



**A sample representation of
what your reports look like**



Our Process

**Your Health
History**

Your DNA

**Your Gut
Biology**

We identify the
dietary compounds
that work best for
your body.

**We select the best foods and
recipes for you and create
personalized diet plans.**

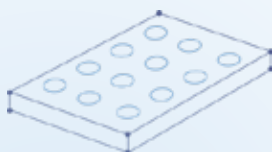


We use state of the art technology to create your reports.



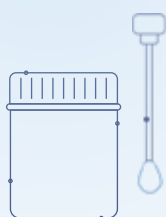
Collecting your DNA

Your saliva sample is used to extract your DNA, which holds important information that your body needs to survive.



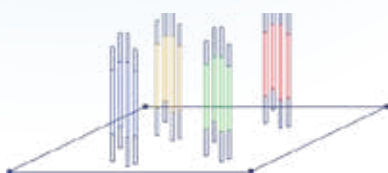
Reading your unique DNA code

A microarray (or a chip) 'reads' your DNA sample to help us study single-letter changes in your DNA code.



Collecting Gut Bacterial DNA

Your stool sample is used to extract bacterial DNA from your gut. Your gut microbiome is like your second genome, forming a dynamic ecosystem that is central to your health.



Measuring your Gut Bacteria

Using Next Generation Sequencing (NGS) technology, we study the bacterial DNA sequences to identify the different species of bacteria, their richness and abundance in your gut.

About your Reports

We explore your genes and gut biology to find what works best for you.

In order to know what your body needs to thrive, a deeper understanding of your genetic predisposition, gut microbiome composition and correlation with current symptoms is required.



Summary Report

Get a quick-view of key findings from the analysis. Detailed information for these findings are provided in the Wellness and Health Reports.



Wellness Report

Learn about biological metrics that are central to your well-being. This report includes wellness metrics that cover areas like nutrition, immunity, gut performance and more, to truly make your report holistic.



Health Report

We have researched genetic and gut microbiome biomarkers that impact a wide range of issues - from metabolic disorders to neuropsychiatric imbalances.

These reports contain details on your metabolic and digestive health, autoimmunity, inflammatory skin conditions, respiratory issues and much more.



Recommendations Report

Your recommendations will include precise diet and lifestyle advice. Learn about foods that are most beneficial for your health and foods that must be avoided.

These recommendations aim to help re-balance gut bacteria levels, improve wellness metrics as well as reduce the health risks identified in your samples.

A note from our experts

Best-studied biomarkers included.

We selectively analyze genome variants and gut bacteria which significantly impact health. This analysis does not cover all the variants, genes, haplotypes, non-genetic risk factors associated with the conditions covered in these reports.

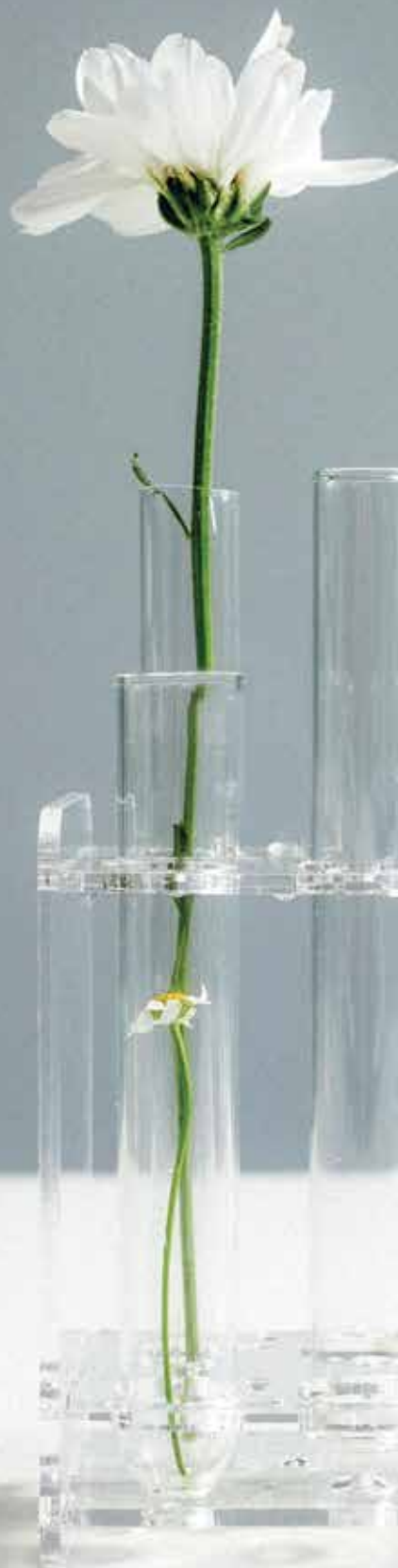
Risk prediction, not diagnosis.

