

ProVitalDNA



Weight Sensor
Maria Musterfrau
DEMO_DS

ProGenom
www.progenom.com



Dear Ms. Musterfrau,

Your sample for the analysis arrived on in the laboratory and was evaluated according to the highest laboratory quality standards. The results were evaluated and released by two independent geneticists and molecular biologists. After obtaining the results, your personal report was compiled. We hereby convey the results to you in the format of your choice.

We would like to thank you for your trust and hope that you are satisfied with our service. We are always open to questions and suggestions. Please do not hesitate to contact us. We value your feedback. This is the only way we can continuously improve our services.

We hope the analysis meets your expectations.

Kind regards,

Dr. Daniel Wallerstorfer BSc.
Laboratory Director

Florian Schneebauer, MSc.
Laboratory Manager

Weight Sensor

Personal analysis results for:
Maria Musterfrau | Date of birth: 01/01/1990

Order number:
DEMO_DS

This report contains personal medical information that is highly confidential. Data protection must be ensured.



BODY WEIGHT GENES

YOUR NUTRITION TYPE TO LOSE WEIGHT

YOUR SPORTS TYPE FOR LOSING WEIGHT

YOUR WEIGHT LOSS PROGRAM

YOUR SPORTS PROGRAM TO LOSE WEIGHT

NUTRITION GENES

Not ordered

GENETIC TRAITS

Not ordered

FOOD INGREDIENTS

Not ordered

DIETARY SUPPLEMENT

Not ordered

EPIGENETICS

Not ordered

DETOXIFICATION

Not ordered

BIOLOGICAL AGE

Not ordered

BURNOUT

Not ordered

MUSCLE FIBRE TYPE

Not ordered

OXIDATIVE STRESS AND RISK OF INJURY

Not ordered

OPTIMAL PERFORMANCE NUTRITION

Not ordered

FOOD LIST

SCIENCE

ADDITIONAL INFORMATION



BODY WEIGHT GENES

An analysis and list of the genes that affect your body weight.



Genes and the success of a weight loss program

Excessive weight is a growing problem in industrialized countries, and it is caused by a combination of poor nutrition, physical inactivity and genetic predisposition.

Long ago, when our ancestors were hunters and gatherers who needed every bit of a limited food supply, the ability to effectively store excess calories was vital for survival. Today, however, our lifestyle and food supply have changed so much that these genetic traits now cause problems for many people. We eat too many calories and we don't get enough exercise, and so obesity has become a common problem in the Western world. In addition to an unhealthy lifestyle, our unique genetic makeup may contribute to being overweight. While it used to be commonly accepted that all calories are equally bad, new science has shown that different types of calories can have a different effect on the body. Certain genetic types, for example, absorb too much fat from food and are thus sensitive to the fat content in their diet. Other genetic types are the complete opposite. They tend to become overweight if they have a high proportion of calories from carbohydrates, while they appear to be resistant to weight gain from fat in their diet.

Studies have shown that approximately 60%-80% of excessive weight is inherited. In other words, it is genetically passed down to us by our parents. So, while it might be more difficult for some people to maintain the optimal body weight than it is for others, it is important to avoid becoming overweight, as this is a common risk factor in the development of a number of diseases:

- Hypertension (high blood pressure)
- Diabetes type 2 (adult-onset diabetes)
- Acid reflux
- Heart disease
- Atherosclerosis

- Stroke
- Breast cancer
- Arthritis
- Joint pain
- Degenerative diseases of the spine
- Foot deformities
- Gallbladder disease
- Gout
- Sleep apnoea
- Venous thrombosis
- Cognitive impairment
- Dementia
- Alzheimer's disease
- Joint damage, muscle injury, ligament tears, tendonitis, bursitis, bone deformity, spinal curvature, herniated discs, and bone growth disorders in children and adolescents

Some people do not gain weight even if they lead a chronically unhealthy lifestyle, while others quickly become overweight even with a moderately unhealthy diet. Some gain weight when following a diet with a high fat content, while for others the fat content seems to play no significant role. Some people lose weight very quickly with regular exercise, while others hardly see any results from the same amount of effort. All of these personal differences lie within our genes, which also explains why a person on a low-fat diet has great results and why others lose weight only through more exercise.

With the help of modern genetic testing technologies, it is now possible to find out your genetic type. The results of the analysis provide clues about what actions need to be taken for losing or maintaining your weight in the following categories: fat content in the diet/ carbohydrate content in the diet/ form of physical activity/ calorie reduction.

Based on this information the optimal diet plan can be compiled, which according to our own scientific study, leads to a 2.44 times greater weight loss success. Everyone is different, so it is important to find out personal genetic weaknesses, and to learn how to use genetic strengths to lead a long and healthy life.





Your Result

You have ordered a genetic test which examines relevant genes for factors that affect your body weight. Here are the conclusions of your genetic analysis:

Body weight gene	Scientific name	Laboratory result
Body weight gene 1	FABP2 (rs1799883)	A/A
Body weight gene 2	PPARG (rs1801282)	C/C
Body weight gene 3	ADRB2 (rs1042713)	A/G
Body weight gene 4	ADRB2 (rs1042714)	C/G
Body weight gene 5	ADRB3 (rs4994)	T/T
Body weight gene 6	FTO (rs9939609)	T/A
Body weight gene 7	APOA2 (rs5082)	T/C
Body weight gene 8	APOA5 (rs662799)	A/A

Please keep in mind that your physical traits result from complex interactions between many genes, like the predisposition to excessive weight. The results of a genetic test are difficult to interpret, and so our geneticists have prepared a report that explains the overall effect of your genetic profile.

Cause analysis How strong is your genetic predisposition to excessive weight?

Your genetic predisposition to excessive weight

LOW

HIGH




Your result:


Your genetic predisposition for excessive weight is moderate, so your genes cause some moderate resistance to your weight loss efforts. This genetic predisposition can be addressed effectively by targeted lifestyle changes.


Your result overview

MIXED TYPE (II)



 50-52% Carbohydrates

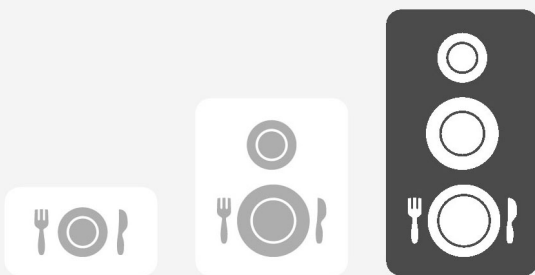
 19-21% Protein

 28-30% Fat

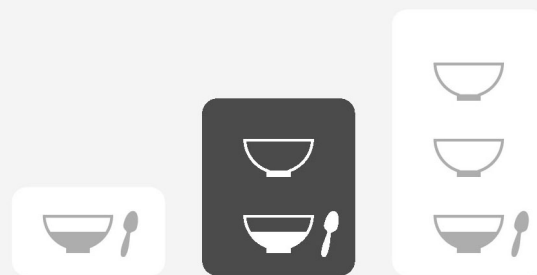
KCAL WEIGHT LOSS PHASE

1334 kcal

STRONG HUNGER TYPE



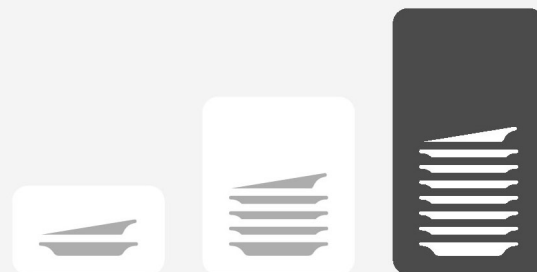
MODERATE SATIETY TYPE



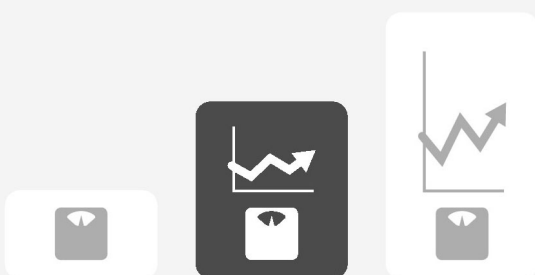
MODERATE CALORIE INTAKE TYPE



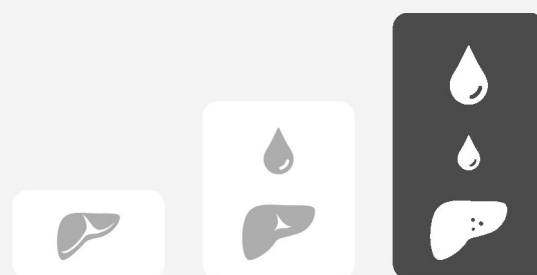
FREQUENT SNACK TYPE



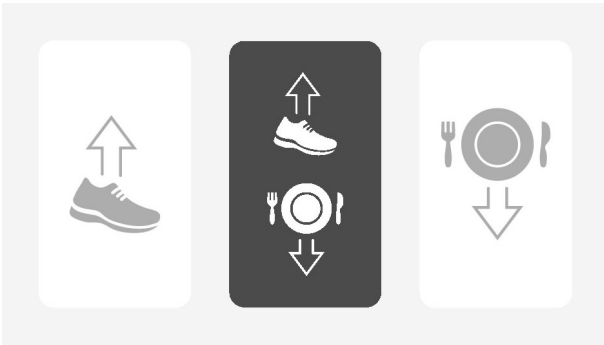
MODERATE YO-YO TYPE



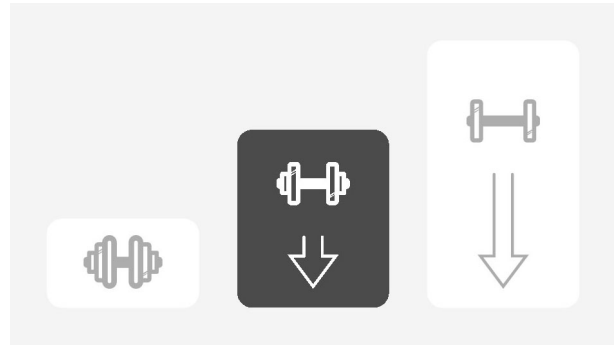
STRONG FAT ORGAN TYPE



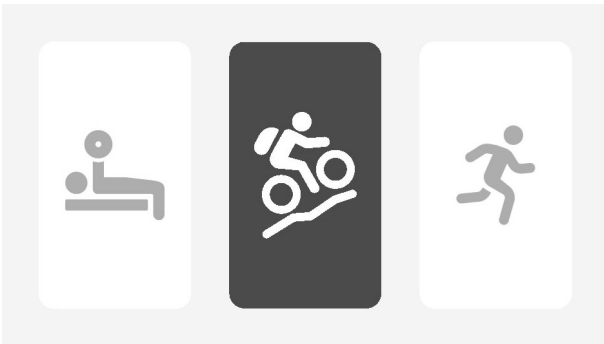
CALORIE AND EXERCISE TYPE

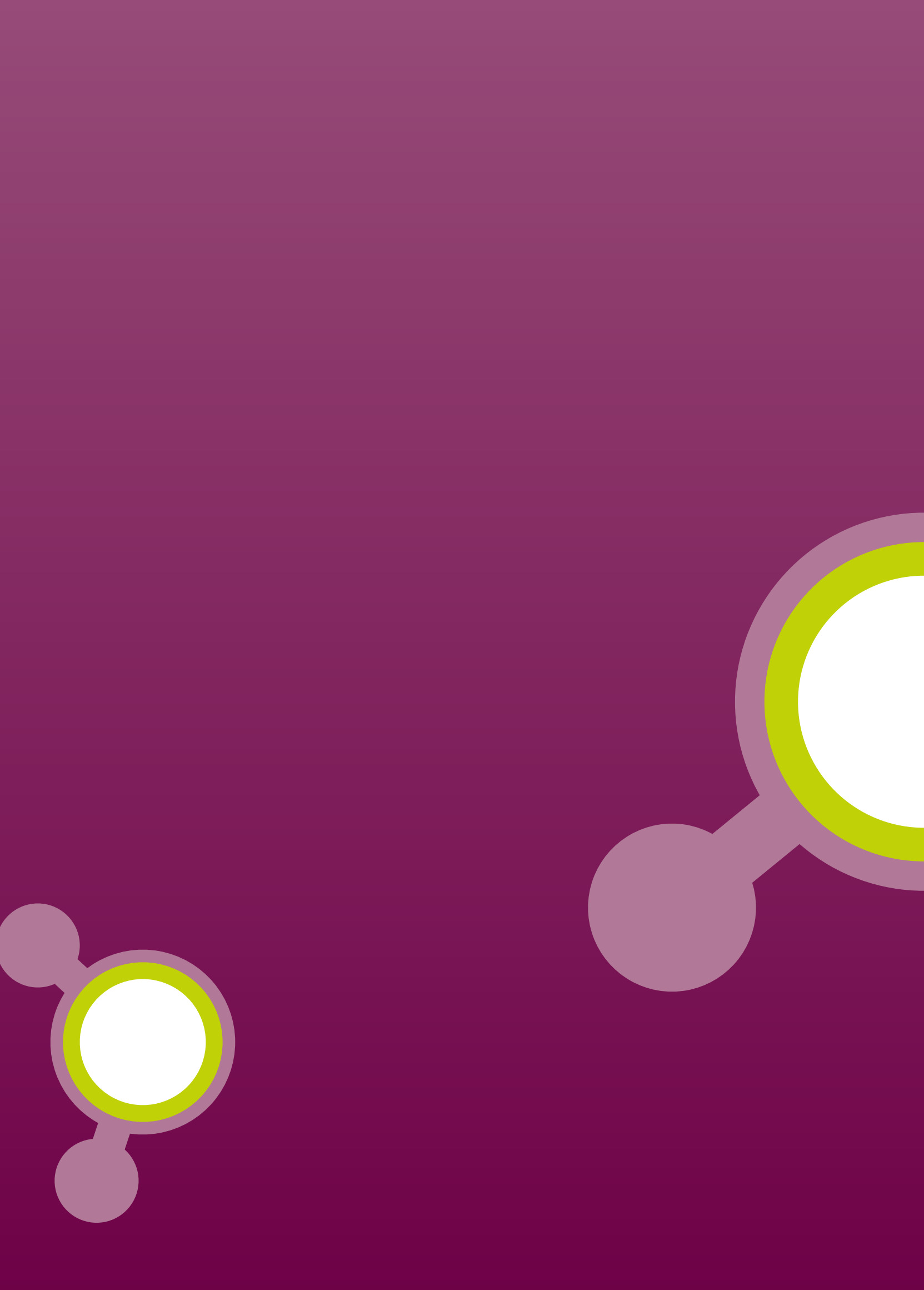


MODERATE MUSCLE LOSS TYPE



ENDURANCE AND POWER TYPE







BODY WEIGHT GENES

YOUR NUTRITION TYPE TO LOSE WEIGHT

YOUR SPORTS TYPE FOR LOSING WEIGHT

YOUR WEIGHT LOSS PROGRAM

YOUR SPORTS PROGRAM TO LOSE WEIGHT

NUTRITION GENES

Not ordered

GENETIC TRAITS

Not ordered

FOOD INGREDIENTS

Not ordered

DIETARY SUPPLEMENT

Not ordered

EPIGENETICS

Not ordered

DETOXIFICATION

Not ordered

BIOLOGICAL AGE

Not ordered

BURNOUT

Not ordered

MUSCLE FIBRE TYPE

Not ordered

OXIDATIVE STRESS AND RISK OF INJURY

Not ordered

OPTIMAL PERFORMANCE NUTRITION

Not ordered

FOOD LIST

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ADDITIONAL INFORMATION



YOUR NUTRITION TYPE TO LOSE WEIGHT

How your genes influence which foods cause you to gain weight.



Carbohydrate or fat burner?

Our ancestors were hunters and gatherers who ate large quantities of fish and meat, so their diet was high in fat and protein. Later, when agriculture developed, most people began to consume a high-carbohydrate diet. Our genes have only partially adapted to this radical change in our food sources. Thus, some people are still genetically programmed to be "fat burner". Their bodies can process fat and protein, but rapidly become obese when they eat large quantities of carbohydrates. Other people are genetically classified as "carbohydrate burner". In these cases, carbohydrates have little impact on their body weight, but they gain weight quickly if they start a high fat diet. Your analysis led to the following result:

Your Type:

MIXED TYPE (II)

Do you gain weight from carbohydrates?



Do you gain weight from fat?



Does protein cause you to gain weight?



Fat:

Reducing fat: you have genetic traits that make you absorb more fat from your food than others. Therefore, reducing fat is a particularly effective way for you to lose weight. In addition, you have a low metabolism which also encourages excessive body weight. This means that you will gain weight if your diet is high in fat. In particular, you will gain weight by eating large amounts of saturated fat and trans-fat, and small amounts of unsaturated fat. Therefore, you need to reduce the amount of fat in your diet, especially saturated fat and trans-fat.

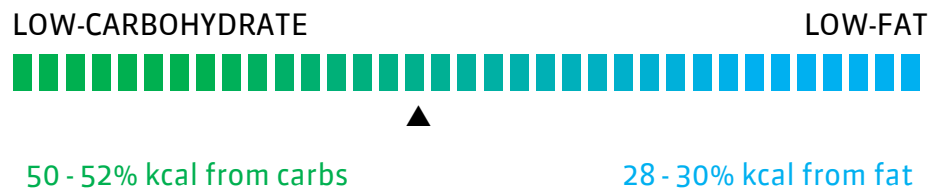
Carbohydrates:

Reducing carbohydrates: you have genetic traits that make you particularly likely to gain weight when you consume many carbohydrates. According to scientific studies, if you follow a high-carb diet, you are 2-5 times more likely to become overweight than other people. Therefore, reducing carbohydrates will be a very effective way for you to lose weight.

Protein:

Protein is an essential nutrient which the body uses to build muscles and other tissues. Protein also contains a lot of energy, so a high protein intake can lead to excessive weight. Scientists have not found any evidence that genetic traits affect the body's use of protein, so your diet will include a normal amount of protein.

What is the best fat:carbohydrate ratio for you?



Diet:

Balanced diet: carbohydrates and fat both have a moderate impact on your body weight, so you should follow a balanced diet. Get calories from different nutrients in the following proportions:

Carbohydrates	Protein	Fat
50-52%	19-21%	28-30%

Additional Support:

NutriMe Weight Management - A genetically personalized supplement can help to further boost your weight loss or it can help maintain your optimal body weight more easily. The product consists of 2 genetically dosed components that can reduce the uptake of calories from fat and/or carbohydrates. (May contain traces of crustations)





Behavioral analysis

Genes control our feelings of hunger and satiety. Due to differences in genes, some people feel hunger more than others after going for long periods without food. Genes can also trick us into eating more calories per meal. Your genetic analysis came to the following conclusion:

Your Type: **STRONG HUNGER TYPE**

How intense is your feeling of hunger?



Result: People with your genetic profile tend to experience stronger feelings of hunger than people with other genes. This quality will makes the reduction in calories (eating less) more difficult for you. The report will further present instructions on how you can best cope with this.

Your Type: **MODERATE SATIETY TYPE**

How intense is your feeling of being full?



Result: Your feeling of satiety is somewhat stronger than it is for people with other genes. This make it somewhat easier to avoid overeating and to take longer breaks between meals.

Your Type:

MODERATE CALORIE INTAKE TYPE

Do you tend to prefer high-calorie food because of your genes?

NOT SO MUCH

A LOT



Result:

People with your genes tend to eat meals with somewhat more fat and calories than people with other genes. This genetic trait gives you the tendency to eat more calories per meal. Therefore, stick to the prescribed maximum daily number of calories.

Your Type:

FREQUENT SNACK TYPE

Do you tend to eat extra snacks because of your genes?

NOT SO MUCH

A LOT



Result:

According to studies, people with your genetic profile tend to eat more meals per day than people with other genes. This tendency will tempt you to eat snacks more often than others.



Health and the "Yo-Yo" Effect

Studies have shown that some people revert to their original body weight significantly faster than others after a successful diet. This difference is controlled by our genes, and so some people must be more disciplined than others to permanently maintain a healthy weight. In addition, our genes determine the where fat is deposited on our bodies.

Your Type: **MODERATE YO-YO TYPE**

How strong is your "yo-yo" effect?



Result: You have a moderate yo-yo effect, which means that you regain weight gradually after a successful diet, if you fall back into old habits. For you, it is important to change your lifestyle and your diet permanently.

Your Type: **STRONG FAT ORGAN TYPE**

Do you deposit excessive fat around your organs?



Result: Fat on legs, hips and buttocks do not look great, but from a health perspective they are much healthier than fat deposits around your vital organs. Due to your genes, your body tends to deposit more fat around your organs than in other people. This means that losing weight is not just a way to look better but it has a greater positive impact on your overall health as well.



BODY WEIGHT GENES

YOUR NUTRITION TYPE TO LOSE WEIGHT

YOUR SPORTS TYPE FOR LOSING WEIGHT

YOUR WEIGHT LOSS PROGRAM

YOUR SPORTS PROGRAM TO LOSE WEIGHT

NUTRITION GENES

Not ordered

GENETIC TRAITS

Not ordered

FOOD INGREDIENTS

Not ordered

DIETARY SUPPLEMENT

Not ordered

EPIGENETICS

Not ordered

DETOXIFICATION

Not ordered

BIOLOGICAL AGE

Not ordered

BURNOUT

Not ordered

MUSCLE FIBRE TYPE

Not ordered

OXIDATIVE STRESS AND RISK OF INJURY

Not ordered

OPTIMAL PERFORMANCE NUTRITION

Not ordered

FOOD LIST

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YOUR SPORTS TYPE FOR LOSING WEIGHT

How your genes influence which type of exercise you should follow while losing weight.



Muscles, calories and exercise

The body requires a certain amount of energy (calories) per day as fuel for your muscles and organs. When the body gets insufficient calories from food, it obtains energy by breaking down fat reserves, which in turn reduces body weight. Unfortunately, this also breaks down muscles and other tissues in the process, which is less desirable. Some people have genetic traits which enable their bodies to draw on their fat reserves very effectively so they can lose weight quickly with a low-calorie diet. Other genetic traits make it harder to lose weight by eating less. The analysis of your genes led to the following results:

Your Type:

CALORIE AND EXERCISE TYPE

What is your most effective strategy for weight loss?

CALORIE REDUCT. EXERCISE



628 kcal/day reduction

222 kcal/day to be burned

Result:

Your body is moderately effective at drawing energy from your fat reserves during exercise. This means that you will have modest weight loss success from exercise, and a moderate exercise program is sufficient for your genetic profile. You will also have a moderate benefit from a reduced-calorie diet, as your body is averagely able to adapt to a low-calorie diet. You will get the best results with a program that is uses both moderate exercise and a moderate calorie reduction for weight loss.

Your Type:

MODERATE MUSCLE LOSS TYPE

How much muscle mass do you lose when you reduce calories?

LITTLE MUCH



Result:

Due to your genes, your body breaks down muscle and fat when you reduce your daily calorie intake. Therefore, you should start a muscle-building program along with your reduced-calorie diet to maintain your muscle mass.

Your Type:

ENDURANCE SPORTS AND POWER SPORTS

Which type of exercise is better suited to your genes to maintain muscle mass?



Result:

Here you will see the optimum ratio between weight training and endurance sports in order to maintain your muscles while losing weight. As you are likely to show a moderate loss of muscle mass with calorie reduction, your sports program should include a mixture of endurance sports and muscle building exercise. Endurance sports are characterized by the fact that you can exercise over a longer period and without using maximum force. Examples are jogging, exercise bike or playing football. Muscle building exercises, on the other hand, are characterized by repetition and the use of maximum force. Examples for muscle building exercises are lifting weights, sit-ups and circuit training.



BODY WEIGHT GENES

YOUR NUTRITION TYPE TO LOSE WEIGHT

YOUR SPORTS TYPE FOR LOSING WEIGHT

YOUR WEIGHT LOSS PROGRAM

YOUR SPORTS PROGRAM TO LOSE WEIGHT

NUTRITION GENES

Not ordered

GENETIC TRAITS

Not ordered

FOOD INGREDIENTS

Not ordered

DIETARY SUPPLEMENT

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EPIGENETICS

Not ordered

DETOXIFICATION

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BIOLOGICAL AGE

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Not ordered

MUSCLE FIBRE TYPE

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OXIDATIVE STRESS AND RISK OF INJURY

Not ordered

OPTIMAL PERFORMANCE NUTRITION

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YOUR WEIGHT LOSS PROGRAM

How you can use this knowledge about genetics to successfully lose weight.



SETTING GOALS

Your genetic weight loss program begins here

Now that you know your genetic characteristics, it's time to use them effectively to lose weight. On the following pages, you will learn how to use this knowledge to your advantage.

Setting goals

At the time of the analysis, your body weight was:

70 kg

If your weight has changed in the interim, it will not reduce this program's effectiveness. Simply continue with the program.

The calculated ideal body weight for your height is:

71 kg

Your target body weight*:

71 kg

** If you have not entered a desired weight on the order form, your determined optimal weight is selected as the target weight. The optimal weight is automatically calculated based on your body size.*

This corresponds to a weight change:**

1 kg

*** We do not recommend trying to achieve a body weight which is less than the calculated ideal weight for your body size.*



Understanding the three phases

Weight loss phase (1)

As long as you are above your target weight, you are in the "weight loss phase" and should follow the instructions for that phase. This stage can be a bit challenging while your body weight is decreasing rapidly.

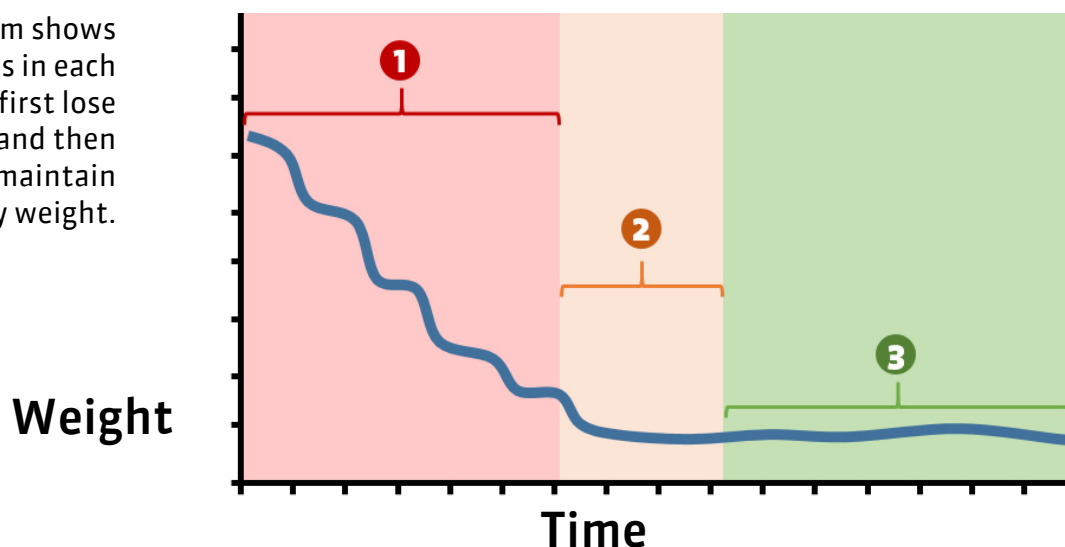
Adaptation phase (2)

Once you have reached your target weight, you start the adaptation phase, which will take 2 weeks. In this phase, your body will gradually become accustomed to more calories.

Stability phase (3)

After you have gradually adjusted the number of calories you eat per day, you begin the stability phase. In this phase, you follow a simple exercise program and learn exactly what and how much you can eat. You also learn how you can follow a diet that keeps your weight stable without having to give up the foods that you like. If you are already at your desired weight and want to find out how to optimize your nutrition, you can immediately start with the stability phase.

This diagram shows what happens in each stage, as you first lose weight and then permanently maintain your new body weight.





DiETING rules

Can I cheat?

Everyone becomes weak-willed sometimes and does not completely adhere to the guidelines of the program. It's not a big problem if you eat a little extra at a dinner party but you need to reduce the number of food items you consume in the following days, or exercise a little extra to compensate.

Hunger and overeating

You have genetic traits that cause you to feel an exceptionally strong feeling of hunger. This makes you more likely to be tempted to eat. You need to be aware of this tendency and work hard not to overeat. It is important for you to eat several small meals throughout the day. This keeps your digestive system working constantly through the day and reduces your feeling of hunger.

Before eating

Start each meal with a large glass of water (500ml/16 oz). This quenches thirst, which makes you feel more hungry. In addition, water fills your stomach. It also increases your body's ability to burn calories: if you drink 2 liters (64 oz) of water a day, your body will burn about 100 kcal extra. Also, if you can, drink a cup of coffee before the meal. Coffee suppresses hunger, makes you feel more full, and reduces the temptation to overeat. If you prefer, you can drink coffee after the meal to suppress the remaining hunger. However, be careful not to exceed the daily limit of 3-5 cups of coffee.

During a meal

We recommend that you prepare the first dish, eat it, and then prepare the next dish. During the break between eating, the first nutrients reach your intestine and begin to reduce your hunger. This significantly reduces the temptation to overeat. If this is not possible, eat slowly. People who eat slowly become full faster and eat less than people who eat quickly.

If you are hungry during the day

If you become hungry and do not want to eat, drink a large glass of water (0.5 l/16 oz) and then drink a cup of coffee without sugar. With this approach, your feeling of hunger will most likely be gone after 10 minutes. Grapefruit also has the ability to regulate blood sugar levels, and eating half a fruit can significantly reduce the feeling of hunger. If you do not want to drink coffee in the evening or if you are still hungry after eating, you can eat a low-calorie soup. Clear soup, clear meat broth, clear chicken broth, and bouillon, each have less than 5 kcal per serving and can be eaten anytime without counting the extra calories. You can also always eat food that is classed "any amount". Stay active. If you are bored or watching TV, you will be tempted to go to the fridge and eat something. If you are playing a game with other people or doing something interesting, you will not realize that you are hungry until the evening.

NutriMe Weight Management

How it works:

Your genetic analysis has shown how sensitive you are to fat and carbohydrates. To assist you further, we offer an optional nutritional supplement. We prepare a customized formula of fat and carbohydrate blockers based on your individual genetic profile.

Take with your meals, reduce calories!

Depending on your level of fat sensitivity, a portion of the fat in your food can be bound and its absorption into the bloodstream prevented. Depending on your level of carbohydrate sensitivity the absorption of carbohydrates in the intestine can also be reduced. As every person has a different requirement of active ingredients, this product is specifically created for you based on your unique genetic profile. You will receive your product in the form of sachets with your name printed on every bag. Take the contents of one sachet before a meal with plenty of water.

The active ingredients are manufactured from non-GMO plant fibres and can reduce carbohydrate absorption by up to 66%. They prevent the carbohydrates from being broken down into smaller sugar molecules so they cannot be absorbed into the bloodstream. The fat binder component is created from plant-based fibre and has the ability to absorb fat in the intestine, like a sponge, without allowing the body to absorb it into the bloodstream. Scientific studies have shown that up to 26.6% of dietary fats can be prevented from absorption in this way.

Please note: In order for us to create the product based on your genetic profile, we first need your genetic test results of the relevant genes. If we have not destroyed your DNA sample by the time you order but we do not have the required genetic results for the supplement, we may choose to analyze the relevant genes at our own cost to fulfill your order. By ordering, you give us the permission to do so.

NutriMe Weight Management

Your genetically personalized
support for losing weight

NutriMe Weight Management - Take your personalized mixture shortly before meals. The product can then help the intestine to avoid absorbing the problematic calories (fats and/or carbohydrates).



Order now!

... through your advisor

...online at:

www.ProGenom.com

Your recipe code:

DEMO_DS



LOSING WEIGHT WITH THE HELP OF THE FOOD LIST

How you can use the food list to successfully lose weight.



WEIGHT ICONS

Losing weight with the help of the weight icons

The food list includes more than 900 different food types that were evaluated according to your genes and which should help to achieve your goals.



Green weight icons

Green weight icons indicate that this type of food has the optimal balance between carbohydrates, fat and protein. The more green icons a type of food has, the better its macronutrient balance is for you. Try to plan your meals using mostly positively rated types of food with five or six green weight icons. Generally try to vary your diet and do not eat many of the same or similar types of food at once.



Red weight icons

Red weight icons indicate that this type of food does not have a suitable balance between carbohydrates, fat and protein for you. The worse the balance of macronutrient is, the more red icons this type of food is rated with. Eat food in the red category only occasionally and try not to eat more than one negatively rated food type per day. Try to consume food types with few icons over food types with many red weight icons.



