

## Sample Patient Profile

**Patient:** 40-year-old female

**Genetic Variants:** ADRB2, SH2B1

**Start Weight:** 160 lbs.

### Sample Report Insights:

MORE LIKELY TO EXPERIENCE:

- Weight gain when consuming a high carbohydrate foods

DIETARY RECOMMENDATIONS:

- Control carbohydrate intake to 35 to 45% of daily calories while focusing on low-glycemic carbohydrates
- Eat at least five small meals a day to keep glucose levels steady

EXERCISE CONSIDERATIONS:

- Begin with 20 minutes of brisk walking daily, and then steadily increase the time until you reach 60 minutes of walking per day

### Diet and Lifestyle Modifications:

Low fat, low-glycemic and controlled carbohydrates for 30 days

**Final weight:** 150 lbs.

**Lost in 30 days:** 10 lbs.

## Testing:

Samples are collected in as little as two minutes using a simple cheek swab collection. You will be notified once we receive the specimen and again once the results are ready.

## About Us

Efunctional provides wellness, fitness and nutritional programs for wellness minded individuals throughout the country.



### References:

1. Papoutsakis, C. Gene-Diet Interactions and Obesity Indices. Curr Nutr Rep (2012) 1:142-152.
2. Speliotes EK, Willer CJ, Berndt SI, et al. Association analyses of 249,796 individuals reveal 18 new loci associated with body mass index. Nat Genet. (2010) 42(11):937-48.
3. Allison DB, Kaprio J, Korkeila M, Koskenvuo M, Neale MC, Hayakawa K. The heritability of body mass index among an international sample of monozygotic twins reared apart. Int J Obes Relat Metab Disord. (1996) 20(6):501-6.
4. Bulik CM et al. Genetic and environmental contributions to obesity and binge eating. Int J Eat Disord. (2003) 33(3):293-8.
5. Image: Coriell Personalized Medicine Collaborative. Obesity: Risk Factors for Obesity. <https://cpmc.coriell.org/about-the-cpmc-study/health-conditions-and-drug-response/obesity/risk-factors-obesity>



Genetic Testing for  
Weight Management  
Say Goodbye to One-size-fits-all Dieting

## Why do some people crave food more than others do?

## Why do some people cut back on calories and still not lose weight?

We've all heard these common misconceptions about maintaining a healthy weight:

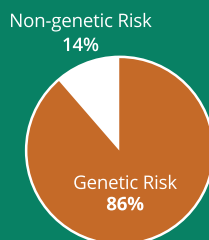
- Losing weight just takes willpower
- People who are overweight should work out more
- It takes years to lose weight
- Exercising works better than dieting to lose weight
- The more weight you lose, the more successful the weight loss plan

## All that is about to change...

## The reasons behind YOUR weight management struggles might go deeper - all the way to your genes.

The one-size-fits-all dieting approach to weight loss is ineffective **because each person's genetic make-up is different.** Your unique genetic make-up is what determines how your body responds to weight loss attempts. Recent genome-wide studies and improvements in technology have allowed scientists to increase their understanding of obesity related genetics and provide information tailored **just for you** to help you easily maintain or lose weight.

Genetics contributes an estimated 40% to 86% of variability in body weight according to multiple studies.<sup>3,4,5</sup>



## Researchers can now determine how a person's genetic background determines their ability to lose or gain body weight.

The Genetic Weight Management Panel incorporates the most scientifically robust obesity-linked gene research and technology to help you understand how your genes influence body weight, and the weight management strategies most likely to be effective for your specific genetic make-up.

In your personalized report, you will find powerful information about unique genetic markers. Based on your markers, you will receive dietary recommendations, guidelines for physical activity, and other suggestions to boost fast, effective weight loss.



*"The genetic testing was so validating for me. I have four out of the five genetic variants that are linked to obesity. I suddenly realized that my issues with my weight weren't my fault. It has been an uphill battle my entire life. The genetic testing was my blueprint for my genetic makeup and the diet that was going to best support me. I have lost 30 pounds in six months. I feel the best I have ever felt in such a long time!"*

- Sheryl, Washington

*"The Weight Management Panel was an eye opener! Now, I am informed about how my genes are influencing my body. Now, I am making smarter food decisions every day and getting closer to my weight loss goals."*

-Margaret, Mississippi



## Stop searching for the perfect diet, and discover a lasting weight loss plan from powerful genetic insights

Working hand-in-hand with your healthcare provider, the Weight Management Panel will get you started on a healthy diet and exercise plan designed for your unique DNA.

### Through the Genetic Weight Management, you'll learn:

- ❖ The best diet plan for you based on your genetics
- ❖ How your genetics affect your eating habits
- ❖ How your genetics determine the way your body uses nutrients from food
- ❖ The exercise that works best for your body

*More than 2,500 patients ... and counting ... are on the path to realizing their lasting weight loss goals!*