



Lifecode GX[®]

— Professional Genotype Analysis —

Nutrigenomics for personalised health

Nutrigenomics Q & A

We hope this document will answer your immediate questions. Please contact your practitioner in the first instance, or email team@lifecodegx.com for further information

What is Nutrigenomics?

Nutrigenomics is the study of interactions between genes, nutrients and health. A nutrigenomics test examines DNA to identify variants that can impact your health, but can be supported by nutrition and other lifestyle factors.

How will it help me?

Nutrigenomics enables a preventative, personalised, and proactive approach to health. The test results can inform everyday decisions such as eliminating some foods or adding others - instead of a 'one-size-fits all' approach.

When should I do it?

A nutrigenomics test can be done at any age, from one day old to a hundred years young. The earlier you test the sooner you can tailor your diet and lifestyle to work with and support your genetics.

How accurate is it?

The genotyping data is more than 99.9% accurate. However, the interpretation of the results can vary from company to company. Lifecode Gx qualified nutritional therapists and nutrigenomics specialists ensure accurate, evidence-based, interpretation of results alongside clinically and practically relevant recommendations. This knowledge empowers you to make informed choices.

How does it work?

A simple cotton swab is provided to collect loose cells from the inside of your mouth. It is sent off to a lab for analysis, and the results are ready two to three weeks later.

Do I need to get re-tested?

No, you don't need do the same test again - as your genes are fixed - your genetic code doesn't change throughout your lifetime. You may choose to do additional tests in the future to assess different genes.

Who are Lifecode Gx?

Lifecode Gx is the UK's leading provider of clinically relevant, nutrigenomics testing services, applying the latest nutrigenomics research to enable a personalised approach to health. We work exclusively with health professionals to ensure clients get the most benefit from their tests.

What are the different types of tests?

Lifecode Gx offers a range of 10 DNA test panels - [Nutrient Core](#), [Hormones](#), [Methylation](#), [Histamine Intolerance](#), [Oestrogen Balance](#), [Detoxification](#), [Nervous System](#), [APOE](#), [Thyroid Balance](#), and [Athlete](#).

What happens to my data?

At Lifecode Gx, data privacy and protection is our priority. Your data is safe, secure and confidential. Samples are anonymised, and the data is used exclusively to produce your personalised nutrigenomics report(s). Your sample is destroyed after 3 months, and your data will never be shared or sold.