Warning - Order form information

If you have informed us of any allergies or intolerances that you suffer from or you just want to avoid some kind of food, you may find a warning symbol (!) in this section of the table. This means that this type of food may contain substances that can cause allergic reactions or symptoms of a food intolerance. This warning is solely based on the information you provided in the order form and no genes are tested for this section. PLEASE NOTE! This warning is a guideline to help you plan your diet and is in no way a complete and accurate list of ingredients. Always check the components of each food item you eat if you suffer from a known food allergy.

Cookbook

What it contains:

In case you find creating your own nutrition plans too time-consuming, you have the option of a genetically personalized recipe book. This book contains more than 30 genetically personalized daily menus and snacks, and more than 90 personalized recipes with ingredient amounts specifically tailored to your needs.

The genetically personalized recipe book can only be ordered in addition to the genetic weight analysis, as we require the analysis results and your genetic metabolic profile to create the personalized recipes. If this information is available, the recipe book will help you to either lose weight effectively or maintain your ideal body weight easily.

Contains:

- **More than 30 personalized daily menus**
- **More than 35 snacks**
- **More than 90 genetically personalized recipes**

Please note: In order for us to create the recipe book based on your genetic profile, we first need your genetic test results of the relevant genes. If we have not destroyed your DNA sample by the time you order, but we do not have the required genetic results for the supplement, we may analyze the relevant genes at our own cost to fulfill your order. By ordering, you give us the permission to do so.

Cookbook

Menu plans and recipes tailored to your genes!

The weight analysis enables easy weight loss with absolute flexibility, without making you adhere to a nutrition plan filled with foods that you don't like. Whether you want to lose weight or simply maintain it without much effort, the recipe book makes it easy.



Order now!

... through your advisor

...online at:

www.ProGenom.com

Your recipe code:

DEMO_DS



LOSING WEIGHT WITH THE HELP OF THE FOOD ITEM SYSTEM

How you can use the food item system in the food list to successfully lose weight.



Planning your diet

To plan your diet, we need to calculate some numbers for you:

Step 1) How many calories per day?

Based on your genes you should not exceed the following number of calories per day

Your daily requirement for a stable body weight		Calorie reduction based on your genes		Your daily calories during phase 1
1962 kcal	-	628 kcal	=	1334 kcal

Step 2) How should the calories be distributed?

Your genetic analysis shows that both carbohydrates and fats cause you to gain weight. Therefore, you should be careful to maintain a balance between fat, carbohydrates and protein. The following distribution will maximize your weight loss:

Calorie type	Optimal distribution	Maximum per day	per food item
Carbohydrates	50 - 52%	approx. 162 - 178 g	13.05 g
Fat	28 - 30%	approx. 37 - 49 g	3.3 g
Protein	19 - 21%	approx. 58 - 75 g	5.1 g
kcal	-	approx. 1264 - 1404 kcal	102.45 kcal

Step 3) How do you follow these guidelines?

In order to easily monitor your diet, we have developed a simple system for you. Your daily meals are divided into several food items that are allowed per day. An item is a type of food that you eat during a meal. For example, eating cereal, fruits and a glass of milk for breakfast are 3 items. How much of the food you can eat per item depends on your genes and it is calculated in the food table. Depending on your genes, the distribution of the items throughout the day is defined in relation to the intensity of your feelings of hunger and satiety. People who do not feel very hungry should eat three meals a day. People who get hungry quickly should have five smaller meals. You can find the number of recommended meals, as well as the number of items per meal, in the following table:

Phase	Food items per day
Weight loss phase	13
Adaptation phase week 1	15
Adaptation phase week 2	17
Stability phase	20
Recommended meals per day:	5

Step 4) Picking items and planning your menu

To make the system work better, you must maintain a healthy, balanced diet. Your diet should include enough fish, vegetables, fruit and fibre every day. Follow the table below to create your balanced menu plan:

Select items from these categories:	per day
Bread or cereal	at least 2 Item(s)
Baked goods, pasta or sweets	at least 1-2 Item(s)
Fruit	at least 2 Item(s)
Vegetables, potato products and spices	at least 1-2 Item(s)
Animal or vegetable menu components or legumes	at least 1-2 Item(s)
Dairy products, fish or meat	at least 2-3 Item(s)
Beverages	at least 1 Item(s)
Oils and fats	at least 1 Item(s)

Step 5) Example menu

An example for a breakfast with 5 selected food items is presented here. Simply take the quantity of the item from the food table booklet and enter it in your nutrition plan. The whole grain bread (food item 3), in this example, uses 2 food items because the meal includes 2 times the amount allowed for 1 food item.

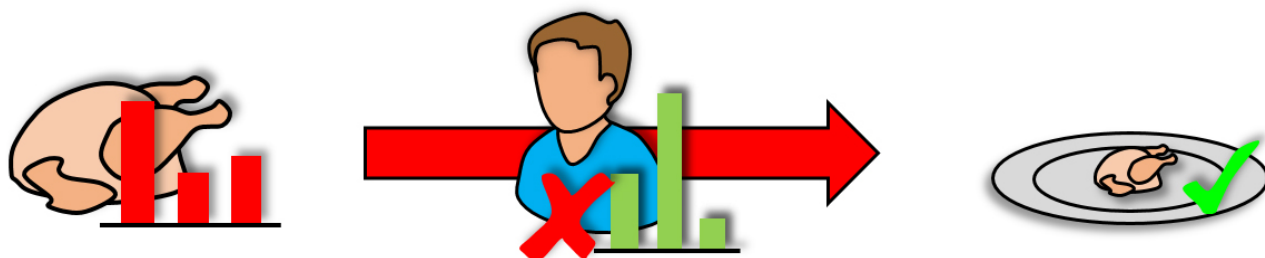
Breakfast	Item(s) A	Item(s) B	Item(s) C	Item(s) D
Item(s)	Orange juice	Fresh apple	Whole-grain bread x2	Cottage cheese
Quantity (g)	260ml	230 g	56 g x 2 = 112 g	68 g

Step 6) How does the food item system work?

The food items are the result of a sophisticated system that uses your ideal distribution of calorie sources, your daily allowed calories and the desired amount of fat, carbohydrates and protein, to calculate the ideal quantity of each food item for you. The system calculates the right amount of each item for you personally based on your genetic profile.

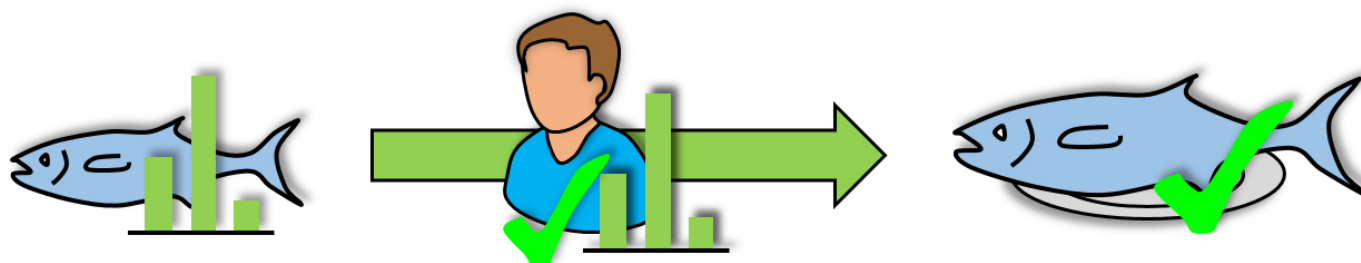
If an item includes calories that are unfavorable for your genes

If a food item includes calories that are unfavorable for your genes, the system will reduce the amount you eat until it no longer has a significant effect on your overall daily diet. So, while this item is unsuitable for your genes, you can still eat the small amount recommended by the system.

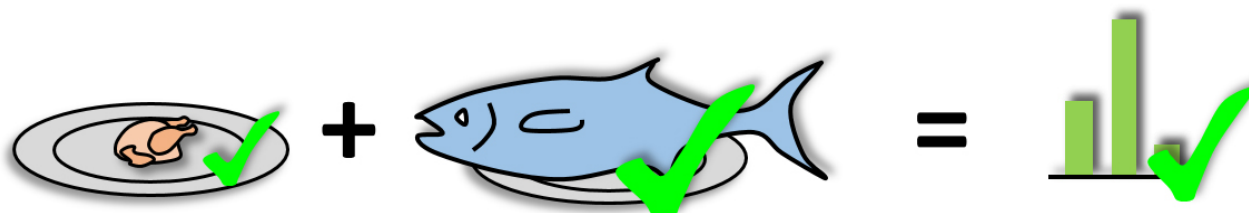


If an item includes calories that are optimal for your genes

If a food item includes calories that are optimal for your genes, the system increases the amount of that item so that you eat a larger amount of it. When you eat large amounts of foods that work for you, and only small amounts of foods that work against you, your diet will be properly balanced.



The food items in your diet will give you the right distribution of calories.





MAINTAIN WEIGHT

Instructions to maintaining weight

Once you have reached your desired body weight, go to the adjustment phase which will take 2 more weeks. In this phase your body will gradually become accustomed to more calories.

The plan is to move to a simpler, sustainable exercise plan, and to increase the number of food items per week.

During the weight loss phase you have ingested fewer calories than you have used up, and so you have lost weight. To prevent the Yo-Yo effect, we must now slowly increase your daily calories. Therefore, you should adjust the number of items based on this table and create your new nutrition plan. You can expand your existing diet plan or create a new one with a new list.

Number of food items for the next phases:

Phase	Food items per day
Adaptation phase week 1	15
Adaptation phase week 2	17
Stability phase	20

If you follow these instructions, you will permanently maintain your body weight without much effort. If you eat a little extra sometimes, just burn the extra calories through some exercise. To monitor your weight long-term, record your weight on the first day of each month. If you have gained weight without meaning to, reduce your food items per day by 1. If you have lost weight without meaning to, add a daily food item. In this way, you can maintain the optimal calorie intake for your body and keep your body weight constant long-term.



LOSING WEIGHT WITH THE HELP OF THE DAILY MENUS

How you can use the daily menus to successfully lose weight.



MENU SUGGESTIONS

Menus suggestions based on your genetic profile

This section of the report contains menu suggestions based on your genetic profile. You can simply follow these daily menu suggestions and easily lose weight or maintain your current weight. The optimal caloric distribution for you was already considered. Simply choose one of these menus and stick to the quantities in the respective column (lose weight, adaptation phase or maintain weight).

Please Note!

The following menu suggestions are calculated especially for losing weight, according to your genes. As the correct ratio is established by the combination of food products, the amounts are different from the amounts in the food list. The evaluation of the food products according to the genes (genetically healthy or unhealthy) is not considered here.

Menu plan: Traditional

Meal	Item	Weight loss	Adaptation week 1	Adaptation week 2	Weight maintain
Breakfast	Whole wheat bread	128 g	147 g	167 g	197 g
	Ham	7 g	9 g	10 g	11 g
	Butter	7 g	8 g	9 g	11 g
	Coffee (beverage)	250ml	250ml	250ml	250ml
	Water or mineral water	500ml	500ml	500ml	500ml
Snack	Selection from snack list				
Lunch	Avocado	80 g	92 g	104 g	123 g
	Blue cheese	11 g	12 g	14 g	16 g
	Spinach	320 g	369 g	418 g	491 g
	Romaine lettuce	160 g	184 g	209 g	246 g
	Walnut	15 g	17 g	19 g	22 g
	Water or mineral water	500ml	500ml	500ml	500ml
Snack	Selection from snack list				
Dinner	Pasta (with eggs)	160 g	184 g	209 g	246 g
	Parmesan sauce	21ml	25ml	28ml	33ml
	Ham roll	11 g	12 g	14 g	16 g
	Water or mineral water	500ml	500ml	500ml	500ml

Menu plan: Traditional

Meal	Item	Weight loss	Adaptation week 1	Adaptation week 2	Weight maintain
Breakfast	whole grain toast	85 g	98 g	111 g	130 g
	Confiture	47 g	54 g	61 g	72 g
	Tea (beverage)	250ml	250ml	250ml	250ml
	Water or mineral water	500ml	500ml	500ml	500ml
Snack	Selection from snack list				
Lunch	Mackerel fish cutting	188 g	217 g	246 g	289 g
	Lime	118 g	136 g	154 g	181 g
	Arugula	66 g	76 g	86 g	101 g
	Romaine lettuce	28 g	33 g	37 g	43 g
	Mango	188 g	217 g	246 g	289 g
	Water or mineral water	500ml	500ml	500ml	500ml
Snack	Selection from snack list				
Dinner	Fish cakes	75 g	87 g	98 g	116 g
	Vegetable mix	66 g	76 g	86 g	101 g
	Fruit tart with berries	113 g	130 g	147 g	173 g
	Tea (beverage)	250ml	250ml	250ml	250ml
	Water or mineral water	500ml	500ml	500ml	500ml

Menu plan: Seafood

Meal	Item	Weight loss	Adaptation week 1	Adaptation week 2	Weight maintain
Breakfast	Yogurt preamble, 10% fat	113 g	130 g	147 g	173 g
	Blackberry	143 g	165 g	187 g	220 g
	Pumpkin seeds	20 g	24 g	27 g	31 g
	Water or mineral water	500ml	500ml	500ml	500ml
Snack	Selection from snack list				
Lunch	Herring cooked in tomato sauce	92 g	106 g	120 g	142 g
	whole grain toast	56 g	65 g	74 g	87 g
	Butter	7 g	8 g	9 g	11 g
	Peach	123 g	142 g	161 g	189 g
	Water or mineral water	500ml	500ml	500ml	500ml
Snack	Selection from snack list				
Dinner	Spaghetti (with eggs) (gross weight)	133 g	153 g	174 g	205 g
	Mussel	61 g	71 g	80 g	94 g
	White wine sauce	61ml	71ml	80ml	94ml
	Salads	133 g	153 g	174 g	205 g
	Sweet chilli	6 g	7 g	8 g	9 g
	Garlic	6 g	7 g	8 g	9 g
	Dry white wine	61ml	71ml	80ml	94ml
	Water or mineral water	500ml	500ml	500ml	500ml

Menu plan: Vegetarian

Meal	Item	Weight loss	Adaptation week 1	Adaptation week 2	Weight maintain
Breakfast	Whole wheat bread	109 g	126 g	143 g	168 g
	Emmental	10 g	11 g	13 g	15 g
	Butter	7 g	8 g	9 g	11 g
	Nectarine	298 g	343 g	389 g	457 g
	Water or mineral water	500ml	500ml	500ml	500ml
Snack	Selection from snack list				
Lunch	Vegetarian ravioli	50 g	57 g	65 g	76 g
	Arugula	50 g	57 g	65 g	76 g
	Romaine lettuce	50 g	57 g	65 g	76 g
	Radicchio	17 g	19 g	22 g	26 g
	Parmesan	44 g	50 g	57 g	67 g
	Cappuccino (beverage)	50ml	57ml	65ml	76ml
	Water or mineral water	500ml	500ml	500ml	500ml
Snack	Selection from snack list				
Dinner	Mushroom pizza	248 g	286 g	324 g	381 g
	Cabbage lettuce	149 g	171 g	194 g	229 g
	Arugula	50 g	57 g	65 g	76 g
	Water or mineral water	500ml	500ml	500ml	500ml

Menu plan: Italian

Meal	Item	Weight loss	Adaptation week 1	Adaptation week 2	Weight maintain
Breakfast	White bread	89 g	102 g	116 g	136 g
	Butter	8 g	9 g	10 g	12 g
	Salami	11 g	13 g	14 g	17 g
	Orange juice	389ml	448ml	507ml	597ml
	Water or mineral water	500ml	500ml	500ml	500ml
Snack	Selection from snack list				
Lunch	Roast chicken, skinless	167 g	192 g	217 g	256 g
	herbal dressing	22ml	26ml	29ml	34ml
	Parmesan	36 g	41 g	46 g	55 g
	Cabbage lettuce	56 g	64 g	72 g	85 g
	Romaine lettuce	56 g	64 g	72 g	85 g
	Tomatoes	133 g	153 g	174 g	205 g
	Water or mineral water	500ml	500ml	500ml	500ml
Snack	Selection from snack list				
Dinner	Egg-free pasta (gross weight)	78 g	90 g	101 g	119 g
	Tomato sauce	67ml	77ml	87ml	102ml
	Cabbage lettuce	56 g	64 g	72 g	85 g
	Cucumber	56 g	64 g	72 g	85 g
	Radicchio	56 g	64 g	72 g	85 g
	Coffee (beverage)	250ml	250ml	250ml	250ml
	Water or mineral water	500ml	500ml	500ml	500ml

Menu plan: Spanish

Meal	Item	Weight loss	Adaptation week 1	Adaptation week 2	Weight maintain
Breakfast	Omelette	127 g	147 g	166 g	196 g
	whole grain toast	146 g	168 g	190 g	224 g
	Orange	318 g	367 g	416 g	489 g
	Tea (beverage)	250ml	250ml	250ml	250ml
	Water or mineral water	500ml	500ml	500ml	500ml
Snack	Selection from snack list				
Lunch	Shrimp	45 g	52 g	59 g	70 g
	Baguette	91 g	105 g	119 g	140 g
	Sweet chilli	5 g	6 g	7 g	8 g
	Garlic	5 g	6 g	7 g	8 g
	Butter	5 g	5 g	6 g	7 g
	Cappuccino (beverage)	91ml	105ml	119ml	140ml
	Water or mineral water	500ml	500ml	500ml	500ml
Snack	Selection from snack list				
Dinner	Breaded a. fried calamari	91 g	105 g	119 g	140 g
	aioli dip	11 g	13 g	14 g	17 g
	Arugula	91 g	105 g	119 g	140 g
	Lemon	182 g	210 g	238 g	279 g
	Water or mineral water	500ml	500ml	500ml	500ml

Menu plan: French

Meal	Item	Weight loss	Adaptation week 1	Adaptation week 2	Weight maintain
Breakfast	Baguette bun	114 g	132 g	149 g	175 g
	Hard cheese 10% fat in dry matter	44 g	51 g	57 g	67 g
	Berries	110 g	127 g	143 g	169 g
	Multi-fruit juice	316ml	364ml	413ml	486ml
	Water or mineral water	500ml	500ml	500ml	500ml
Snack	Selection from snack list				
Lunch	Broccoli cream soup	264ml	304ml	344ml	405ml
	Whole wheat bread	44 g	51 g	57 g	67 g
	Butter	11 g	13 g	15 g	18 g
	Water or mineral water	500ml	500ml	500ml	500ml
Snack	Selection from snack list				
Dinner	Cordon bleu of calf	132 g	152 g	172 g	202 g
	Potato pancakes (standard recipe)	132 g	152 g	172 g	202 g
	Vegetable mix	132 g	152 g	172 g	202 g
	Water or mineral water	500ml	500ml	500ml	500ml

Menu plan: Oriental

Meal	Item	Weight loss	Adaptation week 1	Adaptation week 2	Weight maintain
Breakfast	Omelette	109 g	126 g	143 g	168 g
	Mushrooms	33 g	38 g	43 g	50 g
	Whole wheat bread	131 g	151 g	171 g	201 g
	Papaya	218 g	251 g	285 g	335 g
	Tea (beverage)	250ml	250ml	250ml	250ml
Snack	Selection from snack list				
Lunch	Roast chicken, skinless	109 g	126 g	143 g	168 g
	Curry Sauce	44ml	50ml	57ml	67ml
	Red sweet peppers	44 g	50 g	57 g	67 g
	Iceberg lettuce	49 g	57 g	64 g	75 g
	Chinese style vegetable mix	44 g	50 g	57 g	67 g
	Lemonade	180ml	207ml	235ml	277ml
	Water or mineral water	500ml	500ml	500ml	500ml
Snack	Selection from snack list				
Dinner	Lamb skewers	73 g	84 g	95 g	112 g
	Shiitake mushrooms	98 g	113 g	128 g	151 g
	Oyster mushrooms	109 g	126 g	143 g	168 g
	White bread	93 g	107 g	121 g	143 g
	Butter	11 g	13 g	14 g	17 g
	Water or mineral water	500ml	500ml	500ml	500ml

Want a snack in between the main meals?

In case you are hungry between the main meals or your program recommends more than 3 meals per day, you can choose from a list of potential types of food at the end of the daily menu section.

Please note: The daily menus were created to ensure the right calorie balance throughout your day. To this end, food items which are actually rated with red weight icons have been included in these daily meals. Since all food items have been carefully selected as a group, it is fine for you to also eat food types rated with a red weight icon in this exact combination. The daily menus also only consider the right calorie balance for you (Weight Program). They do not consider whether these food items are particularly healthy or unhealthy based on your genes (Nutrition Program).

Snacks that can be eaten any time



Clear soup with mushrooms

835 ml vegetable stock
250 g mushrooms
85 g radish sprouts
iodized salt
pepper
Soy sauce
Thyme

Cut the mushrooms into slices. Heat the soup and add the mushrooms. Season the soup with salt, pepper, soy sauce and thyme. Serve on a plate sprinkled with radish sprouts.



Tomato soup with herbs

165 ml vegetable stock
5 Tomatoes
1.5 tsp Balsamic bianco vinegar
iodized salt
pepper
Basil

Cut the tomatoes into small pieces. Heat the soup and add the tomato pieces. Let it boil for three minutes and then press the mixture through a sieve. Season the soup with salt, pepper, basil and balsamic vinegar. Serve the soup in a bowl sprinkled with sprouts.



Simple vegetable plate

100 g fresh green asparagus
100 g celery
100 g pumpkin
50 g paprika
100 g zucchini
iodized salt
pepper
Thyme

Wash, peel and cut the vegetables into slices. Boil the celery, pumpkin and asparagus in boiling water for about 8 to 10 minutes. Add the celery and paprika and boil another three minutes. Take the vegetables out of the water and season with lemon, thyme, salt and pepper.



Shirataki noodles with tomato sauce

310 g shirataki noodles
35 g mushrooms
0.5 can(s) diced tomatoes
Lemons
iodized salt
pepper
Basil

Add the diced tomatoes and mushrooms to a frying pan and heat up for 5 minutes. Season with lemon, salt, pepper and basil. Take the noodles out of the packaging and into boiling water for about 1 to 3 minutes. Separate the noodles from the boiling water using a sieve, mix with the sauce and serve on a plate.

Snacks that can be eaten any time



Summer salad with flower heads

215 mixed salad leaves
140 g cucumbers
55 g edible flower heads
1.5 tbsp white wine vinegar
1.5 tbsp raspberry vinegar
1.5 tsp olive oil
iodized salt
pepper

Tear the washed salad leaves into bite-sized pieces. Cut the cucumber into small pieces. Mix the salad and cucumber in a salad bowl with vinegar and oil. Add some salt and pepper for seasoning and sprinkle with the flower heads before serving.



Acerola

Acerola

In any amount



Apricot

Apricot

In any amount



Aubergine

Aubergine

In any amount
We recommend steam cooking



Oyster raw

Oyster raw

In any amount

Snacks that can be eaten any time



Cauliflower

Cauliflower

In any amount
We recommend steam cooking



Broccoli

Broccoli

In any amount
We recommend steam cooking



Clementine

Clementine

In any amount



Fish stock

Fish stock

In any amount



Crayfish cooked

Crayfish cooked

In any amount

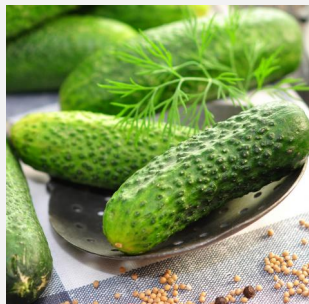
Snacks that can be eaten any time



Green peppers

Green peppers

In any amount



Gherkin

Gherkin

In any amount



Green salad without dressing

Green salad without dressing

In any amount



Cucumber

Cucumber

In any amount



Coffee

Coffee (unsweetened)

In any amount

Snacks that can be eaten any time



Kiwi

Kiwi

In any amount



Mandarin

Mandarin

In any amount



Morel mushrooms

Morel mushrooms

In any amount



Plum

Plum

In any amount



Radish

Radish

In any amount

Snacks that can be eaten any time



Radish

Radish

In any amount



Rhubarb compote with sweetener

Rhubarb compote with sweetener

In any amount



Red cabbage

Red cabbage

In any amount



Asparagus

Asparagus

In any amount
We recommend steam cooking



Soups clear

Soups clear

In any amount

Snacks that can be eaten any time



Tea (beverage)

Tea (beverage)

In any amount



Tomatoes

Tomatoes

In any amount



Water or mineral water

Water or mineral water

In any amount



White cabbage

White cabbage

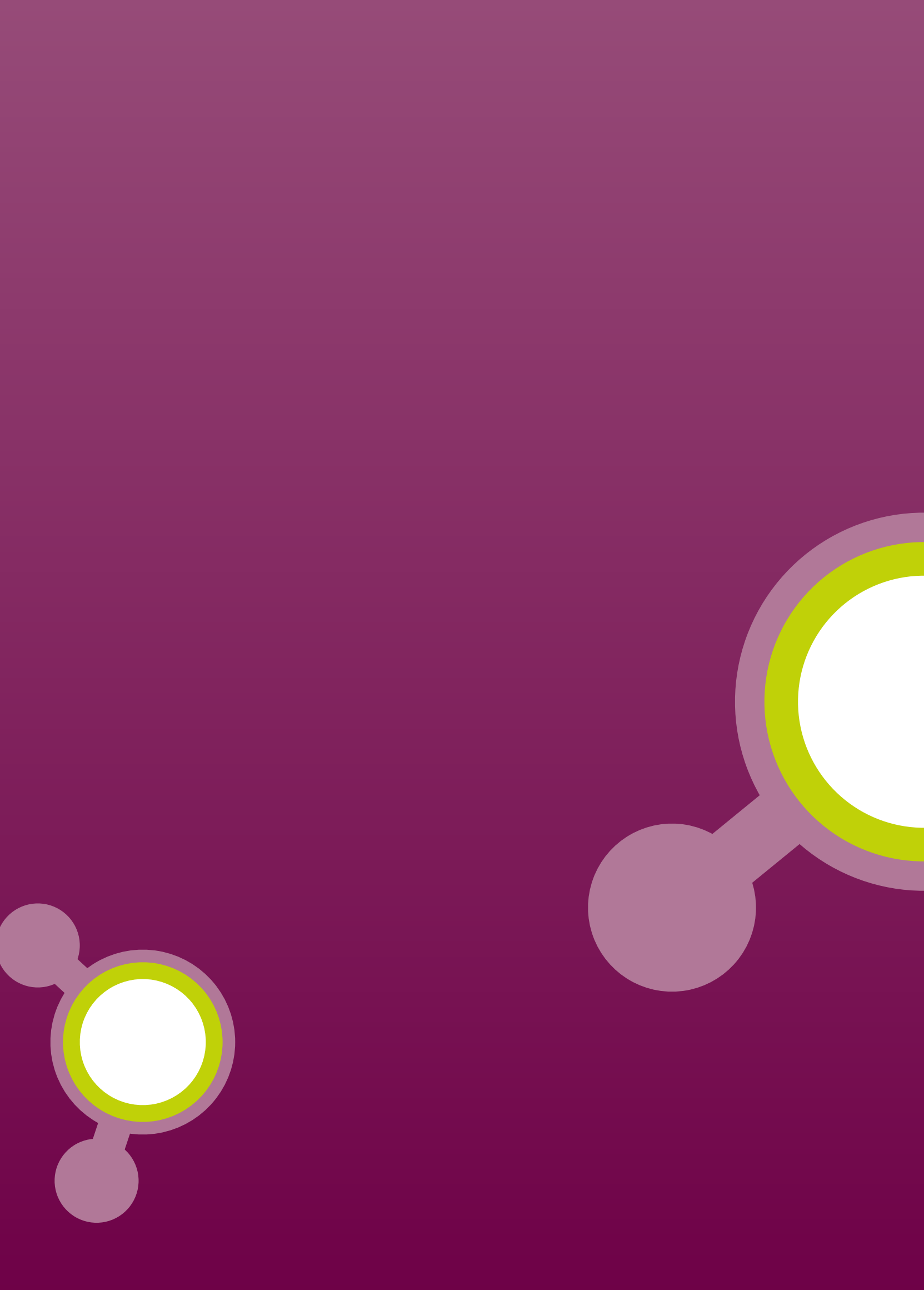
In any amount



Zucchini

Zucchini

In any amount





BODY WEIGHT GENES

YOUR NUTRITION TYPE TO LOSE WEIGHT

YOUR SPORTS TYPE FOR LOSING WEIGHT

YOUR WEIGHT LOSS PROGRAM

YOUR SPORTS PROGRAM TO LOSE WEIGHT

NUTRITION GENES

Not ordered

GENETIC TRAITS

Not ordered

FOOD INGREDIENTS

Not ordered

DIETARY SUPPLEMENT

Not ordered

EPIGENETICS

Not ordered

DETOXIFICATION

Not ordered

BIOLOGICAL AGE

Not ordered

BURNOUT

Not ordered

MUSCLE FIBRE TYPE

Not ordered

OXIDATIVE STRESS AND RISK OF INJURY

Not ordered

OPTIMAL PERFORMANCE NUTRITION

Not ordered

FOOD LIST

SCIENCE

ADDITIONAL INFORMATION



YOUR SPORTS PROGRAM TO LOSE WEIGHT

Plan your personalized exercise program to lose weight effectively.



Exercise

The goal of aerobic exercise is to raise your heart rate to a constant level for an extended period of time. If you eat just before the exercise, your body will take some of the energy from the food, and you will lose less weight. Therefore, you should not eat in the last 2 hours before exercise, to maximize your weight loss.

Decide for yourself how many training sessions you want to do per week. The following table shows you how many calories you should burn per week. The more you exercise, the fewer calories you have to burn per session:

Training sessions per week	Calorie burn rate per session
7	222 kcal
6	259 kcal
5	311 kcal
4	388 kcal
3	518 kcal
2	777 kcal
1	1554 kcal




As an alternative to these exercise tables, you can also use your smart phone to track the calories you have burned. The following apps can help you to track your exercising calorie expenditure:

- FitnessBuilder
- Freeletics
- Google Fit
- Nike+ Training Club
- Strava
- Sworkit
- Runkeeper
- Runtastic

Instructions

First decide how many times a week you want to do aerobic exercise. The fewer times you exercise, the longer you will need per workout to burn the necessary calories. After you have decided how often you want to train each week, you should choose your favourite workouts according to the following table. Under the column "4 X", for example, you can see the amount of time you will need to spend on each activity if you want to train four times a week. Of course, you can mix different kinds of exercises. If you train four times per week, you can decide to play soccer twice a week, and do rock climbing twice a week. The time you need to spend on each activity is shown in the table.

When choosing your exercise, you should also consider your genetic programming. The optimal balance between power and endurance sports will help you maintain your muscle mass even while you lose weight. To help you choose the right exercises, you will find symbols indicating if it is classed as a power or an endurance exercise:

	= Endurance sport
	= Power sports
	= Endurance and Power

Your Type:

ENDURANCE SPORTS AND POWER SPORTS

Which type of exercise is better suited to your genes to maintain muscle mass?

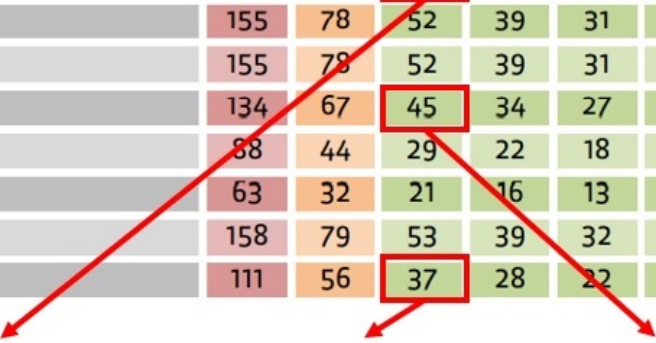


Join a gym with friends

It is possible to lose weight with motivation and a good plan, but studies have shown that weight loss plans are much more successful with professional help. We encourage you to sign up at a gym, so that a personal trainer can help you. A trainer can counsel you on appropriate exercise and motivate you over the long term. Many people also find that it is easier to exercise if going to a gym is part of their routine. Use the following table to determine the number and length of your weekly exercise sessions. You can also combine outdoor sports with your gym visits.

