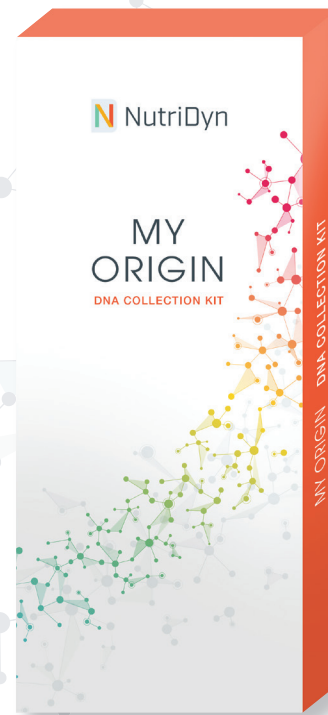


## Begin your journey towards genetic optimization today.

- 1 Purchase**  
Talk to your practitioner to purchase.
- 2 Register**  
With a single DNA sample, you can order different Health Action Plans™ over time.
- 3 Collect**  
You can reuse your genetic data to find new insights to fit your interests.
- 4 Mail In**  
Mail in your sample and get immediate, actionable recommendations that can optimize your health.
- 5 View Results**  
Receive your personalized Health Action Plan™ & start taking control of your health.

Your trusted partner for genetic testing.



Your health and future is important to you and NutriDyn wants to be your partner and trusted advisor in your journey.

You can use your initial DNA sample to order any of our current or future products at any time. All you have to do is choose a new product and get the results within minutes.

To learn more, visit:  
[www.nutridyn.com/myorigin](http://www.nutridyn.com/myorigin)

MyOrigin  
75 Broadway, Suite 251  
San Francisco, CA 94111

# MY ORIGIN

DNA COLLECTION KIT



Empowering you to make the changes you want today.

  
**NutriDyn**  
A Partner in Health

## Choose from four specialized DNA kits:



### **POWER UP** Health Enrichment

A jumpstart package giving you a bit of everything.



### **CONTROL** Weight Management

Health and weight management starts here.



### **PEAK** Endurance Performance

An endurance athlete's competitive edge.



### **OPTIMIZE** Nutrition Optimization

A deep-dive into health and nutrition.

## What we do

With MyOrigin from NutriDyn, we take your unique DNA testing results and analyze them to give you a personalized, scientific, easy-to-understand Health Action Plan, a powerful lifestyle plan that will help you make all the right choices.

We base our recommendations on comprehensive and ongoing reviews of the most up-to-date research. We go beyond the data to give you tools you can use.

## What you get

With your personalized Health Action Plan, get immediate, actionable recommendations that can optimize your health & wellness based on 5 domains.

### **NUTRITION STRATEGIES**

Diet and nutrition strategies, including specific foods, to help you overcome genetic predispositions and live your healthiest life.

### **LIFESTYLE TIPS & STRESS MANAGEMENT**

Recommendations to optimize your mental wellness, including stress management, sleep techniques, and other important lifestyle strategies.

### **SUPPLEMENT ADVICE**

Dietary vitamins and supplements, including type and amount, to help you support your optimal health.

### **EXERCISE STRATEGIES**

Specific exercise strategies, including cardiovascular, muscular, strength, and overall physical activity, to help you improve your performance and recover faster.

### **FURTHER TESTING**

Additional testing recommendations to see exactly how your genetic predispositions may affect you, so that you're equipped with the information you need to take charge of your health.

