

# Genetic Testing for Personalized Nutrition

## FAQs

### What is Nutrigenomics?

Nutrigenomics is a new scientific discipline that uses modern genomics technology to study the relationship between genes, nutrition and health. It has long been apparent that some people respond differently from others to certain foods. For example, individuals with lactose intolerance experience gastrointestinal discomfort after consuming certain dairy products, while other individuals can consume dairy with no problems. Nutrigenomics allows us to understand how our genes affect the way we respond to the foods, beverages and supplements we consume.

### Why should I have a Nutrigenomix® test? How will the results benefit me?

Nutrigenomix laboratories will test a panel of genes related to important aspects of your diet. We will then provide a full report of the findings and accompanying recommendations to your healthcare professional. Armed with this information, specific to your genetic profile, your healthcare professional will be able to develop the best dietary plan to help you meet your goals of improved health and wellness. Adhering to those recommendations will enable you to optimize your nutritional status and specifically focus on preventing nutrition-related chronic diseases.

### How is the testing done?

All that is required to test for these important diet-related genes is a simple saliva sample. The sample will be taken by your healthcare professional and sent to the laboratory for analysis.

### Can my test results be bad?

Our Nutrigenomix test analyzes DNA for common genetic variants that affect your response to the foods and beverages you consume. The test does not predict or diagnose any disease or health condition. With the information from your test results, your healthcare professional will be able to provide you with dietary advice tailored to your individual genetic profile.

### How long do I need to follow the advice for?

Your test results are not intended to form a short-term “diet”. The information provided in your report, combined with the nutritional plan created by your healthcare professional, will empower you with knowledge so that you can continually make the best dietary choices on a daily basis.



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### **Can I get the test done without contacting a healthcare professional?**

No. A consult with a healthcare professional is the best way to gain the optimum benefit from your genetic test results and personalized nutrition report. Your healthcare professional will be able to explain the findings and recommendations to you and help you achieve your optimal diet and healthy eating habits, based on your unique genetic profile.

### **If I don't already have a healthcare professional, how do I find one?**

Under the heading "Find a Healthcare Professional" on our website ([www.rmalab.com](http://www.rmalab.com)) you can find a healthcare professional that offers Rocky Mountain Analytical testing including Nutrigenomix.

### **How long will it take to get my results?**

Once our laboratory receives your saliva sample from your healthcare professional it should take approximately 2-4 weeks for the analysis and recommendations to be sent to your healthcare professional. Your healthcare professional will contact you as soon as they receive the results and set up a time to discuss them with you.

### **Who will have access to my genetic test results?**

Only your healthcare professional will be able to access your genetic test results through Rocky Mountain Analytical. Your DNA kit is marked with a unique barcode, which is what we will use at our facilities to analyze your sample. Only your healthcare professional will be able to link your kit's barcode to your personal information. All genetic data is sent through a secure 256-bit encryption server.

### **What will happen to my DNA sample?**

Your sample will be stored in our secure, controlled-access facilities and labeled only with your unique barcode, which only your healthcare professional will know belongs to you. As new discoveries in the field of nutrigenomics are made, additional information may be added to our test reports and new panels with additional cutting-edge information could be available to you.

### **Will my insurance cover the cost of the test?**

Check with your insurance provider. Some providers may cover the cost of a consultation with a healthcare professional, or provide a healthcare spending account that may cover the cost of the test kit as well.

### **What language is the report available in?**

Nutrigenomix reports are currently available in English and French, and the company is working to develop translations into many other languages.

