

Optimization Sport Report

Demo Report

ID: SPORTDP101

Date: 25.02.2025



Dear Jane Smith Demo Report,

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



Your Results

This is your epigenetic report, based on your test results. We believe that the data and information contained here will help you achieve your goals. Our report has been developed by scientists and experts in epigenetics to help identify the environmental influences that affect us and that could be leading to a low level of performance for athletes.

By adopting and adapting our suggestions, you will be able to improve physical performance through nutritional and environmental adjustments.

Your results are divided into sections according to the type of information analyzed. You will be able to have an overview of the entire Report on the "Summary of your results" page. Within each section, you will find an overview section to ensure that the results are clear and concise and your attention is directed to the most valuable information.

Your results report is designed to provide maximum clarity and the actions we recommend to optimize your well-being and health. Welcome to the Epigenetic Optimization Plan for Sports Performance!

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

Sincerely,
Zyralife | Christie Steiger

Do you have any questions?



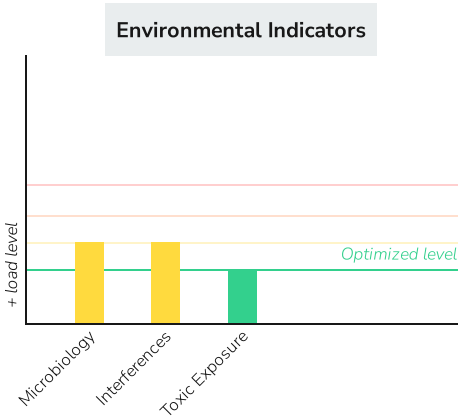
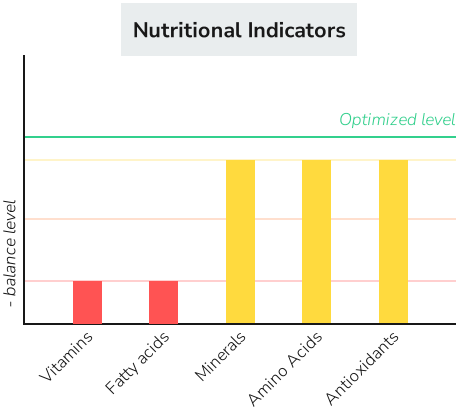
Contact:

Email: connect@zyralife.com

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

- Betaine
- Vitamin B5
- Biotin
- Vitamin A1

Fatty acids

- Eicosapentaenoic Acid - 3 (EPA)
- Oleic Acid - 9

Low Optimization Need

Minerals

- Molybdenum
- Copper

Amino Acids

- Threonine
- Proline

Antioxidants

- Coenzyme Q10
- Anthocyanidins
- Flavonoids

Microbiology

- Post Virus Signal

Interferences

- TV screen

Metabolic Systems Indicators



Why is metabolism so important?

The metabolism of nutrients involves hundreds of reactions that provide our bodies with the energy and materials necessary for proper functioning. A good metabolic rate can help you burn more calories, slow down aging, give you more energy and make you feel better.

Result:
High Need



High need for optimization

The imbalance of the metabolic systems provided may be producing an alteration in cellular homeostasis. It is a priority to optimize these systems to promote balance in your body.

About Metabolic Systems

Your lifestyle and level of physical activity can determine your energy requirements. That's why knowing the markers that tell us how macronutrients like proteins, fats and sugars are metabolized, and how certain factors like hormonal or gastrointestinal health are impacting you, is so important.

Following a personalized diet that takes into account these requirements will help you increase your energy levels, vitality and reach your goals faster!

The systems listed below are important markers for optimizing metabolic processes. Pay special attention to the highlighted ones!

Metabolic support Indicators	Gastrointestinal System	Brain Health	Intestine	Intestinal Microbial Balance	Metabolic Stress / Inflammation
	Immune System	Adrenal System	Hormonal System	Energy Production	Fatty Acid Metabolism
	Protein synthesis	Sugar Metabolism	Cellular Hydration	Emotions	Sleep
	Detox System	Cardiovascular Health	Skeletal Muscle System		

Key factors to take into account

There are certain non-modifiable factors that can alter your metabolism, such as your age, gender, and even your genetics. However, there are factors that can alter your weight and your health, important to take into account:

- Eating habits:** a high consumption of ultra-processed foods, as well as those high in sugar and fat, can cause greater weight gain.
- Physical Activity:** Aerobic exercise is a great way to burn calories, while strength exercise can help you build muscle mass, important for speeding up your metabolism.
- Rest:** Rest can affect your hormones which, in turn, alter your appetite and your food intake. It is important to sleep 7 to 9 hours a day to maintain good health.

