



Longevity™

LAB-SOLUTIONS

Where Health Gets Perfected

Nutrition Genomics

SNP technology to study
the relationship between
genes, nutrition, and health

Nutrients and dietary
components influence gene
expression, metabolism,
and overall health outcomes

Longevity Lab Solutions is a CLIA Accredited High Complexity Laboratory
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**Genetic variations
can influence your
body's response to
specific nutrients
and dietary patterns**



NutriGenomics Diet

NutriGenomics Diet DNA Test

Nutrigenomics Diet provides information about the intricate relationship between genetics and diet, focusing on how individual genetic variations can influence the body's response to specific nutrients and dietary patterns. By understanding an individual's genetic profile, nutrigenomics aims to provide personalized dietary recommendations to optimize health and prevent or manage certain diseases.

Areas of Analysis

- 1. Absorption and Metabolism**
- 2. Carbohydrate Responsiveness**
- 3. Circadian Rhythms**
- 4. Exercise Responsiveness**
- 5. Fat Metabolism**
- 6. Obesity and Satiety**
- 7. Fat Storage**
- 8. Inflammation Diet**
- 9. Regulation of Energy Intake**
- 10. Regulation of Metabolism**
- 11. Feeding Behavior**
- 12. Weight Management Diet and Exercise Plan provided**

Price: \$249.00

NutriGenomics Sport



Optimize athletic performance and support the unique nutritional needs of athletes. By understanding an athlete's genetic profile, nutrigenomics can provide personalized dietary recommendations to enhance training, improve recovery, and maximize overall sports performance.

NutriGenomics Sport DNA Test

- 1) Nutrient Utilization
 - a) personalized dietary strategies to optimize energy production, muscle building, and recovery
- 2) Micronutrient Needs
 - a) increased nutrient requirements due to their higher energy expenditure and physical demands
- 3) Injury Prevention and Recovery
- 4) Nutritional Supplements
 - a) ability to absorb, utilize, or respond to certain supplements
- 5) Response to Training
 - a) tailor training programs and dietary interventions to optimize performance

Areas of Analysis

INJURY AND RECOVERY:

1. Inflammation Sport
2. Injury Susceptibility
3. Oxidative Stress Sport

PERFORMANCE:

1. Blood Flow and Respiration
2. Energy Mobilization
3. Fuel Metabolism
4. Musculoskeletal Properties

Price: \$249.00

NutriGenomics Health

Personalized dietary recommendations to optimize fitness and prevent or manage certain health conditions

NutriGenomics Health DNA Test

NutriGenomics is a field of study that examines the interaction between nutrition and genetics. It focuses on how individual genetic variations can influence how nutrients are processed and utilized by the body, and how dietary factors can affect gene expression and influence health outcomes. By understanding the relationship between genetics and nutrition, nutriGenomics aims to provide personalized dietary recommendations to optimize health and prevent or manage certain diseases.

Areas of Analysis

1. Bone Health
2. Detoxification
3. Food Responsiveness
4. Inflammation Health
5. Insulin Sensitivity
6. Lipid Metabolism
7. Methylation
8. Oxidative Stress Health

Price: \$249.00

NutriGenomics Hormone



Influence of
genetic
variations on
estrogen
metabolism

NutriGenomics Hormone DNA Test

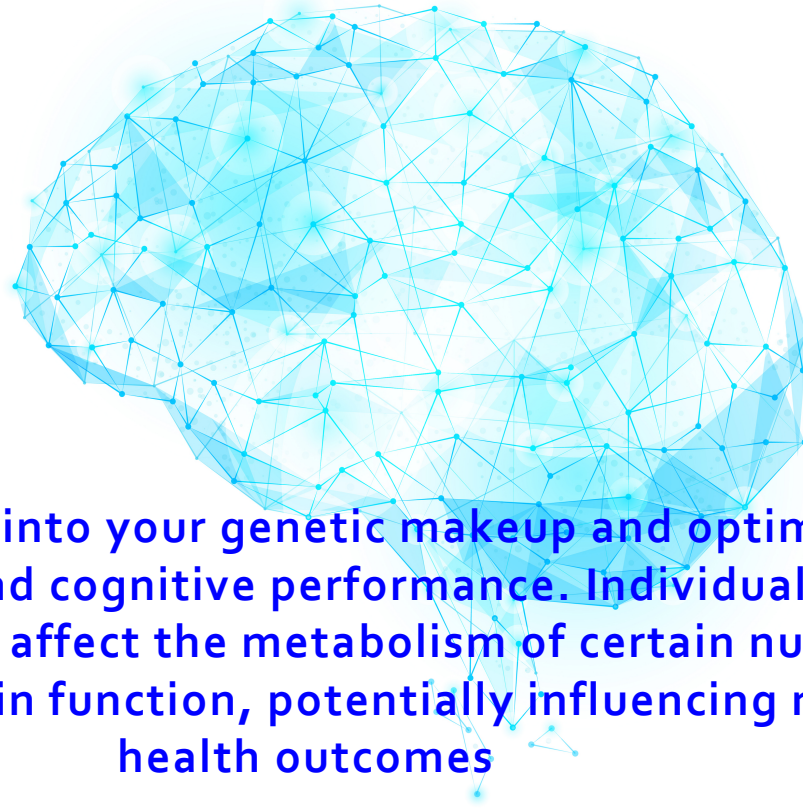
Nutrigenomics can shed light on how genetic variations interact with dietary factors to influence estrogen metabolism, receptor sensitivity, and overall estrogen balance in the body.

