

Precision Health Program

A Personalized Approach to Better Health



What is in my annual membership?

Personalized Health Plan, Support, and Savings

This program is designed to provide a science based assessment with board-certified provider support, guidance, and recommendations. In addition you will have an assigned Health Care Coordinator that is available for you on your journey to wellness as well as member discounts.

Annual Membership Fee: \$300.00

Includes:

- Initial Medical History Form Assessment by Board-Certified Provider
- Telemedicine Consultation
- Recommended Test Kits
- Detailed Review and Recommendations Provided
- Annual Health Care Coordinator Access
- Follow up Assessments
- Complimentary Therapies Discounts



WHAT TO EXPECT

Once your Medical History Form is completed, your initial assessment will take place to determine which comprehensive test(s) will be recommended.

Recommended Tests:

Metabolomix+ and/or GI Effects provided through Genova Diagnostics. Comprehensive Tests are additional costs and range from \$389-399. They may also be covered by some insurances.

Once your tests have been processed, the results will be sent to the provider for review and to be analyzed. A telemedicine appointment will be scheduled so the provider can review the results and their recommendations.



Imagine if you could optimize your health without traditional doctor visits and in the comfort of your own home. With comprehensive home testing, available through Stemedix, you will have a “personal health blueprint” of what your specific deficiencies and insufficiencies are. A board-certified provider will use this blueprint to help you optimize your health and energy throughout the year.



PRECISION HEALTH PROGRAM

Discover a program that will provide you with a scientific road map to better health. Working with a dedicated provider, you will be given a customized targeted plan with product discounts and offerings.

Food intake is an important and natural way to ensure you are getting the essential nutrients that provide a healthier life, but is it enough?

This program is designed to provide a Board-Certified Provider as well as a Health Care Coordinator that will review your current health needs and provide a personalized supplement plan that will help improve healthier biological processes, including digestive and nerve function throughout the year.



HEALTH CARE COORDINATOR

Your dedicated Health Care Coordinator will provide your medical history and current health status to the provider for assessment.



BOARD-CERTIFIED PROVIDER

A board-certified provider will assess and customize a supplement plan based on your medical information and current health needs.

Your annual membership includes the following discounts:

10% OFF VITAMINS

Metagenics offers quality and highly absorbing products at affordable pricing

20% OFF IV INFUSIONS

Vitamin IV Therapy flushes the body with essential vitamins and nutrients in the bloodstream.

10% OFF PEPTIDES

Quality prescription peptides through our valuable partner, South Lake Pharmacy.

10% OFF STEM CELL THERAPY

Discover these therapies for managing symptoms or as a preventative measure.

**Excludes Costa Rica Packages*



Looking for a *Healthier* You?

Comprehensive Home Testing

Imagine if you could optimize your health without traditional doctor visits and in the comfort of your own home.

With comprehensive tests provided by Genova Diagnostics, you will have a “personal health blueprint” of what your specific deficiencies and insufficiencies are.

It's time to take a deeper look into your health!



COLLECT YOUR SAMPLES

These nutritional and molecular tests are easy to take at home with pre-treatment and collecting directions.



SAMPLES PROCESSED

Once your kit is received, your samples will take up to 6 weeks to process and provide results.



PERSONALIZED RESULTS

A board-certified provider will review your results and provide a comprehensive health plan for you.

Receive personalized recommendations for amino acids, fatty acids, vitamins, minerals, digestive support, and other nutrients. Additionally, any exposure to select toxic substances and oxidative stressors are also addressed. Conventional nutritional panels include tests such as complete blood count, comprehensive metabolic panel, iron, ferritin and other select nutrients. These comprehensive home tests are not meant to be a substitute, but rather a complement by providing additional health information.



Metabolomix+

A Non-Invasive Personalized Assessment

Metabolomix+ is a urinary nutritional evaluation that includes key organic acids and amino acids to evaluate the functional need for antioxidants, B-vitamins, minerals, digestive support, and amino acids.

