



why use
nutri-genomics? 



Clare Vernon
Dip ION FdSc mBANT CNHC Regd

www.verticalhealth.co.uk

adapt your environment to optimise your genes

nutrigenomics uses the science of how food and lifestyle influences the expression of very specific genetics to optimise your unique biochemistry.

DNA testing identifies particular variations in genes (single-nucleotide polymorphisms (SNPs)) relating to key biochemical pathways to personalise nutritional recommendations & meet the unique needs of your specific genome.

nutrigenomics is **personalised**,
proactive & **preventative** medicine...





create confidence in
which health
choices are optimal
for you...

nutrigenomics tests your unique genome to identify which particular nutrients your body has difficulty absorbing.

it locates key chemical pathways that need greater support (to speed up, or slow down) allowing you to adapt your nutritional intake with confidence in what your body needs.

nutrigenomics is an **accurate** & **influential** approach to **personal** healthcare.





Pin point key nutrients to reduce your chronic disease risk.

nutrigenomics tests are relevant at any age. Take a one-time test, the results of which are available again and again at every stage of your life and health.

whether you are concerned about familial health conditions, planning a pregnancy, going through (or past) perimenopause...understanding your biochemistry at a genetic level informs your nutrition & lifestyle choices & directly affects symptom experience.

Welcome to the world of **preventative, adaptive, long term** healthcare. At last!



**be your
best you...**

visit

www.verticalhealth.co.uk

for more...



Clare Vernon
Dip ION FdSc mBANT CNHC Regd