How to read your results:



What do the indicators marked in red mean?

If some indicators are marked with red on your metabolic chart, they may require special attention and nutritional support when cross-referenced with the other data chart.



Do the marked indicators refer to any kind of disorder?

This is only a supporting indicator and is not intended to be a diagnosis of any physical malfunction within any specific area.



Do I need to consult a professional?

If you are concerned about the functioning of any of your body systems or processes you should consult a qualified health professional.

Cardiovascular System Indicators



Take care of your Cardiovascular System!

Poor circulation reduces the body's ability to transport oxygen and nutrients to where they are needed. We can help optimize the circulatory system through good nutrition.



Your Cardiovascular System is optimized

According to your epigenetic test results, your Cardiovascular System is balanced and fulfills its specific functions. Most of the immune system support indicators are optimized.

Indicators for Cardiovascular System Support

The food we eat has a direct impact on the cardiovascular system. Certain eating habits can create disorders related to the heart and its function. Likewise, including certain foods as part of a regular nutrition plan can help to prevent potential disorders in heart function.

The following graph shows the nutrients and indicators that will help you optimize the Cardiovascular System.

The following table indicates which nutrients can help optimize the cardiovascular system: **Pay attention to the marked indicators!**

Vitamins	Vitamin B2	Vitamin D3	Vitamin B6	Vitamin C	Vitamin K1
	Vitamin B12	Vitamin E	Vitamin B3	Vitamin B9	Betaïne
	Vitamin K2				
Minerals	Selenium	Iodine	Potassium	Sodium	Magnesium
Antioxidants	Superoxide Dismutase (SOD)	Anthocyanidins	Polyphenols	Flavonoids	Coenzyme Q10
Amino Acids	Taurine	Arginine	Citrulline	Carnosine	Alanine
	Serine	Methionine	Cystine	Lysine	Histidine
	Proline				
Fatty Acids	Alpha-Linolenic Acid - 3 (ALA)	Docosahexaenoic Acid - 3 (DHA)	Eicosapentaenoic Acid - 3 (EPA)	Arachidonic Acid - 6 (AA)	Oleic Acid - 9

Support indicators for the Muscular System



What is important for muscle recovery

Building muscle significantly increases metabolism, making it easier to achieve superior performance. Although nutrition alone cannot lead to significant muscle growth, a balanced diet can help maintain or increase muscle mass.

The importance of diet for muscle growth and recovery

The maintenance of muscle mass can be improved with the consumption of nutrients that you can find in the following table. Keep in mind that this is not a diagnosis of how your muscular system is, but it will help prevent muscle and tendon problems derived from a shortage of essential nutrients.

Apart from a balanced diet, optimal rest is the key to achieving improved muscle regeneration. Tasks such as the reconstruction of muscle fibers, the relaxation of the mind, or the secretion of certain hormones (such as the growth hormone), will be carried out during rest time. Healthy sleep leads us to recover much more quickly.

Some tips for muscle growth



Muscle is made up of 70-75% water

That's why it's key to stay properly hydrated. **Drink at least 2L** of water throughout the day. If you exercise, it is recommended to drink 0.2L of water every 15-20 minutes.



Isotonic Drinks

They contain **electrolytes** and **carbohydrates** that help rehydrate the body, replenish electrolytes lost through sweat and provide energy to maintain physical performance.



Eat proteins after training

After each training session, consume **proteins of high biological value** (lean meats, fish, eggs and legumes) to support the development of your muscles.

The following table indicates which nutrients may be important in helping to optimize muscles and tendons. **The more of these that appear in the box below, the more attention the muscular system will require.**

Vitamins	Vitamin B6	Vitamin B9	Vitamin C	Vitamin B3	Vitamin B12
Minerals	Zinc	Manganese	Copper	Selenium	Sodium
	Calcium	Potassium	Chromium		
Antioxidants	Coenzyme Q10				
Amino Acids	Leucine	Isoleucine	Valine	Glutamine	Threonine
	Methionine	Phenylalanine	Carnitine	Taurine	Lysine
	Tryptophan				
Fatty Acids	Alpha-Linolenic Acid - 3 (ALA)	Docosahexaenoic Acid - 3 (DHA)	Eicosapentaenoic Acid - 3 (EPA)	Alpha Lipoic Acid	

Epigenetic Markers



Your Need of Vitamins



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

Betaine

Betaine regulates the immune response, participates in gene regulation, fatty acid oxidation, lipid and cholesterol synthesis, and regulates the body's water balance. It regulates erythrocyte function. It improves sports performance and reduces vascular risk factors. It also provides us with hydrochloric acid.

