



“ 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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Scientific Director Gonidio® Ltd



Wellness & Health

DNAtesting



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Personalized
Predictive
Preventive



identify your genetic susceptibility
to diseases and other risks to your health

Identify your possible increased risk to medical conditions



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 modifying the risks or enhance our abilities by applying the appropriate medical, nutritional and lifestyle recommendations.

Gonidio® Health & Wellness DNA testing

Our genes play a key role in biological systems such as the processes of cell proliferation, glucose metabolism, protection from toxins and drugs, the immune system, and food metabolism etc. Although we cannot change our genetic profile, we can benefit from our genetic advantages and “defend” and maximize them and in the most efficient and scientific way.

Other Gonidio® DNA Predictive Genomics Tests include:

- Weight Control
- Anti-Aging Beauty
- Sports Performance
- Gonidio Plus (full package)

which are the genetic causes of future possible aggravation to your health?

How much are you genetically “protected” from disease?



improve your health

Identify your specific nutritional needs for the protection of your body



What do we test for?

Our Health & Wellness DNA Test detects mutations in certain genes which affect your susceptibility to common, multi-factorial diseases for which prediction and prevention are of undisputed value. Also it detects mutations in genes that control drug metabolism and nutrient (food) metabolism, affecting your body's response to them.

“Health risks and the needs of the human body regarding prevention are different for each individual and are defined by our DNA, which is unique!”

What can you learn from your results?

- How your genes affect the biological processes which are important for your health and wellbeing.
- If you have an increased risk to diseases such cardiovascular disease, diabetes, osteoporosis, asthma, Inflammatory/autoimmune diseases, and certain types of cancer, in order to take the necessary measures to reduce this risk.
- How your genes affect your metabolism of certain drugs and your body's response to them, in order to receive the best possible drug therapy with maximum efficiency.
- How your genes affect your metabolism of food in order to properly adjust your diet to your personal genetic needs.

How can you benefit from this information?

By learning about your genetic profile, you will be provided with vital information about your genetic susceptibility to certain disease, in order to prevent or delay the onset of disease with the appropriate medical intervention, the appropriate drug therapy, the appropriate diet, and other general changes in the way you live. You will be provided with a “Pharmaco-Genetic profile” which can be used by medical practitioners to choose the most efficient medication (if any is needed) and prescribe the proper dosage, according to your personal needs.

Value Added Services

We also offer a number of services based on your Health & Wellness DNA test results, including:

- A Personalized Nutritional Consultation and Diet plan for the daily nutritional needs of your body, aiming at a healthy way of living and optimal health according to your personal needs.

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 in your daily routine for your ongoing nutritional support general wellbeing

GENES TESTED ARE RELATED TO:

CARDIOVASCULAR HEALTH: Lipid Levels, Homocysteine Levels, Coronary Artery Disease, Atrial Fibrillation

TYPE 2 DIABETES MELLITUS

BONE HEALTH: Osteoporosis

INFLAMMATORY/AUTOIMMUNE CONDITIONS: Inflammation, Rheumatoid Arthritis, Ankylosing Spondylitis, Multiple Sclerosis, Psoriasis

VENOUS THROMBOEMBOLISM

ATOPIC DISEASE - ASTHMA & ALLERGIES

NEOPLASIA: Colorectal cancer, Prostate cancer, Breast Cancer (sporadic), Breast Cancer (familial), Lung Cancer, Skin Cancer (Basal Cell Carcinoma), Skin Cancer (Melanoma)

ALZHEIMER'S DISEASE

HAEMOCHROMATOSIS

CYSTIC FIBROSIS

CLUSTER HEADACHES

PERIODONTITIS

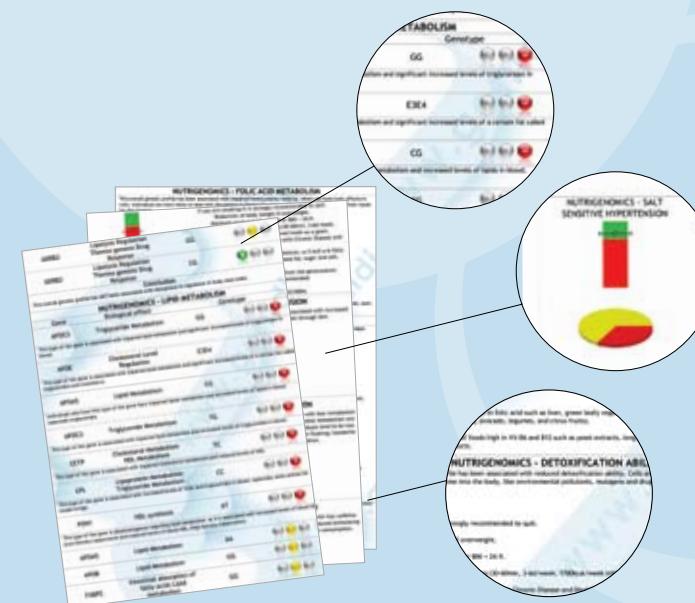
EYE DISEASES – Exfoliation Glaucoma, Macular Degeneration

DEPRESSION

PHARMACOGENOMICS: Triptans, Warfarin Sensitivity, Aspirin & coagulation, Beta blockers & hypertension, Beta blockers & heart failure, Statins & cholesterol, Clopidogrel (Plavix) response and prevention of athero-thrombotic events, 5-FU (5-fluorouracil): Toxicity in Cancer chemotherapy, Thiopurines: Toxicity in therapy of Leukemia, Crohn's disease, Rheumatoid Polyarthritis, Tamoxifen: Toxicity in Cancer chemotherapy, Asthma drug response, Antidepressants

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.