

Wellness Screening

Executive Check-up



Sample Report

Sample Report
Executive Wellness
Sun, Jan 01, 2021



dna | health

Detox
Balance
Energy
Immunity
Nutrition
Gut Health
Brain

“A comprehensive screening
report that helped guide me
to better health”

Daniel T
DNA Health Client

The Growing Impact of Lifestyle on Health

In today's face-paced world, more than ever, people are increasingly susceptible to lifestyle diseases such as obesity, cancer, heart disease, diabetes, autoimmune diseases and dementia. Collectively, these chronic diseases are the leading causes of disability and premature death worldwide.

About

20%

Of the adult population in the UAE smoke



9/10

People in the UAE are at risk of cardiovascular disease



Nearly

30%

Of the population suffer from generative spine disease



60%

UAE residents suffer from work-related stress



An average of

19%

Of the UAE population suffer from diabetes



70% MEN
60% WOMEN

Over the age of 15 are considered over weight



Health is the most vital investment an individual can make. Preventing disease by identifying warning signs in the earliest stages is the cornerstone of any effective screening programme.

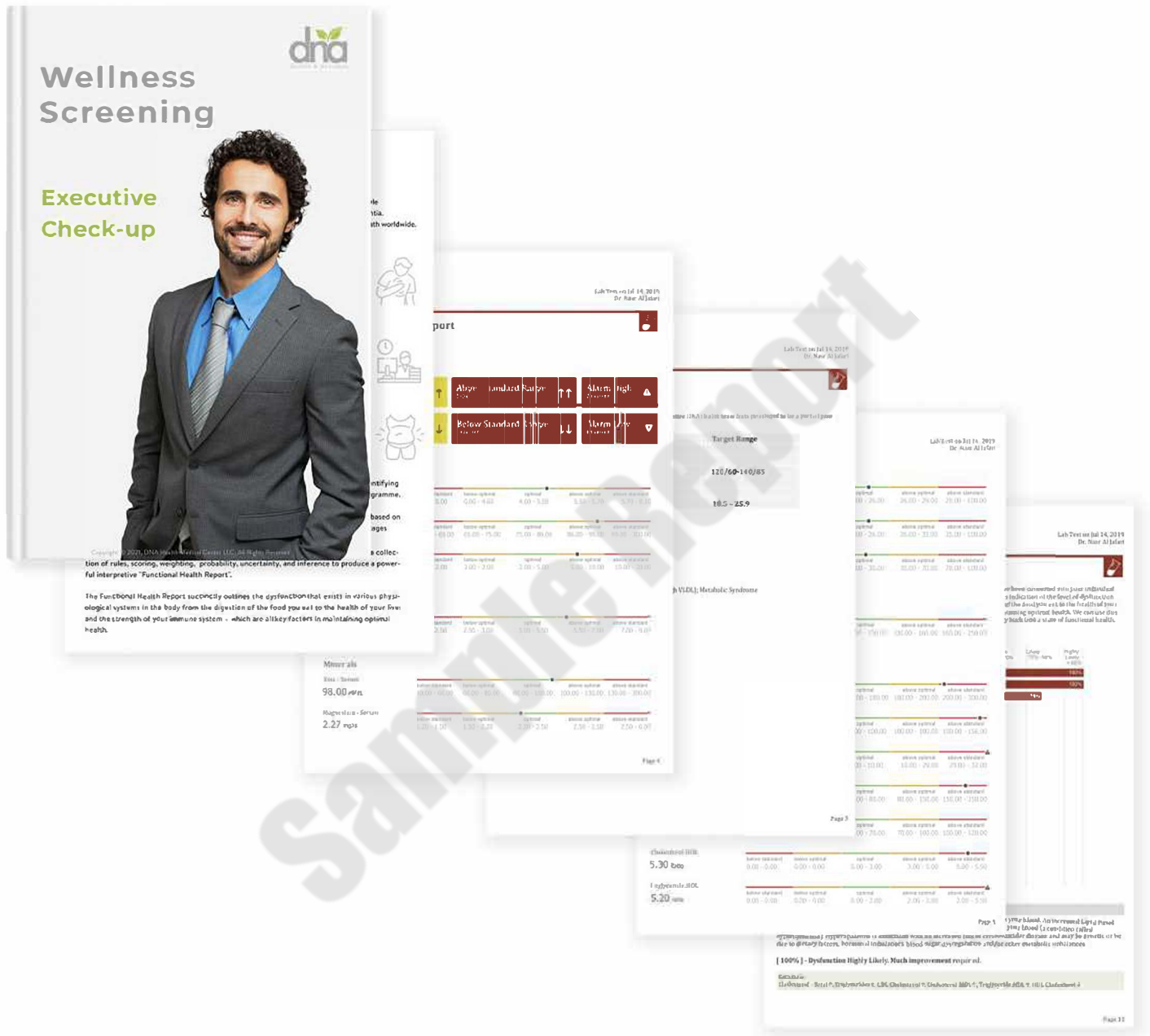
Unlike other health screenings, the DNA Health's screening uses powerful software based on the latest medical research, designed to prevent and detect disease at the earliest stages

Blood test biomarkers are interpreted using ground-breaking analysis by combining a collection of rules, scoring, weighting, probability, uncertainty, and inference to produce a powerful interpretive "Functional Health Report".

The Functional Health Report succinctly outlines the dysfunction that exists in various physiological systems in the body from the digestion of the food you eat to the health of your liver and the strength of your immune system – which are all key factors in maintaining optimal health.

