**Life-Improvement Test**

Life improvement tests using the latest techniques and laboratory methods with the most experienced experts and consultants in the field of personal medical genetics to find a new way to health - provides prediction and prevention.

**Everything is stored in your DNA!**

All the information about how your body works and what you look like is stored in your genes and on the DNA molecules in your cells. This information is inherited from parents and is different for different people. Appearance, moral characteristics, talents and the possibility of contracting diseases are among these hereditary characteristics. Genetics is the study of genes and the transmission of traits from one generation to another. The progress of this science has made geneticists able to examine these traits and take steps to improve people's quality of life.

The life improvement service center uses the latest technology to examine your DNA and gives you the ability to know your genetic characteristics and plan your unique lifestyle according to them.

**Our priority: your privacy!**

Your personal and genetic information is kept strictly confidential at the Life Improvement Center and will not be shared with any person or organization, and only you decide with whom these results will be shared. Our goal is that you always feel safe, calm and respected.

**Where to start?**

Consulting and placing an order: You can always choose the test according to your needs and concerns with the help of our consultants at the Life Improvement Center and make an appointment to take a sample.

Obtaining a saliva sample: To perform this test, it is necessary to obtain a sample of your saliva. This is done simply by using a tube of distilled water to rinse the mouth for 30 seconds and then empty the contents of the mouth into the test tube. Sampling can be done at the center or at home by you.

Examination and analysis of DNA sample: First, your DNA is extracted from the saliva sample in the laboratory, and after quality control, sequencing is done using modern technologies. After controlling the quality of the resulting sequence, raw data analysis is done using the latest bioinformatics methods.

Receiving test results and consultation with experts: After the analysis is completed, the results of your test will be provided to you in the form of written notebooks. After setting the consultation time, you can refer to our experts at the Life Improvement Center to provide practical explanations about the results of the report and benefit from specialized consulting services.

**Introducing the collection of life improvement**

This center was established with the aim of using genetic science to improve people's health. The team of life improvement experts, by using current knowledge and information and by examining your genetic structure with advanced technologies, will familiarize you more with the characteristics of your body so that with the help of this information you can choose the best lifestyle and for life. Make your plan.

**Nutrition Test**

 **Make your own meal plan!**

 Proper diet plays an important role in people's health. Research shows that genetics can have a significant impact on how the body reacts to food. Due to the genetic differences between different people, using a single diet for all people will not lead to the same results; Therefore, by providing a deep scientific insight, we help you to know your body's genetic structure and completely personalize your diet plan. This experiment will help you to have your own diet instead of using periodic diets.

Also, with awareness based on knowledge, focus on your eating habits and achieve sustainable health with peace and less mental pressure.

**Who is this test suitable for?**

 People who choose their diet with awareness.

Children

Adults

EATING BEHAIVIOUR

1) Preference to Fatty Food

2) Hunger

3) Snaking Behaviour or Eating Between Meals

4) Unhealthy Food Intake

5) Appetite

6) Weight Change

7) Tendency to Binge Eat

8) Sugar Preference

9) Satiety

METABOLISM

1) Carbohydrate Metabolism

2) Protein Intake

3) Vegetable Consumption

4) Antioxidant Status

5) Saturated Fat Metabolism

6) Diet and DNA damage

SENSITIVITY AND ALLERGY

1) Peanut Allergy

2) Peach Allergy

3) Shrimp Allergy

4) Caffeine Sensitivity

5) Sensitivity to Bitter Food

6) Spice Sensitivity

7) Sodium Sensitivity

8) Gluten Sensitivity

9) Lactose Intolerance

VITAMINS1) Vitamin A Levels

2) Vitamin B5 Levels

3) Vitamin B6 Levels

4) Vitamin B9 (Folate) Levels

5) Vitamin B12 Levels

6) Vitamin C Levels

7) Vitamin D Levels

8) Vitamin E Levels

9) Vitamin K Levels

MINERALS

1) Magnesium Levels

2) Phosphorus Levels

3) Copper Levels

4) Iodine Levels

5) Calcium Levels

6) Iron Levels

7) Zinc Levels

PROTEIN

1) Protein-urea

2) Biotin Levels

3) Cholesterol Levels

4) Co-Q10 Levels

5) Probiotic Need

6) Melatonin Levels

7) DHA Levels

8) Liver Enzyme Levels

**Exercise and Fitness Testing**

 **Hard work doesn't always work, but smart work always does!**

 The amount of people's conclusions for a specific exercise program can be different. This issue shows the importance of paying attention to people's genetics along with a scientific and documented sports program. The genetic test of sports and fitness, by knowing the physical structure of your body, knows the strengths and weaknesses of your body and introduces you to the best possible sports movements (stretching movements, strength, etc.) to achieve effective and sustainable fitness. In addition to physical fitness, genetics also affects other factors such as increasing the amount of useful body fat (HDL), blood pressure response to exercise, blood glucose level due to exercise, and more.