Eggs, Quinoa, Cod, Shrimp, Beets, Turkey, Trout

Biotin

Biotin helps the normal functioning of energy-producing metabolism and the nervous system. It maintains normal skin, hair and mucous membranes. It is synthesized by bacteria in the gastrointestinal tract, although it is not really known how much of the synthesized biotin is absorbed.

Buckwheat, Eggs, Almonds, Mushrooms, Beef, Corn, Goat Milk, Brewer's Yeast, Yogurt, Sunflower Seeds, Sweet Potato

Vitamin A1

Vitamin A prevents the development of degenerative diseases due to its beta carotenes which work as antioxidants, it also delays celular aging. It participates in the formation of body mucous, soft tissues, bones, teeth and skin and prevents infeccious diseases. At high temperatures is thermolabile (destroyed) so we must consume raw vegetables and fruits to make the most profit.

Cantaloupe, Eggs, Oranges, Grapefruit, Mango, Red Pepper, Broccoli, Fish Oil, Pig Liver, Sweet Potato

Vitamin B5

Also known as pantothenic acid, contributes to the breaking down of fats, carbohydrates and proteins to obtain energy, also to the normal functioning of mental performance, blood cell, cholesterol, vitamin D and neutrotransmitters formation. It's soluble in water and destroyed under hight temperatures.

Eggs, Wild Rice, Walnuts, Cheese, Potatoes, Mushrooms, Avocado, Beef, Lamb, Pork, Broccoli, Sheep Milk, Flax Seeds, Yogurt, Sunflower Seeds, Pig Liver, Pecans

Your Need of Minerals



Result:
Low Need

It is not necessary to optimize the absorption of minerals 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 problem. Minerals are non-organic natural elements that must be absorbed mostly through diet, so that bones, cardiovascular and hormonal functions, among others, work properly. This test is based on a qualitative study, identifying that it may be necessary to optimize this indicator in the long 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, Oysters, Asparagus, Millet, Potatoes, Mushrooms, Beef, Turkey, Pig Liver, Sweet Potato, Chia Seeds

Molybdenum

Molybdenum helps the enzyme responsible for iron metabolism to function properly. It is necessary for the production of uric acid and participates in both sulfur and uric acid metabolism. It participates in enzyme systems related to the metabolism of alcohol, drugs and toxins.

Watermelon Seed, Buckwheat, Eggs, Almonds, Parsley, Watercress, Rice, Potatoes, Peas, Kidney Beans, Peanuts, Soya Beans, Alfalfa Sprouts, Pumpkin Seeds, Edamame, Yogurt, Sunflower Seeds, Chickpeas

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

Anthocyanidins

Anthocyanidins are antioxidants that belong to the flavonoid group. They protect the capillaries of the retina; they have a beneficial role for eyesight. They help to strengthen the cardiovascular system. They have a powerful antioxidant effect. They also help fight colds, infections and allergies and have anticarcinogenic properties.

Purple Grapes, Purple plum, Raspberry, Blackcurrant, Blackberry, Eggplant, Goji Berries, Hawthorn Berries

Coenzyme Q10

Coenzyme Q10 is naturally produced by the body, but its production decreases as we age. It protects against free radical damage and is involved in cellular energy production. It is beneficial in treating heart disease and congestive heart failure. It lowers blood pressure and isolated systolic hypertension, prevents headaches and strengthens the immune system.

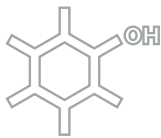
Buckwheat, Millet, Oranges, Wild strawberry, Beef, Pork, Soya Beans, Trout, Soya Oil

Flavonoids

Flavonoids are the largest class of plant polyphenols. They are powerful antioxidants that fight free radicals which cause oxidative stress in the body. They also possess anti-inflammatory characteristics that support the immune system.

Blueberry, Tangerine, Seaweed, Lime, Parsley, Onion, Tomato, Lemon, Oranges, Wild strawberry, Grapefruit, Raspberry, Lettuce, Red cherry, Blackberry, Red Pepper, Broccoli, Black tea, Brewer's Yeast, Green Tea

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

Proline

Proline is an essential component of collagen, which is very important for the health of skin, bones and tendons. Proline is used in the prevention of arthritis and in the strengthening of joints and tendons. In addition, it can help us maintain and strengthen the heart muscles.

Cabbage, Eggs, Cheese, Shrimp, Oysters, Watercress, Asparagus, Mushrooms, Sheep Milk, Yogurt, Cuttlefish

Threonine

Threonine is essential for the correct metabolization of fats, especially in the liver, in addition to preventing their accumulation. It is required for the formation of healthy bones and teeth and is a constituent of antibodies. It is also necessary for the synthesis of certain neurotransmitters.