Example of a training plan with 3 sessions per week

	1 X	2 X	3 X	4 X	5 X	6 X	7 X
156 Average kcal/day							
Sport type 1	111	56	37	28	22	19	16
Sport type 2	121	61	40	30	24	20	17
Sport type 3	155	78	52	39	31	26	22
Sport type 4	155	78	52	39	31	26	22
Sport type 5	134	67	45	34	27	22	19
Sport type 6	88	44	29	22	18	15	13
Sport type 7	63	32	21	16	13	11	9
Sport type 8	158	79	53	39	32	26	23
Sport type 9	111	56	37	28	22	19	16



Monday	Tuesday	Wednesday	Thursday
	Sport type 2	Sport type 9	Sport type 5
	at least 40 min	at least 37 min	at least 45 min
Friday	Saturday	Sunday	

Sport activities

		Training sessions per week in minutes						
222 Average kcal/day		1 X	2 X	3 X	4 X	5 X	6 X	7 X
●	Aerobics (380 kcal/h)	245	123	82	61	49	41	35
●	Badminton (360 kcal/h)	259	130	86	65	52	43	37
● ■	Basketball (450 kcal/h)	207	104	69	52	41	35	30
● ■	Mountain climbing (436 kcal/h)	214	107	71	53	43	36	31
● ■	Boxing practice (bag) (422 kcal/h)	221	110	74	55	44	37	32
●	Ice skating (9 mph) (384 kcal/h)	243	121	81	61	49	40	35
●	Cycling (9 mph) (360 kcal/h)	259	130	86	65	52	43	37
●	Cycling (15 mph) (612 kcal/h)	152	76	51	38	30	25	22
● ■	Football (soccer) (498 kcal/h)	187	94	62	47	37	31	27
■	Machine workout (422 kcal/h)	221	110	74	55	44	37	32
● ■	Gymnastics (324 kcal/h)	288	144	96	72	58	48	41
● ■	Handball (640 kcal/h)	146	73	49	36	29	24	21
● ■	Hockey (563 kcal/h)	166	83	55	41	33	28	24
●	Jogging (5 mph) (560 kcal/h)	167	83	56	42	33	28	24
●	Jogging (6.5 mph) (700 kcal/h)	133	67	44	33	27	22	19
●	Jogging (7.5 mph) (875 kcal/h)	107	53	36	27	21	18	15
● ■	Martial arts (704 kcal/h)	132	66	44	33	26	22	19
● ■	Rock climbing (774 kcal/h)	120	60	40	30	24	20	17
■	Squats (588 kcal/h)	159	79	53	40	32	26	23
●	Cross country skiing (5 mph) (690 kcal/h)	135	68	45	34	27	23	19
● ■	Mountainbiking (520 kcal/h)	179	90	60	45	36	30	26
●	Nordic walking (2 mph) (396 kcal/h)	235	118	78	59	47	39	34
● ■	Pilates (420 kcal/h)	222	111	74	56	44	37	32
●	Polo (563 kcal/h)	166	83	55	41	33	28	24
●	Inline Skating (9 mph) (384 kcal/h)	243	121	81	61	49	40	35
● ■	Rugby (704 kcal/h)	132	66	44	33	26	22	19
●	Snowshoeing (560 kcal/h)	167	83	56	42	33	28	24
●	Skipping (572 kcal/h)	163	82	54	41	33	27	23
●	Skateboarding (352 kcal/h)	265	132	88	66	53	44	38
● ■	Skiing (slow) (488 kcal/h)	191	96	64	48	38	32	27
● ■	Skiing (fast) (560 kcal/h)	167	83	56	42	33	28	24
● ■	Snowboarding (488 kcal/h)	191	96	64	48	38	32	27
● ■	Squash (728 kcal/h)	128	64	43	32	26	21	18
● ■	Swimming (slow) (260 kcal/h)	359	179	120	90	72	60	51
■	Swimming (fast) (576 kcal/h)	162	81	54	40	32	27	23
● ■	Taekwondo Com. Train. (900 kcal/h)	104	52	35	26	21	17	15
● ■	Taekwondo tech. training (550 kcal/h)	170	85	57	42	34	28	24
● ■	Tennis (312 kcal/h)	299	149	100	75	60	50	43
●	Uni-cycling bike (352 kcal/h)	265	132	88	66	53	44	38
● ■	Volleyball (563 kcal/h)	166	83	55	41	33	28	24
●	Hiking (360 kcal/h)	259	130	86	65	52	43	37
● ■	Water Polo (704 kcal/h)	132	66	44	33	26	22	19

Leisure activities and housework

		Training sessions per week in minutes						
222 Average kcal/day		1 X	2 X	3 X	4 X	5 X	6 X	7 X
●	Fishing, standing (176 kcal/h)	530	265	177	132	106	88	76
●	Fishing, standing / stream (246 kcal/h)	379	190	126	95	76	63	54
●	Bowling (211 kcal/h)	442	221	147	110	88	74	63
●	Darts (176 kcal/h)	530	265	177	132	106	88	76
● ■	Fencing (422 kcal/h)	221	110	74	55	44	37	32
● ■	Frisbee (211 kcal/h)	442	221	147	110	88	74	63
●	Golf (with golf cart) (352 kcal/h)	265	132	88	66	53	44	38
● ■	Canoeing (2.5 mph) (174 kcal/h)	536	268	179	134	107	89	77
■	Motocross (281 kcal/h)	332	166	111	83	66	55	47
● ■	Rafting (352 kcal/h)	265	132	88	66	53	44	38
●	Horseback riding (246 kcal/h)	379	190	126	95	76	63	54
●	Snorkeling (352 kcal/h)	265	132	88	66	53	44	38
●	Sailing (211 kcal/h)	442	221	147	110	88	74	63
●	Walking (174 kcal/h)	536	268	179	134	107	89	77
● ■	Surfing (211 kcal/h)	442	221	147	110	88	74	63
●	Dancing (slow) (211 kcal/h)	442	221	147	110	88	74	63
● ■	Dancing (fast) (384 kcal/h)	243	121	81	61	49	40	35
● ■	Dancing (modern) (422 kcal/h)	221	110	74	55	44	37	32
●	Scuba Diving (493 kcal/h)	189	95	63	47	38	32	27
●	Table Tennis (281 kcal/h)	332	166	111	83	66	55	47
● ■	Windsurfing (211 kcal/h)	442	221	147	110	88	74	63
●	Gardening (352 kcal/h)	265	132	88	66	53	44	38
●	Lawn mowing (387 kcal/h)	241	120	80	60	48	40	34
●	Cleaning (246 kcal/h)	379	190	126	95	76	63	54

Possibilities in the gym

		Training sessions per week in minutes						
222 Average kcal/day		1 X	2 X	3 X	4 X	5 X	6 X	7 X
●	Stationary Biking (588 kcal/h)	159	79	53	40	32	26	23
● ■	Crosstrainer (540 kcal/h)	173	86	58	43	35	29	25
■	Machine workout (422 kcal/h)	221	110	74	55	44	37	32
■	Weightlifting (422 kcal/h)	221	110	74	55	44	37	32
●	Treadmill (5.5 mph) (488 kcal/h)	191	96	64	48	38	32	27
●	Treadmill (7.5 mph) (748 kcal/h)	125	62	42	31	25	21	18
● ■	Treadmill (10.5 mph) (1040 kcal/h)	90	45	30	22	18	15	13
■	Rowing machine (415 kcal/h)	225	112	75	56	45	37	32
● ■	Stepper (588 kcal/h)	159	79	53	40	32	26	23
●	Tai chi (281 kcal/h)	332	166	111	83	66	55	47
●	Vibration training (900 kcal/h)	104	52	35	26	21	17	15
● ■	Yoga (281 kcal/h)	332	166	111	83	66	55	47

Exercise

		Training sessions per week in minutes						
74 Average kcal/day		1X	2X	3X	4X	5X	6X	7X
●	Aerobics (380 kcal/h)	82	41	27	20	16	14	12
●	Badminton (360 kcal/h)	86	43	29	22	17	14	12
● ■	Basketball (450 kcal/h)	69	35	23	17	14	12	10
● ■	Mountain climbing (436 kcal/h)	71	36	24	18	14	12	10
● ■	Boxing practice (bag) (422 kcal/h)	74	37	25	18	15	12	11
●	Ice skating (9 mph) (384 kcal/h)	81	40	27	20	16	13	12
●	Cycling (9 mph) (360 kcal/h)	86	43	29	22	17	14	12
●	Cycling (15 mph) (612 kcal/h)	51	25	17	13	10	8	7
● ■	Football (soccer) (498 kcal/h)	62	31	21	16	12	10	9
■	Machine workout (422 kcal/h)	74	37	25	18	15	12	11
● ■	Gymnastics (324 kcal/h)	96	48	32	24	19	16	14
● ■	Handball (640 kcal/h)	49	24	16	12	10	8	7
● ■	Hockey (563 kcal/h)	55	28	18	14	11	9	8
●	Jogging (5 mph) (560 kcal/h)	56	28	19	14	11	9	8
●	Jogging (6.5 mph) (700 kcal/h)	44	22	15	11	9	7	6
●	Jogging (7.5 mph) (875 kcal/h)	36	18	12	9	7	6	5
● ■	Martial arts (704 kcal/h)	44	22	15	11	9	7	6
● ■	Rock climbing (774 kcal/h)	40	20	13	10	8	7	6
■	Squats (588 kcal/h)	53	26	18	13	11	9	8
●	Cross country skiing (5 mph) (690 kcal/h)	45	23	15	11	9	8	6
● ■	Mountainbiking (520 kcal/h)	60	30	20	15	12	10	9
●	Nordic walking (2 mph) (396 kcal/h)	78	39	26	20	16	13	11
● ■	Pilates (420 kcal/h)	74	37	25	19	15	12	11
●	Polo (563 kcal/h)	55	28	18	14	11	9	8
●	Inline Skating (9 mph) (384 kcal/h)	81	40	27	20	16	13	12
● ■	Rugby (704 kcal/h)	44	22	15	11	9	7	6
●	Snowshoeing (560 kcal/h)	56	28	19	14	11	9	8
●	Skipping (572 kcal/h)	54	27	18	14	11	9	8
●	Skateboarding (352 kcal/h)	88	44	29	22	18	15	13
● ■	Skiing (slow) (488 kcal/h)	64	32	21	16	13	11	9
● ■	Skiing (fast) (560 kcal/h)	56	28	19	14	11	9	8
● ■	Snowboarding (488 kcal/h)	64	32	21	16	13	11	9
● ■	Squash (728 kcal/h)	43	21	14	11	9	7	6
● ■	Swimming (slow) (260 kcal/h)	120	60	40	30	24	20	17
■	Swimming (fast) (576 kcal/h)	54	27	18	13	11	9	8
● ■	Taekwondo Com. Train. (900 kcal/h)	35	17	12	9	7	6	5
● ■	Taekwondo tech. training (550 kcal/h)	57	28	19	14	11	9	8
● ■	Tennis (312 kcal/h)	100	50	33	25	20	17	14
●	Uni-cycling bike (352 kcal/h)	88	44	29	22	18	15	13
● ■	Volleyball (563 kcal/h)	55	28	18	14	11	9	8
●	Hiking (360 kcal/h)	86	43	29	22	17	14	12
● ■	Water Polo (704 kcal/h)	44	22	15	11	9	7	6

Leisure activities and housework

		Training sessions per week in minutes						
74 Average kcal/day		1 X	2 X	3 X	4 X	5 X	6 X	7 X
●	Fishing, standing (176 kcal/h)	177	88	59	44	35	29	25
●	Fishing, standing / stream (246 kcal/h)	126	63	42	32	25	21	18
●	Bowling (211 kcal/h)	147	74	49	37	29	25	21
●	Darts (176 kcal/h)	177	88	59	44	35	29	25
● ■	Fencing (422 kcal/h)	74	37	25	18	15	12	11
● ■	Frisbee (211 kcal/h)	147	74	49	37	29	25	21
●	Golf (with golf cart) (352 kcal/h)	88	44	29	22	18	15	13
● ■	Canoeing (2.5 mph) (174 kcal/h)	179	89	60	45	36	30	26
■	Motocross (281 kcal/h)	111	55	37	28	22	18	16
● ■	Rafting (352 kcal/h)	88	44	29	22	18	15	13
●	Horseback riding (246 kcal/h)	126	63	42	32	25	21	18
●	Snorkeling (352 kcal/h)	88	44	29	22	18	15	13
●	Sailing (211 kcal/h)	147	74	49	37	29	25	21
●	Walking (174 kcal/h)	179	89	60	45	36	30	26
● ■	Surfing (211 kcal/h)	147	74	49	37	29	25	21
●	Dancing (slow) (211 kcal/h)	147	74	49	37	29	25	21
● ■	Dancing (fast) (384 kcal/h)	81	40	27	20	16	13	12
● ■	Dancing (modern) (422 kcal/h)	74	37	25	18	15	12	11
●	Scuba Diving (493 kcal/h)	63	32	21	16	13	11	9
●	Table Tennis (281 kcal/h)	111	55	37	28	22	18	16
● ■	Windsurfing (211 kcal/h)	147	74	49	37	29	25	21
●	Gardening (352 kcal/h)	88	44	29	22	18	15	13
●	Lawn mowing (387 kcal/h)	80	40	27	20	16	13	11
●	Cleaning (246 kcal/h)	126	63	42	32	25	21	18

Possibilities in the gym

		Training sessions per week in minutes						
74 Average kcal/day		1X	2X	3X	4X	5X	6X	7X
●	Stationary Biking (588 kcal/h)	53	26	18	13	11	9	8
● ■	Crosstrainer (540 kcal/h)	58	29	19	14	12	10	8
■	Machine workout (422 kcal/h)	74	37	25	18	15	12	11
■	Weightlifting (422 kcal/h)	74	37	25	18	15	12	11
●	Treadmill (5.5 mph) (488 kcal/h)	64	32	21	16	13	11	9
●	Treadmill (7.5 mph) (748 kcal/h)	42	21	14	10	8	7	6
● ■	Treadmill (10.5 mph) (1040 kcal/h)	30	15	10	7	6	5	4
■	Rowing machine (415 kcal/h)	75	37	25	19	15	12	11
● ■	Stepper (588 kcal/h)	53	26	18	13	11	9	8
●	Tai chi (281 kcal/h)	111	55	37	28	22	18	16
●	Vibration training (900 kcal/h)	35	17	12	9	7	6	5
● ■	Yoga (281 kcal/h)	111	55	37	28	22	18	16



Determining your optimal heart rate

The optimal heart rate is crucial when doing exercise. The ideal heart rate for aerobic exercise (cardio) depends on your age. Use the following table to define the correct pulse rate for your age.

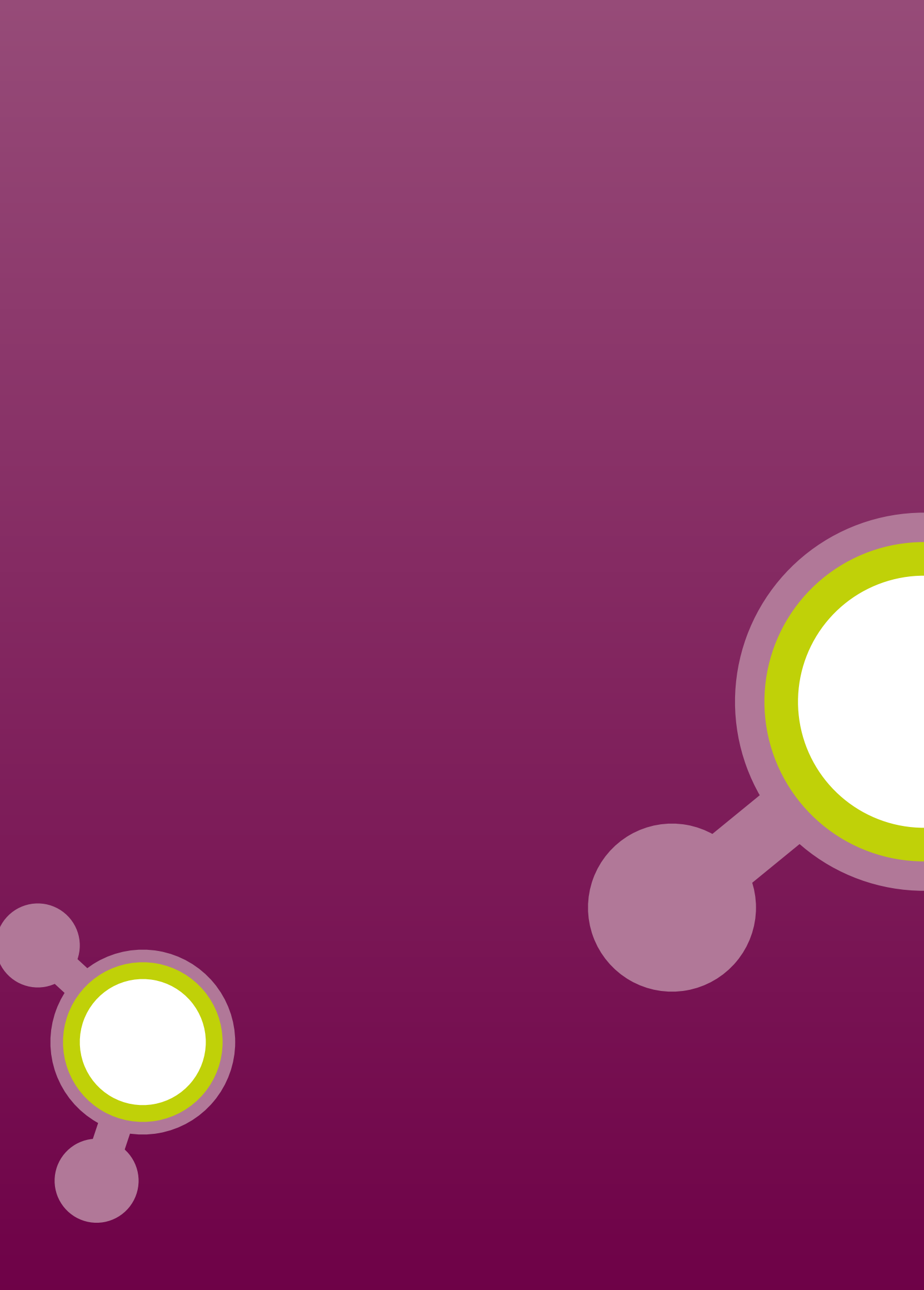
Age	Pulse
5	175 - 185
10	165 - 175
15	160 - 170
20	155 - 165
25	150 - 160
30	145 - 155
35	140 - 150
40	135 - 145
45	130 - 140
50	125 - 135
55	120 - 130
60	115 - 125
65	110 - 120
70	105 - 115
75	100 - 110
80	95 - 105
85	90 - 100
90	85 - 95
95	80 - 90
100	75 - 85

Target heart rate:

145 - 155

To make sure that you are getting the right level of exercise, you can use a wrist heart rate monitor. Most monitors have an alarm that warns you if your heart rate is too high or too low. (We calculate your target heart rate with the Zoladz method: subtract your age from 180, and stay within +/- 5 of that number.)

Attention! This pulse rate is only an approximate average value, and should be considered as a rough guideline. If, when you have this pulse, you experience light sweating and the need to breathe more but you are still able to talk, you are probably in the correct heart rate zone. If you feel over or under-challenged, you need to adjust to your optimum pulse accordingly.





BODY WEIGHT GENES

YOUR NUTRITION TYPE TO LOSE WEIGHT

YOUR SPORTS TYPE FOR LOSING WEIGHT

YOUR WEIGHT LOSS PROGRAM

YOUR SPORTS PROGRAM TO LOSE WEIGHT

NUTRITION GENES

Not ordered

GENETIC TRAITS

Not ordered

FOOD INGREDIENTS

Not ordered

DIETARY SUPPLEMENT

Not ordered

EPIGENETICS

Not ordered

DETOXIFICATION

Not ordered

BIOLOGICAL AGE

Not ordered

BURNOUT

Not ordered

MUSCLE FIBRE TYPE

Not ordered

OXIDATIVE STRESS AND RISK OF INJURY

Not ordered

OPTIMAL PERFORMANCE NUTRITION

Not ordered

FOOD LIST

SCIENCE

ADDITIONAL INFORMATION



FOOD LIST

This individual food list contains approx. 900 food products assessed according to your genes and helps you to plan your nutrition optimally.



TABLE

The food table explained

The food list includes more than 900 different food types that were evaluated according to your genes and which should help to achieve your goals.

Please note: Irrespective of your goal with this program, you should ensure a varied and balanced diet. To achieve this, consider the typical portion as your maximum daily amount for this type of food (unless you use the food item weight system). Also try to vary your choice of food types and do not eat many of the same or similar food types at once. Alcoholic beverages should be limited to a maximum of three times per week.

125 g

Food item amount

The food item amount is the MAXIMUM amount of each food item you should eat. If you want to eat more of this type of food, you have to invest another of your daily food items. You can also use half of a food item and spend the other half on another type of food. You do not need to eat all of each food item if you are not hungry. Some food items are labelled with "any amount - no food item". This means that this type of food contains so few calories that they do not count as food items. You can eat these items when you have used up your daily food items and are still hungry.



Green weight icons

Green weight icons indicate that this type of food has the optimal balance between carbohydrates, fat and protein. The more green icons a type of food has, the better its macronutrient balance is for you. Try to plan your meals using mostly positively rated types of food with five or six green weight icons. Generally try to vary your diet and do not eat many of the same or similar types of food at once.



Red weight icons

Red weight icons indicate that this type of food does not have a suitable balance between carbohydrates, fat and protein for you. The worse the balance of macronutrient is, the more red icons this type of food is rated with. Eat food in the red category only occasionally and try not to eat more than one negatively rated food type per day. Try to consume food types with few icons over food types with many red weight icons.



Warning - Order form information

If you have informed us of any allergies or intolerances that you suffer from or you just want to avoid some kind of food, you may find a warning symbol (!) in this section of the table. This means that this type of food may contain substances that can cause allergic reactions or symptoms of a food intolerance. This warning is solely based on the information you provided in the order form and no genes are tested for this section. PLEASE NOTE! This warning is a guideline to help you plan your diet and is in no way a complete and accurate list of ingredients. Always check the components of each food item you eat if you suffer from a known food allergy.






































Warning - Genetic ingredients warning

A warning sign (!) in this column means that this type of food contains a substance that may cause digestion problems or other signs of a food intolerance due to your genetics. When eating these foods, watch for digestive problems or other signs and avoid these foods if necessary. If no problems occur, you can continue eating this food.

















Question marks

If you have not ordered certain products, it is possible that question marks are displayed in a column. This means that not all relevant results are available for this evaluation. If you want to order this additional analysis, please contact us.


 Recommendations to lose weight			 Recommendations for healthy nutrition		 Recommendations to improve performance		 genet. warning 1  genet. warning 2  your preference			Bread and pastry					All values per standard serving				
g per item	often	rarely	often	rarely	often	rarely	?	?			g	kcal	Prot	Carb	Fat				
																			
40 g				? not ordered		? not ordered	?	?		Baguette	30	85	5	20	5				
45 g				? not ordered		? not ordered	?	?		Buckwheat bread	45	106	5	25	5				
20 g				? not ordered		? not ordered	?	?		Croissant	70	357	5	35	25				
55 g				? not ordered		? not ordered	?	?		Spelt bread	50	117	5	20	5				
45 g				? not ordered		? not ordered	?	?		Pita bread	50	121	5	25	5				
55 g				? not ordered		? not ordered	?	?		Brown/rye bread with sunflower seeds	45	99	5	20	5				
50 g				? not ordered		? not ordered	?	?		Brown bread - rye-wheat bread	45	101	5	25	0				
50 g				? not ordered		? not ordered	?	?		Brown bread - mixed wheat bread	45	106	5	25	5				
50 g				? not ordered		? not ordered	?	?		Green seed bread	45	108	5	25	5				
50 g				? not ordered		? not ordered	?	?		Millet bread	45	106	5	25	5				
45 g				? not ordered		? not ordered	?	?		Potato Bread	50	122	5	25	5				
35 g				? not ordered		? not ordered	?	?		Crispbread - multigrain bread	10	34	5	10	0				
35 g				? not ordered		? not ordered	?	?		Crispbread - rye-wheat bread	10	34	5	10	0				
35 g				? not ordered		? not ordered	?	?		Crispbread - mixed wheat bread	10	36	5	10	0				
35 g				? not ordered		? not ordered	?	?		Pretzel	50	171	5	35	5				
50 g				? not ordered		? not ordered	?	?		Cornbread	45	104	5	20	5				
55 g				? not ordered		? not ordered	?	?		Pumpernickel bread	40	78	5	20	5				
45 g				? not ordered		? not ordered	?	?		Rice bread	45	107	5	25	5				
55 g				? not ordered		? not ordered	?	?		Wholemeal bread with sunflower seeds	50	110	5	20	5				
55 g				? not ordered		? not ordered	?	?		Wholemeal bread - barley wholemeal bread	50	102	5	20	5				
55 g				? not ordered		? not ordered	?	?		Wholemeal bread - rye-wheat bread	50	103	5	20	5				
55 g				? not ordered		? not ordered	?	?		Wholemeal bread - whole wheat bread	50	102	5	20	0				
45 g				? not ordered		? not ordered	?	?		White bread	30	73	5	15	0				

Recommendations to lose weight			Recommendations for healthy nutrition		Recommendations to improve performance		genet. warning 1	genet. warning 2	your preference	Bread and pastry	All values per standard serving				
g per item	often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat
45 g							?	?		White bread - toast	30	78	5	15	5

Recommendations to lose weight			Recommendations for healthy nutrition		Recommendations to improve performance		genet. warning 1	genet. warning 2	your preference	Cereals, grains and grain products, rice	All values per standard serving				
g per item	often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat
30 g							?	?		Amaranth Wholemeal (as flour, semolina, grai..	15	46	5	10	5
25 g							?	?		Buckwheat peeled (as flour, semolina, grain ..	40	137	5	30	5
25 g							?	?		Buckwheat whole grains (as flour, semolina, ..	60	206	10	45	5
30 g							?	?		Bulgur	180	585	20	125	5
30 g							?	?		Spelt peeled (as flour, semolina, grain or f..	20	68	5	15	0
30 g							?	?		Spelt whole grains (as flour, semolina, grai..	100	329	20	60	5
30 g							?	?		Barley peeled (as flour, semolina, grain or ..	60	193	10	40	5
30 g							?	?		Barley whole grains (as flour, semolina, gr..	40	128	5	25	5
30 g							?	?		Unripe spelt grain peeled (from flour, semol..	60	196	10	40	5
30 g							?	?		Unripe spelt grain wholegrain (from flour, s..	40	131	5	25	5
35 g							?	?		Oats peeled (from flour, semolina, grain or ..	60	199	10	35	5
35 g							?	?		Oats wholegrain (from flour, semolina, grain..	10	33	5	10	5
30 g							?	?		Millet peeled (from flour, semolina, grain o..	60	214	10	45	5
30 g							?	?		Millet wholegrain (from flour, semolina, gra..	20	66	5	15	5
30 g							?	?		Khorasan wholegrain (from flour, semolina, g..	100	337	15	70	5










































 Recommendations to lose weight			 Recommendations for healthy nutrition		 Recommendations to improve performance		  			Cereals, grains and grain products, rice	All values per standard serving					
g per item	often	rarely	often	rarely	often	rarely	genet. warning 1	genet. warning 2	your preference			g	kcal	Prot	Carb	Fat
																
30 g				? not ordered		? not ordered	?	?		Corn peeled (from flour, semolina, grain or ..	20	66	5	15	5	
30 g				? not ordered		? not ordered	?	?		Corn wholegrain (from flour, semolina, grain..	60	197	5	40	5	
25 g				? not ordered		? not ordered	?	?		Breadcrumbs	20	72	5	15	0	
30 g				? not ordered		? not ordered	?	?		Popcorn	30	111	5	20	5	
30 g				? not ordered		? not ordered	?	?		Quinoa peeled (from flour, semolina, grain ..	100	355	15	65	10	
25 g				? not ordered		? not ordered	?	?		Rice peeled (from flour, semolina, grain or ..	40	140	5	35	0	
25 g				? not ordered		? not ordered	?	?		Rice wholegrain (from flour, semolina, grain..	60	211	5	45	5	
30 g				? not ordered		? not ordered	?	?		Rye peeled (from flour, semolina, grain or f..	60	180	10	40	5	
30 g				? not ordered		? not ordered	?	?		Rye wholegrain (from flour, semolina, grain ..	40	120	5	25	5	
30 g				? not ordered		? not ordered	?	?		Wheat peeled (from flour, semolina, grain or..	60	183	10	40	5	
30 g				? not ordered		? not ordered	?	?		Wheat wholegrain (from flour, semolina, grai..	40	122	5	25	5	




































 Recommendations to lose weight			 Recommendations for healthy nutrition		 Recommendations to improve performance		  			Confectionary, sugar, sweets, chocolate, sweet spread, ice cream	All values per standard serving					
g per item	often	rarely	often	rarely	often	rarely	genet. warning 1	genet. warning 2	your preference			g	kcal	Prot	Carb	Fat
																
20 g				? not ordered		? not ordered	?	?		Maple syrup	100	274	0	70	0	
15 g				? not ordered		? not ordered	?	?		Candy sour	5	20	0	5	0	
30 g				? not ordered		? not ordered	?	?		Ice strawberry	30	58	5	10	5	
30 g				? not ordered		? not ordered	?	?		Ice vanilla	30	58	5	10	5	
15 g				? not ordered		? not ordered	?	?		Fruit drops	5	20	0	5	0	










 Recommendations to lose weight			 Recommendations for healthy nutrition		 Recommendations to improve performance		 genet. warning 1  genet. warning 2  your preference			Confectionary, sugar, sweets, chocolate, sweet spread, ice cream					All values per standard serving				
g per item	often	rarely	often	rarely	often	rarely	?	?			g	kcal	Prot	Carb	Fat				
																			
15 g				? not ordered		? not ordered	?	?		Gumdrops	15	52	5	15	0				
20 g				? not ordered		? not ordered	?	?		Honey	20	61	0	15	0				
15 g				? not ordered		? not ordered	?	?		Cocoa powder	5	14	5	5	5				
20 g				? not ordered		? not ordered	?	?		Jam apple	25	66	0	20	0				
20 g				? not ordered		? not ordered	?	?		Jam apricot	25	63	0	15	0				
20 g				? not ordered		? not ordered	?	?		Jam blackberry	25	65	0	20	0				
20 g				? not ordered		? not ordered	?	?		Jam strawberry	25	65	0	20	0				
20 g				? not ordered		? not ordered	?	?		Jam blueberry	25	66	0	20	0				
20 g				? not ordered		? not ordered	?	?		Jam raspberry	25	64	0	15	0				
20 g				? not ordered		? not ordered	?	?		Jam orange	25	66	0	20	0				
20 g				? not ordered		? not ordered	?	?		Jam peach	25	68	0	20	0				
20 g				? not ordered		? not ordered	?	?		Jam plums	25	61	0	15	0				
20 g				? not ordered		? not ordered	?	?		Jam cranberry	25	67	0	20	0				
20 g				? not ordered		? not ordered	?	?		Jam sour cherry	25	63	0	15	0				
20 g				? not ordered		? not ordered	?	?		Jam damson plum	25	68	0	20	0				
15 g				? not ordered		? not ordered	?	?		Marshmallow	15	50	0	15	0				
10 g				? not ordered		? not ordered	?	?		Marzipan	15	79	5	10	5				
10 g				? not ordered		? not ordered	?	?		Nougat	15	78	5	10	5				
15 g				? not ordered		? not ordered	?	?		Chocolates	15	49	0	10	5				
20 g				? not ordered		? not ordered	?	?		Rum balls	20	81	0	15	5				
25 g				? not ordered		? not ordered	?	?		Chocolate kiss	20	71	5	10	5				
20 g				? not ordered		? not ordered	?	?		Chocolate bitter	20	79	5	10	5				
10 g				? not ordered		? not ordered	?	?		Chocolate milk	20	107	5	15	10				





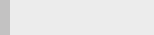
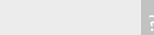

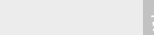


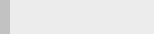
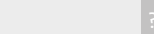

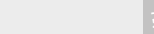


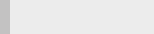
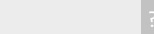

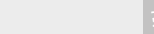


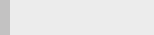
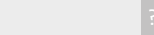

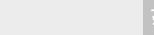


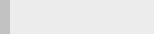
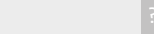

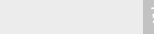


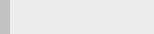
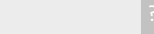

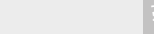


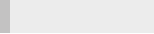
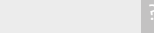

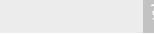


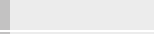
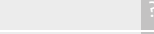

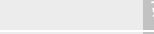


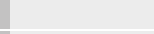
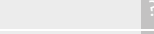

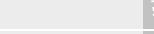


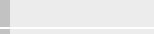
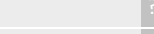

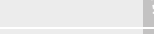


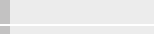
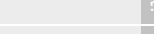

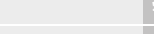




















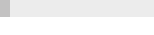
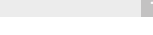

