

WEIGHT MANAGEMENT



PROVIDER EDUCATION RESOURCE

Do you ever wonder which diet is right for your patient? Or what exercise routine they should start with? There is a better way!

AYUMETRIX Weight Management Panel has taken the guesswork out of determining the right plan by going straight to your genetics for the answers. Our test provides analysis of genes highly associated with weight gain and elevated body mass index (BMI). Using your results, we offer dietary and lifestyle recommendations that are scientifically supported to help get the fastest results without all the trial-and-error of dieting.

The Weight Management Panel Delivers

- Specific diet recommendations such as a Mediterranean diet, low fat diet, low carbohydrate diet, etc.
- Key tips to help ward off cravings and keep your patient feeling full while they lose weight
- Better insights as to why your patient might be overweight
- Dial-in proper macronutrient proportions that lead to weight loss
- Make the most out of workouts with specific physical activity recommendations

Why Test?

Diet and exercise programs are critical to weight management success. However with an abundance of plans to choose from, the trial and error period can lead to frustration. For many, a personalized weight management strategy tailored to their genetic code can make a significant impact.

Strong candidates for the AYUMETRIX Weight Management Panel include patients with:

- Poor Results From Prior Dietary Changes
- Frequent Cravings and Over-eating
- Sedentary Lifestyle
- Persistent Weight Gain
- High BMI (>25)
- Weight Gain In The Stomach, Hips And Thighs



Test Categories Included in the Weight Management Genetic Panel

GENETIC MARKERS	EFFECT ON WEIGHT MANAGEMENT
FTO	Appetite rRegulation, Calorie Intake, Frequent Cravings
MC4R	Appetite Regulation, Carbohydrate Digestion, Metabolism Regulation, Insulin Regulation
FABP2	Dietary Fat Sources, Fat Utilization, Metabolism Regulation, Insulin Regulation
ADRB2	Physical Activity, Carbohydrate Digestion, Insulin Regulation
SH2B1	Leptin Production, Carbohydrate Cravings, Insulin Regulation

Extensive Patient Report

The AYUMETRIX Weight Management Genetic Panel includes current health statistics matched with personalized goals, a weight management genetic profile, dietary and exercise recommendations tailored to the patient with interactive online tools.

Get started today

Make AYUMETRIX Genetic Testing Part of your Patient's Treatment Plan.

- Become a Provider
- Request Test Kits

Questions? Please contact our customer service team at 800-215-8898 or by email at info@ayumetrix.com This email address is being protected from spambots. We are available Monday through Friday, from 8:00 AM - 5:00 PM, Pacific Time.

For provider pricing information, please call us at

1-800-218-8898 or

info@ayumetrix.com



Selected References:

1. Loos RJF et al. Common variants near MC4R are associated with fat mass, weight and risk of obesity. *Nature Genetics*. 2008;40:768-775.
2. Frayling TM et al. A common variant in the FTO gene is associated with body mass index and predisposes to childhood and adult obesity. *Science*. 2007; 316: 889–894.
3. Masuo K et al. Relationships of Adrenoreceptor Polymorphisms with Obesity. *Journal of Obesity*. 2011.
4. Bauer F et al. Obesity genes identified in genome-wide association studies are associated with adiposity measures and potentially with nutrient-specific food preference. *American Journal of Clinical Nutrition*. 2009; 90: 951-959.
5. Baier LJ et al. An amino acid substitution in the human intestinal fatty acid binding protein is associated with increased fatty acid binding, increased fat oxidation, and insulin resistance. *J Clin Invest*. 1995;95:1281-1287.
6. Jaaskelainen A et al. Meal Frequencies Modify the Effect of Common Genetic Variants on Body Mass Index in Adolescents of the Northern Finland Birth Cohort 1986. *PLOS One*. 2013; 8:9: e73802