Areas of Analysis

1. Detoxification Estrogen
2. Methylation Estrogen
3. Oxidative Stress Estrogen
4. Thrombosis

Price: \$249.00

NutriGenomics Mind



Uncover insights into your genetic makeup and optimize your mental health and cognitive performance. Individual genetic differences can affect the metabolism of certain nutrients involved in brain function, potentially influencing mental health outcomes

NutriGenomics Mind DNA Test

Several mental health disorders, including depression, anxiety, and schizophrenia, have been associated with certain nutritional deficiencies or imbalances.

NutriGenomics allows us to understand how individual genetic variations can influence the metabolism and utilization of these nutrients, potentially contributing to mental health disorders.

Areas of Analysis

1. Neurodegenerative Disorders
2. Mood Regulation
3. Addictive Behaviors
4. Lipid Metabolism
5. Inflammation
6. Methylation
7. Wnt Signaling
8. Stress Response
9. Cell Signaling
10. Dopaminergic Pathway & Dopamine Response
11. Endocannabinoid Pathway
12. GABAergic Pathway
13. Neurotrophin Pathway
14. Serotonergic Pathway

Price: \$249.00



Weight Loss Blood Test - 64 Analytes

CMP (19), Lipid Panel (6), CBC (21), Cortisol, C-Reactive Protein, Estradiol, HbA1C, Insulin, Iron, LDH, Magnesium, Phosphorus, Progesterone, Testosterone Free & Total, Thyroid Stimulating Hormone (TSH), Free T₃, Free T₄, Uric Acid, Vitamin D

Price: \$199.00



Female Elite Blood Test - 85 Analytes

CMP (19), Lipid Panel (6), CBC (21), Hormone (24), Thyroid (4), Vitamin (3), APOA₁, APOB, CRP, D-Dimer, Ferritin, GGT, LDH, Magnesium, TIBC, Transferrin, % Saturated Transferrin, Phosphorus, Uric Acid

Price: \$499.00



Male Elite Blood Test - 87 Analytes

CMP (19), Lipid Panel (6), CBC (21), Hormone (24), Thyroid (4), Vitamin (3), APOA₁, APOB, CRP, D-Dimer, Ferritin, GGT, LDH, Magnesium, PSA, Free PSA, TIBC, Transferrin, % Saturated Transferrin, Phosphorus, Uric Acid

Price: \$549.00

NUTRIGENOMICS

GENES NUTRITION LIFESTYLE



From your buccal swab sample, we use a process called the Polymerase Chain Reaction (PCR), which copies the DNA of your genes many times over so that we can generate sufficient quantities to analyze your genetic material. Then, we identify unique DNA sequences in some of your genes.

About Us

Longevity Lab-Solutions is a Full-Service CLIA Accredited High Complexity Clinical Laboratory.

Our facility is staffed by medical laboratory scientists and technicians who are trained to perform a wide range of laboratory tests and is equipped with advanced instrumentation and technology that enable the accurate and timely analysis of patient samples.

Diagnostic tests are performed on patient samples to aid in the diagnosis, treatment, and prevention of diseases.

We understand that accuracy and reliability of laboratory test results are critical in ensuring that patients receive the appropriate care and treatment they need.

We are committed to excellence in our service to your patients.

LIVE BETTER LONGER

Longevity Lab-Solutions
6605 Cypresswood Drive, Suite 125, Spring, Texas 77379
longevitylabsolutions.com

Our Products

- The Longevity Program
 - Inflammation
 - Hormone
 - Micronutrients
 - Sleep
 - Brain
- Bio-GPS: Biomarker Guided Patient Selection
 - The Kynurenine Pathway
 - Neuroinflammation
 - Long COVID Syndrome
 - Methylation
 - Mood Disorder
- Chemistry Blood Tests
- Endocrinology
- Immunology
- Point of Care Testing
- Urine Toxicology
- Molecular PCR Testing
- Next Generation Sequencing (NGS)