



# Most Comprehensive Health Screening.

# Live Healthy, Longer.

21<sup>ST</sup> Century Health Analytics

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# GENIXPRO™ GUTSMART PLUS HEALTH SCREENING

**GUTSMART PLUS™** is a GUT Microbiome + DNA insights based holistic health screening package for our members to assess all-in-1 their Gut health, DNA health, in combination with 75 lab tests (covering most commonly assessed blood biomarker), 1x Ultrasound\* or specialized scans, along with a detailed lifestyle assessment.

**PERSONALIZE | NUTRITION | GUT HEALTH SCREENING**  
MAXIMIZE YOUR GUT HEALTH  
SCAN TO LEARN MORE  
genixpro  
genixpro

**GUTSMART**  
~~\$599~~  
**\$499**

**PREDICT | HEALTH | DNA HEALTH SCREENING**  
MAXIMIZE YOUR DNA HEALTH  
SCAN TO LEARN MORE  
genixpro  
genixpro

**DNAINSIGHT**  
~~\$229~~  
**\$179**

**GUTSMART PLUS+ | DNA HEALTH SCREENING | PERSONALIZE | GUT HEALTH SCREENING**  
MAXIMIZE YOUR DNA HEALTH  
SCAN TO LEARN MORE  
genixpro  
genixpro

**GUTSMART PLUS+**  
~~\$828~~  
**\$678**

**Gut Health Test** + **75 Lab Tests** + **DNA Insights** + **1x Ultrasound\*** = **All-in-1 Screening**


\* Don't want an ultrasound? Choose from 50+ options to customize your package.

\* Turnaround time: Up to 4-8 weeks\* from the time the lab receives your sample.



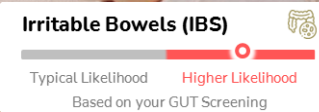
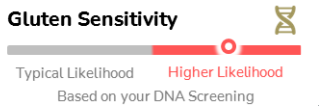
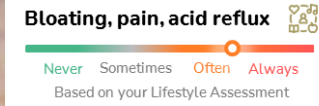
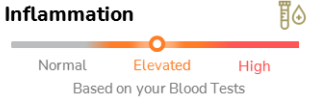
# GUTSMART PLUS HEALTH SCREENING = GUT + DNA HEALTH SCREENING

It's just like a Health Screening with so **MUCH MORE**. Includes :

**DIET RECOMMENDATIONS** 

**AVOID:** Dairy, Wheat, Lentils

**SAVOUR:** Low-FODMAP, Fish



## Comprehensive Gut Microbiome + DNA Assessment

This combines Gut Microbiome and DNA health assessment using saliva and stool sample. Refer next section for details on insights.



## Blood Tests and Ultrasound\*

Includes blood tests and scans generally covered in an annual health checkup. With additional insights on disease and deficiency risks.



## Comprehensive Lifestyle Assessment

Learn how lifestyle aspects (such as activity, sleep, nutrition, stress, social habits, supplementation) impact your gut health and well-being.



## Comprehensive Report Review\*

Review your lab test results, ultrasound, and Gut+DNA Health report\* with our Dr. and health practitioners. These follow-ups help to decode scientific insights, recommendations and plan actionable next steps.



