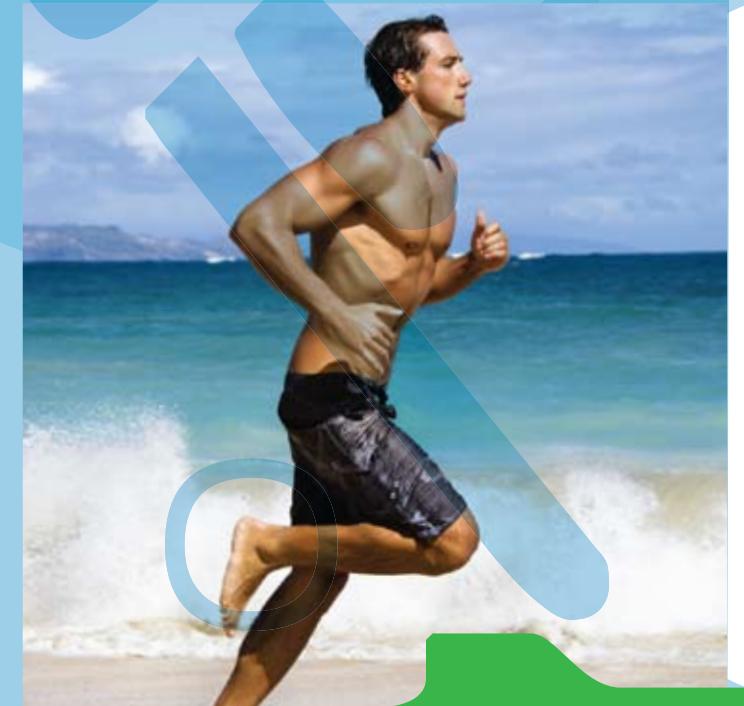




“ Optimizing athletic performance and maintaining optimal physical condition and health is a long-standing process that requires the active participation of the individual and the faithful adjustment to the proposed corrective actions for the rest of his/her life. ”

Dr. Marios Kambouris PhD FACMG
Yale University School of Medicine
Scientific Director Gonidio® Ltd



Sports Performance

DNAtesting



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Personalized
Predictive
Preventive



choose a sport that suits you

Are you better suited to sports requiring endurance, strength, or speed?



DNA: Our Genetic “Blueprint”

Our genetic material defines every aspect of our life, right from the definition of our physical features to our “gifts”, our disadvantages and our susceptibility to disease. Although more than 99.9% of human DNA is identical among all people, it is the remaining 0.1% that makes us each unique. These tiny differences are called mutations and define our differences with other people. Mutations in our genetic material make us unique, give us special abilities and advantages, but also create barriers and cause increased susceptibility to diseases compared to general population.

Predictive Genomics: Read, React & Respond

The key of reading, reacting and responding to our DNA lies in Predictive Genomics. This is the field of medicine that deals with the detection of mutations in our DNA and the use of this genetic information to make a relative prediction, regarding the physical condition of individuals or their risks to disease. Identifying these mutations is a precious tool which can help us to try modify the risks or enhance our abilities by applying the appropriate medical, nutritional and lifestyle recommendations

Gonidio® Athletic & Sports Performance DNA testing

Our genes play a key role in biological systems like muscle formation, oxygenation of blood and tissues, and metabolism of lactic acid etc. Although we cannot change our genetic profile, we can benefit from our genetic advantages and maximize our abilities; we can overcome the “pain wall” that results from intense exercise and pressure under competition and avoid injuries and traumas, all in the most efficient and scientific way!

Other Gonidio® DNA Predictive Genomics Tests include:

- Health & Wellness
- Weight Control
- Anti-Aging Beauty
- Gonidio Plus (full package)

improve your performance

Identify your genetic advantages in order to benefit from them and maximize them with the appropriate training & nutritional action



identify your athletic strengths and weaknesses

Identify your genetic abilities to produce optimal athletic performance



What do we test for?

The Sports Performance DNA Test detects mutations in certain genes which affect your physical condition, your endurance capacity, and your speed and strength, but also your susceptibility to injuries.

Moreover, it detects mutations in genes that control nutrient (food) metabolism and affect your performance, your physical condition and the risk of suffering from certain conditions (e.g. hypertension) during training and exercise.

“Our performance in sports and our general physical condition is defined by our DNA, which is unique!”

What can you learn from your results?

- If you have the “appropriate” genes for optimal performance in respect of endurance capacity, strength and or speed so that you can choose a suitable sport in which to compete (either on a professional or amateur level).
- Your genetic advantages and barriers, in order to “direct” your training program and diet plan to achieve optimal performance with minimum waste.
- How your genes affect the biological functions that are necessary for the sport that you are already involved in.
- If you are at an increased health risks (e.g. hypertension, cardiovascular problems) during exercise and training.
- How susceptible you are to sport-related injuries (tendons, bones, inflammation) and how you can protect yourself from them.

