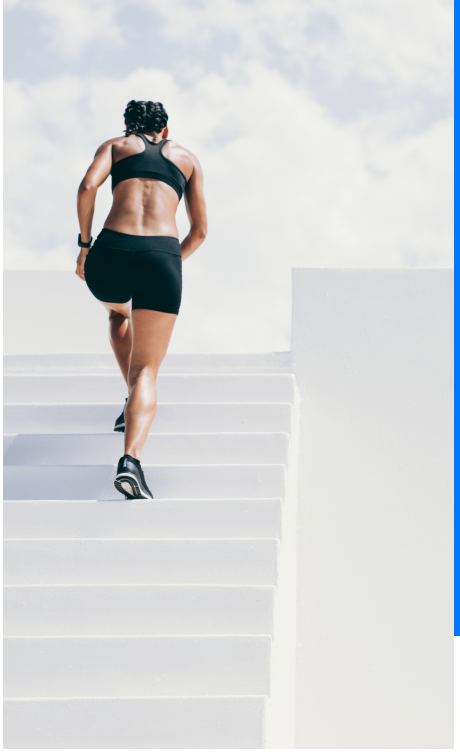
NUTRITION GENOME



## FAQ

### What will I find out from this analysis?

The Nutrition Genome Report is a comprehensive whole body genetic health analysis featuring 27 health reports including: Vitamin Requirements, Heavy Metal & Pesticide Sensitivity, Macronutrient Metabolism, Toxin Sensitivity, Bacteria, Yeast & Parasite Sensitivity, DNA Repair, Hormones & Fertility, Sleep Optimization, Meal Timing, Stress Management, Methylation, Cardiovascular Health, Mental Health including Anxiety, Addiction, Brain Repair & OCD, Athletic Performance, and a Personalized Grocery List.

We'll help you remove the guesswork by showing how your unique genetic makeup affects how you metabolize, transport, and absorb critical compounds and also how you detoxify various chemicals and carcinogens. Most importantly, we provide you with an action plan to change the ways that your genes express themselves through modifications to your diet, lifestyle, and environment to bring your body into balance and thriving health.

### How long does it take to process my sample?

Your final health report will be ready 5 weeks from the date that our laboratory receives your sample.

### How is my sample collected?

Sample collection is done with a simple cheek swab, suitable for toddlers up to seniors. We use proprietary collection vials and collect two samples per person to ensure we have a backup in the unlikely event that one sample is contaminated and does not pass our quality assurance.

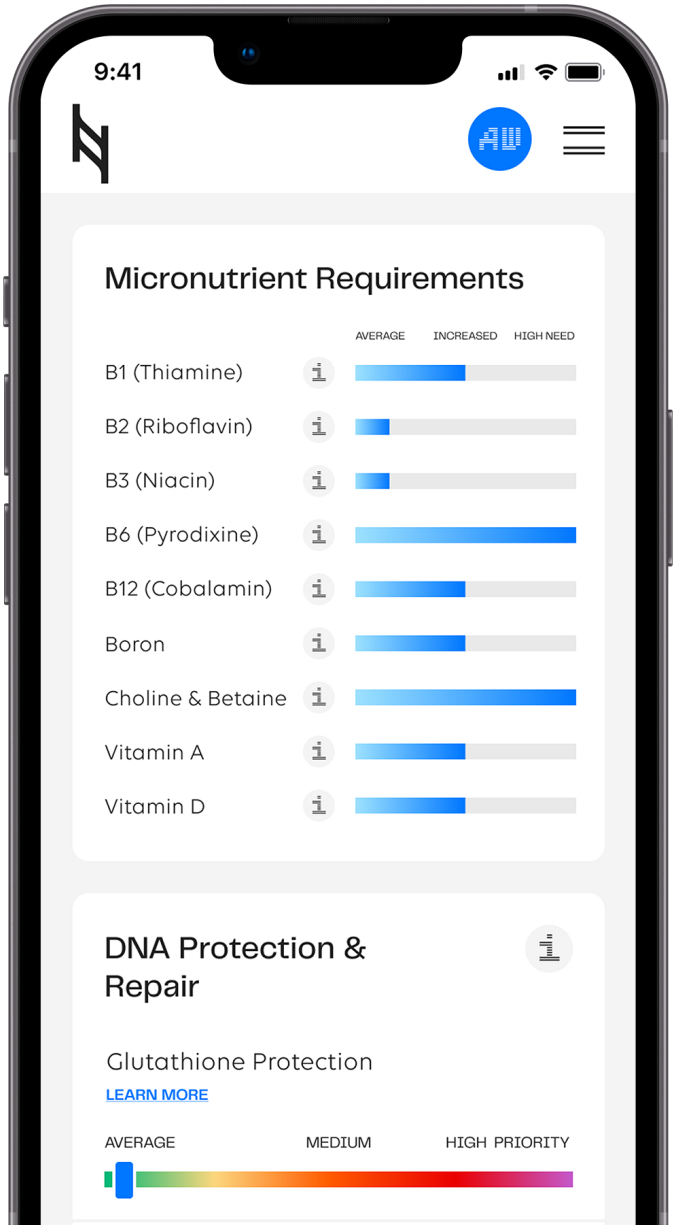
### Can I delete my data at anytime? Do you sell genetic data?

Yes, you can delete your data at anytime.

No, we do not sell customer genetic data and have never sold customer genetic data - this is a founding principle of the company.

### Do you test for food allergies?

No, our health report does not test for food allergies. Food allergies are rarely connected to genetic results and are more often connected to alterations in the microbiome.