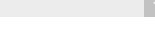

 Recommendations to lose weight			 Recommendations for healthy nutrition		 Recommendations to improve performance		  			Confectionary, sugar, sweets, chocolate, sweet spread, ice cream	All values per standard serving					
g per item	often	rarely	often	rarely	often	rarely	genet. warning 1	genet. warning 2	your preference			g	kcal	Prot	Carb	Fat
																
15 g				? not ordered		? not ordered	? ?			Chocolate cream	20	99	5	15	5	
10 g				? not ordered		? not ordered	? ?			Unskimmed chocolate milk	20	107	5	10	10	
10 g				? not ordered		? not ordered	? ?			Chocolate white	20	108	5	15	10	
10 g				? not ordered		? not ordered	? ?			Chocolate dark	20	99	5	10	10	
15 g				? not ordered		? not ordered	? ?			Sugar white	5	20	0	5	0	





























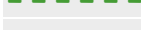









 Recommendations to lose weight			 Recommendations for healthy nutrition		 Recommendations to improve performance		  			Eggs and egg products, pasta	All values per standard serving					
g per item	often	rarely	often	rarely	often	rarely	genet. warning 1	genet. warning 2	your preference			g	kcal	Prot	Carb	Fat
																
30 g				? not ordered		? not ordered	? ?			Glass noodles	100	339	0	85	0	
65 g				? not ordered		? not ordered	? ?			Chicken egg	60	82	10	5	10	
35 g				? not ordered		? not ordered	? ?			Soba noodles	100	336	15	75	5	
65 g				? not ordered		? not ordered	? ?			Noodles	100	138	10	40	5	
35 g				? not ordered		? not ordered	? ?			Pasta with egg	150	543	20	105	5	
35 g				? not ordered		? not ordered	? ?			Pasta without egg	50	174	10	35	5	
40 g				? not ordered		? not ordered	? ?			Wholemeal pasta with egg	150	485	20	95	5	
40 g				? not ordered		? not ordered	? ?			Wholemeal pasta without egg	50	162	10	30	5	

























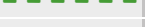










 Recommendations to lose weight			 Recommendations for healthy nutrition			 Recommendations to improve performance			 genet. warning 1			 genet. warning 2			 your preference			Baked goods, cakes and confectionary					All values per standard serving				
g per item	often	rarely	often	rarely	often	rarely	often	rarely	often	rarely	often	rarely	g	kcal	Prot	Carb	Fat										
																											
45 g				? not ordered		? not ordered		? not ordered	? ?	? ?			150	350	5	50	20										
55 g				? not ordered		? not ordered		? not ordered	? ?	? ?			150	411	5	40	10										
40 g				? not ordered		? not ordered		? not ordered	? ?	? ?			100	208	5	25	15										
55 g				? not ordered		? not ordered		? not ordered	? ?	? ?			100	225	10	35	10										
25 g				? not ordered		? not ordered		? not ordered	? ?	? ?			100	390	5	50	20										
15 g				? not ordered		? not ordered		? not ordered	? ?	? ?			100	420	5	30	35										
40 g				? not ordered		? not ordered		? not ordered	? ?	? ?			100	183	10	15	15										
25 g				? not ordered		? not ordered		? not ordered	? ?	? ?			25	109	5	20	5										
25 g				? not ordered		? not ordered		? not ordered	? ?	? ?			120	400	10	40	25										
30 g				? not ordered		? not ordered		? not ordered	? ?	? ?			15	50	5	10	5										
25 g				? not ordered		? not ordered		? not ordered	? ?	? ?			60	236	5	30	15										
25 g				? not ordered		? not ordered		? not ordered	? ?	? ?			100	281	5	25	20										
40 g				? not ordered		? not ordered		? not ordered	? ?	? ?			100	304	10	45	15										
30 g				? not ordered		? not ordered		? not ordered	? ?	? ?			100	264	5	25	20										
30 g				? not ordered		? not ordered		? not ordered	? ?	? ?			100	318	10	35	20										
35 g				? not ordered		? not ordered		? not ordered	? ?	? ?			100	270	10	30	15										
25 g				? not ordered		? not ordered		? not ordered	? ?	? ?			120	344	5	30	25										
35 g				? not ordered		? not ordered		? not ordered	? ?	? ?			120	354	5	45	20										
35 g				? not ordered		? not ordered		? not ordered	? ?	? ?			25	97	5	15	5										
20 g				? not ordered		? not ordered		? not ordered	? ?	? ?			120	501	10	55	30										
20 g				? not ordered		? not ordered		? not ordered	? ?	? ?			50	218	10	25	15										
25 g				? not ordered		? not ordered		? not ordered	? ?	? ?			100	384	10	45	20										
30 g				? not ordered		? not ordered		? not ordered	? ?	? ?			70	249	5	30	15										

























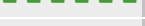
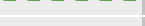

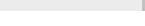
 Recommendations to lose weight			 Recommendations for healthy nutrition		 Recommendations to improve performance		 genet. warning 1  genet. warning 2  your preference			Baked goods, cakes and confectionary					All values per standard serving				
g per item	often	rarely	often	rarely	often	rarely	?	?			g	kcal	Prot	Carb	Fat				
																			
20 g				? not ordered		? not ordered	?	?		Marzipan cake	120	421	10	35	30				
30 g				? not ordered		? not ordered	?	?		Apple and poppy seed cake from shortcrust	120	346	10	40	20				
25 g				? not ordered		? not ordered	?	?		Poppy seed roll from dough	100	358	10	40	20				
45 g				? not ordered		? not ordered	?	?		Muffin with chocolate	60	175	5	25	10				
40 g				? not ordered		? not ordered	?	?		Muffins with blueberries	60	226	5	25	10				
15 g				? not ordered		? not ordered	?	?		Nut cake	50	229	5	20	15				
20 g				? not ordered		? not ordered	?	?		Nut cream cake	120	427	10	30	35				
25 g				? not ordered		? not ordered	?	?		Gingerbread biscuits	25	96	5	20	5				
20 g				? not ordered		? not ordered	?	?		Cookies from shortcrust	50	246	5	30	15				
75 g				? not ordered		? not ordered	?	?		Quark-apple cake	120	232	10	30	10				
25 g				? not ordered		? not ordered	?	?		Cream cake	50	151	5	15	10				
50 g				? not ordered		? not ordered	?	?		Rhubarb cake with meringue	120	292	5	25	15				
35 g				? not ordered		? not ordered	?	?		Raisin cake from batter	70	241	5	35	10				
25 g				? not ordered		? not ordered	?	?		Red wine cake from batter	70	255	5	30	15				
25 g				? not ordered		? not ordered	?	?		Sacher cake	120	462	10	55	25				
25 g				? not ordered		? not ordered	?	?		Pretzel sticks	30	106	5	25	0				
30 g				? not ordered		? not ordered	?	?		Chocolate cake from batter	70	237	5	25	15				
20 g				? not ordered		? not ordered	?	?		Chocolate-nuts cake from batter	100	393	10	35	25				
40 g				? not ordered		? not ordered	?	?		Chocolate cake with cream topping from cake ..	100	308	5	50	10				
35 g				? not ordered		? not ordered	?	?		Black Forest cake	120	333	5	40	20				
35 g				? not ordered		? not ordered	?	?		Chelsea bun with crumbles	75	257	10	40	10				
35 g				? not ordered		? not ordered	?	?		Tiramisu	125	390	10	50	20				
15 g				? not ordered		? not ordered	?	?		Waffles	50	279	5	25	25				

























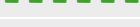










 Recommendations to lose weight			 Recommendations for healthy nutrition		 Recommendations to improve performance		genet. warning 1	genet. warning 2	your preference	<h2>Baked goods, cakes and confectionary</h2>	All values per standard serving				
g per item	often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat
50 g				 not ordered		 not ordered	?	?		Damson plum cake from shortcrust	100	239	5	30	10




























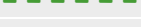










 Recommendations to lose weight			 Recommendations for healthy nutrition		 Recommendations to improve performance		genet. warning 1	genet. warning 2	your preference	<h2>Fruit and fruit products</h2>	All values per standard serving				
g per item	often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat
any amount				 not ordered		 not ordered	?	?		Acerola	120	19	0	5	0
190 g				 not ordered		 not ordered	?	?		Pineapple	125	70	5	20	0
115 g				 not ordered		 not ordered	?	?		Pineapple canned	125	108	0	30	0
165 g				 not ordered		 not ordered	?	?		Apple	125	76	0	20	0
125 g				 not ordered		 not ordered	?	?		Applesauce canned	250	203	5	50	0
280 g				 not ordered		 not ordered	?	?		Apricot	50	22	0	5	0
130 g				 not ordered		 not ordered	?	?		Apricot canned	125	99	5	25	0
50 g				 not ordered		 not ordered	?	?		Avocado	225	293	5	10	30
120 g				 not ordered		 not ordered	?	?		Banana	100	90	5	20	0
675 g				 not ordered		 not ordered	?	?		Tree gooseberry (starfruit)	125	34	5	5	5
430 g				 not ordered		 not ordered	?	?		Soft fruit	125	40	5	10	5
190 g				 not ordered		 not ordered	?	?		Pear	140	73	5	20	0
150 g				 not ordered		 not ordered	?	?		Pear canned	125	83	0	20	0
380 g				 not ordered		 not ordered	?	?		Blackberry	125	45	5	10	5
105 g				 not ordered		 not ordered	?	?		Breadfruit	125	130	5	30	0




































 Recommendations to lose weight			 Recommendations for healthy nutrition		 Recommendations to improve performance		   genet. warning 1 genet. warning 2 your preference			Fruit and fruit products					All values per standard serving				
g per item	often	rarely	often	rarely	often	rarely	?	?			g	kcal	Prot	Carb	Fat				
		 	  	  															
225 g				? not ordered		? not ordered	?	?		Cashew apple	125	68	5	15	5				
265 g				? not ordered		? not ordered	?	?		Clementine	40	18	0	5	0				
40 g				? not ordered		? not ordered	?	?		Date	125	350	5	85	5				
85 g				? not ordered		? not ordered	?	?		Durian	125	180	5	40	5				
430 g				? not ordered		? not ordered	?	?		Strawberry	250	80	5	15	5				
280 g				? not ordered		? not ordered	?	?		Ground Cherry (Physalis)	125	64	5	15	5				
185 g				? not ordered		? not ordered	?	?		Fig	20	13	0	5	0				
150 g				? not ordered		? not ordered	?	?		Pomegranate	125	94	5	20	5				
320 g				? not ordered		? not ordered	?	?		Grapefruit	250	110	5	20	0				
405 g				? not ordered		? not ordered	?	?		Guava	125	43	5	10	5				
215 g				? not ordered		? not ordered	?	?		Guava small	125	69	5	15	5				
145 g				? not ordered		? not ordered	?	?		Rosehip	125	119	5	20	5				
390 g				? not ordered		? not ordered	?	?		Blueberry	125	46	5	10	5				
490 g				? not ordered		? not ordered	?	?		Raspberry	125	43	5	10	0				
340 g				? not ordered		? not ordered	?	?		Elderberry	125	69	5	10	5				
495 g				? not ordered		? not ordered	?	?		Currant red	125	41	5	10	0				
385 g				? not ordered		? not ordered	?	?		Currant black	125	50	5	10	0				
355 g				? not ordered		? not ordered	?	?		Currant white	125	51	5	10	0				
150 g				? not ordered		? not ordered	?	?		Japanese persimmon	125	89	5	20	0				
335 g				? not ordered		? not ordered	?	?		Prickly pear	125	46	5	10	5				
180 g				? not ordered		? not ordered	?	?		Cape gooseberry	125	95	5	20	5				
190 g				? not ordered		? not ordered	?	?		Cherry canned	125	68	5	20	0				
240 g				? not ordered		? not ordered	?	?		Cherry sour	120	62	5	15	5				

























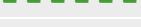










 Recommendations to lose weight			 Recommendations for healthy nutrition		 Recommendations to improve performance		 genet. warning 1  genet. warning 2  your preference			Fruit and fruit products All values per standard serving					
g per item	often	rarely	often	rarely	often	rarely	?	?							
										g	kcal	Prot	Carb	Fat	
180 g				? not ordered		? not ordered	?	?		Cherry sweet	120	72	5	20	0
260 g				? not ordered		? not ordered	?	?		Kiwi	45	24	0	5	0
20 g				? not ordered		? not ordered	?	?		Coconut	50	181	5	5	20
165 g				? not ordered		? not ordered	?	?		Kumquat	125	85	5	20	0
250 g				? not ordered		? not ordered	?	?		Lime	125	59	5	5	5
140 g				? not ordered		? not ordered	?	?		Litchi	125	94	5	25	0
105 g				? not ordered		? not ordered	?	?		Litchi canned	125	120	5	30	0
195 g				? not ordered		? not ordered	?	?		Mamey apple	125	71	5	15	0
235 g				? not ordered		? not ordered	?	?		Mandarins	40	20	0	5	0
125 g				? not ordered		? not ordered	?	?		Mandarins canned	125	104	0	25	0
190 g				? not ordered		? not ordered	?	?		Mango	125	74	5	20	5
150 g				? not ordered		? not ordered	?	?		Mangosteen	125	93	5	20	5
290 g				? not ordered		? not ordered	?	?		Mulberry	125	55	5	10	0
170 g				? not ordered		? not ordered	?	?		Mirabelle	125	80	5	20	0
225 g				? not ordered		? not ordered	?	?		Medlar	25	12	0	5	0
190 g				? not ordered		? not ordered	?	?		Nectarine	115	64	5	15	0
285 g				? not ordered		? not ordered	?	?		Orange	150	65	5	15	0
250 g				? not ordered		? not ordered	?	?		Pampelmuse	125	58	5	15	0
335 g				? not ordered		? not ordered	?	?		Papaya	125	40	5	10	0
250 g				? not ordered		? not ordered	?	?		Passion fruit	125	80	5	15	5
265 g				? not ordered		? not ordered	?	?		Peach	115	47	5	10	0
235 g				? not ordered		? not ordered	?	?		Plums	125	56	5	15	0
380 g				? not ordered		? not ordered	?	?		Cranberry	125	44	0	10	5

 Recommendations to lose weight			 Recommendations for healthy nutrition		 Recommendations to improve performance		 genet. warning 1  genet. warning 2  your preference			Fruit and fruit products All values per standard serving					
g per item	often	rarely	often	rarely	often	rarely	?	?			g	kcal	Prot	Carb	Fat
															
325 g				? not ordered		? not ordered	?	?		Quince	150	59	5	15	5
any amount				? not ordered		? not ordered	?	?		Rhubarb	150	20	5	5	0
35 g				? not ordered		? not ordered	?	?		Raisins	25	76	5	20	0
235 g				? not ordered		? not ordered	?	?		Round plum	125	56	5	15	0
85 g				? not ordered		? not ordered	?	?		Sea buckthorn berry	125	108	5	5	10
335 g				? not ordered		? not ordered	?	?		Gooseberry	125	46	5	10	0
675 g				? not ordered		? not ordered	?	?		Starfruit	100	27	5	5	5
380 g				? not ordered		? not ordered	?	?		Wild blackberry	125	45	5	10	5
430 g				? not ordered		? not ordered	?	?		Wild strawberry	125	40	5	10	5
490 g				? not ordered		? not ordered	?	?		Wild raspberry	125	43	5	10	0
285 g				? not ordered		? not ordered	?	?		Watermelon	125	48	5	10	0
155 g				? not ordered		? not ordered	?	?		Grape red	125	88	5	20	0
155 g				? not ordered		? not ordered	?	?		Grape white	125	88	5	20	0
415 g				? not ordered		? not ordered	?	?		Winter melon	125	35	5	10	0
515 g				? not ordered		? not ordered	?	?		Lemon	125	45	5	5	5
190 g				? not ordered		? not ordered	?	?		Muskmelon	125	69	5	20	0

 Recommendations to lose weight			 Recommendations for healthy nutrition		 Recommendations to improve performance		 genet. warning 1  genet. warning 2  your preference			Vegetables and vegetable products All values per standard serving					
g per item	often	rarely	often	rarely	often	rarely	?	?			g	kcal	Prot	Carb	Fat
															
175 g				? not ordered		? not ordered	?	?		Algae	5	2	0	0	0
425 g				? not ordered		? not ordered	?	?		Artichokes	150	33	5	5	0
any amount				? not ordered		? not ordered	?	?		Aubergine	250	43	5	10	0
any amount				? not ordered		? not ordered	?	?		Wild garlic	100	19	5	5	0
any amount				? not ordered		? not ordered	?	?		Kale	150	20	5	5	0
415 g				? not ordered		? not ordered	?	?		Cauliflower	150	35	5	5	0
50 g				? not ordered		? not ordered	?	?		White beans	60	158	15	25	5
145 g				? not ordered		? not ordered	?	?		Beans thick	150	126	15	20	5
425 g				? not ordered		? not ordered	?	?		Beans green	150	50	5	10	0
140 g				? not ordered		? not ordered	?	?		Nettle	150	63	15	5	5
270 g				? not ordered		? not ordered	?	?		Broccoli	150	42	10	5	0
425 g				? not ordered		? not ordered	?	?		Bush beans green	150	50	5	10	0
any amount				? not ordered		? not ordered	?	?		Chicory	50	9	5	5	0
115 g				? not ordered		? not ordered	?	?		China beans	150	170	15	30	5
any amount				? not ordered		? not ordered	?	?		Chinese cabbage	150	20	5	5	0
any amount				? not ordered		? not ordered	?	?		Iceberg lettuce	50	7	5	5	0
580 g				? not ordered		? not ordered	?	?		Endives	50	8	5	5	0
155 g				? not ordered		? not ordered	?	?		Green peas	150	123	10	20	5
285 g				? not ordered		? not ordered	?	?		Green peas, canned	150	57	5	10	5
550 g				? not ordered		? not ordered	?	?		Lamb's lettuce	50	8	5	0	0
725 g				? not ordered		? not ordered	?	?		Fennel bulb	150	29	5	5	0
390 g				? not ordered		? not ordered	?	?		Chinese style vegetable mix	150	56	5	10	5
305 g				? not ordered		? not ordered	?	?		Mexican style vegetable mix	150	77	5	15	5



























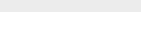
 Recommendations to lose weight			 Recommendations for healthy nutrition		 Recommendations to improve performance		 genet. warning 1  genet. warning 2  your preference			Vegetables and vegetable products All values per standard serving					
g per item	often	rarely	often	rarely	often	rarely	?	?			g	kcal	Prot	Carb	Fat
		 	  	  											
490 g				? not ordered		? not ordered	?	?		Sweet pepper yellow	150	45	5	10	0
any amount				? not ordered		? not ordered	?	?		Sweet pepper green	150	29	5	5	0
405 g				? not ordered		? not ordered	?	?		Sweet pepper red	150	56	5	10	5
235 g				? not ordered		? not ordered	?	?		Kale	150	56	10	5	5
any amount				? not ordered		? not ordered	?	?		Cucumber	150	18	5	5	0
480 g				? not ordered		? not ordered	?	?		Capers	100	23	5	5	0
385 g				? not ordered		? not ordered	?	?		Carrot	150	50	5	10	0
50 g				? not ordered		? not ordered	?	?		Kidney beans	60	151	15	25	5
95 g				? not ordered		? not ordered	?	?		Garlic	5	3	0	5	0
655 g				? not ordered		? not ordered	?	?		Celeriac	150	29	5	5	0
525 g				? not ordered		? not ordered	?	?		Kohlrabi	150	38	5	10	0
455 g				? not ordered		? not ordered	?	?		Turnip	150	45	5	10	0
any amount				? not ordered		? not ordered	?	?		Lettuce	50	6	5	5	0
565 g				? not ordered		? not ordered	?	?		Butternut pumpkin	150	38	5	10	0
565 g				? not ordered		? not ordered	?	?		Pumpkin Hokkaido	150	38	5	10	0
305 g				? not ordered		? not ordered	?	?		Spring onion	30	13	0	5	0
220 g				? not ordered		? not ordered	?	?		Lima bean	150	98	5	20	0
780 g				? not ordered		? not ordered	?	?		Lollo Rosso	100	20	5	5	0
325 g				? not ordered		? not ordered	?	?		Dandelion	150	44	5	5	5
475 g				? not ordered		? not ordered	?	?		Chard	150	24	5	5	0
225 g				? not ordered		? not ordered	?	?		Horseradish	150	96	5	20	0
425 g				? not ordered		? not ordered	?	?		Mixed pickles	200	72	5	15	5
485 g				? not ordered		? not ordered	?	?		Okra	150	30	5	5	0





































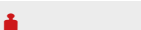

 Recommendations to lose weight			 Recommendations for healthy nutrition		 Recommendations to improve performance		 genet. warning 1  genet. warning 2  your preference			Vegetables and vegetable products All values per standard serving					
g per item	often	rarely	often	rarely	often	rarely	?	?			g	kcal	Prot	Carb	Fat
															
55 g				? not ordered		? not ordered	?	?		Olive green	20	26	0	5	5
20 g				? not ordered		? not ordered	?	?		Olive black	20	69	0	5	10
405 g				? not ordered		? not ordered	?	?		Palm heart	150	54	5	10	0
any amount				? not ordered		? not ordered	?	?		Peppers	150	29	5	5	0
215 g				? not ordered		? not ordered	?	?		Parsnips	150	89	5	20	5
160 g				? not ordered		? not ordered	?	?		Pearl onion	15	11	0	5	0
685 g				? not ordered		? not ordered	?	?		Purslane	150	18	5	5	5
145 g				? not ordered		? not ordered	?	?		Scarlet runner bean	150	126	15	20	5
any amount				? not ordered		? not ordered	?	?		Radicchio	50	7	5	5	0
any amount				? not ordered		? not ordered	?	?		Radishes	100	15	5	5	0
any amount				? not ordered		? not ordered	?	?		Radish	150	24	5	5	0
415 g				? not ordered		? not ordered	?	?		Romanesco	150	35	5	5	0
635 g				? not ordered		? not ordered	?	?		Romano salad	50	8	5	5	0
230 g				? not ordered		? not ordered	?	?		Brussels sprouts	150	54	10	5	5
675 g				? not ordered		? not ordered	?	?		Red cabbage	150	35	5	5	0
310 g				? not ordered		? not ordered	?	?		Beet red	150	63	5	15	0
555 g				? not ordered		? not ordered	?	?		Beet white	150	39	5	10	0
390 g				? not ordered		? not ordered	?	?		Rocket	100	27	5	5	5
320 g				? not ordered		? not ordered	?	?		Sorrel	150	33	5	5	5
665 g				? not ordered		? not ordered	?	?		Pickled cabbage	150	26	5	5	0
675 g				? not ordered		? not ordered	?	?		Shallot	30	7	0	5	0
780 g				? not ordered		? not ordered	?	?		Leaf lettuce	50	10	5	5	0
730 g				? not ordered		? not ordered	?	?		Black salsify	150	29	5	5	5




























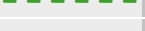










 Recommendations to lose weight			 Recommendations for healthy nutrition		 Recommendations to improve performance		 genet. warning 1  genet. warning 2  your preference			Vegetables and vegetable products					All values per standard serving				
g per item	often	rarely	often	rarely	often	rarely				g	kcal	Prot	Carb	Fat					
																			
530 g				? not ordered		? not ordered	? ?			Pearl onions	30	8	0	5	0				
85 g				? not ordered		? not ordered	? ?			Soybeans	150	216	20	20	10				
785 g				? not ordered		? not ordered	? ?			Asparagus canned	150	18	5	5	0				
520 g				? not ordered		? not ordered	? ?			Asparagus white	150	27	5	5	0				
360 g				? not ordered		? not ordered	? ?			Spinach	150	29	5	5	0				
485 g				? not ordered		? not ordered	? ?			Pointed cabbage	150	35	5	5	0				
425 g				? not ordered		? not ordered	? ?			Green runner beans	150	50	5	10	0				
any amount				? not ordered		? not ordered	? ?			Stalk celery	150	26	5	5	0				
145 g				? not ordered		? not ordered	? ?			Bush beans	150	132	15	20	5				
50 g				? not ordered		? not ordered	? ?			Pigeon peas	60	172	15	30	5				
625 g				? not ordered		? not ordered	? ?			Soup vegetables	150	38	5	10	0				
any amount				? not ordered		? not ordered	? ?			Tomatoes	80	14	5	5	0				
any amount				? not ordered		? not ordered	? ?			Tomatoes canned	80	14	5	5	0				
470 g				? not ordered		? not ordered	? ?			Wax beans	150	48	5	10	0				
any amount				? not ordered		? not ordered	? ?			Wax gourd	150	21	5	5	0				
110 g				? not ordered		? not ordered	? ?			Wasabi raw	150	185	10	35	5				
150 g				? not ordered		? not ordered	? ?			Vine leaves	100	114	10	20	5				
620 g				? not ordered		? not ordered	? ?			White cabbage	150	38	5	10	0				
365 g				? not ordered		? not ordered	? ?			Savoy cabbage	150	41	5	5	0				
355 g				? not ordered		? not ordered	? ?			Parsley root	150	59	5	10	5				
500 g				? not ordered		? not ordered	? ?			Zucchini	150	32	5	5	0				
255 g				? not ordered		? not ordered	? ?			Sugar peas	150	89	10	15	0				
165 g				? not ordered		? not ordered	? ?			Sweetcorn	150	134	5	25	5				




Recommendations to lose weight			Recommendations for healthy nutrition		Recommendations to improve performance		genet. warning 1	genet. warning 2	your preference	Vegetables and vegetable products	All values per standard serving				
g per item	often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat
530 g							?	?		Onion	80	22	5	5	0







































Recommendations to lose weight			Recommendations for healthy nutrition		Recommendations to improve performance		genet. warning 1	genet. warning 2	your preference	Potatoes and potato products, starchy plant parts, mushrooms	All values per standard serving				
g per item	often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat
200 g							?	?		Oyster mushroom	100	23	5	5	0
75 g							?	?		Batata (sweet potato)	150	167	5	40	5
150 g							?	?		Birch mushroom	200	50	10	0	5
275 g							?	?		Slippery Jack	200	30	5	5	5
170 g							?	?		Champignon	100	21	5	5	0
205 g							?	?		Champignon canned	100	19	5	0	5
245 g							?	?		Red pine mushroom	200	36	10	0	5
55 g							?	?		Gnocchi	125	203	5	45	5
220 g							?	?		Armillaria	200	38	10	0	5
50 g							?	?		Chinese artichoke	200	362	10	75	5
15 g							?	?		Potato chips	25	132	0	5	10
115 g							?	?		Potatoes peeled	200	146	5	35	0
115 g							?	?		Potatoes unpeeled	240	175	5	40	0
65 g							?	?		Potatoes frozen	200	290	5	35	15
25 g							?	?		Potato starch flour	20	68	0	20	0







 Recommendations to lose weight			 Recommendations for healthy nutrition		 Recommendations to improve performance		 genet. warning 1  genet. warning 2  your preference			Potatoes and potato products, starchy plant parts, mushrooms All values per standard serving					
g per item	often	rarely	often	rarely	often	rarely	?	?			g	kcal	Prot	Carb	Fat
															
110 g				? not ordered		? not ordered	?	?		Lotus root	150	119	5	25	0
55 g				? not ordered		? not ordered	?	?		Manioc	200	274	5	65	0
280 g				? not ordered		? not ordered	?	?		Morel	200	30	5	5	5
95 g				? not ordered		? not ordered	?	?		Arrowroot	200	208	15	40	5
290 g				? not ordered		? not ordered	?	?		Chanterelle	200	30	5	0	5
320 g				? not ordered		? not ordered	?	?		Boletes	200	34	5	5	5
50 g				? not ordered		? not ordered	?	?		Sago palm	200	362	10	75	5
145 g				? not ordered		? not ordered	?	?		Shiitake mushroom	200	84	5	25	0
130 g				? not ordered		? not ordered	?	?		Porcini	200	54	15	5	5
80 g				? not ordered		? not ordered	?	?		Taro	150	153	5	35	0
285 g				? not ordered		? not ordered	?	?		Jerusalem artichoke	200	62	5	10	5
85 g				? not ordered		? not ordered	?	?		Truffle	200	118	20	15	5
140 g				? not ordered		? not ordered	?	?		Wild mushroom mix canned	200	118	5	15	10
220 g				? not ordered		? not ordered	?	?		Yam bean	200	82	5	20	0
80 g				? not ordered		? not ordered	?	?		Yam	200	202	5	45	0

 Recommendations to lose weight			 Recommendations for healthy nutrition		 Recommendations to improve performance		 genet. warning 1  genet. warning 2  your preference			Spices, seasonings, additives	All values per standard serving				
g per item	often	rarely	often	rarely	often	rarely	?	?			g	kcal	Prot	Carb	Fat
		 	 		 										
15 g				? not ordered		? not ordered	?	?		Agar-Agar	5	3	0	0	0
20 g				? not ordered		? not ordered	?	?		Agave syrup	100	270	5	65	0
any amount				? not ordered		? not ordered	?	?		Anise	5	0	0	0	0
465 g				? not ordered		? not ordered	?	?		Apple vinegar	15	3	0	0	0
60 g				? not ordered		? not ordered	?	?		Balsamic vinegar	100	99	0	25	0
35 g				? not ordered		? not ordered	?	?		Barbecue sauce	45	54	5	5	5
any amount				? not ordered		? not ordered	?	?		Basil	5	0	0	0	0
any amount				? not ordered		? not ordered	?	?		Cayenne pepper	5	0	0	0	0
any amount				? not ordered		? not ordered	?	?		Chili red	5	0	0	0	0
40 g				? not ordered		? not ordered	?	?		Apple chutney	20	29	0	10	0
40 g				? not ordered		? not ordered	?	?		Mango chutney	20	28	0	10	0
50 g				? not ordered		? not ordered	?	?		Tomato chutney	20	21	0	5	0
any amount				? not ordered		? not ordered	?	?		Curry powder	5	0	0	0	0
25 g				? not ordered		? not ordered	?	?		Curry sauce	60	91	5	5	10
any amount				? not ordered		? not ordered	?	?		Dill	5	0	0	0	0
5 g				? not ordered		? not ordered	?	?		Cocktail dressing	20	116	0	5	15
10 g				? not ordered		? not ordered	?	?		Dressing vinegar-herb	45	134	0	5	15
10 g				? not ordered		? not ordered	?	?		Dressing French	60	222	5	5	25
15 g				? not ordered		? not ordered	?	?		Dressing Italian	60	146	5	5	15
5 g				? not ordered		? not ordered	?	?		Dressing mayonnaise	50	360	5	0	40
any amount				? not ordered		? not ordered	?	?		Tarragon	5	0	0	0	0
10 g				? not ordered		? not ordered	?	?		Gelatin	5	3	5	0	0
30 g				? not ordered		? not ordered	?	?		Vegetable stock granulated	100	176	20	15	10

























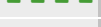








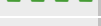
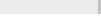
 Recommendations to lose weight			 Recommendations for healthy nutrition		 Recommendations to improve performance		 genet. warning 1  genet. warning 2  your preference			Spices, seasonings, additives	All values per standard serving				
g per item	often	rarely	often	rarely	often	rarely	?	?			g	kcal	Prot	Carb	Fat
		 	 		 										
30 g				? not ordered		? not ordered	?	?		Hoisin sauce	20	35	5	10	5
30 g				? not ordered		? not ordered	?	?		Chicken stock granulated	5	7	5	5	0
any amount				? not ordered		? not ordered	?	?		Ginger	5	0	0	0	0
any amount				? not ordered		? not ordered	?	?		Cardamom	5	0	0	0	0
50 g				? not ordered		? not ordered	?	?		Ketchup	20	22	0	5	0
any amount				? not ordered		? not ordered	?	?		Coriander	5	0	0	0	0
465 g				? not ordered		? not ordered	?	?		Herb vinegar	15	3	0	0	0
any amount				? not ordered		? not ordered	?	?		Cumin	5	0	0	0	0
any amount				? not ordered		? not ordered	?	?		Caraway	5	0	0	0	0
any amount				? not ordered		? not ordered	?	?		Turmeric	5	0	0	0	0
any amount				? not ordered		? not ordered	?	?		Bay leaf	5	0	0	0	0
any amount				? not ordered		? not ordered	?	?		Mace	5	0	0	0	0
any amount				? not ordered		? not ordered	?	?		Marjoram	5	0	0	0	0
any amount				? not ordered		? not ordered	?	?		Balm	5	0	0	0	0
any amount				? not ordered		? not ordered	?	?		Nutmeg	5	0	0	0	0
any amount				? not ordered		? not ordered	?	?		Cloves	5	0	0	0	0
465 g				? not ordered		? not ordered	?	?		Fruit vinegar	15	3	0	0	0
any amount				? not ordered		? not ordered	?	?		Oregano	5	0	0	0	0
any amount				? not ordered		? not ordered	?	?		Paprika sweet	5	0	0	0	0
105 g				? not ordered		? not ordered	?	?		Pectins	5	1	0	0	0
any amount				? not ordered		? not ordered	?	?		Parsley	5	0	0	0	0
any amount				? not ordered		? not ordered	?	?		Green pepper	5	0	0	0	0
any amount				? not ordered		? not ordered	?	?		Black pepper	5	0	0	0	0