## GUTSMART PLUS HEALTH SCREENING DETAILS

GutSmart Plus Health Screening lab tests include:	GutSmart Plus	GutSmart Plus Health Screening lab tests include:	GutSmart Plus
<b>Energy and Metabolism</b>		<b>Thyroid Function</b>	
Blood Sugar (Fasting and Non-fasting option)	✓	Free Thyroxine (FT4)	✓
HbA1c (Type-2 Diabetes Screen)	✓	Thyroid Stimulating Hormone (TSH)	✓
<b>Heart Health</b>		<b>Blood Profile</b>	
Total Cholesterol	✓	Full Blood Count (incl. RDW)	✓
HDL, LDL Cholesterol, Triglycerides	✓	ESR, Peripheral Blood Film (PBF)	✓
Cholesterol Ratio(s)	✓	Blood Group (ABO & Rhesus)	✓
<b>Inflammation Risk</b>		<b>Hepatitis A* and B Screen</b>	
Inflammation Marker (hsCRP)	✓	Hepatitis Bs Antigen, Antibody (HBsAg, HBsAb)	✓
<b>Nutritional Deficiency</b>		Hep. A Total Antibody (with non-fasting* profile only)	✓
Vitamin D, Vitamin B12	✓	<b>Cancer Markers</b>	
<b>Bone and Joint Health</b>		Liver (AFP), Colon (CEA)	✓
Calcium, Phosphate	✓	Ovaries (CA125) or Prostate (PSA)	✓
Uric Acid (Gout)	✓	<b>Comprehensive Gut Microbiome + DNA health assessment</b>	
Rheumatoid Arthritis (RA) Factor	✓	Know your Gut Microbiome composition, probiotics and pathogens	✓
<b>Liver Health</b>		Know your DNA Health Risk Predispositions (~120 traits)	✓
Total Bilirubin (+ Direct, Indirect values)	✓	Assess DNA and Gut Microbiome's role in your holistic health	✓
Alkaline Phosphatase (ALP)	✓	Assess vitamins, minerals, antioxidant needs, and gut metabolites	✓
SGPT (ALT), SGOT (AST), Gamma GT (GGT)	✓	Your 96 Disease   Deficiency DNA + Gut Health Risk Traits	✓
Total Protein, Albumin, Globulin, A/G Ratio	✓	Heart, Kidney, Fatty Liver Risk Assessment	✓
FIB-4 Index (Fibrosis Risk Assessment)	✓	Your Health Priority Recommendations and Plan	✓
<b>Kidney Health</b>		Personal Medical Records (web, mobile, tablet app)	✓
Urea	✓	Scientific Report Review   Follow-up with Doctor	✓
Creatinine	✓	Personalized Diet   Fitness Plans*	✓
Sodium, Potassium	✓	4-week Health Enhancement Program*	✓
Chloride	✓	<b>Add-on Quarterly Subscription Services - Anthropometry   Vitals   Others*</b>	
Bicarbonate	✓	Body Measurements and Vitals (BMI, BP, SpO2)*	✓
Anion Gap (Acid-Base Imbalances)	✓	Metabolic Health: Body Composition Assessment*	✓
eGFR	✓	Cardiac Risk: Resting Electrocardiogram (ECG)*	✓
<b>Urine Examination</b>		Vision Check: Visual Acuity, Color Vision, Contrast*	✓

\*Subscription services. Not offered with any promotions or discounts.



# FOR GUTSMART PLUS™ – CHOOSE ANY ONE (01) OPTION FOR FREE OR AT EXTRA COST

You may choose ANY ONE (01) from options listed below.

From options 1-8 - choose ANY ONE (01) for **FREE** as part of your Optimum™ package purchase.

OR

From options 9-22 - choose ANY ONE (01) for extra charges (as indicated) in addition to the Optimum™ package fee.

**Note:** Contact us if you wish to add-on more than 01 option or wish to **combine Gut and DNA health screening packages.**

