



**MY Nutrition**

Maria Musterfrau  
DEMO\_ML



## COVER LETTER

Dear Ms. Musterfrau,

Your sample for the analysis arrived on 05/02/2018 in the laboratory and was evaluated according to the highest laboratory quality standards (ISO 15189). The results were evaluated and released by two independent geneticists and molecular biologists. After obtaining the results, your personal report was compiled. We hereby transmit the results to you in the format of your choice.

We would like to thank you for your trust and hope that you are satisfied with our service. We are always open for questions and suggestions, please do not hesitate to contact us. This is the only way we can continuously improve our services.

We hope the analysis meets your expectations.

Kind regards,

Dr. Daniel Wallerstorfer BSc.  
Laboratory Director

Florian Schneeberger, MSc.  
Laboratory Manager

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# Nutrition Sensor

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Personal analysis results for:

Maria Musterfrau | Date of birth: 01/01/1990

Order number:

DEMO\_ML

This report contains personal medical information that is highly confidential. Data protection must be ensured.



#### **BODY WEIGHT GENES**

*Not ordered*

#### **YOUR NUTRITION TYPE TO LOSE WEIGHT**

*Not ordered*

#### **YOUR SPORTS TYPE FOR LOSING WEIGHT**

*Not ordered*

#### **YOUR WEIGHT LOSS PROGRAM**

*Not ordered*

#### **YOUR SPORTS PROGRAM TO LOSE WEIGHT**

*Not ordered*

### **NUTRITION GENES**

#### **FOOD INGREDIENTS**

#### **DIETARY SUPPLEMENT**

#### **MUSCLE FIBRE TYPE**

*Not ordered*

#### **OXIDATIVE STRESS AND RISK OF INJURY**

*Not ordered*

#### **OPTIMAL PERFORMANCE NUTRITION**

*Not ordered*

#### **FOOD LIST**

#### **SCIENCE**

#### **ADDITIONAL INFORMATION**





## NUTRITION GENES

How your genes influence which food is particularly healthy or unhealthy for you.



## Nutrigenetics: How a genetic analysis can provide dietary recommendations

The genetic polymorphisms analysed influence how your body responds to certain nutrients and food ingredients and affect which substances your body can properly metabolize. As your diet plays a decisive role for your health, we can evaluate your gene analysis and provide a suitable nutritional plan that will reduce your genetic weaknesses.

This area of medicine – called nutrigenetics – seeks to determine how adjusting our diet according to genetic data influences our health. If a particular weakness is identified, your nutritional plan is adjusted to exclude all dietary ingredients that are unhealthy for you and it increases other healthy substances. By analysing over 50 genetic variations, we have compiled a wealth of information about your inborn strengths and weaknesses. When deciding whether a certain food or food ingredient is healthy for your consumption, one needs to look at the bigger picture. For instance, if one nutrient is beneficial for one health factor but harmful for another, the risk of both must be weighed into the decision. When the data from all relevant gene analyses is factored in, we are able to evaluate your individual risks and determine whether a food is healthy or unhealthy for you.



RESULT

Your Result

You have chosen a genetic testing package to analyse your genes for traits that make certain foods unusually healthy or unhealthy for you. The genetic analysis results show the following:



Nutritional Genes - Heart

SYMBOL	rs NCBI	GENOTYPE
CDH13	rs8055236	G/G
CHDS8	rs1333049	G/C
APOA5	rs662799	A/A
PON1	rs662	A/A
PON1	rs854560	T/A
APOB	rs5742904	G/G
SREBF2	rs2228314	C/C
NOS3	Ins/Del Intron 4	Ins/Ins
NOS3	rs2070744	T/T
NOS3	rs1799983	G/T
APOA1	rs670	G/G
MTRR	rs1801394	G/G
MMP3	rs3025058	T/del
GJA4	rs1764391	T/T
ITGB3	rs5918	T/T
CETP	rs708272	C/T
MTHFR	rs1801133	T/T
NOS1AP	rs16847548	T/T
NOS1AP	rs12567209	G/G
NOS1AP	rs10494366	T/T
AGT	rs699	T/T
ADRB1	rs1801253	G/C
GNB3	rs5443	C/T



Nutritional Genes - Oxidative Stress

SYMBOL	rs NCBI	GENOTYPE
GSTM1	Null allele	INS
GSTT1	Null allele	DEL
GSTP1	rs1695	G/A
SOD2	rs4880	T/T
GPX	rs1050450	T/T



### Nutritional Genes - Metabolism

SYMBOL	rs NCBI	GENOTYPE
TCF7L2	rs7903146	C/C
HIGD1C	rs12304921	A/A
HHEX	rs1111875	G/A
IL6	rs1800795	G/C
IL10	rs1800872	C/A
PPARG	rs1801282	C/C
FTO	rs9939609	T/A
KCNJ11	rs5219	C/T



### Nutritional Genes - Brain

SYMBOL	rs NCBI	GENOTYPE
APOE	rs429358	T/C
APOE	rs7412	C/C
ApoE type	combination	E3/E4



### Nutritional Genes - Detoxification

SYMBOL	rs NCBI	GENOTYPE
HFE	rs1799945	C/C
HFE	rs1800730	A/A
HFE	rs1800562	G/G
GSTM1	Null allele	INS
GSTT1	Null allele	DEL
GSTP1	rs1695	G/A
CYP1A2	rs762551	A/A
NQO1	rs1800566	C/C
COMT	rs4680	A/G
CYP1B1	rs1056836	C/C
CYP1A1	rs4646903	T/T



### Nutritional Genes - Bones

SYMBOL	rs NCBI	GENOTYPE
Col1A1	rs1800012	T/T
VDR	rs1544410	A/A
ESR1	rs2234693	C/T
LCT	rs4988235	T/T



### Nutritional Genes - Joints

SYMBOL	rs NCBI	GENOTYPE
TNFA	rs1800629	G/G
IL1a	rs1800587	C/C



### Nutritional Genes - Cereal

SYMBOL	rs NCBI	GENOTYPE
HLA DQ2.5	rs2187668	G/G
HLA DQ8	rs7454108	T/C



### Nutritional Genes - Milk

SYMBOL	rs NCBI	GENOTYPE
LCT	rs4988235	T/T



### Nutritional Genes - Eyes

SYMBOL	rs NCBI	GENOTYPE
HTRA1	rs11200638	G/G
CFH	rs1061170	T/C
LOC387715	rs10490924	G/G



### Nutritional Genes - Blood

SYMBOL	rs NCBI	GENOTYPE
MTHFR	rs1801133	T/T
MTRR	rs1801394	G/G



### Nutritional Genes - Vitamin B2

SYMBOL	rs NCBI	GENOTYPE
MTHFR	rs1801133	T/T



### Nutritional Genes - Blood pressure

SYMBOL	rs NCBI	GENOTYPE
AGT	rs699	T/T
ADRB1	rs1801253	G/C
GNB3	rs5443	C/T

LEGEND: SYMBOL = Name of investigated genetic variation, rsNCBI = description of investigated genetic variation, GENOTYPE = result.



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*Not ordered*

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# FOOD INGREDIENTS

The effects of individual food ingredients as per your genes.



# Nutrition genetics

Genes and their variations influence a number of processes in the body and a lot of these processes can be optimized through an appropriate diet. That way, inherent health deficits can be neutralized through a specifically adjusted nutrition, or inherent genetic strengths can be used in the best possible way.

## Sample description of the concept

We have developed a simple arrow system to display our complex analysis and make it easier to understand. These arrows will show you based on your genetic profile which micronutrients are good for you or which ones you should avoid. Hier is an explanation of the symbols:



**INCREASE**  
Green arrows pointing upwards indicate that based on your genetics you have an increased requirement of this nutrient. You should increase your nutrient intake accordingly to the size of the arrow.

**NEUTRAL**  
No arrow means that the recommended standard dose of this nutrient is sufficient for you. Based on your genetics you do not need to increase or decrease the dose.

**REDUCE**  
Red arrows pointing downwards indicate that based on your genetics you should decrease the intake of this nutrient. You should try to reduce the intake accordingly to the size of the arrow.

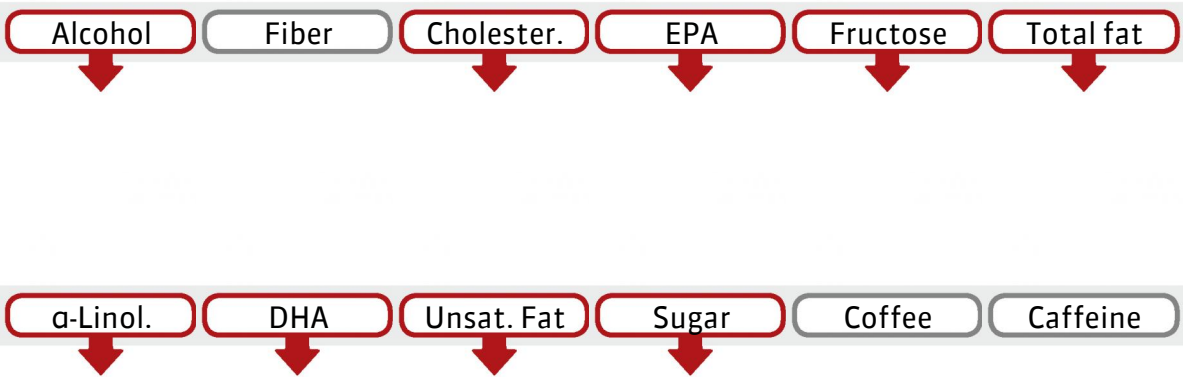


# Nutritional Genes - Heart



Based on the nutrition relevant genes and the associated genetic strengths and weaknesses, you should increase or decrease certain food components and nutrients. These recommendations are calculated based on your genetic profile.

Your personalized recommendations based on this section:



Legend: GREEN ARROWS > this nutrient or substance is classed as being healthy for your genetic profile. Try to increase the intake of this substance. RED ARROWS > this substance is classed as being unhealthy for your genetic profile. Try to reduce your intake of the substance. NO ARROWS > The genetics of this section has no effect of the nutrient. PLEASE NOTE! This interpretation only considers your genetic profile of this section.

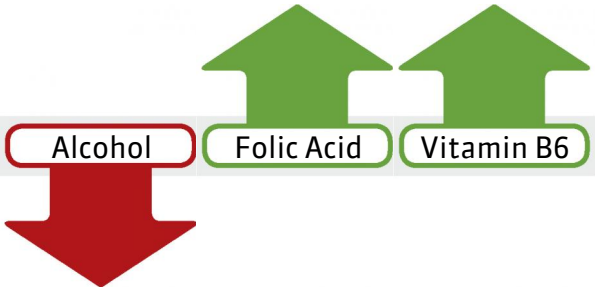


# Nutritional Genes - Blood



Based on the nutrition relevant genes and the associated genetic strengths and weaknesses, you should increase or decrease certain food components and nutrients. These recommendations are calculated based on your genetic profile.

## Your personalized recommendations based on this section:



Legend: GREEN ARROWS > this nutrient or substance is classed as being healthy for your genetic profile. Try to increase the intake of this substance. RED ARROWS > this substance is classed as being unhealthy for your genetic profile. Try to reduce your intake of the substance. NO ARROWS > The genetics of this section has no effect of the nutrient. PLEASE NOTE! This interpretation only considers your genetic profile of this section.





# Nutritional Genes - Vitamin B2

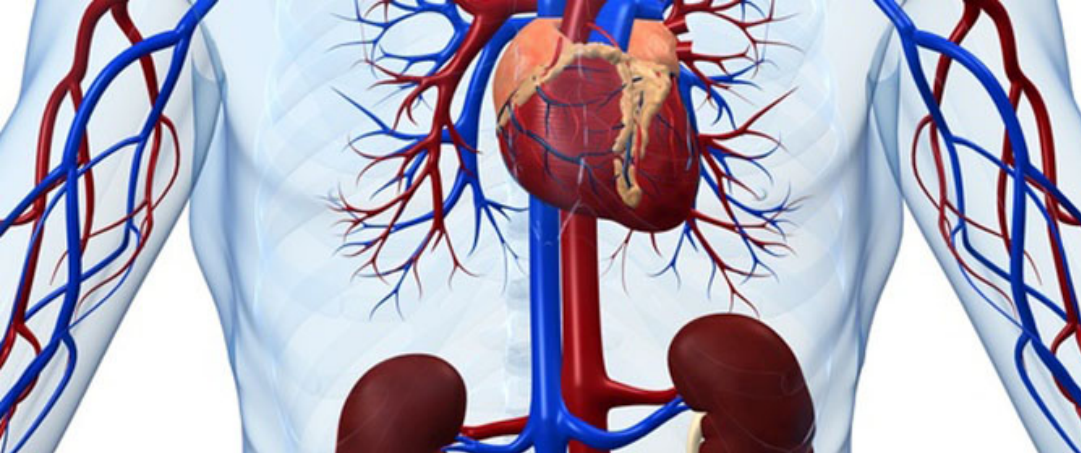


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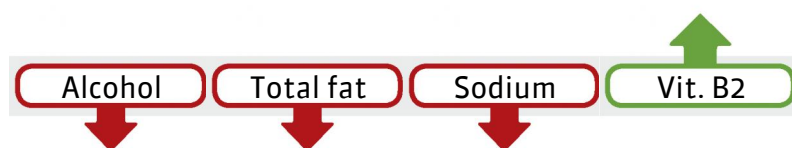


## Nutritional Genes - Blood pressure



Based on the nutrition relevant genes and the associated genetic strengths and weaknesses, you should increase or decrease certain food components and nutrients. These recommendations are calculated based on your genetic profile.

Your personalized recommendations based on this section:



Legend: GREEN ARROWS > this nutrient or substance is classed as being healthy for your genetic profile. Try to increase the intake of this substance. RED ARROWS > this substance is classed as being unhealthy for your genetic profile. Try to reduce your intake of the substance. NO ARROWS > The genetics of this section has no effect of the nutrient. PLEASE NOTE! This interpretation only considers your genetic profile of this section.



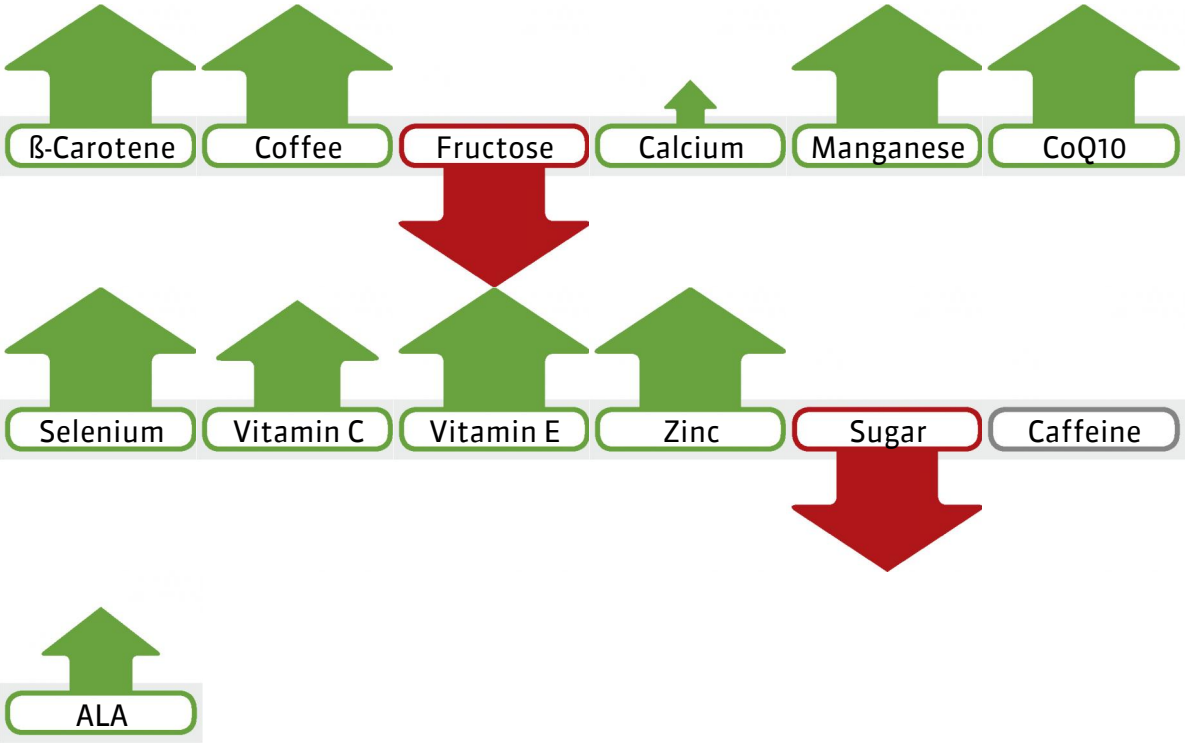


# Nutritional Genes - Oxidative Stress



Based on the nutrition relevant genes and the associated genetic strengths and weaknesses, you should increase or decrease certain food components and nutrients. These recommendations are calculated based on your genetic profile.

Your personalized recommendations based on this section:



Legend: GREEN ARROWS > this nutrient or substance is classed as being healthy for your genetic profile. Try to increase the intake of this substance. RED ARROWS > this substance is classed as being unhealthy for your genetic profile. Try to reduce your intake of the substance. NO ARROWS > The genetics of this section has no effect of the nutrient. PLEASE NOTE! This interpretation only considers your genetic profile of this section.

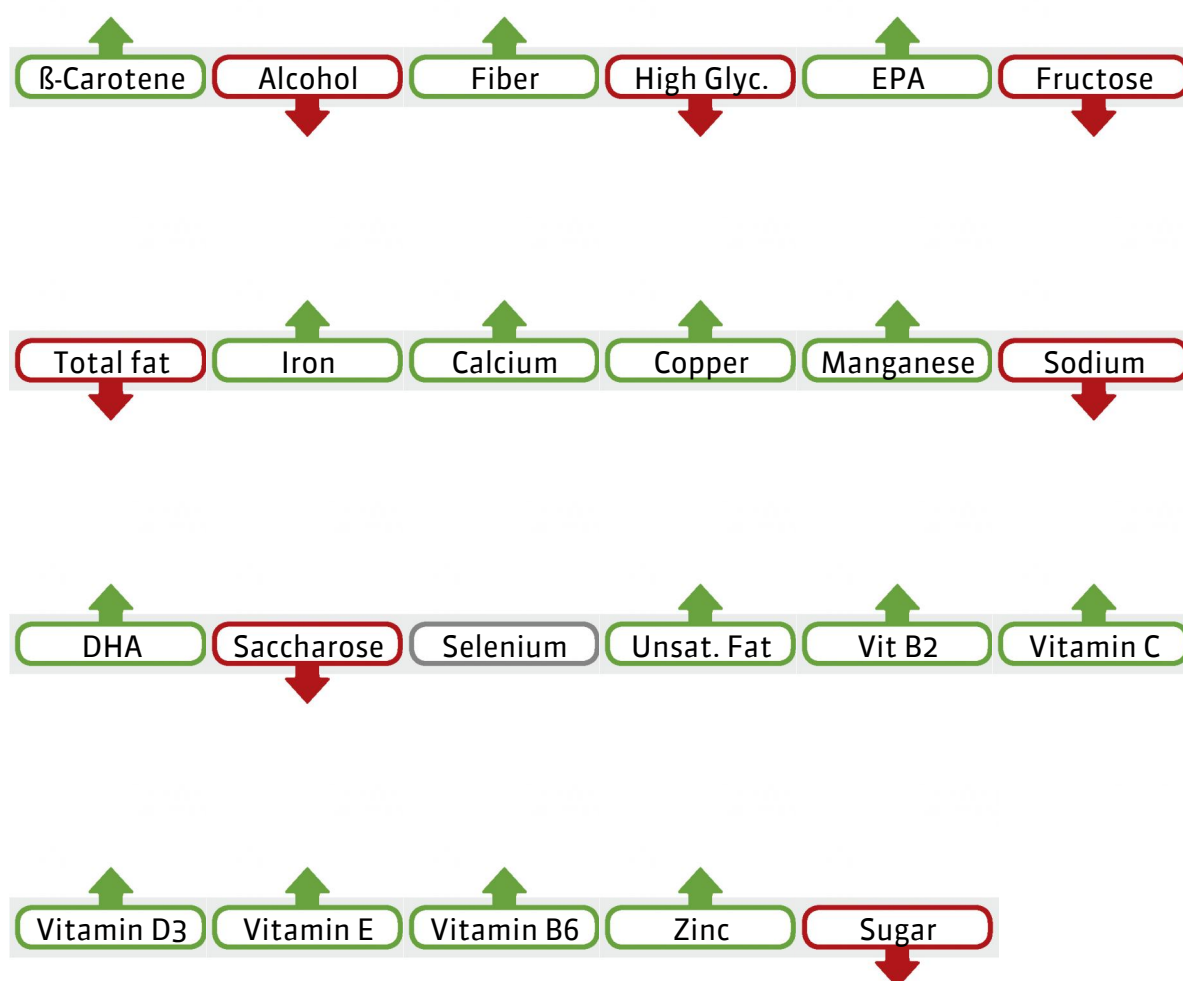


## Nutritional Genes - Metabolism



Based on the nutrition relevant genes and the associated genetic strengths and weaknesses, you should increase or decrease certain food components and nutrients. These recommendations are calculated based on your genetic profile.

Your personalized recommendations based on this section:



Legend: GREEN ARROWS > this nutrient or substance is classed as being healthy for your genetic profile. Try to increase the intake of this substance. RED ARROWS > this substance is classed as being unhealthy for your genetic profile. Try to reduce your intake of the substance. NO ARROWS > The genetics of this section has no effect of the nutrient. PLEASE NOTE! This interpretation only considers your genetic profile of this section.

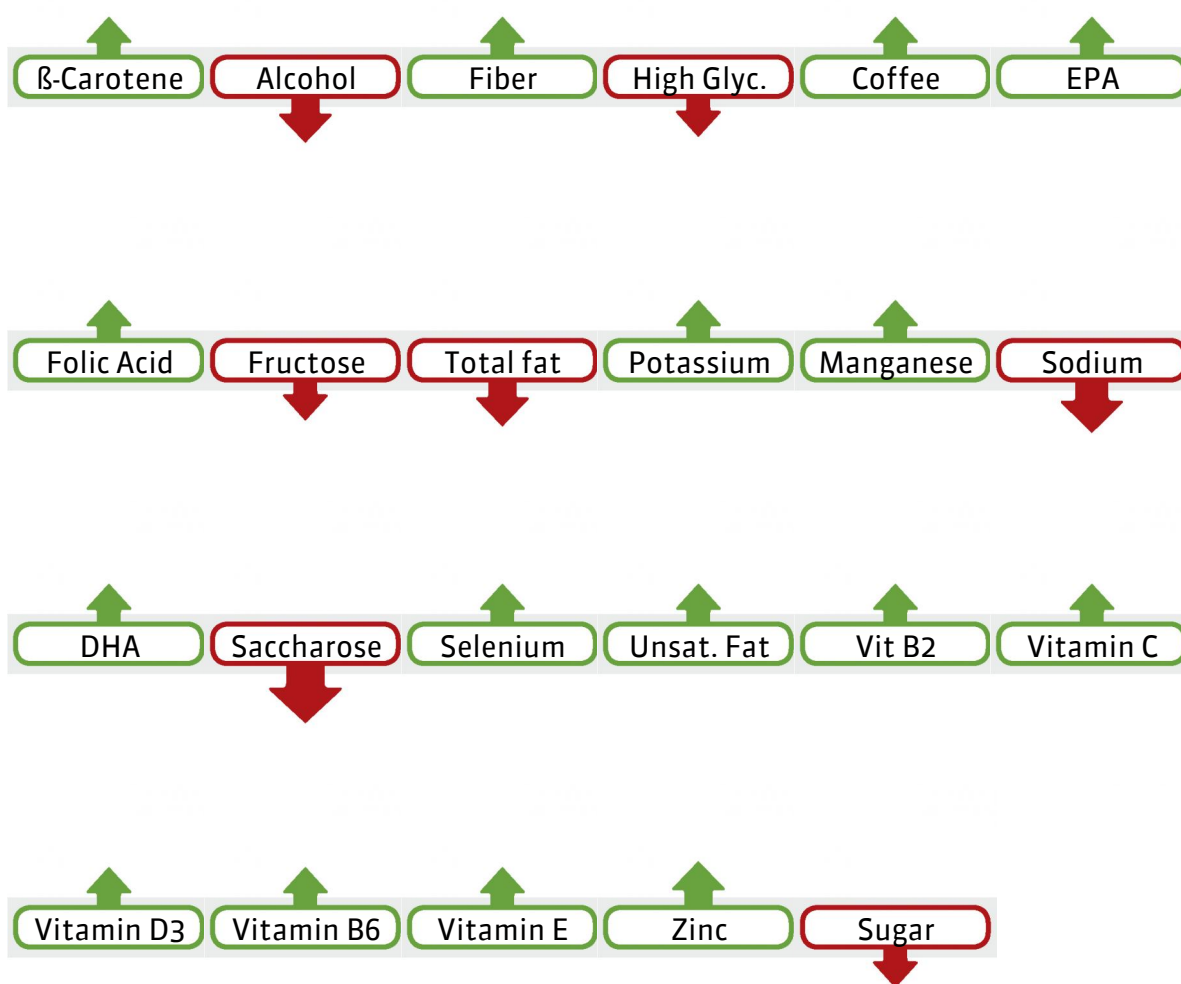


## Nutritional Genes - Brain



Based on the nutrition relevant genes and the associated genetic strengths and weaknesses, you should increase or decrease certain food components and nutrients. These recommendations are calculated based on your genetic profile.