The most comprehensive, detailed and accurate Health & Screening Report

Use The Latest Health & Wellness Analytical Software



We use your health data to put together a unique treatment plan designed to bring your body back into a state of functional health, wellness and energy. Your plan will address many aspects of your life, from physical needs, including nutrition, exercise and sleep, to mental and emotional stressors related to social, work and community life.

Current Screening Date

01/01/2021

Next Screening Date

01/01/2022



REALISE YOUR POTENTIAL

HEALTH REPORT

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Dr. Al Jafari's Notes

Dear Mr *****

It has been a pleasure to welcome you to our Clinic. The entire DNA Health team feels privileged to be a part of your journey to wellness and longevity.

Multidisciplinary Medical History

Medical History

	Vitals	Target Range
Date of Birth	1/6/80	-
Age (years)	38	-
Blood Pressure	135/80	120/60-140/85
Height (cm)	174 cm	
Weight (Kg)	95.2 kg	-
Body Mass Index	31.4	18.5 - 24.9

Indication

Past Medical History

Social History

Family History

Immunisation History

Medications

Allergies to Medications

Supplements

Surgical History

History

Pre-diabetic – Fatty Liver – Cholesterol

Lipicard – 1 tablet per day

Vitamin D – 10,000 IU daily

Spleen Operation (as a child, post car accident)

Lifestyle Factors

Indication

Nutrition & Weight History

History

Tried many diets before, manages to lose 10-kg then regains them. Will to control his intake when sticking to a plan

In the past year, he has gained 7 – 8 kg, lots of travel, irregular eating habits, poor quality of food

When not traveling, most meals are homemade; however, lots of snacking and grazing throughout the day, from cereal bars – nuts – fruits etc.

Has sweetener with caffeinated beverages

Water intake ~ 2 liters per day

Weight History:

In 2006, weighed 86kg then lowered it to 76 kg

In 2010 – 2011, did the dukan diet, and lost ~8kg over 4-month period. In 2015, weight was 92kg and lowered it to ~80kg with Dr. Nutrition over a period of 6 months

Stress

High stress work environment, lots of traveling

Sleep

Good sleep habits; only wakes up to go to bathroom at times. Gets to bed by 10 am, and wakes up by 6 am

Exercise

Restarted exercising now, bought 12-sessions of EMS training, aims to do that 2x/week

Does daily walks, at least 5km sometimes 9 km

Presenting Complaints

Indicators

History

Head & Face

-

Urogenital System

-

Circulatory & Respiratory System

-

Digestive System

No specific GI symptoms

Musculo-Skeletal System

-

Endocrine System

-

Reproductive Health

-

Skin, Hair and Nails

-

Mental Health

-

Energy Levels

Relatively good energy

Personal Goals and Tests Performed

During your time with us you have highlighted the following health goals:

- **Weight Loss**
- **Eat Healthy**
- **Exercise more efficiently and consistently**

The multidisciplinary team at DNA Health has thoroughly reviewed your test results. This data, along with the information you have provided, has enabled us to produce this highly specialised holistic management plan.

Summary of Findings

- Signs of Pre-Diabetes
- High Cardiovascular Risk (Heart Attack and Strokes)
- Non Alcoholic Fatty Liver
- Hormonal Imbalances (Thyroid and Testosterone)
- Nutritional deficiencies (Magnesium, Vitamin D, Glutathione)

Next Steps

- Follow up with Dr Al Jafari
- Further investigations to be arranged (Bloods and Imaging)
- Review with Clinical Dietician and Certified Health Coach

Health Recommendations

Based on results, we can see some evidence of hormonal imbalance – cortisol but no sign of any significant leptin hormone abnormalities. You are MODERATE cardiometabolic risk.

We should strive to implement a full lifestyle protocol. See next steps below:

Fasting and Metabolic Reversal Protocol

- Wake up soon after sunrise
- Make sure you go outside first thing in the morning (in order to wake the body up with natural sunlight. Unnatural light has a different spectrum of light which does not have the same effect on the body). ALL hormones and metabolism are linked to the circadian rhythm; morning sun will set your body clock, wake you up and improve sleep at night.
- Eat a wholesome breakfast (combination of natural fats, proteins and non-starchy carbs) – this can be any time in the morning (even 11 a.m. for example) – it means 'breaking a fast'

Try to consume your food within daylight hours - eat your food within an 8-hour eating 'window' during each day (for example – 11am-to-7pm)

- Similarly, do not eat within 3 hours of going to bed. Therefore, try to have your latest meal by 7 p.m. (and make this your lightest meal)
- Complete a 24hour complete food fast (only water, herbal tea) 2 x per week
- If you really want to reset your metabolism and re-balance your hormones, you should try doing some 'extended fasting'. This would be anything from 36-hrs-up-to 5 days. This can be done as frequently as desired – you could switch one of your 24hr fasts for something longer
- Reduce your caffeine to before midday only. Minimise alcohol; this is a sedative but a R.E.M. and Deep sleep disruptor

Nutrition:

- No need to cut out whole food groups but limit refined carbohydrates (rice, pasta, bread)
- Your plate should be predominantly plantbased and increase the diversity of your vegetables (aim for 30 different species of vegetables per month). High plant intake with ensure that you are consuming enough nutrients and fiber to enhance gut health and curb your ability to over-eat.