- 1 Ultrasound Kidneys **OR** Ultrasound Thyroid
- 2 Bone Mineral Density (BMD) - Assess risk of osteoporosis, bone and joint health
- 3 Resting ECG **AND** Chest X-Ray (Filmless) **AND** (Urine Microalbumin **OR** Stool Occult Test)
- 4 **Specialized Blood Test: Heart** (ApoB, LP(a)) **OR Metabolism** (Insulin + Cortisol) **OR Hormones OR Iron Deficiency**
- 5 **Women:** Ultrasound Pelvis (Transabdominal)
- 6 **Women:** Pap Smear (LBC ThinPrep)
- 7 **Women (under 40 y.o.):** Ultrasound Breast
- 8 **Supplements:** 1 unit (Vitamin **OR** Mineral) **AND** 1 unit Probiotic supplement
- 9 Ultrasound KUB (Kidneys, Ureter, Bladder)<sup>\$59 extra</sup> **OR** Ultrasound Neck<sup>\$59 extra</sup>
- 10 **Women:** Ultrasound Pelvis (Transvaginal for PCOS/PCOD Diagnosis)<sup>\$59 extra</sup>
- 11 **Women:** HPV DNA Cervical Cancer Screening (Higher Accuracy)<sup>\$69 extra</sup>
- 12 **Women (over 40 y.o.):** Mammogram<sup>\$79 extra</sup>
- 13 Ultrasound Hepatobiliary (Liver, Pancreas, Spleen and Gallbladder)<sup>\$79 extra</sup>
- 14 **Men:** Ultrasound Prostate (Prostate Cancer Screen)<sup>\$89 extra</sup>
- 15 **Diet | Weight Management:** Continuous Glucose Monitoring (Freestyle Libre)<sup>\$99 extra</sup>
- 16 Ultrasound Abdomen (Liver, Pancreas, Spleen, Gallbladder and Kidneys)<sup>\$99 extra</sup>
- 17 Ultrasound Liver with Elastography (to assess liver stiffness or fibrosis)<sup>\$159 extra</sup>
- 18 **Specialized Blood Test:** Metabolic Efficiency Assessment (Comprehensive Insulin Resistance Screen)<sup>\$169 extra</sup>
- 19 Treadmill Stress ECG (Detailed Heart Function)<sup>\$179 extra</sup>
- 20 Body Composition (fat, muscle) DEXA Scan<sup>\$199 extra</sup>
- 21 CT Coronary Calcium Score<sup>\$259 extra</sup>
- 22 2D Echocardiogram<sup>\$299 extra</sup>

All options (except 8, 15) require a visit to our clinic location.



## OTHER ADD-ON BLOOD TESTS AND SCANS (ADDITIONAL CHARGES APPLY)

### 1. NUTRITIONAL DEFICIENCY

- Magnesium (Mg), Zinc (Zn) and Iron Deficiency Anaemia Screen (refer #2)

### 2. IRON DEFICIENCY ANAEMIA (FATIGUE | TIREDNESS)

- Iron, Ferritin, Transferrin, TIBC, % Iron Saturation, Folic Acid (B9)

### 3. CARDIO-METABOLIC RISK (LONGEVITY)

- Lipoprotein(a), APOB, Homocysteine, Total Testosterone OR Estradiol (E2), Cortisol, DHEAS, Insulin.
- **Extra(s)\*:** Ferritin, Testosterone(F), Estradiol(M), Insulin Resistance Screen (Basic: HOMA-IR or Comprehensive: KRAFT TEST\*), Telomere Length Test, myTrueAge (Biological Age Test)\*

### 4. CARDIAC HEALTH RISK SCREEN

- Lipoprotein (a), APOB, APOA1, CK, Homocysteine.
- **Extra(s)\*:** Insulin, Cortisol, High Sensitive Troponin-I

### 5. CARDIO-RESPIRATORY FITNESS

- Body Fat Assessment (DEXA Scan | InBody)
- VO<sub>2</sub>Max Test – Aerobic Fitness (Treadmill or Bike)

### 6. CANCER MARKERS

- Pancreas (CA 19.9), Nose (EBV), Breast (CA15.3) OR Testicular **Extra(s)\*:** Free PSA %, SCC
- Liver (AFP), Colon (CEA), Ovaries (CA125) OR Prostate (PSA) – Included in GUTSMART

### 7. COLON CANCER SCREENING

- Stool Occult Blood (Basic) OR FIT - Fecal Immunological Screen (Advanced)

### 8. STOMACH ULCER SCREEN - HELICOBACTER PYLORI | SIBO

- H. Pylori Blood Test (Basic) OR Urea Breath Test (Advanced)
- SIBO Breath Test

### 9. CERVICAL CANCER SCREEN (FEMALE)

- HPV DNA (Higher Accuracy) OR Pap Smear (Thin Prep)

### 10. HEPATITIS MARKERS

- Hepatitis A Antibody
- Hepatitis C Antibody
- **Hepatitis B included in GUTSMART**