Your personalized recommendations based on this section:



Legend: GREEN ARROWS > this nutrient or substance is classed as being healthy for your genetic profile. Try to increase the intake of this substance. RED ARROWS > this substance is classed as being unhealthy for your genetic profile. Try to reduce your intake of the substance. NO ARROWS > The genetics of this section has no effect of the nutrient. PLEASE NOTE! This interpretation only considers your genetic profile of this section.



## Nutritional Genes - Heavy metal detoxification

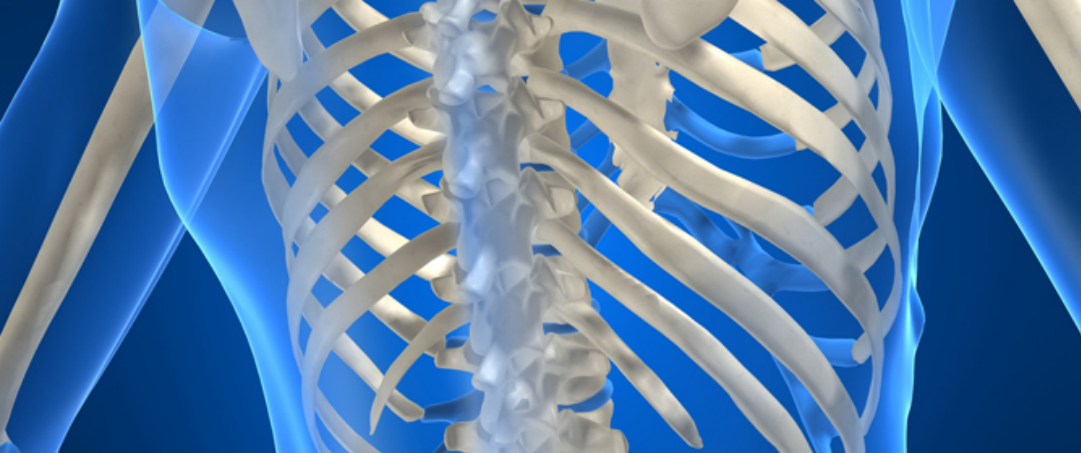


Based on the nutrition relevant genes and the associated genetic strengths and weaknesses, you should increase or decrease certain food components and nutrients. These recommendations are calculated based on your genetic profile.

Your personalized recommendations based on this section:



Legend: GREEN ARROWS > this nutrient or substance is classed as being healthy for your genetic profile. Try to increase the intake of this substance. RED ARROWS > this substance is classed as being unhealthy for your genetic profile. Try to reduce your intake of the substance. NO ARROWS > The genetics of this section has no effect of the nutrient. PLEASE NOTE! This interpretation only considers your genetic profile of this section.

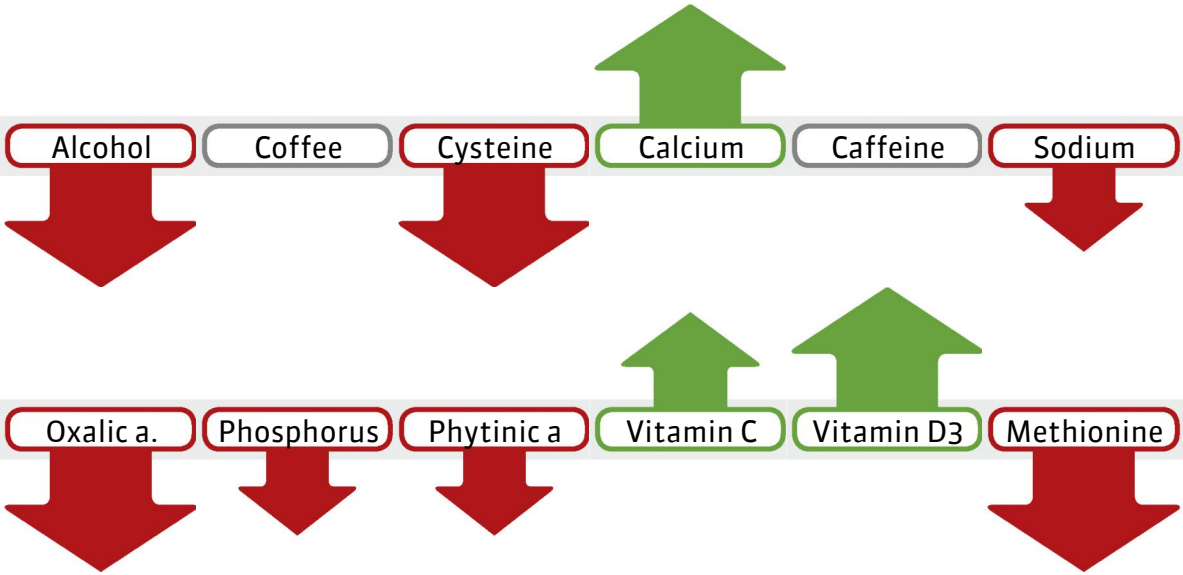


# Nutritional Genes - Bones



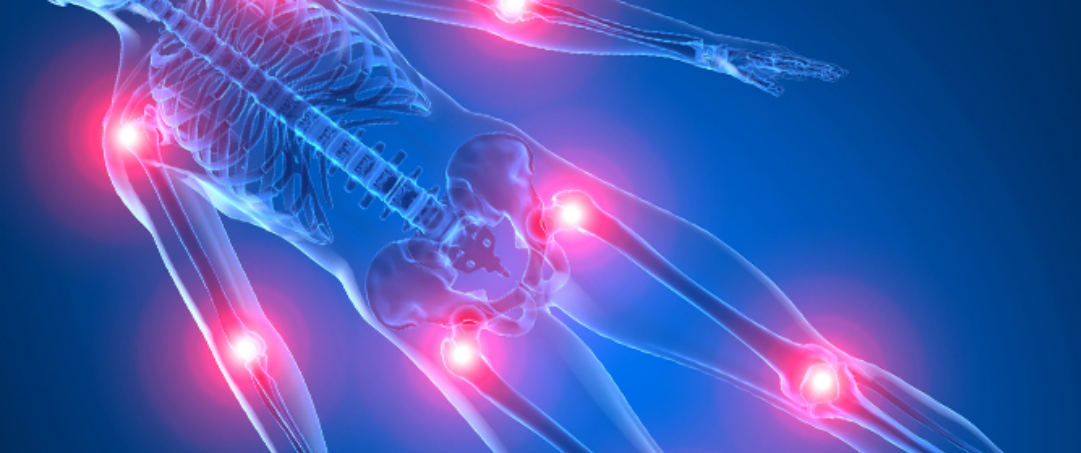
Based on the nutrition relevant genes and the associated genetic strengths and weaknesses, you should increase or decrease certain food components and nutrients. These recommendations are calculated based on your genetic profile.

Your personalized recommendations based on this section:



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## Nutritional Genes - Joints



Based on the nutrition relevant genes and the associated genetic strengths and weaknesses, you should increase or decrease certain food components and nutrients. These recommendations are calculated based on your genetic profile.

Your personalized recommendations based on this section:

β-Carotene

Alcohol

Arachidon.

Coffee

EPA

Fructose

Total fat

α-Linol.

DHA

Unsat. Fat

MSM

Legend: GREEN ARROWS > this nutrient or substance is classed as being healthy for your genetic profile. Try to increase the intake of this substance. RED ARROWS > this substance is classed as being unhealthy for your genetic profile. Try to reduce your intake of the substance. NO ARROWS > The genetics of this section has no effect of the nutrient. PLEASE NOTE! This interpretation only considers your genetic profile of this section.





# Nutritional Genes - Cereal



Based on the nutrition relevant genes and the associated genetic strengths and weaknesses, you should increase or decrease certain food components and nutrients. These recommendations are calculated based on your genetic profile.

Your personalized recommendations based on this section:

β-Carotene

Fiber

EPA

Gluten

Iron

Calcium

Copper

Lactose

Manganese

DHA

Selenium

Unsat. Fat

Vit B2

Vitamin C

Vitamin D3

Vitamin E

Vitamin B6

Zinc

Legend: GREEN ARROWS > this nutrient or substance is classed as being healthy for your genetic profile. Try to increase the intake of this substance. RED ARROWS > this substance is classed as being unhealthy for your genetic profile. Try to reduce your intake of the substance. NO ARROWS > The genetics of this section has no effect of the nutrient. PLEASE NOTE! This interpretation only considers your genetic profile of this section.



## Nutritional Genes - Milk



Based on the nutrition relevant genes and the associated genetic strengths and weaknesses, you should increase or decrease certain food components and nutrients. These recommendations are calculated based on your genetic profile.

Your personalized recommendations based on this section:

Calcium

Vitamin D3

Lactose

Legend: GREEN ARROWS > this nutrient or substance is classed as being healthy for your genetic profile. Try to increase the intake of this substance. RED ARROWS > this substance is classed as being unhealthy for your genetic profile. Try to reduce your intake of the substance. NO ARROWS > The genetics of this section has no effect of the nutrient. PLEASE NOTE! This interpretation only considers your genetic profile of this section.

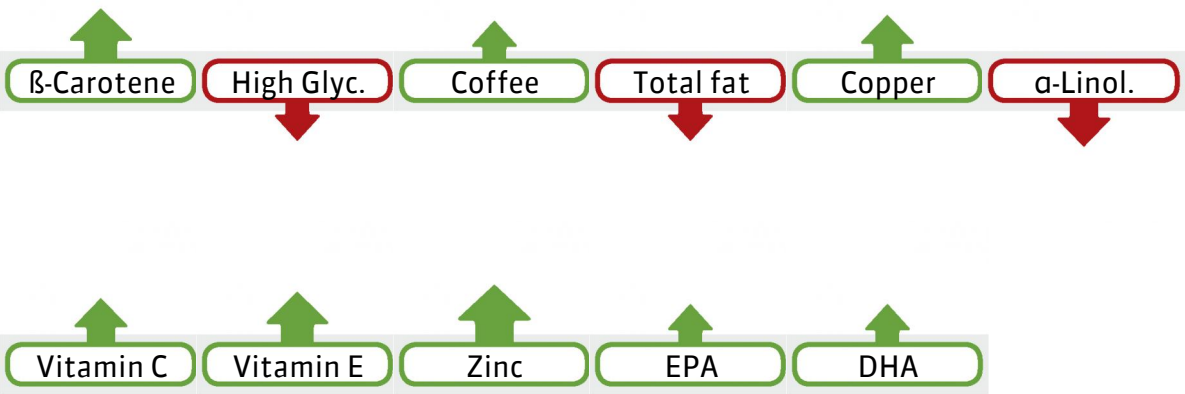


## Nutritional Genes - Eyes



Based on the nutrition relevant genes and the associated genetic strengths and weaknesses, you should increase or decrease certain food components and nutrients. These recommendations are calculated based on your genetic profile.

Your personalized recommendations based on this section:



Legend: GREEN ARROWS > this nutrient or substance is classed as being healthy for your genetic profile. Try to increase the intake of this substance. RED ARROWS > this substance is classed as being unhealthy for your genetic profile. Try to reduce your intake of the substance. NO ARROWS > The genetics of this section has no effect of the nutrient. PLEASE NOTE! This interpretation only considers your genetic profile of this section.



## INGREDIENTS

# Food ingredients

Different foods are composed of a great variety of ingredients and constituents. Some have positive effects on our health, while others affect our bodies adversely. Our genes and the resulting health risks also influence the amount of different nutrients we need and the effect different substances have on our body. All of this influences our requirement of certain ingredients, and there is no universal nutritional plan that applies to everyone. Your genetic analysis has enabled us to identify those food ingredients you should increase in your diet as well as those you are recommended to avoid.

The following part lists each food ingredient and its compatibility with your genetic profile. Some foods contain both positive and negative ingredients so the quantity of a given ingredients is often important. In order to simplify the diet planning process for you, we have included the Food Table, which evaluates hundreds of foods according to your genes. Using a complex algorithm, it evaluates the major ingredients of each individual food as well as the typical portion size based on your genetic profile. The final result is compiled in the column with the apple icons and ranges from six green apples (especially healthy) to six red apples (especially unhealthy).

Go through the list and choose food items that contain as many green apple icons as possible, and minimize food items in the red area in your future diet. The better you follow these instructions, the better your diet will neutralize your genetic weaknesses and use your genetic strengths to maintain optimal health.





Σ  
Summary

Vitamin D3 Vitamin D3 Vitamin D3 Vitamin D3 Vitamin D3 **Vitamin D3** **Vitamin D3** **Vitamin D3** Vitamin D3 Vitamin D3 Vitamin D3 Vitamin D3 Vitamin D3

Vitamin D3

Vitamin E Vitamin E Vitamin E **Vitamin E** Vitamin E Vitamin E **Vitamin E** Vitamin E Vitamin E Vitamin E Vitamin E **Vitamin E** Vitamin E

#### Vitamin E

Diagram illustrating the active site of the enzyme, showing a chain of 13 iron atoms. The 5th and 6th atoms from the left are highlighted with green borders and green arrows pointing to them from above, representing the active site.

Iron

[illegible]

Potassium

**Calcium**

Calcium

Copper Copper Copper Copper Copper **Copper** Copper Copper Copper Copper **Copper** Copper

Copper



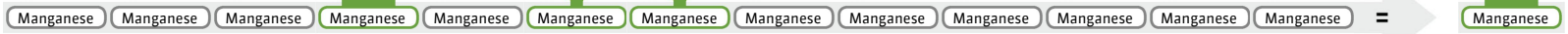


Summary

Magnesium



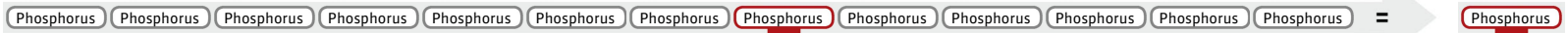
Manganese



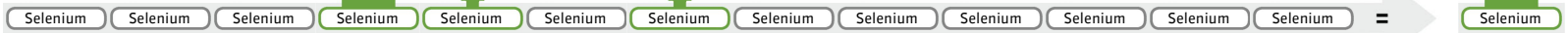
Sodium



Phosphorus



Selenium



Zinc



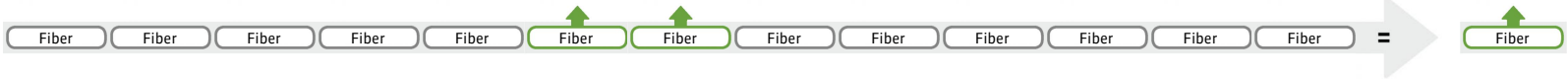


Summary

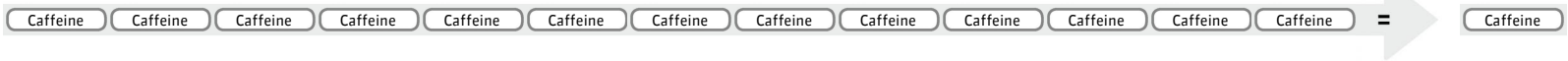
Phytic acid



Fiber



Caffeine



Lutein



Lycopene



Methylsulphonyl meth.



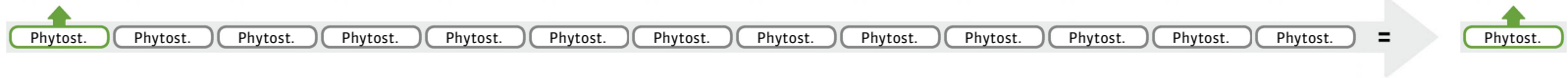


Summary

Oxalic acid



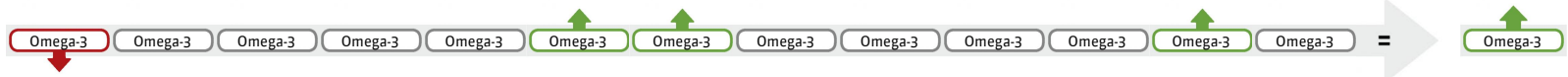
Phytosterol



Alpha-linolenic acid



Other Omega-3 fatty acids



DHA



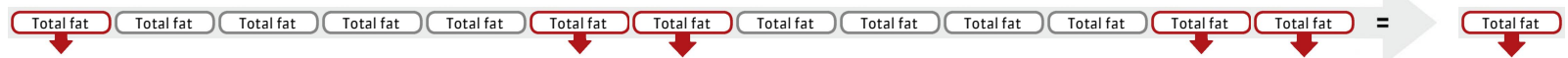
EPA





Summary

Saturated Fats



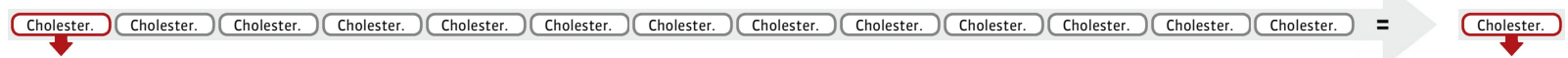
Unsat. fatty acids gen.



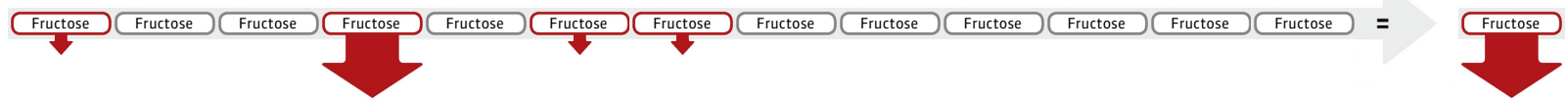
Arachidonic acid



Cholesterol



Fructose



Total sugar





$\Sigma$   
Summary

[illegible][illegible]

**Alcohol** Alcohol Alcohol Alcohol Alcohol **Alcohol** **Alcohol** **Alcohol** Alcohol Alcohol Alcohol Alcohol **Alcohol** = **Alcohol**

ALA ALA ALA **ALA** **ALA** ALA **ALA** ALA ALA ALA ALA ALA ALA = **ALA**

CoQ10 CoQ10 CoQ10 **CoQ10** CoQ10 CoQ10 CoQ10 CoQ10 CoQ10 CoQ10 CoQ10 CoQ10 CoQ10 = CoQ10

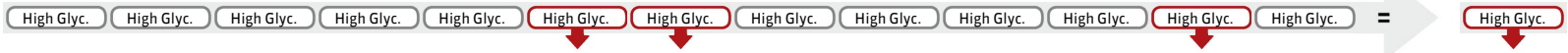
Diagram illustrating the process of protein synthesis (translation) using a ribosome and tRNA molecules. The ribosome is shown with a large subunit (blue) and a small subunit (yellow). The mRNA is threaded through the ribosome. The large subunit contains the peptidyl transferase center (PTC), which catalyzes the formation of a peptide bond between the amino acid on the tRNA in the P site and the amino acid on the tRNA in the A site. The tRNA in the P site is then released, and the tRNA in the A site moves to the E site and is released. The ribosome then translocates along the mRNA, moving the tRNA in the A site to the P site and the tRNA in the P site to the E site. The process continues until a stop codon is reached, at which point the completed polypeptide chain is released.





Summary

High glycemic index



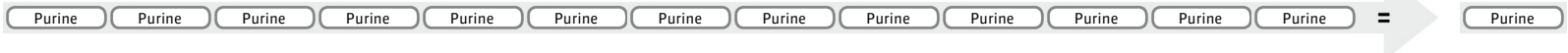
Coffee



Methionine (AA)



Purine



## Alcohol

Alcohol is a substance that can cause a variety of health related problems if consumption is too high. Due to genetic differences, some people are more sensitive to the negative effects of excessive alcohol consumption.

## Alpha lipoic acid

ALA is a strong antioxidant that helps the body neutralize toxic free radicals, that would otherwise cause chain reactions of damage to cells and tissues.

## Arachidonic acid

Arachidonic acid is part of the body's secondary messenger system and can trigger negative reactions in some people. Persons with a genetic predisposition to increased inflammatory reactions should avoid arachidonic acid.

## Fiber

Fiber consists of indigestible plant material that does not enter the body but remains in the intestine where it aids in mechanical breakage of food components.

## Cholesterol

The body produces cholesterol on its own but also absorbs it from our diet. A surplus of cholesterol can have a variety of negative effects on the body.

## Coenzyme Q10

Coenzyme Q10 is an important antioxidant that the body can produce itself, but which also needs the action of a certain gene to be converted to the active form Ubiquinol. People who carry a genetic defect in this gene (NQO1) are unable to convert Coenzyme Q10 to the active form.

## Cysteine and Methionine (Amino Acids)

Amino acids are the building blocks for proteins and are essential for life. Cysteine and methionine are such amino acids, that can however have a negative impact on bone health in some genetic types.

## Iron

Iron is an important component of blood, that allows it to carry oxygen in the form of hemoglobin. Some genetic variants can cause the excessive absorption of iron, which can damage organs.

## Folic acid, Vitamin B6 & B12

These vitamins help in regulating the homocysteine levels in blood, which are influenced by certain genetic variants. High homocysteine levels have a negative impact on heart health and should be kept low.

## Vitamin B2

Similar to folic acid, this vitamin can aid in stabilizing homocysteine levels, but only if a certain genetic variant is present. If this is not the case, Vitamin B2 has no effect on homocysteine levels.

## Fructose

Fructose, also called fruit sugar is a small molecule, that can be absorbed into the bloodstream without having to be digested by enzymes. Some people are intolerant to this sugar and should reduce its consumption to avoid unpleasant symptoms.

## Total fat & total sugar

These two energy sources are contained within most types of food and can lead to excessive weight if consumed in excessive amounts. Certain genetic types are particularly sensitive to the fat and sugar amounts in their diet and should reduce them if possible.

## Saturated Fats

Saturated fats are one group of fats that are considered the "unhealthy fats" and can have a negative impact on heart health. Certain genetic types should particularly pay attention to the saturated fat content in their diet.

### High GI (glycemic) Index

Food types with a high glycaemic index contain sugars, that enter the blood stream quickly and cause a rapid rise of the blood sugar levels. Certain genes counteract this effect, but some genetic variants can cause this system to be less effective. As a consequence, certain genetic types should avoid food types with a high glycaemic index.

### Coffee

Coffee contains a high dose of antioxidants and hence can be beneficial in the prevention of certain metabolic problems caused by free radicals. The caffeine can however have a negative impact on bone health and should be avoided by certain genetic types.

### Potassium

Potassium is an important nutrient for a variety of body functions and has a strong impact on blood pressure and cognitive health. Certain genetic types benefit from a higher potassium intake.

### Calcium

Calcium is an important component of many bodily functions. Certain genetic types require higher amounts of calcium for optimal bone health and to aid in detoxification.