The risk assessment is only an indication of your likelihood of developing symptoms. A 'High Risk' result may stem from DNA-based changes or current imbalances in your gut.

Genome analysis that matches your ancestry.

Our experts have validated several genome variants in samples from Americans (of admixed ancestry), Africans, Europeans, East Asians and South Asians.

If you have family history of any health issue, or suspect early symptoms, talk to a healthcare professional to learn about regular screening and prevention.



Wellness Report

Interesting facts unique to you, and their impact on the state of your gut health & immunity.



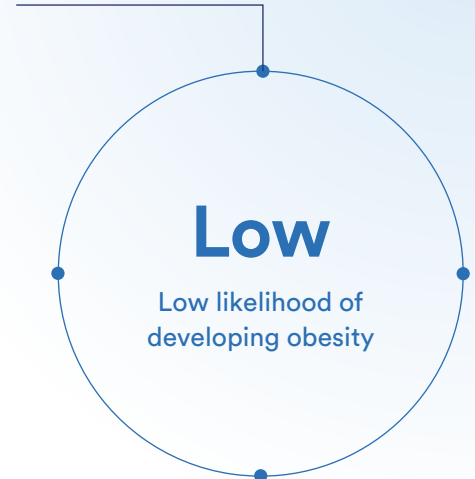
A glimpse into how your detailed insights will look

01. Obesity risk

Obesity is the physical state of having unhealthy or excess levels of body fat.

Did you know?

Apart from your lifestyle, changes in your gut bacteria and DNA contribute to body weight and fat distribution.

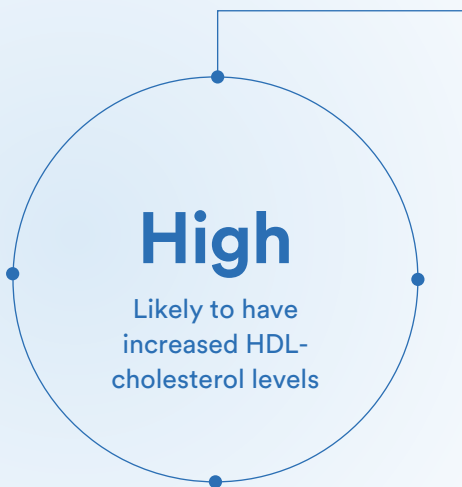


02. HDL-cholesterol levels

Also known as High-Density Lipoprotein or ‘good’ cholesterol, HDL-c is one of the lipids (fats present in the body).

Did you know?

HDL-c has anti-inflammatory effects and can protect the heart.

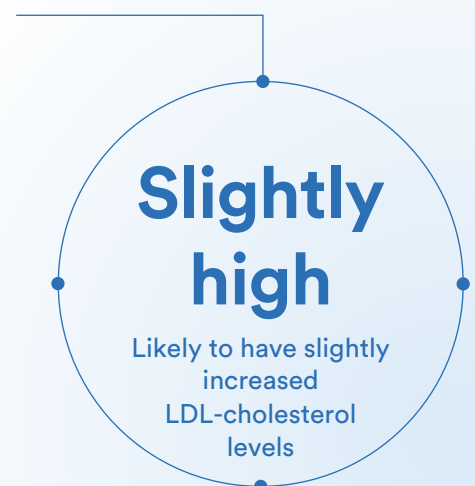


03. LDL-cholesterol levels

Also known as Low-Density Lipoprotein or ‘bad’ cholesterol, LDL-c is one of the lipids (fats) present in the body.

