

# Essential Optimization Report

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**Demo Report**

**ID:** ESNDP101

**Date:** 01.03.2025

Dear Jane Smith Demo Report,

**We are delighted to present  
you the results of your  
Optimization Report!**



## Your Results

This is your essential report, based on the markers obtained from your test. The latest data from the scientific community indicates that epigenetics is closely linked to health and well-being. By knowing your epigenetic modulators through this report, you will be able to adapt your lifestyle and diet according to your nutrient needs, your interaction with external environmental burdens and your body's sensitivity to synthesise certain foods.

The results are divided into sections according to the type of information obtained. Within each section you will find detailed information about it, which will help you to interpret and above all make positive changes to your daily diet and interaction with the environment around you.

On the "Summary of your results" page you will have a schematic overview of the entire report, highlighting those markers that you should prioritise over the duration of your plan.

Your results report is designed to provide maximum clarity on each section and on the recommended actions to optimise your wellbeing and health.

**If you have any further questions, don't hesitate to contact us.**

Sincerely,  
Zyralife | Christie Steiger

**Do you have any questions?**



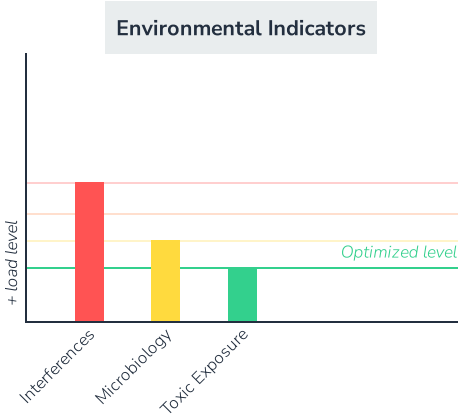
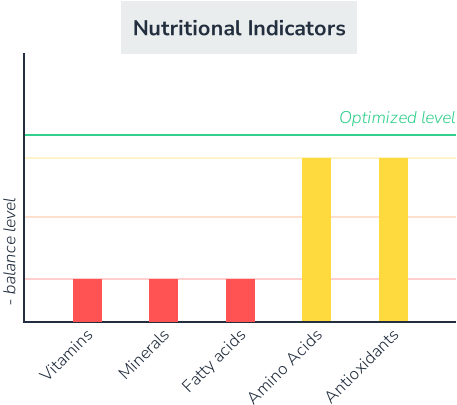
Contact:

Email: [connect@zyralife.com](mailto:connect@zyralife.com)

# Summary of results

## About the results of the Report

The following graphs show the priority level for each epigenetic indicator. The guidance in the report will focus on those indicators that are furthest away from the Optimized Level.



This test is carried out through qualitative studies. Results are shown according to the need for nutrients at the cellular level (from high to low / optimized need).

**Optimization Level:**

- Optimized
- Low Need
- Medium Need
- High Need

### High Optimization Need

#### Vitamins

Inositol  
Vitamin B3  
Vitamin B12  
Vitamin B1

#### Minerals

Iron  
Zinc  
Sulfur  
Copper

#### Fatty acids

Oleic Acid - 9  
Arachidonic Acid - 6 (AA)

#### Interferences

TV screen  
Radiofrequency  
Magnetic constant field  
LFR (Low Frequency Radiation)

### Low Optimization Need

#### Amino Acids

Leucine  
Taurine  
Tryptophan  
Carnosine

#### Antioxidants

Phytoestrogens

#### Microbiology

Spores

# Epigenetic Markers



# Your Need of Vitamins



Result:  
High Need



## It is necessary to boost your Vitamins

The imbalance of this indicator may be producing a alteration in **your system**. It is a priority to optimize its levels to promote balance in your body. Vitamins are essential catalyst compounds for the proper cellular and metabolic functioning. Our tests are qualitative studies and have identified that it is necessary to optimize this indicator in the short term.

### Personalized vitamin need

The following list presents the vitamins that have been evaluated. The marked elements are those indicators that need to be optimized.

- Betaine
- Biotin
- Inositol
- Vitamin A1
- Vitamin B1
- Vitamin B2
- Vitamin B3
- Vitamin B5
- Vitamin B6
- Vitamin B9
- Vitamin B12
- Vitamin C
- Vitamin D3
- Vitamin E
- Vitamin K1
- Vitamin K2

## Vitamins and optimal health

The body's processes require a variety of vitamins to function at its optimum level. Vitamins are a key part of enzymatic processes, and are drivers of all metabolic processes of the body.