### Copper

Copper is an important component of many enzymes and is therefore an important trace element for the metabolism. It has also been shown to reduce the aggressiveness of the immune system and to improve eye health.

### Lactose

The milk sugar lactose contains calories and can not be digested well by some genetic types. Depending on genetics, certain people react negatively to lactose and should reduce its consumption.

### Lutein and Lycopene

Lutein and lycopene are substances from the group of carotins and have shown to be beneficial for eye health. Therefore, an increased intake of these substances is beneficial for certain genetic types.

### Magnesium

Magnesium is an essential component of more than 300 enzymes, and therefore particularly important for the metabolism, for the functioning of the muscle cells, as well as for bone health.

### Manganese

Manganese is an important component of many enzymes and has an impact on the protection from free radicals and of the joints. Certain genetic types benefit in these areas if manganese intake is

increased.

### Methylsulfonylmethan

This organic sulphur compound reduces the aggressiveness of the immune system and can help protect joints in certain genetic types.

### Sodium

Sodium is a component of table salt and can lead to a rise in blood pressure in certain people.

### Oxalic acid, phosphoric acid, phytic acid

These substances are contained within many types of food and can have a negative impact on bone health.

### Phytosterol

In genetic types, where omega 3 fatty acids have a negative impact on HDL cholesterol levels, phytosterols are a good alternative to improve cholesterol levels.

### Purine

Purines can be produced by our bodies, but are also taken up in high amounts when eating animal products. Too high amounts of purines can have a negative impact on joint health in certain genetic types.

## Sucrose

This sugar contains calories and can have a negative impact on certain genetic types in terms of cognitive health and blood sugar regulation.

## Selenium

Selenium is an important component of many enzymes, some of which can neutralize free radicals. Certain genetic types need higher amounts of selenium to increase antioxidant protection.

## β-carotene and vitamin A

These vitamins and substances are contained within coloured vegetables and can aid certain genetic types in detoxification, protection from free radicals and cognitive health.

## Vitamin C, E and zinc

These substances are strong antioxidants and can have a positive impact on cognitive health, eye health, joint health and protection from free radicals.

## Vitamin D

This vitamin can be produced by the skin in sunlight and is an important factor for healthy bones. Certain genetic types require higher doses of this vitamin to maintain optimal bone health.

## Unsaturated fatty acids (group)

This term describes all unsaturated fatty acids, which are generally considered the "healthy fats".

## Omega 3 fatty acids

This general term describes all omega 3 fatty acids (of which there are several types), which can be found in fish and fish oils as well as some plants. They have a positive impact on joint health, but can lead to a negative impact on HDL cholesterol in some genetic types.

## Alpha linolenic acid

Alpha linolenic acid is important for the conversion of omega 3 fatty acids and has a positive effect on joint health. On the other hand, this substance can have a negative impact on cholesterol levels in certain genetic types.

## Docosahexaenoic acid (DHA) and Eicosapentaenoic acid (EPA)

These omega 3 fatty acids are important for the regulation of the cholesterol levels and the correct function of the immune system, joints and the brain. Some genetic types do however experience a negative effect on the HDL cholesterol levels, which needs to be considered.

## Zinc

Zinc is needed by the body to correctly metabolize macronutrients, to properly construct proteins, to maintain normal bone and to create new DNA. It is an essential micronutrient as an essential part of many proteins and enzymes.



# EATING HEALTHY WITH THE HELP OF THE FOOD LIST

How to use the food list to eat healthy.





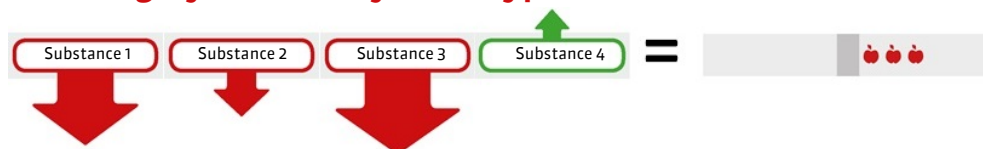
## TABLE

# How food types are evaluated

Based on your analysis that takes all relevant genetic factors into account, we now know which food constituents are especially healthy or unhealthy for you. Now we need to apply this newfound knowledge to choose the right food types for you.

More than 900 types of food were individually evaluated, while taking into account which substances are present in this type of food at which amounts and how healthy or unhealthy the substances are for you.

## Example of a largely unhealthy food type



This type of food may contain a few positive substances, but it largely consists of negative/unhealthy substances based on your genetic type. The negative substances by far outweigh the positive substances and so the overall rating for this type of food is negative with up to six red apples.

## Example of a neutral food type



This type of food contains positive as well as negative food constituents for your health. This leads to this type of food being neither especially healthy nor unhealthy for you. As the positive and negative effects cancel each other out, this type of food is rated as neutral with one black apple in the center.

## Example of a healthy food type



This type of food consists of many positive constituents for your health and so is healthy for you due to a number of different reasons. Healthy foods are rated with up to six green apples.



TABLE

# The food table explained

Now that we know which nutrients are good and which are bad for your body, it is important to find out which foods are appropriate for you. To simplify this complex analysis we compiled a list that rates each food according to your genes. The rating ranges from 6 green apple icons (very healthy for you) to 6 red apple icons (very unhealthy for you).



### Green apple icons

Green apple icons indicate, that this type of food (if eaten in the typical portion sizes and frequency) contains substances, that are especially healthy due to your genetic profile. Try to plan your nutrition with as many types of food in the very green category. Make sure you roughly follow the typical portion sizes of each type of food and that you do not eat too many foods of the same type at once.



### Red apple icons

Red Apple icons indicate, that the amount of unhealthy food constituents greatly outweighs the amount of healthy food constituents in this type of food. Based on your genetic profile, this type of food is especially unhealthy for you. Try to make negatively rated food types a rare exception and try to prefer mildly negatively rated food types over very negatively rated food types (4-6 red apples).



### Warning - Genetic ingredients warning

A warning sign (!) in this column means that this type of food contains a substance that may cause digestion problems or other signs of a food intolerance due to your genetics. When eating these foods, watch for digestive problems or other signs and avoid these foods if necessary. If no problems occur, you can continue eating this food.



### Warning - Order form information

If you have informed us of any allergies or intolerances that you suffer from or you just want to avoid some kind of food, you may find a warning symbol (!) in this section of the table. This means that this type of food may contain substances that can cause allergic reactions or symptoms of a food intolerance. This warning is solely based on the information you provided in the order form and no genes are tested for this section. PLEASE NOTE! This warning is a guideline to help you plan your diet and is in no way a complete

[illegible]



#### **BODY WEIGHT GENES**

*Not ordered*

#### **YOUR NUTRITION TYPE TO LOSE WEIGHT**

*Not ordered*

#### **YOUR SPORTS TYPE FOR LOSING WEIGHT**

*Not ordered*

#### **YOUR WEIGHT LOSS PROGRAM**

*Not ordered*

#### **YOUR SPORTS PROGRAM TO LOSE WEIGHT**

*Not ordered*

#### **NUTRITION GENES**

#### **FOOD INGREDIENTS**

#### **DIETARY SUPPLEMENT**

#### **MUSCLE FIBRE TYPE**

*Not ordered*

#### **OXIDATIVE STRESS AND RISK OF INJURY**

*Not ordered*

#### **OPTIMAL PERFORMANCE NUTRITION**

*Not ordered*

#### **FOOD LIST**

#### **SCIENCE**

#### **ADDITIONAL INFORMATION**



## DIETARY SUPPLEMENT

This chapter describes your individual micro-nutrient requirements, calculated with your genes.





## Individual micronutrient mix

Each of us has a unique genetic profile and different requirements for vitamins and minerals.

Our diet contains nutrients that are essential for life, and others that prevent illness. Diet is one of the most significant influences on our health. By altering your diet, you can reduce your genetic risks and improve your health. Your genetic analysis results reveal your body's specific needs, making it possible to calculate your personal daily requirement of essential vitamins and minerals, which are then combined in a dietary supplement personalized to your individual needs.

For this reason, people with a high risk of osteoporosis should have more calcium and vitamin D3 in their diet; other people, with high oxidative stress, need the perfect amount of free radical scavengers; people with genetically regulated aggressive inflammatory responses should take the right amount of anti-inflammatory substances. A healthy, balanced diet is of course the best way to obtain these essential nutrients. However, many people do not follow a nutrition that helps them obtain the vitamins and minerals they need, let alone which takes charge of their genetic requirements for nutrients.

This chart shows the shortage of important vitamins and minerals in a typical diet, without taking into account the additional requirements of people with particular needs based on genetics.

Micro-nutrient	Vitamin deficiency	
	Men	Women
Vitamin A	15%	10%
Vitamin C	32%	29%
Vitamin E	49%	49%
Vitamin D	82%	91%
Vitamin B2	20%	26%
Vitamin B6	12%	13%
Vitamin B12	8%	26%
Folic Acid	79%	85%
Calcium	44%	54%
Zinc	32%	21%

# Your daily requirement of micro-nutrients

Micro-nutrient	RDA	Your requirement	Unit
Alpha lipoic acid	N/A	292	mg
Calcium	800	1200	mg
Coenzyme Q10	N/A	54	mg
Copper	1	0.64	mg
Folic Acid	200	600	µg
Iron	14	16	mg
Lutein	N/A	6.8	mg
Magnesium	375	241	mg
Manganese	2	6	mg
Methyl-sulfonyl-methane	N/A	67	mg
Phytosterol	N/A	95	mg
Selenium	55	165	µg
Vitamin A	800	2500	µg
Vitamin B12	2.5	7.5	µg
Vitamin B2	1.4	4.3	mg
Vitamin B6	1.4	4.3	mg
Vitamin C	80	218	mg
Vitamin D3	5	15	µg
Vitamin E (α-Tocopherol)	12	36	mg
Zinc	10	30	mg

The RDA values are generally defined standard values for vitamins, minerals and trace elements. However, your actual need will be determined by your genetics and lifestyle.

CAUTION! Your genetic analysis shows that both over- and under-dosing of some of these substances may be harmful to your health. Therefore, please dose the micronutrients exactly according to these values to supply your body with exactly the right amount these vitamins and minerals and to prevent harmful effects of an overdose.



## Order now:

... through your advisor

office@dna4me.eu

+43 664 918 09 20

...online at:

[www.DNAnutriControl.com/de/Shop-Page](http://www.DNAnutriControl.com/de/Shop-Page)

Your recipe code:

DEMO\_ML





#### **BODY WEIGHT GENES**

*Not ordered*

#### **YOUR NUTRITION TYPE TO LOSE WEIGHT**

*Not ordered*

#### **YOUR SPORTS TYPE FOR LOSING WEIGHT**

*Not ordered*

#### **YOUR WEIGHT LOSS PROGRAM**

*Not ordered*

#### **YOUR SPORTS PROGRAM TO LOSE WEIGHT**

*Not ordered*

#### **NUTRITION GENES**

#### **FOOD INGREDIENTS**

#### **DIETARY SUPPLEMENT**

#### **MUSCLE FIBRE TYPE**

*Not ordered*

#### **OXIDATIVE STRESS AND RISK OF INJURY**

*Not ordered*

#### **OPTIMAL PERFORMANCE NUTRITION**

*Not ordered*

#### **FOOD LIST**

#### **SCIENCE**

#### **ADDITIONAL INFORMATION**





## FOOD LIST

This individual food list contains approx. 900 food products assessed according to your genes and helps you to plan your nutrition optimally.



# The food table explained

The food list includes more than 900 different food types that were evaluated according to your genes and which should help to achieve your goals.

Please note: Irrespective of your goal with this program, you should ensure a varied and balanced diet. To reach this, consider the typical portion amount as your maximum daily amount for this type of food. Also try to vary your choice of food types and do not eat many of the same or similar food types at once. Alcoholic beverages should be limited to a maximum of three times per week.



### Green apple icons

Green apple icons indicate, that this type of food (if eaten in the typical portion sizes and frequency) contains substances, that are especially healthy due to your genetic profile. Try to plan your nutrition with as many types of food in the very green category. Make sure you roughly follow the typical portion sizes of each type of food and that you do not eat too many foods of the same type at once.



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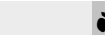

### Warning - Genetic ingredients warning

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### Question marks

If you have not ordered certain products, it is possible that question marks are displayed in a column. This means that not all relevant results are available for this evaluation. If you want to order this additional analysis, please contact us.


























































































































































 Recommendations to lose weight		 Recommendations for healthy nutrition		 Recommendations to improve performance		 genet. warning 1	 genet. warning 2	 your preference	Bread and pastry	All values per standard serving				
often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat
														
?	not ordered				?		①		Baguette	30	85	5	20	5
?	not ordered				?				Buckwheat bread	45	106	5	25	5
?	not ordered				?		①		Croissant	70	357	5	35	25
?	not ordered				?		①		Spelt bread	50	117	5	20	5
?	not ordered				?		①		Pita bread	50	121	5	25	5
?	not ordered				?		①		Brown/rye bread with sunflower seeds	45	99	5	20	5
?	not ordered				?		①		Brown bread - rye-wheat bread	45	101	5	25	0
?	not ordered				?		①		Brown bread - mixed wheat bread	45	106	5	25	5
?	not ordered				?		①		Green seed bread	45	108	5	25	5
?	not ordered				?				Millet bread	45	106	5	25	5
?	not ordered				?		①		Potato Bread	50	122	5	25	5
?	not ordered				?		①		Crispbread - multigrain bread	10	34	5	10	0
?	not ordered				?		①		Crispbread - rye-wheat bread	10	34	5	10	0
?	not ordered				?		①		Crispbread - mixed wheat bread	10	36	5	10	0
?	not ordered				?		①		Pretzel	50	171	5	35	5
?	not ordered				?		①		Cornbread	45	104	5	20	5
?	not ordered				?		①		Pumpernickel bread	40	78	5	20	5
?	not ordered				?				Rice bread	45	107	5	25	5
?	not ordered				?		①		Wholemeal bread with sunflower seeds	50	110	5	20	5
?	not ordered				?		①		Wholemeal bread - barley wholemeal bread	50	102	5	20	5
?	not ordered				?		①		Wholemeal bread - rye-wheat bread	50	103	5	20	5
?	not ordered				?		①		Wholemeal bread - whole wheat bread	50	102	5	20	0
?	not ordered				?		①		White bread	30	73	5	15	0


















































































































































































 Recommendations to lose weight		 Recommendations for healthy nutrition		 Recommendations to improve performance		genet. warning 1	genet. warning 2	your preference	Cereals, grains and grain products, rice	All values per standard serving				
often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat
	 		 		 				Corn peeled (from flour, semolina, grain or flakes)	20	66	5	15	5
	? not ordered								Corn wholegrain (from flour, semolina, grain or flakes)	60	197	5	40	5
	? not ordered								Breadcrumbs	20	72	5	15	0
	? not ordered						①		Popcorn	30	111	5	20	5
	? not ordered								Quinoa peeled (from flour, semolina, grain or flakes)	100	355	15	65	10
	? not ordered								Rice peeled (from flour, semolina, grain or flakes)	40	140	5	35	0
	? not ordered								Rice wholegrain (from flour, semolina, grain or flakes)	60	211	5	45	5
	? not ordered								Rye peeled (from flour, semolina, grain or flakes)	60	180	10	40	5
	? not ordered						①		Rye wholegrain (from flour, semolina, grain or flakes)	40	120	5	25	5
	? not ordered						①		Wheat peeled (from flour, semolina, grain or flakes)	60	183	10	40	5
	? not ordered						①		Wheat wholegrain (from flour, semolina, grain or flakes)	40	122	5	25	5


























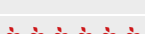









 Recommendations to lose weight		 Recommendations for healthy nutrition		 Recommendations to improve performance		genet. warning 1	genet. warning 2	your preference	Confectionary, sugar, sweets, chocolate, sweet spread, ice cream	All values per standard serving				
often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat
	 		 		 				Maple syrup	100	274	0	70	0
	? not ordered								Candy sour	5	20	0	5	0
	? not ordered								Ice strawberry	30	26	0	5	5
	? not ordered						①		Ice vanilla	30	58	5	10	5
	? not ordered						①		Fruit drops	5	20	0	5	0












 Recommendations to lose weight		 Recommendations for healthy nutrition		 Recommendations to improve performance		 genet. warning 1	 genet. warning 2	 your preference	Confectionary, sugar, sweets, chocolate, sweet spread, ice cream	All values per standard serving				
often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat
														
?	not ordered		      		?	not ordered		①	Gumdrops	15	52	5	15	0
?	not ordered		      		?	not ordered			Honey	20	61	0	15	0
?	not ordered				?	not ordered			Cocoa powder	5	14	5	5	5
?	not ordered		      		?	not ordered			Jam apple	25	66	0	20	0
?	not ordered		      		?	not ordered			Jam apricot	25	63	0	15	0
?	not ordered		      		?	not ordered			Jam blackberry	25	65	0	20	0
?	not ordered		      		?	not ordered			Jam strawberry	25	65	0	20	0
?	not ordered		      		?	not ordered			Jam blueberry	25	66	0	20	0
?	not ordered		      		?	not ordered			Jam raspberry	25	64	0	15	0
?	not ordered		      		?	not ordered			Jam orange	25	66	0	20	0
?	not ordered		      		?	not ordered			Jam peach	25	68	0	20	0
?	not ordered		     		?	not ordered			Jam plums	25	61	0	15	0
?	not ordered		      		?	not ordered			Jam cranberry	25	67	0	20	0
?	not ordered		      		?	not ordered			Jam sour cherry	25	63	0	15	0
?	not ordered		      		?	not ordered			Jam damson plum	25	68	0	20	0
?	not ordered		      		?	not ordered			Marshmallow	15	50	0	15	0
?	not ordered		 		?	not ordered			Marzipan	15	79	5	10	5
?	not ordered		 		?	not ordered			Nougat	15	78	5	10	5
?	not ordered		      		?	not ordered		①	Chocolates	15	49	0	10	5
?	not ordered		      		?	not ordered			Rum balls	20	81	0	15	5
?	not ordered		      		?	not ordered			Chocolate kiss	20	71	5	10	5
?	not ordered		     		?	not ordered			Chocolate bitter	20	79	5	10	5
?	not ordered		      		?	not ordered			Chocolate milk	20	107	5	15	10






















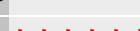


 Recommendations to lose weight		 Recommendations for healthy nutrition		 Recommendations to improve performance		genet. warning 1	genet. warning 2	your preference	Confectionary, sugar, sweets, chocolate, sweet spread, ice cream	All values per standard serving				
often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat
														
	? not ordered							? not ordered	Chocolate cream	20	99	5	15	5
	? not ordered							? not ordered	Chocolate unskimmed milk	20	107	5	10	10
	? not ordered							? not ordered	Chocolate white	20	108	5	15	10
	? not ordered							? not ordered	Chocolate dark	20	99	5	10	10
	? not ordered							? not ordered	Sugar white	5	20	0	5	0

 Recommendations to lose weight		 Recommendations for healthy nutrition		 Recommendations to improve performance		genet. warning 1	genet. warning 2	your preference	Eggs and egg products, pasta	All values per standard serving				
often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat
														
	? not ordered							? not ordered	Glass noodles	100	339	0	85	0
	? not ordered							? not ordered	Chicken egg	60	82	10	5	10
	? not ordered							? not ordered	Soba noodles	100	336	15	75	5
	? not ordered							? not ordered	Noodles	50	109	5	20	5
	? not ordered							? not ordered	Pasta with egg	150	543	20	105	5
	? not ordered							? not ordered	Pasta without egg	50	174	10	35	5
	? not ordered							? not ordered	Wholemeal pasta with egg	150	485	20	95	5
	? not ordered							? not ordered	Wholemeal pasta without egg	50	162	10	30	5
















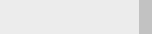


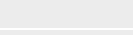

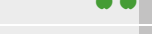













 Recommendations to lose weight		 Recommendations for healthy nutrition		 Recommendations to improve performance		 genet. warning 1	 genet. warning 2	 your preference	Backed goods, cakes and confectionary	All values per standard serving				
often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat
														
?	not ordered		      		?	not ordered		①	Apple crumble cake from shortcrust	150	350	5	50	20
?	not ordered		      		?	not ordered		①	Apple strudel	150	249	5	40	10
?	not ordered		      		?	not ordered		①	Apricot cream cake from cake batter	100	208	5	25	15
?	not ordered	  			?	not ordered		①	Beer batter	100	225	10	35	10
?	not ordered		      		?	not ordered		①	Biscuit cuts	100	390	5	50	20
?	not ordered		  		?	not ordered		①	Puff pastry	100	420	5	30	35
?	not ordered	  			?	not ordered		①	Choux paste	100	183	10	15	15
?	not ordered		      		?	not ordered		①	Butter biscuits	25	109	5	20	5
?	not ordered		      		?	not ordered		①	Cream cake	120	400	10	40	25
?	not ordered		  		?	not ordered		①	Dominoes	15	50	5	10	5
?	not ordered		  		?	not ordered		①	Doughnut	60	236	5	30	15
?	not ordered		     		?	not ordered		①	Strawberry cream cake from cake batter	100	281	5	25	20
?	not ordered		 		?	not ordered		①	Yeast dough (pizza dough)	100	304	10	45	15
?	not ordered		      		?	not ordered		①	Yogurt cream cake	100	264	5	25	20
?	not ordered		      		?	not ordered		①	Carrot nut cake from cake batter	100	318	10	35	20
?	not ordered		      		?	not ordered		①	Cheesecake from shortcrust pastry	100	270	10	30	15
?	not ordered		      		?	not ordered		①	Cheesecake	120	344	5	30	25
?	not ordered		      		?	not ordered		①	Cherry cake from shortcrust pastry	120	354	5	45	20
?	not ordered		    		?	not ordered		①	Gingerbread	25	97	5	15	5
?	not ordered		      		?	not ordered		①	Linzer cake	120	501	10	55	30
?	not ordered		      		?	not ordered		①	Macaroons	50	218	10	25	15
?	not ordered		      		?	not ordered		①	Almond cake from yeast dough	100	384	10	45	20
?	not ordered		      		?	not ordered		①	Marble cake from batter	70	249	5	30	15







 Recommendations to lose weight		 Recommendations for healthy nutrition		 Recommendations to improve performance		 genet. warning 1	 genet. warning 2	 your preference	Backed goods, cakes and confectionary	All values per standard serving				
often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat
														
?	not ordered				?		①		Marzipan cake	120	421	10	35	30
?	not ordered				?		①		Apple and poppy seed cake from shortcrust	120	346	10	40	20
?	not ordered				?		①		Poppy seed roll from dough	100	358	10	40	20
?	not ordered				?		①		Muffin with chocolate	60	175	5	25	10
?	not ordered				?		①		Muffins with blueberries	60	169	5	25	10
?	not ordered				?		①		Nut cake	50	229	5	20	15
?	not ordered				?		①		Nut cream cake	120	427	10	30	35
?	not ordered				?		①		Gingerbread biscuits	25	96	5	20	5
?	not ordered				?		①		Cookies from shortcrust	50	246	5	30	15
?	not ordered				?		①		Quark-apple cake	120	202	10	30	10
?	not ordered				?		①		Cream cake	50	151	5	15	10
?	not ordered				?		①		Rhubarb cake with meringue	120	218	5	25	15
?	not ordered				?		①		Raisin cake from batter	70	241	5	35	10
?	not ordered				?		①		Red wine cake from batter	70	255	5	30	15
?	not ordered				?		①		Sacher cake	120	462	10	55	25
?	not ordered				?		①		Pretzel sticks	30	106	5	25	0
?	not ordered				?		①		Chocolate cake from batter	70	237	5	25	15
?	not ordered				?		①		Chocolate-nuts cake from batter	100	393	10	35	25
?	not ordered				?		①		Chocolate cake with cream topping from cake batter	100	308	5	50	10
?	not ordered				?		①		Black Forest cake	120	333	5	40	20
?	not ordered				?		①		Chelsea bun with crumbles	75	257	10	40	10
?	not ordered				?		①		Tiramisu	125	390	10	50	20
?	not ordered				?		①		Waffles	50	279	5	25	25

