- Limit fruit to two portions per day and avoid high fructose fruits (bananas, melon, pineapple, mangos)

Exercise:

- Initially, I would suggest focusing your workouts around resistance training (rather than H.I.I.T). Given your lifestyle, I anticipate that you have a degree of 'sympathetic overdrive/ig htor-lig ht' – this means that intensive training will actually be putting more stress on your body and hindering weight loss; until we can achieve a better balance.
- Consider a yoga session or 2 per week; this will help with stress control, allowing you to rest your mind and flip you out of 'flight or flight'

Supplementation

- Magnesium 400mg Nocte
- Methyl-Multinutrient once per day
- Omega-3 (DHA/EPA 1gram per day)
- Cortizen Complex - twice daily

Sample Report

Blood Test Results Report



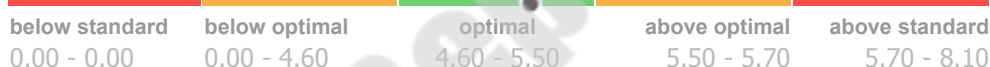
The Blood Test Results Summary Report lists the results of the patient's Chemistry Screen and CBC and shows you whether or not an individual biomarker is outside of the optimal range and/or outside of the clinical lab range. The biomarkers appear in the order in which they appear on the lab test form.

Above Optimal Range 6 Current ↑	Above Standard Range 1 Current ↑↑	Alarm High 0 Current ⚠
Below Optimal Range 2 Current ↓	Below Standard Range 0 Current ↓↓	Alarm Low 0 Current ⚠