## Foods that supply vitamin needs

### Inositol

Inositol is essential for the good condition of the cells of the nervous system and the metabolism of fats. It influences our sleep, fertility, circulation, skin, hair and mood.

Tuna, Cantaloupe, Oats, Walnuts, Almonds, Wheat, Rice, Raisins, Citrus Fruits, Peanuts, Eggplant, Brewer's Yeast, Wheat Germ

### Vitamin B1

Also known as thiamine, allows the transformation of food into energy. It is important in cell development, growth and function. It has an important role in muscle contraction and in the conduction of nerve signals. It is easily destroyed with heat during cooking.

Eggs, Oats, Barley, Brazil Nuts, Seaweed, Asparagus, Oranges, Cauliflower, Peas, Beef, Pork, Pistachios, Flax Seeds, Brewer's Yeast, Sunflower Seeds, Pine Nuts, Chia Seeds, Macadamia Nuts, Pecans

### Vitamin B3

Also known as niacin, contributes to the normal functioning of the nervous system and in the metabolism of energy production. It helps mucous membranes and skin to keep its normal state, contributes to DNA repair and in the response to stress. It's not very sensitive to heat but it dissolves when cooked with water.

Tuna, Sunflower Seed Oil, Wild Rice, Almonds, Salmon, Mackerel, Lentils, Mushrooms, Beef, Chicken, Peanuts, Flounder, Turkey, Yogurt, Sunflower Seeds, Pine Nuts, Pig Liver, Chia Seeds, Macadamia Nuts

### Vitamin B12

Vitamin B12 or cyanocobalamin is mainly stored in the liver and reserves can last for 3 to 5 years in our body. It participates in the metabolism of fats, carbohydrates and protein synthesis. It is indispensable for the formation of red blood cells, for the regeneration of all tissues and body growth. It is essential for a correct development of the nervous system and participates in the synthesis of neurotransmitters.

Eggs, Clams, Oysters, Mushrooms, Beef, Rabbit, Chicken, Cows Milk, Alfalfa Sprouts, Sheep Milk, Turkey, Nutritional Yeast, Soybean Milk, Yogurt, Mussels, Deer, Chicken Liver, Pig Liver

# Your Need of Minerals

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## It is necessary to boost your Minerals

The imbalance of this indicator may be producing a alteration in your system.

It is a priority to optimize its levels to reach a balance in your body. Minerals are non-organic natural elements that must be absorbed mostly through diet, so that bones, cardiovascular and hormonal functions, among others, work properly.

Our tests are qualitative studies and have identified that it is necessary to optimize this indicator in the short term.

### Personalized mineral need

The following list presents the minerals that have been evaluated. The marked elements are those indicators that need to be optimized.

- Boron
- Calcium
- Chromium
- Copper
- Iodine
- Iron
- Lithium
- Magnesium
- Manganese
- Molybdenum
- Potassium
- Selenium
- Silicon
- Sodium
- Sulfur
- Zinc

## Make sure your body gets a sufficient amount of minerals!

They are essential substances for the proper functioning of the organism. The body uses minerals for many functions, including keeping the bones, heart and brain functioning optimally.

## Foods that supply mineral needs

### Copper

Copper helps to assimilate and utilize iron. It is necessary in enzymatic reactions and in the production of ATP (energy). It participates in the maintenance of the immune system and in the formation of connective tissue, melanin, myelin and is essential for the proper functioning of the nervous system. It also maintains the proper functioning of the thyroid gland.

Quinoa, Crab, Salmon, Oysters, Wheat, Spinach, Asparagus, Millet, Mushrooms, Beef, Cashews, Turkey, Pig Liver, Chia Seeds

### Iron

Iron stores and transports oxygen to all tissues. It helps in the normal formation of red blood cells, hemoglobin, protects cells against the harmful effects of free radicals. It contributes to the normal functioning of energy-producing metabolism and the immune system.

Eggs, Purple Grapes, Walnuts, Almonds, Beets, Figs, Beef, Chicken, Kidney Beans, Cashews, Turkey, Pine Nuts, Pig Liver, Chickpeas, Macadamia Nuts

### Sulfur

Sulfur is necessary for the formation of collagen. It improves liver function, fat and carbohydrate metabolism and contributes to the natural purification of the body. It also regulates blood glucose levels, improves digestive function and contributes to cerebral oxygenation.