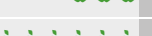



Recommendations to lose weight		Recommendations for healthy nutrition		Recommendations to improve performance		genet. warning 1	genet. warning 2	your preference	Baked goods, cakes and confectionary	All values per standard serving				
often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat
 		 		 					Damson plum cake from shortcrust					
	? not ordered				? not ordered					100	212	5	30	10



































Recommendations to lose weight		Recommendations for healthy nutrition		Recommendations to improve performance		genet. warning 1	genet. warning 2	your preference	Fruit and fruit products	All values per standard serving				
often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat
 		 		 					Acerola					
	? not ordered				? not ordered					120	19	0	5	0
	? not ordered				? not ordered				Pineapple	125	70	5	20	0
	? not ordered				? not ordered				Pineapple canned	125	108	0	30	0
	? not ordered				? not ordered				Apple	125	76	0	20	0
	? not ordered				? not ordered				Applesauce canned	250	203	5	50	0
	? not ordered				? not ordered				Apricot	50	22	0	5	0
	? not ordered				? not ordered				Apricot canned	125	99	5	25	0
	? not ordered				? not ordered				Avocado	225	293	5	10	30
	? not ordered				? not ordered				Banana	100	90	5	20	0
	? not ordered				? not ordered				Tree gooseberry (starfruit)	125	34	5	5	5
	? not ordered				? not ordered				Soft fruit	125	40	5	10	5
	? not ordered				? not ordered				Pear	140	73	5	20	0
	? not ordered				? not ordered				Pear canned	125	83	0	20	0
	? not ordered				? not ordered				Blackberry	125	45	5	10	5
	? not ordered				? not ordered				Breadfruit	125	130	5	30	0

































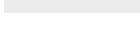







































 Recommendations to lose weight		 Recommendations for healthy nutrition		 Recommendations to improve performance		 genet. warning 1	 genet. warning 2	 your preference	Fruit and fruit products	All values per standard serving				
often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat
									Cashew apple	125	68	5	15	5
?	not ordered				?				Clementine	40	18	0	5	0
?	not ordered				?				Date	125	350	5	85	5
?	not ordered				?				Durian	125	180	5	40	5
?	not ordered				?				Strawberry	250	80	5	15	5
?	not ordered				?				Ground Cherry (Physalis)	125	64	5	15	5
?	not ordered				?				Fig	20	13	0	5	0
?	not ordered				?				Pomegranate	125	94	5	20	5
?	not ordered				?				Grapefruit	250	110	5	20	0
?	not ordered				?				Guava	125	43	5	10	5
?	not ordered				?				Guava small	125	69	5	15	5
?	not ordered				?				Rosehip	125	119	5	20	5
?	not ordered				?				Blueberry	125	46	5	10	5
?	not ordered				?				Raspberry	125	43	5	10	0
?	not ordered				?				Elderberry	125	69	5	10	5
?	not ordered				?				Currant red	125	41	5	10	0
?	not ordered				?				Currant black	125	50	5	10	0
?	not ordered				?				Currant white	125	51	5	10	0
?	not ordered				?				Japanese persimmon	125	89	5	20	0
?	not ordered				?				Prickly pear	125	46	5	10	5
?	not ordered				?				Cape gooseberry	125	95	5	20	5
?	not ordered				?				Cherry canned	125	68	5	20	0
?	not ordered				?				Cherry sour	120	62	5	15	5

 Recommendations to lose weight		 Recommendations for healthy nutrition		 Recommendations to improve performance		 genet. warning 1	 genet. warning 2	 your preference	Fruit and fruit products	All values per standard serving				
often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat
									Cherry sweet	120	72	5	20	0
?	not ordered				?				Kiwi	45	24	0	5	0
?	not ordered				?				Coconut	50	181	5	5	20
?	not ordered				?				Kumquat	125	85	5	20	0
?	not ordered				?				Lime	125	59	5	5	5
?	not ordered				?				Litchi	125	94	5	25	0
?	not ordered				?				Litchi canned	125	120	5	30	0
?	not ordered				?				Mamey apple	125	71	5	15	0
?	not ordered				?				Mandarins	40	20	0	5	0
?	not ordered				?				Mandarins canned	125	104	0	25	0
?	not ordered				?				Mango	125	74	5	20	5
?	not ordered				?				Mangosteen	125	93	5	20	5
?	not ordered				?				Mulberry	125	55	5	10	0
?	not ordered				?				Mirabelle	125	80	5	20	0
?	not ordered				?				Medlar	25	12	0	5	0
?	not ordered				?				Nectarine	115	64	5	15	0
?	not ordered				?				Orange	150	65	5	15	0
?	not ordered				?				Pampelmuse	125	58	5	15	0
?	not ordered				?				Papaya	125	40	5	10	0
?	not ordered				?				Passion fruit	125	80	5	15	5
?	not ordered				?				Peach	115	47	5	10	0
?	not ordered				?				Plums	125	56	5	15	0
?	not ordered				?				Cranberry	125	44	0	10	5



























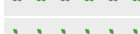








 Recommendations to lose weight		 Recommendations for healthy nutrition		 Recommendations to improve performance		 genet. warning 1	 genet. warning 2	 your preference	Fruit and fruit products	All values per standard serving				
often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat
									Quince	150	59	5	15	5
?	not ordered				?	not ordered			Rhubarb	150	20	5	5	0
?	not ordered				?	not ordered			Raisins	25	76	5	20	0
?	not ordered				?	not ordered			Round plum	125	56	5	15	0
?	not ordered				?	not ordered			Sea buckthorn berry	125	108	5	5	10
?	not ordered				?	not ordered			Gooseberry	125	46	5	10	0
?	not ordered				?	not ordered			Starfruit	100	27	5	5	5
?	not ordered				?	not ordered			Wild blackberry	125	45	5	10	5
?	not ordered				?	not ordered			Wild strawberry	125	40	5	10	5
?	not ordered				?	not ordered			Wild raspberry	125	43	5	10	0
?	not ordered				?	not ordered			Watermelon	125	48	5	10	0
?	not ordered				?	not ordered			Grape red	125	88	5	20	0
?	not ordered				?	not ordered			Grape white	125	88	5	20	0
?	not ordered				?	not ordered			Winter melon	125	35	5	10	0
?	not ordered				?	not ordered			Lemon	125	45	5	5	5
?	not ordered				?	not ordered			Muskmelon	125	69	5	20	0
?	not ordered				?	not ordered			Plum	35	15	0	5	0












Recommendations to lose weight		Recommendations for healthy nutrition		Recommendations to improve performance		genet. warning 1	genet. warning 2	your preference	Vegetables and vegetable products	All values per standard serving				
often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat
	 		 		 		 		Algae	5	2	0	0	0
?	not ordered				?	not ordered			Artichokes	150	33	5	5	0
?	not ordered				?	not ordered			Aubergine	250	43	5	10	0
?	not ordered				?	not ordered			Wild garlic	100	19	5	5	0
?	not ordered				?	not ordered			Kale	150	20	5	5	0
?	not ordered				?	not ordered			Cauliflower	150	35	5	5	0
?	not ordered				?	not ordered			Bean white	60	158	15	25	5
?	not ordered				?	not ordered			Beans thick	150	126	15	20	5
?	not ordered				?	not ordered			Beans green	150	50	5	10	0
?	not ordered				?	not ordered			Nettle	150	63	15	5	5
?	not ordered				?	not ordered			Broccoli	150	42	10	5	0
?	not ordered				?	not ordered			Bush beans green	150	50	5	10	0
?	not ordered				?	not ordered			Chicory	50	9	5	5	0
?	not ordered				?	not ordered			China beans	150	170	15	30	5
?	not ordered				?	not ordered			Chinese cabbage	150	20	5	5	0
?	not ordered				?	not ordered			Iceberg lettuce	50	7	5	5	0
?	not ordered				?	not ordered			Endives	50	8	5	5	0
?	not ordered				?	not ordered			Pea green	150	123	10	20	5
?	not ordered				?	not ordered			Pea green canned	150	57	5	10	5
?	not ordered				?	not ordered			Lamb's lettuce	50	8	5	0	0
?	not ordered				?	not ordered			Fennel bulb	150	29	5	5	0
?	not ordered				?	not ordered			Vegetable mix Chinese art	150	56	5	10	5
?	not ordered				?	not ordered			Vegetable mix Mexican art	150	77	5	15	5























Recommendations to lose weight		Recommendations for healthy nutrition		Recommendations to improve performance		genet. warning 1	genet. warning 2	your preference	Vegetables and vegetable products	All values per standard serving				
often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat
	 		 		 		 		Sweet pepper yellow	150	45	5	10	0
?	not ordered				?	not ordered			Sweet pepper green	150	29	5	5	0
?	not ordered				?	not ordered			Sweet pepper red	150	56	5	10	5
?	not ordered				?	not ordered			Kale	150	56	10	5	5
?	not ordered				?	not ordered			Cucumber	150	18	5	5	0
?	not ordered				?	not ordered			Legume vegetables	150	50	5	10	0
?	not ordered				?	not ordered			Capers	100	23	5	5	0
?	not ordered				?	not ordered			Carrot	150	50	5	10	0
?	not ordered				?	not ordered			Kidney beans	60	151	15	25	5
?	not ordered				?	not ordered			Garlic	5	3	0	5	0
?	not ordered				?	not ordered			Celeriac	150	29	5	5	0
?	not ordered				?	not ordered			Kohlrabi	150	38	5	10	0
?	not ordered				?	not ordered			Turnip	150	45	5	10	0
?	not ordered				?	not ordered			Lettuce	50	6	5	5	0
?	not ordered				?	not ordered			Pumpkin Butternut	150	38	5	10	0
?	not ordered				?	not ordered			Pumpkin Hokkaido	150	38	5	10	0
?	not ordered				?	not ordered			Spring onion	30	13	0	5	0
?	not ordered				?	not ordered			Lima bean	150	98	5	20	0
?	not ordered				?	not ordered			Lollo Rosso	100	20	5	5	0
?	not ordered				?	not ordered			Dandelion	150	44	5	5	5
?	not ordered				?	not ordered			Chard	150	24	5	5	0
?	not ordered				?	not ordered			Horseradish	150	96	5	20	0
?	not ordered				?	not ordered			Mixed pickles	200	72	5	15	5

Recommendations to lose weight		Recommendations for healthy nutrition		Recommendations to improve performance		genet. warning 1	genet. warning 2	your preference	Vegetables and vegetable products	All values per standard serving				
often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat
	 		 		 		 							
?	not ordered				?	not ordered			Okra	150	30	5	5	0
?	not ordered				?	not ordered			Olive green	20	26	0	5	5
?	not ordered				?	not ordered			Olive black	20	69	0	5	10
?	not ordered				?	not ordered			Palm heart	150	54	5	10	0
?	not ordered				?	not ordered			Peppers	150	29	5	5	0
?	not ordered				?	not ordered			Parsnips	150	89	5	20	5
?	not ordered				?	not ordered			Pearl onion	15	11	0	5	0
?	not ordered				?	not ordered			Purslane	150	18	5	5	5
?	not ordered				?	not ordered			Scarlet runner bean	150	126	15	20	5
?	not ordered				?	not ordered			Radicchio	50	7	5	5	0
?	not ordered				?	not ordered			Radishes	100	15	5	5	0
?	not ordered				?	not ordered			Radish	150	24	5	5	0
?	not ordered				?	not ordered			Romanesco	150	35	5	5	0
?	not ordered				?	not ordered			Romano salad	50	8	5	5	0
?	not ordered				?	not ordered			Brussels sprouts	150	54	10	5	5
?	not ordered				?	not ordered			Red cabbage	150	35	5	5	0
?	not ordered				?	not ordered			Beet red	150	63	5	15	0
?	not ordered				?	not ordered			Beet white	150	39	5	10	0
?	not ordered				?	not ordered			Rocket	100	27	5	5	5
?	not ordered				?	not ordered			Sorrel	150	33	5	5	5
?	not ordered				?	not ordered			Pickled cabbage	150	26	5	5	0
?	not ordered				?	not ordered			Shallot	30	7	0	5	0
?	not ordered				?	not ordered			Leaf lettuce	50	10	5	5	0
























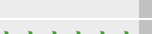










































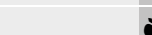




Recommendations to lose weight		Recommendations for healthy nutrition		Recommendations to improve performance		genet. warning 1	genet. warning 2	your preference	Vegetables and vegetable products	All values per standard serving				
often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat
	 		 		 		 							
?	not ordered				?	not ordered			Black salsify	150	29	5	5	5
?	not ordered				?	not ordered			Pearl onions	30	8	0	5	0
?	not ordered				?	not ordered			Soybeans	150	216	20	20	10
?	not ordered				?	not ordered			Asparagus canned	150	18	5	5	0
?	not ordered				?	not ordered			Asparagus white	150	27	5	5	0
?	not ordered				?	not ordered			Spinach	150	29	5	5	0
?	not ordered				?	not ordered			Pointed cabbage	150	35	5	5	0
?	not ordered				?	not ordered			Runner beans green	150	50	5	10	0
?	not ordered				?	not ordered			Stalk celery	150	26	5	5	0
?	not ordered				?	not ordered			Bush beans	150	132	15	20	5
?	not ordered				?	not ordered			Pigeon peas	60	172	15	30	5
?	not ordered				?	not ordered			Soup vegetables	150	38	5	10	0
?	not ordered				?	not ordered			Tomatoes	80	14	5	5	0
?	not ordered				?	not ordered			Tomatoes canned	80	14	5	5	0
?	not ordered				?	not ordered			Wax beans	150	48	5	10	0
?	not ordered				?	not ordered			Wax gourd	150	21	5	5	0
?	not ordered				?	not ordered			Wasabi raw	150	185	10	35	5
?	not ordered				?	not ordered			Vine leaves	100	114	10	20	5
?	not ordered				?	not ordered			White cabbage	150	38	5	10	0
?	not ordered				?	not ordered			Savoy cabbage	150	41	5	5	0
?	not ordered				?	not ordered			Parsley root	150	59	5	10	5
?	not ordered				?	not ordered			Zucchini	150	32	5	5	0
?	not ordered				?	not ordered			Sugar peas	150	89	10	15	0


























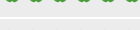

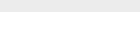
Recommendations to lose weight		Recommendations for healthy nutrition		Recommendations to improve performance		genet. warning 1	genet. warning 2	your preference	Vegetables and vegetable products	All values per standard serving				
often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat
	 		 		 				Sweetcorn	150	134	5	25	5
	? not ordered				? not ordered				Onion	80	22	5	5	0
	? not ordered				? not ordered									

Recommendations to lose weight		Recommendations for healthy nutrition		Recommendations to improve performance		genet. warning 1	genet. warning 2	your preference	Potatoes and potato products, starchy plant parts, mushrooms	All values per standard serving				
often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat
	 		 		 				Oyster mushroom	100	23	5	5	0
	? not ordered				? not ordered				Batata (sweet potato)	150	167	5	40	5
	? not ordered				? not ordered				Birch mushroom	200	50	10	0	5
	? not ordered				? not ordered				Slippery Jack	200	30	5	5	5
	? not ordered				? not ordered				Champignon	100	21	5	5	0
	? not ordered				? not ordered				Champignon canned	100	19	5	0	5
	? not ordered				? not ordered				Red pine mushroom	200	36	10	0	5
	? not ordered				? not ordered				Gnocchi	125	203	5	45	5
	? not ordered				? not ordered	①			Armillaria	200	38	10	0	5
	? not ordered				? not ordered				Chinese artichoke	200	362	10	75	5
	? not ordered				? not ordered	①			Potato chips	25	132	0	5	10
	? not ordered				? not ordered				Potatoes peeled	200	146	5	35	0
	? not ordered				? not ordered				Potatoes unpeeled	240	175	5	40	0
	? not ordered				? not ordered	①			Potatoes frozen	200	290	5	35	15

















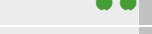














Recommendations to lose weight		Recommendations for healthy nutrition		Recommendations to improve performance		genet. warning 1	genet. warning 2	your preference	Potatoes and potato products, starchy plant parts, mushrooms	All values per standard serving				
often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat
<div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div></div><div><div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div></div>	<div><div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div></div>	<div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div></div><div><div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div></div>	<div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div></div><div><div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div></div>	<div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div></div><div><div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div></div>	<div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div></div><div><div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div></div>				Potato starch flour	20	68	0	20	0
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<div><div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div></div>	<div><div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div></div>	<div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div></div><div><div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div></div>	<div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div></div><div><div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div></div>	<div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div></div><div><div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div></div>	<div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div></div><div><div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div></div>				Yam bean	200	82	5	20	0
<div><div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div></div>	<div><div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div></div>	<div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div></div><div><div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div></div>	<div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div></div><div><div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div></div>	<div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div></div><div><div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div></div>	<div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div></div><div><div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div></div></div></div>				Yam	200	202	5	45	0

 Recommendations to lose weight		 Recommendations for healthy nutrition		 Recommendations to improve performance		 genet. warning 1	 genet. warning 2	 your preference	Spices, seasonings, additives	All values per standard serving				
often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat
									Agar-Agar	5	3	0	0	0
?	not ordered				?				Agave syrup	100	270	5	65	0
?	not ordered				?				Anise	5	0	0	0	0
?	not ordered				?				Apple vinegar	15	3	0	0	0
?	not ordered				?				Balsamic vinegar	100	99	0	25	0
?	not ordered				?				Barbecue sauce	45	54	5	5	5
?	not ordered				?		①		Basil	5	0	0	0	0
?	not ordered				?				Cayenne pepper	5	0	0	0	0
?	not ordered				?				Chili red	5	0	0	0	0
?	not ordered				?				Chutney apple	20	29	0	10	0
?	not ordered				?				Chutney mango	20	28	0	10	0
?	not ordered				?				Chutney tomato	20	21	0	5	0
?	not ordered				?				Curry powder	5	0	0	0	0
?	not ordered				?		①		Curry sauce	60	91	5	5	10
?	not ordered				?				Dill	5	0	0	0	0
?	not ordered				?				Dressing cocktail	20	116	0	5	15
?	not ordered				?				Dressing vinegar-herb	45	134	0	5	15
?	not ordered				?				Dressing French	60	222	5	5	25
?	not ordered				?				Dressing Italian	60	146	5	5	15
?	not ordered				?				Dressing mayonnaise	50	360	5	0	40
?	not ordered				?				Tarragon	5	0	0	0	0
?	not ordered				?				Gelatin	5	3	5	0	0
?	not ordered				?		①		Vegetable stock granulated	100	176	20	15	10

 Recommendations to lose weight		 Recommendations for healthy nutrition		 Recommendations to improve performance		 genet. warning 1	 genet. warning 2	 your preference	Spices, seasonings, additives	All values per standard serving				
often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat
														
?	not ordered				?	not ordered		①	Hoisin sauce	20	35	5	10	5
?	not ordered				?	not ordered		①	Chicken stock granulated	5	7	5	5	0
?	not ordered				?	not ordered			Ginger	5	0	0	0	0
?	not ordered				?	not ordered			Cardamom	5	0	0	0	0
?	not ordered				?	not ordered			Ketchup	20	22	0	5	0
?	not ordered				?	not ordered			Coriander	5	0	0	0	0
?	not ordered				?	not ordered			Herb vinegar	15	3	0	0	0
?	not ordered				?	not ordered			Cumin	5	0	0	0	0
?	not ordered				?	not ordered			Caraway	5	0	0	0	0
?	not ordered				?	not ordered			Turmeric	5	0	0	0	0
?	not ordered				?	not ordered			Bay leaf	5	0	0	0	0
?	not ordered				?	not ordered			Mace	5	0	0	0	0
?	not ordered				?	not ordered			Marjoram	5	0	0	0	0
?	not ordered				?	not ordered			Balm	5	0	0	0	0
?	not ordered				?	not ordered			Nutmeg	5	0	0	0	0
?	not ordered				?	not ordered			Cloves	5	0	0	0	0
?	not ordered				?	not ordered			Fruit vinegar	15	3	0	0	0
?	not ordered				?	not ordered			Oregano	5	0	0	0	0
?	not ordered				?	not ordered			Paprika sweet	5	0	0	0	0
?	not ordered				?	not ordered			Pectins	5	1	0	0	0
?	not ordered				?	not ordered			Parsley	5	0	0	0	0
?	not ordered				?	not ordered			Pepper green	5	0	0	0	0
?	not ordered				?	not ordered			Pepper black	5	0	0	0	0
















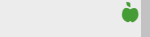
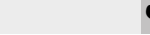

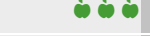

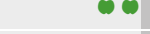

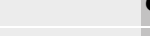





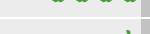








Recommendations to lose weight		Recommendations for healthy nutrition		Recommendations to improve performance		genet. warning 1	genet. warning 2	your preference	Spices, seasonings, additives	All values per standard serving				
often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat
	 		 		 									
?	not ordered				?				Pepper white	5	0	0	0	0
?	not ordered				?				Allspice	5	0	0	0	0
?	not ordered				?				Rosemary	5	0	0	0	0
?	not ordered				?				Saffron	5	0	0	0	0
?	not ordered				?				Sage	5	0	0	0	0
?	not ordered				?		①		Sambal Oelek	20	28	5	5	5
?	not ordered				?				Chives	5	0	0	0	0
?	not ordered				?				Mustard hot	5	4	0	0	0
?	not ordered				?				Mustard sweet	5	4	0	0	0
?	not ordered				?				Soy sauce	15	17	5	5	5
?	not ordered				?				Tabasco	5	1	0	0	0
?	not ordered				?				Thyme	5	0	0	0	0
?	not ordered				?				Tomato paste	10	4	0	5	0
?	not ordered				?				Vanilla pod	5	0	0	0	0
?	not ordered				?				Juniper berry	5	4	0	0	0
?	not ordered				?				Wine vinegar	15	3	0	0	0
?	not ordered				?				Cinnamon	5	0	0	0	0



































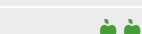




<div>  Recommendations to lose weight </div>		<div>  Recommendations for healthy nutrition </div>		<div>  Recommendations to improve performance </div>		genet. warning 1	genet. warning 2	your preference	<div> Legumes (mellow), nuts, oil and other seeds </div>	<div>All values per standard serving</div>				
often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat
									Bamboo shoots	150	27	5	5	0
?	not ordered				?				Bean sprouts	15	5	0	5	0
?	not ordered				?				Cashew	60	355	15	15	30
?	not ordered				?				Chia seeds	30	137	5	15	10
?	not ordered				?				Sweet chestnut	60	118	5	25	5
?	not ordered				?				Peas germinated	15	4	5	0	0
?	not ordered				?				Peanut	100	576	30	10	50
?	not ordered				?				Grain sprouts	15	8	0	5	0
?	not ordered				?				Hazelnut	60	390	10	5	40
?	not ordered				?				Chickpeas	60	161	15	25	5
?	not ordered				?				Chickpeas germinated	15	4	5	0	0
?	not ordered				?				Pumpkin seed	20	113	10	5	10
?	not ordered				?				Flaxseeds	20	89	5	5	10
?	not ordered				?				Lima beans	60	167	15	30	5
?	not ordered				?				Lentils	60	185	15	30	5
?	not ordered				?				Lentils germinated	15	4	5	0	0
?	not ordered				?				Lupine seeds	100	371	40	40	10
?	not ordered				?				Alfalfa sprout	15	4	0	0	0
?	not ordered				?				Macadamia nut	60	418	5	5	45
?	not ordered				?				Almond	60	353	15	5	35
?	not ordered				?				Poppy	20	97	5	5	10
?	not ordered				?				Mung beans	60	164	15	25	5
?	not ordered				?				Brazil nut	60	412	10	5	45

Recommendations to lose weight		Recommendations for healthy nutrition		Recommendations to improve performance		genet. warning 1	genet. warning 2	your preference	Legumes (mellow), nuts, oil and other seeds	All values per standard serving				
often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat
?	not ordered				?				Pecan nut	60	419	10	5	45
?	not ordered				?				Pine nut	20	115	5	5	10
?	not ordered				?				Pistachio	60	352	15	10	35
?	not ordered				?				Sesame	20	114	5	5	10
?	not ordered				?				Soy bran	10	11	5	5	0
?	not ordered				?				Soy sprouts	15	6	5	5	0
?	not ordered				?				Sunflower seed	20	96	5	10	5
?	not ordered				?				Walnut	40	286	10	5	30




