Blood Glucose

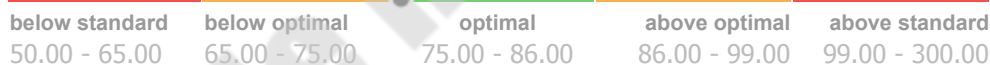
Hemoglobin A1C

5.20 %



Glucose - Fasting

75.00 mg/dL



Insulin - Fasting

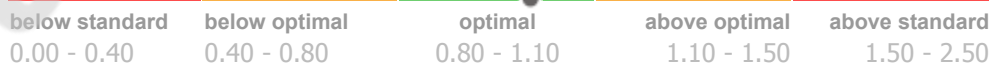
5.00 µIU/ml



Renal

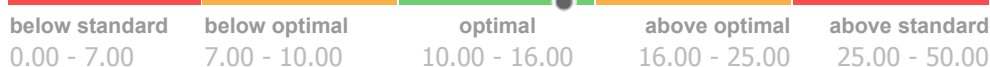
Creatinine

1.00 mg/dL



BUN

15.00 mg/dL



BUN : Creatinine

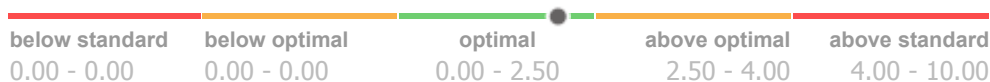
15.00 Ratio



Prostate

PSA - Total

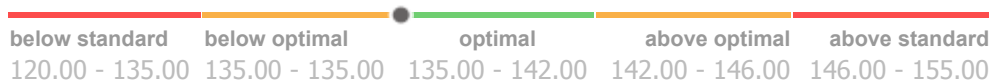
2.00 ng/ml



Electrolytes

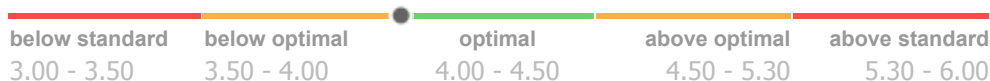
Sodium

135.00 mEq/L



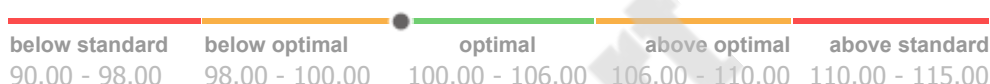
Potassium

4.00 mEq/L



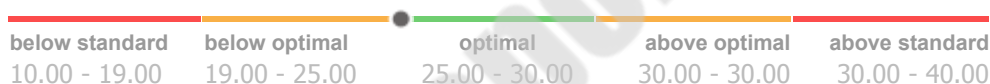
Chloride

100.00 mEq/L



CO2

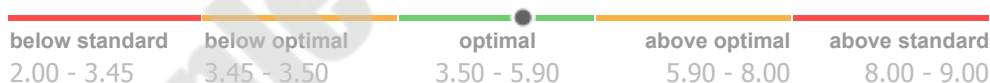
25.00 mEq/L



Metabolic

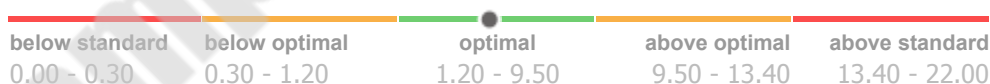
Uric Acid - Male

5.00 mg/dL



Leptin - Male

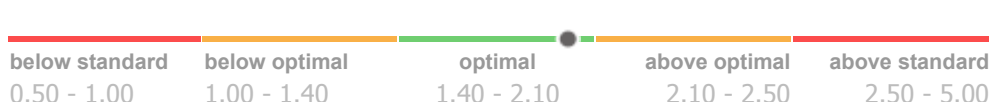
5.00 ng/ml



Proteins

Albumin : Globulin

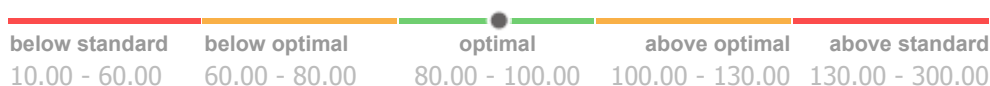
2.00 ratio



Minerals

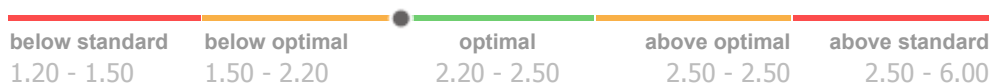
Zinc - Serum

90.00 mcg/dL



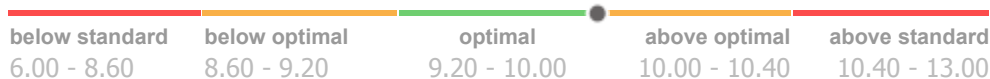
Magnesium - Serum

2.20 mg/dl



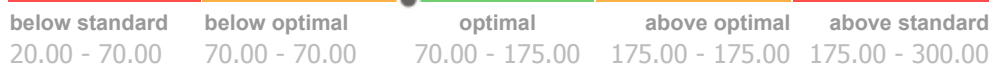
Calcium

10.00 mg/dL



Copper - Serum

75.00 µg/dL



Liver and GB

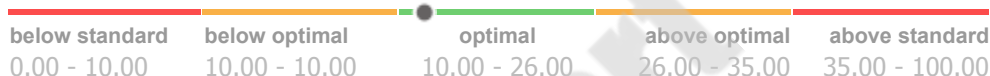
ALT

15.00 IU/L



AST

12.00 IU/L



GGT

15.00 IU/L



Alk Phos

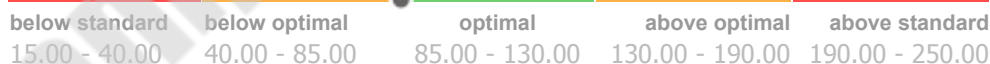
70.00 IU/L



Iron Markers

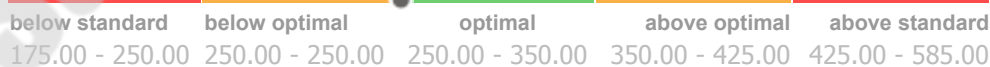
Iron - Serum

85.00 µg/dL



TIBC

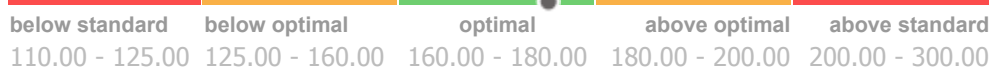
250.00 µg/dL



Lipids

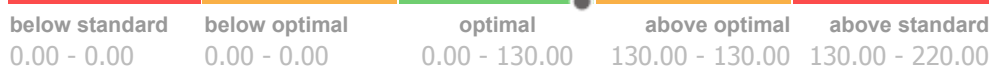
Cholesterol - Total

175.00 mg/dL



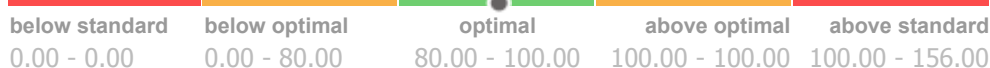
Non-HDL Cholesterol

120.00 mg/dl



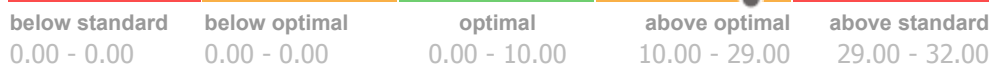
LDL Cholesterol

90.00 mg/dL



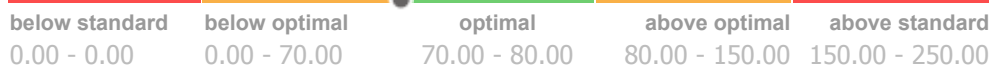
VLDL Cholesterol

25.00 mg/dl



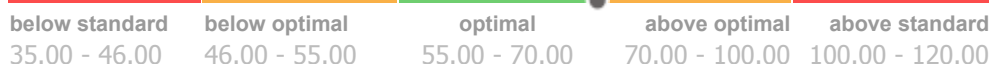
Triglycerides

70.00 mg/dL



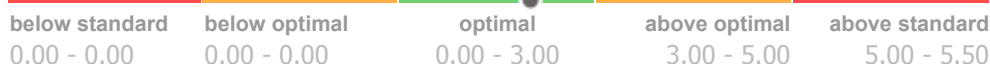
HDL Cholesterol

70.00 mg/dL



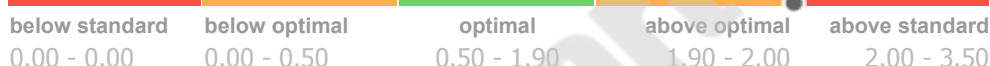
Cholesterol : HDL

2.00 Ratio



Triglyceride:HDL

2.00 ratio



Apolipoprotein A-1

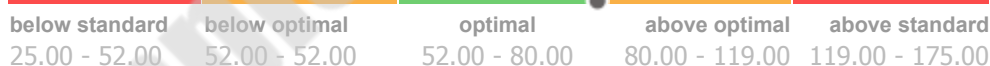
130.00 mg/dl



Lipoproteins

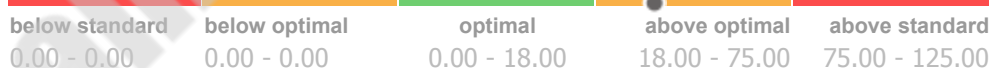
Apolipoprotein B

80.00 mg/dl



Lipoprotein (a)