Peach, Cabbage, Eggs, Watermelon, Crab, Walnuts, Brazil Nuts, Almonds, Lobsters, Cheese, Onion, Asparagus, Garlic, Cauliflower, Beef, Chicken, Duck, Broccoli, Cows Milk, Turkey, Yogurt, Sunflower Seeds

### Zinc

Zinc is involved in body maintenance and regulation systems. It is basic for the formation of insulin and proteins. It favors the production of lymphocytes and the activation of certain hormones. It helps in wound healing and is involved in DNA and RNA synthesis. It is essential for the correct functioning of smell and taste. It is also essential for reproduction and fertility.

Buckwheat, Oats, Rye, Quinoa, Crab, Wild Rice, Lobsters, Cheese, Clams, Oysters, Asparagus, Celery, Lentils, Rice, Mushrooms, Beef, Chicken, Peanuts, Soya Beans, Cashews, Sheep Milk, Turkey, Pumpkin Seeds, Wheat Germ, Oat Bran, Edamame, Yogurt, Sunflower Seeds, Pine Nuts, Cuttlefish, Mussels, Chickpeas, Chia Seeds, Pecans

# Your Need of Antioxidants



Result:  
Low Need



It is not necessary to optimize the absorption of antioxidants in the next 90 days

The imbalance of this indicator is not producing an alteration in your system.  
However, it would be wise to balance its small cellular needs to avoid a greater future burden. Antioxidants are chemical substances that help stop or limit the damage caused by free radicals, in addition to protecting us against oxidative stress.  
This test is based on a qualitative study, identifying that it may be necessary to optimize this indicator in the long term.

### Personalized antioxidant need

The following list presents the antioxidants that have been evaluated. The marked elements are those indicators that need to be optimized.

- Alpha Lipoic Acid
- Anthocyanidins
- Vitamin C
- Vitamin E
- Carotenoids
- Selenium
- Coenzyme Q10
- Flavonoids
- Phytoestrogens
- Polyphenols
- Superoxide Dismutase (SOD)
- Sulforaphane Glucosinolate
- Zinc

## What antioxidants can you include in your diet to minimize the effect of free radicals?

Antioxidants are fighters against free radicals that can damage our own biological molecules (proteins, lipids, nucleic acids and others) due to the reactivity that they form inside the cell.

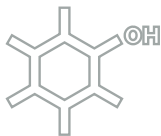
## Foods that supply antioxidant needs

### Phytoestrogens

Phytoestrogens are found in vegetables and are similar to human estrogens. They have antioxidant properties. They prevent bone mass loss. They decrease total and LDL cholesterol levels.

Blueberry, Strawberry, Oats, Apple, Barley, Wheat, Lentils, Rice, Carrot, Peas, Soya Beans, Alfalfa Sprouts, Flax Seeds, Green Tea, Soybean Milk

# Your Need of Amino Acids



Result:  
Low Need



It is not necessary to optimize the absorption of amino acids in the next 90 days

The imbalance of this indicator is not producing an alteration in your system.

However, it would be wise to balance their small needs at the cellular level to avoid a greater future problem. Amino acids are essential substances for our development since they are fundamental elements for the synthesis of proteins, and are precursors of other nitrogenous compounds.

Our Tests are qualitative studies and have identified that it is necessary to optimize this indicator in the long term.

### Personalized amino acid need

The following list presents the amino acids that have been evaluated. The marked elements are those indicators that need to be optimized.

- Glutamic Acid
- Arginine
- Asparagine
- Aspartic Acid
- Alanine
- Carnitine
- Carnosine
- Cysteine
- Cystine
- Citrulline
- Phenylalanine
- Glycine
- Glutamine
- Histidine
- Isoleucine
- Leucine
- Lysine
- Methionine
- Ornithine
- Proline
- Serine
- Taurine
- Threonine
- Tyrosine
- Tryptophan
- Valine

## Amino acids and cell renewal

No body process takes place without essential amino acids. Amino acids make our body build new cells and restore all damaged tissues. Amino acids also help strengthen the body and promote the production of various hormones, antibodies, and enzymes.

## Foods that supply amino acid needs

### Carnosine

Carnosine has brain mass protective properties. It acts as a potent antioxidant and maintains muscle vitality. It also inhibits cell damage caused by alcohol and is a potent chelator (scavenger) of heavy metals. It also acts as a neurotransmitter in the brain and nerves.

