## Did you know, understanding your genetics is a powerful way you could improve your health and longevity?

## Be more informed with the myDNA Comprehensive Health Test

Our DNA is unique to each of us, so the myDNA Comprehensive Health Test results will be personalized based on your unique genetic profile. This information combined with other factors such as diet, exercise and the environment can help shape a picture of your overall health and longevity. By understanding your DNA, you can be more informed and make better health decisions.



## Benefits of the test

- → You only need to take this test once in your lifetime.
- → Highest level of scientific based results.
- ➔ Your results will never be sold.
- ➔ Your results will be actionable to impact your health and longevity.

## How to take the test

- 1. Tell your Practitioner you want to take the test.
- 2. Complete the simple cheek swab.
- 3. Your Practitoner will send in the test for you.
- 4. You will get your results in 2 weeks.