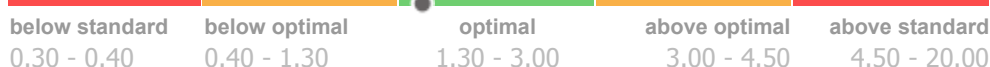
35.00 nmol/L



Thyroid

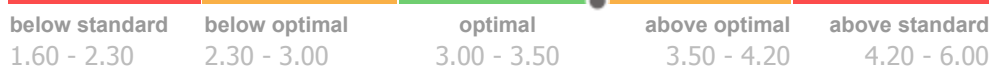
TSH

1.50 μ U/mL



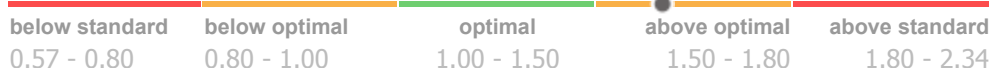
T3 - Free

3.50 pg/ml



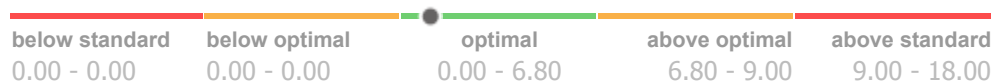
T4 - Free

1.60 ng/dL



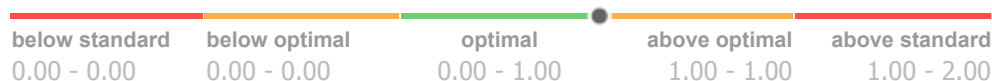
Thyroid Peroxidase (TPO) Abs

1.00 IU/ml



Thyroglobulin Abs

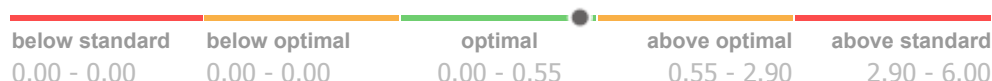
1.00 IU/ml



Inflammation

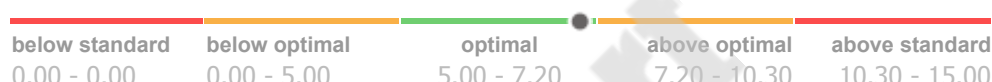
Hs CRP - Male

0.50 mg/L



Homocysteine

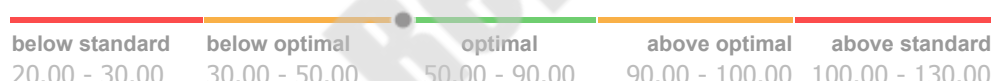
7.00 µmol/L



Vitamins

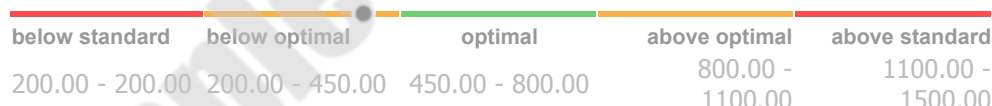
Vitamin D (25-OH)

