



DNA TESTING FROM  
PUREGENOMICS

# GENETIC TESTING

**BETTER HEALTH FROM WITHIN.**

There's goodness in our DNA. It is time to harness the science of nutrigenomics to empower individuals to uncover the relationship between their **genes, nutrition and wellness**. I have partnered with PureGenomics to use their platform to interpret your DNA.



# LET'S TAKE A DEEPER LOOK AT YOUR DNA.

## Personalized Genetic Report

Multiple Trait Categories:

- Vitamins, Minerals & Omega-3's
- Detoxification
- Glucose Metabolism
- Metabolic & Weight Management
- Cognitive Health & Memory
- Immune Health
- Energy & Fitness
- Cardiovascular Health
- Gastrointestinal Health

**PURE**  
Genomics

### [PATIENT NAME]'S GENETIC REPORT SUMMARY

This summary highlights the key findings of your personalized report. Based on your individual results, traits will fall into 1 of 3 categories:

- ! Consider Action
- ⌄ Enhanced Benefit
- No Action

#### ! HIGH PRIORITY ACTIONS

This table identifies a list of traits where a patient can not... details about each category can be found under "HOW... same as "PATIENT VARIANT", and indicates which of...  
For example:

TRAIT	YOUR RE
Folate	! Consider
Vitamin B12 (Cobalamin)	! Consider

Go to my website [www.findtrubalance.com](http://www.findtrubalance.com) and click on the Self-Starter Plan to learn more about Genetic Testing and see a Sample Report.

# GET STARTED



**Step 1:** Complete 23 & Me or Ancestry DNA Testing. This data is required to run you DNA on my PureGenomics Platform.



**Step 2:** Go to [www.findtrubalance.com](http://www.findtrubalance.com) and Fill out the Self-Starter Plan Test Request Form. I will email you a link to register your account after I receive payment of \$150.



**Step 3:** I will have you download your raw data from 23 and Me or Ancestry on to your computer and then you will upload it to my PureGenomics Platform.



**Step 4:** Once your report is complete, I will email your personalized diet and supplement recommendations.