Eggs, Rye, Crab, Lobsters, Oysters, Wheat, Asparagus, Rice, Avocado, Beef, Chicken, Pork, Soya Beans, Green Beans, Corn, Turkey, Soybean Milk

### Leucine

Leucine is important for the health of our muscles, so it is recommended for sport practice. It can stimulate protein synthesis, increase insulin levels in the blood, thus regulating our glucose levels and is important for energy production.

Wheat Bran, Tuna, Eggs, Oats, Rye, Wheat, Millet, Beef, Chicken, Pork, Corn, Cows Milk, Sheep Milk, Pumpkin Seeds, Wheat Germ, Oat Bran, Sunflower Seeds, Chickpeas

### Taurine

Taurine has antioxidant properties. It has a role as a neurotransmitter, participating in the transmission of nerve impulses, while also participating in immune system processes. It helps to strengthen the heart muscle, improves our vision and prevents conditions such as macular degeneration. It also has a detoxifying action, accelerating the elimination of harmful substances.

Seaweed, Salmon, Cod, Clams, Oysters, Garlic, Beef, Chicken, Pork, Turkey, Squid, Mussels, Sea Cucumber

### Tryptophan

Tryptophan is necessary for the maintenance of proteins, muscles, enzymes and neurotransmitters in the body. Our body uses tryptophan to produce melatonin (regulates the sleep-wake cycle) and serotonin (regulates appetite, sleep, mood and pain). In addition, our liver uses tryptophan to produce vitamin B3.

Tuna, Eggs, Walnuts, Salmon, Beef, Pistachios, Cashews, Sheep Milk, Turkey, Flax Seeds, Pumpkin Seeds, Edamame, Oatmeal, Sunflower Seeds, Chia Seeds

# Your Need of Fatty Acids



## It is necessary to boost your Fatty acids

The imbalance of this indicator is producing an alteration in your system.  
It is a priority to optimize its levels to promote balance in your body. Fatty acids are the basic components for the breakdown of fats and their functions are directly related to energy storage, lipid metabolism, blood coagulation, blood pressure and the regulation of inflammatory processes.  
Our tests are qualitative studies and have identified that it is necessary to optimize this indicator in the short term.

### Personalized EFAs need

The following list presents the essential fatty acids that have been evaluated. The marked elements are those indicators that need to be optimized.

- Alpha-Linolenic Acid - 3 (ALA)
- Arachidonic Acid - 6 (AA)
- Docosahexaenoic Acid - 3 (DHA)
- Gamma Linolenic Acid - 6 (GLA)
- Oleic Acid - 9
- Linoleic Acid - 6
- Eicosapentaenoic Acid - 3 (EPA)

## Essential fatty acids and cell change

Studies indicate that long-term exclusion of fat from your diet can lead to several serious metabolic disorders. We will review in depth the 7 main groups of fatty acids that participate daily in the continuous formation of cells.

## Foods that supply Fatty Acid needs

### Arachidonic Acid - 6 (AA)

Arachidonic acid-6 is essential for brain growth and basic for the synthesis of certain prostaglandins (involved in the inflammatory response). It also plays a protective role in neuronal aging and provides fluidity and flexibility to membranes. It is necessary for the function of the nervous, skeletal and immune systems. In addition, it protects against infections and tumors.

Eggs, Sunflower Seed Oil, Walnuts, Salmon, Beef, Chicken, Pumpkin Seeds, Sunflower Seeds

### Oleic Acid - 9

Oleic acid-9 is an essential Omega-9 fatty acid. It contributes to the reduction of cardiovascular diseases and strokes. Increasing HDL ("good" cholesterol) and decreasing LDL ("bad" cholesterol) favors platelet elimination in the arterial walls, reducing the risk of heart attacks and cardiovascular accidents. It also reduces arterial hypertension and has an anti-inflammatory effect.

Olives, Walnuts, Brazil Nuts, Almonds, Chestnut, Cheese, Avocado, Beef, Chicken, Pork, Olive Oil, Peanuts, Hazelnuts, Sheep Milk, Soya Oil, Pine Nuts, Macadamia Nuts

# Microbiology Indicators



Result:  
Low Need

It is not necessary to balance your intestinal flora in the short term

It is not necessary to balance your gut flora immediately, however, it is advisable to address it in the long term to avoid the imbalance. The balance of your intestinal flora depends on a set of living beings that make up your gastrointestinal system: bacteria, parasites, fungi, spores and a myriad of micro-organisms that make your system work in balance. This allows correct nutritional absorption and creates a boosted immune system. This test is based on a qualitative study, identifying that it may be necessary to optimize this indicator in the long term.

