



NutriGenie™

**Elevate your health and fitness
powered by your genes**

TO LEARN MORE ABOUT NUTRIGENIE
CONTACT: info@dromicslabs.com



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.





HEALTH GENE

Healthy Genie studies 83 top-informative DNA variations in 43 different categories summarized in 12 macro categories. We are offering personalized insights into the genetic traits and their impact on diet, nutrition, and overall well-being, empowering one to make informed choices for a healthier lifestyle.

HEALTH GENE

Category	Trait
Behavioural genetics in food intake	Appetite and anxiety risk
	Satiety
	Snacking
Fat metabolism	Response To Monounsaturated Fats
	Response To Polyunsaturated Fats
	Response to fat intake to improve the HDL levels
Carbohydrate metabolism	Capability to digest starchy food
Lipid metabolism	HDL levels
	Triglycerides level
	LDL levels
Glucose metabolism	Insulin resistance
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
Flavour sensitivities	Sweet perception
	Bitter taste perception
	Tendency to prefer fatty foods
	Salt Sensitivity
Detoxification imbalances	Antioxidant capability
Intolerance/ Sensitivity	Lactose
	Gluten
	Caffeine
Allergy	Egg allergy
	Peanut allergy

Category	Trait
Vitamin deficiency risk	Vitamin A
	Vitamin B2
	Vitamin B6
	Vitamin B9
	Vitamin B12
	Vitamin C
	Vitamin D
	Vitamin E
	Vitamin K
	Supplementation
Selenium	
Choline	
Homocysteine	
Low Iron status	
Iron Overload	
Magnesium	
Omega 3 and Omega 6	
Calcium	
Phosphate	





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.

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





SlimGenie

Slim Genie studies 139 top-informative DNA variations across 62 different traits, which are summarized in 12 macro categories. Introducing truly personalized weight management strategies with the Slim Genie test, which offers insights into the complex interplay between genetic makeup, diet, exercise, and obesity. It empowers individuals to adopt sustainable lifestyle changes for long-term health and well-being.

Category	Trait
Matching diet type	Efficacy of low carbohydrate diets
	Efficacy of low fat diets
	Efficacy of high Fiber Intake
	Response to Mediterranean Diet
	Response to Keto Diet
Food intolerances	Lactose
	Alcohol
	Gluten
Allergy	Peanut
	Egg
Detoxification imbalances	Antioxidant capability
Body weight and composition	BMI
	Waist Hip Ratio
	Waist Circumference
Lifestyle influence	Anxiety
	Sleep
Fitness and physical activity	Motivation to Exercise
	Power and Strength
	Endurance
	Flexibility
	Bone mineral density
Behavioural genetics in food intake	Appetite and anxiety risk
	Snacking
	Sweet perception
	Bitter taste perception
	Tendency To prefer fatty foods
	Salt sensitivity
	Carbohydrate intake
	Protein intake
	Fat intake

Category	Trait
Pathologies associated with obesity risks	Risk of obesity and adiposity trait
	Risk of obesity and blood Pressure/ hypertension
	Risk of obesity and type 2 diabetes
Macromolecule metabolism	Response to Monounsaturated Fats
	Response to Polyunsaturated Fats
	Response to fat intake to improve the HDL levels
	Capability to digest starchy food
	HDL levels
	Triglycerides level
Nutrient metabolism	LDL levels
	Glucose metabolism
	Vitamin A
	Vitamin B2
	Vitamin B6
	Vitamin B9
	Vitamin B12
	Vitamin C
	Vitamin D
	Vitamin E
Vitamin K	
Supplementation	Zinc
	Selenium
	Choline
	Homocysteine
	Low Iron status
	Iron Overload
	Magnesium
	Omega 3 and Omega 6
	Calcium
	Phosphate





SportyGenie[™]

Optimize your athletic performance with the Sporty Genie test, which provides personalized insights into nutrition and sports performance, enabling tailored dietary and exercise plans to help you reach your fitness goals and excel in your chosen sport with confidence and precision. SportyGenie studies 116 top-informative DNA variations in 49 different traits summarized in 10 macro categories