How can you benefit from this information?

By learning about your genetic profile, you will discover your personal, inherited advantages in order to make the appropriate choice of sport and improve your athletic performance and your general physical condition. You will also find out your genetic barriers, in order to avoid sports that require abilities in which you are genetically “weak”, or to provide you with information as to how you can adjust your training program to give emphasis in fields which require extra attention.

Value Added Services

We also offer a number of services based on your Sports Performance DNA test results, including:

- A Personalized Training program and Training consultation according to your genetic profile to optimize your athletic performance, taking your sport of choice into account. [Additional information will be required, including an exercise-physiological evaluation and current performance records.
- A Personalized Nutritional Consultation and Diet plan, which will detail your nutritional requirements during training and competitive events in your sport of choice [Additional information will be required regarding your dietary habits, sport of choice, etc.]

Personalized Nutritional Supplements

Your genetic profile can also be used by specialized companies to provide you with a personalized range of supplements which are:

- 100% organic
- based on the results of your DNA test
- produced to satisfy the specific needs of your body
- necessary for your nutritional support when in physical activity, and also for your general well being

GENES TESTED ARE RELATED TO:

SPORT PERFORMANCE: ENDURANCE CAPACITY & MUSCLE PERFORMANCE

SUSCEPTIBILITY TO INJURIES: TENDONS & BONES

PSYCHOLOGICAL APTITUDE

SUBSTANCE ABUSE

BODY MASS INDEX (BMI)

NUTRIGENOMICS:

LIPID METABOLISM, FOLIC ACID METABOLISM, IRON ABSORPTION & STORAGE, INFLAMMATORY RESPONSE, ANTI-OXIDATION, DETOXIFICATION, SALT SENSITIVE HYPERTENSION, ALCOHOL METABOLISM, CAFFEINE METABOLISM, LACTOSE TOLERANCE, GLUTEN TOLERANCE

Explore your genes, improve your life quality!



Sampling Procedure

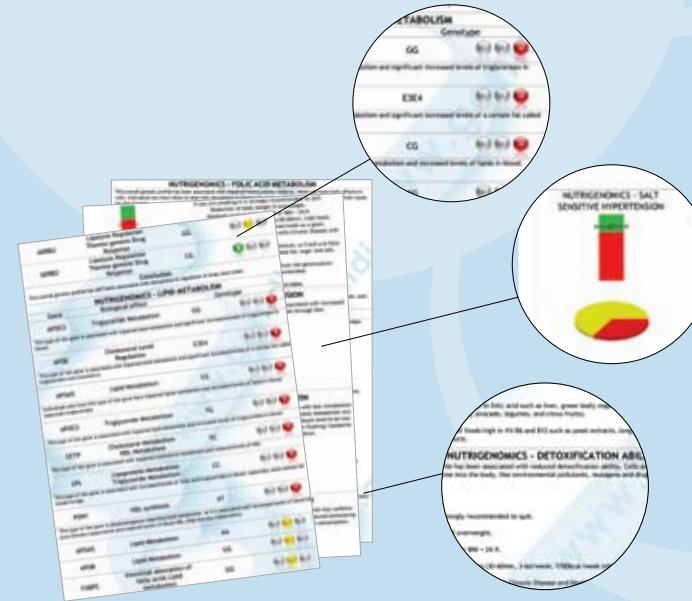
Sampling of your genetic material (DNA) is painless, lasts for a few minutes and does not require a blood sample. It involves taking cells from the inside of your cheek with a specially sterilised buccal swab.

At our Molecular Genetics laboratory, your DNA is isolated and then analysed for detection of mutations. You have full discretion over your personal data; a unique code number is assigned to your sample during testing so that the only person who knows your results is you.

When we have completed the analysis of your sample and delivered your results, your genetic material is completely destroyed.

Sample Report

Each panel requires analysis of multiple genes. The first part of this report displays the personal test results including which genes were tested and the date the results were compiled. The interpretation of the genetic results is presented to help you understand the impact of these genes on the test panel that Gonidio® is conducting. This is followed up with useful information and your own personalized guidance regarding nutrition and lifestyle.



Privacy Statement

At Gonidio®, we are committed to protecting your privacy. All genetic DNA test results and any personal information are maintained under a strict policy of confidentiality. Under no conditions will this information be released to third parties in a way that discloses personal information, except with your permission. Your personal information will not be disclosed to anyone outside of Gonidio® nor within Gonidio® except as needed by those conducting the genetic screening and by those assembling your report, except with your permission.