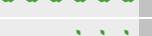










Recommendations to lose weight		Recommendations for healthy nutrition		Recommendations to improve performance		genet. warning 1	genet. warning 2	your preference	Mostly animal menu components	All values per standard serving				
often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat
?	not ordered				?				White bean soup with meat	450	275	25	30	10
?	not ordered				?			①	Chicken burger	150	378	15	50	15
?	not ordered				?				Chilli con carne	250	258	20	15	15
?	not ordered				?			①	Chicken cordon bleu	150	300	35	15	15
?	not ordered				?			①	Pork cordon bleu	150	329	35	15	15
?	not ordered				?			①	Curried sausage with fries	100	184	5	15	15
?	not ordered				?			①	Debreziner bean goulash	350	420	25	20	30
?	not ordered				?				Roasted duck with oranges and sauce	300	507	35	10	35

<div></div> <div>Recommendations to lose weight</div>		<div></div> <div>Recommendations for healthy nutrition</div>		<div></div> <div>Recommendations to improve performance</div>		<div></div> <div>genet. warning 1</div>	<div></div> <div>genet. warning 2</div>	<div></div> <div>your preference</div>	Mostly animal menu components	All values per standard serving				
often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat
<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>									
	<div>?</div> not ordered	<div></div>			<div>?</div> not ordered		<div>⓪</div>		Fish and chips	350	931	25	105	50
	<div>?</div> not ordered	<div></div>			<div>?</div> not ordered				Fish roll with tomato sauce	350	301	40	15	15
	<div>?</div> not ordered	<div></div>			<div>?</div> not ordered		<div>⓪</div>		Fish sticks	150	380	20	25	25
	<div>?</div> not ordered	<div></div>			<div>?</div> not ordered		<div>⓪</div>		Meat pie	350	945	40	60	65
	<div>?</div> not ordered	<div></div>	<div></div>		<div>?</div> not ordered		<div>⓪</div>		Roast goose with gravy	300	672	50	10	55
	<div>?</div> not ordered	<div></div>			<div>?</div> not ordered				Poultry cream soup	350	340	30	5	25
	<div>?</div> not ordered	<div></div>			<div>?</div> not ordered		<div>⓪</div>		Poultry croquette	200	378	20	15	30
	<div>?</div> not ordered	<div></div>			<div>?</div> not ordered				Chicken salad with pineapple and mushrooms	100	194	20	5	15
	<div>?</div> not ordered	<div></div>			<div>?</div> not ordered		<div>⓪</div>		Kale stew with cooked sausage	450	365	20	20	25
	<div>?</div> not ordered	<div></div>	<div></div>		<div>?</div> not ordered		<div>⓪</div>		Goulash soup canned	150	164	20	5	10
	<div>?</div> not ordered	<div></div>			<div>?</div> not ordered				Herring cooked in tomato sauce	80	98	10	5	10
	<div>?</div> not ordered	<div></div>	<div></div>		<div>?</div> not ordered				Venison stew with red wine	350	508	50	10	30
	<div>?</div> not ordered	<div></div>			<div>?</div> not ordered		<div>⓪</div>		Hot Dog	115	267	15	30	15
	<div>?</div> not ordered	<div></div>			<div>?</div> not ordered		<div>⓪</div>		Chicken fricassee with mushrooms	450	693	45	15	55
	<div>?</div> not ordered	<div></div>			<div>?</div> not ordered		<div>⓪</div>		Sliced veal with curry-garlic sauce	250	433	35	10	30
	<div>?</div> not ordered	<div></div>			<div>?</div> not ordered		<div>⓪</div>		Filled veal roll, with sauce	200	302	40	5	15
	<div>?</div> not ordered	<div></div>			<div>?</div> not ordered		<div>⓪</div>		Veal shoulder braised in cream sauce	200	164	25	5	10
	<div>?</div> not ordered	<div></div>			<div>?</div> not ordered				Carrot stew with pork belly	450	365	20	20	25
	<div>?</div> not ordered	<div></div>			<div>?</div> not ordered		<div>⓪</div>		Cheese souffle	140	424	20	5	40
	<div>?</div> not ordered	<div></div>			<div>?</div> not ordered				Stuffed cabbage with meat filling	300	258	20	15	15
	<div>?</div> not ordered	<div></div>			<div>?</div> not ordered		<div>⓪</div>		Königsberger meatballs	200	388	35	15	25
	<div>?</div> not ordered	<div></div>			<div>?</div> not ordered		<div>⓪</div>		Herbal pâté	350	588	65	5	40
	<div>?</div> not ordered	<div></div>			<div>?</div> not ordered		<div>⓪</div>		Lamb meatballs with curry in tomato sauce	200	340	20	15	25




































<div></div> <div>Recommendations to lose weight</div>		<div></div> <div>Recommendations for healthy nutrition</div>		<div></div> <div>Recommendations to improve performance</div>		<div></div> <div>genet. warning 1</div>	<div></div> <div>genet. warning 2</div>	<div></div> <div>your preference</div>	Mostly animal menu components	All values per standard serving				
often	rarely	often	rarely	often	rarely									
<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>		g	kcal	Prot	Carb	Fat
<div>?</div>	<div>not ordered</div>	<div></div>			<div>?</div>	<div>not ordered</div>		<div>①</div>	Lasagna with minced meat	475	665	30	40	45
<div>?</div>	<div>not ordered</div>	<div></div>			<div>?</div>	<div>not ordered</div>		<div>①</div>	Liver dumplings	350	536	40	50	25
<div>?</div>	<div>not ordered</div>	<div></div>			<div>?</div>	<div>not ordered</div>		<div>①</div>	Liver pâté	150	294	25	10	20
<div>?</div>	<div>not ordered</div>		<div></div>		<div>?</div>	<div>not ordered</div>		<div>①</div>	Oxtail soup	350	350	15	15	30
<div>?</div>	<div>not ordered</div>	<div></div>			<div>?</div>	<div>not ordered</div>		<div>①</div>	Paprika chicken with sauce	250	263	30	10	15
<div>?</div>	<div>not ordered</div>	<div></div>			<div>?</div>	<div>not ordered</div>		<div>①</div>	Ragout fin	180	236	20	10	15
<div>?</div>	<div>not ordered</div>	<div></div>			<div>?</div>	<div>not ordered</div>		<div>①</div>	Ravioli stuffed with meat in tomato sauce	200	276	15	30	15
<div>?</div>	<div>not ordered</div>	<div></div>			<div>?</div>	<div>not ordered</div>			Beef goulash	400	472	40	10	35
<div>?</div>	<div>not ordered</div>		<div></div>		<div>?</div>	<div>not ordered</div>			Stewed beef with red wine sauce	350	382	35	10	15
<div>?</div>	<div>not ordered</div>	<div></div>			<div>?</div>	<div>not ordered</div>			Scrambled eggs	120	193	15	5	15
<div>?</div>	<div>not ordered</div>	<div></div>			<div>?</div>	<div>not ordered</div>			Cream herring	100	129	10	5	15
<div>?</div>	<div>not ordered</div>		<div></div>		<div>?</div>	<div>not ordered</div>			Pork with sauce	250	583	35	10	50
<div>?</div>	<div>not ordered</div>	<div></div>			<div>?</div>	<div>not ordered</div>	<div>①</div>		Breaded pork cutlet, fried	180	454	35	35	25
<div>?</div>	<div>not ordered</div>	<div></div>			<div>?</div>	<div>not ordered</div>	<div>①</div>		Breaded pollock fillet	180	407	35	20	25
<div>?</div>	<div>not ordered</div>	<div></div>			<div>?</div>	<div>not ordered</div>	<div>①</div>		Spaghetti Bolognese	250	350	15	55	10
<div>?</div>	<div>not ordered</div>	<div></div>			<div>?</div>	<div>not ordered</div>	<div>①</div>		Brawn Berliner style	250	238	25	5	15
<div>?</div>	<div>not ordered</div>	<div></div>			<div>?</div>	<div>not ordered</div>			Sushi	400	1224	45	220	20
<div>?</div>	<div>not ordered</div>	<div></div>			<div>?</div>	<div>not ordered</div>	<div>①</div>		Dumplings stuffed with cheese and ham	250	803	40	25	65
<div>?</div>	<div>not ordered</div>	<div></div>			<div>?</div>	<div>not ordered</div>	<div>①</div>		Squid fried in beer batter	280	375	45	30	15
<div>?</div>	<div>not ordered</div>	<div></div>			<div>?</div>	<div>not ordered</div>			Tomatoes stuffed with minced meat	250	330	30	15	20
<div>?</div>	<div>not ordered</div>	<div></div>			<div>?</div>	<div>not ordered</div>	<div>①</div>		Wild ragout with sauce	250	270	30	10	15
<div>?</div>	<div>not ordered</div>	<div></div>			<div>?</div>	<div>not ordered</div>			Boar sour sweet	300	522	50	10	35
<div>?</div>	<div>not ordered</div>		<div></div>		<div>?</div>	<div>not ordered</div>	<div>①</div>		Game sauce	60	45	5	5	5



































Recommendations to lose weight		Recommendations for healthy nutrition		Recommendations to improve performance		genet. warning 1	genet. warning 2	your preference	Mostly animal menu components	All values per standard serving				
often	rarely	often	rarely	often	rarely									
										g	kcal	Prot	Carb	Fat
	? not ordered				? not ordered				Game soup	350	315	35	15	15
	? not ordered				? not ordered		①		Sausage salad	100	202	10	5	20













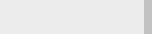

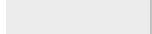

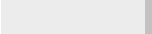

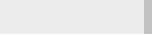



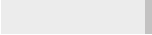

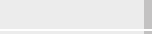

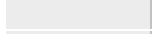

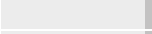

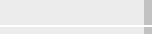



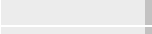





































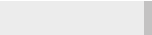



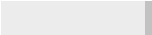







Recommendations to lose weight		Recommendations for healthy nutrition		Recommendations to improve performance		genet. warning 1	genet. warning 2	your preference	Mostly vegetable menu components	All values per standard serving				
often	rarely	often	rarely	often	rarely									
										g	kcal	Prot	Carb	Fat
	? not ordered				? not ordered				Apple cold soup	350	161	0	40	0
	? not ordered				? not ordered		①		Apple turnover	250	768	15	75	50
	? not ordered				? not ordered		①		Baguette with mozzarella and tomatoes	200	434	20	55	20
	? not ordered				? not ordered		①		Bami Goreng	450	689	40	80	25
	? not ordered				? not ordered		①		Cauliflower casserole	300	204	10	15	15
	? not ordered				? not ordered				Bean casserole white	450	473	35	40	20
	? not ordered				? not ordered				Bean soup green	400	208	10	20	15
	? not ordered				? not ordered				Bouillabaisse	400	344	35	5	20
	? not ordered				? not ordered				Broccoli cream soup	300	96	5	10	10
	? not ordered				? not ordered		①		Bread soup	400	252	15	30	10
	? not ordered				? not ordered				Buttermilk cold soup	350	196	15	35	5
	? not ordered				? not ordered				Champignon cream soup	350	315	20	20	20
	? not ordered				? not ordered		①		Champignon pâté	200	514	25	20	40
	? not ordered				? not ordered				Champignon stuffed	250	315	25	10	20

 Recommendations to lose weight		 Recommendations for healthy nutrition		 Recommendations to improve performance		 genet. warning 1	 genet. warning 2	 your preference	Mostly vegetable menu components	All values per standard serving				
often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat
														
?	not ordered				?		①		Champignon in batter	200	282	15	30	15
?	not ordered				?		①		Cornflakes with milk and sugar	150	252	10	50	5
?	not ordered				?		①		Vegetarian kebab	350	504	20	85	15
?	not ordered				?		①		Egg gruel	320	122	5	10	10
?	not ordered				?				Pea stew	450	297	10	30	15
?	not ordered				?		①		Falafel in pita bread	350	364	30	45	10
?	not ordered				?				Fish stock	100	6	0	5	0
?	not ordered				?		①		Tarte flambée	75	136	10	20	5
?	not ordered				?		①		Spring rolls	150	362	15	20	30
?	not ordered				?				Spring soup clear	350	168	15	25	5
?	not ordered				?				Vegetable broth	300	57	5	5	10
?	not ordered				?		①		Vegetable burger	200	276	10	40	10
?	not ordered				?				Vegetable stew	350	196	20	10	10
?	not ordered				?		①		Yeast dumplings	330	581	20	85	20
?	not ordered				?		①		Grains patty	200	250	15	40	10
?	not ordered				?				Greek salad	120	110	5	5	10
?	not ordered				?		①		Semolina dumplings	30	26	5	5	5
?	not ordered				?				Green beans in tomato sauce	250	113	5	15	5
?	not ordered				?		①		Grain burger	180	256	15	30	15
?	not ordered				?		①		Porridge	310	270	15	25	15
?	not ordered				?		①		Oatmeal pithy	330	109	5	10	10
?	not ordered				?				Yeast flakes	5	16	5	5	0
?	not ordered				?		①		Yeast dumplings	180	518	15	85	20








































































 Recommendations to lose weight		 Recommendations for healthy nutrition		 Recommendations to improve performance		 genet. warning 1	 genet. warning 2	 your preference	Mostly vegetable menu components	All values per standard serving				
often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat
														
?	not ordered				?		①		Yeast cake with plums	540	842	20	155	20
?	not ordered				?		①		Light sauce	110	62	5	5	5
?	not ordered				?		①		Chicken broth with noodles	330	281	20	15	20
?	not ordered				?				Hummus	100	166	10	15	10
?	not ordered				?				Italian salad	100	97	10	5	10
?	not ordered				?				Caramel sauce	60	53	5	10	5
?	not ordered				?				Potato gratin without cheese	350	417	10	50	25
?	not ordered				?		①		Potato croquettes	250	375	10	45	20
?	not ordered				?				Mashed potatoes	250	240	10	40	10
?	not ordered				?				Potato salad with vinegar/oil dressing	250	270	5	30	15
?	not ordered				?				Potato soup	400	356	15	40	20
?	not ordered				?				Cheese salad	150	314	20	10	25
?	not ordered				?		①		Cheese sauce	60	67	5	5	5
?	not ordered				?		①		Cheese noodles	200	492	25	65	20
?	not ordered				?				Dumplings from boiled potatoes	200	194	10	35	5
?	not ordered				?				Herb cream sauce	60	94	5	5	10
?	not ordered				?				Herb sauce	60	58	5	5	5
?	not ordered				?				Pumpkin cream soup	350	217	10	15	15
?	not ordered				?				Lentil stew	450	342	20	35	15
?	not ordered				?		①		Mangold steamed, in light sauce	100	58	5	5	5
?	not ordered				?		①		Swabian ravioli	250	343	30	40	10
?	not ordered				?		①		Horseradish sauces from lighter sauce	60	67	5	5	5
?	not ordered				?		①		Dumplings	200	278	10	50	10




















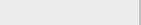














 Recommendations to lose weight		 Recommendations for healthy nutrition		 Recommendations to improve performance		 genet. warning 1	 genet. warning 2	 your preference	<div>Mostly vegetable menu components</div>	All values per standard serving				
often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat
									Milk cold soup	320	285	10	40	15
?	not ordered				?				Rice pudding	250	235	10	40	10
?	not ordered				?				Rice pudding with cream and cherries	200	248	5	30	15
?	not ordered				?				Milk soup with flour	350	291	15	35	15
?	not ordered				?			①	Cereals with milk 3.5%	200	270	15	40	10
?	not ordered				?			①	Cereals with milk, sugar and fruit	150	207	10	35	5
?	not ordered				?				Nasi Goreng	550	677	45	70	30
?	not ordered				?			①	Pasta casserole with cheese	350	627	30	60	35
?	not ordered				?			①	Pasta salad with vegetables/mayonnaise	350	508	15	75	20
?	not ordered				?			①	Omelet	140	249	20	5	20
?	not ordered				?			①	Pancake	150	284	10	40	10
?	not ordered				?			①	Pepper sauce	100	118	5	10	10
?	not ordered				?			①	Mushroom ragout au gratin	250	398	25	5	35
?	not ordered				?			①	Pizza al formaggio (with cheese)	250	753	40	70	40
?	not ordered				?			①	Pizza al funghi (with mushrooms)	250	498	20	70	20
?	not ordered				?			①	Pizza napolitana	250	578	25	75	25
?	not ordered				?			①	Pizza salami	250	590	20	80	25
?	not ordered				?			①	French fries	200	234	5	35	10
?	not ordered				?			①	Cranberry sauce	60	43	0	10	0
?	not ordered				?			①	Cream sauce	60	113	5	5	15
?	not ordered				?				Ratatouille	350	189	5	15	15
?	not ordered				?				Brussels sprouts puree	250	195	10	15	15
?	not ordered				?				Beetroot steamed sweet/sour	250	148	5	20	10

 Recommendations to lose weight		 Recommendations for healthy nutrition		 Recommendations to improve performance		 genet. warning 1	 genet. warning 2	 your preference	Mostly vegetable menu components	All values per standard serving				
often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat
									Red wine sauce	60	37	0	5	5
									Rum sauce	60	61	5	10	5
									Cream dressing	60	112	5	5	15
									Horseradish cream	60	85	5	5	10
									Processed cheese with mushrooms	30	86	5	5	10
									Chocolate sauce	60	52	5	10	5
									Chocolate waffle	50	267	5	20	20
									Potato dumplings	125	160	10	30	5
									Seitan	100	370	75	15	5
									Braised celery, in light sauce	250	145	5	10	15
									Bread dumplings	290	447	20	55	20
									Mustard sauce	60	67	5	5	5
									Sauces dark	60	37	0	5	5
									Spaghetti with tomato sauce	250	320	15	60	5
									Asparagus casserole	550	418	20	30	25
									Asparagus cream soup	300	240	15	15	15
									Spinach casserole with cheese	300	393	15	5	40
									Soups dark, bound	350	119	15	5	10
									Soups light, bound	350	221	10	30	10
									Clear soups with vegetables.	350	175	10	20	10
									Tagliatelle with tomatoes and parsley	250	320	10	50	10
									Tapioca pearls	100	0	0	90	0
									Tempeh	20	30	5	0	5

Recommendations to lose weight		Recommendations for healthy nutrition		Recommendations to improve performance		genet. warning 1	genet. warning 2	your preference	Mostly vegetable menu components	All values per standard serving				
often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat
									Tofu	100	77	10	5	5
									Tomato cream soup	300	156	5	10	15
									Tomato and mozzarella salad with olive oil	100	159	10	5	15
									Tomato sauce	100	65	5	5	10
									Tomato soup, clear	300	90	10	5	5
									Tzatziki	20	11	5	5	0
									Custard	60	52	5	10	5
									Wholemeal pasta with tomato sauce	250	305	15	35	15
									Whole grain pasta salad with vegetables	330	503	20	70	20
									Whole grain pizza with vegetables	230	331	20	40	15
									Wax beans steamed	250	155	5	15	10
									Sabayon sauce	60	118	5	20	5
									White beans in tomato sauce	250	173	15	25	5
									White wine sauce	100	95	5	5	10
									Semolina porridge	320	109	5	10	10
									Savoy cabbage with cheese sauce	100	54	5	5	5
									Zucchini cream sauce	60	72	5	5	10
									Plum dumplings with sugar/cinnamon	200	284	5	50	10
									Onion tart	215	368	15	40	20
									Onion sauce	60	43	5	5	5
									Onion soup, clear	300	159	10	10	10

 Recommendations to lose weight		 Recommendations for healthy nutrition		 Recommendations to improve performance		 genet. warning 1	 genet. warning 2	 your preference	Milk, milk products and cheese	All values per standard serving				
often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat
									Blue cheese min. 50% fat	30	107	10	0	10
?	not ordered				?	not ordered			Brie	30	109	5	0	10
?	not ordered				?	not ordered			Butter cheese	30	90	10	0	10
?	not ordered				?	not ordered			Buttermilk	150	56	5	10	5
?	not ordered				?	not ordered			Camembert	30	85	10	0	10
?	not ordered				?	not ordered			Cashewmilch	100	155	5	10	15
?	not ordered				?	not ordered			Chester	30	110	10	0	10
?	not ordered				?	not ordered			Creme fraiche 30% fat	100	277	5	10	30
?	not ordered				?	not ordered			Danablu	30	104	10	0	10
?	not ordered				?	not ordered			Curdled milk (sour milk) 1.5% fat	150	69	5	10	5
?	not ordered				?	not ordered			Curdled milk (sour milk) 10% fat	150	177	5	10	15
?	not ordered				?	not ordered			Curdled milk (sour milk) less than 1.5% fat	150	51	5	10	0
?	not ordered				?	not ordered			Curdled milk	100	95	5	20	5
?	not ordered				?	not ordered			Edam	30	106	10	0	10
?	not ordered				?	not ordered			Blue cheese	30	91	10	0	10
?	not ordered				?	not ordered			Emmental	30	113	10	0	10
?	not ordered				?	not ordered			Feta	30	85	5	0	10
?	not ordered				?	not ordered			Cream cheese	30	101	5	5	10
?	not ordered				?	not ordered			Gorgonzola	30	107	10	0	10
?	not ordered				?	not ordered			Gouda	30	109	10	0	10
?	not ordered				?	not ordered			Grill and pan cheese (Halloumi)	100	378	30	0	30
?	not ordered				?	not ordered			Oat milk	100	109	0	5	5
?	not ordered				?	not ordered			Hard cheese	30	88	10	0	5







































 Recommendations to lose weight		 Recommendations for healthy nutrition		 Recommendations to improve performance		 genet. warning 1	 genet. warning 2	 your preference	Milk, milk products and cheese	All values per standard serving				
often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat
														
?	not ordered				?				Hard cheese 10% fat	30	50	15	0	0
?	not ordered				?				Hard cheese min. 30% fat	30	112	15	0	10
?	not ordered				?				Hard cheese min. 45% fat	30	113	10	0	10
?	not ordered				?				Hard cheese min. 50% fat	30	119	10	0	10
?	not ordered				?				Hazelnut milk	100	176	5	5	20
?	not ordered				?				Cottage cheese	30	31	5	5	5
?	not ordered				?				Yogurt 1% fat	150	56	5	10	0
?	not ordered				?				Yogurt 1.5% fat	150	74	5	10	5
?	not ordered				?				Yogurt 10% fat	150	177	5	10	15
?	not ordered				?				Yogurt 3.5% fat	150	104	10	10	10
?	not ordered				?				Coffee cream 10% fat	5	6	0	0	5
?	not ordered				?				Coffee cream 20% fat	5	10	0	0	5
?	not ordered				?				Coffee cream 30% fat	5	14	0	0	5
?	not ordered				?				Kefir	150	98	5	5	5
?	not ordered				?				Cooked cheese	30	37	5	5	5
?	not ordered				?				Condensed milk, sweetened	15	48	5	10	5
?	not ordered				?				Cow milk 1.5% fat	150	72	5	10	5
?	not ordered				?				Cow milk 3.5% fat	150	98	5	10	5
?	not ordered				?				Macadamia milk	100	201	5	5	25
?	not ordered				?				Almond milk	100	163	10	10	15
?	not ordered				?				Mascarpone	30	116	5	5	15
?	not ordered				?				Whey	150	38	5	10	0
?	not ordered				?				Whey cheese	30	101	5	20	5

