NUTRITION GENOME

# FAQ

**Does your health report tell me which diseases I am at a higher risk for?**

No, The Nutrition Genome Report does not focus on disease statistics based on genetics. Our analysis does give you an understanding of how deficiency or toxicity may play a role in affecting gene function and certain health disorders that run in your family, and what you can actively do to decrease the probability of disease through the epigenetic application of diet, lifestyle and exercise modifications.

**What blood tests or other follow up tests do you recommend?**

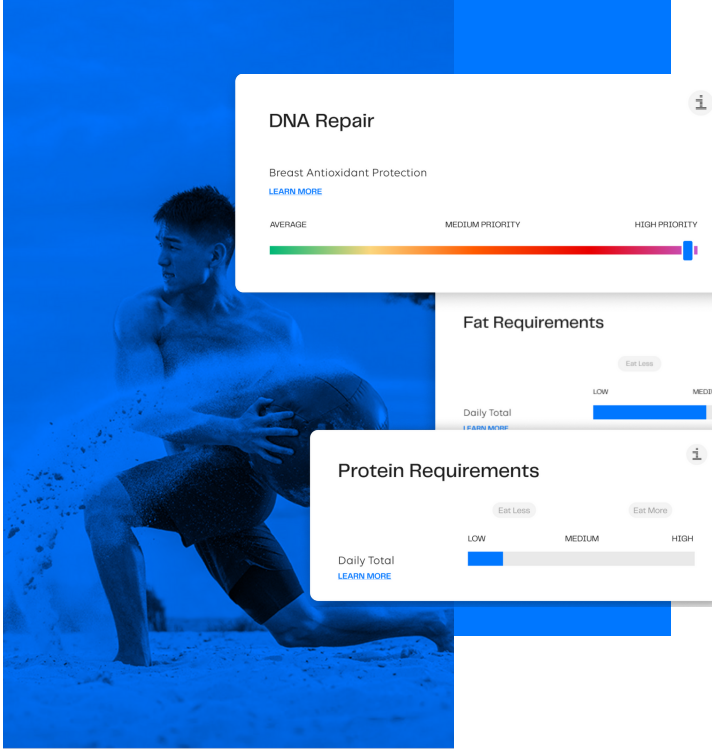
This will depend on your health goals and your doctor's guidance, but examples of blood work (or urine for certain tests) that we might recommend in our health report include homocysteine, CRP, Lp(a), thyroid panel, testosterone (men), estrogen/progesterone/pregnenolone (women), vitamin D, Organic Acids, NutraEval, and heavy metals.

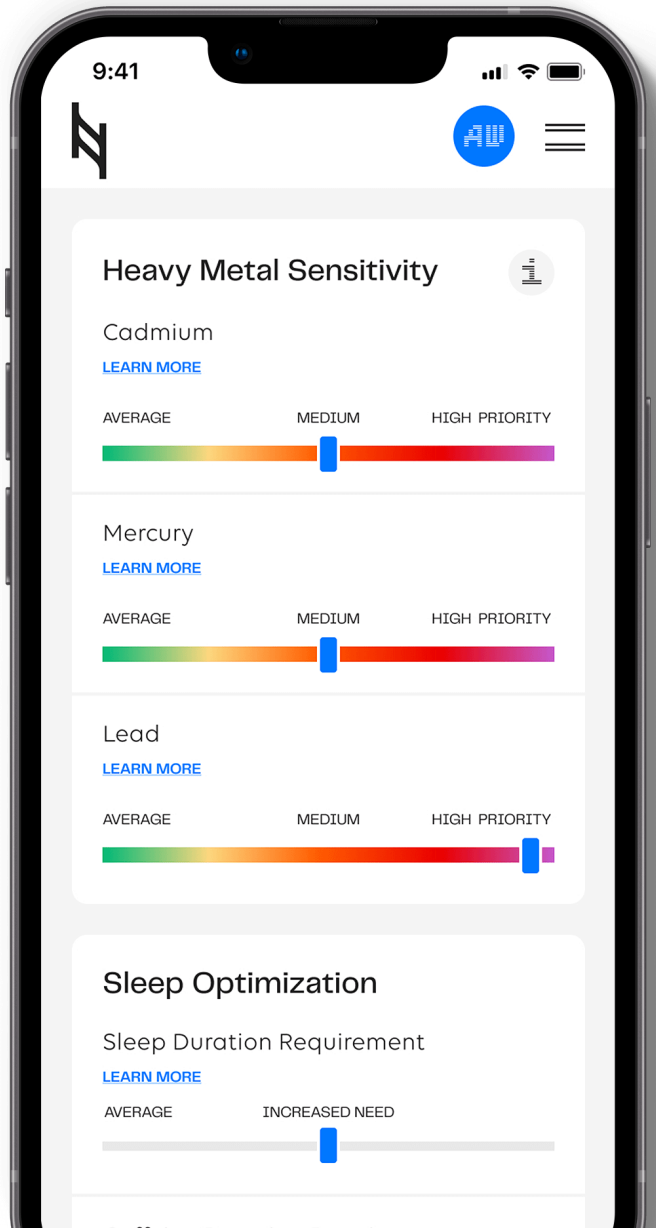
**Are your recommendations evidence-based?**

Always. We include over 900 peer-reviewed sources as the foundation of our evidence-based approach.

**How accurate is your testing? What quality assurance measures to you run on samples?**

All samples are run twice on parallel arrays in a CLIA / CAP accredited laboratory, and our arrays have received analytical validation, meaning they have been formally studied and proven to produce accurate and consistent genotyping calls. On top of this we have three stages of quality assurance that your data passes through.




nutritiongenome.com
support@nutritiongenome.com