



UNDERSTAND  
YOUR BODY & TRANSFORM  
YOUR LIFE

# UNLOCK YOUR GENETIC CODE

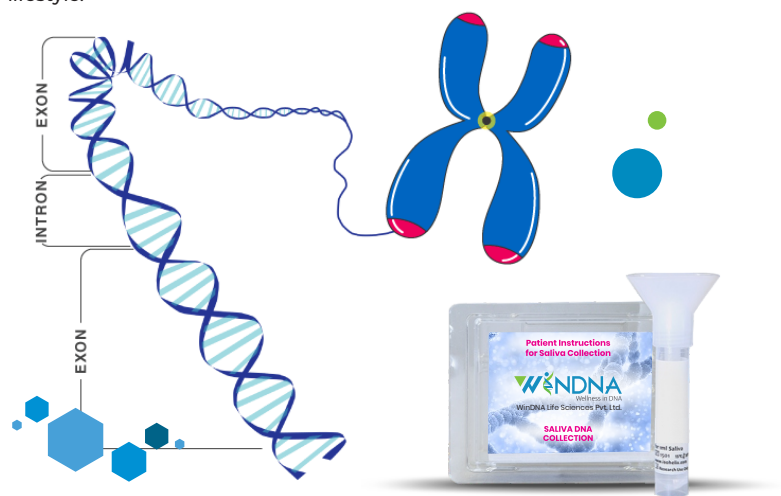
172 + Genetic Tests

BE A PART OF OUR MISSION OF  
CREATING SWASTH BHARAT



# Discover a Healthier Future with WinDNA Genetic Test

Welcome to WinDNA Genetic Test, the ultimate investment in safeguarding your health and preventing lifestyle diseases. With our comprehensive genetic analysis, personalised reports, genetic counselling, and Customised diet and lifestyle planner. WinDNA goes beyond just providing information, we empower you to understand your genetic makeup and take proactive steps towards a healthier lifestyle.



## Why is WinDNA Genetic Test Important?

WinDNA Genetic Test offers you a detailed and personalised 400+ pages genetic report. This in-depth analysis provides valuable insights into your unique genetic profile, identifying potential risks for various lifestyle diseases. Armed with this knowledge, you can make informed decisions and take proactive measures to prevent the onset of these conditions.

We understand that genetic information can be complex. That's why WinDNA offers genetic counselling sessions, where our experts guide you through your genetic report, explaining its implications and answering your questions. This personalised guidance ensures you fully understand your genetic profile and empowers you to make informed choices about your health.

**Personalised Diet and Lifestyle Planner:** At WinDNA, we believe that "food can be your medicine." Our genetic test results help us tailor a diet and lifestyle planner specifically to your genetic makeup. By aligning your nutrition and activities with your genetic predispositions, you can optimise your well-being, reduce the risk of lifestyle diseases, and promote long-lasting health.

## Take Action Before Diseases Awaken

Prevention is always better than cure. With WinDNA Genetic Test, you have the power to take preventive action before diseases even manifest. By identifying potential health risks early on, you can adopt lifestyle modifications, seek medical advice, and implement preventive strategies.

**Don't wait for diseases to wake you up - take charge of your health today.**

WinDNA genetic test is the Perfect Gift of Good Health, show your loved ones how much you care by gifting them the best present ever.

WinDNA Genetic Test is not just for you it benefits your entire family. By understanding their genetic risk factors, you can help them take preventive measures and create a healthy future together. Give the gift of knowledge and empower your family to lead a healthier life.



PERSONALISED HEALTHCARE STARTS HERE  
More than

## 172 + Genetic Test

We provide the tools to accurately transition genetic results into realistic health solutions.



Diet

### Macronutrient Response

1

Carbohydrates.  
Mono Unsaturated Fats (MUFA).  
Poly Unsaturated Fats (PUFA).  
Saturated Fats.



Diet

### Nutrition Profile

2

Folic Acid.  
Iron.  
Magnesium.  
Omega - 3.  
Selenium and Calcium.  
Vitamin A. Vitamin B12.  
Vitamin B6. Vitamin B9.  
Vitamin C. Vitamin D.  
Vitamin E. Vitamin K.



Diet

### Sensitivity & Intolerances

3

Caffeine Sensitivity.  
Gluten Intolerance.  
Lactose Intolerance.  
Salt Sensitivity.

DISCOVER THE SECRETS OF A HEALTHY, HAPPY & LONG LIFE






**Weight**  
Eating Behaviour **4**

Bitter Taste Perception.  
Eating Behaviour Trait.  
Satiety.  
Snacking Behaviour.  
Sweet Perception.



**Weight**  
Genetic Lipid Profile **5**

Elevated LDL Cholesterol.  
Elevated Triglycerides.  
Higher HDL Cholesterol.  
Higher Serum Triglycerides.




**Weight**  
Weight Management **6**

Adiponectin Levels.  
Cellulite Pre-Disposition.  
Fat Storage.  
Insulin Sensitivity.  
Pre-Disposition to Obesity.  
Response to Dieting.  
Waist Circumference Responses.  
Weight Regain Risk.




**Fitness**  
Injury & Recovery **7**

Achilles Tendinopathy Risk.  
Injury Risk.  
Ligament Rupture Risk.  
Muscle Injury.  
Oxidative Stress .  
Recovery.  
Risk of Osteoporosis.