Metabolomix+ also includes the option of additional Essential & Metabolic Fatty Acids, Toxic and Nutrient Elements, plus Genomics.

The Metabolomix+ provides targeted nutritional therapeutics designed to assist with the clinical management of:

- Chronic Fatigue
- Depression
- Anxiety
- Malnutrition
- Sleep disturbance
- Fibromyalgia
- Optimized health and sports fitness

Metabolomix+ consists of:



- **Metabolic Analysis** – provides information on 45 key organic acids. These biomarkers are grouped into categories to provide insight for support in the areas of: malabsorption and dysbiosis; cellular energy; neurotransmitter metabolism; vitamin deficiencies; and toxin exposure and detox-ification need.
- **Amino Acid Analysis** – features 37 urine amino acids. This assesses nutritionally essential and non-essential amino acids, as well as intermediary metabolites that augment an understanding of B vitamin need, and need for support of protein digestion and absorption.
- **Oxidative Stress Analysis** – highlights the body's current state of oxidative stress and reserve capacity.

Why Use Metabolomix+?

Studies suggest that even a balanced diet may not provide all essential nutrients. This profile supports assessment of a patient's nutritional needs by:

- Identifying nutritonal deficiencies that may be the root cause of complex chronic conditions
- Optimizing digestion and absorption by providing therapeutic recommendations for pancreatic enzyme and probiotic supplementation
- Offering an easy-to-use "Interpretation At-A-Glance" that provides patients with valuable information about the function of nutrients, their dietary sources, and the causes and complications of their deficiencies
- Providing easy at-home specimen collection of first morning void urine

Genova Diagnostics' standard report design synthesizes complex biochemistry into actionable treatment options personalized for each patient.

• **Add-on Components**

- Bloodspot Essential Metabolic Fatty Acids
- Urine Nutrient & Toxic Elements
- Genomic SNPs



FATIGUE



MOOD DISORDERS



WEIGHT ISSUES

GI Effects

GI Effects is a comprehensive assessment of complete GI health, assessing the root cause of most gut complaints. It offers a direct assessment of digestion, absorption, inflammation, and infection. Abnormalities can give insight into issues such as:

- Small intestinal bacterial overgrowth (SIBO)
- Intestinal permeability (leaky gut)
- Food intolerances
- Celiac disease
- Inflammatory bowel disease (Crohn's and Ulcerative Colitis)



Genova uses a combination of PCR, culture, and microscopic methods to ensure any and all relevant organisms are identified. Utilizing a single technology cannot fully capture the dynamics of the microbiome.

Genova recovers live organisms (yeast and bacteria); therefore, susceptibility testing can be performed to provide treatment options that relate to the actual organism recovered from the stool. Genova can identify thousands of live, cultured, aerobic bacteria and yeast.

In addition to a commensal bacteria assessment, metabolomics are also measured. By measuring short chain fatty acids and products of protein breakdown, we can assess the interaction between the microbiome and its host. These markers are abnormal in conditions such as dysbiosis and bacterial overgrowth syndromes (SIBO), and can help to direct therapies to balance the microbiome.

Why Choose Genova Diagnostics' Gastrointestinal Products?

GI Effects is a comprehensive assessment of complete GI health, assessing the root cause of most gut complaints.

Genova is the market authority on stool inflammatory markers. These markers are well represented in literature, and used to monitor clinical conditions such as inflammatory bowel disease (calprotectin, EPX, slgA), parasitic infections (EPX), food allergies (EPX), as well as food intolerances (slgA). Calprotectin was introduced to the USA and gained FDA clearance as a result of Genova's leadership.

Genova has amassed a database of hundreds of thousands of complete stool profiles. Our data driven and evidence-based analysis ensures the highest standard of analytical validity and clinical utility. Continued data analysis allows Genova to tell a complete story regarding each patient's microbiome to uncover subtleties into overall health and wellness.



