



American Wellness Center

Nutri Health Advanced Nutrigenetic Analysis

What is NutriHealth?

Nutrigenetics studies the relation between your genes and food to identify how to get your best health through your diet. NutriHealth identifies 128 genetic variants (SNPs) in 95 genes related to nutrition, sports, addictions (alcohol and nicotine), metabolism, detoxification, and ageing.

Who is the ideal candidate?

This test is for someone who desires to have a thorough analysis of what their body responds to genetically to develop a personalized diet plan.

How helpful is it?

It tells us how your genetics determines your body's response in regards to carbohydrate, fat metabolism, sweets, snacking, sleep cycle and exercise. The test will reveal which diets suit your body best, between a Mediterranean diet, a low carbohydrate diet or a low fat diet.

How is the test performed?

A non-invasive test with a mouth swab and just takes a few minutes, you will receive your detailed report in 6 weeks time.

Book your test today and get to know your body in more detail.

Why would you choose NutriHealth Test?

If you have been on a long journey with a meal plan to manage your condition, and you are not seeing any desired results perhaps doing this test will give your Dietician the tools she needs to personalize your diet to your body type. Whether you suffer with any of the below conditions and your symptoms do not go away despite your commitment to a regular dietary plan, then possibly this is the test to support you in your journey to wellness.



1800 AED

- Weight loss management**
- Weight gain management**
- PCOS management**
- Nutrition Deficiency management**
- Menopause weight management**
- Chronic illness diet management**



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