## Who is this test suitable for?

##  • People who are looking for smart and effective solutions to achieve health and fitness.

## • Professional athletes

## • Novice athletes

**Examined genetic indicators:**

TRAINING

1) Blood pressure and Exercise

2) Aerobic Capacity

3) Post Exercise Recovery Rate

4) Motivation Exercise-

5) Induced Ischemia to Exercise

6) Insulin Sensitivity and Exercise

7) HDL Cholesterol and Exercise

8) Weight Loss and exercise

9) Exercise Heart rate Recovery

10) Inflammation and Exercise

11) Power vs Endurance

12) Muscle Strength

13) Leisure-Time Physical Activity

14) Habitual Physical Activity

INJURIES

1) Injury Predisposition

2) Bone Density and Fracture Risk

3) Muscle Hypertrophy

4) Hand Grip Strength

5) Circulation Rhythm

6) Testosterone

7) Predisposition to the development of inguinal stress hernias

8) Resting heart rate RHR

9) Knee osteoarthritis

**Skin Test**

**Get to know the characteristics of your skin more precisely!**

 The skin is the largest sensory organ of the body and is known as a protective barrier against various injuries. The health of your skin, in addition to genetic structure, also depends on environmental factors such as type of nutrition, weather conditions and lifestyle. Due to different genetic structures, people are susceptible to various skin diseases. Early awareness of the genetic structure of the body and its different needs for various vitamins enables you to prevent these diseases by improving your lifestyle and having a suitable diet and restore freshness and youth to your skin.

**Always stay young and beautiful!**

Skin changes are one of the most obvious signs of aging and these changes largely depend on genetic factors and skin care methods. The use of new technologies in the field of genetics leads to the accurate recognition of skin characteristics and taking conscious care to promote and improve skin health and maintain a beautiful appearance. In this way, you can keep your skin healthy and fresh for a longer time.

**Who is this test suitable for?**

• People who plan for their health and future based on conscious decisions.

• People who want to have the best care choices for their skin.

• Young people who care about the appearance and health of their skin in the next decades of their lives.

**Examined genetic indicators:**

SKIN NUTRIENTS
1) Vitamin A Levels

2) Vitamin B5 Levels

3) Vitamin B6 Levels

4) Vitamin B9 (Folate) Levels

5) Vitamin B12 Levels

6) Vitamin C Levels

7) Vitamin D Levels

8) Vitamin E Levels

9) Vitamin K Levels

SKIN ALTERING CONDITION
1) Oxidative Stress
2) Inflammation Response
3) Sugar Effect/Glycation
4) Biological Age
5) Skin Tanning vs Sun Burning
6) Cellulite Pre-disposition
7) Stretch Marks
8) Skin Problems : Acne

9) Excessive Skin Dryness

10) Facial Wrinkles

11) Freckles

12) Facial Pigmented Spot

13) Contact Dermatitis

14) Dandruff (Seborrheic dermatitis)

15) Excessive sweating (hyperhidrosis)

16) Attractiveness to mosquitoes

17) Male Pattern Baldness

IMMUNITY & INFLAMMATION

1) Psoriasis

2) Atopic Dermatitis/Eczema

3) Varicose Veins

4) Cutaneous Melanoma Rosacea

5) Glomerular filtration rate

6) Visual acuity

7) Inflammatory response

**Sleep Test**

**Genes and peaceful sleep!**

The genetic test of sleep improvement helps you to get rid of sleep disorders and have a comfortable sleep by checking the genes that affect sleep. Valid scientific research shows that sleep is controlled through genes. Although environmental factors can affect the duration and intensity of sleep, however, the characteristics of sleep in different people are determined through the identification of specific genetic structures and the presence of sleep disorders among family members. The sleep genetic test helps you to improve this behavior and increase its quality by knowing the genetic state of sleep. In this way, you will see its positive effects on various aspects of lifestyle, including improving cognitive skills, physical and physical fitness, improving nutritional behaviors and the quality of metabolism.

**Who is this test suitable for?**

• People who care about their physical and mental health.

• People with sleep disorders.

• People who do not know the exact cause of their insomnia and fatigue.

**Examined genetic indicators:**

1) Obstructive sleep apnea

2) Narcolepsy

3) Morning / night chronotype

4) Ease of getting up in the morning

5) Daytime nap

6) Sleep duration

7) Snoring

8) Daytime sleepiness

9) Insomnia complaints

10) Sleep/wake fragmentation

11) Short Sleep Syndrome

12) Sleep Bruxism

13) Chronic Obstructive Airway Disease

14) Restless legs syndrome (RLS)

15) Sleep Depth