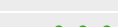






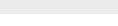
 Recommendations to lose weight			 Recommendations for healthy nutrition			 Recommendations to improve performance			 genet. warning 1			 genet. warning 2			 your preference			Spices, seasonings, additives All values per standard serving					
g per item	often	rarely	often	rarely	often	rarely	often	rarely	?	?	?	?	?	g	kcal	Prot	Carb	Fat					
																							
any amount				? not ordered		? not ordered		? not ordered	?	?				5	0	0	0	0					
any amount				? not ordered		? not ordered		? not ordered	?	?				5	0	0	0	0					
any amount				? not ordered		? not ordered		? not ordered	?	?				5	0	0	0	0					
any amount				? not ordered		? not ordered		? not ordered	?	?				5	0	0	0	0					
any amount				? not ordered		? not ordered		? not ordered	?	?				5	0	0	0	0					
55 g				? not ordered		? not ordered		? not ordered	?	?				20	28	5	5	5					
any amount				? not ordered		? not ordered		? not ordered	?	?				5	0	0	0	0					
75 g				? not ordered		? not ordered		? not ordered	?	?				5	4	0	0	0					
75 g				? not ordered		? not ordered		? not ordered	?	?				5	4	0	0	0					
45 g				? not ordered		? not ordered		? not ordered	?	?				15	17	5	5	5					
185 g				? not ordered		? not ordered		? not ordered	?	?				5	1	0	0	0					
any amount				? not ordered		? not ordered		? not ordered	?	?				5	0	0	0	0					
200 g				? not ordered		? not ordered		? not ordered	?	?				10	4	0	5	0					
any amount				? not ordered		? not ordered		? not ordered	?	?				5	0	0	0	0					
25 g				? not ordered		? not ordered		? not ordered	?	?				5	4	0	0	0					
490 g				? not ordered		? not ordered		? not ordered	?	?				15	3	0	0	0					
any amount				? not ordered		? not ordered		? not ordered	?	?				5	0	0	0	0					













 Recommendations to lose weight			 Recommendations for healthy nutrition		 Recommendations to improve performance		 genet. warning 1  genet. warning 2  your preference			Legumes (mellow), nuts, oil and other seeds					All values per standard serving				
g per item	often	rarely	often	rarely	often	rarely				g	kcal	Prot	Carb	Fat					
		 	  	  															
185 g				? not ordered		? not ordered	? ?		Bamboo shoots	150	27	5	5	0					
135 g				? not ordered		? not ordered	? ?		Bean sprouts	15	5	0	5	0					
10 g				? not ordered		? not ordered	? ?		Cashew	60	355	15	15	30					
10 g				? not ordered		? not ordered	? ?		Chia seeds	30	137	5	15	10					
30 g				? not ordered		? not ordered	? ?		Sweet chestnut	60	118	5	25	5					
90 g				? not ordered		? not ordered	? ?		Peas germinated	15	4	5	0	0					
10 g				? not ordered		? not ordered	? ?		Peanut	100	576	30	10	50					
95 g				? not ordered		? not ordered	? ?		Grain sprouts	15	8	0	5	0					
5 g				? not ordered		? not ordered	? ?		Hazelnut	60	390	10	5	40					
25 g				? not ordered		? not ordered	? ?		Chickpeas	60	161	15	25	5					
90 g				? not ordered		? not ordered	? ?		Chickpeas germinated	15	4	5	0	0					
10 g				? not ordered		? not ordered	? ?		Pumpkin seed	20	113	10	5	10					
10 g				? not ordered		? not ordered	? ?		Flaxseeds	20	89	5	5	10					
25 g				? not ordered		? not ordered	? ?		Lima beans	60	167	15	30	5					
20 g				? not ordered		? not ordered	? ?		Lentils	60	185	15	30	5					
100 g				? not ordered		? not ordered	? ?		Lentils germinated	15	4	5	0	0					
15 g				? not ordered		? not ordered	? ?		Lupine seeds	100	371	40	40	10					
115 g				? not ordered		? not ordered	? ?		Alfalfa sprout	15	4	0	0	0					
5 g				? not ordered		? not ordered	? ?		Macadamia nut	60	418	5	5	45					
10 g				? not ordered		? not ordered	? ?		Almond	60	353	15	5	35					
10 g				? not ordered		? not ordered	? ?		Poppy	20	97	5	5	10					
20 g				? not ordered		? not ordered	? ?		Mung beans	60	164	15	25	5					
5 g				? not ordered		? not ordered	? ?		Brazil nut	60	412	10	5	45					



































 Recommendations to lose weight			 Recommendations for healthy nutrition		 Recommendations to improve performance		 genet. warning 1	 genet. warning 2	 your preference	Legumes (mellow), nuts, oil and other seeds	All values per standard serving				
g per item	often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat
5 g				? not ordered		? not ordered	?	?		Pecan nut	60	419	10	5	45
10 g				? not ordered		? not ordered	?	?		Pine nut	20	115	5	5	10
10 g				? not ordered		? not ordered	?	?		Pistachio	60	352	15	10	35
10 g				? not ordered		? not ordered	?	?		Sesame	20	114	5	5	10
40 g				? not ordered		? not ordered	?	?		Soy bran	10	11	5	5	0
75 g				? not ordered		? not ordered	?	?		Soy sprouts	15	6	5	5	0
15 g				? not ordered		? not ordered	?	?		Sunflower seed	20	96	5	10	5
5 g				? not ordered		? not ordered	?	?		Walnut	40	286	10	5	30




























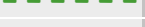










 Recommendations to lose weight			 Recommendations for healthy nutrition		 Recommendations to improve performance		 genet. warning 1	 genet. warning 2	 your preference	Mostly animal menu components	All values per standard serving				
g per item	often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat
215 g				? not ordered		? not ordered	?	?		White bean soup with meat	450	275	25	30	10
65 g				? not ordered		? not ordered	?	?		Chicken burger	150	378	15	50	15
110 g				? not ordered		? not ordered	?	?		Chilli con carne	250	258	20	15	15
50 g				? not ordered		? not ordered	?	?		Chicken cordon bleu	150	300	35	15	15
50 g				? not ordered		? not ordered	?	?		Pork cordon bleu	150	329	35	15	15
55 g				? not ordered		? not ordered	?	?		Curried sausage with fries	100	184	5	15	15
80 g				? not ordered		? not ordered	?	?		Debreziner bean goulash	350	420	25	20	30
60 g				? not ordered		? not ordered	?	?		Roasted duck with oranges and sauce	300	507	35	10	35






























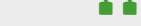






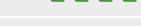
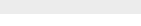
 Recommendations to lose weight			 Recommendations for healthy nutrition		 Recommendations to improve performance		 genet. warning 1  genet. warning 2  your preference			Mostly animal menu components					All values per standard serving				
g per item	often	rarely	often	rarely	often	rarely	?	?			g	kcal	Prot	Carb	Fat				
																			
55 g				? not ordered		? not ordered	?	?		Fish and chips	350	931	25	105	50				
100 g				? not ordered		? not ordered	?	?		Fish roll with tomato sauce	350	301	40	15	15				
45 g				? not ordered		? not ordered	?	?		Fish sticks	150	380	20	25	25				
40 g				? not ordered		? not ordered	?	?		Meat pie	350	945	40	60	65				
40 g				? not ordered		? not ordered	?	?		Roast goose with gravy	300	672	50	10	55				
105 g				? not ordered		? not ordered	?	?		Poultry cream soup	350	340	30	5	25				
50 g				? not ordered		? not ordered	?	?		Poultry croquette	200	378	20	15	30				
50 g				? not ordered		? not ordered	?	?		Chicken salad with pineapple and mushrooms	100	194	20	5	15				
120 g				? not ordered		? not ordered	?	?		Kale stew with cooked sausage	450	365	20	20	25				
100 g				? not ordered		? not ordered	?	?		Goulash soup canned	150	164	20	5	10				
75 g				? not ordered		? not ordered	?	?		Herring cooked in tomato sauce	80	98	10	5	10				
80 g				? not ordered		? not ordered	?	?		Venison stew with red wine	350	508	50	10	30				
70 g				? not ordered		? not ordered	?	?		Hot Dog	115	267	15	30	15				
60 g				? not ordered		? not ordered	?	?		Chicken fricassee with mushrooms	450	693	45	15	55				
65 g				? not ordered		? not ordered	?	?		Sliced veal with curry-garlic sauce	250	433	35	10	30				
60 g				? not ordered		? not ordered	?	?		Filled veal roll, with sauce	200	302	40	5	15				
95 g				? not ordered		? not ordered	?	?		Veal shoulder braised in cream sauce	200	164	25	5	10				
130 g				? not ordered		? not ordered	?	?		Carrot stew with pork belly	450	365	20	20	25				
25 g				? not ordered		? not ordered	?	?		Cheese souffle	140	424	20	5	40				
130 g				? not ordered		? not ordered	?	?		Stuffed cabbage with meat filling	300	258	20	15	15				
60 g				? not ordered		? not ordered	?	?		Königsberger meatballs	200	388	35	15	25				
60 g				? not ordered		? not ordered	?	?		Herbal pâté	350	588	65	5	40				
60 g				? not ordered		? not ordered	?	?		Lamb meatballs with curry in tomato sauce	200	340	20	15	25				







































 Recommendations to lose weight			 Recommendations for healthy nutrition		 Recommendations to improve performance		 genet. warning 1  genet. warning 2  your preference			Mostly animal menu components					All values per standard serving				
g per item	often	rarely	often	rarely	often	rarely	?	?			g	kcal	Prot	Carb	Fat				
		 	  	  															
70 g				? not ordered		? not ordered	?	?		Lasagna with minced meat	475	665	30	40	45				
100 g				? not ordered		? not ordered	?	?		Liver dumplings	350	536	40	50	25				
55 g				? not ordered		? not ordered	?	?		Liver pâté	150	294	25	10	20				
90 g				? not ordered		? not ordered	?	?		Oxtail soup	350	350	15	15	30				
95 g				? not ordered		? not ordered	?	?		Paprika chicken with sauce	250	263	30	10	15				
80 g				? not ordered		? not ordered	?	?		Ragout fin	180	236	20	10	15				
110 g				? not ordered		? not ordered	?	?		Ravioli stuffed with meat in tomato sauce	200	276	15	30	15				
90 g				? not ordered		? not ordered	?	?		Beef goulash	400	472	40	10	35				
115 g				? not ordered		? not ordered	?	?		Stewed beef with red wine sauce	350	382	35	10	15				
55 g				? not ordered		? not ordered	?	?		Scrambled eggs	120	193	15	5	15				
65 g				? not ordered		? not ordered	?	?		Cream herring	100	129	10	5	15				
40 g				? not ordered		? not ordered	?	?		Pork with sauce	250	583	35	10	50				
55 g				? not ordered		? not ordered	?	?		Breaded pork cutlet, fried	180	454	35	35	25				
55 g				? not ordered		? not ordered	?	?		Breaded pollock fillet	180	407	35	20	25				
125 g				? not ordered		? not ordered	?	?		Spaghetti Bolognese	250	350	15	55	10				
110 g				? not ordered		? not ordered	?	?		Brawn Berliner style	250	238	25	5	15				
50 g				? not ordered		? not ordered	?	?		Sushi	400	1224	45	220	20				
30 g				? not ordered		? not ordered	?	?		Dumplings stuffed with cheese and ham	250	803	40	25	65				
70 g				? not ordered		? not ordered	?	?		Squid fried in beer batter	280	375	45	30	15				
90 g				? not ordered		? not ordered	?	?		Tomatoes stuffed with minced meat	250	330	30	15	20				
90 g				? not ordered		? not ordered	?	?		Wild ragout with sauce	250	270	30	10	15				
65 g				? not ordered		? not ordered	?	?		Sweet 'n sour boar	300	522	50	10	35				
120 g				? not ordered		? not ordered	?	?		Game sauce	60	45	5	5	5				







































 Recommendations to lose weight			 Recommendations for healthy nutrition		 Recommendations to improve performance		genet. warning 1	genet. warning 2	your preference	Mostly animal menu components	All values per standard serving				
g per item	often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat
110 g							?	?		Game soup	350	315	35	15	15
35 g							?	?		Sausage salad	100	202	10	5	20




















































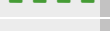





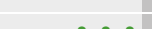

















 Recommendations to lose weight			 Recommendations for healthy nutrition		 Recommendations to improve performance		genet. warning 1	genet. warning 2	your preference	Mostly vegetable menu components	All values per standard serving				
g per item	often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat
190 g							?	?		Apple cold soup	350	161	0	40	0
30 g							?	?		Apple turnover	250	768	15	75	50
70 g							?	?		Baguette with mozzarella and tomatoes	200	434	20	55	20
100 g							?	?		Bami Goreng	450	689	40	80	25
130 g							?	?		Cauliflower casserole	300	204	10	15	15
110 g							?	?		White bean casserole	450	473	35	40	20
200 g							?	?		Green bean soup	400	208	10	20	15
95 g							?	?		Bouillabaisse	400	344	35	5	20
285 g							?	?		Broccoli cream soup	300	96	5	10	10
225 g							?	?		Bread soup	400	252	15	30	10
240 g							?	?		Cold buttermilk soup	350	196	15	35	5
100 g							?	?		Champignon cream soup	350	315	20	20	20
30 g							?	?		Champignon pâté	200	514	25	20	40
70 g							?	?		Champignon stuffed	250	315	25	10	20


































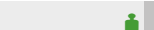

 Recommendations to lose weight			 Recommendations for healthy nutrition		 Recommendations to improve performance		 genet. warning 1  genet. warning 2  your preference			Mostly vegetable menu components					All values per standard serving				
g per item	often	rarely	often	rarely	often	rarely	?	?			g	kcal	Prot	Carb	Fat				
		 	  	  															
85 g				? not ordered		? not ordered	?	?		Champignon in batter	200	282	15	30	15				
70 g				? not ordered		? not ordered	?	?		Cornflakes with milk and sugar	200	22	10	65	5				
95 g				? not ordered		? not ordered	?	?		Vegetarian kebab	350	504	20	85	15				
215 g				? not ordered		? not ordered	?	?		Egg gruel	320	122	5	10	10				
165 g				? not ordered		? not ordered	?	?		Pea stew	450	297	10	30	15				
100 g				? not ordered		? not ordered	?	?		Falafel in pita bread	350	364	30	45	10				
any amount				? not ordered		? not ordered	?	?		Fish stock	100	6	0	5	0				
80 g				? not ordered		? not ordered	?	?		Tarte flambée	75	136	10	20	5				
35 g				? not ordered		? not ordered	?	?		Spring rolls	150	362	15	20	30				
275 g				? not ordered		? not ordered	?	?		Clear spring soup	350	168	15	25	5				
295 g				? not ordered		? not ordered	?	?		Vegetable broth	300	57	5	5	10				
110 g				? not ordered		? not ordered	?	?		Vegetable burger	200	276	10	40	10				
160 g				? not ordered		? not ordered	?	?		Vegetable stew	350	196	20	10	10				
120 g				? not ordered		? not ordered	?	?		Grains patty	200	250	15	40	10				
75 g				? not ordered		? not ordered	?	?		Greek salad	120	110	5	5	10				
90 g				? not ordered		? not ordered	?	?		Semolina dumplings	30	26	5	5	5				
310 g				? not ordered		? not ordered	?	?		Green beans in tomato sauce	250	113	5	15	5				
90 g				? not ordered		? not ordered	?	?		Grain burger	180	256	15	30	15				
115 g				? not ordered		? not ordered	?	?		Porridge	310	270	15	25	15				
285 g				? not ordered		? not ordered	?	?		Oatmeal pithy	330	109	5	10	10				
20 g				? not ordered		? not ordered	?	?		Yeast flakes	5	16	5	5	0				
50 g				? not ordered		? not ordered	?	?		Yeast dumplings	180	518	15	85	20				
80 g				? not ordered		? not ordered	?	?		Yeast cake with plums	540	842	20	155	20				







































 Recommendations to lose weight			 Recommendations for healthy nutrition		 Recommendations to improve performance		 genet. warning 1  genet. warning 2  your preference			Mostly vegetable menu components					All values per standard serving				
g per item	often	rarely	often	rarely	often	rarely	?	?			g	kcal	Prot	Carb	Fat				
		 	  	  															
135 g				? not ordered		? not ordered	?	?		Light sauce	110	62	5	5	5				
110 g				? not ordered		? not ordered	?	?		Chicken broth with noodles	330	281	20	15	20				
60 g				? not ordered		? not ordered	?	?		Hummus	100	166	10	15	10				
80 g				? not ordered		? not ordered	?	?		Italian salad	100	97	10	5	10				
155 g				? not ordered		? not ordered	?	?		Caramel sauce	60	53	5	10	5				
90 g				? not ordered		? not ordered	?	?		Potato gratin without cheese	350	417	10	50	25				
75 g				? not ordered		? not ordered	?	?		Potato croquettes	250	375	10	45	20				
135 g				? not ordered		? not ordered	?	?		Mashed potatoes	250	240	10	40	10				
90 g				? not ordered		? not ordered	?	?		Potato salad with vinegar/oil dressing	250	270	5	30	15				
130 g				? not ordered		? not ordered	?	?		Potato soup	400	356	15	40	20				
35 g				? not ordered		? not ordered	?	?		Cheese salad	150	314	20	10	25				
65 g				? not ordered		? not ordered	?	?		Cheese sauce	60	67	5	5	5				
65 g				? not ordered		? not ordered	?	?		Cheese noodles	200	492	25	65	20				
130 g				? not ordered		? not ordered	?	?		Dumplings from boiled potatoes	200	194	10	35	5				
45 g				? not ordered		? not ordered	?	?		Herb cream sauce	60	94	5	5	10				
80 g				? not ordered		? not ordered	?	?		Herb sauce	60	58	5	5	5				
140 g				? not ordered		? not ordered	?	?		Pumpkin cream soup	350	217	10	15	15				
165 g				? not ordered		? not ordered	?	?		Lentil stew	450	342	20	35	15				
145 g				? not ordered		? not ordered	?	?		Mangold steamed, in light sauce	100	58	5	5	5				
80 g				? not ordered		? not ordered	?	?		Swabian ravioli	250	343	30	40	10				
75 g				? not ordered		? not ordered	?	?		Horseradish sauces from lighter sauce	60	67	5	5	5				
90 g				? not ordered		? not ordered	?	?		Dumplings	200	278	10	50	10				
160 g				? not ordered		? not ordered	?	?		Cold milk soup	320	285	10	40	15				







































 Recommendations to lose weight			 Recommendations for healthy nutrition		 Recommendations to improve performance		 genet. warning 1  genet. warning 2  your preference			Mostly vegetable menu components					All values per standard serving				
g per item	often	rarely	often	rarely	often	rarely	?	?			g	kcal	Prot	Carb	Fat				
		 	  	  															
140 g				? not ordered		? not ordered	?	?		Rice pudding	250	235	10	40	10				
85 g				? not ordered		? not ordered	?	?		Rice pudding with cream and cherries	200	248	5	30	15				
165 g				? not ordered		? not ordered	?	?		Milk soup with flour	350	291	15	35	15				
120 g				? not ordered		? not ordered	?	?		Cereals with milk 3.5%	200	270	15	40	10				
95 g				? not ordered		? not ordered	?	?		Cereals with milk, sugar and fruit	150	207	10	35	5				
105 g				? not ordered		? not ordered	?	?		Nasi Goreng	550	677	45	70	30				
60 g				? not ordered		? not ordered	?	?		Pasta casserole with cheese	350	627	30	60	35				
100 g				? not ordered		? not ordered	?	?		Pasta salad with vegetables/mayonnaise	350	508	15	75	20				
40 g				? not ordered		? not ordered	?	?		Omelette	140	249	20	5	20				
85 g				? not ordered		? not ordered	?	?		Pancake	150	284	10	40	10				
60 g				? not ordered		? not ordered	?	?		Pepper sauce	100	118	5	10	10				
45 g				? not ordered		? not ordered	?	?		Mushroom ragout au gratin	250	398	25	5	35				
40 g				? not ordered		? not ordered	?	?		Pizza al formaggio (with cheese)	250	753	40	70	40				
80 g				? not ordered		? not ordered	?	?		Pizza al funghi (with mushrooms)	250	498	20	70	20				
60 g				? not ordered		? not ordered	?	?		Pizza napolitana	250	578	25	75	25				
60 g				? not ordered		? not ordered	?	?		Pizza salami	250	590	20	80	25				
120 g				? not ordered		? not ordered	?	?		French fries	200	234	5	35	10				
145 g				? not ordered		? not ordered	?	?		Cranberry sauce	60	43	0	10	0				
30 g				? not ordered		? not ordered	?	?		Cream sauce	60	113	5	5	15				
140 g				? not ordered		? not ordered	?	?		Ratatouille	350	189	5	15	15				
115 g				? not ordered		? not ordered	?	?		Brussels sprouts puree	250	195	10	15	15				
205 g				? not ordered		? not ordered	?	?		Beetroot steamed sweet/sour	250	148	5	20	10				
140 g				? not ordered		? not ordered	?	?		Red wine sauce	60	37	0	5	5				

 Recommendations to lose weight			 Recommendations for healthy nutrition		 Recommendations to improve performance		 genet. warning 1  genet. warning 2  your preference			Mostly vegetable menu components					All values per standard serving				
g per item	often	rarely	often	rarely	often	rarely	?	?			g	kcal	Prot	Carb	Fat				
		 	 			 													
130 g				? not ordered		? not ordered	?	?		Rum sauce	60	61	5	10	5				
35 g				? not ordered		? not ordered	?	?		herbal dressing	60	112	5	5	15				
50 g				? not ordered		? not ordered	?	?		Horseradish cream	60	85	5	5	10				
25 g				? not ordered		? not ordered	?	?		Processed cheese with mushrooms	30	86	5	5	10				
145 g				? not ordered		? not ordered	?	?		Chocolate sauce	60	52	5	10	5				
15 g				? not ordered		? not ordered	?	?		Chocolate waffle	50	267	5	20	20				
95 g				? not ordered		? not ordered	?	?		Potato dumplings	125	160	10	30	5				
15 g				? not ordered		? not ordered	?	?		Seitan	100	370	75	15	5				
120 g				? not ordered		? not ordered	?	?		Braised celery, in light sauce	250	145	5	10	15				
100 g				? not ordered		? not ordered	?	?		Bread dumplings	290	447	20	55	20				
70 g				? not ordered		? not ordered	?	?		Mustard sauce	60	67	5	5	5				
120 g				? not ordered		? not ordered	?	?		Sauces dark	60	37	0	5	5				
95 g				? not ordered		? not ordered	?	?		Spaghetti with tomato sauce	250	320	15	60	5				
120 g				? not ordered		? not ordered	?	?		Asparagus casserole	550	418	20	30	25				
105 g				? not ordered		? not ordered	?	?		Asparagus cream soup	300	240	15	15	15				
50 g				? not ordered		? not ordered	?	?		Spinach casserole with cheese	300	393	15	5	40				
260 g				? not ordered		? not ordered	?	?		Soups dark, bound	350	119	15	5	10				
245 g				? not ordered		? not ordered	?	?		Soups light, bound	350	221	10	30	10				
235 g				? not ordered		? not ordered	?	?		Clear soups with vegetables.	350	175	10	20	10				
110 g				? not ordered		? not ordered	?	?		Tagliatelle with tomatoes and parsley	250	320	10	50	10				
25 g				? not ordered		? not ordered	?	?		Tapioca pearls	100	0	0	90	0				
45 g				? not ordered		? not ordered	?	?		Tempeh	20	30	5	0	5				
105 g				? not ordered		? not ordered	?	?		Tofu	100	77	10	5	5				



























 Recommendations to lose weight			 Recommendations for healthy nutrition		 Recommendations to improve performance		 genet. warning 1  genet. warning 2  your preference			Mostly vegetable menu components					All values per standard serving				
g per item	often	rarely	often	rarely	often	rarely	?	?			g	kcal	Prot	Carb	Fat				
		 	  	  															
145 g			 not ordered		 not ordered		?	?		Tomato cream soup	300	156	5	10	15				
45 g			 not ordered		 not ordered		?	?		Tomato and mozzarella salad with olive oil	100	159	10	5	15				
95 g			 not ordered		 not ordered		?	?		Tomato sauce	100	65	5	5	10				
295 g			 not ordered		 not ordered		?	?		Tomato soup, clear	300	90	10	5	5				
100 g			 not ordered		 not ordered		?	?		Tzatziki	20	11	5	5	0				
160 g			 not ordered		 not ordered		?	?		Custard	60	52	5	10	5				
100 g			 not ordered		 not ordered		?	?		Wholemeal pasta with tomato sauce	250	305	15	35	15				
100 g			 not ordered		 not ordered		?	?		Whole grain pasta salad with vegetables	330	503	20	70	20				
95 g			 not ordered		 not ordered		?	?		Whole grain pizza with vegetables	230	331	20	40	15				
155 g			 not ordered		 not ordered		?	?		Wax beans, steamed	250	155	5	15	10				
85 g			 not ordered		 not ordered		?	?		Sabayon sauce	60	118	5	20	5				
200 g			 not ordered		 not ordered		?	?		White beans in tomato sauce	250	173	15	25	5				
90 g			 not ordered		 not ordered		?	?		White wine sauce	100	95	5	5	10				
225 g			 not ordered		 not ordered		?	?		Semolina porridge	320	109	5	10	10				
195 g			 not ordered		 not ordered		?	?		Savoy cabbage with cheese sauce	100	54	5	5	5				
55 g			 not ordered		 not ordered		?	?		Zucchini cream sauce	60	72	5	5	10				
90 g			 not ordered		 not ordered		?	?		Plum dumplings with sugar/cinnamon	200	284	5	50	10				
60 g			 not ordered		 not ordered		?	?		Onion tart	215	368	15	40	20				
115 g			 not ordered		 not ordered		?	?		Onion sauce	60	43	5	5	5				
175 g			 not ordered		 not ordered		?	?		Onion soup, clear	300	159	10	10	10				




































 Recommendations to lose weight			 Recommendations for healthy nutrition		 Recommendations to improve performance		 genet. warning 1  genet. warning 2  your preference			Milk, milk products and cheese					All values per standard serving				
g per item	often	rarely	often	rarely	often	rarely	?	?			g	kcal	Prot	Carb	Fat				
																			
30 g				? not ordered		? not ordered	?	?		Blue cheese min. 50% fat	30	107	10	0	10				
30 g				? not ordered		? not ordered	?	?		Brie	30	109	5	0	10				
40 g				? not ordered		? not ordered	?	?		Butter cheese	30	90	10	0	10				
370 g				? not ordered		? not ordered	?	?		Buttermilk	150	56	5	10	5				
40 g				? not ordered		? not ordered	?	?		Camembert	30	85	10	0	10				
70 g				? not ordered		? not ordered	?	?		Cashew milk	100	155	5	10	15				
30 g				? not ordered		? not ordered	?	?		Chester	30	110	10	0	10				
35 g				? not ordered		? not ordered	?	?		Creme fraiche 30% fat	100	277	5	10	30				
30 g				? not ordered		? not ordered	?	?		Danablu	30	104	10	0	10				
380 g				? not ordered		? not ordered	?	?		Curdled milk (sour milk) 1.5% fat	150	69	5	10	5				
85 g				? not ordered		? not ordered	?	?		Curdled milk (sour milk) 10% fat	150	177	5	10	15				
380 g				? not ordered		? not ordered	?	?		Curdled milk (sour milk) less than 1.5% fat	150	51	5	10	0				
165 g				? not ordered		? not ordered	?	?		Curdled milk	100	95	5	20	5				
30 g				? not ordered		? not ordered	?	?		Edam	30	106	10	0	10				
35 g				? not ordered		? not ordered	?	?		Blue cheese	30	91	10	0	10				
30 g				? not ordered		? not ordered	?	?		Emmental	30	113	10	0	10				
35 g				? not ordered		? not ordered	?	?		Feta	30	85	5	0	10				
30 g				? not ordered		? not ordered	?	?		Cream cheese	30	101	5	5	10				
30 g				? not ordered		? not ordered	?	?		Gorgonzola	30	107	10	0	10				
30 g				? not ordered		? not ordered	?	?		Gouda	30	109	10	0	10				
30 g				? not ordered		? not ordered	?	?		Grill and pan cheese (Halloumi)	100	378	30	0	30				
240 g				? not ordered		? not ordered	?	?		Oat milk	100	109	0	5	5				
45 g				? not ordered		? not ordered	?	?		Hard cheese	30	88	10	0	5				




































 Recommendations to lose weight			 Recommendations for healthy nutrition		 Recommendations to improve performance		 genet. warning 1  genet. warning 2  your preference			Milk, milk products and cheese					All values per standard serving				
g per item	often	rarely	often	rarely	often	rarely	?	?			g	kcal	Prot	Carb	Fat				
		 	  	  															
35 g				? not ordered		? not ordered	?	?		Hard cheese 10% fat	30	50	15	0	0				
35 g				? not ordered		? not ordered	?	?		Hard cheese min. 30% fat	30	112	15	0	10				
30 g				? not ordered		? not ordered	?	?		Hard cheese min. 45% fat	30	113	10	0	10				
30 g				? not ordered		? not ordered	?	?		Hard cheese min. 50% fat	30	119	10	0	10				
50 g				? not ordered		? not ordered	?	?		Hazelnut milk	100	176	5	5	20				
105 g				? not ordered		? not ordered	?	?		Cottage cheese	30	31	5	5	5				
375 g				? not ordered		? not ordered	?	?		Yogurt 1% fat	150	56	5	10	0				
365 g				? not ordered		? not ordered	?	?		Yogurt 1.5% fat	150	74	5	10	5				
85 g				? not ordered		? not ordered	?	?		Yogurt 10% fat	150	177	5	10	15				
225 g				? not ordered		? not ordered	?	?		Yogurt 3.5% fat	150	104	10	10	10				
80 g				? not ordered		? not ordered	?	?		Coffee creamer 10% fat	5	6	0	0	5				
45 g				? not ordered		? not ordered	?	?		Coffee creamer 20% fat	5	10	0	0	5				
30 g				? not ordered		? not ordered	?	?		Coffee creamer 30% fat	5	14	0	0	5				
240 g				? not ordered		? not ordered	?	?		Kefir	150	98	5	5	5				
95 g				? not ordered		? not ordered	?	?		Cooked cheese	30	37	5	5	5				
65 g				? not ordered		? not ordered	?	?		Condensed milk, sweetened	15	48	5	10	5				
380 g				? not ordered		? not ordered	?	?		Cow milk 1.5% fat	150	72	5	10	5				
235 g				? not ordered		? not ordered	?	?		Cow milk 3.5% fat	150	98	5	10	5				
40 g				? not ordered		? not ordered	?	?		Macadamia milk	100	201	5	5	25				
60 g				? not ordered		? not ordered	?	?		Almond milk	100	163	10	10	15				
25 g				? not ordered		? not ordered	?	?		Mascarpone	30	116	5	5	15				
700 g				? not ordered		? not ordered	?	?		Whey	150	38	5	10	0				
65 g				? not ordered		? not ordered	?	?		Whey cheese	30	101	5	20	5				
















 Recommendations to lose weight			 Recommendations for healthy nutrition		 Recommendations to improve performance		 genet. warning 1  genet. warning 2  your preference			Milk, milk products and cheese					All values per standard serving				
g per item	often	rarely	often	rarely	often	rarely	?	?			g	kcal	Prot	Carb	Fat				
		 	  	  															