Personalized microbiome indicators

The following list presents the microbiota indicators that have been evaluated. The marked elements are those indicators that you need to be optimized.

- Spores
- Fungus
- Post Virus Signal
- Bacteria
- Viral Signal
- Parasites

## The intestinal microbiota, key for good health

The Intestinal Microbiota influences energy metabolism due to its ability to increase the human capacity to metabolize nutrients and obtain calories from the diet, as well as to regulate the absorption of sugars and lipids and their deposition in peripheral tissues.

## Recommended foods to strengthen the microbiome

### Spores

Spores are the way of reproduction of molds, one of the main types of fungi that usually develops in humid places and with little light. The presence of fungi can produce allergic reactions that create symptoms such as nasal congestion, eye irritation or slow breathing. In some cases, more severe reactions such as fever and breathing difficulties may occur.

Ginger, Onion, Garlic, Turmeric

# Electro- magnetic Charge



**It is necessary to focus on reducing the accumulated electromagnetic charge**

The imbalance of this indicator is producing an alteration in your system.  
Exposures to electromagnetic charges are affecting your cellular and metabolic balance. We must reduce exposure to these loads and protect our body.  
Our tests are qualitative studies and have identified that it is necessary to optimize this indicator in the short term.

## Personalized EMC indicators

The following list presents the electromagnetic load indicators that have been evaluated. The items marked are those indicators that need to be optimized.

- Electromagnetic Alternating Field
- Electrosensitivity
- Electrosmog
- Electrostatic field
- ELF (Extremely Low Frequency)
- LFR (Low Frequency Radiation)
- Magnetic constant field
- Microwave Oven
- Mobile telephone, GSM (0,9 GHz)
- Mobile telephone, GSM (1,8 GHz)
- Radiofrequency
- Traction current 16 2/3 Hz
- TV screen
- Computer monitor
- 50 Hz Input Current

## What we do not see but is affecting us...

Electromagnetic fields, both high and low frequency, are fields artificially generated by electrical installations (household appliances or devices connected to the alternate distribution network, even when they are turned off) and by wireless data transmission (mobile phones, transmitting antennas, cordless phones, wifi, WLAN, etc.).

## More about these indicators

### LFR (Low Frequency Radiation)

Low-frequency radiation (LFR) is non-ionizing radiation. They have hardly any effect on health and skin, as long as the exposure time is not high. They are usually found in: long distance communication, aircraft beacons, navigation systems, weather stations and time signal stations.

### Magnetic constant field

A magnetic field is a force field created as a result of the movement of electric charges (flow of electricity). Constant magnetic fields are generated by a magnet or by the constant flow of electricity, for example in household appliances using direct current (DC), and are different from fields that change over time, such as electromagnetic fields generated by household appliances using alternating current (AC) or by cell phones, etc.

### Radiofrequency

Radiofrequency is used in aircraft and ship communications, shortwave radio, cordless telephones, satellites, radio transmission, radio astronomy and remote sensing. Radiofrequency is also used as an aesthetic treatment, to combat flaccidity of the face or body.

### TV screen

TV sets emit extremely low-frequency electromagnetic field radiation around them, although new LCD, LED or plasma models have significantly reduced the radiation. Fortunately, nowadays the electromagnetic fields generated by flat panel displays usually meet the Swedish TCO safety certification, and their degree of impact on users is much lower.

# Dietary Adjustments

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During the next 90 days.



# Foods to Avoid for the next 90 days

## Avoid them only for 90 days!

The purpose of showing food sensitivity in the Test is NOT to permanently eliminate these foods from the diet, but to optimize your digestive system. At the end of the 90 day elimination process, you can gradually reintroduce these foods into your diet.

## Why do I have to avoid these foods?

Although the foods that must be adjusted in the diet contain nutrients that can be very valuable, our energy levels can be affected when the body allocates more resources than it should to digest them. There are foods that should be avoided since, on occasion, they could reverse the benefit of others, cause stress to the digestive system or negatively affect the metabolism and the immune system.

By consuming the right foods, the body may have a difficult time digesting the food we eat in this cell cycle and will end up using energy from another body source to digest and release key nutrients. Avoiding these foods for 90 days will help prevent the energy deficit that can occur when trying to absorb them.

