



PATIENT	TEST ORDERED BY	SAMPLE DETAILS	PERFORMED BY
Name: ABCDEFG	Name: Doctor Name	ID: GC123456	Laboratory: Agiomix FZ-LLC Labs
DOB: DD-MM=YYY	License #:	Type:	License #: 3650734
Gender: Gender	Gender: ABC Hospital	Receipt Date: DD-MM-YYYY	Authority: Dubai Health Authority
ID: -----		Report Date: DD-MM-YYYY	Test ID:

REPORT SUMMARY



About the Test

Nutri Chex[®] is an advanced genetic test that analyzes 300+ genetic variants across 187 genes to understand how your genetics may influence the way your body processes and utilizes around 150 nutrients. Based on your unique genetic profile, the test identifies which supplements may be most beneficial for you, which nutrients you may need to prioritize, and which nutrients may be consumed in limited amounts. These insights help you make more informed supplement choices and support a personalized nutritional strategy for better health and overall well-being.



You May Have Increased Need For

- Chamomile
- Dandelion
- Garlic
- Ginger
- L-Arginine
- Lavender



You May Get The Least Benefit From

- Adrenal concentrate
- Nattokinase
- PQQ
- Testosterone
- Willow Bark

Consult with your licensed healthcare professional before taking any supplementation or making changes to your lifestyle, dosages must be recommended based on your individual needs.



REPORT SUMMARY



You May Get A Normal Benefit From

- Bromelain
- Calcium
- Quercetin
- Vitamin A



You May Get The Most Benefit From

- Red Yeast Rice
- Rhodiola
- Turmeric
- Vanadium



You May Need To Limit Your Intake Of

- Alcohol
- CBD
- Caffeine
- Hops
- Cannabis
- Zeaxanthin



SUPPLEMENTATION NEED



You May Have Increased Need For

Chamomile

Chamomile, a herb well-known for its calming properties, is commonly used to promote relaxation and sleep quality. Its anti-inflammatory and antioxidant compounds support overall health and well-being. Chamomile is also known for soothing the stomach, helping with occasional bloating, gas, or mild cramps, especially when tension affects digestion. It's widely consumed in the form of tea or powdered extract for daily calming support.



You May Have Increased Need For

Dandelion

Dandelion preparations are traditionally used for digestive and diuretic effects. It contains bioactive compounds such as lactones and polyphenols which contribute to its characteristic bitter profile and metabolic activity. It is shown to naturally support the urinary excretion by increasing urine output and frequency, highlighting its gentle diuretic benefits. It is also commonly included to support bile flow, digestive comfort, and appetite regulation.



You May Have Increased Need For

Garlic

Garlic contains allicin which is converted into a variety of organosulfur compounds when chopped or crushed. These compounds have been studied for antioxidant, vascular, and antimicrobial effects and may support healthy blood pressure, lipid balance, and circulation. Garlic supplements may also contribute to antimicrobial defense in the gastrointestinal tract.



You May Have Increased Need For

Ginger

Ginger contains gingerols and shogaols as key bioactive compounds. These compounds support digestive function by promoting gastric motility and contributing to relief of occasional nausea and gastrointestinal discomfort. Ginger is also known for pain relief, and anti-inflammatory effects, acting through pathways like serotonin receptors and inhibiting inflammatory mediators. It is generally well tolerated, although higher intakes may cause mild heartburn or gastrointestinal irritation in sensitive individuals.



SUPPLEMENTATION NEED



You May Have Increased Need For

L-Arginine

L-Arginine is an amino acid that serves as a primary substrate for nitric oxide synthesis via nitric oxide synthase. Through NO-mediated vasodilation, it supports endothelial function, blood flow, and exercise performance, particularly under conditions of increased circulatory demand. L-arginine also participates in the urea cycle, contributing to ammonia clearance and overall nitrogen metabolism. It is involved in protein synthesis, immune function, and wound healing.



You May Have Increased Need For

Lavender

Lavender is an aromatic botanical whose essential oil contains terpenes, which contribute to its characteristic calming effects. It is commonly used to support relaxation, stress regulation, and sleep quality through modulation of autonomic and neurotransmitter signaling. Lavender may also support mild tension relief and overall mood balance when used consistently in aromatherapy or oral preparations formulated for ingestion. It is generally well tolerated, though skin irritation may occur with topical use, and oral products may cause mild gastrointestinal discomfort in sensitive individuals.