40 g				? not ordered		? not ordered	?	?		Mozzarella	150	395	30	5	35				
40 g				? not ordered		? not ordered	?	?		Münster	30	87	10	0	10				
30 g				? not ordered		? not ordered	?	?		Parmesan	30	119	10	0	10				
100 g				? not ordered		? not ordered	?	?		Quark	30	22	5	5	0				
145 g				? not ordered		? not ordered	?	?		Rice milk	100	104	5	25	0				
100 g				? not ordered		? not ordered	?	?		Ricotta, low fat	100	79	15	5	5				
80 g				? not ordered		? not ordered	?	?		Cream 10% fat	15	18	0	5	5				
30 g				? not ordered		? not ordered	?	?		Cream 30% fat	15	45	0	0	5				
50 g				? not ordered		? not ordered	?	?		Brine cheese from cow milk	100	226	15	5	20				
50 g				? not ordered		? not ordered	?	?		Sour milk quark	30	35	10	0	0				
45 g				? not ordered		? not ordered	?	?		Sour cream (heavy sour cream) 20% fat	25	51	5	5	5				
30 g				? not ordered		? not ordered	?	?		Sour cream (heavy sour cream) 30% fat	25	72	5	5	10				
25 g				? not ordered		? not ordered	?	?		Sour cream (heavy sour cream) 40% fat	25	93	5	5	10				
50 g				? not ordered		? not ordered	?	?		Sour cream 10% fat	25	47	5	5	5				
45 g				? not ordered		? not ordered	?	?		Sour cream 20% fat	25	51	5	5	5				
140 g				? not ordered		? not ordered	?	?		Sheep milk	150	141	10	10	10				
35 g				? not ordered		? not ordered	?	?		Sheep cheese	30	85	5	0	10				
110 g				? not ordered		? not ordered	?	?		Layered cheese	30	33	5	5	5				
85 g				? not ordered		? not ordered	?	?		Whipped cream 10% fat	25	30	5	5	5				
30 g				? not ordered		? not ordered	?	?		Whipped cream 30% fat	25	76	5	5	10				
30 g				? not ordered		? not ordered	?	?		Processed cheese	30	98	5	0	10				
40 g				? not ordered		? not ordered	?	?		Processed cheese with spices	30	86	5	5	10				
515 g				? not ordered		? not ordered	?	?		Soy milk	100	48	5	10	5				


























 Recommendations to lose weight			 Recommendations for healthy nutrition		 Recommendations to improve performance		 genet. warning 1  genet. warning 2  your preference			Milk, milk products and cheese					All values per standard serving				
g per item	often	rarely	often	rarely	often	rarely	?	?			g	kcal	Prot	Carb	Fat				
		 	  	  															
85 g				? not ordered		? not ordered	?	?		Soy cream	30	41	0	5	5				
35 g				? not ordered		? not ordered	?	?		Tilsit	30	106	10	0	10				
30 g				? not ordered		? not ordered	?	?		Quadrangle hard cheese	30	115	10	0	10				
40 g				? not ordered		? not ordered	?	?		Soft cheese	30	83	10	0	10				
215 g				? not ordered		? not ordered	?	?		Goat milk	150	101	10	10	10				



































 Recommendations to lose weight			 Recommendations for healthy nutrition		 Recommendations to improve performance		 genet. warning 1  genet. warning 2  your preference			Deep sea fish, fresh water fish, crustaceans, shellfish, mollusks					All values per standard serving				
g per item	often	rarely	often	rarely	often	rarely	?	?			g	kcal	Prot	Carb	Fat				
		 	  	  															
35 g				? not ordered		? not ordered	?	?		Eel	150	417	25	0	40				
145 g				? not ordered		? not ordered	?	?		Oyster	100	67	10	5	5				
70 g				? not ordered		? not ordered	?	?		Perch	150	123	30	0	5				
80 g				? not ordered		? not ordered	?	?		Perch, marinated	65	80	15	5	5				
15 g				? not ordered		? not ordered	?	?		Cod liver	150	920	10	5	100				
80 g				? not ordered		? not ordered	?	?		Flounder	150	110	25	0	5				
90 g				? not ordered		? not ordered	?	?		Crayfish	100	70	15	5	0				
70 g				? not ordered		? not ordered	?	?		Trout	150	155	30	0	5				
70 g				? not ordered		? not ordered	?	?		Shrimp	100	92	20	5	5				
80 g				? not ordered		? not ordered	?	?		Shrimp, marinated	65	86	15	5	5				
55 g				? not ordered		? not ordered	?	?		Yellowfin tuna.	150	227	35	0	10				














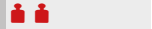





















 Recommendations to lose weight			 Recommendations for healthy nutrition		 Recommendations to improve performance		 genet. warning 1  genet. warning 2  your preference			Deep sea fish, fresh water fish, crustaceans, shellfish, mollusks	All values per standard serving				
g per item	often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat
															
70 g				? not ordered		? not ordered	? ?		Pike	150	123	30	0	5	
65 g				? not ordered		? not ordered	? ?		Halibut	150	144	30	0	5	
50 g				? not ordered		? not ordered	? ?		Herring	150	347	30	0	30	
40 g				? not ordered		? not ordered	? ?		Herring, marinated	140	360	25	5	30	
85 g				? not ordered		? not ordered	? ?		Lobster	100	83	20	5	5	
120 g				? not ordered		? not ordered	? ?		Scallops	100	77	15	10	5	
75 g				? not ordered		? not ordered	? ?		Cod	150	117	30	0	5	
75 g				? not ordered		? not ordered	? ?		Carp	150	174	30	0	10	
80 g				? not ordered		? not ordered	? ?		Carp, marinated	100	153	20	5	10	
85 g				? not ordered		? not ordered	? ?		Catfish	150	120	25	0	5	
125 g				? not ordered		? not ordered	? ?		Clam	100	65	15	5	5	
80 g				? not ordered		? not ordered	? ?		Crab, marinated	150	197	25	5	10	
70 g				? not ordered		? not ordered	? ?		Crabs	100	91	20	5	5	
65 g				? not ordered		? not ordered	? ?		Salmon	150	270	30	0	20	
55 g				? not ordered		? not ordered	? ?		Salmon, marinated	150	317	30	5	25	
75 g				? not ordered		? not ordered	? ?		Crawfish	100	85	20	5	5	
70 g				? not ordered		? not ordered	? ?		Shad	150	215	30	0	15	
70 g				? not ordered		? not ordered	? ?		Mackerel	150	272	30	0	20	
55 g				? not ordered		? not ordered	? ?		Mackerel, marinated	100	212	20	5	20	
40 g				? not ordered		? not ordered	? ?		Dutch herring	150	398	25	0	35	
125 g				? not ordered		? not ordered	? ?		Mussel	100	70	15	5	5	
90 g				? not ordered		? not ordered	? ?		Pangasius	100	77	15	0	5	
85 g				? not ordered		? not ordered	? ?		Pickled herring, canned	50	70	5	0	5	




































 Recommendations to lose weight			 Recommendations for healthy nutrition		 Recommendations to improve performance		 genet. warning 1  genet. warning 2  your preference			Deep sea fish, fresh water fish, crustaceans, shellfish, mollusks	All values per standard serving				
g per item	often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat
															
75 g				? not ordered		? not ordered	? ?		Redfish	150	159	30	0	5	
60 g				? not ordered		? not ordered	? ?		Bluefin tuna	150	207	35	0	10	
85 g				? not ordered		? not ordered	? ?		Lemon sole	150	110	25	0	5	
65 g				? not ordered		? not ordered	? ?		Anchovy	150	153	30	0	5	
75 g				? not ordered		? not ordered	? ?		Anchovy, canned	65	92	15	5	5	
70 g				? not ordered		? not ordered	? ?		Sardine	150	179	30	0	10	
75 g				? not ordered		? not ordered	? ?		Haddock	150	117	30	0	5	
70 g				? not ordered		? not ordered	? ?		Shield mackerel	150	171	30	0	10	
75 g				? not ordered		? not ordered	? ?		Tench	150	117	30	0	5	
80 g				? not ordered		? not ordered	? ?		Plaice	150	129	30	0	5	
85 g				? not ordered		? not ordered	? ?		Greenland halibut	150	215	20	0	15	
70 g				? not ordered		? not ordered	? ?		Swordfish	150	177	30	0	10	
75 g				? not ordered		? not ordered	? ?		Hake	150	141	30	0	5	
70 g				? not ordered		? not ordered	? ?		Pollock	150	150	30	0	5	
75 g				? not ordered		? not ordered	? ?		Pollock, marinated	65	90	15	5	5	
90 g				? not ordered		? not ordered	? ?		Monkfish	150	99	25	0	5	
75 g				? not ordered		? not ordered	? ?		Sole	150	125	30	0	5	
55 g				? not ordered		? not ordered	? ?		Sprat	150	321	25	0	25	
80 g				? not ordered		? not ordered	? ?		Turbot	150	125	25	0	5	
170 g				? not ordered		? not ordered	? ?		Surimi (crab meat imitation)	100	114	10	15	5	
55 g				? not ordered		? not ordered	? ?		Tuna	150	336	35	0	25	
80 g				? not ordered		? not ordered	? ?		Octopus	150	123	25	5	5	
120 g				? not ordered		? not ordered	? ?		Clam	100	77	15	10	5	






























 Recommendations to lose weight			 Recommendations for healthy nutrition		 Recommendations to improve performance		   genet. warning 1 genet. warning 2 your preference			Deep sea fish, fresh water fish, crustaceans, shellfish, mollusks	All values per standard serving						
g per item	often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat		
																	
60 g				? not ordered		? not ordered				?	?	Albacore	150	264	35	0	15
75 g				? not ordered		? not ordered				?	?	Catfish	150	243	25	0	20
70 g				? not ordered		? not ordered				?	?	Sander	150	126	30	0	5




































 Recommendations to lose weight			 Recommendations for healthy nutrition		 Recommendations to improve performance		   genet. warning 1 genet. warning 2 your preference			Sausage, embutidos	All values per standard serving						
g per item	often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat		
																	
25 g				? not ordered		? not ordered				?	?	Berliner sausages	30	98	5	0	10
65 g				? not ordered		? not ordered				?	?	Beer ham sausage/ham pâté	30	52	5	5	5
30 g				? not ordered		? not ordered				?	?	Bockwurst	115	312	15	0	30
30 g				? not ordered		? not ordered				?	?	Bratwurst/Rhineland Bratwurst	150	408	20	0	40
20 g				? not ordered		? not ordered				?	?	Cervelatwurst	30	117	10	0	10
50 g				? not ordered		? not ordered				?	?	Corned Beef	30	42	10	0	5
55 g				? not ordered		? not ordered				?	?	Meatloaf	125	188	25	0	10
40 g				? not ordered		? not ordered				?	?	Foie gras	30	75	10	5	5
35 g				? not ordered		? not ordered				?	?	Foie roll	80	192	15	5	20
50 g				? not ordered		? not ordered				?	?	Poultry bratwurst	100	115	25	0	5
190 g				? not ordered		? not ordered				?	?	Vegetable aspic	50	22	5	5	0
45 g				? not ordered		? not ordered				?	?	Venison pie	30	68	10	0	5
45 g				? not ordered		? not ordered				?	?	Jagdwurst	30	61	5	0	5







































 Recommendations to lose weight			 Recommendations for healthy nutrition		 Recommendations to improve performance		 genet. warning 1  genet. warning 2  your preference			Sausage, embutidos					All values per standard serving				
g per item	often	rarely	often	rarely	often	rarely	?	?			g	kcal	Prot	Carb	Fat				
		 	 		 														
55 g				? not ordered		? not ordered	?	?		Veal aspic	30	33	10	0	5				
25 g				? not ordered		? not ordered	?	?		Veal sausage	125	401	20	0	40				
50 g				? not ordered		? not ordered	?	?		Kassel	30	32	10	0	5				
25 g				? not ordered		? not ordered	?	?		Polish Colbassa	30	92	5	0	10				
60 g				? not ordered		? not ordered	?	?		Rolled fillet of ham	200	232	40	5	10				
30 g				? not ordered		? not ordered	?	?		Liver sausage	30	86	5	0	10				
25 g				? not ordered		? not ordered	?	?		Lyon sausage	125	383	15	0	40				
30 g				? not ordered		? not ordered	?	?		Sausage coarse	30	88	10	0	10				
60 g				? not ordered		? not ordered	?	?		Smoked meat	30	39	5	0	5				
65 g				? not ordered		? not ordered	?	?		Beef cured meat smoked	30	41	5	0	5				
40 g				? not ordered		? not ordered	?	?		Beef aspic	30	42	10	0	5				
25 g				? not ordered		? not ordered	?	?		Salami	30	113	10	5	10				
30 g				? not ordered		? not ordered	?	?		Ham roll	30	83	10	0	10				
25 g				? not ordered		? not ordered	?	?		Ham sausage	30	92	5	0	10				
50 g				? not ordered		? not ordered	?	?		Pork bacon	30	46	10	0	5				
25 g				? not ordered		? not ordered	?	?		Pork bacon smoked	30	96	5	0	10				
15 g				? not ordered		? not ordered	?	?		Sausage spread	30	137	5	0	15				
25 g				? not ordered		? not ordered	?	?		White sausage	125	371	15	5	35				
30 g				? not ordered		? not ordered	?	?		Wiener sausages	70	183	10	0	20				


























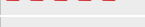
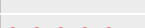







 Recommendations to lose weight			 Recommendations for healthy nutrition		 Recommendations to improve performance		 genet. warning 1  genet. warning 2  your preference			Beef, veal, pork, mutton and lamb meat					All values per standard serving				
g per item	often	rarely	often	rarely	often	rarely	?	?			g	kcal	Prot	Carb	Fat				
																			
20 g				? not ordered		? not ordered	?	?		Mutton breast	100	376	15	0	40				
25 g				? not ordered		? not ordered	?	?		Mutton chop	100	343	15	0	35				
40 g				? not ordered		? not ordered	?	?		Veal belly	125	298	25	0	25				
50 g				? not ordered		? not ordered	?	?		Veal breast	125	250	25	0	20				
50 g				? not ordered		? not ordered	?	?		Veal filet	150	153	35	0	5				
55 g				? not ordered		? not ordered	?	?		Veal goulash	150	188	30	0	10				
55 g				? not ordered		? not ordered	?	?		Veal mince meat	100	148	20	0	10				
55 g				? not ordered		? not ordered	?	?		Veal knuckle	150	177	30	0	10				
55 g				? not ordered		? not ordered	?	?		Veal leg	125	114	30	0	5				
60 g				? not ordered		? not ordered	?	?		Veal chop	150	219	30	0	15				
50 g				? not ordered		? not ordered	?	?		Veal nut/fricandeau	125	128	30	0	5				
50 g				? not ordered		? not ordered	?	?		Veal neck	125	138	30	0	5				
50 g				? not ordered		? not ordered	?	?		Veal ball	125	128	30	0	5				
50 g				? not ordered		? not ordered	?	?		Veal roll	150	153	35	0	5				
55 g				? not ordered		? not ordered	?	?		Veal back	150	162	35	0	5				
50 g				? not ordered		? not ordered	?	?		Veal shoulder	125	119	30	0	5				
55 g				? not ordered		? not ordered	?	?		Veal steak	150	162	35	0	5				
55 g				? not ordered		? not ordered	?	?		Veal fore knuckle	150	177	30	0	10				
30 g				? not ordered		? not ordered	?	?		Lamb breast	100	287	20	0	25				
45 g				? not ordered		? not ordered	?	?		Lamb chop	100	216	20	0	20				
55 g				? not ordered		? not ordered	?	?		Lamb neck	100	190	20	0	15				
55 g				? not ordered		? not ordered	?	?		Lamb ball	100	122	20	0	5				
35 g				? not ordered		? not ordered	?	?		Beef belly	125	314	25	0	25				


























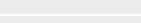









 Recommendations to lose weight			 Recommendations for healthy nutrition		 Recommendations to improve performance		 genet. warning 1  genet. warning 2  your preference			Beef, veal, pork, mutton and lamb meat					All values per standard serving				
g per item	often	rarely	often	rarely	often	rarely	?	?			g	kcal	Prot	Carb	Fat				
																			
50 g				? not ordered		? not ordered	?	?		Beef hip	125	135	30	0	5				
35 g				? not ordered		? not ordered	?	?		Beef breast	125	328	25	0	30				
50 g				? not ordered		? not ordered	?	?		Beef filet	125	151	30	0	5				
55 g				? not ordered		? not ordered	?	?		Beef goulash	150	194	30	0	10				
50 g				? not ordered		? not ordered	?	?		Beef minced meat	100	207	25	0	15				
55 g				? not ordered		? not ordered	?	?		Beef leg	150	182	35	0	10				
60 g				? not ordered		? not ordered	?	?		Beef chop	150	240	30	0	15				
60 g				? not ordered		? not ordered	?	?		Beef neck	150	240	30	0	15				
55 g				? not ordered		? not ordered	?	?		Beef olives	125	156	30	0	10				
30 g				? not ordered		? not ordered	?	?		Beef oxtail	150	441	35	0	35				
55 g				? not ordered		? not ordered	?	?		Beef roll	150	182	35	0	10				
50 g				? not ordered		? not ordered	?	?		Beef back	125	163	30	0	10				
55 g				? not ordered		? not ordered	?	?		Beef escalope	125	151	30	0	5				
55 g				? not ordered		? not ordered	?	?		Beef shoulder	125	161	25	0	10				
50 g				? not ordered		? not ordered	?	?		Beef steak	150	219	35	0	10				
40 g				? not ordered		? not ordered	?	?		Sheep belly	125	290	25	0	25				
55 g				? not ordered		? not ordered	?	?		Sheep breast	125	204	25	0	15				
55 g				? not ordered		? not ordered	?	?		Sheep filet	125	141	30	0	5				
55 g				? not ordered		? not ordered	?	?		Sheep goulash	150	209	30	0	10				
55 g				? not ordered		? not ordered	?	?		Sheep knuckle	125	244	25	0	20				
45 g				? not ordered		? not ordered	?	?		Sheep chop	150	318	30	0	25				
55 g				? not ordered		? not ordered	?	?		Sheep neck	125	216	25	0	15				
55 g				? not ordered		? not ordered	?	?		Sheep roll	150	293	30	0	20				































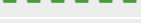

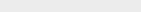
 Recommendations to lose weight			 Recommendations for healthy nutrition		 Recommendations to improve performance		 genet. warning 1			 genet. warning 2			 your preference			Beef, veal, pork, mutton and lamb meat					All values per standard serving				
g per item	often	rarely	often	rarely	often	rarely																			
													g	kcal	Prot	Carb	Fat								
55 g				? not ordered		? not ordered							Sheep escalope					150	293	30	0	20			
55 g				? not ordered		? not ordered							Sheep shoulder					125	174	25	0	10			
50 g				? not ordered		? not ordered							Sheep steak					150	302	30	0	25			
35 g				? not ordered		? not ordered							Pork belly					150	389	30	0	35			
40 g				? not ordered		? not ordered							Pork breast					150	362	25	0	30			
50 g				? not ordered		? not ordered							Pork filet					125	134	30	0	5			
45 g				? not ordered		? not ordered							Pork goulash					150	326	30	0	25			
35 g				? not ordered		? not ordered							Pork minced meat					100	276	20	0	25			
55 g				? not ordered		? not ordered							Pork knuckle					175	312	40	0	20			
50 g				? not ordered		? not ordered							Pork leg					125	170	30	0	10			
50 g				? not ordered		? not ordered							Pork chop					150	200	35	0	10			
50 g				? not ordered		? not ordered							Pork neck					150	294	30	0	25			
50 g				? not ordered		? not ordered							Pork roll					150	204	35	0	10			
50 g				? not ordered		? not ordered							Pork escalope					125	134	30	0	5			
45 g				? not ordered		? not ordered							Pork shoulder					150	326	30	0	25			
25 g				? not ordered		? not ordered							Pork trotter					125	416	20	0	40			
50 g				? not ordered		? not ordered							Pork steak					150	200	35	0	10			

































 Recommendations to lose weight			 Recommendations for healthy nutrition		 Recommendations to improve performance		 genet. warning 1  genet. warning 2  your preference			Wild game, poultry, game birds, gIBLETS					All values per standard serving				
g per item	often	rarely	often	rarely	often	rarely	?	?			g	kcal	Prot	Carb	Fat				
																			
55 g				? not ordered		? not ordered	?	?		Deer liver	125	171	25	5	10				
40 g				? not ordered		? not ordered	?	?		Duck meat with skin	150	338	30	0	30				
55 g				? not ordered		? not ordered	?	?		Duck meat without skin	150	179	30	0	10				
60 g				? not ordered		? not ordered	?	?		Duck liver	125	164	25	5	10				
35 g				? not ordered		? not ordered	?	?		Duck leg	150	374	25	0	35				
45 g				? not ordered		? not ordered	?	?		Pheasant	150	231	40	0	10				
40 g				? not ordered		? not ordered	?	?		Piglets	150	347	30	0	30				
65 g				? not ordered		? not ordered	?	?		Frog legs	75	52	15	0	0				
25 g				? not ordered		? not ordered	?	?		Goose meat with skin, raw	150	507	25	0	50				
50 g				? not ordered		? not ordered	?	?		Goose meat without skin, raw	150	233	35	0	15				
40 g				? not ordered		? not ordered	?	?		Goose leg	150	327	25	0	30				
60 g				? not ordered		? not ordered	?	?		Goose liver	125	164	25	10	5				
50 g				? not ordered		? not ordered	?	?		Rabbit	150	171	35	0	5				
55 g				? not ordered		? not ordered	?	?		Venison	150	170	35	0	5				
45 g				? not ordered		? not ordered	?	?		Chicken breast	150	153	35	0	5				
45 g				? not ordered		? not ordered	?	?		Chicken wings	150	312	25	0	25				
60 g				? not ordered		? not ordered	?	?		Chicken gizzard	125	141	25	5	5				
60 g				? not ordered		? not ordered	?	?		Chicken leg	150	260	30	0	20				
65 g				? not ordered		? not ordered	?	?		Chicken heart	125	156	25	5	10				
50 g				? not ordered		? not ordered	?	?		Chicken liver	125	170	30	5	10				
65 g				? not ordered		? not ordered	?	?		Veal sweetbread	125	125	25	0	5				
70 g				? not ordered		? not ordered	?	?		Veal heart	125	138	20	0	10				
75 g				? not ordered		? not ordered	?	?		Veal liver	125	109	20	5	5				

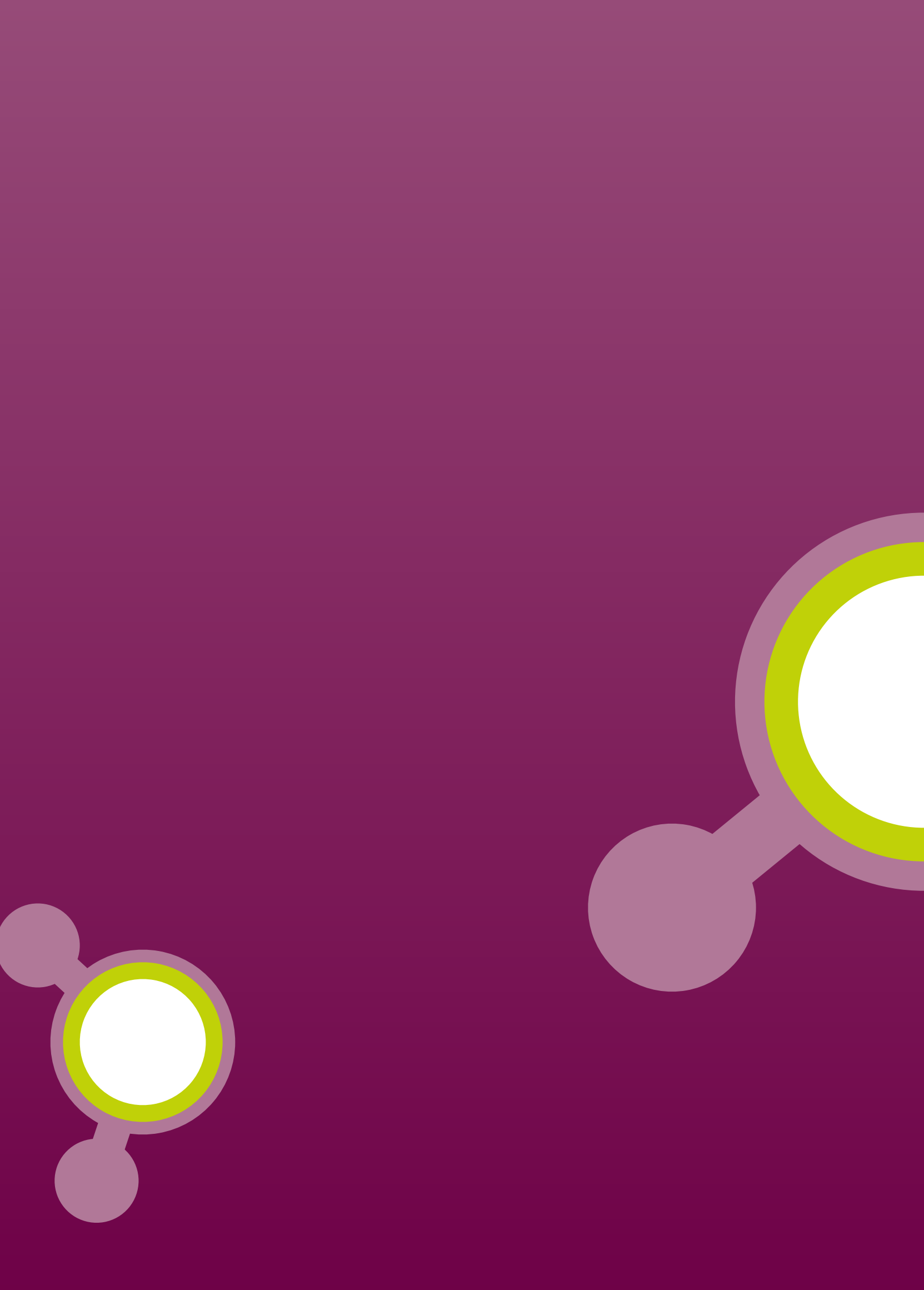
 Recommendations to lose weight			 Recommendations for healthy nutrition		 Recommendations to improve performance		 genet. warning 1  genet. warning 2  your preference			Wild game, poultry, game birds, gIBLETS					All values per standard serving				
g per item	often	rarely	often	rarely	often	rarely	?	?			g	kcal	Prot	Carb	Fat				
		 	 		 														
60 g				? not ordered		? not ordered	?	?		Veal tongue	125	224	25	5	15				
80 g				? not ordered		? not ordered	?	?		Lamb sweetbread	125	115	20	0	5				
55 g				? not ordered		? not ordered	?	?		Lamb liver	125	168	25	5	10				
55 g				? not ordered		? not ordered	?	?		Guinea-fowl	150	219	30	0	15				
55 g				? not ordered		? not ordered	?	?		Horse	150	164	35	5	5				
45 g				? not ordered		? not ordered	?	?		Turkey breast	150	161	40	0	5				
55 g				? not ordered		? not ordered	?	?		Turkey wings	150	287	30	0	20				
55 g				? not ordered		? not ordered	?	?		Turkey leg	150	173	35	0	5				
35 g				? not ordered		? not ordered	?	?		Partridge	150	333	55	0	15				
50 g				? not ordered		? not ordered	?	?		Deer	150	183	35	0	5				
65 g				? not ordered		? not ordered	?	?		Beef heart	125	155	25	5	10				
55 g				? not ordered		? not ordered	?	?		Beef liver	125	165	25	10	5				
45 g				? not ordered		? not ordered	?	?		Beef tongue	125	275	20	5	20				
80 g				? not ordered		? not ordered	?	?		Sheep sweetbreads	125	115	20	0	5				
65 g				? not ordered		? not ordered	?	?		Sheep heart	125	201	25	5	15				
55 g				? not ordered		? not ordered	?	?		Sheep liver	125	160	30	5	5				
85 g				? not ordered		? not ordered	?	?		Snails	50	35	10	5	5				
65 g				? not ordered		? not ordered	?	?		Pork heart	125	116	25	5	5				
50 g				? not ordered		? not ordered	?	?		Pork liver	125	163	30	5	10				
65 g				? not ordered		? not ordered	?	?		Pork tongue	125	200	25	5	15				
55 g				? not ordered		? not ordered	?	?		Pigeon	150	254	35	0	15				
55 g				? not ordered		? not ordered	?	?		Boar	125	201	25	0	15				
55 g				? not ordered		? not ordered	?	?		Goat	150	224	30	0	15				

 Recommendations to lose weight			 Recommendations for healthy nutrition		 Recommendations to improve performance		 genet. warning 1  genet. warning 2  your preference			Oils, fats, butter, lard All values per standard serving					
g per item	often	rarely	often	rarely	often	rarely	?	?							
										<table border="1"> <thead> <tr> <th>g</th> <th>kcal</th> <th>Prot</th> <th>Carb</th> <th>Fat</th> </tr> </thead> </table>					g
g	kcal	Prot	Carb	Fat											
10 g				? not ordered		? not ordered	?	?		Butter	20	148	0	0	20
10 g				? not ordered		? not ordered	?	?		Concentrated butter	10	88	0	0	10
10 g				? not ordered		? not ordered	?	?		Safflower oil	15	106	0	0	15
10 g				? not ordered		? not ordered	?	?		Peanut oil	15	106	0	0	15
10 g				? not ordered		? not ordered	?	?		Cocoa butter	20	177	0	0	20
10 g				? not ordered		? not ordered	?	?		Coconut fat	20	177	0	0	20
10 g				? not ordered		? not ordered	?	?		Pumpkin seed oil	15	106	0	0	15
10 g				? not ordered		? not ordered	?	?		Linseed oil	15	106	0	0	15
10 g				? not ordered		? not ordered	?	?		Corn oil	15	106	0	0	15
10 g				? not ordered		? not ordered	?	?		Margarine	20	142	0	0	20
10 g				? not ordered		? not ordered	?	?		aioli dip	25	186	0	5	25
10 g				? not ordered		? not ordered	?	?		Nutmeg butter	20	176	0	0	20
10 g				? not ordered		? not ordered	?	?		Olive oil	15	106	0	0	15
10 g				? not ordered		? not ordered	?	?		Palm oil	15	106	0	0	15
10 g				? not ordered		? not ordered	?	?		Rapeseed oil	15	106	0	0	15
10 g				? not ordered		? not ordered	?	?		Sesame oil	15	106	0	0	15
10 g				? not ordered		? not ordered	?	?		Shea butter	20	177	0	0	20
10 g				? not ordered		? not ordered	?	?		Soybean oil	15	106	0	0	15
10 g				? not ordered		? not ordered	?	?		Sunflower oil	15	106	0	0	15
10 g				? not ordered		? not ordered	?	?		Cream butter	20	147	0	0	20
10 g				? not ordered		? not ordered	?	?		Walnut oil	15	106	0	0	15
10 g				? not ordered		? not ordered	?	?		Wheat germ oil	15	106	0	0	15

 Recommendations to lose weight			 Recommendations for healthy nutrition		 Recommendations to improve performance		 genet. warning 1  genet. warning 2  your preference			Non-alcoholic beverages (coffee, tea, soft drinks)	All values per standard serving				
g per item	often	rarely	often	rarely	often	rarely				g	kcal	Prot	Carb	Fat	
															
any amount				? not ordered		? not ordered	? ?		Bancha tea	125	0	0	0	0	
45 g				? not ordered		? not ordered	? ?		Beer, non-alcoholic	330	86	5	20	0	
35 g				? not ordered		? not ordered	? ?		Cappuccino	150	57	5	10	5	
15 g				? not ordered		? not ordered	? ?		Cola beverage	330	186	0	55	0	
465 g				? not ordered		? not ordered	? ?		Cola drink (low calorie)	200	8	0	5	0	
60 g				? not ordered		? not ordered	? ?		Iced Tea lemon	200	64	0	5	0	
330 g				? not ordered		? not ordered	? ?		Espresso	25	1	0	0	0	
460 g				? not ordered		? not ordered	? ?		Filter coffee	150	3	0	0	0	
any amount				? not ordered		? not ordered	? ?		Fruit tea	125	1	0	0	0	
15 g				? not ordered		? not ordered	? ?		Hot chocolate	100	131	5	25	5	
55 g				? not ordered		? not ordered	? ?		Isotonic drink	200	38	0	10	0	
60 g				? not ordered		? not ordered	? ?		Isotonic drink (low calorie)	200	38	0	10	0	
150 g				? not ordered		? not ordered	? ?		Coconut water	60	6	0	5	0	
any amount				? not ordered		? not ordered	? ?		Herbal tea	125	1	0	0	0	
40 g				? not ordered		? not ordered	? ?		Latte Macchiato	125	55	5	5	5	
30 g				? not ordered		? not ordered	? ?		Lemonade-herbs	200	72	0	20	0	
35 g				? not ordered		? not ordered	? ?		Lemonade-lemon	200	58	0	15	0	
35 g				? not ordered		? not ordered	? ?		Lemonade-orange	200	58	0	15	0	
any amount				? not ordered		? not ordered	? ?		Matcha tea	125	0	0	0	0	
any amount				? not ordered		? not ordered	? ?		Mate tea	150	0	0	0	0	
20 g				? not ordered		? not ordered	? ?		Multi-fruit nectar	200	114	0	30	0	
30 g				? not ordered		? not ordered	? ?		Multi fruit juice	200	76	5	20	0	
20 g				? not ordered		? not ordered	? ?		Orange juice	100	54	0	15	0	