Did you know?

High levels can increase risk for heart disease.



Vitamins & Minerals

Vitamins/Minerals	What We Recommend
<p>Vitamin A levels</p> <p>Likely to have slightly reduced levels of Vitamin A (retinol)</p>	<p>Higher intake of Vitamin A; consider animal-based retinol sources or a supplement</p>
<p>Vitamin E levels</p> <p>Likely to have slightly increased vitamin E levels.</p>	<p>Slightly lower intake of vitamin E recommended</p>
<p>Vitamin D levels</p> <p>Likely to have reduced levels of Vitamin D</p>	<p>Higher intake of Vitamin D</p>
<p>Vitamin B6 levels</p> <p>Likely to have regular levels of Vitamin B6</p>	<p>Standard intake of Vitamin B6</p>
<p>Vitamin B9 levels</p> <p>Likely to have regular levels of Vitamin B9 (folate)</p>	<p>Standard intake of folate</p>
<p>Vitamin B12 levels</p> <p>Likely to have slightly reduced serum levels of Vitamin B12</p>	<p>Higher intake of Vitamin B12</p>

Gut Performance Score

This is a comprehensive score of five key functions which impact digestive health.



This is a comprehensive score of five key functions which impact digestive health.

Poor - Needs significant improvement
Moderate - Needs mild improvement

Good - In a good state, but can be optimized further
Excellent - Optimal range

Your complete Wellness Report will contain

Physical Fitness

- Power & Strength
- Endurance
- Muscular Hypertrophy
- Post-exercise inflammation
- Aerobic fitness (VO2max)
- Injury risk

Diet & Nutrition

- High-protein diet response
- High-fat diet response
- Homocysteine levels
- Omega-3 (EPA/DHA)
- Saturated fat requirement
- Caffeine response
- Vitamins & Minerals

Gut Profile and Distribution

- Gut performance score
- Firmicutes/Bacteroidetes (F/B) ratio
- Phylum Distribution

Behaviour & Personality

- Addiction habits
- Pain threshold
- Stress response
- Sleep onset
- Sleep duration
- Chronotype

Eating Behaviour

- Sweet tooth predisposition
- Bitter taste perception
- Your Diet & Gut Type

Weight Management

- Obesity risk
- HDL-cholesterol
- LDL-cholesterol
- Triglycerides

Mental Fitness

- Avoidance of errors
- Short term memory
- Long term visual memory

Immunity

- Celiac-based gluten sensitivity
- Non-celiac gluten sensitivity
- Cow milk allergy
- Egg allergy
- Histamine intolerance
- Peanut allergy
- Hay fever
- Flu susceptibility
- COVID-19 susceptibility

Health Report

A detailed breakdown of the current state of your health across areas that matter.



Biological Age

Your biological age is a measure of your body's cellular health. It is an estimate of how old your cells really are. Diet, exercise, stress, sleep and other environmental factors play a role in determining your biological age.

Your recommendations reports include actionable steps to slow down aging.



How We Calculate Your Biological Age

Your biological age was computed by mapping your genome data, gut-microbiome data and health information.