Eggs, Seaweed, Mackerel, Cheese, Clams, Watercress, Banana, Beef, Lamb, Pork, Peanuts, Soya Beans, Sheep Milk, Turkey, Flax Seeds, Pumpkin Seeds, Yogurt, Sunflower Seeds, Sturgeon, Cuttlefish, Wild Boar

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

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, Pork, Olive Oil, Peanuts, Hazelnuts, Sheep Milk, Soya Oil, Pine Nuts, Macadamia Nuts

Eicosapentaenoic Acid - 3 (EPA)

Eicosapentaenoic acid - 3 (EPA) is an omega-3 fatty acid. It is involved in the reduction of inflammation and regulation of the circulatory system. It supports cardiovascular health and may have a correlation with depression or attention deficit syndrome. It lowers blood glucose and is one of the main mood stabilizers.

Walnuts, Seaweed, Mackerel, Olive Oil, Hazelnuts, Trout, Hemp Seed Oil, Flax Seeds, Fish Oil, Chia Seeds

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

Post Virus Signal

A virus is a particle of genetic code, DNA or RNA, encapsulated in a protein vesicle. Viruses cannot replicate on their own. They need to infect cells and use the components of the host cell to produce copies of themselves. Often times the virus damages or kills the host cell in the process of multiplying. Viruses have been found in every ecosystem on Earth. Scientists estimate that they outnumber bacteria by 1 to 10. Since viruses do not have the same biology as bacteria, they cannot be fought with antibiotics.

Honey, Ginger, Garlic, Kiwi, Yogurt

Electro- magnetic Charge



Result:
Low Need



It is not necessary to focus on reducing the accumulated electromagnetic charge in the short term

It is good to address this indicator in the long term so that it does not create an imbalance in the future.

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 follow a process to protect our body from them. Our Tests are qualitative studies and have identified that it is necessary to optimize this indicator in the long 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

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

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

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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.



Tuna



Rye



Salmon



Spinach



Lentils



Carrot



Chicken



Pistachios



Cashews



Poppy Seeds

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

A balanced and healthy diet will always lead to a more favorable result. However, consuming processed, precooked and foods that aren't fresh will always lead to an increased intake of chemical substances such as food additives, which will lead to a decrease in performance when practicing sports.

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 1105	Lysozyme	E 633	Calcium inosinate
E 625	Magnesium diglutamate	E 445	Glycerol esters of wood rosins
E 385	Calcium disodium EDTA	E 316	Sodium erythorbate
E 341	Calcium phosphates	E 239	Hexamethylene tetramine
E 150c	Ammonia caramel	E 124	Ponceau 4R

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



Beets



Avocado



Mushrooms



Potatoes



Broccoli



Sweet Potato



Parsley



Kale



Watercress



Alfalfa Sprouts



Cabbage



Asparagus



Red Pepper



Garlic



Ginger



Eggplant



Onion



Tomato



Lettuce

Fruits



Wild strawberry



Oranges



Banana



Mango



Cantaloupe



Grapefruit



Kiwi



Purple Grapes



Purple plum



Blackcurrant



Blackberry



Raspberry



Red cherry



Blueberry



Lemon



Lime



Tangerine

Dairy & eggs



Eggs



Yogurt



Cheese



Sheep Milk



Goat Milk

Meat products



Turkey



Pig Liver



Kidney



Beef



Lamb



Pork



Wild Boar

Legumes



Soya Beans



Peas



Edamame



Natto



Chickpeas



Kidney Beans

Fish / Seafood



Shrimp



Cod



Trout



Mackerel



Sardines



Cuttlefish



Sturgeon



Anchovies



Clams



Oysters



Crab

Nuts & seeds



Sunflower Seeds



Walnuts



Flax Seeds



Pecans



Almonds



Sesame Seeds



Watermelon Seed



Peanuts



Pumpkin Seeds



Hazelnuts



Chia Seeds



Brazil Nuts



Chestnut



Macadamia Nuts



Pine Nuts

Cereals



Quinoa



Wild Rice



Buckwheat



Millet



Corn



Rice

Fat & oils



Soya Oil



Olive Oil



Fish Oil



Hemp Seed Oil



Olives

Plants



Seaweed



Hawthorn Berries



Goji Berries

Drinks



Green Tea



Black tea

Others



Brewer's Yeast



Tofu



Cocoa



Honey

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 foods that support the cardiovascular system every day — [Section 01](#)
- 5 Make sure that you consume daily the foods to support your Muscular System — [Section 01](#)
- 6 Try to reduce the impact of Electromagnetic Fields and Toxic Exposure — [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.

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:

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