50.00 ng/ml



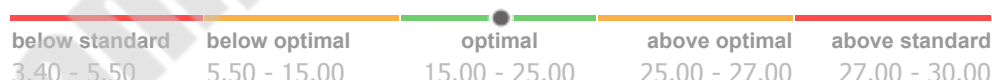
Vitamin B12

400.00 pg/ml



Folate - Serum

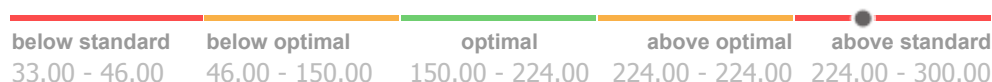
20.00 ng/ml



Hormones

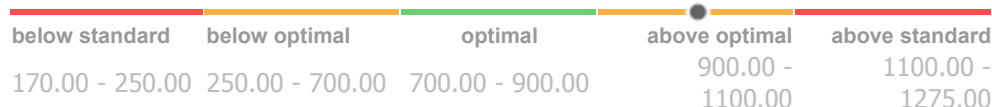
Testosterone Free - Male

250.00 pg/ml



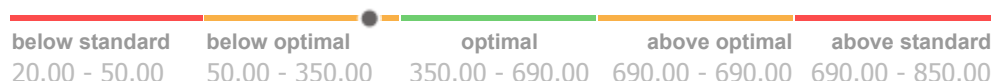
Testosterone Total - Male

1000.00 ng/dl



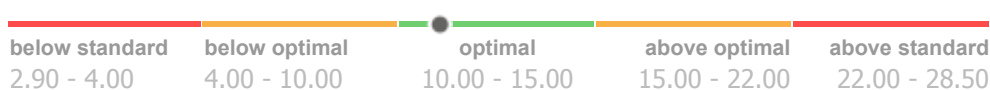
DHEA-S - Male

300.00 mcg/dl



Cortisol - AM

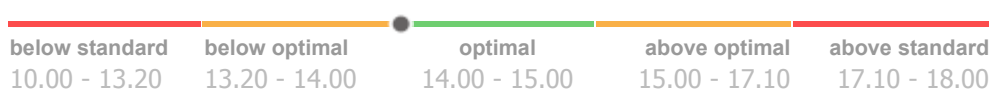
11.00 µg/dL



CBC/Hematology

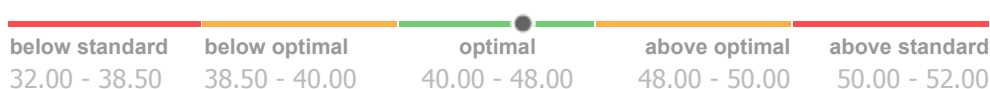
Hemoglobin - Male

14.00 g/dl



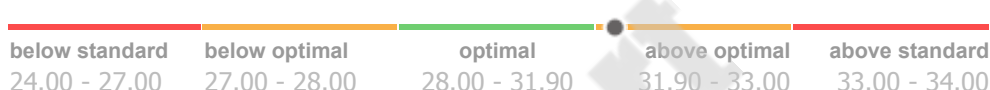
Hematocrit - Male

45.00 %



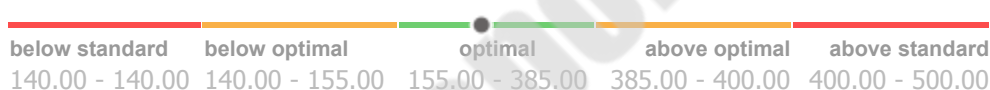
MCH

32.00 pg



Platelets

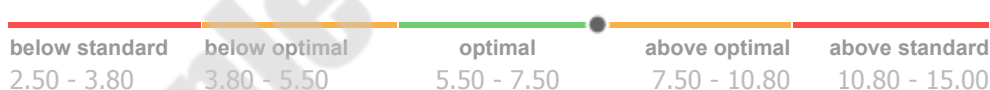
250.00 10E3/µL



White Blood Cells

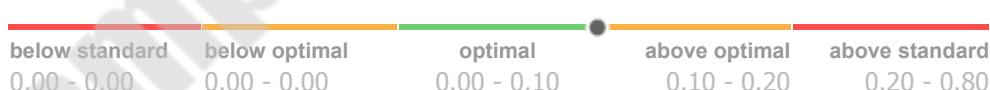
Total WBCs

7.50 k/cumm



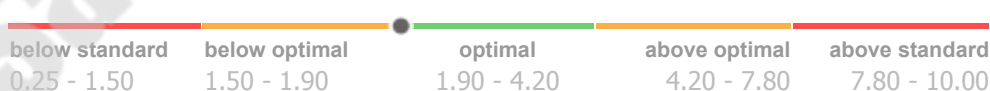
Basophils - Absolute

0.10 k/cumm



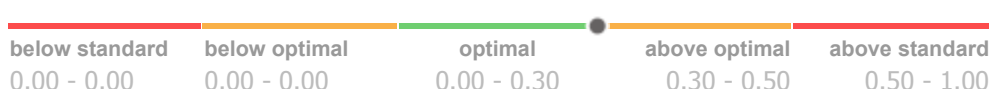
Neutrophils - Absolute

1.90 k/cumm



Eosinophils - Absolute

0.30 k/cumm



Blood Test Results Comparative Report



The Blood Test Results Comparative Report lists the results of your latest and previous Blood Chemistry Screen and CBC Test and shows you whether or not an individual biomarker is outside of the optimal range and/or outside of the clinical lab range.

Above Optimal Range 6 Current 0 Previous	Above Standard Range 1 Current 0 Previous	Alarm High 0 Current 0 Previous
Below Optimal Range 2 Current 0 Previous	Below Standard Range 0 Current 0 Previous	Alarm Low 0 Current 0 Previous