As we move on to the next cell cycle, the body's needs may change and food sensitivities will change accordingly.

## Frequently asked questions



### How is temporary food sensitivity expressed?

The body struggles with the food we digest and ends up using energy from another body source to digest and release key nutrients. These processes can occur asymptotically or with evident reactions.



### "But I've never eaten..."

If you have never had these foods, even better. But if you start eating them for the next 90 days there could be problems.



### "But you recommend similar foods!"

Food sensitivities are very specific, so even if the food is similar (e. g. mussels and clams), as long as it does not appear in the foods to avoid, it can be consumed without any issue.

## Foods to Avoid

The foods that you should avoid during the next 90 days, as they could cause digestive and immune system stress.

## Avoid them only for 90 days!

Foods marked in red should only be avoided for the next 90 days. If you have ANY known ALLERGY, you should continue to avoid these foods at all times.

|                                                                                                                          |                                                                                                         |                                                                                                                      |                                                                                                         |                                                                                                       |                                                                                                     |
|--------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|
| <br><b>Yams<br/>(Sweet<br/>Potato)</b> | <br><b>Loganberry</b> | <br><b>Alcoholic<br/>beverages</b> | <br><b>Potatoes</b> | <br><b>Banana</b> | <br><b>Lamb</b> |
| <br><b>Honeydew</b>                   | <br><b>Rhubarb</b>   | <br><b>Goat Milk</b>              | <br><b>Beer</b>    |                                                                                                       |                                                                                                     |

If you consume any of the indicated foods on a daily basis, try to substitute them with others that can bring you similar benefits. The food list refers to indicators of epigenetic relevance and NOT to any physical intolerance or allergy. Please continue to avoid all foods that affect you physically.

## Known Allergy

You may already have a known allergy, so let's help you understand these results.

## Scenario 1

**The food you are allergic / intolerant to is listed as a food sensitivity:**

This means that, in addition to an allergy, that food also negatively affects the flow of energy and the absorption of other nutrients. If you have already eliminated this food from your diet, you do not need to do anything else. If you haven't eliminated it yet, you should consider doing so, but we do not recommend reintroducing it after the elimination diet.

## Scenario 2

**The food you are allergic / intolerant to does NOT appear as a food sensitivity:**

This means that it does not negatively affect the flow of energy, which does not contradict or question your allergy to this food. This does NOT mean that you should reintroduce the food into your diet, as you have to respect the previous symptoms or test results in relation to those allergies. Remember that our test does not analyze allergies or intolerances.

# Your Sensitivity to Additives

## Additives in your daily nutrition

Better nutritional choices will always lead to optimized wellness, and natural, unprocessed, and hand-cooked foods will always be ideal. Therefore, a proper understanding of how additives affect health is crucial to maintaining optimal well-being.

### Additives to Avoid for you

To optimize your wellbeing you should avoid consuming the following additives for the next 90 days.

Food additives are added to foods and beverages to change their color, taste, or texture. You should know that apart from reading the labels of the products, you have to understand and be able to choose the best resources for your health.

|       |                                                         |        |                        |
|-------|---------------------------------------------------------|--------|------------------------|
| E 966 | Lactitol                                                | E 1404 | Oxidized starch        |
| E 635 | Sodium ribonucleotides                                  | E 463  | Hydroxypropylcellulose |
| E 434 | Polyoxyethylene sorbitan monopalmitate (Polysorbate 40) | E 380  | Triammonium citrate    |
| E 302 | Calcium ascorbate                                       | E 301  | Sodium ascorbate       |
| E 175 | Gold                                                    | E 160d | Lycopene               |

The list shown at the top presents a summary of the Food Additive indicators that should be avoided in a special way for at least a period of 90 days. Although it is advisable to always avoid most Food Additives.

### We also recommend avoiding:

#### High Fructose Corn Syrup (HFCS / AMAF):

This additive can produce a poor cardiovascular response, poor blood sugar control, and high body fat gain. Unfortunately, it is found in many energy drinks and bars.

#### Aspartame:

A very popular additive that is considered to be an exotoxin. Regular use of this substance may alter certain functions of the central nervous system, which could negatively affect the well-being and balance of the body. In high doses, this substance can lead to lack of concentration, diffuse cognitive function and brain fog that would negatively affect well-being.

