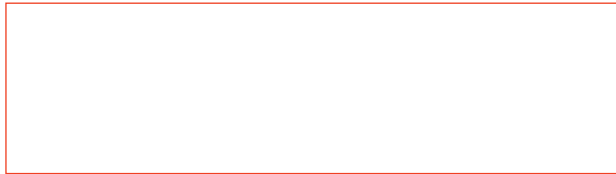
Fill in the questionnaire provided by your specialist.

04

In 5-6 weeks visit your specialist and get to know your results.

05

Follow your diet and supplementation plan as recommended.



LEGAL DISCLAIMER

Fagron Genomics, S.L.U carries out genetic tests upon request by healthcare professionals, in relation to biological samples from patients obtained by the healthcare professional. Our tests do not replace a medical consultation, nor do they make up a diagnostic or treatment, nor should they be interpreted this way. Only healthcare professionals can interpret the results of said tests, based on their knowledge of the clinical records of the patients and other relevant factors and, under their responsibility, give a diagnostic or prescribe treatment to the patient. We decline all responsibility derived from the use and interpretation of the results of our tests by the solicitant healthcare professional.

Fagron Genomics, S.L.U expressly reserves any legal actions in case of an inappropriate, negligent or incorrect use or interpretation of the results of our tests. It is the responsibility of the healthcare professional who requests a test to guarantee to the patient the appropriate genetic advice as foreseen by Law 14/2007, of 3rd July, of biomedical research. As Fagron Genomics, S.L.U does not have access to the personal identifiable information about the patient from whom the sample comes, it is the responsibility of the requesting healthcare professional to comply with the applicable data protection Laws and regulations.



Together
we create the future
of personalizing medicine.



Fagron NutriGen
Professional nutrigenomic
counselling



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Body weight

The regulation of body weight is complex and dependant on several factors.

Overweight and obesity may increase the risk of many health problems, including diabetes, heart disease, and certain cancers.

Factors that promote weight gain

- Genetics
- Energy intake
- Physical activity
- Type of diet
- Hormones
- Medicines
- Stress
- Others

Personalized nutrition

Nutrigenetics studies the different body responses (weight, blood pressure, plasma cholesterol or glucose levels, for example) to a specific diet (as low fat or Mediterranean diets), depending on the genetics of the individual.

Personalized nutrition is a healthy dietary recommendation tailored to our health status, lifestyle and genetics, using the information obtained with nutrigenetics.



A personalized diet plan improves weight loss efficacy

Current research shows that we are more motivated to follow a healthier diet and maintain a healthier lifestyle when the dietary advice provided is personalized, based on our genetic profile.^{1,2}

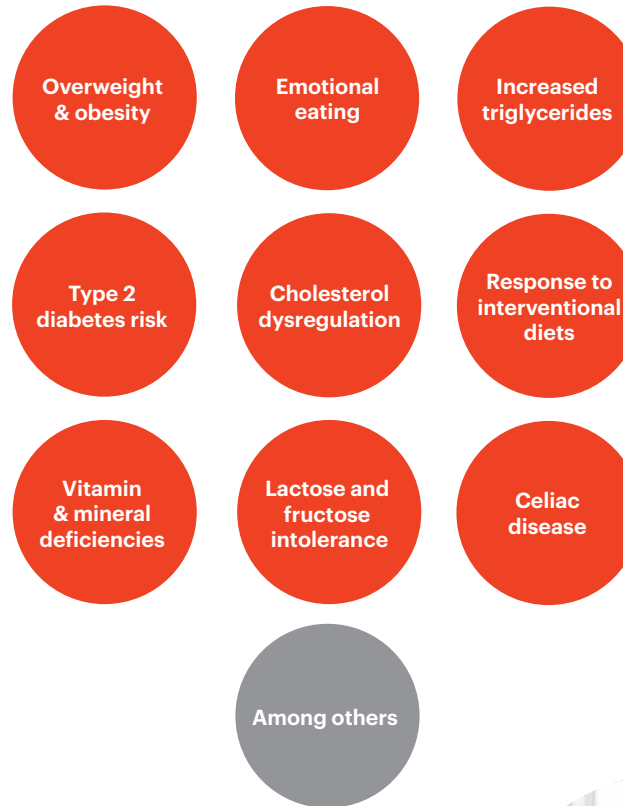
1. Goordazi MO. Lancet Diabetes Endocrinol. 2018;6(3):223-236.
2. Ordovas JM, et al. BMJ. 2018;13:361:bmj.k2173.

Fagron NutriGen

Innovative **genetic test** for personalizing **weight loss planning**, analyzing both genetic factors and other relevant patient characteristics.

What is analyzed?

Fagron NutriGen analyzes your genetic predisposition to:



Fagron NutriGen is indicated to be used by everyone who:

- Wants to understand how their genetics affect their body weight.
- Would like to have the optimal diet plan according to their body characteristics.
- Have tried different diet plans with few or no success.

Benefits

- **Fully personalized diet plan**
You will receive a diet plan exclusively designed to help you reach your target.
- **Genetic factors explanation**
By analyzing 327 genetic variations, you will receive a complete report that will help you understand your body better and how to provide it with the nutrients it really needs.
- **Specialist support**
Your nutritionist will now have a deep understanding of your genetic characteristics and how they relate to your body weight.
- **Once in a lifetime test**
Your genetic results will not change during your life.



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