



# **DNA Health Report Packages**

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**iDNA Health**

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# The key to your health is locked in your DNA.

By analysing your DNA we can learn a lot about your health, and most importantly tailor a personalised diet, supplement and lifestyle program to optimise your wellbeing and unlock a more vibrant you.

## Personalised Healthcare.

Using your DNA will revolutionise your healthcare and empower you.

Stop guessing and make better choices.

Once we have your DNA, we can access an incredible amount of information about your health. In fact, way too much information to tackle all at once. What we do best is interpret your genetic data and present it to you in a way that is very easy to understand.

We have developed a range of health report packages focused on key areas. This enables us to target your health concerns and offer you clear guidance and advice. No matter what your health issues or health goals are, your DNA can give you unique insight and lead you to successful outcomes.

## Get Started

1. Book your initial consult with us - 30 min \$99.
2. Do your DNA Test - \$299 or \$45 to upload your 23andme or Ancestry.
3. Order your DNA Health Report Package - prices vary.
4. Book your 60 min follow-up consult with one of expert practitioners to review your DNA reports -\$170.



ZipPay Available

# Complete Diet & Exercise Package

Our most popular panel covering the key aspects of your health. The information in these eleven reports will equip you with the knowledge to make the best dietary and exercise choices to enhance your health and wellbeing.



## Food intolerances and Allergies Reports

- Gluten Intolerance
- Dairy (lactose intolerance, casein sensitivity and cow's milk allergy reported)
- Fructose Intolerance
- Lectin
- Allergies: Food and Environment
- Secretor Status (Gut Microbiome)

## Lifestyle Reports

- Alcohol
- Caffeine

## Diet Report

- Response to Diet Types

## Exercise Report

- Muscle Fibre Type

## Nutritional Report

- Vitamin B | Methylation

**For Best Results  
consider the  
30-Day Diet &  
Exercise Program**

**Cost: \$275**  
**\$400 if reports ordered individually**

# Food Intolerances & Allergies Package

This panel will clearly identify your food intolerances and allergies. No guesswork, no food elimination diets and challenges, no allergy testing. Clear identification based on DNA research. This package is highly recommended for anyone with gut symptoms, diagnosed gut disorders and skin problems.

A great place to start with young children before you introduce food.



## Food intolerances and Allergies Reports

- Gluten Intolerance
- Dairy (lactose intolerance, casein sensitivity and cow's milk allergy reported)
- Fructose Intolerance
- Lectin
- Allergies: Food and Environment
- Secretor Status (Gut Microbiome)

**For Best Results  
consider the Children's  
Food Intolerances,  
Allergies + Skin  
Program**

**Cost: \$199**  
**\$250 if reports ordered individually**

# Kickstart Weight & Wellness Package

Look at your genetics before you start another diet. A DNA approach to finally understanding your issues and relationship with food, weight gain, weight loss and your health.



## Weight-Related Reports

- Fat and Obesity Genes
- Weight loss Pattern
- Why Weight Loss Failing

## Diet Report

- Response to Diet Types

## Food intolerances and Allergies Reports

- Gluten Intolerance
- Dairy (lactose intolerance, casein sensitivity and cow's milk allergy reported)
- Fructose Intolerance

**For Best Results**

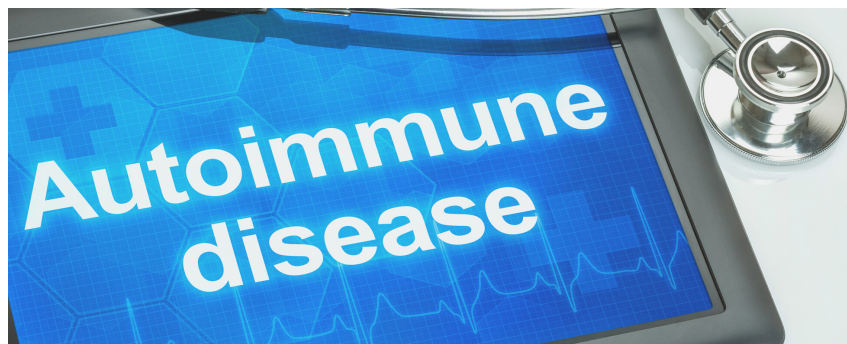
**consider the  
Kickstart Weight &  
Wellness Program**