Lifestyle

Your current lifestyle needs adjustment



DNA + Gut

Follow the dietary recommendations to correct gut imbalances and slow down aging



Symptoms

Some of your current symptoms contribute to aging. Re-balancing gut health can help reduce severity



Cumulative Health Score

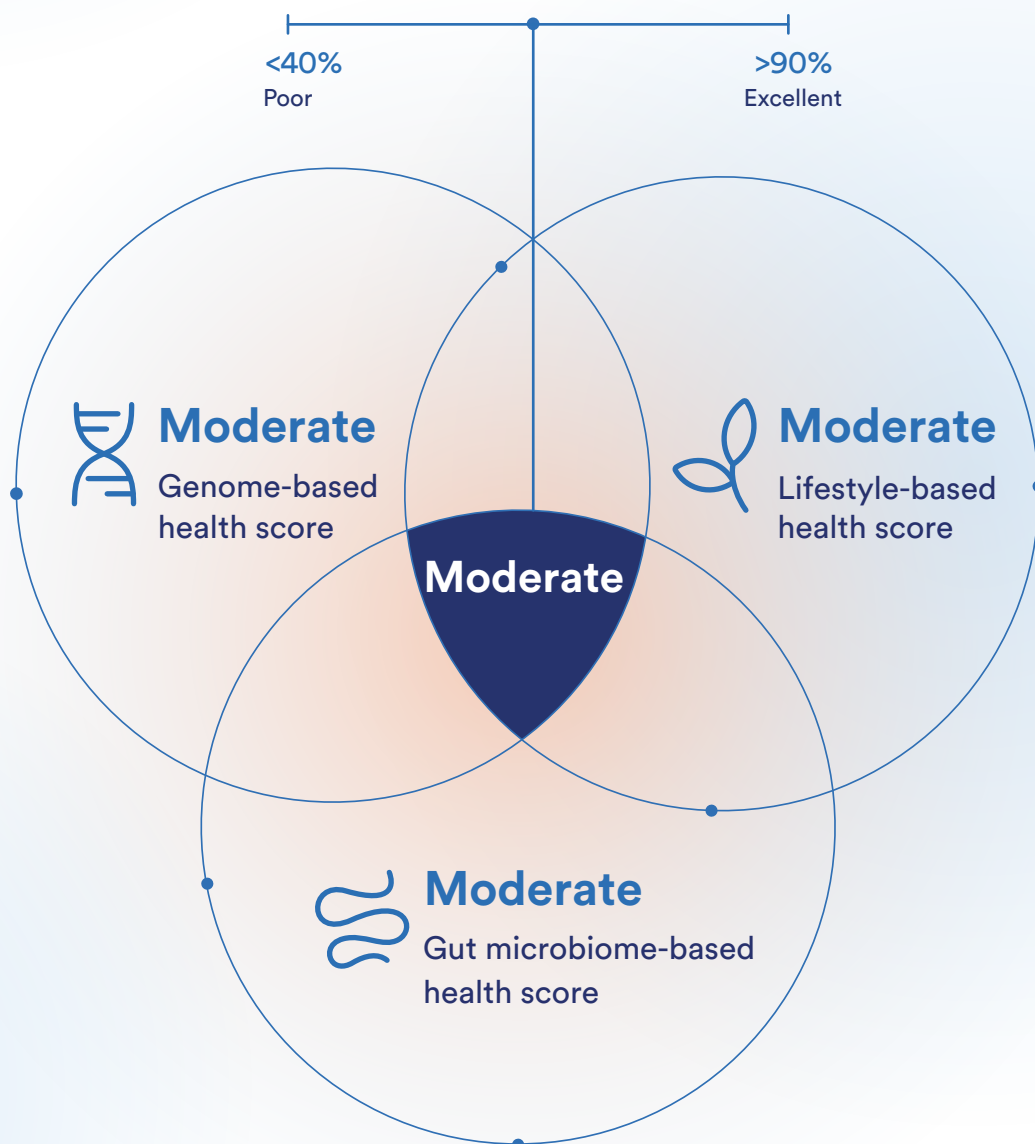
Three - Dimensional Analysis

Your Cumulative Health Score (CHS) is a comprehensive assessment of various aspects of your health, such as gut performance, metabolic health, immunity and more.

By using a three-dimensional analysis of your microbiome, genome and lifestyle information, your CHS represents elements from nature and nurture, which eventually shape your well-being.

Your Cumulative Health Score

Your Cumulative Health Score is the result of three subscores from your Genome, Gut Microbiome & Lifestyle.