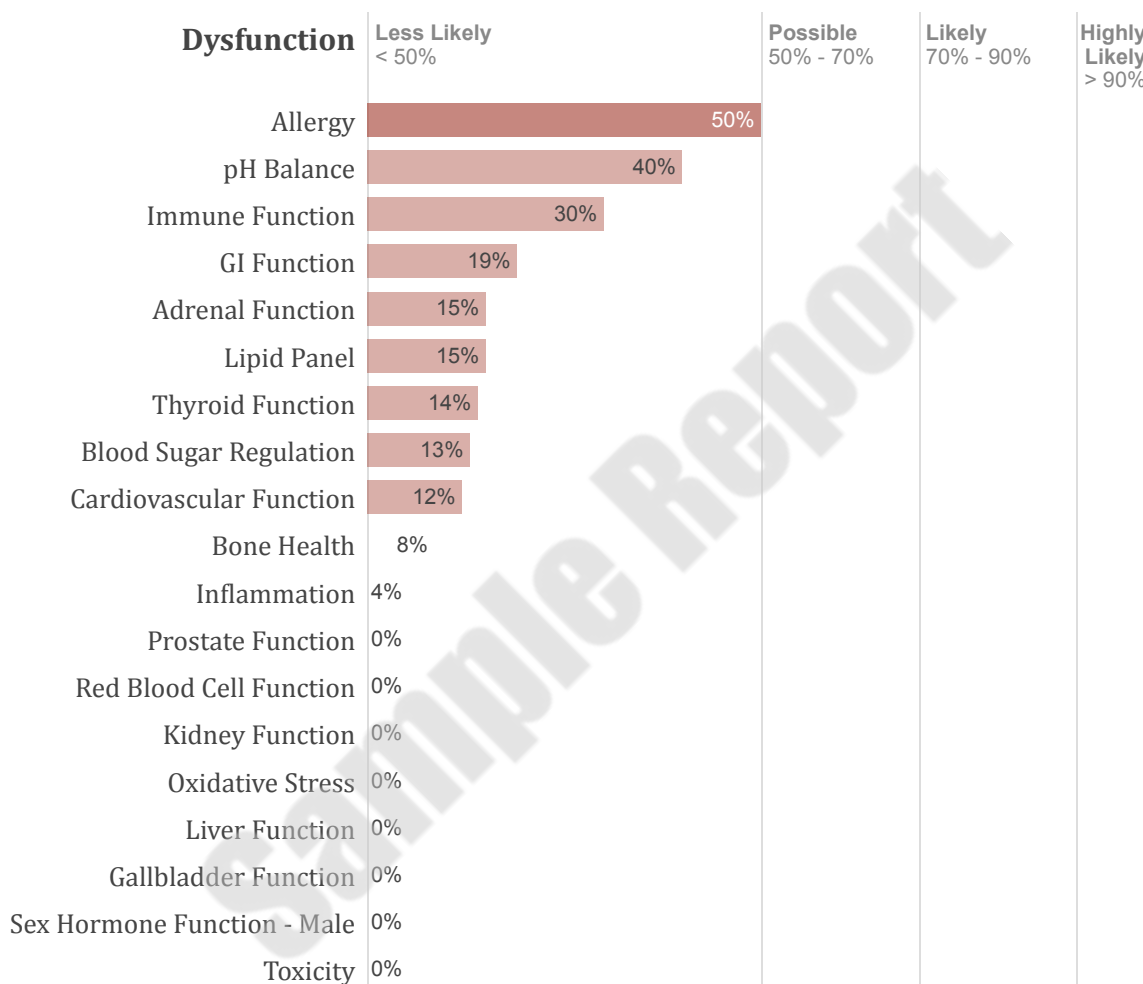
Biomarker	Current Apr 05 2021	Optimal Range	Standard Range	Units
Cholesterol - Total	175.00	160.00 - 180.00	125.00 - 200.00	mg/dL
Non-HDL Cholesterol	120.00	0.00 - 130.00	0.00 - 130.00	mg/dl
LDL Cholesterol	90.00	80.00 - 100.00	0.00 - 100.00	mg/dL
VLDL Cholesterol	25.00 ↑	0.00 - 10.00	0.00 - 29.00	mg/dl
Triglycerides	70.00	70.00 - 80.00	0.00 - 150.00	mg/dL
HDL Cholesterol	70.00	55.00 - 70.00	46.00 - 100.00	mg/dL
Cholesterol : HDL	2.00	0.00 - 3.00	0.00 - 5.00	Ratio
Triglyceride:HDL	2.00 ↑	0.50 - 1.90	0.00 - 2.00	ratio
Apolipoprotein A-1	130.00	115.00 - 176.00	94.00 - 176.00	mg/dl
Apolipoprotein B	80.00	52.00 - 80.00	52.00 - 119.00	mg/dl
Lipoprotein (a)	35.00 ↑	0.00 - 18.00	0.00 - 75.00	nmol/L
Hs CRP - Male	0.50	0.00 - 0.55	0.00 - 2.90	mg/L
ALT	15.00	10.00 - 26.00	6.00 - 29.00	IU/L
AST	12.00	10.00 - 26.00	10.00 - 35.00	IU/L
GGT	15.00	10.00 - 30.00	3.00 - 70.00	IU/L
Alk Phos	70.00	70.00 - 100.00	35.00 - 115.00	IU/L
Albumin : Globulin	2.00	1.40 - 2.10	1.00 - 2.50	ratio
Hemoglobin - Male	14.00	14.00 - 15.00	13.20 - 17.10	g/dl
Hematocrit - Male	45.00	40.00 - 48.00	38.50 - 50.00	%
MCH	32.00 ↑	28.00 - 31.90	27.00 - 33.00	pg
Total WBCs	7.50	5.50 - 7.50	3.80 - 10.80	k/cumm
Basophils - Absolute	0.10	0.00 - 0.10	0.00 - 0.20	k/cumm
Neutrophils - Absolute	1.90	1.90 - 4.20	1.50 - 7.80	k/cumm
Eosinophils - Absolute	0.30	0.00 - 0.30	0.00 - 0.50	k/cumm
Platelets	250.00	155.00 - 385.00	140.00 - 400.00	10E3/μL
Uric Acid - Male	5.00	3.50 - 5.90	3.45 - 8.00	mg/dL
Hemoglobin A1C	5.20	4.60 - 5.50	0.00 - 5.70	%
Glucose - Fasting	75.00	75.00 - 86.00	65.00 - 99.00	mg/dL
Insulin - Fasting	5.00	2.00 - 5.00	2.00 - 19.00	μIU/ml
TSH	1.50	1.30 - 3.00	0.40 - 4.50	μU/mL

Biomarker	Current Apr 05 2021		Optimal Range	Standard Range	Units
T3 - Free	3.50		3.00 - 3.50	2.30 - 4.20	pg/ml
T4 - Free	1.60	↑	1.00 - 1.50	0.80 - 1.80	ng/dL
Thyroid Peroxidase (TPO) Abs	1.00		0.00 - 6.80	0.00 - 9.00	IU/ml
Thyroglobulin Abs	1.00		0.00 - 1.00	0.00 - 1.00	IU/ml
Testosterone Free - Male	250.00	↑↑	150.00 - 224.00	46.00 - 224.00	pg/ml
Testosterone Total - Male	1000.00	↑	700.00 - 900.00	250.00 - 1100.00	ng/dl
DHEA-S - Male	300.00	↓	350.00 - 690.00	50.00 - 690.00	mcg/dl
Leptin - Male	5.00		1.20 - 9.50	0.30 - 13.40	ng/ml
Cortisol - AM	11.00		10.00 - 15.00	4.00 - 22.00	µg/dL
Vitamin D (25-OH)	50.00		50.00 - 90.00	30.00 - 100.00	ng/ml
Zinc - Serum	90.00		80.00 - 100.00	60.00 - 130.00	mcg/dL
Vitamin B12	400.00	↓	450.00 - 800.00	200.00 - 1100.00	pg/ml
Magnesium - Serum	2.20		2.20 - 2.50	1.50 - 2.50	mg/dl
Iron - Serum	85.00		85.00 - 130.00	40.00 - 190.00	µg/dL
TIBC	250.00		250.00 - 350.00	250.00 - 425.00	µg/dL
Calcium	10.00		9.20 - 10.00	8.60 - 10.40	mg/dL
Folate - Serum	20.00		15.00 - 25.00	5.50 - 27.00	ng/ml
Copper - Serum	75.00		70.00 - 175.00	70.00 - 175.00	µg/dL
PSA - Total	2.00		0.00 - 2.50	0.00 - 4.00	ng/ml
Creatinine	1.00		0.80 - 1.10	0.40 - 1.50	mg/dL
BUN	15.00		10.00 - 16.00	7.00 - 25.00	mg/dL
BUN : Creatinine	15.00		10.00 - 16.00	6.00 - 22.00	Ratio
Sodium	135.00		135.00 - 142.00	135.00 - 146.00	mEq/L
Potassium	4.00		4.00 - 4.50	3.50 - 5.30	mEq/L
Chloride	100.00		100.00 - 106.00	98.00 - 110.00	mEq/L
CO2	25.00		25.00 - 30.00	19.00 - 30.00	mEq/L
Homocysteine	7.00		5.00 - 7.20	0.00 - 10.30	µmol/L