 Recommendations to lose weight			 Recommendations for healthy nutrition			 Recommendations to improve performance			 genet. warning 1			 genet. warning 2			 your preference			Non-alcoholic beverages (coffee, tea, soft drinks)					All values per standard serving				
g per item	often	rarely	often	rarely	often	rarely	often	rarely	?	?	?	?	?	g	kcal	Prot	Carb	Fat									
																											
any amount				? not ordered		? not ordered		? not ordered	?	?			Mint tea	125	1	0	0	0									
55 g				? not ordered		? not ordered		? not ordered	?	?			Juice spritzer pineapple	200	44	0	10	0									
35 g				? not ordered		? not ordered		? not ordered	?	?			Juice spritzer apple	200	66	0	15	0									
235 g				? not ordered		? not ordered		? not ordered	?	?			Juice spritzer grapefruit	200	10	0	5	0									
40 g				? not ordered		? not ordered		? not ordered	?	?			Juice spritzer currant	200	56	0	15	0									
120 g				? not ordered		? not ordered		? not ordered	?	?			Juice spritzer carrots	200	24	0	5	0									
50 g				? not ordered		? not ordered		? not ordered	?	?			Juice spritzer - orange	200	50	0	10	0									
20 g				? not ordered		? not ordered		? not ordered	?	?			Juice spritzer - peach / passion fruit	200	126	5	30	0									
470 g				? not ordered		? not ordered		? not ordered	?	?			Juice spritzer - lemon	200	6	0	5	0									
50 g				? not ordered		? not ordered		? not ordered	?	?			Sparkling wine, nonalcoholic	100	25	0	5	0									
any amount				? not ordered		? not ordered		? not ordered	?	?			Sencha tea	125	0	0	0	0									
any amount				? not ordered		? not ordered		? not ordered	?	?			Green tea	125	0	0	0	0									
any amount				? not ordered		? not ordered		? not ordered	?	?			Black tea	125	0	0	0	0									
15 g				? not ordered		? not ordered		? not ordered	?	?			Turkish mocha	100	69	0	20	0									
any amount				? not ordered		? not ordered		? not ordered	?	?			Water and mineral water	200	0	0	0	0									

 Recommendations to lose weight			 Recommendations for healthy nutrition			 Recommendations to improve performance			 genet. warning 1			 genet. warning 2			 your preference			Alcoholic beverages (beer, wine, spirits)					All values per standard serving				
g per item	often	rarely	often	rarely	often	rarely																					
																											
75 g				? not ordered		? not ordered			? ?				Beer, dark	330	122	5	10	0									
75 g				? not ordered		? not ordered			? ?				Beer, light	330	129	5	10	0									
70 g				? not ordered		? not ordered			? ?				Beer Pils, light	330	139	5	10	0									
15 g				? not ordered		? not ordered			? ?				Brands from sugarcane	20	46	0	0	0									
35 g				? not ordered		? not ordered			? ?				Champagne	100	83	0	5	0									
15 g				? not ordered		? not ordered			? ?				Cognac	20	47	0	0	0									
15 g				? not ordered		? not ordered			? ?				Gin	20	52	0	0	0									
70 g				? not ordered		? not ordered			? ?				Fruit wine	130	53	0	5	0									
45 g				? not ordered		? not ordered			? ?				Red wine, light	130	88	0	5	0									
45 g				? not ordered		? not ordered			? ?				Red wine, medium	130	88	0	5	0									
35 g				? not ordered		? not ordered			? ?				Red wine, heavy	130	107	0	5	0									
15 g				? not ordered		? not ordered			? ?				Rum	20	46	0	0	0									
35 g				? not ordered		? not ordered			? ?				Sparkling wine	100	83	0	5	0									
25 g				? not ordered		? not ordered			? ?				Sherry	50	59	0	5	0									
35 g				? not ordered		? not ordered			? ?				Wine rose	100	88	0	5	0									
40 g				? not ordered		? not ordered			? ?				White wine, medium dry	130	95	0	5	0									
30 g				? not ordered		? not ordered			? ?				White wine, sweet	130	127	0	10	0									
40 g				? not ordered		? not ordered			? ?				White wine, dry	130	94	0	0	0									
15 g				? not ordered		? not ordered			? ?				Whiskey	20	49	0	0	0									
15 g				? not ordered		? not ordered			? ?				Vodka	20	46	0	0	0									





BODY WEIGHT GENES

YOUR NUTRITION TYPE TO LOSE WEIGHT

YOUR SPORTS TYPE FOR LOSING WEIGHT

YOUR WEIGHT LOSS PROGRAM

YOUR SPORTS PROGRAM TO LOSE WEIGHT

NUTRITION GENES

Not ordered

GENETIC TRAITS

Not ordered

FOOD INGREDIENTS

Not ordered

DIETARY SUPPLEMENT

Not ordered

EPIGENETICS

Not ordered

DETOXIFICATION

Not ordered

BIOLOGICAL AGE

Not ordered

BURNOUT

Not ordered

MUSCLE FIBRE TYPE

Not ordered

OXIDATIVE STRESS AND RISK OF INJURY

Not ordered

OPTIMAL PERFORMANCE NUTRITION

Not ordered

FOOD LIST

SCIENCE

ADDITIONAL INFORMATION



SCIENCE

This chapter shows the science behind the test.



The science of genes and excessive weight

So far, several genes have been identified that affect body weight and determine which diet will be most effective for an individual.

We have examined each of those genes in your analysis. Our method examines specific regions of genes called SNPs for traits that determine your predisposition to becoming overweight and the best weight loss strategy.

Summary of the science

This genetic analysis is supported by unusually strong scientific evidence. The genes have already been examined in numerous scientific studies, such as more than 7500 studies on the PPARG gene, 167 studies on the FABP2 gene, 6897 studies on the ADRB2 gene and 493 studies on FTO. This genetic weight loss program is based on the 53 most important studies examining the effect of genes on weight loss and nutrition. This genetic test analysed 8 genetic variations that have different effects on the body and is one of the most comprehensive genetic tests of its kind worldwide. As there are 53 different scientific studies involved in this program, this short review focuses on the most important claims only:

- Genetic polymorphisms cause people to react in different ways to the fat and carbohydrates they eat. It is helpful to only eat quantities of fat and carbohydrates that work best for your genetic profile.
- People following a weight loss program adapted to their genetic profile tend to show a 2.5 times greater weight loss success than people following a standard dieting program.
- Genetic polymorphisms influence how the body responds to exercise for weight loss.
- Genetic differences influence how the body reacts to calorie reduction for losing weight.

The program detects the genetic programming, adjusts the calorie distribution accordingly, and sets the focus on the strategy that yields the best results. More exercise or fewer calories? The aim of this section is to provide evidence for each of these statements and to set the scientific basis of this program.

Statement 1

People react differently to the fat content of their diet. The adjustment of the fat content in the diet may have a positive impact.

One very interesting study with 720 subjects (Robitaille et al., Clin Genet 63: 109-116, 2003) showed that only people with an unfavorable variant of the PPARG gene (Pro12Ala) gained weight on a high-fat diet. This genetic impact has been confirmed in an independent study by another research group (Memisoglu et al., Human Molecular Genetics 12: 2923-2929, 2001). Thus, a genetic analysis can predict the body's response to a high-fat or low-fat diet.

16 Publications

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Statement 2

People react differently to the carbohydrate content of their diet.

A study in the Journal of Nutrition showed that people with the Gln27Glu polymorphism in the ADRB2 gene have a significantly higher risk of excessive weight (OR: 2.56) if they receive more than 49% of daily calories from carbohydrates.

Publications

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Statement 3

You can customize the proportion of carbohydrates and fat in the diet based on your genetic predisposition. Fat sensitive individuals benefit from a low-fat diet, while carbohydrate sensitive people benefit from a low-carbohydrate diet.

From these two genetic tendencies, we can determine if a person is sensitive to the amount of carbohydrates or the amount of fats in the diet. If, according to the 16 aforementioned publications, a person is less sensitive to the amount of fat in the diet, that person has a tendency to become overweight only when the carbohydrate calories are above 49%; as a consequence, a diet with higher fat and lower carbohydrate content will have a positive effect on the body weight. A person with the right polymorphisms is not going to gain weight when their diet contains more fat and fewer carbohydrates, within the investigated parameters.

Statement 4

Genes influence how our body responds to physical activity. Some people's body weight reacts very rapidly while others hardly lose weight through exercise.

The impact of exercise on weight loss is greatly influenced by genes. The study (Diabetes Obes Metab. 2002 Nov;4(6):428-30.) is one of many showing that people with a particular gene variant in the ADRB2 gene have a significant genetic disposition to being overweight, but only if they lead an inactive life. People with this gene who followed significant exercise were not more likely to be overweight than others. Exercise will eliminate the increased risk of excessive weight from this genetic trait. An independent study for the same gene (Diabetes Care. 1997 Dec;20(12):1887-90.) showed that people with the less favourable variant of the gene lost significantly less weight through exercise than people with the favourable variant, even when they exercised regularly and vigorously. As every gym employee knows, people have widely varying degrees of weight loss when they exercise. These genetic effects were confirmed by many other studies (Eur J Intern Med. 2007 Dec;18(8):587-92, Obes Res. 2004 May;12(5):807-15., Int J Obes Relat Metab Disord. 2003 Sep;27(9):1028-36).

Publications

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Statement 5

Genes influence how our body reacts to a specific weight loss program and can increase the results up to 2.5-fold.

A study (Lindi et al., Diabetes 51: 2581-2586, 2002) concluded that people who followed a 3-year program of moderate exercise and dieting, and had the optimal genetic profile, lost 2.5 times more weight than those with an unfavourable genetic profile (8.3 kg on average in comparison to 3.4 kg on average). However, 1 year after completion of the study, the weight of people with the favourable genetic profile had increased significantly more than the weight of the group with the unfavourable profile. Thus, the favourable profile makes sports and diet more effective, but also makes the yo-yo effect more severe.

Publications

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Your genes do not change, and the traits and variations will remain the same from your birth until the end of your life. Therefore, you do not need to retest your genes as you will always get the same results. Genetic analyses are technically very complex and there is a small chance that a genetic variant may have been missed. To prevent this, we have integrated several quality assurance measures in our processes which ensure the accuracy of our diagnosis. We do everything possible to ensure that the results of your analysis are accurate.

However, you should be aware that there is the (unlikely) possibility that still unidentified genes have an effect on weight loss and were thus missed by this analysis. Therefore, keep track of our new products and product improvements in order to stay informed about newly discovered relevant genes.



Weight loss program

FABP2 - Fatty acid binding protein 2, intestinal (rs1799883)

Fatty acid-binding protein 2 (FABP2) also known as intestinal-type fatty acid-binding protein (I-FABP) is a protein that, in humans, is encoded by the FABP2 gene. The intracellular fatty acid-binding proteins (FABPs) belong to a multi-gene family with nearly twenty identified members. FABPs are divided into at least three distinct types, namely the hepatic-, intestinal- and cardiac-type. They form 14-15 kDa proteins and are thought to participate in the uptake, intracellular metabolism and/or transport of long-chain fatty acids. This gene has a polymorphism at codon 54 that identified an alanine-encoding allele and a threonine-encoding allele. Thr-54 protein is associated with increased fat oxidation and insulin resistance.

RES	Genotype	POP	Possible results
	G/G	42%	No effect
	A/G	51%	Increased fat sensitivity Increased risk for fat deposits around the organs
X	A/A	7%	Increased fat sensitivity Increased risk for fat deposits around the organs

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PPARG - Peroxisome proliferator-activated receptor gamma (rs1801282)

Peroxisome proliferator-activated receptor gamma (PPAR- γ or PPARG), also known as the glitazone receptor or NR1C3 (nuclear receptor subfamily 1, group C, member 3) is a type II nuclear receptor that, in humans, is encoded by the PPARG gene. PPARG regulates fatty acid storage and glucose metabolism. The genes activated by PPARG stimulate lipid uptake and adipogenesis by fat cells. PPARG knockout mice fail to generate adipose tissue when fed a high-fat diet.

RES	Genotype	POP	Possible results
X	C/C	86%	Increased sensitivity to fat Genetic predisposition to excessive weight (OR: 1.38)
	C/G	12%	Stronger Yo-Yo effect Increased risk for fat deposits around the organs Increased weight loss though calorie reduction Genetic predisposition to excessive weight (OR: 1.19) Better response to physical activity
	G/G	2%	Stronger Yo-Yo effect Increased risk for fat deposits around the organs Increased weight loss though calorie reduction No genetic predisposition to excessive weight Better response to physical activity

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ADRB2 adrenoceptor beta 2, surface (rs1042713)

The beta-2 adrenergic receptor (β 2 adrenoceptor), also known as ADRB2, is a beta-adrenergic receptor within a cell membrane which reacts with adrenaline (epinephrine) as a hormone or neurotransmitter affecting muscles or organs. The ADRB2 gene is intronless. Different polymorphic forms, point mutations, and/or downregulation of this gene are associated with nocturnal asthma, excessive weight and type 2 diabetes. This receptor is directly associated with one of its ultimate effectors, the class C L-type calcium channel CaV1.2. This receptor-channel complex is coupled to the Gs G protein, which activates adenylyl cyclase, catalyzing the formation of cyclic adenosine monophosphate (cAMP), which then activates protein kinase A, and counterbalancing phosphatase PP2A.

RES	Genotype	POP	Possible results
	A/A	22%	No effect
X	A/G	51%	Stronger Yo-Yo effect
	G/G	27%	Stronger Yo-Yo effect

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ADRB2 adrenoceptor beta 2, surface (rs1042714)

The beta-2 adrenergic receptor (β_2 adrenoceptor), also known as ADRB2, is a beta-adrenergic receptor within a cell membrane which reacts with adrenaline (epinephrine) as a hormone or neurotransmitter affecting muscles or organs. The ADRB2 gene is intronless. Different polymorphic forms, point mutations, and/or downregulation of this gene are associated with nocturnal asthma, excessive weight and type 2 diabetes. This receptor is directly associated with one of its ultimate effectors, the class C L-type calcium channel CaV1.2. This receptor-channel complex is coupled to the Gs G protein, which activates adenylyl cyclase, catalyzing the formation of cyclic adenosine monophosphate (cAMP), which then activates protein kinase A, and counterbalancing phosphatase PP2A.

RES	Genotype	POP	Possible results
	C/C	42%	No effect
X	C/G	51%	Increased carbohydrate sensitivity Stronger Yo-Yo effect Increased risk for fat deposits around the organs Increased lean/muscle mass loss when reducing calories Increased weight loss through calorie reduction
	G/G	7%	Increased carbohydrate sensitivity Stronger Yo-Yo effect Increased risk for fat deposits around the organs Increased lean/muscle mass loss when reducing calories Increased weight loss through calorie reduction

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ADRB3 adrenoceptor beta 3 (rs4994)

The activation of β -Adrenoreceptors initiates signaling pathways through binding to G-Proteins. All β -Adrenoreceptors are able to activate adenylyl cyclase, thereby increasing the cAMP concentration in the cytosol and activating protein kinase A. The subtype ADRB3 is specifically involved in lipolysis, which is why this polymorphism is involved in body weight control.

RES	Genotype	POP	Possible results
X	T/T	83%	Increased weight loss through exercise
	T/C	16%	No effect
	C/C	1%	No effect

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FTO - Fat mass and obesity associated (rs9939609)

Fat mass and excessive weight-associated protein also known as alpha-ketoglutarate-dependent dioxygenase FTO is an enzyme that, in humans, is encoded by the FTO gene located on chromosome 16. The amino acid sequence of the transcribed FTO protein shows high similarity with the enzyme AlkB, which oxidatively demethylates DNA. Recombinant FTO protein was first discovered to catalyze demethylation of 3-methylthymine in single-stranded DNA, and 3-methyluridine in single-stranded RNA, with low efficiency. The nucleoside N6-methyladenosine, an abundant modification in RNA, was then found to be a major substrate of FTO. The FTO gene expression was also found to be significantly up-regulated in the hypothalamus of rats after food deprivation and strongly correlated negatively with the expression of orexigenic galanin-like peptide which is involved in the stimulation of food intake.

RES	Genotype	POP	Possible results
	T/T	25%	No effect
X	T/A	57%	Increased sensitivity to fat Tendency to eat more snacks Tendency to eat more calories Predisposition to excessive weight (OR: 1.34) Increased weight loss through physical activity Weak satiety
	A/A	18%	Increased sensitivity to fat Stronger feeling of hunger Tendency to eat more snacks Tendency to eat more calories Increased weight loss through exercise Predisposition to excessive weight (OR: 1.67) Weak satiety

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Am J Clin Nutr. 2009 Dec;90(6):1483-8. Epub 2009 Oct 14. The FTO gene rs9939609 obesity-risk allele and loss of control over eating. Tanofsky-Kraff M, Han JC, Anandalingam K, Shomaker LB, Columbo KM, Wolkoff LE, Kozlosky M, Elliott C, Ranzenhofer LM, Roza CA, Yanovski SZ, Yanovski JA.

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APOA2 apolipoprotein A-II (rs5082)

Apolipoproteins are the protein component of lipoproteins that transport insoluble lipids through the bloodstream. Apolipoproteins form the hydrophilic surface of lipoproteins where they fulfill various roles such as structural support or receptor sites for cell membrane-bound receptors. The APOA2 gene forms a structural element and activates hepatic lipase enzymes.

RES	Genotype	POP	Possible results
	C/C	18%	Increased fat sensitivity Increased risk for fat deposits around the organs Tendency to eat more calories Genetic predisposition to excessive weight (OR: 1.7)
X	T/C	43%	No effect Increased risk for fat deposits around the organs
	T/T	39%	No effect

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Arch Intern Med. 2009 Nov 9;169(20):1897-906. APOA2, dietary fat, and body mass index: replication of a gene-diet interaction in 3 independent populations. Corella D, Peloso G, Arnett DK, Demissie S, Cupples LA, Tucker K, Lai CQ, Parnell LD, Coltell O, Lee YC, Ordovas JM.

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APOA5 - Apolipoprotein A-V (rs662799)

The protein encoded by this gene is an apolipoprotein and an important determinant of plasma triglyceride levels, a major risk factor for coronary artery disease. It is a component of several lipoprotein fractions including VLDL, HDL and chylomicrons. It is believed that apoA-V affects lipoprotein metabolism by interacting with LDL-R gene family receptors. Studies have shown that carriers of the G-allele experience low weight gain when eating a fatty diet.

RES	Genotype	POP	Possible results
X	A/A	96%	Increased fat sensitivity
	G/A	3%	Increased weight loss through calorie reduction
	G/G	1%	Increased weight loss through calorie reduction

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LEGEND: RES = your personal analysis result (marked with an X), GENOTYPE = different variations of the gene (called alleles),

POP = percent of the general population that have this genetic result,

POSSIBLE RESULTS = influence of the genetic variation.

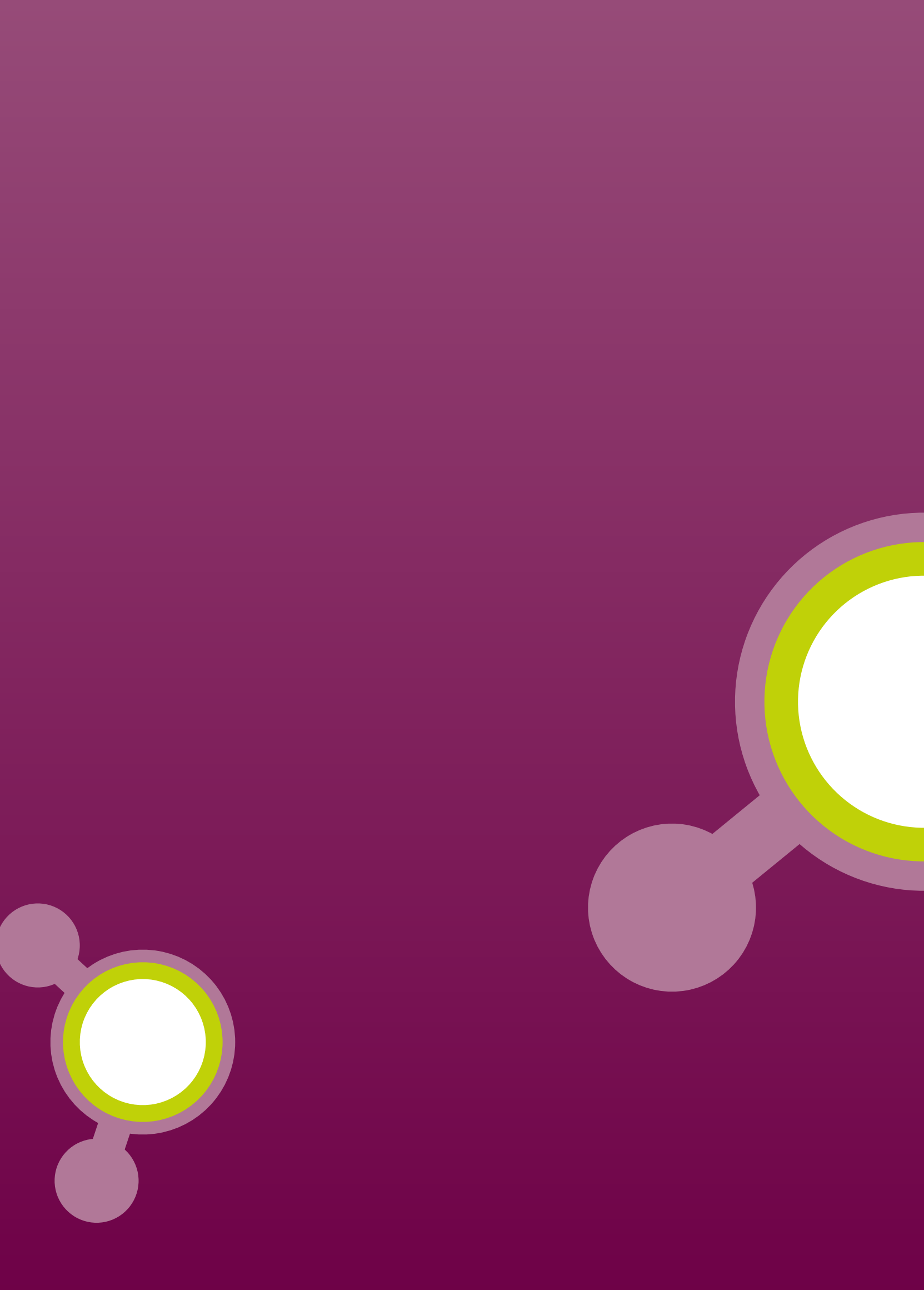


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BODY WEIGHT GENES

YOUR NUTRITION TYPE TO LOSE WEIGHT

YOUR SPORTS TYPE FOR LOSING WEIGHT

YOUR WEIGHT LOSS PROGRAM

YOUR SPORTS PROGRAM TO LOSE WEIGHT

NUTRITION GENES

Not ordered

GENETIC TRAITS

Not ordered

FOOD INGREDIENTS

Not ordered

DIETARY SUPPLEMENT

Not ordered

EPIGENETICS

Not ordered

DETOXIFICATION

Not ordered

BIOLOGICAL AGE

Not ordered

BURNOUT

Not ordered

MUSCLE FIBRE TYPE

Not ordered

OXIDATIVE STRESS AND RISK OF INJURY

Not ordered

OPTIMAL PERFORMANCE NUTRITION

Not ordered

FOOD LIST

SCIENCE

ADDITIONAL INFORMATION



ADDITIONAL INFORMATION

In this chapter you will receive useful information

NutriMe Complete

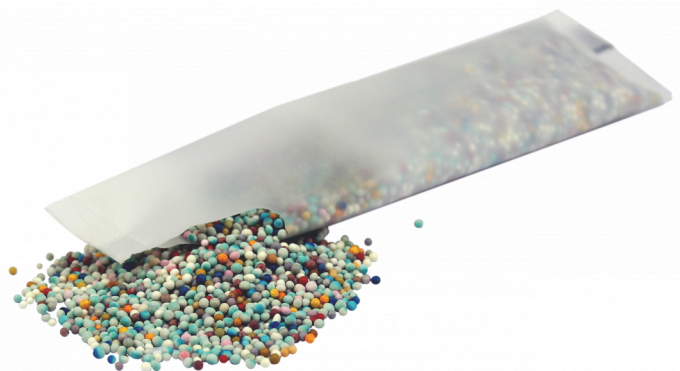
How it works

Every person is unique and when testing more than 50 different genes, there are more than several hundred trillion potentially different outcomes, of which only one applies to you. Each unique genetic profile has different strengths and weaknesses and requires different substances and micronutrients for optimal health.

NutriMe Complete - This is a genetically customized micronutrient mixture with the aim of using your innate strengths and compensating for your inherited genetic weaknesses. Take your personalized micronutrient mixture to supply your body with the nutrients it needs.

Micro-transporters – optimized nutrient uptake

During processing the vitamins and minerals are packed into small beads called micro-transporters. This allows for easy mixing of different quantities of individual micro-transporters and their micronutrients. For some people, the final mixture contains a higher proportion of vitamin C-containing micro-transporters, for others a higher proportion of calcium-containing micro-transporters. Thus, any recipe can be created quickly and accurately through a targeted micronutrient blend. In addition, the micronutrients are better protected against oxygen by their packaging in the hard micro-transporters, and remain they stable much longer compared to dissolved micronutrients.



NutriMe Complete

The genetic micronutrient mixture
your body needs!

Simply take your personalized micronutrient mixture every morning to supply your body with the right nutrients at the correct quantities for your unique genetic profile.



Order now!

... through your advisor

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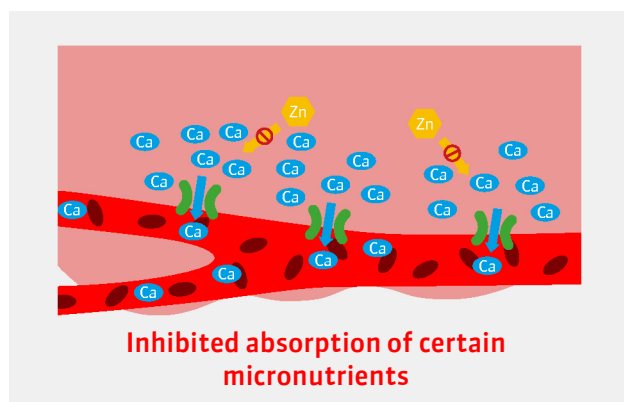
Your recipe code:

DEMO_DS

Optimized absorption into the blood stream

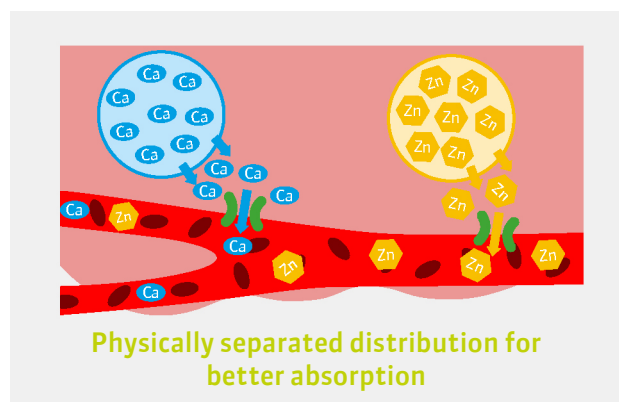
Proper absorption of micronutrients is a complex issue since many of the substances can inhibit each other's absorption. Therefore, the exact location and rate of micronutrient release in the intestine is important.

Standard micronutrients: Mutual uptake inhibition



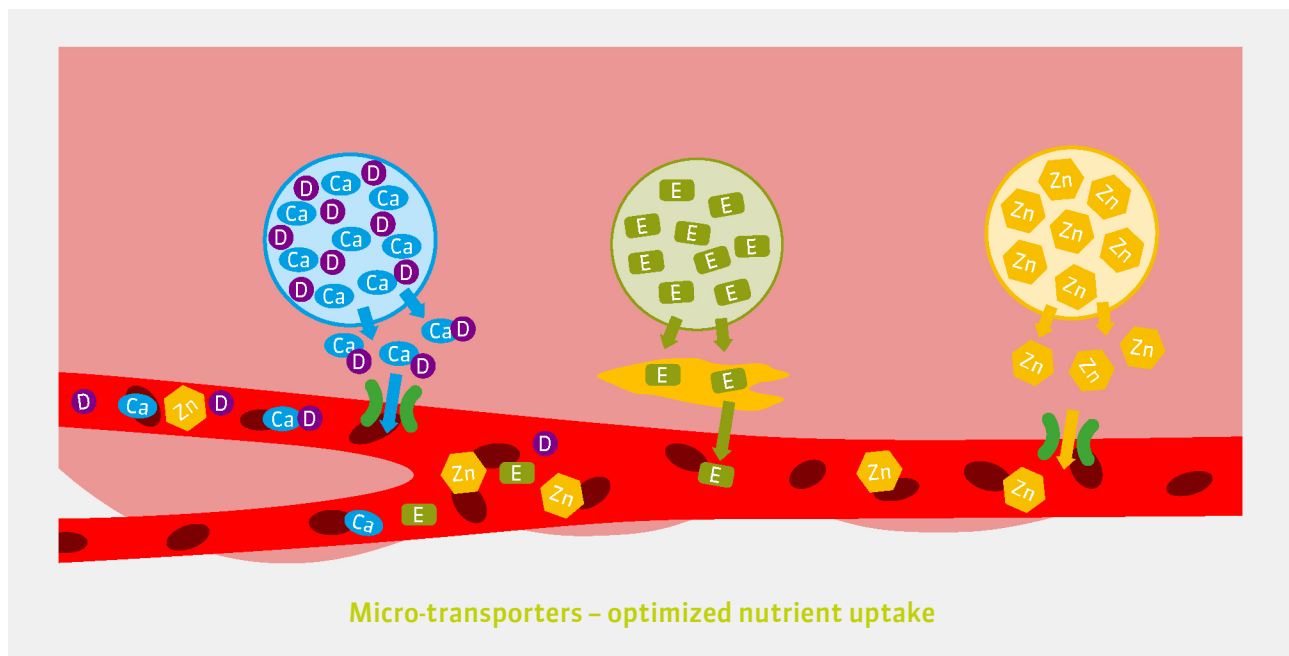
Certain micronutrients are absorbed through the same processes/channels in the body. A good example of this is calcium and zinc. If a calcium/zinc powder mixture is taken using a gelatin capsule, both components will be released in the intestine. The intestinal mucosa then starts to absorb calcium, which is typically administered at a significantly higher dose. Calcium uses certain uptake channels, which are limited in number. Zinc, which should also be absorbed via these channels, is blocked by the greater quantity of calcium, and in most instances it will remain in the intestine unabsorbed until it is excreted. For this reason, certain micronutrients should not be administered together in the same dosage form. Thus, it's important to be mindful of micronutrients in the form of effervescent tablets or gelatin capsules that contain, for example, mixtures of calcium and zinc.

NutriMe Complete - Optimized absorption properties



The micro-transporters are designed so that mutually inhibiting substances are not contained within the same pellets. This means that calcium is released in one location of the intestine and zinc is released in another location. In this way, each of these micronutrients is released a distance from one another, and uptake inhibition is reduced to a minimum. The slow release of micronutrients means that the uptake channels are not heavily used because the nutrients are only released at a slow and steady rate.

NutriMe Complete - Optimized uptake of all nutrients



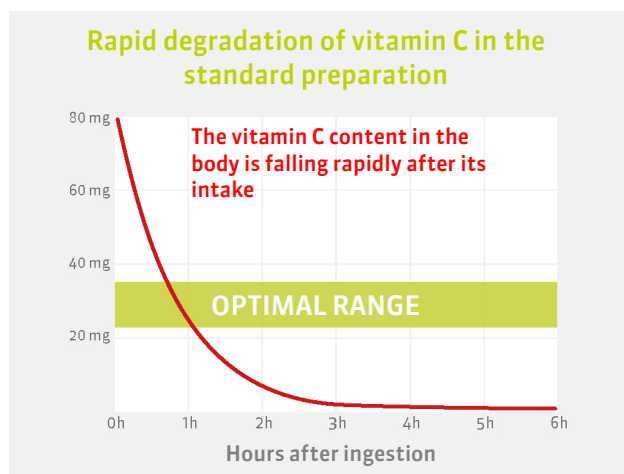
We also know that certain micronutrients can increase each other's absorption, therefore they are released together from the same micro-transporter so that absorption of the micronutrients is maximized, e.g. vitamin D and calcium.