**Fitness**  
Detox **8**

Detoxification Phase 1.  
(Water Soluble)  
Detoxification Phase 2.  
(Fat Soluble)  
Oxidative Stress.



**Fitness**  
Response to Exercise **9**

Adrenaline Response.  
Aerobic Capacity.  
Anaerobic Response.  
BMI And Waist Circumference.  
Endurance Profile.  
Fat Metabolism.  
HDL Cholesterol Response.  
Power Profile.  
Response to Strength.  
Testosterone Response.  
Insulin Sensitivity  
Resp. to Exercise.




**GENETICS IS ABOUT HOW INFORMATION IS STORED & TRANSMITTED BETWEEN GENERATIONS.**




**Skin**  
Food Intersensitivity & Intolerances 1

Alcohol Sensitivity.  
Caffeine Sensitivity.  
Dairy Sensitivity.  
Gluten Intolerance.  
Nicotine Sensitivity.  
Salt Sensitivity.



**Skin**  
Skin Altering Conditions 2

Biological Age.  
Cellulite Pre-Disposition.  
Inflammation Response.  
Oxidative Stress.  
Pollution Effect.  
Skin problems: Acne.  
Skin Texture. Stretch Marks.  
Sugar Effects/Glycation induced stress.  
Sun Sensitivity & Photoaging.



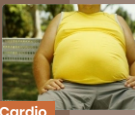
**Skin**  
Skin Nutrients 3

Omega-3 fatty acid.  
Selenium.  
Vitamin A.  
Vitamin C.  
Vitamin E.



**Cardio**  
Cardiovascular Disease 1

Atrial fibrillation.  
Coronary artery disease.  
Hypertension.  
Myocardial infarction.  
Recurrent venous thromboembolism.  
Thrombosis.  
Venous thromboembolism.



**Cardio**  
Metabolic Disease 2

HDL cholesterol.  
Hyperlipoproteinemia  
Type III.  
Obesity.  
Type 2 Diabetes Mellitus.



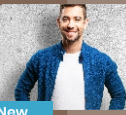
**Cardio**  
Drug Response 3

Clopidogrel.  
Statins.  
Warfarin.  
Metformin Response.  
Response to Pioglitazone  
Treatment in Type 2 Diabetes.  
Response to Sulfonylureas  
Treatment in Type 2 Diabetes.



**New**  
Women's Health 1

Polycystic Ovary Syndrome (PCOS) Risk.  
Pregnancy Loss & Abnormal Reproductive Function Risk.  
Peripartum Depression Risk.



**New**  
Men's Health 2

Pituitary-Testicular Endocrine Function Risk.  
Abnormal Reproductive Function Risk.  
Prostate Cancer Risk.  
Risk of Spot Baldness in Males (Alopecia Areata).




**New**  
Kidney Health 3

Risk of Hyperuricemia.  
Autosomal Dominant Polycystic Kidney Disease.



**New**  
Eye Health 4

Risk of Diabetic Retinopathy.  
Risk of Glaucoma.  
Risk of Cataract.  
Risk of Myopia.  
Ocular Hypertension.



**New**  
Behaviour 5

Dopamine Metabolism.  
Anxiety Disorder Risk.  
Language Learning Ability.  
Decision Making Ability.



**New**  
Autoimmune Disease 1

Ankylosing spondylitis.  
Celiac disease.  
Crohn's disease.  
Cutaneous Lupus Erythematosus .  
Graves' Disease .  
Hashimoto thyroiditis  
Idiopathic membranous nephropathy.  
Multiple sclerosis.  
Primary biliary cirrhosis.  
Psoriasis.  
Rheumatoid arthritis.  
Sjogren's syndrome.  
Systemic lupus erythematosus.  
Ulcerative colitis.



**New**  
Inflammation 2

Risk to Asthma.  
Risk of Inflammation.  
Risk of Arthritis.  
Rhinitis Risk.



**New**  
Infection 3

Susceptibility to Malarial Infection.  
Risk of gram-negative bacterial infections.  
Risk of HIV infection.



**New**  
Micronutrients 4

Role of Folic Acid.  
Iron.  
Magnesium.  
Omega-3. Selenium.  
Vitamin A, Vitamin B12.  
Vitamin B6, Vitamin B9.



## Securing Your Health for a Brighter Future

Your health is priceless, and investing in WinDNA Genetic Test is the first step towards a healthier and happier life. Don't wait until diseases catch up to you; take action now and embrace the power of genetic information. With our personalised reports, genetic counselling, and tailored diet and lifestyle planner, WinDNA equips you with the knowledge and tools to prevent lifestyle diseases effectively.

Gift yourself and your loved ones the ultimate gift - the gift of good health. Contact us today to schedule your WinDNA Genetic Test and embark on a transformative journey towards a healthier, disease-free future.

## Don't Wait.. Wake Up Today..!!

### FEW EASY STEPS TO GET YOUR WELLNESS TEST



Meet our Genomic Advisor



Submit your saliva sample



Dispatch your DNA sample to HQ



Testing done at our laboratory



Receive your DNA Wellness report



Counselling by expert / Gene based Recommendation (Solution)



DNA Banking & 12 Months Helpdesk



A Venture of

WinDNA Life Sciences Pvt. Ltd.

Office No. 1107, 1108, Magic Square, Dwarkadhish Road, Off Poddar Road, Malad East, Mumbai 400 097, MH, India.

Customer Care: +91 81694 91109

E-mail: support@winwellness.in

Website: www.winwellness.in