



Fi Genie

Fit Genie studies 107 top-informative DNA variations in 57 different traits summarized in 11 macro categories. Discover the epitome of personalized Training and diet with the Fit Genie test. It provides tailored strategies that integrate fitness and dietary factors to promote sustainable lifestyle changes, helping you achieve your fitness goals with confidence and vitality.



Your Answers Lie Within Your Genes

"Your genes provide valuable insights for personalized healthcare, helping you understand disease risks, optimize lifestyle choices, and tailor interventions for better health."

www.dromicslabs.com

Why Choose Nutrigenomics?

Precision Nutrition



Say goodbye to one-size-fits-all diets! Our Nutrigenomics test provides you with a personalized nutrition plan based on your genetic profile,

Optimal Weight Management



Struggling to maintain a healthy weight? Discover the genetic factors that influence your metabolism

Customized Meal Plan



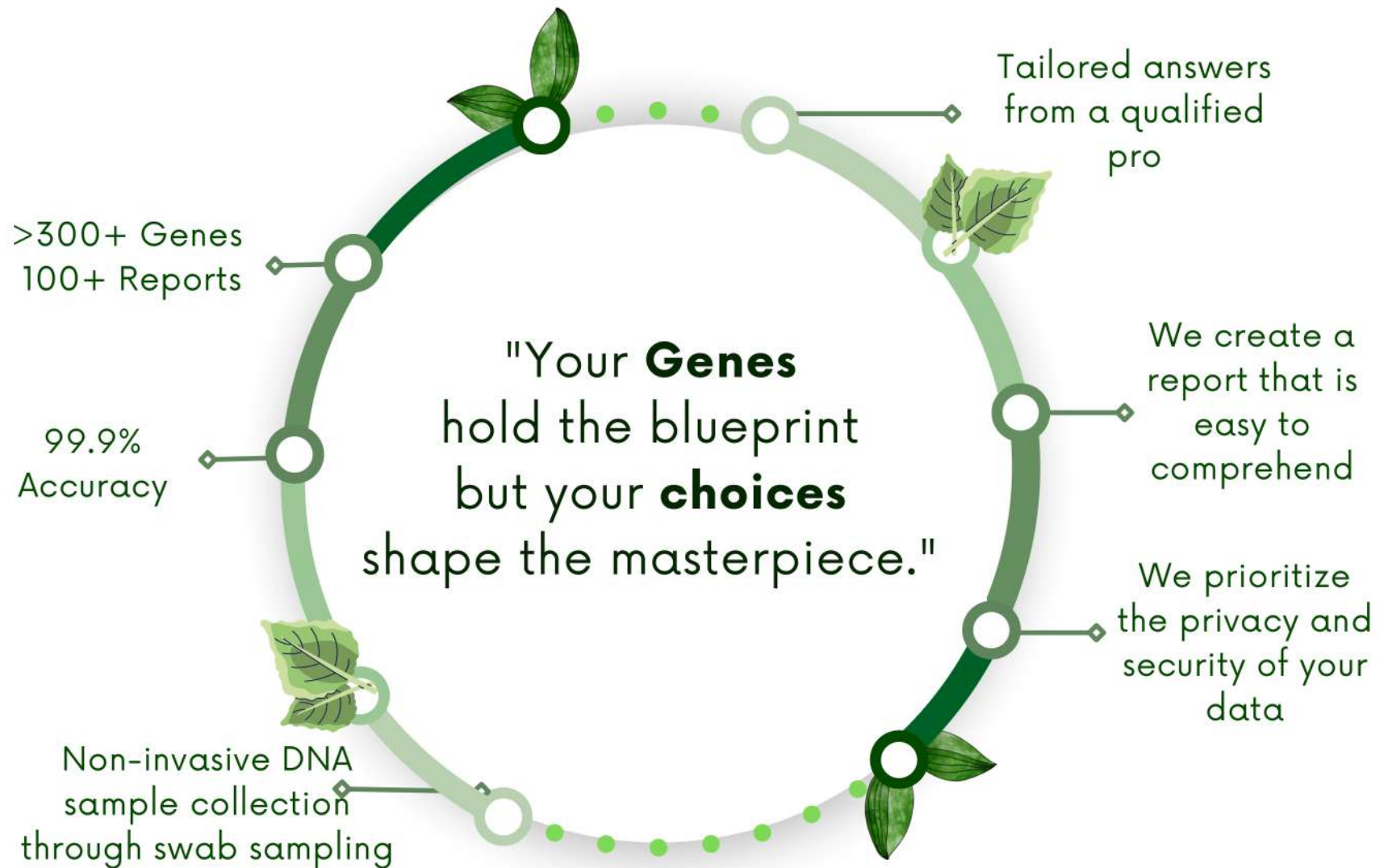
Discover the type of diet that align with your genetic makeup.



