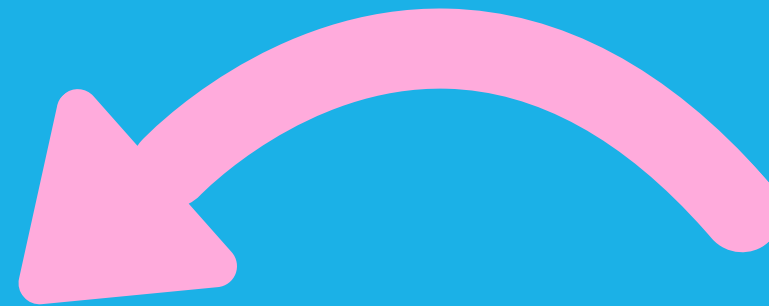


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# This is how your DNA code looks like

DNA codes for the essential processes that  
is required for our body to function.  
We'll help you make sense of them!



# KNOWLEDGE IS POWER

**HOW WELL DO  
YOU KNOW YOUR  
OWN BODY?**

**Nutri&Me**

## GENETIC PREDISPOSITION

WE ARE  
DIFFERENT

- Likelihood to develop certain nutrition deficiencies
- Preference over certain type of diet
- Different sensitivity towards certain foods

## PERSONALISED MEAL PLAN

YOU ARE  
SPECIAL

- Based on your unique genetic makeup
- Personalised nutrition (macronutrients & micronutrients) requirements
- Designed by an AI system developed with experienced nutrigenomic dietitian
- Endorsed by dietitian

## BASED ON SCIENCE

BY SCIENTIFIC  
EXPERTS

- Results are based on latest scientific literature
- Analysis done by accredited lab facility for quality assurance
- Recommendations based on established studies



# FOOD SENSITIVITY

DO YOU KNOW  
HOW YOUR BODY  
REACTS TO THESE  
FOODS?

Nutri&Me



CAFFEINE



GLUTEN



SALT





# DIET EFFECTIVENESS

WE LOOK AT GENES  
THAT COULD AFFECT  
THE EFFECTIVENESS OF  
THESE DIET FOR YOU

Nutri&Me



LOW CARB DIET



LOW FAT DIET



MEDITERRANEAN DIET



# NUTRIENT DEFICIENCIES

**FIND OUT YOUR RISKS  
TOWARDS THESE  
DEFICIENCIES, SO YOU  
CAN TAKE ACTION.**

**Nutri&Me**

## MICRONUTRIENTS

### VITAMINS

Vitamin A, B1-12, C,  
D, E, K

### MINERALS

Calcium, Magnesium, Selenium,  
Zinc, Iron, CoQ10, Clutathione

## MACRONUTRIENTS

Monounsaturated fats  
(omega-7 & omega-9 fatty acids)  
Polyunsaturated fats  
(omega-3 & omega-6 fatty acids)