Vitamins *by Metagenics*

Practitioner-grade supplements are developed for physicians to recommend to patients and use in clinical practice. Metagenics offers practitioner-grade supplements that are designed to deliver innovative nutritional support based on the latest scientific research.

Quality Products Made with Quality Standards

Metagenics supplements are backed by science and education to enable the practitioner to create personalized lifestyle protocols that are unique to each patient.

Their science team not only focus to develop a high-quality formula, but understands that research and scientific testing makes a monumental difference in the quality of their supplements to better support patient outcomes.

Metagenics holds themselves to a higher quality standard through in house testing and stringent sourcing requirements. They follow the FDA's current good manufacturing practices (cGMPs) that require supplement manufacturers to adequately control manufacturing operations.



Discover Which Vitamins Are Right For You

Working with your provider is the best way to determine which supplements are best for you. Let your provider help find the right nutritional supplements that can kick-start your personalized lifestyle wellness journey.

Supplements can be a powerful regimen for many managing their health and wellness.

Metagenics promises exceptional quality provides products with clean and transparent labels. From gluten-free to non-GMO, they aim to deliver clear and accurately labeled nutritional solutions to meet every patient's health needs.



Health is what you're eating, how you're moving, and essentially how you're living.

For those wanting to improve their health and wellness goals, Metagenics offers a wide range of nutritional products that provide a variety of nutritional support.

Peptides

Peptides are essential to life in that they naturally occur in every cell of all living things. They are short chains of two or more amino acids and have many biological functions.

Peptides are an affordable alternative option for those seeking to improve symptoms, manage pain, and promote healing.

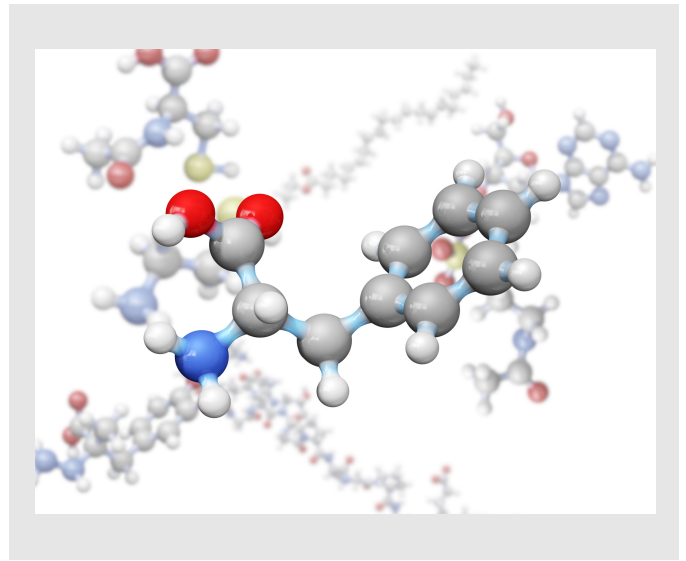
Some Popular Peptides Offered:

Thymosin Beta-1 - Promotes healing and is also a very potent anti-inflammatory agent.

Thymosin Alpha-1 - Plays a vital role in the control of immunity, tolerance, and inflammation.

BPC-157 - Accelerates the healing of many different wounds, including tendon-to-bone healing and superior healing of damaged ligaments.

Semax / Selank - These peptides offer neuroprotection and neuropsychotropic benefits such as anxiety and memory and learning processes.



Discover What Peptides Can Offer

There are many benefits that peptides offer for those with injuries, neurological, autoimmune, and anxiety conditions. Just to name a few:

- Increases cells in healing process
- Improves cell migration to injury
- Growth of new blood vessels-angiogenesis
- Decreases Inflammation
- Repairs damaged heart tissue
- Decreases pain
- Improves cell-mediated immunity
- Anti-stress & Anti-depressant
- Cognitive improvements
- Protection of brain neurons from autoimmune inflammation



Peptides that are compounded through a compounding pharmacy must follow USP <795> and USP <797> guidelines. These guidelines help maintain quality healthcare standards and processes. Compounding Pharmacies are also under the supervision of the Board of Pharmacy specific to their state. Between USP guidelines and the Board of Pharmacy regulations, stringent requirements are placed on compounding pharmacies to protect the end-user patient on receiving quality medication.

