

UNLOCK YOUR GENETIC POTENTIAL

Know Your Body Well – Take Control of Your Life



PREDICTIVE HEALTHCARE

Find out the root cause of your various existing health conditions and scientifically predict the predisposition for possible future diseases, well in advance.

Velocity Genetics DNA Testing Program (WGP) consists of comprehensive DNA tests of 210 Phenotype across 18 vital categories followed by genetic counselling and a personalized gene-based wellness solution with targeted nutrition and lifestyle modifications.

Nutrient Deficiency Risks (24)

- Vitamin A Deficiency
- Vitamin B2 Deficiency
- Vitamin B6 Deficiency
- Vitamin B9 Deficiency
- Vitamin B12 Deficiency
- Vitamin C Deficiency
- Vitamin D Deficiency
- Vitamin E Deficiency
- Calcium Deficiency
- Iron Deficiency Risk
- Tendency of Magnesium Metabolism
- Requirement of Magnesium Nutrient
- Risk of Magnesium Deficiencies
- Tendency of Vitamin K Metabolism
- Requirement of Vitamin K Nutrient
- Risk of Vitamin K Deficiencies
- Tendency of Selenium Metabolism
- Requirement of Selenium Nutrient
- Tendency of Antioxidant Metabolism
- Requirement of Antioxidants
- Tendency of Copper Metabolism
- Requirement of Copper
- Tendency of Zinc Metabolism
- Requirement of Zinc



Food Intolerances & Allergies (10)

- Gluten Intolerance
- Impact of Gluten Products
- Risk for Developing Celiac Disease
- Impact of Gluten Intake on Celiac Disease
- Lactose Intolerance
- Blood Pressure and Heart Attack Response To Caffeine (Caffeine Metabolism)
- Tendency of Caffeine Induced Obesity
- Tendency of Salt Metabolism
- Blood Pressure Response to Sodium (Salt Sensitivity)
- Risk for Developing Peanut Allergy



Dermatology (12)

- Risk of Developing Acne
- Risk of Sunburns
- Risk of Sun Spots
- Tanning Ability
- Tendency of Psoriasis
- Nutritional Requirement for Psoriasis Management
- Requirement of UV Radiation for Psoriasis Management
- Risk of Developing Eczema
- Risk of Vitiligo
- Requirement of Vitamin D for Vitiligo
- Impact of Gluten on Vitiligo
- Pemphigus Foliaceus



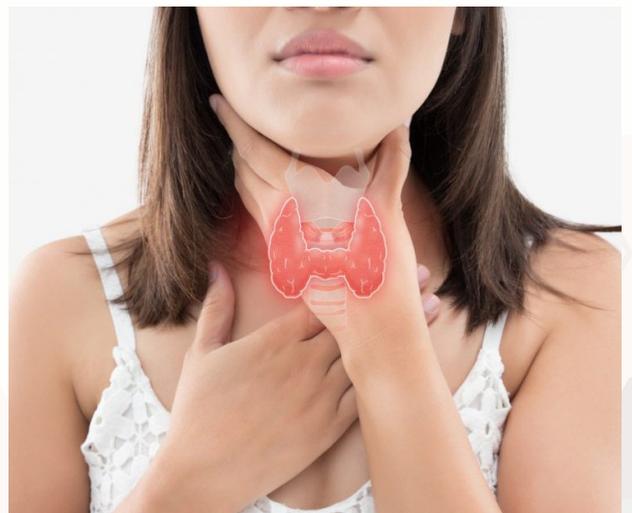
Weight Management (12)

- Obesity Risk
- Impact of Alcohol on Obesity
- Satiety
- Response to Dieting
- Ideal Weight Loss Diet
- Weight Regain Risk
- Adiponectin Level
- Appetite Response to Ginger Supplementation
- BMI Response to PUFA
- Tendency of Snacking Between Meals
- BMI Response To MUFA
- Desire for food(Emotional Bingeing)



Thyroid Health (6)

- Hypothyroidism
- Requirement of Iodine Intake
- Sleep Pattern
- Impact of Alcohol and Smoking On Hypothyroidism
- Hashimoto's Thyroiditis
- Grave's Disease



Diabetes (18)