#### Monosodium glutamate:

This is a hydrolyzed protein found in many energy bars and supplements, such as the proteins in whey or textured proteins. This is used to trick your tongue into feeling that these bars and drinks taste better than they actually do. They are found in most pre-made foods and are highly harmful.

#### Artificial colors:

They can cause false, involuntary physical responses and hyperactivity. This artificial coloring is found in many energy and energy drinks, and most industrially processed foods.

# Nutrimental Optimization

## What does "nutrimental" refer to?

The nutrimental information of food is the total nutritional content of the food. Increasing the consumption of foods with nutrients that our body needs will lead us to optimize our well-being.

## Foods rich in your nutrient requirements

A balanced and, most importantly, personalized diet will depend on the knowledge of our nutritional needs. Based on your epigenetic profile, we indicate which nutrients you might need to boost and show you a list of foods that can help you meet your specific needs. This does not mean that you must necessarily include these foods in your routine, we simply show you those that could help you in your quest to maximize the balance of the organism.

This list of foods is based on the indicators that are most relevant to this report. If there are any known allergies or intolerances, continue avoiding those specific foods.

### Vegetables



Eggplant



Mushrooms



Alfalfa Sprouts



Beets



Avocado



Garlic



Asparagus



Celery



Onion



Cabbage



Arugula



Broccoli



Kale



Cauliflower



Spinach



Ginger



Carrot

### Fruits



Cantaloupe



Citrus Fruits



Raisins



Figs



Purple Grapes



Watermelon



Peach



Oranges



Apple



Blueberry



Strawberry

### Dairy & eggs



Sheep Milk



Cows Milk



Eggs



Yogurt



Cheese

### Meat products



Chicken



Beef



Pork



Pig Liver



Turkey



Rabbit



Chicken Liver



Kidney



Deer



Duck

## Legumes



Chickpeas



Beans



Lentils



Kidney Beans



Edamame



Green Beans



Soya Beans



Peas

## Fish / Seafood



Tuna



Salmon



Flounder



Mackerel



Oysters



Mussels



Sardines



Octopus



Clams



Sea Cucumber



Squid



Cod



Lobsters



Crab



Cuttlefish



Anchovies

## Nuts & seeds



Pumpkin Seeds



Sesame Seeds



Sunflower Seeds



Peanuts



Walnuts



Almonds



Chia Seeds



Pine Nuts



Macadamia Nuts



Cashews



Hazelnuts



Brazil Nuts



Chestnut



Flax Seeds



Pistachios



Pecans

## Cereals



Oat Bran



Wheat



Wheat Bran



Wheat Germ



Millet



Oats



Corn



Rye



Rice



Wild Rice



Oatmeal



Quinoa



Buckwheat



Barley

## Fat & oils

Sunflower Seed  
Oil

Olive Oil



Olives



Soya Oil

## Plants



Seaweed



Turmeric

## Drinks



Soybean Milk



Green Tea

## Others



Tofu



Brewer's Yeast



Nutritional Yeast



Cocoa

## Why are these foods recommended?

This list of recommended foods has been customized based on the results of your test. By including these ingredients in your daily nutritional intake, you can help improve your well-being in a natural way, as they have been selected according to the results of your report.



# Your next steps

## The path to your best version begins here

You've already read all the results, now what? As we said in the beginning of the report, we believe these results can be the start of your journey to a healthier life.

- 1 Avoid your Food Sensitivities for 90 days — [Section 03](#)
- 2 Stop consuming the food additives flagged in the report — [Section 03](#)
- 3 Increase your intake of Recommended Foods — [Section 03](#)
- 4 Make sure you consume food to support your Microbiome daily — [Section 02](#)
- 5 Make sure that you consume the foods to reduce the Toxic Exposure — [Section 02](#)
- 6 Try to reduce the impact of Electromagnetic Fields — [Section 02](#)
- 7 Contact your professional if you have any doubts about your report — [Details on page 1](#)

## Write down your aims and objectives

We recommend that you write your goals in a simple way, that they are specific, achievable, realistic and measurable. For example: Go for a walk every other day, at least 1 hour for the next 3 months. For the next two weeks, drink at least 3 glasses of water during the day.