Category	Trait
Performance	Strength
	Power
	Endurance
Strength & training	Muscle strength
	Muscle response to resistance training
	Skeletal muscle performance
Complications and injury	Achilles tendon injury
	Anterior Cruciate Ligament (ACL) rupture
	Joint injury risk
	Exercise-associated muscle cramping
	Exercise-induced muscle damage
Response to physical exercise	Stress fracture
	Aerobic performance
	Exercise and weight loss
	Exercise and blood pressure
Muscle and performance	Exercise and insulin sensitivity
	Motivation to exercise
	Muscle soreness
Eating habits	Satiety
	Snacking
	Sweet perception
	Bitter taste perception
	Tendency to prefer fatty foods
	Salt sensitivity
	Starch digestion

Category	Trait
Food intolerances	Lactose
	Alcohol
	Gluten
Allergy	Peanut
	Egg
Nutrient metabolism	Vitamin A
	Vitamin B2
	Vitamin B6
	Vitamin B9
	Vitamin B12
	Vitamin C
	Vitamin D
	Vitamin E
Supplementation	Vitamin K
	Zinc
	Selenium
	Choline
	Homocysteine
	Low Iron status
	Iron Overload
	Magnesium
	Omega 3 and Omega 6
Calcium	
Phosphate	





HEALTH **GENE PLUS**

Gain a holistic understanding of your health with the HealthyGenie Plus test, offering comprehensive insights into nutrigenomics with 164 top-informative DNA variations in 71 different traits summarized in 14 macro categories. It is empowering you to make informed decisions about nutrition, physical activity, and preventive healthcare measures based on your unique genetic makeup.

HEALTH GENIE PLUS

Category	Trait
Disease risk	Cardiovascular conditions
	Neurological disorders
	Respiratory disorder
	Endocrine and Metabolic disorders
	Gastrointestinal disorders
	Musculoskeletal conditions
	Ophthalmological conditions
	Renal and Urinary disorders
Lifestyle influence	Anxiety
	Sleep
	Nicotine dependence
	Alcohol dependence
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
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



HEALTH GENES PLUS

Category	Trait
Behavioural genetics in food intake	Appetite and anxiety risk
	Satiety
	Snacking
	Carbohydrate intake
	Protein intake
	Fat intake
	Sweet perception
	Bitter taste perception
	Tendency to prefer fatty foods
	Salt sensitivity
Food intolerances	Lactose
	Alcohol
	Caffeine
	Gluten
Allergy	Peanut allergy
	Egg allergy
Detoxification imbalances	Antioxidant capability
Body weight and composition	BMI
	Waist Hip Ratio
	Waist Circumference
Fitness and physical activity	Motivation to exercise
	Power and strength
	Endurance
	Flexibility
	Aerobic potential

Category	Trait
Nutrient needs	Vitamin A
	Vitamin B2
	Vitamin B6
	Vitamin B9
	Vitamin B12
	Vitamin C
	Vitamin D
	Vitamin E
	Vitamin K
	Macromolecule metabolism
Response To Polyunsaturated Fats	
Response to fat intake to improve the HDL levels	
Capability to digest starchy food	
HDL levels	
Triglycerides level	
Supplementation	LDL levels
	Glucose metabolism
	Zinc
	Selenium
	Choline
	Homocysteine
	Low Iron status
	Iron Overload
	Magnesium
	Omega 3 and Omega 6
Calcium	
Phosphate	





