

Genetic Direction Programs/Traits

CATEGORY	TRAIT	GxSlim	GxRenew	GxNutrient
WEIGHT LOSS ABILITY	Weight Loss Ability w Diet and Exercise	X		
FOOD	Food Summary	X		
	Protein Utilization	X		
	Fat Utilization	X		
	Carb Utilization	X		
NUTRIENTS	Nutrient Summary	X		
	Vitamin A Tendency	X		X
	Vitamin B6 Tendency	X		X
	Vitamin B9 (Folate) Tendency	X		X
	Vitamin B12 Tendency	X		X
	Vitamin C Tendency	X		X
	Vitamin D Tendency	X		X
EXERCISE	Exercise Summary	X		
	Fat Loss Response to Cardio	X	X	
	Fitness Response to Cardio	X	X	
	Body Composition Response to Strength Training	X	X	
	HDL-c Response to Cardio	X		
	Insulin Sensitivity Response to Cardio	X		
	Glucose Response to Cardio	X		
LOOK	Sun Sensitivity		X	
	Skin Aging		X	
	Skin Glycation		X	
	Facial Aging		X	
	Stretch Marks		X	
FEEL	Intrinsic Motivation to Exercise		X	
	Behaviors of Excess / Stimulus Control		X	
	Impulse Control & Taste Preference with Aging		X	
	Sleep Duration		X	
	Sugar Intake		X	
FUNCTION	Mental Acuity		X	
	Age-Related Hearing Loss		X	
	Kidney Function with Aging		X	
	Longevity		X	
	Systemic Inflammation		X	
	Polyunsaturated Fatty Acid Levels		X	
	Cholesterol Response to Dietary Fat		X	
	Insulin Response to Dietary Fat		X	
	Triglycerides Response to Cardio		X	
	Lactose Intolerance		X	
	Calcium Tendency		X	X
	Copper Tendency		X	X
	Magnesium Tendency		X	X
	Dietary Choline Tendency		X	X
	Selenium Tendency		X	X
Zinc Tendency		X	X	
VITAMINS	Vitamin E Tendency			X
MINERALS	Iron Tendency			X
	Phosphorous Tendency			X