

Are you:

- > Confused about carbs?
- > Overweight?
- > Unable to lose weight?
- > Having trouble maintaining weight loss?
- > Tired of fad diets?
- > Diabetic or insulin resistant?
- > Gluten intolerant?

Fitgenes Carb Choice gene profile can assist and will reveal whether you have:

Low Activity Starch Processing



Requires lower intake of carbohydrates. If intake too high or wrong type, greater risk of obesity which can lead to insulin resistance and diabetes.

Moderate Starch Processing



Can tolerate more grains but if intake too high or wrong type then likelihood of weight issues and related problems.

Higher Tolerance for Starch Processing



Can tolerate higher starch intake from grains and other carbohydrates with less impact on insulin levels.
Less risk of obesity.

Fitgenes Australia Ltd

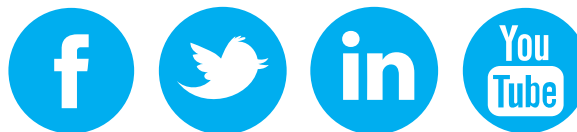
- 1300 348 436 37
- enquiries@fitgenes.com
- fitgenes.com

Fitgenes offers health and wellness programs based on nutrigenomics that can assist with a range of health issues.

Please contact your Fitgenes Accredited Practitioner to learn more about how a personalised health and wellbeing program can be designed for you.



Find us on



CarbChoice



Learn how your body metabolises and tolerates starch in carbohydrates through genetic profiling.

 **fitgenes**
PERSONALISED HEALTH

What is Carb Choice?

Fitgenes has developed Carb Choice, a personalised genetic profile report based on your AMY1 gene which affects your personal response to starch from carbohydrates.

By understanding your Carb Choice gene profile and your body's response, you can best manage health issues, including:

- > Weight management
- > Diabetes
- > Gluten intolerances
- > Dental decay

How your body processes starch carbohydrates plays an important role in these and other everyday health and wellbeing issues.

There is more than one type of carbohydrate but do you know which are best for you?

Why use Carb Choice?

Making informed dietary choices isn't always easy. Yet making the right choices is important for long term health and wellbeing and in addressing a number of key lifestyle and health issues.

Your Carb Choice program doesn't require strict diet rules, nor any fancy products and services.

Fitgenes uses dietary and nutritional interventions and guidance based on your genetic profile.

Who should profile their AMY1 Gene?

Anyone who wants to understand how their body metabolises and tolerates starch in carbohydrates and wants to make the best dietary choices for themselves.

What is your AMY1 gene?

AMY1 is a gene that produces the enzyme 'amylase'. Amylase is found in our saliva and plays a major role in the digestion of starch, which is a carbohydrate found in grains, legumes, fruits, vegetables, nuts and seeds. Amylase begins the process of starch metabolism in the mouth. 50% of bread starch and 25% of pasta starch is broken down during the short chewing time of 19 to 27 seconds.



AMY1 Gene Copy Number Variation

Some of us do not produce sufficient levels of amylase or produce amylase with very poor ability to break down our carbohydrates. Genetic research on amylase production and how effective it is for starch carbohydrate digestion has shown that our AMY1 Gene copy number variation indicates our genetic predisposition for starch metabolism.

Understanding your genetic predispositions means no more guesswork and personalised health plans that work for you.

How does Carb Choice work?

The Fitgenes Carb Choice genetic profile report tells you your AMY1 copy number variation enabling you to understand your personal response to starch from carbohydrates.

With this information your Fitgenes Accredited Practitioner will design a personalised intervention plan based on modifying your diet to lower starch intake to assist in your body's response to carbohydrate consumption. The program will be tailored to your personal results considering factors such as:

- > How much carbohydrate you can eat per day.
- > Which carbohydrates you should avoid and which ones are preferred.
- > Using carbohydrates for energy.

Speak to your Fitgenes Accredited Practitioner today to learn more about how to get started.

fitgenes.com