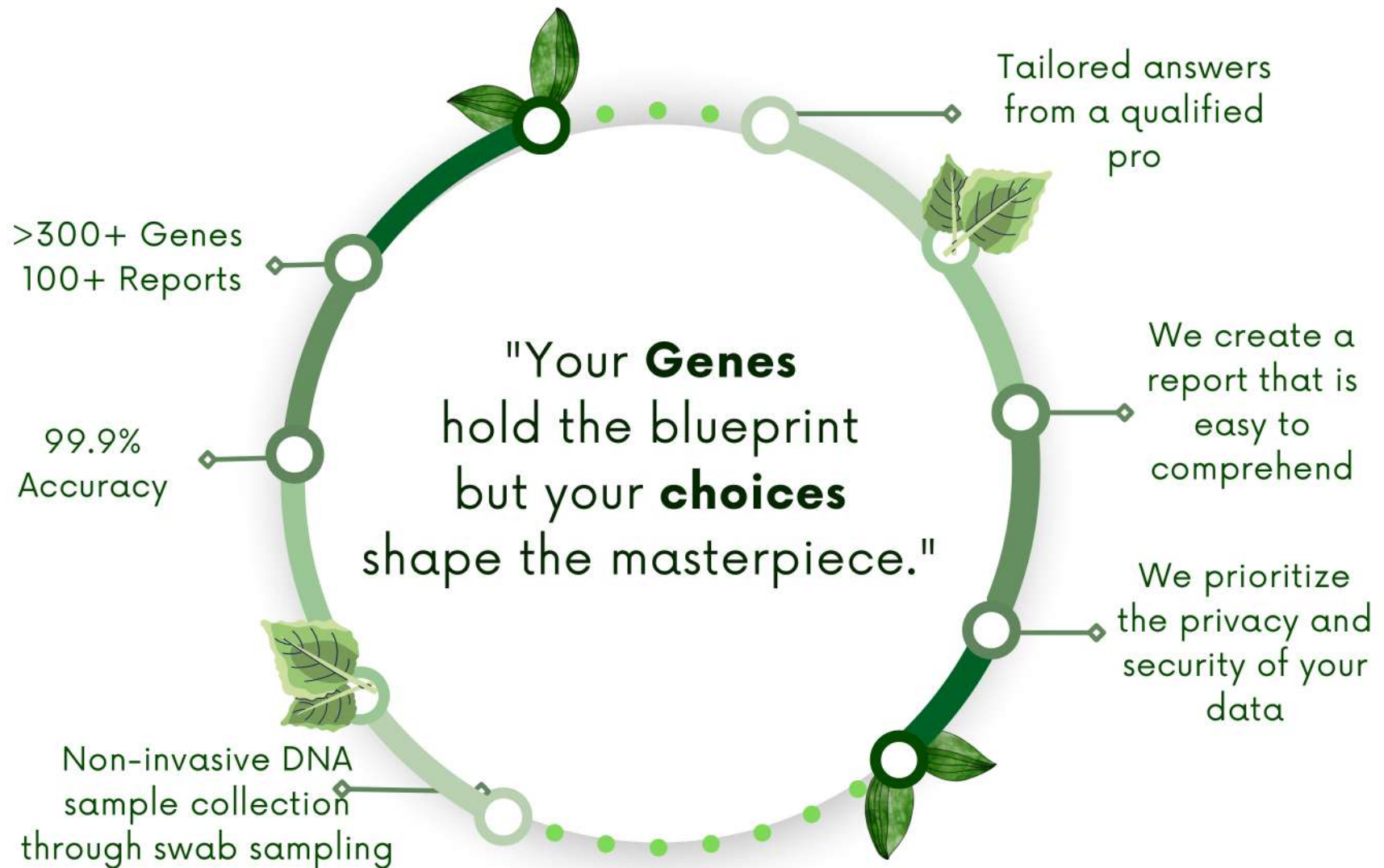
Little Genie

With Little Genie we are studying 180+ top-informative DNA variations in 60+ different traits summarized in 11 macro categories. Nurture optimal growth and development for your child with the Little Genie test, covering a comprehensive range of factors impacting children's health, cognitive development, and behavioral traits, providing personalized insights. Let's support the well-being of your loved one from an early age.