Certain fat-soluble vitamins such as vitamin E need fat carriers in order to be absorbed into the body. For this reason, we recommend taking vitamin E preparations with a fat-containing meal so that the vitamin E can dissolve in the dietary fat and be absorbed into the body. The micro-transporters will store the vitamin E for hours until they come into contact with fat and then be absorbed.

NutriMe Complete - Proper care throughout the day

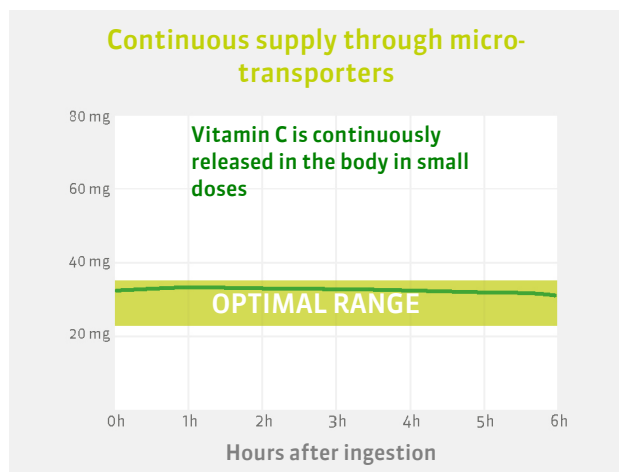
The wrong dosage can quickly result in the body receiving insufficient micronutrients. Therefore, the micronutrient supplements must release the correct micronutrients into the body at the correct time.

**Standard vitamins:
To quickly be metabolized by the body**



Most micronutrient preparations rapidly dissolve in water and are almost immediately released in the intestine, absorbed by the bloodstream and transported around the body. This has some important disadvantages: vitamin C is rapidly removed from the body because it has a half-life of 30 minutes – the body eliminates half of the total vitamin C from the blood every half hour. Therefore, after a typical daily dose of 80mg vitamin C, only about 5mg is left after 2 hours. After 4 hours, there is less than 1mg, and this means that the vitamin C concentration is below its effective level.

NutriMe Complete - Permanent supply



Since the body breaks down vitamin C very fast, it is necessary to supply the body with small amounts of vitamin C continuously. The micro-transporters are designed so that they release the vitamins and minerals slowly, throughout the day. This way, the body is constantly supplied with the optimal dose of vitamin C throughout the day.

NutriMe Complete - A lifelong product according to latest scientific knowledge

Science always comes up with new findings in the field of genetics, disease prevention and micronutrients. Since your personalized micronutrient mixture is pertinent for a lifetime, we have the capability to customize each new mixture individually to new circumstances, such as: your new age, new scientific findings and new recommendations for a healthy diet. Therefore, the individual micronutrient levels are adjusted from one order to the next and can be individually adapted to your new circumstances. Your personalized micronutrient mixture is formulated according to your genes and always adapted to the cutting edge of science and technology.

A product based on various analyses

Various analyses from our portfolio can influence the formulation of your personalized product. Thus, it does not matter whether you have the analysis for healthy eating, the analysis for optimum athletic performance or the analysis for optimal micronutrients for breast milk. All available results can be automatically integrated at no extra cost.

NutriMe Complete - The highest quality of raw materials

Your personalized supplement consists of a variety of different raw materials, which are selected and processed according to the highest quality standards. Special attention is paid to bioavailability (how well and quickly the micronutrient can be absorbed by the body), compatibility and purity.

Biological or pharmaceutical sources?

Vitamins and minerals can be obtained from various sources. On one hand, there are the pharmaceutical preparations containing vitamins, minerals, and salts produced in chemical reactions and then purified. On the other hand, there are the natural, biological resources. Plants, which contain a high concentration of these micronutrients are harvested and then concentrated. The resulting extract is then highly enriched with the desired vitamin. Pharmaceutically manufactured, as well as natural vitamins, have their advantages and disadvantages. Pharmaceutically manufactured vitamins are usually in higher doses and have a longer expiration period. The higher dosage can be concentrated in smaller quantities, thereby reducing the required tablet size. They are also produced as pure vitamins, allowing for very simple and accurate dosing. As a drawback, they often have a lower bioavailability.

Biological micronutrients have the advantage of better bioavailability, i.e. they are absorbed in the body much faster and better. They are usually better tolerated and represent a natural alternative due to their biological origin. As a disadvantage, even highly concentrated extracts still contain only small amounts of a particular vitamin. For this reason, a larger volume is needed to supply the body with a certain quantity of a vitamin. The tablet size is thus significantly bigger, particularly when it comes to supplying a multitude of different vitamins and minerals in one tablet.

Your personalized micronutrient mixture takes advantage of both sources and combines them into a single product. A large proportion (about 80%) of the micronutrients that are used are from biological sources. This imparts a better bioavailability and an improved tolerability of the product. The disadvantage is that a larger volume of micro-transporters must be taken as a daily dose. However, for better long-term stability, lower volume and more accurate dosing, some pharmaceutically manufactured vitamins and minerals are also used (about 20% of the total mixture). In this way, your personalized product offers the best of both micronutrient sources.

Sea magnesium, the bioavailable alternative

The magnesium used in your mixture is made from pure seawater and not chemically produced magnesium salts. Thus, it has better bioavailability and is free of contaminants.



Effect of your individual micronutrient mixture

Your micronutrient mixture consists of a large number of important vitamins, minerals and trace elements, which control various functions in the body. Based on your genetic analysis, we evaluate some of these substances as more important or less important to your health, and adjust the dosage of the product accordingly.

Here you can see a complete list of the effects you can expect from your mix according to current scientific information:

Alpha-lipoic acid

- protection of body lipids from oxidative damage
- maintenance of normal blood cholesterol concentrations
- increased beta-oxidation of fatty acids
- maintenance of normal blood glucose concentrations
- regeneration of genes, regeneration of gene transcription and the influence to activity NF kappa B

Coenzyme Q10

- contribution to normal energy-yielding metabolism
- maintenance of normal blood pressure
- protection of DNA, proteins and lipids from oxidative damage
- contribution to normal cognitive function
- maintenance of normal blood cholesterol concentrations
- and increase in endurance capacity and/or endurance performance

Iron

- Contributes to normal cognitive function
- Contributes to normal energy metabolism
- Contributes to normal formation of red blood cells
- Contributes to normal oxygen transport in the body
- Contributes to normal function of the immune system
- Helps reduce fatigue and weakness
- Fulfills a function in cell division

Folic acid

- Contributes to normal tissue growth during pregnancy
- Contributes to normal amino acid synthesis
- Contributes to normal blood formation
- Contributes to normal homocysteine metabolism
- Contributes to normal mental function
- Contributes to normal function of the immune system
- Helps reduce fatigue and weakness
- Fulfills a function in cell division

Calcium

- Contributes to normal energy metabolism
- Contributes to normal muscle function
- Contributes to normal signal transmission between nerve cells
- Contributes to normal function of digestive enzymes
- Contributes to normal blood clotting
- Fulfills a function in cell division and specialization
- Required for maintaining normal bones
- Required for maintaining normal teeth

Copper

- Contributes to maintaining normal connective tissue
- Contributes to normal energy metabolism
- Contributes to normal function of the nervous system
- Contributes to normal hair pigmentation
- Contributes to normal iron transport in the body
- Contributes to normal skin pigmentation
- Contributes to normal function of the immune system
- Contributes to protecting the cells from oxidative stress

Lutein

- protection of DNA, proteins and lipids from oxidative damage
- protection of the skin from UV-induced (including photo oxidative) damage
- maintenance of normal vision

Magnesium

- Helps reduce fatigue and weakness
- Fulfills a function in cell division
- Contributes to electrolyte equilibrium
- Contributes to maintaining normal teeth
- Contributes to normal energy metabolism
- Contributes to maintaining normal bones

- Contributes to normal function of the nervous system
- Contributes to normal muscle function
- Contributes to normal protein synthesis
- Contributes to normal mental function

Manganese

- Contributes to normal energy metabolism
- Contributes to maintaining normal bones
- Contributes to normal connective tissue formation
- Contributes to protecting the cells from oxidative stress

Methyl-Sulfonyl-Methane

- contribution to normal collagen formation
- maintenance of normal hair
- maintenance of normal nails
- maintenance of normal acid-base balance
- "strengthens the immune system function"
- maintenance of normal bowel function
- contribution to the normal cysteine synthesis

Phytosterol

- Contributes to maintaining a normal cholesterol level in the blood

Selenium

- Contributes to normal sperm formation
- Contributes to maintaining normal hair
- Contributes to maintaining normal nails
- Contributes to normal function of the immune system
- Contributes to normal DNA synthesis
- Contributes to protecting the cells from oxidative stress

Vitamin A

- Contributes to normal iron metabolism
- Contributes to maintaining normal mucosa
- Contributes to maintaining normal skin
- Contributes to maintaining normal vision
- Contributes to normal function of the immune system
- Fulfills a function in cell specialization

Vitamin B12

- Contributes to normal energy metabolism
- Contributes to normal function of the nervous system
- Contributes to normal homocysteine metabolism
- Contributes to normal mental function
- Contributes to normal formation of red blood cells
- Contributes to normal function of the immune system
- Helps reduce fatigue and weakness
- Fulfills a function in cell division

Vitamin B2

- Contributes to normal energy metabolism
- Helps reduce fatigue and weakness
- Contributes to normal function of the nervous system
- Contributes to maintenance of normal mucous membranes
- Contributes to maintaining normal red blood cells
- Contributes to maintaining normal skin
- Contributes to maintaining normal vision
- Contributes to normal iron metabolism
- Contributes to protecting the cells from oxidative stress

Vitamin B6

- Contributes to normal cysteine synthesis
- Contributes to regulation of hormone activity
- Contributes to normal energy metabolism
- Helps reduce fatigue and weakness
- Contributes to normal function of the nervous system
- Contributes to normal homocysteine metabolism
- Contributes to normal protein and glycogen metabolism
- Contributes to normal mental function
- Contributes to normal formation of red blood cells
- Contributes to normal function of the immune system

Vitamin C

- Contributes to normal collagen formation for normal blood vessel function
- Vitamin C increases the iron intake
- Contributes to normal collagen formation for normal bone function
- Contributes to the regeneration of the reduced form of vitamin E
- Contributes to normal collagen formation for normal cartilage function
- Helps reduce fatigue and weakness
- Contributes to normal function of the immune system during and after intensive physical activity
- Contributes to protecting the cells from oxidative stress
- Contributes to normal collagen formation for normal gum function
- Contributes to normal function of the immune system
- Contributes to normal collagen formation for normal skin function
- Contributes to normal mental function
- Contributes to normal collagen formation for normal teeth function
- Contributes to normal function of the nervous system
- Contributes to normal energy metabolism

Vitamin D3

- Contributes to normal uptake/utilization of calcium and phosphorus
- Contributes to normal calcium levels in the blood
- Contributes to maintaining normal bones
- Contributes to maintaining normal muscle function
- Contributes to maintaining normal teeth
- Contributes to normal function of the immune system
- Fulfills a function in cell division

Vitamin E D-Alpha-Tocopherol

- Contributes to protecting the cells from oxidative stress

Zinc

- Contributes to normal acid-base metabolism
- Fulfills a function in cell division
- Contributes to normal carbohydrate metabolism
- Contributes to protecting the cells from oxidative stress
- Contributes to normal cognitive function
- Contributes to normal function of the immune system
- Contributes to normal DNA synthesis
- Contributes to maintaining normal vision
- Contributes to normal fertility and normal reproduction
- Contributes to a normal metabolism of macronutrients
- Contributes to maintaining normal skin
- Contributes to maintaining a normal testosterone level in the blood
- Contributes to a normal fatty acid metabolism
- Contributes to maintaining normal nails
- Contributes to a normal Vitamin A metabolism
- Contributes to maintaining normal hair
- Contributes to normal protein synthesis
- Contributes to maintaining normal bones

Info: In the European Union, micronutrient effect statements are strictly regulated and must be specifically approved. This list includes the permissible effect promises of this product. Other effects from studies have not yet been sufficiently scientifically confirmed by the EU and are expressly NOT indicated as an effect of this product. The effects of this product are limited to this list only. No other aspects of this booklet flow into the effects of the product, and it is in no way suggested that certain genetic analysis results cause additional healing effects that reach beyond this list.

Your daily requirement of micronutrients

Micronutrient	RDA	Your requirement	Unit
Alpha lipoic acid	N/A	61	mg
Calcium	800	485	mg
Coenzyme Q10	N/A	19.5	mg
Copper	1	0.39	mg
Folic Acid	200	208	µg
Iron	14	12.5	mg
Lutein	N/A	3.4	mg
Magnesium	375	316	mg
Manganese	2	3.1	mg
Methyl-Sulfonyl-Methane	N/A	269	mg
Omega-3	N/A	700	mg
Phytosterol	N/A	231	mg
Selenium	55	99	µg
Vitamin A	800	1376	µg
Vitamin B12	2.5	6.3	µg
Vitamin B2	1.4	0.8	mg
Vitamin B6	1.4	2.2	mg
Vitamin C	80	143	mg
Vitamin D3	5	16	µg
Vitamin E (α-Tocopherol)	12	22	mg
Zinc	10	8.8	mg

The RDA values are generally defined standard values for vitamins, minerals and trace elements. However, your actual need will be determined by your genetics and lifestyle.

CAUTION! Your genetic analysis shows that both over- and under-dosing of some of these substances may be harmful to your health. Therefore, please dose the micronutrients exactly according to these values to supply your body with precise amounts of these vitamins and minerals, and to prevent harmful effects of an overdose.



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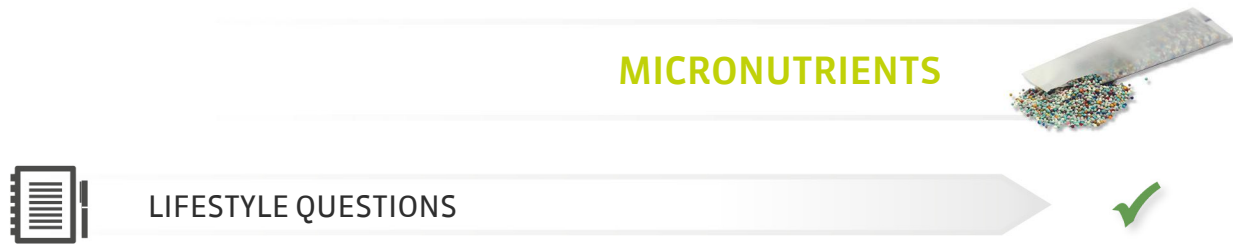
Your recipe code:

DEMO_DS



Influences on the micronutrient mixture

Your individual micronutrient mixture will be prepared based on various analyses and data. Here are aspects that affect your personal mix:



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<https://www.facebook.com/ProGenom>



Certifications

Our laboratory is one of the most modern and automated laboratories in Europe and has numerous certifications and quality assurance systems that meet, and even exceed, international standards. The various areas of business are certified separately to the highest standards.

Laboratory diagnostics, manufacturing & sales

Quality management system in accordance with ISO 9001:2015



Licensed for medical genetics

Approved by the Federal Ministry of Health, Austria



Cosmetic/genetic diagnostics and cosmetics manufacturing

Good manufacturing practice (GMP) in accordance with ISO 22716:2007



Food supplement manufacturing

Management system for food safety in accordance with ISO 22000:2018





Science continues to progress – so do our programs!

Science is progressing rapidly and almost every day new findings in the fields of medicine and genetics allow us more accurate statements. Guidelines for the prevention or treatment of health problems and recommended consumption quantities for vitamins change and improve periodically, and therefore the programs we have today are a lot more accurate than the information we had ten years ago. This is exactly the same for genetics.

Every year new genes are discovered, new effects of already known genes are identified, and the recommendations for actions that exist for certain genetic profiles change and improve over time. Since the development of our first product, we have integrated more than 400 improvements into the programs to ensure that the product is always up-to-date with latest science and technology, and remains consumer-friendly.

Although a person’s genetic result stays the same for their lifetime, interpretation of the results is constantly improving with new available science. We also constantly enhance the product with improved wording, more accurate and better calculation methods for nutrition, as well as new findings in regards to how often certain mutations occur in the general population. Therefore, it is possible that a few months after you have received your report, some data and statements have changed and are more accurate than in the first version of the report. The genetic reports also consider your current body weight and your age, which is why some recommendations may differ slightly from earlier statements (that are based on a different age and body weight).

A new booklet in accordance with the latest developments in science and product development.

We do not want to withhold the positive improvements of our genetic programs from you. Therefore, you may enquire at any time if there are any new findings that might make a revision of your old genetic results with the newest interpretations, possible. In this instance, we can, for a small fee, issue a new and improved booklet for you. You may find certain deviations from the old booklet but these represent the improvements in this area.



Common improvements you might receive this way are:

Product developments:

- New food products in the food list
- New methods to plan your nutrition better
- New ways to plan your exercise
- More accurate assessment of calorie calculation
- Adjusted values that influence program intensity
- Better clarity of the reports
- New and improved prevention and treatment options

Age and weight-related adjustments

- New calculations of various numbers are based on your current age and body weight.
- New micronutrient recommendations that consider your new age.

Scientific developments:

- New findings on the effects of already-tested genes (higher or lower risk or new validity)
- New assessment on the effects of certain treatments or medication
- New findings on the frequency of certain mutations in the general population (that can influence the relative risk)

Current version:

- V538

Here you will find a version of the report's history:

- V538 - Foodtable: Calculation of g/article for beverages improved
- V537 - Apple icon calculation and recommendations for soy products have been improved
- V536 - Omega 3 risk calculations and recommendations have been improved
- V535 - Risk calculation of increased iron uptake has been improved
- V534 - Heart health risk calculation was improved and is more accurate now. This affects many other sections
- V533 - Activityfactor calculation (job, spartime) has been improved
- V532 - Q10 calculation (linkage to oxidative stress) has been improved
- V531 - Lutein minimum and maximum values have been improved
- V530 - Fooditem rating calculation of glycemic index has been improved
- V529 - Genetic risk calculation (UV protection) has been improved
- V528 - Metabolic rate and kcal calculation has been improved
- V527 - Fooditem rating calculation (apple icons) has been improved
- V526 - Recommendations for vitamin C has been improved
- V525 - Recommendations for iron overload predisposition has been improved
- V524 - Supplement composition has been improved
- V523 - ALA values have been improved
- V522 - Influence of lifestyle questions on supplement mixture has been improved and now is more accurate
- V521 - Collagen values have been improved
- V520 - Satiety genetics have been improved
- V519 - Luteine values have been improved
- V518 - Genestory algorithm has been implemented
- V517 - Layout improvements
- V516 - Lutein calculation has been improved
- V515 - Magnesium and calcium RDA calculations have been improved
- V514 - Vitamine B2 calculation has been improved and now is more accurate
- V513 - UGL values for Q10 have been adjusted
- V512 - Layout improvements, Design improvements
- V511 - Beauty genetics implementation
- V510 - Explanation has been added to show the influences for each order on the individual micronutrient recipe
- V509 - The BMR calculation for data entered in the order form was improved and now is more accurate
- V508 - Official guidelines for certain drugs have been added to the pharmacogenetics section
- V507 - More drugs were implemented in the pharmacogenetic section
- V506 - Pharmacogenetic calculation improvements
- V505 - Report Automation: Warning when certain order details are missing
- V504 - Colon health OR calculation has been adjusted
- V503 - Colon health chapter has been improved
- V502 - Skin health section has been improved
- V501 - Pharmacogenetic improvements
- V500 - UGL values have been improved
- V499 - GRA calculation has been improved and now is more accurate
- V498 - RDA values of some micronutrients were adjusted to more accurate values based on science and international regulations
- V497 - Implementation of new modules
- V496 - Micronutrient ranges were better adapted to new science and legal requirements
- V495 - Pharmacogenetic improvements
- V494 - Layout improvements, Design improvements, Report adaptations for DC
- V493 - Further genes were included in the pharmacogenetic analysis
- V492 - Performance improvements
- V491 - Implementation of new modules
- V490 - Algorithm improvements
- V489 - Advert pages have been improved
- V488 - Burnout module update
- V487 - Microbiome upgrade has been implemented
- V486 - Layout improvements, Design improvements
- V485 - Implementation of new modules

- V484 - Layout improvements, Design improvements
- V483 - UGL values have been improved
- V482 - GRA calculation has been improved and now is more accurate
- V481 - Toxo module update
- V480 - Layout improvements, Design improvements
- V479 - Implementation of new modules
- V478 - OR calculation has been improved based on current literature
- V477 - DHC modules have been upgraded
- V476 - Epigenetics module update
- V475 - Performance module update
- V474 - Biological age update
- V473 - Implementation of new modules
- V472 - Magnesium values were adjusted to more accurate values
- V471 - Productname integration has been improved
- V470 - Rebranding options have been improved
- V469 - RDA values of MSM were adjusted to more accurate values based on science and international regulations
- V468 - Micronutrient (MSM) calculation has been improved
- V467 - CYP2D6 allele calculation (pharmacogenetics) has been improved
- V466 - Automated layoutchanges have been improved
- V465 - Lung Health calculation integrated and validated
- V464 - Warfarin dose recommendation improved
- V463 - MAX micronutrient values have been improved
- V462 - UGL values have been improved
- V461 - UGL values have been improved
- V460 - GRA calculation has been improved and now is more accurate
- V459 - GRA calculation has been improved and now is more accurate
- V458 - CHD OR calculation has been improved and now is more accurate
- V457 - Scale bar calculation for micronutrient dosages has been improved
- V456 - Calculation of recipes has been improved
- V455 - Layout improvements, Design improvements, Report adaptations for DC
- V454 - Rebranding options have been improved
- V453 - Rearrangement of DHC chapters
- V452 - Psychological disorder risk calculation was added
- V451 - Further genes were included in the nutrition sensor
- V450 - Improved version history
- V449 - Improved calculation of the food list
- V448 - Improved presentation of the food list
- V447 - Micronutrient recipe was improved and takes now more genes into account
- V446 - Improved presentation of the nutrigenetic chapters
- V445 - Improved sport tables. Icons now show the type of the activity
- V444 - Weight Sensor: Low calorie snacks were improved
- V443 - Improved marketing and order sites make it easier for the consumer to order supplements
- V442 - Rearrangement of all DNC chapters
- V441 - New nutrigenetic overviews were implemented
- V440 - Population frequencies were updated according to the 1000 Gene Project Phase 3
- V439 - Improved calculation of disease risks compared to the average population
- V438 - New improved chapter overview implemented
- V437 - A calculation to produce weight management supplements in the form of pellets has been included
- V436 - More drugs were implemented in the pharmacogenetic section
- V435 - Report Automation: Warning when certain order details are missing
- V434 - Odds ratio calculation was improved for all metabolic problems. Population frequencies were updated according to "The 1000 Genomes Project"
- V433 - Food Components: Calculation of kalium scale bar was improved and now is more accurate
- V432 - Foodtable: Excel layout improvements
- V431 - Foodtable: Excel bar size column was integrated. Now the exact value of the bars are shown
- V430 - Foodtable: Calculation of g/article for vegetables improved
- V429 - Foodtable genetic intolerance columns improved
- V428 - RDA values of some micronutrients were adjusted to more accurate values based on science and international regulations
- V427 - More drugs were implemented in the pharmacogenetic section
- V426 - Micronutrient ranges were better adapted to new science and legal requirements
- V425 - The micronutrient dosages were adapted to new government regulations and new sciences (particularly ALA, D3, C, lycopene, luteine and copper)
- V424 - The BMR calculation for data entered in the orderform was improved and now is more accurate
- V423 - The quality control of entered data was improved by a second double-check
- V422 - Formula restructuring
- V421 - The risk for alcohol dependence calculation was improved and is more accurate now
- V420 - The description of detoxification genes and their genetic variations was improved
- V419 - Having a high risk of alcoholism now also affects the food recommendations for alcohol-containing foods
- V418 - Report automation: Certain report sections are shown for athletic performance reports
- V417 - Report update: Special requests of a distributor (JH) were implemented
- V416 - The risk calculation for bone health based on genetics was improved and now is more accurate
- V415 - The warning threshold for: "attention, this food contains lactose" was lowered, so food types with little lactose also trigger the warning
- V414 - Report update: Special requests of a distributor (DPME) were implemented
- V413 - Report update: Special requests of a distributor (DPME) were implemented
- V412 - The new prostate risk calculation results are now applied to the overview scale bars at the front of the reports
- V411 - Report update: Special requests of a distributor (DPME) were implemented
- V410 - Report update: Special requests of a distributor (KRSD) were implemented
- V409 - The basic metabolic rate at rest was locked at a minimum of 1000kcal, irrespective of age. This is more appropriate for younger users of the weight management programs
- V408 - Design improvements (colour codes)
- V407 - The risk calculation for bone health based on genetics was improved and now is more accurate. Changes are now full applied
- V406 - The risk for diabetes calculation was improved and is now (especially for high risk individuals) more accurate
- V405 - Report automation: Reports for athletic performance were improved for automation
- V404 - The calculation for prostate risk was updated with newer science about how common these variations are in the general population. Risk calculations are now more accurate.
- V403 - Report Automation: Formula update gives alert in case customer details are missing
- V402 - Rarely occurring genetic variants relevant in Alzheimer's Disease were included in the formula
- V401 - Report layout and text improvements for athletic performance tests
- V400 - Linoleic acid risk calculation for the food list was improved and now is more accurate
- V399 - The risk of some bone metabolism genes was improved and now is more accurate
- V398 - The risk for certain eye disease risk calculations and the corresponding food recommendations was improved and now is more accurate
- V397 - Linoleic acid risk calculation for the food list was improved and now is more accurate
- V396 - Special adaptations for vegan customers using allergy testing services
- V395 - Layout improvements, Design improvements, Report adaptations for a distributor (DCR)
- V394 - Report update: New naming system doe new-born screening analyses
- V393 - Report update: Special requests of a distributor (ASGX) were implemented
- V392 - Report Automation: Warning when certain order details are missing
- V391 - Report Automation: Warning when certain order details are missing
- V390 - Cardiovascular disease risk and LDL cholesterol disease risk calculation was improved, especially for high risk individuals and is more accurate now. This affects many other sections
- V389 - Basic metabolic rate at rest calculation was improved for

- some weight management reports
- V388 - Special feature for Muslims to help avoid pork
- V387 - Certain report improvements for young patients
- V386 - Report automation: Certain texts are hidden under certain conditions in some reports
- V385 - The recommendation calculation for total iron intake was improved and now is more accurate
- V384 - The recommendation calculation of fructose containing food types was improved and now is more accurate
- V383 - Report automation: Recipe book automation was improved
- V382 - Report automation: Alert systems for certain conditions such as missing details were implemented
- V381 - Report automation: Alert systems for missing gene results were implemented
- V380 - Design, layout and text improvements
- V379 - Report covers were improved
- V378 - Scale bar and text colours for fructose risk were improved
- V377 - Iron intake recommendations were linked to iron overload disorder risk in an improved way and is now more accurate. This influences many aspects of the reports such as food recommendations
- V376 - Report update: Special requests of a distributor (PGNS) were implemented
- V375 - Design and text improvements
- V374 - Better BMI calculation for children implemented, making the calculations in these cases more accurate
- V373 - Report update: Special requests of a distributor (SLGN) were implemented
- V372 - Reports now consider the intake of calcium through nutrition more accurately. This affects many aspects of the food recommendations
- V371 - New gene for new-born birth weight added to reports
- V370 - Text improvements
- V369 - Report automation: Alert systems for certain conditions such as missing details were implemented
- V368 - New BMI calculation formulas implemented for some reports. This calculation is now more accurate
- V367 - Hormone replacement therapy genetic testing is now added to larger packages by default
- V366 - Report update: Special requests of a distributor (DNK) were implemented
- V365 - New pregnancy related gene was added
- V364 - Risk calculation for diabetes Type 2 was improved and now is more accurate. This influences many aspects of the report
- V363 - Risk calculations for spontaneous abortion in pregnancy was improved and now is more accurate
- V362 - Risk calculations for preeclampsia in pregnancy was improved and now is more accurate
- V361 - New pregnancy risk calculations were implemented
- V360 - Report update: Special requests of a distributor (PGMS) were implemented
- V359 - Risk calculations for bone health were improved, which influences many parts of the programs
- V358 - Oxidative stress genes added to athletic performance reports
- V357 - Report update: Special requests of a distributor (PHMLT) were implemented
- V356 - Improved food recommendation calculation for omega 3 was implemented, which influences many aspects of the food list
- V355 - Caffeine break down calculations were improved and are now more accurate
- V354 - Effect of coffee on breast cancer risk in women was implemented in several reports
- V353 - Caffeine recommendations based on breakdown capacity was improved
- V352 - Formula restructuring
- V351 - Fructose containing food recommendations were improved and are now more accurate
- V350 - Fructose containing food recommendations were improved and are now more accurate
- V349 - Report update: Special requests of a distributor (PGMS) were implemented
- V348 - Recommendations for iron intake was improved
- V347 - Recommendations for diabetic nutrition was improved and food list is now more suitable for diabetic patients
- V346 - Design and text improvements
- V345 - Report update: Special requests of a distributor (GNBL) were implemented
- V344 - Micronutrient recommendation calculations were improved and are now more accurate
- V343 - Micronutrient recommendation calculations were improved and are now more accurate
- V342 - Supplement calculations: Formula adjustments for personalized supplement production were implemented
- V341 - Certain questions that influence the athletic performance programs have been implemented
- V340 - Scale bars that show the risk of coffee and caffeine have been improved
- V339 - The program now can consider iron deficiency in its nutritional recommendations as well. Added benefit for iron deficient individuals
- V338 - Supplement automation: New automation system for supplement manufacture implemented
- V337 - Report update: Special requests of a distributor (DNK) were implemented
- V336 - Report update: Special requests of a distributor (GB) were implemented
- V335 - Customer details question answers are now shown in the back of some reports for reference
- V334 - Report update: Special requests of a distributor (DNK) were implemented
- V333 - The scale bar for lactose intolerance risk was improved
- V332 - Report update: Special requests of a distributor (DNK) were implemented
- V331 - Report update: Special requests of a distributor (DNK) were implemented
- V330 - The food recommendation for arachidonic acid containing foods was improved and now is more accurate. This affects animal product-based food recommendations
- V329 - Report update: Special requests of a distributor (DNK) were implemented
- V328 - Hand written notes sheets were added to some reports
- V327 - Certain reports now have a video link for video consultation
- V326 - Report update: Special requests of a distributor (PGMS) were implemented
- V325 - Various improvements to text, layout and design
- V324 - The intensity of the weight management program was adjusted and now is equally intense for all customers. This affects and improves many aspects of the weight management report
- V323 - Detoxification results are shown in certain report types
- V322 - Omega 3 risk calculations and recommendations have been improved and now are more accurate. This has an impact on the food list
- V321 - Video consultation links have been implemented in certain reports
- V320 - Supplement automation: New improvements in producing personalized labels
- V319 - Supplement automation: New improvements in automating the personalized production of weight management supplements
- V318 - Text improvement in some athletic performance reports
- V317 - Text improvement in some athletic performance reports and allergy reports as well as allergy warnings
- V316 - Reports can now consider milk protein intolerance and give better food recommendations
- V315 - The calculation and recommendation for fructose containing foods was improved and now is more accurate
- V314 - Supplement automation: better automation of personalized weight management supplements
- V313 - Report update: Special requests of a distributor (DNK) were implemented
- V312 - Supplement automation improvement
- V311 - Supplement intake recommendations were improved. Some individuals now get the recommendations to take supplements 2 times per day, but have to take a reduced volume.
- V310 - Video consultation link in some reports was improved
- V309 - Supplement automation improvement
- V308 - The risk calculation for thrombosis was improved and now is more accurate
- V307 - Supplement automation improvement for label creation
- V306 - The risk calculation for thrombosis was improved and now is more accurate
- V305 - Video consultation link in some reports was improved
- V304 - Report update: Special requests of a distributor (DNK) were implemented
- V303 - The minimum daily calories a person must eat has been defined and makes the product more suitable for users of low body weight



Customer Service

Questions or comments about our service?

Our customer service team is happy to help with any enquiries or problems. You can contact us in the following ways:

- Phone +41 (0) 41 525 100.1
- office.ch@progenom.com

Our team is looking forward to your call. Customer satisfaction is our first priority. If you are not fully satisfied with our service, please let us know. We will do our best to help find a satisfactory solution to your problem.

Contact | Impressum
ProGenom GmbH
Riedstrasse 1
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SWITZERLAND



Technical details

Order number

DEMO_DS

Date of birth

01/01/1990

Established analysis methods

qRT-PCR, DNA sequencing, fragment length analysis, CNV assay, GC-MS, Immunocap ISAC, Cytolisa

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Product codes

L1WSS

Current version

V538

Ordering company

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Weight Sensor
Maria Musterfrau
DEMO_DS