**Cost: \$225**

**\$290 if reports ordered individually**

# Immune & Autoimmune Package

This panel is highly recommended for anyone with chronic immune issues or autoimmune disease, including autoimmune skin disorders. These reports will identify key problems with food intolerances, immune function, immunodeficiency and assess how your gut microbiome is interacting with the immune system, all causes of immune dysregulation and autoimmune risk. It is critical to identify the drivers of your autoimmune disease, not just treat the symptoms.



## Food intolerances & Allergies Reports

- Gluten Intolerance
- Dairy (lactose intolerance, casein sensitivity and cow's milk allergy reported)
- Fructose Intolerance
- Lectin
- Allergies: Food and Environment

## Gut Microbiome & Immune Interaction Reports

- Secretor Status (Gut Microbiome)
- Intestinal Permeability
- Response to Gram Negative Bacteria
- Gut Microbiome and Immune Interaction

## Nutritional Reports

- Vitamin D Pathway
- Vitamin B | Methylation

**For Best Results**

**consider the Gut  
Rebalancing  
Program**

**Cost: \$299**  
**\$430 if reports ordered individually**

# Mental Health & Wellbeing Package

Mental health disorders and symptoms are 50-85% hereditary. How you react to and perform under stress is strongly determined by your genetics. This package is recommended for anyone who has mental health issues that have required medical intervention. The panel covers the two key genes associated with mental health and risk of depression, anxiety, bi-polar, schizophrenia, post-traumatic stress, suicide, ADHD, sleep issues and post-natal depression. It also reports on the key nutrients associated with mental health.



## Key Mental Health Reports

- BDNF (Brain-Derived Neurotrophic Factor)
- COMT Gene: Warrior or Worrier Report

## Food Intolerance and Gut Microbiome Reports

- Gluten Intolerance
- Dairy (lactose intolerance, casein sensitivity and cow's milk allergy reported)
- Secretor Status
- Response to Gram Negative Bacteria (Gut Microbiome and Endotoxins)

## Lifestyle Reports

- Alcohol
- Caffeine

## Nutritional Reports

- Vitamin B Group | Methylation
- Vitamin D Pathway
- Choline and Phosphatidylcholine
- Fish Oil | EPA and DHA
- Iron Storage and Hemochromatosis

**For Best Results  
consider the  
Elevate Program**

**Cost: \$350**  
**\$500 if reports ordered individually**



# Brain & Memory Package

Genetics is the number one risk factor for development of Alzheimer's. The right diet can decrease risk of developing Alzheimer's by 53%. Early intervention is critical. This package is recommended for anyone who has a family history of Alzheimer's or dementia. All reports are based on the latest genetic research.

**You need the 23andme DNA test for this package.**



## Key Brain and Cognition Reports

- APOE (dementia gene)
- BDNF (nerve growth factor)
- Clusterin (oxidative stress within the brain)
- Picalm (stress and the brain)
- Complement Receptor (immune function and the brain)
- MCP1 (neuroinflammation and neurodegeneration)

## Key Nutrient Reports

- Vitamin B
- Vitamin D
- CoQ10
- Fish Oil
- Choline/Phosphatidylcholine
- Antioxidants
- Iron

**For Best Results  
consider the Stay  
Sharp Program**

**Cost: \$350**  
**\$525 if reports ordered individually**

# Women's Hormonal Health Package

This package is recommended for any woman dealing with hormonal issues related to abnormal hormone metabolism such as menstrual problems, endometriosis, breast cancer or other reproductive cancers.

These reports will give insight into pathways related to estrogen metabolism, oxidative stress, methylation, risk of DNA damage and capacity to repair damaged DNA.