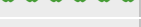









 Recommendations to lose weight		 Recommendations for healthy nutrition		 Recommendations to improve performance		 genet. warning 1	 genet. warning 2	 your preference	Milk, milk products and cheese	All values per standard serving				
often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat
									Mozzarella	150	395	30	5	35
?	not ordered				?				Münster	30	87	10	0	10
?	not ordered				?				Parmesan	30	119	10	0	10
?	not ordered				?				Quark	30	22	5	5	0
?	not ordered				?				Rice milk	100	104	5	25	0
?	not ordered				?				Ricotta, low fat	100	79	15	5	5
?	not ordered				?				Cream 10% fat	15	18	0	5	5
?	not ordered				?				Cream 30% fat	15	45	0	0	5
?	not ordered				?				Brine cheese from cow milk	100	226	15	5	20
?	not ordered				?				Sour milk quark	30	35	10	0	0
?	not ordered				?				Sour cream (heavy sour cream) 20% fat	25	51	5	5	5
?	not ordered				?				Sour cream (heavy sour cream) 30% fat	25	72	5	5	10
?	not ordered				?				Sour cream (heavy sour cream) 40% fat	25	93	5	5	10
?	not ordered				?				Sour cream 10% fat	25	47	5	5	5
?	not ordered				?				Sour cream 20% fat	25	51	5	5	5
?	not ordered				?				Sheep milk	150	141	10	10	10
?	not ordered				?				Sheep cheese	30	85	5	0	10
?	not ordered				?				Layered cheese	30	33	5	5	5
?	not ordered				?				Whipped cream 10% fat	25	30	5	5	5
?	not ordered				?				Whipped cream 30% fat	25	76	5	5	10
?	not ordered				?				Processed cheese	30	98	5	0	10
?	not ordered				?				Processed cheese with spices	30	86	5	5	10
?	not ordered				?				Soy milk	100	48	5	10	5

Recommendations to lose weight		Recommendations for healthy nutrition		Recommendations to improve performance		genet. warning 1	genet. warning 2	your preference	Milk, milk products and cheese	All values per standard serving				
often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat
?	not ordered				?				Soy cream	30	41	0	5	5
?	not ordered				?				Tilsit	30	106	10	0	10
?	not ordered				?				Quadrangle hard cheese	30	115	10	0	10
?	not ordered				?				Soft cheese	30	83	10	0	10
?	not ordered				?				Goat milk	150	101	10	10	10

Recommendations to lose weight		Recommendations for healthy nutrition		Recommendations to improve performance		genet. warning 1	genet. warning 2	your preference	Deep sea fish, fresh water fish, crustaceans, shellfishes, mollusks	All values per standard serving				
often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat
?	not ordered				?				Eel	150	417	25	0	40
?	not ordered				?				Oyster	100	67	10	5	5
?	not ordered				?				Perch	150	123	30	0	5
?	not ordered				?		①		Perch marinated	65	80	15	5	5
?	not ordered				?				Cod liver	150	920	10	5	100
?	not ordered				?				Flounder	150	110	25	0	5
?	not ordered				?				Crayfish	100	70	15	5	0
?	not ordered				?				Trout	150	155	30	0	5
?	not ordered				?				Shrimp	100	92	20	5	5
?	not ordered				?		①		Shrimp marinated	65	86	15	5	5
?	not ordered				?				Yellowfin tuna.	150	227	35	0	10
























































































































 Recommendations to lose weight		 Recommendations for healthy nutrition		 Recommendations to improve performance		 genet. warning 1	 genet. warning 2	 your preference	Deep sea fish, fresh water fish, crustaceans, shellfishes, mollusks	All values per standard serving				
often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat
														
?	not ordered				?				Pike	150	123	30	0	5
?	not ordered				?				Halibut	150	144	30	0	5
?	not ordered				?				Herring	150	347	30	0	30
?	not ordered				?		①		Herring marinated	140	360	25	5	30
?	not ordered				?				Lobster	100	83	20	5	5
?	not ordered				?				Scallops	100	77	15	10	5
?	not ordered				?				Cod	150	117	30	0	5
?	not ordered				?				Carp	150	174	30	0	10
?	not ordered				?		①		Carp marinated	100	153	20	5	10
?	not ordered				?				Catfish	150	120	25	0	5
?	not ordered				?				Clam	100	65	15	5	5
?	not ordered				?		①		Crab marinated	150	197	25	5	10
?	not ordered				?				Crabs	100	91	20	5	5
?	not ordered				?				Salmon	150	270	30	0	20
?	not ordered				?		①		Salmon marinated	150	317	30	5	25
?	not ordered				?				Crawfish	100	85	20	5	5
?	not ordered				?				Shad	150	215	30	0	15
?	not ordered				?				Mackerel	150	272	30	0	20
?	not ordered				?		①		Mackerel marinated	100	212	20	5	20
?	not ordered				?				Dutch herring	150	398	25	0	35
?	not ordered				?				Mussel	100	70	15	5	5
?	not ordered				?				Pangasius	100	77	15	0	5
?	not ordered				?				Pickled herring canned	50	70	5	0	5


































 Recommendations to lose weight		 Recommendations for healthy nutrition		 Recommendations to improve performance		 genet. warning 1	 genet. warning 2	 your preference	Deep sea fish, fresh water fish, crustaceans, shellfishes, mollusks	All values per standard serving				
often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat
									Redfish	150	159	30	0	5
?	not ordered				?	not ordered			Bluefin tuna	150	207	35	0	10
?	not ordered				?	not ordered			Lemon sole	150	110	25	0	5
?	not ordered				?	not ordered			Anchovy	150	153	30	0	5
?	not ordered				?	not ordered		①	Anchovy canned	65	92	15	5	5
?	not ordered				?	not ordered			Sardine	150	179	30	0	10
?	not ordered				?	not ordered			Haddock	150	117	30	0	5
?	not ordered				?	not ordered			Shield mackerel	150	171	30	0	10
?	not ordered				?	not ordered			Tench	150	117	30	0	5
?	not ordered				?	not ordered			Plaice	150	129	30	0	5
?	not ordered				?	not ordered			Greenland halibut	150	215	20	0	15
?	not ordered				?	not ordered			Swordfish	150	177	30	0	10
?	not ordered				?	not ordered			Hake	150	141	30	0	5
?	not ordered				?	not ordered			Pollock	150	150	30	0	5
?	not ordered				?	not ordered		①	Pollock marinated	65	90	15	5	5
?	not ordered				?	not ordered			Monkfish	150	99	25	0	5
?	not ordered				?	not ordered			Sole	150	125	30	0	5
?	not ordered				?	not ordered			Sprat	150	321	25	0	25
?	not ordered				?	not ordered			Turbot	150	125	25	0	5
?	not ordered				?	not ordered		①	Surimi (crab meat imitation)	100	114	10	15	5
?	not ordered				?	not ordered			Tuna	150	336	35	0	25
?	not ordered				?	not ordered			Octopus	150	123	25	5	5
?	not ordered				?	not ordered			Clam	100	77	15	10	5































Recommendations to lose weight		Recommendations for healthy nutrition		Recommendations to improve performance		genet. warning 1	genet. warning 2	your preference	Deep sea fish, fresh water fish, crustaceans, shellfishes, mollusks	All values per standard serving				
often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat
?	not ordered				?				Albacore	150	264	35	0	15
?	not ordered				?				Catfish	150	243	25	0	20
?	not ordered				?				Sander	150	126	30	0	5




















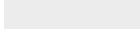
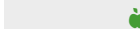








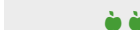




Recommendations to lose weight		Recommendations for healthy nutrition		Recommendations to improve performance		genet. warning 1	genet. warning 2	your preference	Sausage, embutidos	All values per standard serving				
often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat
?	not ordered				?			①	Berliner sausages	30	98	5	0	10
?	not ordered				?			①	Beer ham sausage/ham pâté	30	52	5	5	5
?	not ordered				?			①	Bockwurst	115	312	15	0	30
?	not ordered				?			①	Bratwurst/RhinelandBratwurst	150	408	20	0	40
?	not ordered				?			①	Cervelatwurst	30	117	10	0	10
?	not ordered				?			①	Corned Beef	30	42	10	0	5
?	not ordered				?			①	Meatloaf	125	188	25	0	10
?	not ordered				?			①	Foie gras	30	75	10	5	5
?	not ordered				?			①	Foie roll	80	192	15	5	20
?	not ordered				?			①	Poultry bratwurst	100	115	25	0	5
?	not ordered				?			①	Vegetable aspic	30	11	5	5	0
?	not ordered				?			①	Stag pâté	30	68	10	0	5
?	not ordered				?			①	Jagdwurst	30	61	5	0	5

Recommendations to lose weight		Recommendations for healthy nutrition		Recommendations to improve performance		genet. warning 1	genet. warning 2	your preference	Sausage, embutidos	All values per standard serving				
often	rarely	often	rarely	often	rarely									
										g	kcal	Prot	Carb	Fat
	? not ordered				? not ordered		①		Veal aspic	30	33	10	0	5
	? not ordered				? not ordered		①		Veal sausage	125	401	20	0	40
	? not ordered				? not ordered		①		Kassel	30	32	10	0	5
	? not ordered				? not ordered		①		Polish Colbassa	30	92	5	0	10
	? not ordered				? not ordered				Rolled fillet of ham	200	232	40	5	10
	? not ordered				? not ordered		①		Liver sausage	30	86	5	0	10
	? not ordered				? not ordered		①		Lyon sausage	125	383	15	0	40
	? not ordered				? not ordered		①		Sausage coarse	30	88	10	0	10
	? not ordered				? not ordered		①		Smoked meat	30	39	5	0	5
	? not ordered				? not ordered				Beef cured meat smoked	30	41	5	0	5
	? not ordered				? not ordered		①		Beef aspic	30	42	10	0	5
	? not ordered				? not ordered		①		Salami	30	113	10	5	10
	? not ordered				? not ordered		①		Ham roll	30	83	10	0	10
	? not ordered				? not ordered		①		Ham sausage	30	92	5	0	10
	? not ordered				? not ordered				Pork bacon	30	46	10	0	5
	? not ordered				? not ordered				Pork bacon smoked	30	96	5	0	10
	? not ordered				? not ordered		①		Sausage spread	30	137	5	0	15
	? not ordered				? not ordered		①		White sausage	125	371	15	5	35
	? not ordered				? not ordered		①		Wiener sausages	70	183	10	0	20








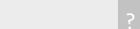

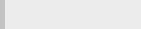



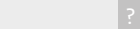

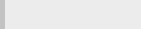



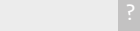

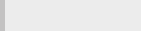



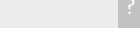

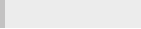



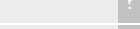

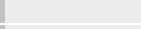

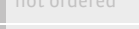

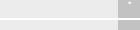

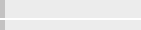

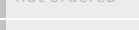







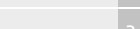
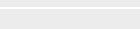
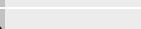









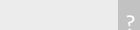

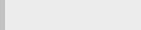



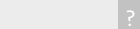
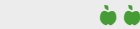
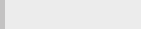



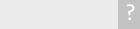
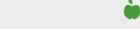
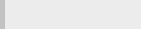



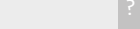

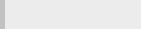



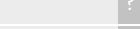

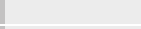

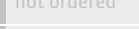





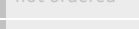

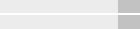

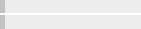

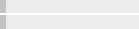











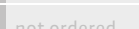

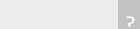
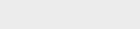
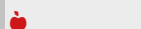



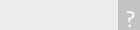
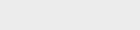
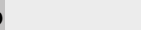














 Recommendations to lose weight		 Recommendations for healthy nutrition		 Recommendations to improve performance		 genet. warning 1	 genet. warning 2	 your preference	Beef, calf, pork, mutton and lamb meat	All values per standard serving				
often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat
									Mutton breast	100	376	15	0	40
?	not ordered	 			?	not ordered			Mutton chop	100	343	15	0	35
?	not ordered	  			?	not ordered			Veal belly	125	298	25	0	25
?	not ordered	   			?	not ordered			Veal breast	125	250	25	0	20
?	not ordered	    			?	not ordered			Veal filet	150	153	35	0	5
?	not ordered	    			?	not ordered			Veal goulash	150	188	30	0	10
?	not ordered	 			?	not ordered			Veal mince meat	100	148	20	0	10
?	not ordered	  			?	not ordered			Veal knuckle	150	177	30	0	10
?	not ordered	  			?	not ordered			Veal leg	125	114	30	0	5
?	not ordered	    			?	not ordered			Veal chop	150	219	30	0	15
?	not ordered	    			?	not ordered			Veal nut/fricandeau	125	128	30	0	5
?	not ordered	  			?	not ordered			Veal neck	125	138	30	0	5
?	not ordered	    			?	not ordered			Veal ball	125	128	30	0	5
?	not ordered	     			?	not ordered			Veal roll	150	153	35	0	5
?	not ordered	   			?	not ordered			Veal back	150	162	35	0	5
?	not ordered	  			?	not ordered			Veal shoulder	125	119	30	0	5
?	not ordered	   			?	not ordered			Veal steak	150	162	35	0	5
?	not ordered	  			?	not ordered			Veal fore knuckle	150	177	30	0	10
?	not ordered	  			?	not ordered			Lamb breast	100	287	20	0	25
?	not ordered	   			?	not ordered			Lamb chop	100	216	20	0	20
?	not ordered	  			?	not ordered			Lamb neck	100	190	20	0	15
?	not ordered	   			?	not ordered			Lamb ball	100	122	20	0	5
?	not ordered				?	not ordered			Beef belly	125	314	25	0	25











































































 Recommendations to lose weight		 Recommendations for healthy nutrition		 Recommendations to improve performance		 genet. warning 1	 genet. warning 2	 your preference	Beef, calf, pork, mutton and lamb meat	All values per standard serving				
often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat
									Beef hip	125	135	30	0	5
?	not ordered				?				Beef breast	125	328	25	0	30
?	not ordered				?				Beef filet	125	151	30	0	5
?	not ordered				?				Beef goulash	150	194	30	0	10
?	not ordered				?				Beef minced meat	100	207	25	0	15
?	not ordered				?				Beef leg	150	182	35	0	10
?	not ordered				?				Beef chop	150	240	30	0	15
?	not ordered				?				Beef neck	150	240	30	0	15
?	not ordered				?				Beef olives	125	156	30	0	10
?	not ordered				?				Beef oxtail	150	441	35	0	35
?	not ordered				?				Beef roll	150	182	35	0	10
?	not ordered				?				Beef back	125	163	30	0	10
?	not ordered				?				Beef escalope	125	151	30	0	5
?	not ordered				?				Beef shoulder	125	161	25	0	10
?	not ordered				?				Beef steak	150	219	35	0	10
?	not ordered				?				Sheep belly	125	290	25	0	25
?	not ordered				?				Sheep breast	125	204	25	0	15
?	not ordered				?				Sheep filet	125	141	30	0	5
?	not ordered				?				Sheep goulash	150	209	30	0	10
?	not ordered				?				Sheep knuckle	125	244	25	0	20
?	not ordered				?				Sheep chop	150	318	30	0	25
?	not ordered				?				Sheep neck	125	216	25	0	15
?	not ordered				?				Sheep roll	150	293	30	0	20



































 Recommendations to lose weight		 Recommendations for healthy nutrition		 Recommendations to improve performance		 genet. warning 1	 genet. warning 2	 your preference	Beef, calf, pork, mutton and lamb meat	All values per standard serving				
often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat
														
?	not ordered				?				Sheep escalope	150	293	30	0	20
?	not ordered				?				Sheep shoulder	125	174	25	0	10
?	not ordered				?				Sheep steak	150	302	30	0	25
?	not ordered				?				Pork belly	150	389	30	0	35
?	not ordered				?				Pork breast	150	362	25	0	30
?	not ordered				?				Pork filet	125	134	30	0	5
?	not ordered				?				Pork goulash	150	326	30	0	25
?	not ordered				?				Pork minced meat	100	276	20	0	25
?	not ordered				?				Pork knuckle	175	312	40	0	20
?	not ordered				?				Pork leg	125	170	30	0	10
?	not ordered				?				Pork chop	150	200	35	0	10
?	not ordered				?				Pork loin	150	161	35	0	5
?	not ordered				?				Pork neck	150	294	30	0	25
?	not ordered				?				Pork roll	150	204	35	0	10
?	not ordered				?				Pork escalop	125	134	30	0	5
?	not ordered				?				Pork shoulder	150	326	30	0	25
?	not ordered				?				Pork trotter	125	416	20	0	40
?	not ordered				?				Pork steak	150	200	35	0	10






























Recommendations to lose weight		Recommendations for healthy nutrition		Recommendations to improve performance		genet. warning 1	genet. warning 2	your preference	Wild game, poultry, game birds, giblets	All values per standard serving				
often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat
	 		 		 		 		Deer liver	125	171	25	5	10
?	not ordered				?	not ordered			Duck meat with skin	150	338	30	0	30
?	not ordered				?	not ordered			Duck meat without skin	150	179	30	0	10
?	not ordered				?	not ordered			Duck liver	125	164	25	5	10
?	not ordered				?	not ordered			Duck leg	150	374	25	0	35
?	not ordered				?	not ordered			Pheasant	150	231	40	0	10
?	not ordered				?	not ordered			Piglets	150	347	30	0	30
?	not ordered				?	not ordered			Frog legs	75	52	15	0	0
?	not ordered				?	not ordered			Goose meat with skin, raw	150	507	25	0	50
?	not ordered				?	not ordered			Goose meat without skin, raw	150	233	35	0	15
?	not ordered				?	not ordered			Goose leg	150	327	25	0	30
?	not ordered				?	not ordered			Goose liver	125	164	25	10	5
?	not ordered				?	not ordered			Rabbit	150	171	35	0	5
?	not ordered				?	not ordered			Venison	150	170	35	0	5
?	not ordered				?	not ordered			Chicken breast	150	153	35	0	5
?	not ordered				?	not ordered			Chicken wings	150	312	25	0	25
?	not ordered				?	not ordered			Chicken gizzard	125	141	25	5	5
?	not ordered				?	not ordered			Chicken leg	150	260	30	0	20
?	not ordered				?	not ordered			Chicken heart	125	156	25	5	10
?	not ordered				?	not ordered			Chicken liver	125	170	30	5	10
?	not ordered				?	not ordered			Veal sweetbread	125	125	25	0	5
?	not ordered				?	not ordered			Veal hart	125	138	20	0	10
?	not ordered				?	not ordered			Veal liver	125	109	20	5	5


























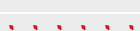





Recommendations to lose weight		Recommendations for healthy nutrition		Recommendations to improve performance		genet. warning 1	genet. warning 2	your preference	Wild game, poultry, game birds, giblets	All values per standard serving				
often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat
	 not ordered								Veal tongue	125	224	25	5	15
	 not ordered				 not ordered				Lamb sweetbread	125	115	20	0	5
	 not ordered				 not ordered				Lamb liver	125	168	25	5	10
	 not ordered				 not ordered				Guinea-fowl	150	219	30	0	15
	 not ordered				 not ordered				Horse	150	164	35	5	5
	 not ordered				 not ordered				Turkey breast	150	161	40	0	5
	 not ordered				 not ordered				Turkey wings	150	287	30	0	20
	 not ordered				 not ordered				Turkey leg	150	173	35	0	5
	 not ordered				 not ordered				Partridge	150	333	55	0	15
	 not ordered				 not ordered				Deer	150	183	35	0	5
	 not ordered				 not ordered				Beef hart	125	155	25	5	10
	 not ordered				 not ordered				Beef liver	125	165	25	10	5
	 not ordered				 not ordered				Beef tongue	125	275	20	5	20
	 not ordered				 not ordered				Sheep sweetbreads	125	115	20	0	5
	 not ordered				 not ordered				Sheep hart	125	201	25	5	15
	 not ordered				 not ordered				Sheep liver	125	160	30	5	5
	 not ordered				 not ordered				Snails	50	35	10	5	5
	 not ordered				 not ordered				Pork hart	125	116	25	5	5
	 not ordered				 not ordered				Pork liver	125	163	30	5	10
	 not ordered				 not ordered				Pork tongue	125	200	25	5	15
	 not ordered				 not ordered				Pigeon	150	254	35	0	15
	 not ordered				 not ordered				Boar	125	201	25	0	15
	 not ordered				 not ordered				Goat	150	224	30	0	15

 Recommendations to lose weight		 Recommendations for healthy nutrition		 Recommendations to improve performance		 genet. warning 1	 genet. warning 2	 your preference	Oils, fats, butter, lard	All values per standard serving				
often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat
									Butter	20	148	0	0	20
?	not ordered		 		?	not ordered			Concentrated butter	10	88	0	0	10
?	not ordered		 		?	not ordered			Safflower oil	15	106	0	0	15
?	not ordered	     			?	not ordered			Peanut oil	15	106	0	0	15
?	not ordered				?	not ordered			Cocoa butter	20	177	0	0	20
?	not ordered				?	not ordered			Coconut fat	20	177	0	0	20
?	not ordered		 		?	not ordered			Pumpkin seed oil	15	106	0	0	15
?	not ordered	     			?	not ordered			Linseed oil	15	106	0	0	15
?	not ordered				?	not ordered			Corn oil	15	106	0	0	15
?	not ordered	     			?	not ordered			Margarine	20	142	0	0	20
?	not ordered				?	not ordered			Mayonnaise 80% fat	25	186	0	5	25
?	not ordered				?	not ordered			Nutmeg butter	20	176	0	0	20
?	not ordered		 		?	not ordered			Olive oil	15	106	0	0	15
?	not ordered	     			?	not ordered			Palm oil	15	106	0	0	15
?	not ordered	     			?	not ordered			Rapeseed oil	15	106	0	0	15
?	not ordered				?	not ordered			Sesame oil	15	106	0	0	15
?	not ordered				?	not ordered			Shea butter	20	177	0	0	20
?	not ordered				?	not ordered			Soybean oil	15	106	0	0	15
?	not ordered	     			?	not ordered			Sunflower oil	15	106	0	0	15
?	not ordered		 		?	not ordered			Cream butter	20	147	0	0	20
?	not ordered		 		?	not ordered			Walnut oil	15	106	0	0	15
?	not ordered	     			?	not ordered			Wheat germ oil	15	106	0	0	15

 Recommendations to lose weight		 Recommendations for healthy nutrition		 Recommendations to improve performance		 genet. warning 1	 genet. warning 2	 your preference	Non-alcoholic beverages (coffee, tea, soft drinks)	All values per standard serving				
often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat
									Bancha tea	125	0	0	0	0
?	not ordered				?				Beer non-alcoholic	330	86	5	20	0
?	not ordered				?		①		Cappuccino	150	57	5	10	5
?	not ordered				?				Cola beverage	250	141	0	35	0
?	not ordered				?				Cola drink (low calorie)	200	8	0	5	0
?	not ordered				?				Iced Tea lemon	200	20	0	5	0
?	not ordered				?				Espresso	25	1	0	0	0
?	not ordered				?				Filter coffee	150	3	0	0	0
?	not ordered				?				Fruit tea	125	1	0	0	0
?	not ordered				?				Hot chocolate	100	131	5	25	5
?	not ordered				?				Isotonic drink	200	38	0	10	0
?	not ordered				?				Isotonic drink (low calorie)	200	38	0	10	0
?	not ordered				?				Coconut water	60	6	0	5	0
?	not ordered				?				Herbal tea	125	1	0	0	0
?	not ordered				?				Latte Macchiato	125	55	5	5	5
?	not ordered				?				Lemonade-herbs	200	72	0	20	0
?	not ordered				?		①		Lemonade-lemon	200	58	0	15	0
?	not ordered				?		①		Lemonade-orange	200	58	0	15	0
?	not ordered				?		①		Matcha tea	125	0	0	0	0
?	not ordered				?				Mate tea	150	0	0	0	0
?	not ordered				?				Multi fruit nectar	200	114	0	30	0
?	not ordered				?				Multi fruit juice	200	76	5	20	0
?	not ordered				?				Orange juice	100	54	0	15	0

<div>  Recommendations to lose weight </div>		<div>  Recommendations for healthy nutrition </div>		<div>  Recommendations to improve performance </div>		genet. warning 1	genet. warning 2	your preference	Non-alcoholic beverages (coffee, tea, soft drinks)	All values per standard serving				
often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat
	 		 		 									
?	not ordered				?				Mint tea	125	1	0	0	0
?	not ordered				?				Juice spritzer pineapple	200	44	0	10	0
?	not ordered				?				Juice spritzer apple	200	66	0	15	0
?	not ordered				?				Juice spritzer grapefruit	200	10	0	5	0
?	not ordered				?				Juice spritzer currant	200	56	0	15	0
?	not ordered				?				Juice spritzer carrots	200	24	0	5	0
?	not ordered				?				Juice spritzer - orange	200	50	0	10	0
?	not ordered				?				Juice spritzer - peach / passion fruit	200	126	5	30	0
?	not ordered				?				Juice spritzer - lemon	200	6	0	5	0
?	not ordered				?				Sparkling wine nonalcoholic	100	25	0	5	0
?	not ordered				?				Sencha tea	125	0	0	0	0
?	not ordered				?				Soy drink	150	41	5	5	5
?	not ordered				?				Tea green	125	0	0	0	0
?	not ordered				?				Tea black	125	0	0	0	0
?	not ordered				?				Tea black with milk	125	3	0	0	0
?	not ordered				?				Turkish mocha	100	69	0	20	0
?	not ordered				?				Water and mineral water	200	0	0	0	0

Recommendations to lose weight		Recommendations for healthy nutrition		Recommendations to improve performance		genet. warning 1	genet. warning 2	your preference	Alcoholic beverages (beer, wine, spirits)	All values per standard serving				
often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat
	 		 		 									
	? not ordered				? not ordered		①		Beer dark	330	122	5	10	0
	? not ordered				? not ordered		①		Beer light	330	129	5	10	0
	? not ordered				? not ordered		①		Beer Pils light	330	139	5	10	0
	? not ordered				? not ordered				Brands from sugarcane	20	46	0	0	0
	? not ordered				? not ordered				Champagne	100	83	0	5	0
	? not ordered				? not ordered				Cognac	20	47	0	0	0
	? not ordered				? not ordered				Gin	20	52	0	0	0
	? not ordered				? not ordered				Fruit wine	130	53	0	5	0
	? not ordered				? not ordered				Red wine light	130	88	0	5	0
	? not ordered				? not ordered				Red wine medium	130	88	0	5	0
	? not ordered				? not ordered				Red wine heavy	130	107	0	5	0
	? not ordered				? not ordered				Rum	20	46	0	0	0
	? not ordered				? not ordered				Sparkling wine	100	83	0	5	0
	? not ordered				? not ordered				Sherry	50	59	0	5	0
	? not ordered				? not ordered				Wine rose	100	88	0	5	0
	? not ordered				? not ordered				White wine medium dry	130	95	0	5	0
	? not ordered				? not ordered				White wine sweet	130	127	0	10	0
	? not ordered				? not ordered				White wine dry	130	94	0	0	0
	? not ordered				? not ordered		①		Whiskey	20	49	0	0	0
	? not ordered				? not ordered				Vodka	20	46	0	0	0





#### **BODY WEIGHT GENES**

*Not ordered*

#### **YOUR NUTRITION TYPE TO LOSE WEIGHT**

*Not ordered*

#### **YOUR SPORTS TYPE FOR LOSING WEIGHT**

*Not ordered*

#### **YOUR WEIGHT LOSS PROGRAM**

*Not ordered*

#### **YOUR SPORTS PROGRAM TO LOSE WEIGHT**

*Not ordered*

#### **NUTRITION GENES**

#### **FOOD INGREDIENTS**

#### **DIETARY SUPPLEMENT**

#### **MUSCLE FIBRE TYPE**

*Not ordered*

#### **OXIDATIVE STRESS AND RISK OF INJURY**

*Not ordered*

#### **OPTIMAL PERFORMANCE NUTRITION**

*Not ordered*

#### **FOOD LIST**

#### **SCIENCE**

#### **ADDITIONAL INFORMATION**



# SCIENCE

This chapter shows the science behind the test.