SUPPLEMENTATION RESPONSE



You May Get The Least Benefit From

Adrenal Concentrate

Animal-derived glandular products that can support adrenal function, energy production and hormonal balance during stress or fatigue. It mainly helps maintain healthy cortisol and DHEA levels, and improve stress resistance. Potential side effects include symptoms of improper adrenal function, such as severe fatigue, dizziness, and stomach pain. It is also present in some supplements and typically contain a mix of adrenal tissue components, which vary by product. However, clinical evidence for adrenal fatigue is not substantiated.



You May Get The Least Benefit From

Nattokinase

Nattokinase is an enzyme, extracted and purified from nattō, a traditional Japanese food made from fermented soybeans.. The nattokinase itself is secreted from a bacteria involved in the fermentation process and has a very strong ability to break down blood clots, whilst also demonstrating a beneficial effect on blood pressure and general cardiovascular health.



You May Get The Least Benefit From

PQQ

PQQ (Pyrroloquinoline quinone) is a potent redox-active compound that stimulates mitochondrial biogenesis and enhances cellular energy metabolism. Known for its neuroprotective and anti-inflammatory properties, PQQ is commonly used to boost cognitive function, boost energy, and combat oxidative stress. It also influences lipid metabolism and helps lower markers of inflammation. **Source: PQQ is found in trace amounts in foods like parsley, green peppers, kiwi, papaya, and tofu. It is generally considered safe as a supplement.**



You May Get The Least Benefit From

Willow Bark

Willow bark is a botanical source of salicin and related salicylates that are metabolized to salicylic acid, contributing to its traditional use for pain, fever, and inflammatory discomfort. It supports modulation of prostaglandin-mediated signaling, which underlies its applications for headache, musculoskeletal soreness, and joint comfort within normal physiological ranges. It may cause gastrointestinal irritation or increased bleeding tendency, and should be avoided in individuals with aspirin sensitivity and those using anticoagulant or antiplatelet therapies.



SUPPLEMENTATION RESPONSE



You May Get The Least Benefit From

Testosterone

Testosterone is the principal androgenic steroid hormone, produced primarily by the testes in males and in smaller amounts by the ovaries and adrenal glands in females, where it regulates reproductive function and contributes to maintenance of muscle mass, bone density, erythropoiesis, and libido. In clinical practice, testosterone therapy is indicated for confirmed hypogonadism based on consistent biochemical deficiency with compatible symptoms. Potential adverse effects include acne, mood changes, fluid retention, worsening sleep apnea, and suppression of fertility.

SAMPLE REPORT



SUPPLEMENTATION RESPONSE



You May Get A Normal Benefit From

Bromelain

Bromelain is a natural enzyme complex that helps break down dietary proteins, supporting smoother digestion. It also supports the body's normal inflammatory response, which is why it is commonly used for joint comfort and recovery after physical strain. In addition, it can support healthy circulation by helping maintain normal platelet function and fibrin balance, which are involved in the body's natural clotting processes.

Source: Bromelain is derived from plants in the Bromeliaceae family, particularly pineapple. Pineapple's stem, root, fruit, juice, and even peel serve as a source of bromelain.



You May Get A Normal Benefit From

Calcium

Calcium is an essential mineral, vital for building and maintaining strong bones and teeth. It also supports muscle contraction, nerve signaling, and a healthy, regular heartbeat. Calcium is supported by vitamin D, magnesium, and vitamin K, which help optimize its absorption and utilization. A deficiency can cause brittle bones, muscle cramps, and increased risk of fractures.

Source: Calcium is found commonly in dairy products, fortified plant-based milk, leafy greens, and fish like sardines and salmon.



You May Get A Normal Benefit From

Quercetin

Quercetin is a plant-derived flavonoid, recognized for its antioxidant capacity and broad regulatory effects on cell signaling. It supports immune balance and inflammatory homeostasis by modulating pathways involved in cytokine activity, mast cell stability, and oxidative stress regulation. It is known to support seasonal respiratory comfort, vascular integrity, and overall cellular resilience within normal physiological ranges.

Source: Its is abundantly found in foods such as onions, apples, and berries.



You May Get A Normal Benefit From

Vitamin A

Vitamin A is a fat-soluble micronutrient essential for visual function, particularly through its role in rhodopsin formation required for low-light vision, and it also supports epithelial integrity of the skin and mucosal barriers. It regulates gene expression involved in immune competence, cellular differentiation, normal growth and development. It is commonly prescribed to support immune and skin health, especially when dietary intake is insufficient.

Source: Preformed Vitamin A (retinol), found in animal products such as beef liver, cod liver oil, eggs, and Provitamin A (carotenoids), found in plants such as carrots, sweet potato, and leafy greens.