- Poor - 0-40%
- Moderate - 41-80%

- Good - 81-90%
- Excellent - Greater than 90%

Area-wise Health Scores

In this section, we breakdown your Cumulative Health Score (CHS) into area-specific health scores to show you how you have performed in different areas such as digestive health, mental health, respiratory health and so on.

Area of health		Your Result
Digestive Health		Moderate
Eye Health		Moderate
Oral Health		Moderate
Mental & Brain Health		Moderate
Metabolic Health		Excellent
Respiratory Health		Moderate
Reproductive Health		Poor
Skin & Hair Health		Moderate
Heart Health		Poor
Kidney Health		Moderate
Bone & Joint Health		Poor

- Poor - 0-40%
 - Moderate - 41-80%
- Good - 81-90%
 - Excellent - Greater than 90%

A glimpse into how your detailed insights will look

01. Crohn's Disease

An inflammatory bowel disease (IBD) which can affect any part of the gastrointestinal tract.

Cumulative Risk:

80.28%

Slightly High Risk

Lower than 79.28% of people in our reference dataset.

How your score was generated:



1.39%

Low Risk

Analyzing hundreds of sequence variants across your personal genome.

Host DNA was extracted from saliva sample.



100.00%

High Risk

Profiling hundreds of bacterial markers in your gut.

Microbial DNA extracted from stool sample.

Symptoms to look out for:

- Malnutrition
- Abdominal pain
- Bloody diarrhea
- Weight loss, reduced appetite
- Anemia
- Loss of bone mass
- Delayed puberty and growth
- Fissures and/or fistula

Frequently seen in:

Onset can occur in very young children (<5 years of age) as well as in adolescents (peak onset).

Up to one-thirds of Crohn's cases are diagnosed <20 years of age.

What can increase risk:

- Cesarean birth
- Antibiotics in early life
- Never breastfed
- Family history
- History of appendectomy
- History of Non Steroidal Anti-Inflammatory Drugs (NSAIDs - e.g: ibuprofen)
- Appendectomy
- Depression, stress
- Vitamin D deficiency

A glimpse into how your detailed insights will look

02. Type 2 Diabetes Mellitus (T2D)

An endocrine disorder wherein insulin production, function and response is impaired, resulting in elevated blood sugar levels.

Cumulative Risk:

87.31%

Slightly High Risk

Lower than 86.31% of people in our reference dataset.

How your score was generated:



37.1%

Low Risk

Analyzing hundreds of sequence variants across your personal genome.

Host DNA was extracted from saliva sample.



99.86%

High Risk

Profiling hundreds of bacterial markers in your gut.

Microbial DNA extracted from stool sample.

Symptoms to look out for:

- Increased thirst
- Frequent urination
- Increased hunger
- Unintended weight loss
- Fatigue
- Blurred vision
- Slow-healing sores, wounds
- Frequent infections
- Numbness or tingling in the hands or feet
- Areas of darkened skin, usually in the armpits and neck

Frequently seen in:

Onset can begin in mid-aged adults above 45 years of age.

What can increase risk:

- Being overweight or obese
- Sedentary lifestyle
- Family history of diabetes
- Belonging to Native American, Asian people, or Pacific Islanders ancestry
- Imbalanced blood lipid levels
- Prediabetes
- Polycystic ovary syndrome

Your complete Health Report will contain

Cumulative Health Score

Are Wise Health Score

Digestive Health

- Constipation
- Crohn's disease
- Irritable Bowel Syndrome
- Non Alcoholic Fatty Liver Disease
- Ulcerative Colitis
- Small Intestinal Bacterial Growth
- GastroEsophageal Reflux Disease
- Peptic Ulcer

Oral Health

- Chronic Periodontitis

Mental & Brain Health

- Bipolar disorder
- Chronic Fatigue Syndrome
- Depression
- Epilepsy
- Generalized Anxiety Disorder
- Migraine
- Multiple Sclerosis
- Schizophrenia