- Type 2 Diabetes Risk (Insulin Sensitivity)
- HBA1c Response to Fibre
- Insulin Resistance Response to Whole Grains
- Glucose Tolerance to Dietary Fat
- Ketogenic Diet & Type 2 Diabetes Risk
- Dinner Timing & Type 2 Diabetes Risk
- Impact of Diet Vs Exercise on Type 1 Diabetes
- Risk of Diabetic Retinopathy
- Tendency of Insulin Resistance
- Impact of Smoking
- Risk for Diabetic Cataract
- Impact of Tobacco and Smoking on Diabetic Cataract
- Risk of Diabetic Nephropathy
- Impact of Tobacco and Smoking on Diabetic Nephropathy
- Impact of Stress on Diabetic Nephropathy
- Risk of Diabetic Neuropathy
- Impact of Tobacco and Alcohol
- Risk of Foot Ulcers



Cardiac Health (13)

- Cholesterol and Lipid Profile
- Hypertriglyceridemia Risk
- Triglyceride Response to PUFA
- Hypertension Risk
- Impact of Tobacco and Nicotine Containing Products
- Blood Pressure Response to A Non Drug Approach
- Hyperlipoproteinemia Type III
- Hyperhomocystienima
- Atherosclerosis Risk
- Myocardial Infarction
- Left Ventricular Hypertrophy
- Atrial Fibrillation
- Coronary Artery Disease Risk

Organ Health (13)

- Gall Stone Predisposition
- Inflammatory Bowel Disease (Ulcerative Colitis)
- Alcoholic Liver Disease
- NAFLD (Non Alcoholic Fatty Liver Disease)
- NAFLD Mitigation and Choline Deficiency
- Tendency of Developing Liver Cirrhosis
- Requirement of Fat in Liver Cirrhosis
- Impact of Alcohol On Liver Cirrhosis
- Risk of Hyperuricemia
- Glaucoma Risk
- Risk of Cataract
- Age Related Hearing Loss
- Gum Disease (Periodontitis)



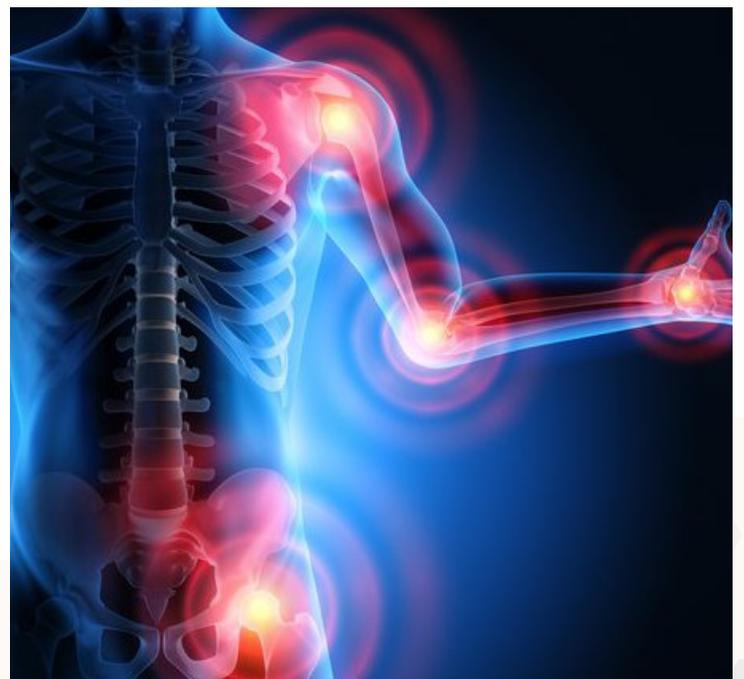
Chronic Kidney Disease (5)

- Risk of CKD
- Requirement of Sodium and Potassium Intake
- Requirement of Fluid Intake
- Tendency of Alcohol Sensitivity
- Tendency of Alcohol Flush



Inflammatory Diseases (8)

- Risk of Inflammation
- Tendency of Skin Allergy
- Rheumatoid Arthritis
- Tendency of Osteoarthritis
- Allergic Rhinitis Risk
- Risk of Asthma
- Pancreatitis
- Chronic Obstructive Pulmonary Disease



Gender-Specific Risks (4)

- Polycystic Ovarian Syndrome (PCOS) Risk (F)
- Neural Tube Defect Risk in Offspring (F)
- Adverse Pregnancy Outcomes with Prenatal Caffeine Intake (F)
- Risk of Spot Baldness in females (Alopecia Areata) (F)
- Male Infertility (M)
- Effect of Alcohol consumption on LDL cholesterol (M)
- Testosterone Response (M)
- Risk of Spot Baldness in males (Alopecia Areata) (M)



DNA Damage & Biological Ageing (2)

- DNA Damage & Toxicity Risk from eating tandoori food
- Desire for food (Emotional Bingeing)

Drug Response (7)