SUPPLEMENTATION RESPONSE



You May Get The Most Benefit From

Red Yeast Rice

Red Yeast Rice is a fermented rice product that contains naturally occurring monacolins, including monacolin K, which is chemically identical to lovastatin and can inhibit HMG-CoA reductase involved in endogenous cholesterol synthesis. It is commonly used to support maintenance of healthy LDL-cholesterol levels within the normal range, with effects that depend on the monacolin content and product standardization. Because of its statin-like activity, it may cause adverse effects such as muscle pain or weakness and elevated liver enzymes.



You May Get The Most Benefit From

Rhodiola

Rhodiola is an adaptogenic botanical traditionally used to support physiological resilience to physical and mental stressors, with characteristic constituents including rosavins and salidroside. It is commonly used to support fatigue resistance, cognitive performance, and mood stability by modulating stress-response pathways and cellular energy metabolism. Rhodiola may be particularly relevant during periods of high workload by supporting perceived stamina and mental clarity without pronounced sedation in many individuals.



You May Get The Most Benefit From

Turmeric

Turmeric is a botanical rhizome rich in curcuminoids, particularly curcumin, which supports modulation of inflammatory signaling and antioxidant defenses. It is commonly used to support joint comfort, mobility, and recovery by influencing pathways involved in cytokine activity and oxidative balance within normal physiological ranges. Turmeric may also support digestive function and hepatobiliary activity through effects on bile flow and gastrointestinal comfort.



You May Get The Most Benefit From

Vanadium

Vanadium, in the form of vanadyl sulfate, may help improve blood sugar control and insulin sensitivity, particularly in type 2 diabetes. It supports modest muscle growth, bone strength, and cardiovascular health by regulating blood glucose uptake but high doses are toxic. Vanadium compounds also have demonstrated antiviral, anti-tumor, and anti-parasitic properties.



CONTRAINDICATIONS

(X) You May Need To Limit Your Intake Of**Alcohol**

Alcohol (ethanol) is a psychoactive compound that affects neurotransmitters and reward pathways. It is metabolized primarily in the liver and can increase oxidative stress with higher exposure. Alcohol can influence sleep architecture, appetite regulation, and cardiometabolic markers. Long-term heavy intake is linked to liver disease and increased risk of several cancers.

(X) You May Need To Limit Your Intake Of**CBD**

Cannabidiol (CBD) is a non-psychoactive compound derived from cannabis, and helps regulate functions like mood, stress response, sleep, and discomfort signaling. In supplements, CBD is commonly used to support relaxation, everyday stress balance, and sleep quality, as well as overall physical comfort, without the intoxicating effects associated with THC.

(X) You May Need To Limit Your Intake Of**Caffeine**

Caffeine is a central nervous system stimulant that increases alertness and reduces perceived fatigue. It acts primarily via blocking adenosine receptors in the brain, reducing feeling of tiredness and supporting focus, attention, and reaction time. It can also support physical performance by increasing perceived energy and helping the body mobilize fatty acids for fuel during athletic performance, particularly in endurance sports.

Source: Coffee, tea, and cacao beans are the primary sources of caffeine.

(X) You May Need To Limit Your Intake Of**Cannabis**

Cannabis is a botanical that contains bioactive phytocannabinoids, most notably THC and CBD, and is involved in neuromodulation, pain perception, appetite, and stress responses. Its physiological effects depend strongly on the cannabinoid profile, dose, and route of administration, with THC producing psychoactive effects and CBD being non-intoxicating yet bioactive. Cannabis-derived ingredients are used in regulated contexts to support symptom management for specific conditions. Adverse effects may include sedation, impaired attention and coordination, anxiety, and mood changes.



CONTRAINDICATIONS

You May Need To Limit Your Intake Of

Hops

Hops are flowers of plant Humulus lupulus, and are used in brewing herbal teas and beer. They contains bitter acids and prenylated flavonoids that contribute to neuromodulatory and antioxidant activity. It is commonly included to support relaxation and sleep quality, often in combination with other calming botanicals. Mild sedation may occur, and caution is advised with CNS depressants and in hormone-sensitive contexts.

You May Need To Limit Your Intake Of

Zeaxanthin

Zeaxanthin is a dietary carotenoid concentrated in the macula of the retina, where it functions as a protective pigment that filters high-energy blue light and supports visual performance. It contributes to ocular antioxidant defense by helping mitigate oxidative stress in retinal tissues, which is relevant to long-term macular integrity. Zeaxanthin is commonly included with lutein in eye-health formulations to support contrast sensitivity and visual comfort, particularly with aging or high screen exposure.