

vyvo™

VYVO DNA

LEARN AND UNDERSTAND MORE
ABOUT YOURSELF

Discover what your
DNA says about you and
empower yourself to
improve and enhance
your life quality.



HEALTH & WELLNESS GENETIC TEST



Knowing more about your Health and Wellness helps you reach your highest potential.

With the Health & Wellness Genetic Test, you can learn how to:

- Boost your energy naturally
- Enhance your vitality
- Increase your muscle and bone health
- Control your weight
- Optimize exercise routines
- Identify potential vitamin deficiencies
- Improve your mood

HAVE YOU EVER WONDERED...

- Why you don't lose weight despite following certain diets or exercising intensely?
- Why you have cravings for certain foods?
- Why after eating a full meal you may not feel full??
- Does my body respond better to endurance over strength exercises, or the other way around?
- If the current vitamin supplements you take are effective for your health?





ALL THE ANSWERS LIE IN YOUR GENES.

We know that 'optimal health' is actually different for each and every individual and obtaining 'optimal health' is not achieved through a one-size-fits-all plan. Your genes hold the answers to what is right for you.

Down to our genetic core we are undeniably unique. The information encrypted in your genes can explain why your body reacts differently to exercise regimens and essential nutrients such as vitamins, proteins, fats and carbohydrates. Your genes also determine your taste perception, food preferences, satiety responsiveness (feeling full), and metabolism.

This is why certain people tend to crave foods that are sugary and/or fatty, and lack feelings of satiety. People often try to lose weight by eating a low-fat diet, but that approach may not suit them if they are genetically more sensitive to

the amount of sugars they consume rather than the amount of fat. The same logic also applies to exercise effectiveness. There are people who are more resistant to burning fat during endurance exercises that may cause them to complain that exercise just does not seem to "work" for them.

Genetic variants may also interfere with the absorption and metabolism of vitamins and nutrients. You might think nutrient deficiencies are a thing of the past. However, even today, it's possible to lack some of the essential nutrients your body needs to function optimally.

Better health starts with health awareness. XfinityLab Health & Wellness Genetic Test examines genes that are most relevant to your overall health, diet, and exercise.

The Health & Wellness Test provides clients with actionable data that can be used to tailor nutrition, diet, and fitness choices that best fit them. We are experts and industry pioneers in genomic testing.

ESTABLISH A HEALTHIER LIFESTYLE WITH PERSONAL GENETIC INFORMATION

While you cannot change your genetic makeup, you can take active steps to reduce the risk of certain diseases and optimize your health. Personalized genetic information allows you to focus on the modifiable lifestyle factors such as healthy diet, exercise regimens, and appropriate supplement intake.

Knowing your genetic information and working on lifestyle changes empowers you to:

- Make the most cost-effective lifestyle changes
- Achieve and maintain a healthy weight
- Better prevent chronic diseases and live healthier
- Increase endurance and athletic performance
- Look and feel your best



DNA SAMPLE COLLECTION INSTRUCTIONS



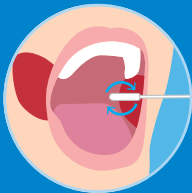
- 1) Go online at vyvosmart.com/dnacollection, and activate your DNA Test Kit:
 - Register the bar code you will find on the envelopes
 - Confirm the DNA service you purchased or wish to purchase
 - Get the Verification Code and write it on **envelope #2**
 - Complete the form;



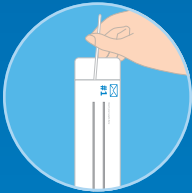
- 2) Don't eat within **30 minutes before** you do the test and wash your mouth by rinsing thoroughly with water, especially if you have consumed coffee or tea in the past 30 minutes.



- 3) Remove both the swabs by the handle without touching the sterile tip. **DO NOT TOUCH** the tip of the swabs to any object other than the inside of your cheek.



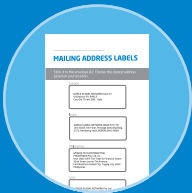
- 4) Insert the tip of the swabs into your mouth. Brush and rotate the swabs firmly against the inside of your cheek for 30 seconds; **DO THIS INSIDE BOTH OF YOUR CHEEKS.**



- 5) The swabs will now be wet and should be left to dry for 5 minutes. Do not place the swab directly into the envelope after collection. After the 5 minutes of drying, you can place the two swabs into the collection **envelope #1**;



- 6) Insert the small collection **envelope #1** into the return envelope #2 together with the signed Terms and Conditions. Include, as well, the Drug Sensitivity form **ONLY IF YOU HAVE ALSO PURCHASED THE DRUG SENSITIVITY REPORT**. Then seal the envelope and store it indoors at room temperature until you mail it.



- 7) Refer to the **MAILING ADDRESS LABELS**, choose the address based on your location, peel that label and place it on **envelope #2**;



- 8) Your genetic journey has begun! You will receive your unique genetic report within 6–8 weeks after your sample is received at the Xfinity Lab laboratory.

PRIVACY STATEMENT

Unlike other companies, we do not sell or transfer our client's personal information. We adhere to strict confidentiality and privacy laws that ensure all our client's personal information is kept private. No exceptions.

WE TAKE YOUR PRIVACY VERY SERIOUSLY

Confidentiality is a respected part of our code of ethics. Your privacy is our number one priority. We pledge to uphold the highest standards of bioethics and maintain rigorous policies and procedures to keep your personal information safe and secure.