



## PATIENT INFORMATION

Name: Jane Doe  
Gender: Female  
DOB: 1/1/1966 (54 yrs)

BMI: 27.45  
Height: 5 ft 3 in  
Weight: 155 lbs

Samples Collected:  
Cheek swab: 01/10/20

2020 01 10 308 SB



## GENETICS BASED DIET, NUTRITION & FITNESS

### TEST RESULTS

#### WEIGHT LOSS ABILITY

Weight Loss Ability with Diet and Exercise ● Below Average

#### FOOD

Protein Utilization ● Enhanced  
Fat Utilization ● Normal  
Carb Utilization ● Normal

#### NUTRITIONAL NEEDS

Vitamin B6 ● Low  
Vitamin B12 ● Low  
Folate - Folic Acid ● Low  
Vitamin A ● Low  
Vitamin C ● Normal  
Vitamin D ● Normal

#### EXERCISE

Fat Loss Response to Cardio ● Low  
Fitness Response to Cardio ● Normal  
Body Composition Response to Strength Training ● Enhanced  
HDL Response to Cardio ● Below Average  
Insulin Sensitivity Response to Cardio ● Enhanced  
Glucose Response to Cardio ● Normal

LIVING A HAPPIER  
HEALTHIER AND  
LONGER LIFE  
STARTS HERE

The above results and comments are for informational purposes only and are not to be construed as medical advice. Please consult your healthcare practitioner for diagnosis and treatment.

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