Skin & Hair Health

- Atopic dermatitis (Eczema)
- Psoriasis
- Vitiligo
- Lupus

Bone & Joint Health

- Ankylosing Spondylitis
- Osteoarthritis
- Osteoporosis
- Rheumatoid arthritis
- Gout

Metabolic Health

- Grave's Disease
- Hypothyroidism
- Hashimoto's thyroiditis
- Type 2 diabetes

Respiratory Health

- Asthma
- Chronic Obstructive Pulmonary Disease
- Idiopathic Pulmonary Fibrosis
- Obstructive Sleep Apnea
- Severe COVID Infection

Heart Health

- Hypertension
- Atherosclerosis
- Ischemic stroke
- Coronary artery disease
- Atrial fibrillation

Kidney Health

- Chronic Kidney Disease
- Kidney stones
- Urinary Tract Infection

Your customised report will include conditions which are appropriate for your age and gender.

Recommendations Report

Personalised food & lifestyle recommendations derived from your health & wellness reports.



Things to Keep in Mind

- The analysis does not include any biochemical testing or active measurements of metabolites/nutrients in the blood.
- Nutritional guidelines from from the USDA (US Department of Agriculture), US Department of Health & Human Services - Dietary Guidelines for Americans and ESPEN were followed during the dietary assessment.
- In case you have symptoms of a clinical deficiency or a confirmed diagnosis, consult your physician for corrective action.



We Built a Food Pyramid Just for You

Foods to Moderate

1-2 times a month



Foods to Include

Use for regular meal planing



Superfoods

Everyday Intake



Superfoods

Green Leafy Vegetables

Beet greens | Fenugreek leaves

Recommended quantity:

At least 1 serving every day [1 serving = 1 cup raw or 1/2 cup cooked].

Preparation Style:

1. Steam, boil, roast, sauté, or grill and add as a side to your meal
2. Add to your salad, soup or sandwich
3. Add to power bowl or stir-fried dish
4. Add to warm pasta, rice, or noodle dish
5. Add to a fruit and veggie smoothie or fresh cold-pressed juice

Recipes:

Sauteed beet greens

Vegetables

Yam

Recommended quantity:

At least 1 serving every day [1 serving = 1 cup raw or 1/2 cup cooked].

Preparation Style:

1. Steam, boil, roast, sauté, or grill and add as a side to your meal
2. Add to your soup or salad
3. Add to a power bowl or stir-fried dish
4. Add to an omelette or frittata (non-vegetarian)
5. Add as a topping for pizza or flatbread
6. Add to a pasta, risotto or noodle dish

Recipes:

Roasted yam and bean power bowl

Superfoods

- Nutritionally dense
- Restore optimal levels of key gut bacteria
- Genetically suitable for you

Get the most out of every meal, by pairing 1 or more superfoods with 1 or more foods from the Include list.



Foods To Include

Grains

Barley | Brown rice | Corn | Corn (tender) | Farro | Oats | Rice flakes (brown) | Rice puffed | Uncooked rice | Sweet corn | Rye

Recommended quantity:

3 servings/day [1 serving : one slice of bread; a half cup of cooked oatmeal, pasta or rice; an ounce of crackers; or a cup of dry cold cereal]

Preparation Style:

1. Make a warm or cold grain salad
2. Make as hot or cold breakfast cereal
3. Add to a powerbowl
4. Make pasta, rice, or noodle dishes
5. Make homemade bread, rolls, biscuits or low-sugar baked goods
6. Enjoy as crackers

Recipes:

Barley & veggie stew | Stir fry with brown rice, veggies, & meat

Herbs, Condiments & Spices

Cacao nibs | Dill | Fennel seeds | Oregano | Parsley | Sweet basil | Thyme | Allspice | Asafoetida | Black pepper | Cayenne | Chili pepper | Cinnamon (ceylon) | Coriander seeds | Cumin seeds | Fenugreek seeds | Ginger | Green chillies | Licorice | Mace | Nutmeg | Jalapeno | Peppermint | Poppy seeds | Red chillies | Red pepper flakes

Recommended quantity:

Include 1 tbsp with every meal

Preparation Style:

1. Add to drinking water/add to your food preparations
2. Add to homemade dressings, vinaigrette, marinades, etc.

Foods to Include

- Well-suited for maintaining gut health
- Rich in compounds which balance specific bacteria in your gut
- Natural origin, not processed
- Genetically suitable for you

Consume these foods as part of regular diet, as they are suited to your gut biology and health status.