# Nutrigenetics

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#### **BODY WEIGHT GENES**

*Not ordered*

#### **YOUR NUTRITION TYPE TO LOSE WEIGHT**

*Not ordered*

#### **YOUR SPORTS TYPE FOR LOSING WEIGHT**

*Not ordered*

#### **YOUR WEIGHT LOSS PROGRAM**

*Not ordered*

#### **YOUR SPORTS PROGRAM TO LOSE WEIGHT**

*Not ordered*

#### **NUTRITION GENES**

#### **FOOD INGREDIENTS**

#### **DIETARY SUPPLEMENT**

#### **MUSCLE FIBRE TYPE**

*Not ordered*

#### **OXIDATIVE STRESS AND RISK OF INJURY**

*Not ordered*

#### **OPTIMAL PERFORMANCE NUTRITION**

*Not ordered*

#### **FOOD LIST**

#### **SCIENCE**

#### **ADDITIONAL INFORMATION**



## **ADDITIONAL INFORMATION**

In this chapter you will receive useful and helpful information



# NutriMe Complete

## How it works

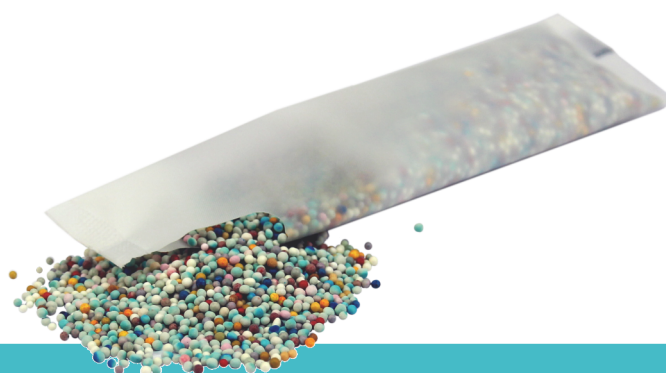
Every person is unique and when testing more than 50 different genes, there are more than several hundred trillion potential different outcomes, of which only one applies to you. Every unique genetic profile has other strengths and weaknesses and requires different substances and micronutrients for optimal health.

NutriMe Complete - A genetically personalized micronutrient mixture with the aim of using your inborn strengths and compensating for your inherited genetic weaknesses. Take your personalized micronutrient mixture to supply it with the nutrients it needs.

### Microtransporters - optimized nutrient uptake

The vitamins and minerals are packed during their processing into small beads, the so-called micro-transporters. This allows the easy mixture of different amounts of individual micro-transporter and their micro-nutrients. For some people, the final mixture contains a higher proportion of vitamin C-containing micro-transporters, for others a higher proportion of calcium-containing micro-transporters. Thus, any recipe can be quickly and accurately created through a targeted micronutrient blend. In addition, the micro-nutrients are better protected against oxygen by their packaging in the hard micro-transporters and stay much longer stable compared to dissolved micronutrients.

Please note: In order for us to create your personalized micronutrient mixture based on your genetic profile, we first need your genetic testing results of the relevant genes. In case we have not destroyed your DNA sample by the time you order and we do not have the required genetic results for the supplement, we may choose to analyze the relevant genes at our own cost to fulfill your order. By ordering, you give us the permission to do so.





# NutriMe Complete

## The genetic micro-nutrient mixture your body needs!

Simply take your personalized micronutrient mixture every morning to supply your body with the right nutrients at the right amounts for its unique genetic profile.



**Order now!**

**starting at €3,43 per day**

€ 324 for 3 months

€ 618 for 6 months

**... through your advisor**

office@dna4me.eu

+43 664 918 09 20

**...online at:**

**[www.DNAnutriControl.com/de/Shop-Page](http://www.DNAnutriControl.com/de/Shop-Page)**

**Your recipe code:**

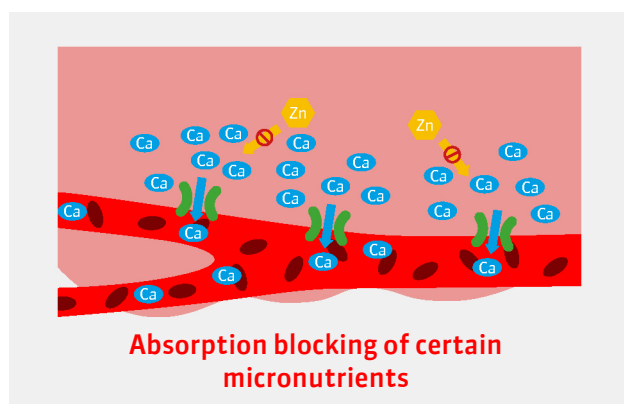
**DEMO\_ML**



# Optimized absorption into the blood stream

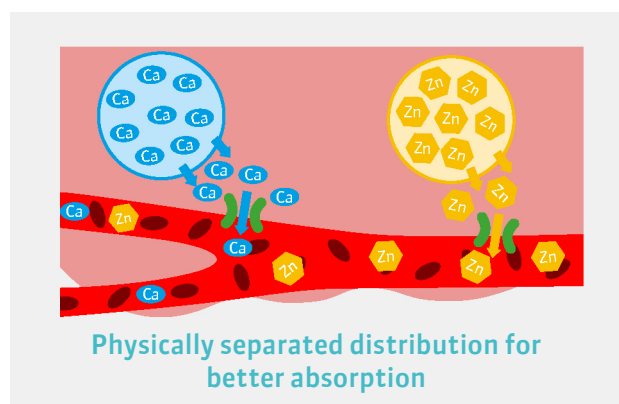
Proper absorption of micronutrients is a complex issue, since many of the substances can inhibit each other's absorption. Therefore, it is of great importance where and at what speed the micronutrients are released in the intestine.

## Standard micronutrients: Mutual uptake inhibition



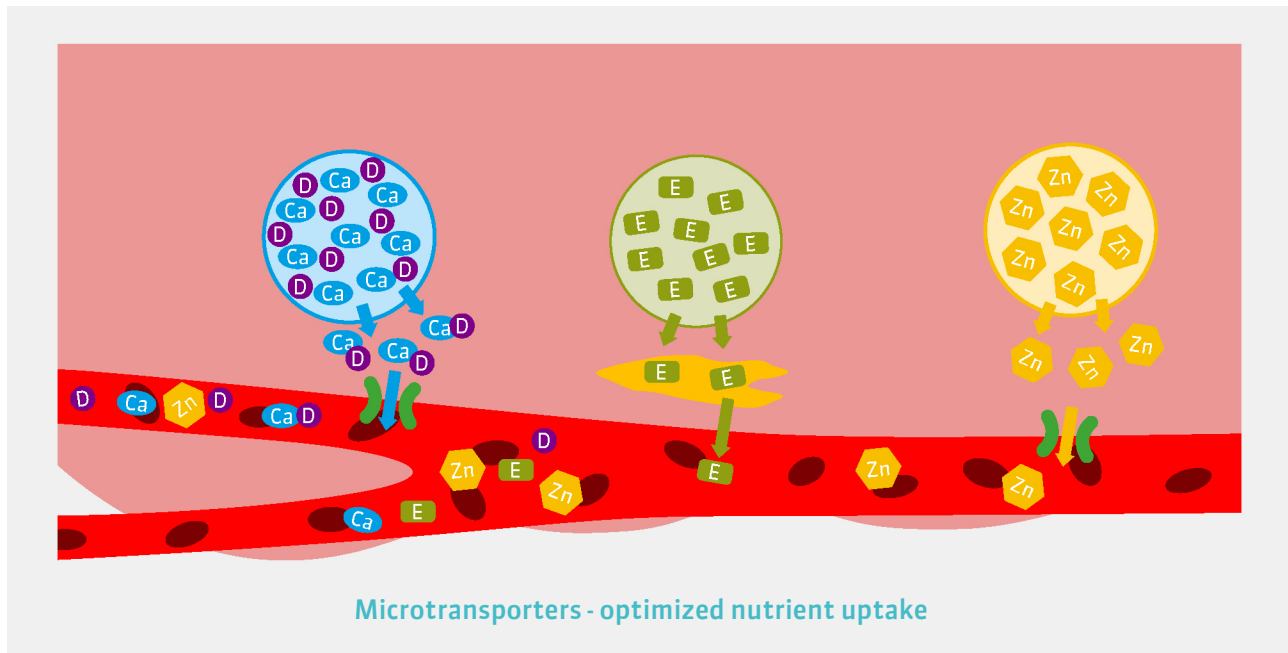
Certain micronutrients are absorbed through the same processes/channels in the body. A good example of this is calcium and zinc. If a calcium/zinc powder mixture is taken using a gelatin capsule, both components will be released in the intestine. The intestinal mucosa then starts to absorb calcium, which is typically administered with a significantly higher dose. Calcium uses certain uptake channels, which are limited in number. Zinc, which should also be absorbed via these channels, is blocked by the amount of calcium and in many cases it will mostly remain in the intestines until it is excreted. For this reason, certain micronutrients cannot be administered together in the same form. Thus, it's important to be mindful of micronutrients in the form of effervescent tablets or gelatin capsules that contain, for example, mixtures of calcium and zinc.

## NutriMe Complete - Optimized absorption properties



The micro-transporters are designed so that mutually blocking substances are not contained within the same pellets. This way calcium is released in one location in the intestine and zinc is released in another location. This way each of these micronutrients are released at a distance from one another and uptake inhibition is reduced to a minimum. Due to the slow release of micronutrients, the uptake channels are not heavily used, as the nutrients are only released at a slow and steady rate.

## NutriMe Complete - Optimized uptake of all nutrients



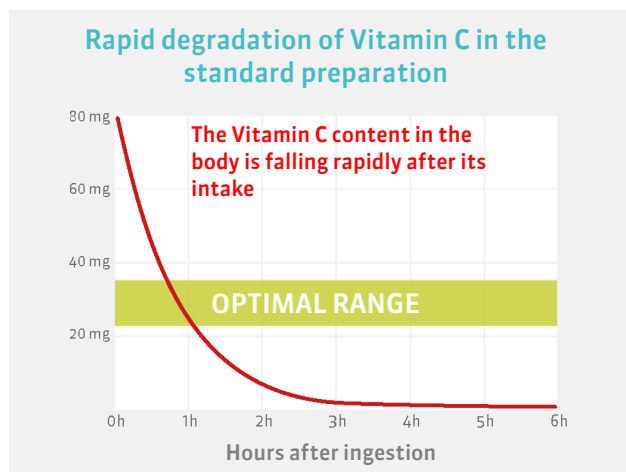
It is also known that certain micronutrients can increase each others absorption. This is why they are released together from the same micro-transporter, so that absorption of micronutrients is increased; this is the case for vitamin D and calcium.

Certain fat-soluble vitamins such as Vitamin E need fat carriers in order to be absorbed into the body. For this reason, it is often recommended to take Vitamin E preparations with a fat-containing meal. Here, the Vitamin E can be dissolved in dietary fat and absorbed into the body. The micro transporters can store the Vitamin E for hours, until they come into contact with fat, which means that the vitamin can then be absorbed. Before a meal it is absorbed to a lesser extent by the combination with the components Omega 3-fatty acids or phytosterols.

# NutriMe Complete - Proper care throughout the day

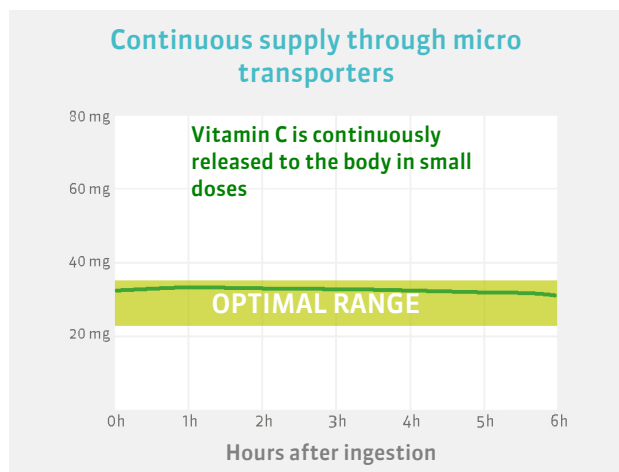
The wrong dosage can quickly indicate that the body is not sufficiently supplied with micronutrients. Therefore, the micronutrient supplements must ensure that the correct micronutrients are released into the body at the correct time.

**Standard vitamins:**  
**To quickly metabolized by the body**



Most micronutrient preparations immediately dissolve in water and are therefore immediately released in the intestine and in the body, and taken up in the bloodstream. This has some important disadvantages: Vitamin C is rapidly removed from the body; with a half-life of 30 minutes, the body loses half of the total Vitamin C from blood in every half hour. From the typical daily amount of 80 mg of Vitamin C, only about 5 mg are left after 2 hours. After 4h, there are less than 1 mg and thus under the effective limit.

**NutriMe Complete - Permanent supply**



Since the body breaks down Vitamin C very fast, it is necessary to supply the body continuously with small amounts of Vitamin C. The micro-transporters were designed so that they slowly release the vitamins and minerals to the body, throughout the day. This way, the body is constantly supplied with the optimal dose of Vitamin C throughout the day.

# NutriMe Complete - A lifelong product always according to the latest state of scientific knowledge

Science always comes up with new findings in the field of genetics, disease prevention and micronutrients. Since your personalized micronutrient mixture is a lifetime applicable micronutrient preparation we have the ability to customize each new mixture individually to new circumstances, such as your new age, new scientific findings and new recommendations for a healthy diet. Therefore, the individual micronutrient levels are changed from one order to the next and can be individually adapted to the new circumstances. Your personalized micronutrient mixture is a product compiled according to your genes, always adapted for the cutting edge of science and technology.

## A product based on various analyzes

Various analyzes from our portfolio can influence the compilation of your personalized product. Thus, it does not matter whether you have the analysis for healthy eating, the analysis for optimum athletic performance or the analysis for optimal micro-nutrients for the breast milk. All available results can be automatically integrated at no extra cost.

# NutriMe Complete - The highest quality of raw materials

Your personalized supplements consist of a variety of different raw materials, which are selected and processed according to the highest quality standards. Special attention is being paid to bioavailability (how well and quickly the micronutrient can be added), compatibility and purity.

## Biological or pharmaceutical sources?

Vitamins and minerals can be obtained from various sources. On the one hand there are the pharmaceutical preparations containing vitamins, minerals and salts produced in chemical reactions and then purified. On the other hand there are the natural, biological resources. Plants, which contain a high concentration of these micronutrients are harvested and then concentrated. The resulting extract is then highly enriched with the desired vitamin. Pharmaceutically manufactured, as well as natural vitamins, have their advantages and disadvantages. Pharmaceutically manufactured vitamins are usually in higher doses and have a longer expiration period. The higher dosage can be concentrated in smaller quantities, thereby reducing the required tablet size. They are also produced as pure vitamins, allowing for very simple and accurate dosing. As a drawback, they often have a lower bioavailability. This means that the inclusion of synthetic micronutrients is lower than that of biological sources.

Biological micronutrients have the advantage of better bioavailability, i.e. they are faster and better absorbed in the body. They are usually better tolerated and represent a natural alternative due to their biological origin. As a disadvantage, even highly concentrated extracts still contain only small amounts of a particular vitamin. For this reason, a larger volume is needed to supply the body a certain amount of a vitamin. The tablet size is thus significantly greater, particularly when it comes to the supply of a plurality of different vitamins and minerals.

Your personalized micronutrient mixture takes advantage from both sources, and combines them into a product. So a large part (about 80%) are of the micronutrients that are used are from biological sources. This results in a better bioavailability and an improved tolerability of the product. The disadvantage is, unfortunately, a larger volume of micro-transporters must be taken as a daily dose. For better long-term stability, lower volume and more accurate dosing, the some pharmaceutically manufactured vitamins and minerals are also used (about 20% of the total mixture). In this way, your personalized product offers the best of both micronutrients sources.

## Calcified algae are a natural source of calcium and trace elements

Calcium, magnesium, and a part of some of the trace elements are obtained from special calcified seaweed (*Lithothamnion* sp.) in the North Atlantic. The algae grow in cold, pollution-free, mineral-rich waters and accumulate more and more pure minerals with age. After the calcified algae are harvested, they are processed into natural, mineral powder, which has a clearly higher bioavailability compared to chemically prepared mineral salts. In addition to the main constituents, calcium and magnesium, this raw material also includes bioavailable trace elements such as selenium, boron, sodium, copper, iodine, nickel, zinc, iron, fluorine, cobalt and others in small quantities. Thanks to the pure waters of the plantations, the heavy metals are well below the limits of concern and through the natural cultivation of the algae they do not contain allergens, they are suitable for vegetarians and vegans and they do not contain genetically modified organisms.

## Sea magnesium, the bioavailable alternative

The magnesium used in your mixture is made from pure seawater, not chemically produced magnesium salts. Thus, it has better bioavailability and is free of contaminating substances.



# Effect of your individual micronutrient mixture

Your micronutrient mixture consists of a large number of important vitamins, minerals and trace elements, which control various functions in the body. Based on your genetic analysis, we evaluate some of these substances as more important or less important to your health and adjust the dosage of the product accordingly.

