

Hassan Healthcare

myfitgene™

Your Health Managed
With Care

Hassan Healthcare

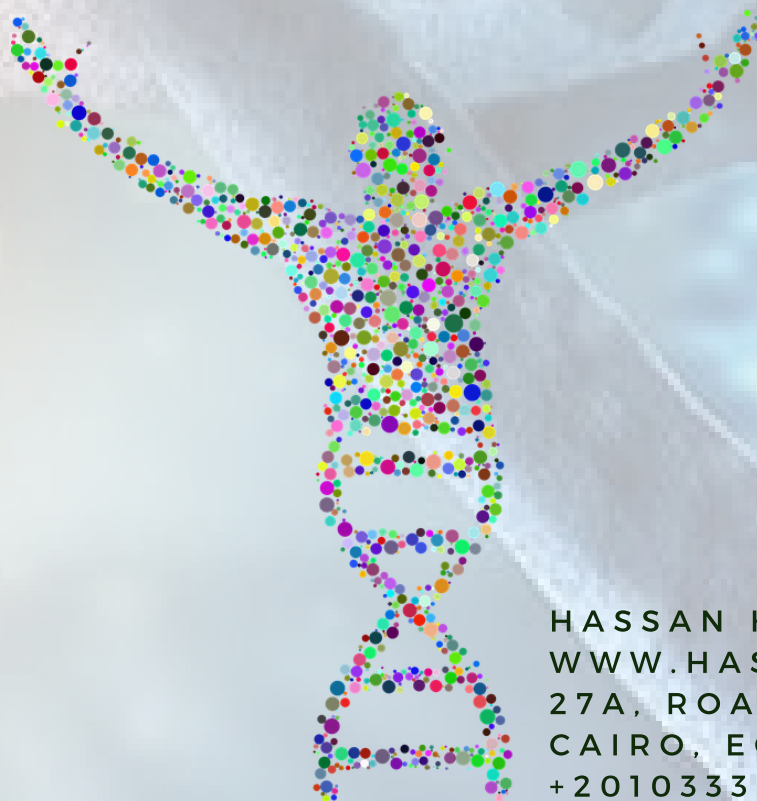
IS PROUD TO OFFER THE FIRST DIRECT-TO-
CONSUMER DNA FITNESS TEST IN EGYPT

TAKE A DNA TEST FROM THE COMFORT OF YOUR
OWN HOME

PRESENTING MAPMYGENOME

PRICE:
\$299

INCLUDING COUNSELING SESSION



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UNLOCK YOUR FULL GENETIC POTENTIAL WITH MYFITGENE™ - THE NEXT GENERATION HEALTH TEST

THE DNA-BASED FITNESS TEST OF THE ELITE!
MYFITGENE™ IS A GENETICS-BASED NUTRITION AND
FITNESS PLANNER LIKE NEVER BEFORE! BY ASSESSING
THE VARIATIONS IN YOUR DNA THROUGH A SIMPLE, NON
INVASIVE SALIVA SWAB, THIS TEST GIVES YOU
INFORMATION ESSENTIAL TO PERSONALISE YOUR DIET,
WORKOUT AND CLINICAL TESTING TO UNLOCK YOUR
FULL GENETIC POTENTIAL IN THE REALM OF SPORTS,
FITNESS AND WELLNESS! JOIN THE ELITE GROUP OF
ATHLETES BY TAILORING YOUR EFFORTS TO YOUR
GENETIC POTENTIAL!



Key Focus Areas

Key Focus Areas (Important parameters assessed in athletes):



MyFitGene™ has been carefully designed to target **35+ traits and conditions** (mentioned below) which impact sports performance. Genetic predispositions for these hand-picked parameters affect **Nutrition, Fitness, and Wellness** of an athlete.



Cardio-respiratory Fitness

- BMI / Obesity
- Response to Dietary Fat
- Appetite and Eating Behaviour
- Polyunsaturated Fatty Acids (PUFA)
- Blood Pressure
- High Density Cholesterol Levels
- Low Density Cholesterol Levels
- Blood Sugar/ Insulin Sensitivity
- Atrial Fibrillation
- Myocardial Infarction
- Coronary Heart Disease
- Long QT interval
- Stroke
- Sudden Cardiac Arrest
- Addiction to alcohol
- Nicotine Dependence
- Caffeine Consumption
- Hypertrophic Cardiomyopathy
- Venous Thromboembolism

Muscle Strength and Endurance



- Sports / Muscle Performance
- Ankylosing Spondylitis
- Response to exercise



Body Composition

- Vitamin B6
- Vitamin B9
- Vitamin C
- Vitamin D
- Antioxidant Capacity
- Bone Mineral Density

Neurological / Psyche Components




- Resilience
- Avoidance of Errors
- Anxiety and Eating Disorders

Clinical Parameters



- Gluten Intolerance
- Restless Legs Syndrome
- Inflammation
- Migraine
- Hypothyroidism
- Endometriosis (females only)
- PSA Levels (males only)
- Premature Menopause (females only)
- Chronic Kidney Disease
- Biliary Cirrhosis

Injury Risk



- Bone Mineral Density
- ACL Rupture(sports injury)
- Disc degeneration
- Antioxidant Capacity
- Vitamin C
- Vitamin D

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