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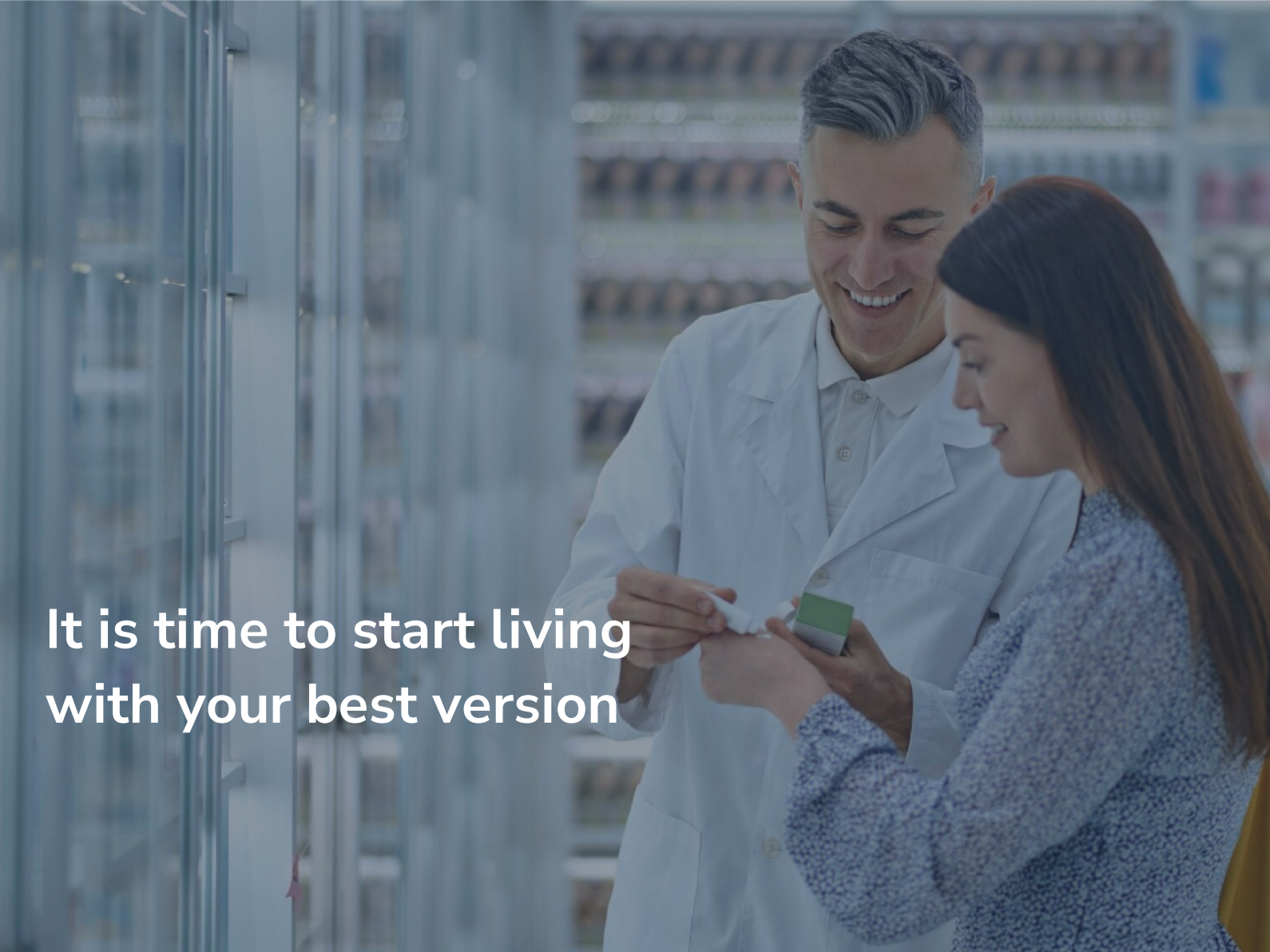
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I promise to follow the recommended indications from \_\_\_\_\_ (dd/mm/yyyy)  
until \_\_\_\_\_ (dd/mm/yyyy) for a total of 90 days.

\_\_\_\_\_  
(Your Signature)



It is time to start living  
with your best version

Thank you for placing your trust in our program!

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**Disclaimer:**

This product is not intended to diagnose, treat, cure or prevent any disease or condition. The advice and recommendations in this report are solely the responsibility of its holder. It is very important to consult with a competent and fully informed health care professional when making decisions concerning your health, as the information contained in this document should be interpreted by a qualified professional. Your well-being should always be in good hands. Information obtained through Cell-Wellbeing's S-Drive technology. To know more, visit [www.epixlife.com](http://www.epixlife.com)