



Gonidio®



Weight Control

DNA testing

Personalized
Predictive
Preventive



identify your genetic needs to manage and prevent obesity

Identify your genetic needs for a normal and healthy
body weight



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% of human DNA is identical among all people, it is the remaining 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® Weight Control DNA testing

Our genes play a key role in the regulation of our body weight. Although we cannot change our genetic profile, we can identify the genetic causes of obesity and deal with them in the most efficient and scientific way!

Other Gonidio® DNA Predictive Genomics Tests include:

- Health & Wellness
- Anti-Aging Beauty
- Sports Performance
- Gonidio Plus (full package)

what is your genetic susceptibility to weight gain and how can you maintain your normal body weight?

What are your genetic disadvantages and how can you overcome them to lose weight?



What do we test for?

Our Weight Control DNA test detects mutations in certain genes which affect our susceptibility to weight gain and consequently to obesity. Also it detects mutations in genes that control nutrient (food) metabolism and your susceptibility to diseases, affecting not only your body weight but also your general health.

“The tendency we may have in gaining excessive weight is defined by your DNA, which is unique!”

What can you learn from your results?

- If you have an increased risk of obesity, in order to take the appropriate preventive measures according to your genetic profile.
- How your genes affect your feeding behavior and consequently your appetite, in order to use the appropriate appetite-suppressants and achieve loss of excessive weight.
- How your genes affect the lipolysis process (fat burning), in order to manage your risk of obesity more efficiently with the appropriate physical exercise.
- How much your risk for obesity is increased due to genes which affect your inflammatory processes.
- How your genes affect your metabolism, in order to properly adjust your diet to your personal nutritional needs.

overcome your genetic barriers for permanent weight loss

Identify whether you need appetite-suppressant medication to deal with obesity and permanently lose weight



How can you benefit from this information?

You will know your personal genetic profile relating to the cause of excessive weight gain, so that you can take appropriate measures and achieve efficient weight loss and maintain a normal body weight.

You will also find out:

- whether it is necessary for you to use appetite-suppressant medication for an efficient and permanent weight loss.
- You will know your genetic need for “proper” nutrition in order to adapt your nutritional habits regarding the amount and the type of food you consume.
- You will know your Genetic need for physical exercise, in order to maintain a healthy and permanent body weight.

Value Added Services

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

- A Personalized Nutritional Consultation and Diet plan for obesity management, with a calorie restriction diet that does not put your health in danger.
- A Personalized Nutritional Consultation and Diet plan for optimal health, according to your personal daily needs.

Personalized Nutritional Supplements

Your genetic profile can be used to provide you with personalized nutritional supplements and a personalized line of cosmetics which are:

- 100% organic
- based on the results of your DNA test
- produced to satisfy the specific needs of your body
- necessary in your daily routine for weight loss and general wellbeing

GENES TESTED ARE RELATED TO:

FEEDING BEHAVIOUR & ENERGY BALANCE

LIPOLYSIS

OBESITY & INFLAMMATION

REWARD DEFICIENCY SYNDROME

(“SNACKING BETWEEN MEALS”) / FEEDBACK RESPONSE MECHANISM

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

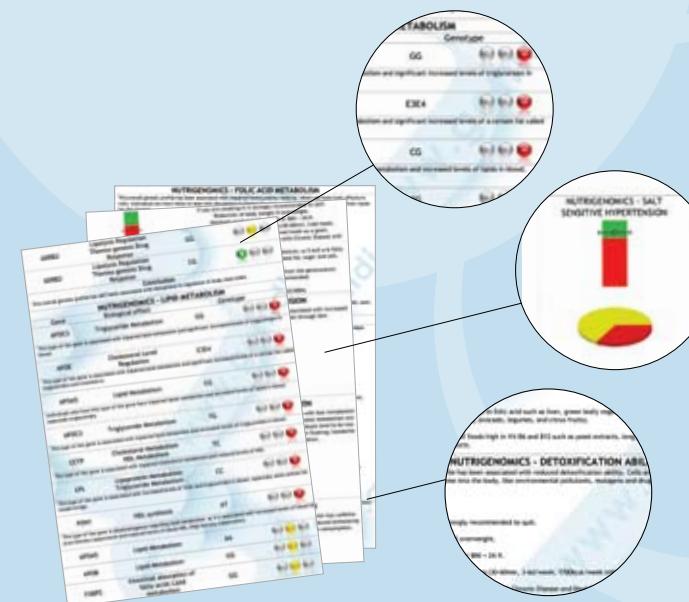
Sampling of your genetic material (DNA) is painless, lasts for a few minutes and does not require a blood sample. It involves taking cells from the inside of your cheek with a specially sterilised buccal swab.

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.

“ Maintaining a normal body weight and maintaining optimal 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
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