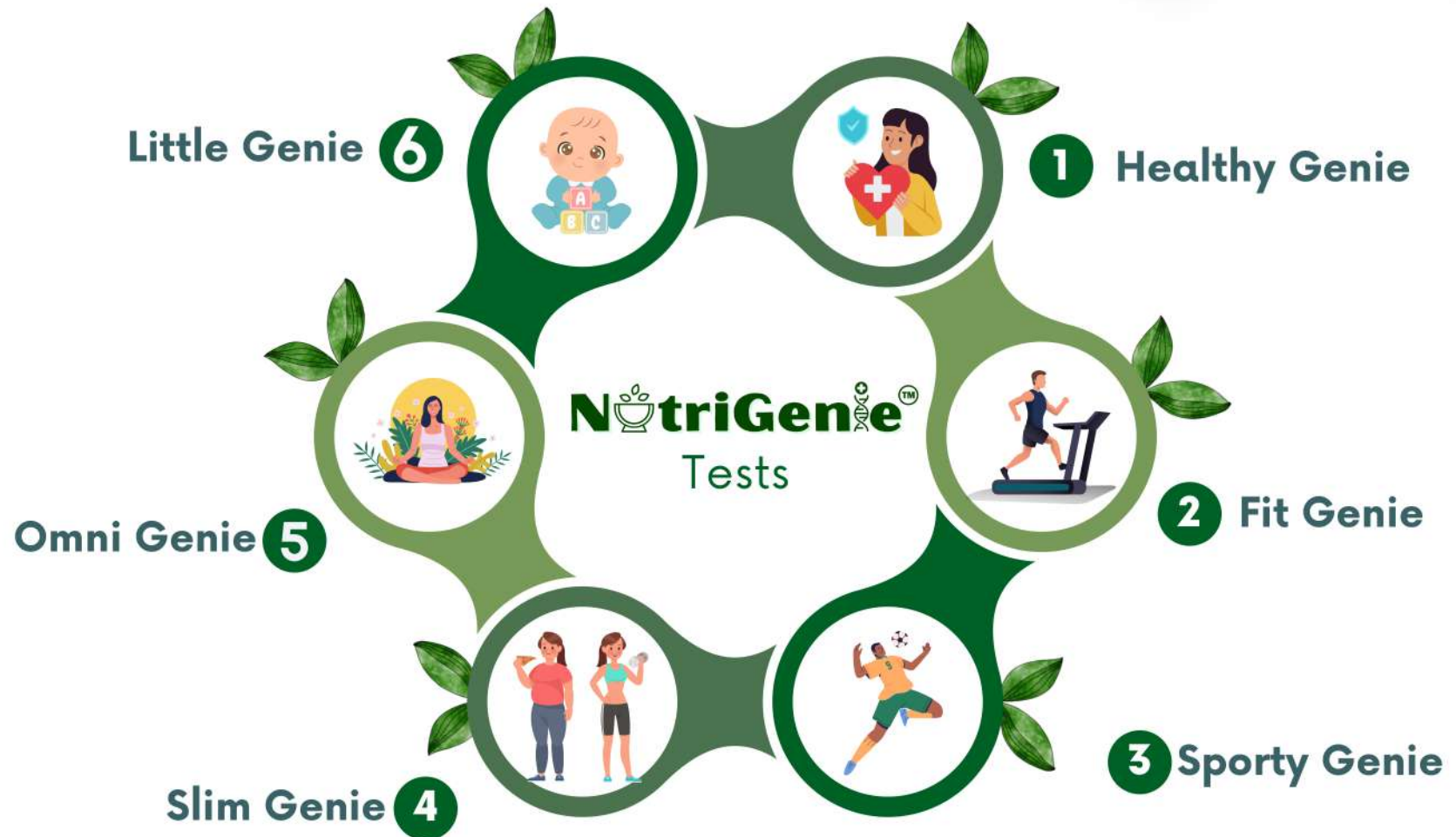
Category	Trait
Intolerance	Gluten
	Lactose
Allergy	Egg
	Peanut
Dietary habits	Appetite
	Satiety
	Snacking
	Binge eating
Growth and development	Wasting
	BMI
	Height
	Stunting
Cognitive development	Obesity
	Memory
	Learning capability
	Figural/spatial ability
Behavioral traits	Numerical cognitive ability
	Anxiety
	Aggression
	Irritability
Allergic diseases	Attention-deficit hyperactivity
	Asthma
	Atopic dermatitis
	Allergic rhinitis

Category	Trait
Taste and food preferences	Sweet perception
	Bitter taste perception
	Tendency to prefer fatty foods
	Salt sensitivity
Vitamin needs	Vitamin A
	Vitamin B2
	Vitamin B6
	Vitamin B9
	Vitamin B12
	Vitamin C
	Vitamin D
Nutritional factors and biomarkers	Vitamin E
	Vitamin K
	Zinc
	Selenium
	Choline
	Homocysteine
	Low Iron status
	Iron overload
	Magnesium
	Omega 3 and Omega 6
Macromolecule metabolism	Calcium
	Phosphate
	Carbohydrate metabolism
	Fat metabolism
	Lipid metabolism
Glucose metabolism	





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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