Vitamin Infusions

Vitamin IV Therapy is an effective way to have essential vitamins and nutrients to be absorbed right away through the bloodstream. It bypasses the digestive tract where the nutrients are metabolized and reduce their full potential.

Get Up & Go!

Designed to help kickstart your metabolism and feel more energized, this IV kit includes premium-quality compounds believed to help burn fat, boost metabolism and provide the nutrients needed for optimal wellness.

Immunity

Designed to help your immune system, prevent illnesses and make you feel better faster after getting sick, this IV kit includes premium-quality compounds that can help improve immunity and promote optimal wellness.

Inner Beauty

Designed to help bring out the radiance and natural glow, this kit includes premium-quality compounds believed to fortify hair, skin, and nails, reduce wrinkles and quench skin from the inside out.



Myer's Cocktail

Comprised of essential multivitamins and other nutrients, this cocktail premix is designed to help alleviate chronic symptoms, including on-going pain, asthma and more.

Recovery & Performance!

Designed to help shorten the time of recovery after an injury and potentially improve athletic ability, this kit includes premium-quality compounds that can help promote improved performance and overall wellness.

Quench

Rehydrate your body and combat fatigue caused from dehydration with our Quench IV Kit. This Kit includes premium-quality compounds designed to replenish the fluids needed for optimal wellness.



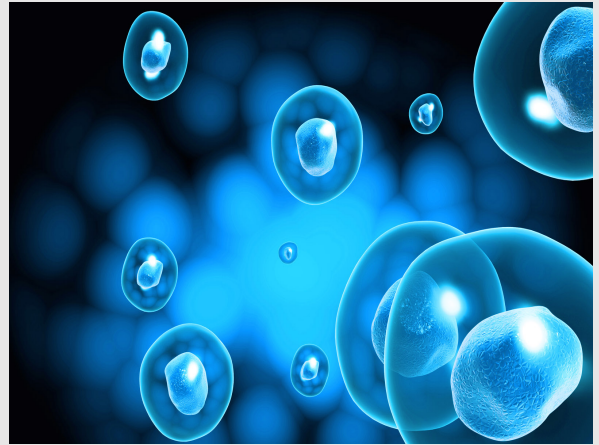
Discover how vitamin infusions can boost your immune system, enhance your beauty, increase your energy, and enhance your athletic performance.

Regenerative Medicine Therapy

also known as Stem Cell Therapy

Stem Cell Therapy is a natural option that offers potential benefits in not only managing symptoms but also in slowing down the progression of one's condition. Stem cells have the potential to repair and replace countless cells in the body. Although damaged cells cannot be fully reversed, this treatment can help manage your symptoms and reduce the effects of further damage

Stem cells are the body's natural regenerative healing mechanisms. They can differentiate into new cell types and have the ability to repair and regenerate. In addition, they also have secretory benefits called exosomes that play a critical role in cell-to-cell communication. Mesenchymal Stem Cells (MSCs) have immune-modulatory and anti-inflammatory characteristics as well as a good proliferation rate, which is beneficial for tissue regeneration.



What Potential Improvements Can Stem Cell Therapy Help With?

- Increased Energy
- Reduction of Muscle Pain or Spasms
- Improved Concentration
- Enhanced Mood
- Bladder Function
- Improved Balance and Range of Motion
- Vision Improvement
- Slowing or Decreasing Rate of Progression
- Improved Coordination



This new alternative medicine is designed to potentially bring symptom relief and could also slow or halt condition progression.

Regenerative Medicine for **Neurodegenerative**, **Autoimmune**, **Orthopedic**, and **Wellness** conditions.