### 11. HORMONE PROFILE (FEMALE)

- FSH, LH, Prolactin, Estradiol (E2), Progesterone. **Extra(s)\*:** Testosterone, DHEAS, SHBG

### 12. FERTILITY SCREEN (FEMALE)

- FSH, LH, Prolactin, Estradiol (E2), Progesterone, Ovarian Reserve (AMH), Pregnancy (hCG),

### 13. STRESS | ANTI AGEING (F)

- Estradiol (E2), DHEAS, IGF1, Cortisol **Extra(s)\*:** IGF1, DUTCH Test (Hormones)

### 14. MENOPAUSE | MENSTRUAL IRREGULARITIES | PCOS

- FSH, LH, Estradiol (E2)
- **Extra(s)\*:** Prolactin, Selenium

### 15. HORMONE PROFILE (MALE)

- FSH, LH, Prolactin, Total Testosterone **Extra(s)\*:** Free Testosterone, DHEAS, SHBG

### 16. STRESS | ANTI AGEING (M)

- Total Testosterone, DHEAS, IGF1, SHBG, FAI, Cortisol **Extra(s)\*:** IGF1, DUTCH Test (Hormones)

### 17. THYROID IMBALANCES (WEIGHT | MOOD)

- FT3, Tot. T3, Tot. T4, TgAb, TPO
- **Extra(s)\*:** TRAB, Rev. T3.

### 18. HAIR LOSS SCREEN (M/F)

- FT3, Iron Deficiency Screen (#2), Zinc, Mg, Hormones (M/F)
- **Extra(s)\*:** Thyroid Antibodies

### 19. DIGESTIVE ENZYMES

- Liver: Lactate Dehydrogenase (LDH)
- Pancreas: Amylase, Lipase
- **Extra(s)\*:** LiverFASt, LiverStat

### 20. KIDNEY FUNCTION

- Urine Microalbumin/Creatinine
- **Extra(s)\*:** Cystatin C

### 21. SEXUAL HEALTH

- HIV, Syphilis, Herpes Simplex Virus Type I and II, Chlamydia, Gonorrhoea

### 22. IMMUNITY | AUTOIMMUNE DISEASES

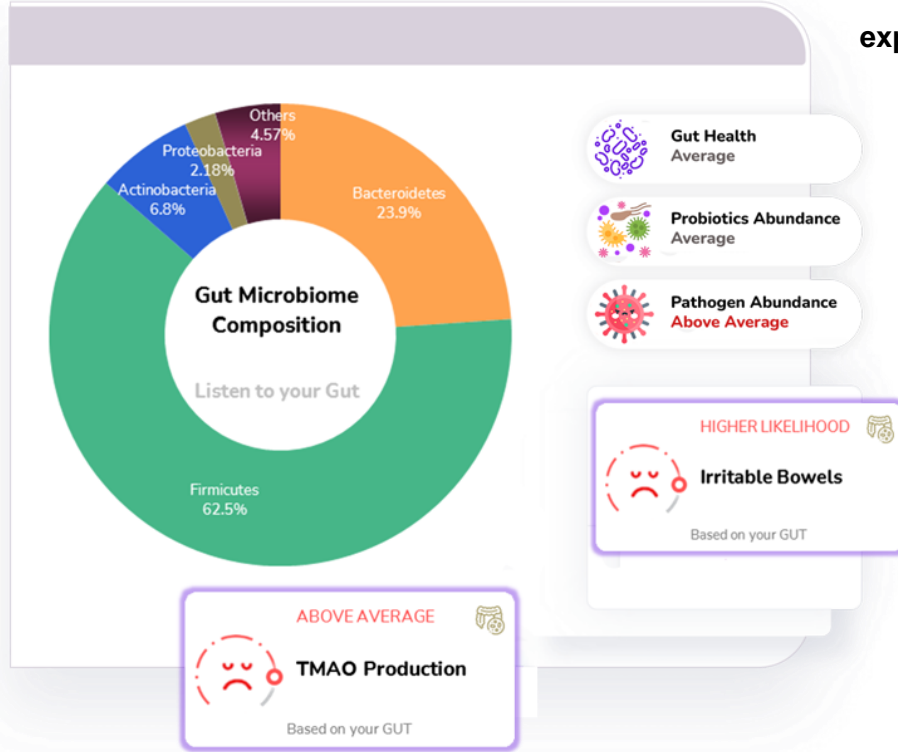
- Anti-Nuclear Antibodies (ANA)
- **Extra(s)\*:** CD4:CD8 Ratio