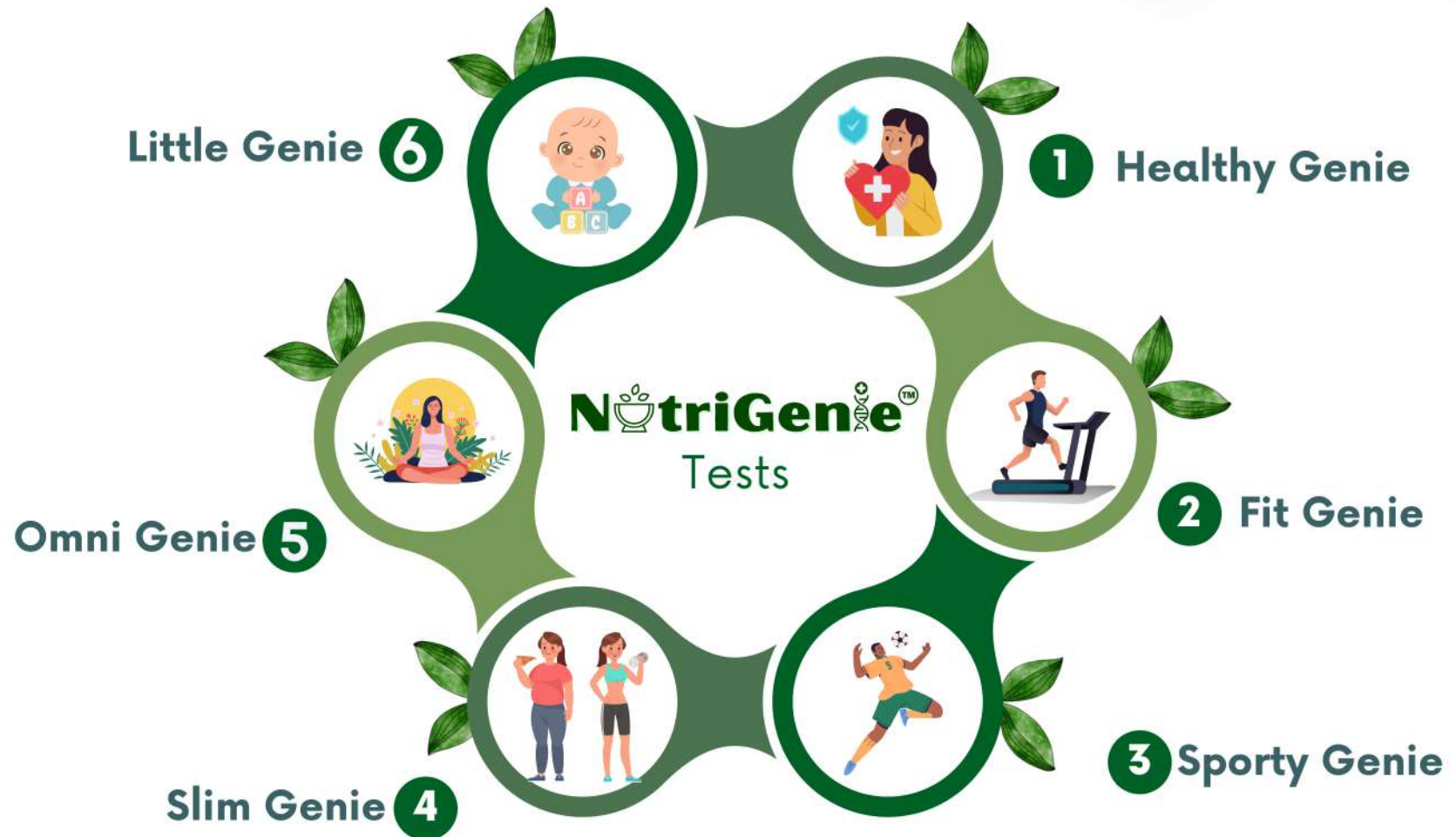
Category	Trait
Fitness and physical activity	Motivation to Exercise
	Power and Strength
	Endurance
	Flexibility
	Aerobic Potential
Injury risks and other complications	Achilles Tendon injury
	Muscle injury
	Pain
	Bone mineral density
Response to physical exercise	Exercise and weight loss
	Exercise and blood pressure
	Exercise and insulin sensitivity
Weight management and body composition	Physical Activity
	Protein
	Total Fat
	Saturated fat
	Un-saturated fat
Cardiometabolic health	Caffeine
	Glycemic Index
	Sodium
	Saturated fat
Matching diet Type	Efficacy of low carbohydrate diet
	Efficacy of low fat diet
	Efficacy of high fiber intake
	Response to Mediterranean diet
	Response to Keto diet
Food intolerances	Lactose
	Alcohol
	Gluten
Allergy	Peanut allergy
	Egg allergy

Category	Trait
Eating habits	Satiety
	Snacking
	Sweet perception
	Bitter taste perception
	Tendency to prefer fatty foods
	Salt Sensitivity
Starch digestion	
Supplementation	Zinc
	Selenium
	Choline
	Homocysteine
	Low Iron status
	Iron Overload
	Magnesium
	Omega 3 and Omega 6
	Calcium
Phosphate	
Nutrient metabolism	Vitamin A
	Vitamin A
	Vitamin B2
	Vitamin B6
	Vitamin B9
	Vitamin B12
	Vitamin C
	Vitamin D
	Vitamin E
	Vitamin K





Explore Our Wide Range of Nutrigenomics Tests



Explore these easy steps to Healthier You.



OUR GRANTS AND CERTIFICATIONS

PARTNERED WITH CERTIFIED LABS

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