

## NUTRIPASS®: Genetic Passport for dietary habits

### Nutrigenetics

The onset of numerous diseases, such as cardiovascular diseases or bowel pathologies, is influenced by the combination of genetic and behavioural factors including dietary habits. The reaction of the body to some food varies from one individual to another; such person is intolerant to dairy products while another person is intolerant to bread. The range of responses is caused by genetic variations present in the genome of each person. In the presence of some genetic variations, some eating habits can increase the risk to develop certain diseases.

The field of nutrigenetics takes into account the differences in between individuals to determine the needs of each person and leads to a personalized diet. It is important to know the content of our genes in order to postpone the onset of some diseases and to live healthier.

### NUTRIPASS® profile

Our NUTRIPASS® profile includes the analyses of numerous genetic variants involved in:

- **Alcohol, caffeine and theine metabolism:** these substances can have negative adverse effects even when there are used sparingly.
- **Lactose and gluten intolerances:** Primary lactose intolerance (dairy products) and gluten intolerance (bread, pasta, etc.) have a strong genetic component. Untreated gluten intolerance is associated with an increased risk to develop health problems such as osteoporosis and anaemia.
- **Cholesterol level:** cholesterol level is influenced by food but also by genetic variants.
- **Statin response:** statins are often used to treat hyperlipidaemia. However the presence of some genetic variants is associated to bad adverse effects upon such treatment.
- **Homocysteine metabolism:** homocysteine is an essential aminoacid for protein formation. An abnormal amount of this molecule (hyperhomocysteinemia) increases the risk of other diseases.
- **Vitamin D level:** vitamin D deficiency can lead to numerous diseases such as osteoporosis and autoimmune diseases.

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- **Weight gain:** overweight and obesity are obvious risk factors for numerous diseases. Part of weight gain is explained by the presence of some genetics variants.
- **Detoxification:** the elimination of toxic substances and reactive oxygen species present in our body is necessary to avoid premature ageing of cells and the onset of various diseases.

## The genetic test

This test allows an optimization of the patient's diet and lifestyle to live healthier but, it is not reimbursed by the basic health insurance. However, it is now reimbursed for patients with additional PRIMEO insurance from Helsana. These genetic analyses are performed only once in the patient's life, in a simple and non-invasive manner (buccal swab).