Functional Systems Report



The results shown below represent an analysis of this blood test. The results have been converted into your individual Functional Systems Report based on our latest research. This report gives you an indication of the level of dysfunction that exists in the various physiological systems in your body from the digestion of the food you eat to the health of your liver and the strength of your immune system – which are all key factors in maintaining optimal health. We can use this information to put together a unique treatment plan designed to bring your body back into a state of functional health, wellness and energy.



Allergy

The Allergy score reflects the degree of food or environmental sensitivities/allergies you may be dealing with. A number of biomarkers on a blood test may increase in association with food allergies and/or sensitivities. A high Allergy score may indicate the need for further assessment or evaluation of food or environmental sensitivities/allergies.

[50%] - Dysfunction Possible. There may be improvement needed in certain areas.

Rationale:

Eosinophils - % ↑, Basophils - % ↑

Nutrient Status Report



The results shown below represent an analysis of your blood test results. These results have been converted into their individual Nutrient Status Report based on our latest research. This report gives you an indication of your general nutritional status. Nutritional status is influenced by actual dietary intake, digestion, absorption, assimilation and cellular uptake of the nutrients themselves. We can use this information to put together a unique treatment plan designed to bring your body back into a state of functional health, wellness and energy.

Nutrient Index Status	Optimum < 50%	Moderate 50% - 70%	Low 70% - 90%	Poor > 90%
Vitamin Status	20%			
Hydration Status	0%			
Fat Status	0%			
Protein Status	0%			
Carbohydrate Status	0%			
Electrolyte Status	0%			
Mineral Status	0%			

Individual Nutrient Values

The values below represent the degree of deficiency for individual nutrients based on your blood results. The status of an individual nutrient is based on a number of factors such as actual dietary intake, digestion, absorption, assimilation and cellular uptake of the nutrients themselves. All of these factors must be taken into consideration before determining whether or not you actually need an individual nutrient. I will use the information in this section of your Nutrient Assessment Report to put together an individualized treatment plan to bring your body back into a state of optimal nutritional function.

Deficiency	Less Likely < 50%	Possible 50% - 70%	Likely 70% - 90%	Highly Likely > 90%
DHEA Need			80%	
Vitamin B12/Folate Need		59%		
Thiamine Need	40%			
Magnesium Need	0%			
Glutathione Need	0%			
Iron Need	0%			
Calcium Need	0%			
Iodine Need	0%			
Vitamin B6 Need	0%			
Vitamin C Need	0%			
Molybdenum Need	0%			
Selenium Need	0%			

DHEA Need

The results of your blood test indicate that your DHEA levels might be lower than optimal.

[80%] - Dysfunction Likely. Improvement required.

Rationale:

DHEA-S - Male ↓

Vitamin B12/Folate Need

The results of your blood test indicate that your Vitamin B12 and Folate levels might be lower than optimal.

[59%] - Dysfunction Possible. There may be improvement needed in certain areas.

Rationale:

MCH ↑, Neutrophils - % ↓, Vitamin B12 ↓

Sample Report

Health Improvement Plan



The Health Improvement Plan takes all the information on this report and focuses on the top areas that need the most attention.

Needs Attention

Less Likely
< 50%

Possible
50% - 70%

Likely
70% - 90%

Highly
Likely
> 90%

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

There are no results available for this report.

This Health Improvement Plan has been prepared for **Sample Report Executive Screening Profile** by **Dr. Nasr Al Jafari**. Additional personalized recommendations for nutritional support may be applicable based on this laboratory evaluation, your history and other clinical findings.

Sample Report

Suggested Individual Nutrient Recommendations

The Health Improvement Plan takes all the information on this report and focuses on the top areas that need the most attention.



DHEA Need

The results of your blood test indicate that your DHEA levels might be lower than optimal and shows a need for DHEA supplementation.

Rationale:

DHEA-S - Male ↓

Vitamin B12/Folate Need

The results of your blood test indicate that your vitamin B12/folate levels might be lower than optimal and shows a need for vitamin B12/folate supplementation.

Rationale:

MCH ↑, Neutrophils - % ↓, Vitamin B12 ↓

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

This Health Improvement Plan has been prepared for **Sample Report Executive Screening Profile** by **Dr. Nasr Al Jafari**. Additional personalized recommendations for nutritional support may be applicable based on this laboratory evaluation, your history and other clinical findings.

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Consult your physician or a qualified healthcare practitioner regarding the applicability of any of the information or materials provided in this Report in regards to your symptoms or medical condition.

Always consult your physician before beginning a new treatment, diet, exercise, fitness plan, or health plan or program, and before taking any drug, supplement, or any combination thereof; or if you have questions or concerns about your health, a medical condition, or any plan or course of treatment. If you think you have a medical emergency, call 998 within the United Arab Emirates (or another applicable emergency number) or your doctor immediately.



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