Foods To Moderate

Animal meat

Pork (chops,ham,shoulder)

Preparation Style:

1. Steam, boil, roast, sauté, braise, or grill and eat
2. Add to your soup, salad or stew
3. Add to a stir-fried dish or power bowl
4. Add to a sandwich, wrap, taco, burrito or quesadilla
5. Add to pasta or flatbread/ pizza dish

Foods to Moderate

- Moderately suitable for your gut health
- Recommended in controlled amounts
- Might contain processed ingredients
- Can cause side effects when consumed frequently

Consume these in moderation, if your normal diet includes them or you are particularly used to eating any of them. Reduce the consumption of these foods gradually, or avoid them altogether, if you can.



Foods to Avoid

Vegetables

Eggplant | Broccoli | Romanesco | Button mushroom (fresh) | Oyster mushroom (dried) | Maitake mushroom (fresh) | Shiitake mushroom (fresh)

Foods to Avoid

- Can prevent the right bacteria from thriving in your gut
- Can increase levels of harmful gut bacteria
- May trigger health risks you are more susceptible to
- May worsen existing symptoms

Avoid consuming these foods.

Your Personalized Diet Chart

Our experts have created this sample diet chart for you. Each meal (Breakfast, Lunch, etc) includes multiple options. Get the most out of every meal, by pairing 1 or more Superfoods with 1 or more foods from the Include list.

<div></div> <div>Breakfast</div>	<ul style="list-style-type: none">• Amaranth porridge with fruit• Egg white and veggie omelet• Oatmeal with mixed fruit• Fruit and yogurt parfait
<div></div> <div>Lunch</div>	<ul style="list-style-type: none">• Soba noodle bowl with mixed veggies Crispy celery slaw• Grilled zucchini and veggie salad Potato and vegetable soup• Cabbage & veggie stir fry Sweet corn salad• Grilled shrimp and veggie skewers Sauteed okra
<div></div> <div>Dinner</div>	<ul style="list-style-type: none">• Bean & corn burrito bowl White radish and crunchy vegetable salad• Chicken & veggie salad with quinoa Chicken & veggie salad with quinoa Roasted carrots• Roasted sheet pan chicken thighs with veggies Vegan cucumber salad• Salmon en papillote over veggies Sauteed beet greens
<div></div> <div>Beverages *</div>	<ul style="list-style-type: none">• Yerba mate and guayusa tea•

*Have a Snack or a Beverage (we gave you some options!) if you feel hungry in between meals.

Activity & Habits

Avoid the consumption of food or drink in the 2 hours before bedtime to reduce the overall risk for peptic ulcer.	Stay upright while eating, and right after meals to prevent peptic ulcer.
Track your body's response to exercise Stick to low-moderate intensity activity in case you have symptoms of digestive trouble.	Maintain a food diary or journal, to help identify triggers. Track your body's response to substances like dairy and gluten, which are known causes of gut inflammation.
Avoid crash diets or fad diets for better blood sugar control.This reduces the risk for diabetes.	Increase consumption of monounsaturated fats and decrease the consumption of trans/saturated fats. Check your Superfoods and Include foods to see what suits your gut best.
Continue to engage in regular exercise with a total of atleast 150 minutes per week. Check your fitness recommendations to know what sport/exercise you are genetically suited for.	
Use sunscreen (at least SPF 30) when you're outside, and reapply it every 2 hours to prevent vitiligo.	

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Better health is not one giant step, but lots of little steps taken in the right direction.



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