



Wellness Check

Genetic evaluation of metabolism,
nutrition, and well-being

SYNLAB 
SOLUTIONS IN DIAGNOSTICS

www.synlab-sd.com



Why undergoing this examination?

The number of people aware of the importance of a healthy lifestyle to prevent diseases is growing, forming the basis of Personalized Preventive Medicine. In this context, nutrition is one of the important factors to consider. Genetics influences the metabolism of the foods we eat and, therefore, the effect they have on the body. Adjusting the diet based on genetics allows optimizing health, avoiding reactions that can cause discomfort, and promoting disease development. To obtain a personalized diet that improves each person's health, it is necessary to know the genetic profile related to genes regulating different metabolic pathways.

What is the exam?

The **Wellness Check** nutrigenetic test aims to establish the genetic profile associated with the regulation of the main metabolic pathways related to nutrition and other important health and well-being pathways. The analysis identifies genetic variants in 24 genes related to: cholesterol and lipid profile, lactose intolerance, celiac disease, salt sensitivity; alcohol metabolism; caffeine metabolism; vitamin D and bone health; detoxification; oxidative stress; inflammatory response, DNA methylation, and homocysteine metabolism. The results presented by the Wellness Check test provide essential information that helps in creating a personalized diet.

For whom is it indicated?

- Patients who want to maintain and improve their current health status, preventing, when possible, common chronic diseases in adulthood;
- Patients with a family history of diseases common in adulthood and/or neurological developmental disorders, to improve their quality of life through nutrition.

Technology

Restriction Fragment Length Polymorphisms (RFLP) PCR + Real-time PCR.

Advantages

SYNLAB GROUP

Guaranteed by the experience of the absolute European leader in laboratory diagnostics.

COMPLETE

The report provides personalized recommendations in both nutrition and other lifestyle factors.

Extra Information

DOCUMENTATION - Available on the SYNLAB Direct for clients

- Consent Informed;
- Clinical Questionnaire.

PREPARATION

- Fasting is not necessary for the exam.



Delivery Time

15 business days



Tipo de Amostra

5 mL of whole blood in EDTA

Additional Information

Wellness Check List of parameters analyzed	
Genetic intolerance to lactose	Detoxification
Predisposition to celiac disease	Oxidative stress
Salt sensitivity	DNA methylation and homocysteine metabolism
Caffeine sensitivity	Cholesterol and lipid profile
Alcohol sensitivity	Vitamin D
Inflammatory response	Bone health