- Metformin response
- Response to Pioglitazone treatment in Type 2 Diabetes
- Response to Sulfonylureas treatment in Type 2 Diabetes
- Response to Statins Use
- Warfarin response
- Response to Antidepressant Medication (Paroxetine)
- Therapeutic Response to Rheumatoid Arthritis Medications



Circadian Rhythm & Associated Traits (5)

- Time of Exercise
- Time of Metabolism
- Time of Carbohydrate Intake
- Tendency of Morning Fatigue
- Tendency of Sleep Disorder

Neurological Health (26)

- Risk of Parkinson Disease
- Depression Rumination
- Requirement of Anti-Inflammatory Food
- Requirement of Flavonoids
- Impact of Alcohol and Caffeine
- Response to Pesticide Exposure
- Alzheimer's Disease
- Autism Risk
- Risk of Migraine (With Aura)
- Impact of Caffeine and Alcohol (On Migraine)
- Impact of Cheese on Migraine
- Attention Deficit Hyperactivity Disorder (ADHD) Risk
- Tendency of Panic Disorder
- Requirement of Sleep (Panic Disorder)
- Requirement of Exercise (Panic Disorder)
- Impact of Medication (Panic Disorder)
- Caffeine Intake (Panic Disorder)
- Impact of Alcohol (Panic Disorder)
- Impact of Smoking (Panic Disorder)
- Requirement of Physical Activity in Restless Leg Syndrome
- Requirement of Iron Rich Food
- Impact of Caffeine and Alcohol
- Septic Shock
- Pain Sensitivity
- Vascular Dementia
- Personality Disorder(Antisocial)



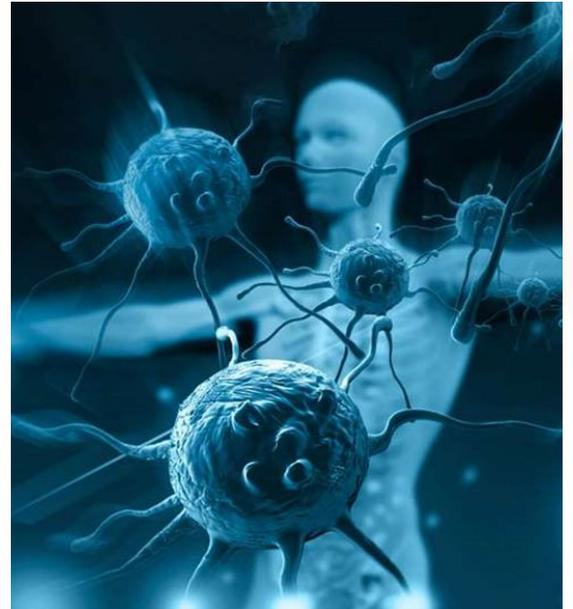
Eating Disorders & Addiction Risks (12)

- Dopamine Metabolism
- Depression Risk
- Impact of Alcohol on Depression
- Requirement of Sleep (Depression)
- Requirement of Exercise (Depression)
- Anxiety Disorder Risk and Caffeine
- Eating Disorders
- Schizophrenia
- Alcohol Dependency
- Addiction towards Drugs
- Addiction towards Smoking
- Decision Making Ability



Fitness (26)

- Ideal Exercise Strategy
- Power / Endurance Training
- Requirement of Training Session for Improving Lactate Threshold
- Requirement of HIIT (High Intensity Interval Training)
- Requirement of Foods to Improve Aerobic Capacity
- Body Odour(Axillary Osmidrosis)
- Training Required to Improve Endurance
- Endurance Response to Caffeine and Other Supplements
- Ideal Weight maintenance strategy
- Cold Tolerance
- Requirement of Training to Improve Power
- Requirement of Nutritional Supplements
- Requirement of Antioxidants to Prevent Injury
- Avoiding Inflammatory Foods
- Prevalence of falls in elderly people
- Risk of ACL Injury
- Risk of Muscle Injury
- Risk of Tennis Elbow
- Risk of Achilles Tendinopathy
- Acute Ankle Sprain
- Motivation to Exercise
- Exercise Associated Inflammation Risk
- Risk of Intervertebral Disc Degeneration
- Susceptibility to Knee Injury
- Exercise Recovery Time
- Risk of Osteoporosis



Immunology Genomics (7)

- Tendency of Oxidative Stress
- Requirements of Antioxidants
- Requirement of Sunscreen
- Impact of Alcohol and Smoking on Oxidative Stress
- Impact of Radiation and Pollution on Oxidative Stress
- Tendency of Detoxification
- Impact of Smoking and Alcohol on Detoxification Process



For more details contact the person who shared this information with You.

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