## Women's Hormonal Reports

- Female Hormone Metabolism
- Primary Antioxidants
- CoQ10 | Ubiquinol
- Vitamin B | Methylation
- Vitamin D

**Cost: \$135**  
**\$185 if reports ordered individually**

# Skin & Acne Package

This package is recommended for anyone dealing with acne. It is critical to identify food intolerances and allergies and make appropriate dietary changes. However, genetic research is giving us unique insight into other key drivers of acne through mutations involving the androgen receptors and oxidative stress.



## Key Acne Reports

- Risk of Severe Acne
- Primary Antioxidants and Oxidative Stress

## Nutrient Reports

- CoQ10 | Ubiquinol
- Vitamin B | Methylation
- Vitamin D

## Diet Report

- Response to Diet Types

## Food Intolerances & Allergies Reports

- Gluten Intolerance
- Dairy (lactose intolerance, casein sensitivity and cow's milk allergy reported)
- Fructose Intolerance
- Lectin
- Allergies: Food and Environment
- Secretor Status (Gut Microbiome)

**Cost: \$299**  
**\$430 if reports ordered individually**

# Fitness Package

This package is recommended for anyone who's main priority is fitness, building muscle and burning body fat. The key reports on food intolerances are included so you can personalise your diet for maximum results.



## Sports Genetics Reports

- Muscle Fibre Type
- Response to Exercise

## Key Nutrient Reports for Sports Performance

- Vitamin B
- Vitamin D
- CoQ10 | Ubiquinol
- Caffeine (and impact on sports performance)

## Key Food Intolerance Reports

- Gluten intolerance
- Dairy intolerance

## For Best Results

**consider personal training with Sylvester Rofa, our personal trainer with a Bachelor's Degree in Genetics & Molecular Biology.**

**Cost: \$250**  
**\$320 if reports ordered individually**

# Response to Prescription Medications

We all respond differently to prescription medication.

These reports enable you to predict how you will respond to certain medications and will assist you in working with your GP to get you on the right medication and to limit adverse side effects.



## Reports Included:

- Cardiovascular Drug Report
- Gastrointestinal Drug Report
- Pain Medication Report
- Mental Health Medication Report

**Cost: \$99 per report or \$149 multiple reports.  
See overpage for list of medications reported.**

# Cardiovascular Medication Report

Cardiovascular Medications reported on:



## Statins

- Atorvastatin
- Fluvastatin
- Simvastatin



## Beta Blockers

- Carvedilol
- Metoprolol
- Nebivolol
- Propranolol

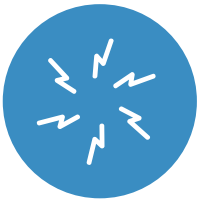


## Other

- Clopidogrel
- Flecainide
- Irbesartan
- Losartan
- Perhexiline
- Warfarin

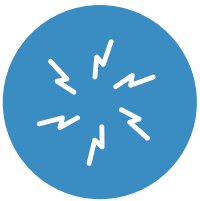
# Pain Medication Report

Pain Medications reported on:



## **NSAIDs**

- Celecoxib
- Ibuprofen
- Indomethacin
- Meloxicam
- Piroxicam



## **Opioid Analgesics**

- Codeine
- Oxycodone
- Tramadol

# Gastrointestinal Medication Report

Gastrointestinal Medications reported on:



## **Proton Pump Inhibitors**

- Esomeprazole
- Lansoprazole
- Omeprazole
- Pantoprazole
- Rabeprazole



## **Anti-Emetics**

- Metoclopramide
- Ondansetron
- Tropisetron



# Mental Health Medication Report



## Antidepressants

- Agomelatine
- Amitriptyline
- Citalopram
- Clomipramine
- Dothiepin
- Doxepin
- Duloxetine
- Escitalopram
- Fluoxetine
- Fluvoxamine
- Imipramine
- Mianserin
- Mirtazapine
- Moclobemide
- Nortriptyline
- Paroxetine
- Sertraline
- Venlafaxine
- Vortioxetine



## Antipsychotics

- Aripiprazole
- Chlorpromazine
- Clozapine
- Haloperidol
- Olanzapine
- Quetiapine
- Risperidone
- Zuclopenthixol

Continued over page

# Mental Health Medication Report



## Other

- Atomoxetine
- Clobazam
- Diazepam
- Melatonin