Here you can see a complete list of the effects you can expect from your mix according to the current state of science:

## Iron

- Contributes to a normal cognitive function
- Contributes to a normal energy metabolism
- Contributes to the normal formation of red blood cells
- Contributes to a normal oxygen transport in the body
- Contributes to a normal function of the immune system
- Helps reduce fatigue and weakness
- Fulfills a function in cell division

## Folic acid

- Contributes to the growth of maternal tissue during pregnancy.
- Contributes to normal amino acid synthesis
- Contributes to normal blood formation
- Contributes to normal homocysteine metabolism
- Contributes to normal mental function
- Contributes to a normal function of the immune system
- Helps reduce fatigue and weakness
- Fulfills a function in cell division

## Calcium

- Contributes to a normal energy metabolism
- Contributes to a normal muscle function
- Contributes to normal signal transmission between nerve cells
- Contributes to a normal function of digestive enzymes
- Contributes to normal blood clotting
- Fulfills a function in cell division and specialization
- Needed for maintaining normal bones
- Needed for maintaining normal teeth

## Copper

- Contributes to maintaining normal connective tissue
- Contributes to a normal energy metabolism
- Contributes to a normal function of the nervous system
- Contributes to a normal hair pigmentation
- Contributes to a normal iron transport in the body
- Contributes to normal skin pigmentation
- Contributes to a normal function of the immune system
- Contributes to protecting the cells from oxidative stress

## Magnesium

- Helps reduce fatigue and weakness
- Fulfills a function in cell division
- Contributes to the electrolyte equilibrium
- Contributes to maintaining normal teeth
- Contributes to a normal energy metabolism
- Contributes to maintaining normal bones
- Contributes to a normal function of the nervous system
- Contributes to a normal muscle function
- Contributes to normal protein synthesis
- Contributes to normal mental function

## Manganese

- Contributes to a normal energy metabolism
- Contributes to maintaining normal bones
- Contributes to normal connective tissue formation
- Contributes to protecting the cells from oxidative stress

## Phytosterol

- Contributes to maintaining a normal cholesterol level in the blood

## Selenium

- Contributes to normal sperm formation
- Contributes to maintaining normal hair
- Contributes to maintaining normal nails
- Contributes to a normal function of the immune system
- Contributes to a normal DNA synthesis
- Contributes to protecting the cells from oxidative stress

## Vitamin A

- Contributes to a normal iron metabolism
- Contributes to maintaining normal mucosa
- Contributes to maintaining normal skin
- Contributes to maintaining normal vision
- Contributes to a normal function of the immune system
- Fulfills a function in cell specialization

## Vitamin B12

- Contributes to a normal energy metabolism
- Contributes to a normal function of the nervous system
- Contributes to a normal homocysteine metabolism
- Contributes to normal mental function
- Contributes to a normal formation of red blood cells
- Contributes to a normal function of the immune system
- Helps reduce fatigue and weakness
- Fulfills a function in cell division

#### Vitamin B2

- Contributes to a normal energy metabolism
- Helps reduce fatigue and weakness
- Contributes to a normal function of the nervous system
- Contributes to the maintenance of normal mucous membranes
- Contributes to maintaining normal red blood cells
- Contributes to maintaining normal skin
- Contributes to maintaining normal vision
- Contributes to a normal iron metabolism
- Contributes to protecting the cells from oxidative stress

#### Vitamin B6

- Contributes to normal cysteine synthesis
- Contributes to the regulation of hormone activity
- Contributes to a normal energy metabolism
- Helps reduce fatigue and weakness
- Contributes to a normal function of the nervous system
- Contributes to a normal homocysteine metabolism
- Contributes to a normal protein and glycogen metabolism
- Contributes to normal mental function
- Contributes to the normal formation of red blood cells
- Contributes to a normal function of the immune system

#### Vitamin A

- Contributes to a normal iron metabolism
- Contributes to maintaining normal mucosa
- Contributes to maintaining normal skin
- Contributes to maintaining normal vision
- Contributes to a normal function of the immune system
- Fulfills a function in cell specialization

#### Vitamin C

- Contributes to normal collagen formation for normal blood vessel function
- Vitamin C increases the iron intake
- Contributes to normal collagen formation for normal bone function
- Contributes to the regeneration of the reduced form of vitamin E
- Contributes to normal collagen formation for normal cartilage function
- Helps reduce fatigue and weakness
- Contributes to a normal function of the immune system during and after intensive physical activity
- Contributes to protecting the cells from oxidative stress
- Contributes to normal collagen formation for normal gum function
- Contributes to a normal function of the immune system
- Contributes to normal collagen formation for normal skin function
- Contributes to normal mental function
- Contributes to normal collagen formation for normal teeth function
- Contributes to a normal function of the nervous system
- Contributes to a normal energy metabolism

#### Vitamin D3

- Contributes to a normal uptake/utilization of calcium and phosphorus
- Contributes to a normal calcium level in the blood
- Contributes to maintaining normal bones
- Contributes to maintaining a normal muscle function
- Contributes to maintaining normal teeth
- Contributes to a normal function of the immune system
- Fulfills a function in cell division

#### Vitamin E DL/D-Alpha-Tocopherol

- Contributes to protecting the cells from oxidative stress

#### Zinc

- Contributes to a normal acid-base metabolism
- Fulfills a function in cell division
- Contributes to normal carbohydrate metabolism
- Contributes to protecting the cells from oxidative stress
- Contributes to a normal cognitive function
- Contributes to a normal function of the immune system
- Contributes to a normal DNA synthesis
- Contributes to maintaining normal vision
- Contributes to normal fertility and normal reproduction
- Contributes to a normal metabolism of macronutrients
- Contributes to maintaining normal skin
- Contributes to maintaining a normal testosterone level in the blood
- Contributes to a normal fatty acid metabolism
- Contributes to maintaining normal nails
- Contributes to a normal Vitamin A metabolism
- Contributes to maintaining normal hair
- Contributes to normal protein synthesis
- Contributes to maintaining normal bones

*Info: In the European Union, micronutrient effect statements are strictly regulated and must be specifically approved. This list includes the permissible effect promises of this product. Other effects from studies have not yet been sufficiently scientifically confirmed by the EU and are expressly NOT indicated as an effect of this product. The effect of this product is limited to this list only. No other aspects of this booklet flow into the effect of the product and it is in no way suggested that certain genetic analysis results cause additional healing effects that reach beyond this list.*



# Your daily requirement of micro-nutrients

Micro-nutrient	RDA	Your requirement	Unit
Alpha lipoic acid	N/A	292	mg
Calcium	800	1200	mg
Coenzyme Q10	N/A	54	mg
Copper	1	0.64	mg
Folic Acid	200	600	µg
Iron	14	16	mg
Lutein	N/A	6.8	mg
Magnesium	375	241	mg
Manganese	2	6	mg
Methyl-sulfonyl-methane	N/A	67	mg
Phytosterol	N/A	95	mg
Selenium	55	165	µg
Vitamin A	800	2500	µg
Vitamin B12	2.5	7.5	µg
Vitamin B2	1.4	4.3	mg
Vitamin B6	1.4	4.3	mg
Vitamin C	80	218	mg
Vitamin D3	5	15	µg
Vitamin E (α-Tocopherol)	12	36	mg
Zinc	10	30	mg

The RDA values are generally defined standard values for vitamins, minerals and trace elements. However, your actual need will be determined by your genetics and lifestyle.

CAUTION! Your genetic analysis shows that both over- and under-dosing of some of these substances may be harmful to your health. Therefore, please dose the micronutrients exactly according to these values to supply your body with exactly the right amount these vitamins and minerals and to prevent harmful effects of an overdose.



## Order now:

... through your advisor

office@dna4me.eu

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...online at:

[www.DNAnutriControl.com/de/Shop-Page](http://www.DNAnutriControl.com/de/Shop-Page)

Your recipe code:

DEMO\_ML



## Influences on the micronutrient mixture

Your individual micronutrient mixture will be prepared based on various analyzes and data. Here's what aspects affect your personal mix:

### MICRONUTRIENTS



LIFESTYLE QUESTIONS



NUTRITION GENETICS



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# Your opinion matters!

You had a good or bad experience with our service or products?  
Share your story with others!

On our website you can share your experience with others and read more than 100 reviews from our other customers.



**You can rate us at:**

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# You need additional advice?

For an additional consultation via telephone or Skype, we can recommend the nutritional adviser, Mrs. Mariella Schmid of Mission Nutrition.

**If interested  
contact us  
directly at:**

**Mariella Schmid, MSc**

**Skype: Mariella.Schmid.MSc**

**Email: mariella@mission-nutrition.at**

Price: €70,-/60 min



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Sport & Ernährung

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## CERTIFICATIONS

# Certifications

Our laboratory is one of the most modern and automated laboratories in Europe, and has numerous certifications and quality assurance systems that meet international standards or even exceed them. The various fields of business are certified separately to the highest standards.

## Analysis for Lifestlye-purposes

Certified through analysis in our ISO 15189 certified laboratory



## Medical interpretation of genetic analyses

Certified through analysis in our ISO 15189 certified laboratory



## Scientific release of analysis results

Licensed for medical genetic analyses by the Austrian government



## Company and office

Certified through ISO 9001





## Science continues to progress – so do our programs!

Science is progressing rapidly and almost every day new findings in the fields of medicine and genetics allow us more accurate statements. Guidelines for the prevention or treatment of health problems and recommended consumption quantities for vitamins change and improve periodically and therefore the programs we have today are a lot more accurate than what was the science's and technology's status ten years ago. This is exactly the same for genetics.

Every year new genes are discovered, new effects of already known genes are identified and the recommendations for actions that exist for certain genetic profiles changes and improve over time. Since the development of our first product we have integrated more than 400 improvements in the programs to ensure that the product is always up-to-date with science and technology and stays user-friendly.

Although a person's genetic result stays the same for their lifetime, this also means that the interpretation is improving with new available science. We also constantly improve the programs with improved wording, more accurate and better calculation methods for nutrition as well as new findings in regards to how often certain mutations occur in the general population. Therefore it is possible that a few months after you have received your report, some data and statements can already have changed and be more accurate than it was possible at the first version of the report. The genetic reports also consider your current body weight and your age, which is why some recommendations may differ slightly from earlier statements (that are based on a different age and body weight).

### A new booklet in accordance with the latest developments of science and product development.

Of course we do not want to withhold the positive improvements of our genetic programs from you. Therefore you have the possibility to enquire at any point in time in the future if there are already new findings that might make a reprint of your old genetic results with the newest interpretation sensible. If this is the case, we can, for a small fee, issue a new and improved booklet for you. There you will of course find certain deviations from the old booklet; these represent the improvements in this area.



Common improvements you might receive this way are:

**Product developments:**

- New food products in the food list
- New methods to plan your nutrition better
- New ways to plan your exercise
- More accurate assessment of calorie calculation
- Adjusted values that influence program intensity
- Better clarity of the reports
- New and better prevention and treatment options

**Age- and weight-related adjustments**

- New calculation of various numbers is based on your current age and body weight
- New micro-nutrient recommendations that consider your new age

**Scientific developments:**

- New findings on the effects of already tested genes (higher or lower risk or new validity)
- New assessment on the effects of certain treatments or medication
- New findings on the frequency of certain mutations in the general population (that can influence the relative risk)

**Current version:**

- V515

**Here you will find the reports' version history:**

- |   |   |
|---|---|
| <ul style="list-style-type: none"><li>➤ V515 - Magnesium and calcium RDA calculations have been improved</li><li>➤ V514 - Vitamine B2 calculation has been improved and now is more accurate</li><li>➤ V513 - UGL values for Q10 have been adjusted</li><li>➤ V512 - Layout improvements, Design improvements</li><li>➤ V511 - Beauty genetics implementation</li><li>➤ V510 - Explanation has been added to show the influences for each order on the individual micronutrient recipe</li><li>➤ V509 - The BMR calculation for data entered in the order form was improved and now is more accurate</li><li>➤ V508 - Official guidelines for certain drugs have been added to the pharmacogenetics section</li><li>➤ V507 - More drugs were implemented in the pharmacogenetic section</li><li>➤ V506 - Pharmacogenetic calculation improvements</li><li>➤ V505 - Report Automation: Warning when certain order details are missing</li><li>➤ V504 - Colon health OR calculation has been adjusted</li><li>➤ V503 - Colon health chapter has been improved</li><li>➤ V502 - Skin health section has been improved</li><li>➤ V501 - Pharmacogenetic improvements</li><li>➤ V500 - UGL values have been improved</li><li>➤ V499 - GRA calculation has been improved and now is more accurate</li><li>➤ V498 - RDA values of some micronutrients were adjusted to more accurate values based on science and international regulations</li><li>➤ V497 - Implementation of new modules</li><li>➤ V496 - Micronutrient ranges were better adapted to new science and legal requirements</li><li>➤ V495 - Pharmacogenetic improvements</li><li>➤ V494 - Layout improvements, Design improvements, Report adaptations for DC</li><li>➤ V493 - Further genes were included in the pharmacogenetic analysis</li><li>➤ V492 - Performance improvements</li><li>➤ V491 - Implementation of new modules</li><li>➤ V490 - Algorithm improvements</li><li>➤ V489 - Advert pages have been improved</li><li>➤ V488 - Burnout module update</li></ul> | <ul style="list-style-type: none"><li>➤ V487 - Microbiome upgrade has been implemented</li><li>➤ V486 - Layout improvements, Design improvements</li><li>➤ V485 - Implementation of new modules</li><li>➤ V484 - Layout improvements, Design improvements</li><li>➤ V483 - UGL values have been improved</li><li>➤ V482 - GRA calculation has been improved and now is more accurate</li><li>➤ V481 - Toxo module update</li><li>➤ V480 - Layout improvements, Design improvements</li><li>➤ V479 - Implementation of new modules</li><li>➤ V478 - OR calculation has been improved based on current literature</li><li>➤ V477 - DHC modules have been upgraded</li><li>➤ V476 - Epigenetics module update</li><li>➤ V475 - Performance module update</li><li>➤ V474 - Biological age update</li><li>➤ V473 - Implementation of new modules</li><li>➤ V472 - Magnesium values were adjusted to more accurate values</li><li>➤ V471 - Productname integration has been improved</li><li>➤ V470 - Rebranding options have been improved</li><li>➤ V469 - RDA values of MSM were adjusted to more accurate values based on science and international regulations</li><li>➤ V468 - Micronutrient (MSM) calculation has been improved</li><li>➤ V467 - CYP2D6 allele calculation (pharmacogenetics) has been improved</li><li>➤ V466 - Automated layout changes have been improved</li><li>➤ V465 - Lung Health calculation integrated and validated</li><li>➤ V464 - Warfarin dose recommendation improved</li><li>➤ V463 - MAX micronutrient values have been improved</li><li>➤ V462 - UGL values have been improved</li><li>➤ V461 - UGL values have been improved</li><li>➤ V460 - GRA calculation has been improved and now is more accurate</li><li>➤ V459 - GRA calculation has been improved and now is more accurate</li><li>➤ V458 - CHD OR calculation has been improved and now is more accurate</li><li>➤ V457 - Scale bar calculation for micronutrient dosages has been improved</li><li>➤ V456 - Calculation of recipes has been improved</li></ul> |
|---|---|



- V455 - Layout improvements, Design improvements, Report adaptations for DC
- V454 - Rebranding options have been improved
- V453 - Rearrangement of DHC chapters
- V452 - Psychological disorder risk calculation was added
- V451 - Further genes were included in the nutrition sensor
- V450 - Improved version history
- V449 - Improved calculation of the food list
- V448 - Improved presentation of the food list
- V447 - Micronutrient recipe was improved and takes now more genes into account
- V446 - Improved presentation of the nutrigenetic chapters
- V445 - Improved sport tables. Icons now show the type of the activity
- V444 - Weight Sensor: Low calorie snacks were improved
- V443 - Improved marketing and order sites make it easier for the consumer to order supplements
- V442 - Rearrangement of all DNC chapters
- V441 - New nutrigenetic overviews were implemented
- V440 - Population frequencies were updated according to the 1000 Gene Project Phase 3
- V439 - Improved calculation of disease risks compared to the average population
- V438 - New improved chapter overview implemented
- V437 - A calculation to produce weight management supplements in the form of pellets has been included
- V436 - More drugs were implemented in the pharmacogenetic section
- V435 - Report Automation: Warning when certain order details are missing
- V434 - Odds ratio calculation was improved for all metabolic problems. Population frequencies were updated according to "The 1000 Genomes Project"
- V433 - Food Components: Calculation of kalium scale bar was improved and now is more accurate
- V432 - Foodtable: Excel layout improvements
- V431 - Foodtable: Excel bar size column was integrated. Now the exact value of the bars are shown
- V430 - Foodtable: Calculation of g/article for vegetables improved
- V429 - Foodtable genetic intolerance columns improved
- V428 - RDA values of some micronutrients were adjusted to more accurate values based on science and international regulations
- V427 - More drugs were implemented in the pharmacogenetic section
- V426 - Micronutrient ranges were better adapted to new science and legal requirements
- V425 - The micronutrient dosages were adapted to new government regulations and new sciences (particularly ALA, D3, C, lycopene, luteine and copper)
- V424 - The BMR calculation for data entered in the orderform was improved and now is more accurate
- V423 - The quality control of entered data was improved by a second double-check
- V422 - Formula restructuring
- V421 - The risk for alcohol dependence calculation was improved and is more accurate now
- V420 - The description of detoxification genes and their genetic variations was improved
- V419 - Having a high risk of alcoholism now also affects the food recommendations for alcohol-containing foods
- V418 - Report automation: Certain report sections are shown for athletic performance reports
- V417 - Report update: Special requests of a distributor (JH) were implemented
- V416 - The risk calculation for bone health based on genetics was improved and now is more accurate
- V415 - The warning threshold for: "attention, this food contains lactose" was lowered, so food types with little lactose also trigger the warning
- V414 - Report update: Special requests of a distributor (DPME) were implemented
- V413 - Report update: Special requests of a distributor (DPME) were implemented
- V412 - The new prostate risk calculation results are now applied to the overview scale bars at the front of the reports
- V411 - Report update: Special requests of a distributor (DPME) were implemented
- V410 - Report update: Special requests of a distributor (KRSD) were implemented
- V409 - The basic metabolic rate at rest was locked at a minimum of 1000kcal, irrespective of age. This is more appropriate for younger users of the weight management programs
- V408 - Design improvements (colour codes)
- V407 - The risk calculation for bone health based on genetics was improved and now is more accurate. Changes are now full applied
- V406 - The risk for diabetes calculation was improved and is now (especially for high risk individuals) more accurate
- V405 - Report automation: Reports for athletic performance were improved for automation
- V404 - The calculation for prostate risk was updated with newer science about how common these variations are in the general population. Risk calculations are now more accurate.
- V403 - Report Automation: Formula update gives alert in case customer details are missing
- V402 - Rarely occurring genetic variants relevant in Alzheimer's Disease were included in the formula
- V401 - Report layout and text improvements for athletic performance tests
- V400 - Linoleic acid risk calculation for the food list was improved and now is more accurate
- V399 - The risk of some bone metabolism genes was improved and now is more accurate
- V398 - The risk for certain eye disease risk calculations and the corresponding food recommendations was improved and now is more accurate
- V397 - Linoleic acid risk calculation for the food list was improved and now is more accurate
- V396 - Special adaptations for vegan customers using allergy testing services
- V395 - Layout improvements, Design improvements, Report adaptations for a distributor (DCR)
- V394 - Report update: New naming system doe new-born screening analyses
- V393 - Report update: Special requests of a distributor (ASGX) were implemented
- V392 - Report Automation: Warning when certain order details are missing
- V391 - Report Automation: Warning when certain order details are missing
- V390 - Cardiovascular disease risk and LDL cholesterol disease risk calculation was improved, especially for high risk individuals and is more accurate now. This affects many other sections.
- V389 - Basic metabolic rate at rest calculation was improved for some weight management reports
- V388 - Special feature for Muslims to help avoid pork
- V387 - Certain report improvements for young patients
- V386 - Report automation: Certain texts are hidden under certain conditions in some reports
- V385 - The recommendation calculation for total iron intake was improved and now is more accurate
- V384 - The recommendation calculation of fructose containing food types was improved and now is more accurate
- V383 - Report automation: Recipe book automation was improved
- V382 - Report automation: Alert systems for certain conditions such as missing details were implemented
- V381 - Report automation: Alert systems for missing gene results were implemented
- V380 - Design, layout and text improvements
- V379 - Report covers were improved
- V378 - Scale bar and text colours for fructose risk were improved
- V377 - Iron intake recommendations were linked to iron overload disorder risk in an improved way and is now more accurate. This influences many aspects of the reports such as food recommendations
- V376 - Report update: Special requests of a distributor (PGNS) were implemented
- V375 - Design and text improvements
- V374 - Better BMI calculation for children implemented, making the calculations in these cases more accurate
- V373 - Report update: Special requests of a distributor (SLGN) were implemented
- V372 - Reports now consider the intake of calcium through nutrition more accurately. This affects many aspects of the food recommendations
- V371 - New gene for new-born birth weight added to reports
- V370 - Text improvements
- V369 - Report automation: Alert systems for certain conditions such as missing details were implemented
- V368 - New BMI calculation formulas implemented for some reports. This calculation is now more accurate
- V367 - Hormone replacement therapy genetic testing is now added to larger packages by default
- V366 - Report update: Special requests of a distributor (DNK) were implemented

- V365 - New pregnancy related gene was added
- V364 - Risk calculation for diabetes Type 2 was improved and now is more accurate. This influences many aspects of the report
- V363 - Risk calculations for spontaneous abortion in pregnancy was improved and now is more accurate
- V362 - Risk calculations for preeclampsia in pregnancy was improved and now is more accurate
- V361 - New pregnancy risk calculations were implemented
- V360 - Report update: Special requests of a distributor (PGMS) were implemented
- V359 - Risk calculations for bone health were improved, which influences many parts of the programs
- V358 - Oxidative stress genes added to athletic performance reports
- V357 - Report update: Special requests of a distributor (PHMLT) were implemented
- V356 - Improved food recommendation calculation for omega 3 was implemented, which influences many aspects of the food list
- V355 - Caffeine break down calculations were improved and are now more accurate
- V354 - Effect of coffee on breast cancer risk in women was implemented in several reports
- V353 - Caffeine recommendations based on breakdown capacity was improved
- V352 - Formula restructuring
- V351 - Fructose containing food recommendations were improved and are now more accurate
- V350 - Fructose containing food recommendations were improved and are now more accurate
- V349 - Report update: Special requests of a distributor (PGMS) were implemented
- V348 - Recommendations for iron intake was improved
- V347 - Recommendations for diabetic nutrition was improved and food list is now more suitable for diabetic patients
- V346 - Design and text improvements
- V345 - Report update: Special requests of a distributor (GNBL) were implemented
- V344 - Micronutrient recommendation calculations were improved and are now more accurate
- V343 - Micronutrient recommendation calculations were improved and are now more accurate
- V342 - Supplement calculations: Formula adjustments for personalized supplement production were implemented
- V341 - Certain questions that influence the athletic performance programs have been implemented
- V340 - Scale bars that show the risk of coffee and caffeine have been improved
- V339 - The program now can consider iron deficiency in its nutritional recommendations as well. Added benefit for iron deficient individuals
- V338 - Supplement automation: New automation system for supplement manufacture implemented
- V337 - Report update: Special requests of a distributor (DNK) were implemented
- V336 - Report update: Special requests of a distributor (GB) were implemented
- V335 - Customer details question answers are now shown in the back of some reports for reference
- V334 - Report update: Special requests of a distributor (DNK) were implemented
- V333 - The scale bar for lactose intolerance risk was improved
- V332 - Report update: Special requests of a distributor (DNK) were implemented
- V331 - Report update: Special requests of a distributor (DNK) were implemented
- V330 - The food recommendation for arachidonic acid containing foods was improved and now is more accurate. This affects animal product-based food recommendations
- V329 - Report update: Special requests of a distributor (DNK) were implemented
- V328 - Hand written notes sheets were added to some reports
- V327 - Certain reports now have a video link for video consultation
- V326 - Report update: Special requests of a distributor (PGMS) were implemented
- V325 - Various improvements to text, layout and design
- V324 - The intensity of the weight management program was adjusted and now is equally intense for all customers. This affects and improves many aspects of the weight management report
- V323 - Detoxification results are shown in certain report types
- V322 - Omega 3 risk calculations and recommendations have been improved and now are more accurate. This has an impact on the food list
- V321 - Video consultation links have been implemented in certain reports
- V320 - Supplement automation: New improvements in producing personalized labels
- V319 - Supplement automation: New improvements in automating the personalized production of weight management supplements
- V318 - Text improvement in some athletic performance reports
- V317 - Text improvement in some athletic performance reports and allergy reports as well as allergy warnings
- V316 - Reports can now consider milk protein intolerance and give better food recommendations
- V315 - The calculation and recommendation for fructose containing foods was improved and now is more accurate
- V314 - Supplement automation: better automation of personalized weight management supplements
- V313 - Report update: Special requests of a distributor (DNK) were implemented
- V312 - Supplement automation improvement
- V311 - Supplement intake recommendations were improved. Some individuals now get the recommendations to take supplements 2 times per day, but have to take a reduced volume.
- V310 - Video consultation link in some reports was improved
- V309 - Supplement automation improvement
- V308 - The risk calculation for thrombosis was improved and now is more accurate
- V307 - Supplement automation improvement for label creation
- V306 - The risk calculation for thrombosis was improved and now is more accurate
- V305 - Video consultation link in some reports was improved
- V304 - Report update: Special requests of a distributor (DNK) were implemented
- V303 - The minimum daily calories a person must eat has been defined and makes the product more suitable for users of low body weight
- V302 - The basic metabolic rate at rest calculation was improved and now is more accurate
- V301 - The scale bars for exercise have been improved in some reports
- V300 - The basic metabolic rate at rest calculation was improved and now is more accurate
- V299 - Certain text improvements were done
- V298 - The warning column in the food list can now be hidden or shown automatically



## Customer Service

### Questions or comments about our service?

Our customer service team is happy to help with any enquiries, questions or problems. You can contact us in the following ways:

- [office@dna4me.eu](mailto:office@dna4me.eu)
- +43 664 918 09 20

Our team is looking forward to your call. Customer satisfaction is our first priority. If you are not fully satisfied with our service, please let us know. We will do our best to help find a satisfactory solution to your problem.

**Contact | Impressum**  
DNA 4 ME GmbH  
Wehrgasse 5  
5020 Salzburg  
Austria



## TECHNICAL DETAILS

### Technical details

#### Address

Musterstrasse 1  
1234 Musterstadt  
GERMANY

#### Order number

DEMO\_ML

#### Date of birth

01/01/1990

#### Product codes

L3NUT

#### Ordering company

DNA 4 ME GmbH  
Wehrgasse 5  
5020 Salzburg  
Austria

#### Laboratory Director

Dr. Daniel Wallerstorfer Bsc.

#### Established analysis methods

qRT-PCR, DNA sequencing, fragment length  
analysis, CNV assay, GC-MS, Immunocap ISAC,  
Cytolisa

#### Detection rate

~>99%

#### Report generated

07/02/2018

#### Current version

V515

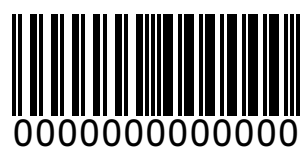
#### Analyzing company

DNA Plus - Zentrum für Humangenetik  
Georg Wrede Strasse 13  
83395 Freilassing  
Deutschland

#### Laboratory Manager

Florian Schneeberger, MSc.

**NOTES:**







**MY Nutrition**  
Maria Musterfrau  
DEMO\_ML