# Listen to your gut. #GutTok

Our members choose Gut Health Assessment, when they may experience any one or more of these symptoms or conditions :

- ✓ Irregular or irritable bowels (IBS), IBD, leaky gut
- ✓ Abdomen or stomach pain, bloating, gas, discomfort
- ✓ Constipation, diarrhea, indigestion, bowel problems
- ✓ Food or skin sensitivity, allergies, eczema or psoriasis
- ✓ H. Pylori, SIBO, gastritis, nausea or acid reflux
- ✓ Difficulty in losing weight or weight-loss regain
- ✓ Low immunity, poor sleep quality, sleep disturbances
- ✓ Feelings of anxiety or depression, impacts mental health
- ✓ Low energy, fatigue or brain fog, lethargy, tiredness
- ✓ Inflammation, bone and joint discomfort; or
- ✓ Want to assess gut microbiome to optimize health

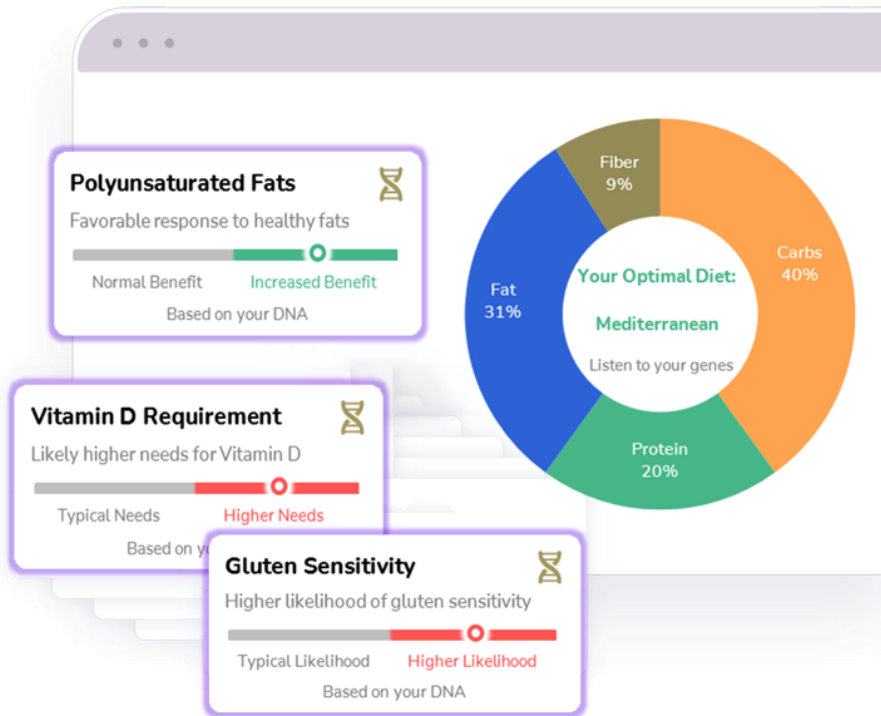




# Listen to your genes. #DNASpeaks

Our members choose to fully decode their DNA health proactively, to maximize their genetic potential and to gain early insights about:

- ✓ Diet and metabolism, DNA methylation, nutritional deficiencies
- ✓ Personalized vitamins, micronutrient needs and ideal dosages
- ✓ Lactose and gluten intolerances; alcohol, caffeine, salt sensitivity
- ✓ Fitness and exercise potential, likely ACL or Achilles injury risks
- ✓ Eating behavior, weight loss potential, and weight regain issues
- ✓ Disease risks influenced by genes and lifestyle, early interventions
- ✓ Health risk carrier status, fertility or premarital DNA risk screen
- ✓ Inflammation; cardiovascular; bone, joint, musculoskeletal health
- ✓ Autoimmune diseases, thyroid imbalances, skin and hair conditions
- ✓ Sleep Apnea, poor sleep depth or quality influenced by genes





# Learn from DNA+Gut Health. #Holistic

**Personalize Your Nutrition | Fitness**

- ✓ Know your food sensitivity
- ✓ Avoid trigger foods
- ✓ Identify likely allergens
- ✓ Probiotics | Supplements
- ✓ Restore your gut balance

Enhance Your Health

Holistic Well-being

9:41 AM 100%

Food Class	Frequency
My 45-day personalized food recommendations	
Vegetables, Salad, Mushrooms, Algae	Savour
Fruits	Moderate
Legumes	Avoid
Dairy Products	Avoid
Cereals (w/Gluten)	Mimimize
Meat & Poultry	Moderate
Nuts & Seeds	
Herbs & Spices	

**Organ Meat**  
AVOID

**Strength Training**  
20 min. x 3

**Mindfulness**  
15 min. daily

**SUPPLEMENTS**  
Bone & Joint Reinforcer, Sleep Optimizer, Vitamin D, Probiotics  
Based on your holistic assessment

**NYAH – Your Digital Health Coach**  
Let's cook mediterranean...low FODMAP diet made Easy!  
with Amy @19:00 | 30 min | 37 attending

- ✓ Know 650+ food items to eat and avoid
- ✓ Know your supplementation and probiotics needs
- ✓ Personalize your endurance and strength training plans
- ✓ Enhance sleep and stress management
- ✓ Identify ways to maximize efficiency, calorie burn
- ✓ Maximize your innate potential to transform your holistic health



### DIGESTIVE HEALTH



Know your susceptibility to bowel movement disorders, intestinal permeability (leaky gut), bloating and gas, or food intolerances

### VITAMINS AND MICRONUTRIENTS



Identify your nutrient needs and Vitamin B6, B9, B12, A, D, E requirements. Become aware of any potential Calcium, Choline, Glutathione, CoQ10 deficiency

### PATHOGEN AND HARMFUL BACTERIA



Find out if there is an abundance of any pathogenic species (like H.Pylori, C.difficile, ETBF) that may be negatively impacting your health. Identify lifestyle modifications that may help reduce such colonization and alleviate related symptoms & risks

### DIET AND METABOLISM



Should you be on a Low Carb, Low Fat, Mediterranean or Balanced diet? Identify carbohydrate and fat sensitivity, your daily calorie needs and macronutrient ratio

### PROBIOTICS | PREBIOTICS



Find out your innate probiotics composition in the gut and the natural food sources (prebiotics) that may help nurture a diverse microbial community

### FOOD SENSITIVITY



Find out if you are lactose or gluten intolerant. Identify your sensitivities to caffeine, bitter taste, salt, alcohol, lectin, histamine or food additives



### GASTROINTESTINAL HEALTH



Your gut microbiome composition may likely predispose you to risk for IBD, IBS, Ulcerative Colitis, Crohn's disease or leaky gut. Learn ways to mitigate your risks for optimal health

### NEURODEGENERATIVE DISORDERS



Plan, prepare and protect your future by understanding how your gut bacteria may influence risk for brain diseases such as Dementia, Alzheimer's and Parkinson's

### MENTAL HEALTH



Your gut bacteria influences your mood and impacts your risk for depression, bipolar disorder, anxiety or schizophrenia. Learn about these aspects and resilience, stress response, sleep disturbances and immune dysfunction

### METABOLIC HEALTH



Discover and mitigate your risk of developing lifestyle diseases such as type-2 diabetes, hypertension, kidney and liver disease, among others. Learn ways to optimize your sleep quality and depth, stress resilience

### CARDIOVASCULAR HEALTH



Find out your genetic likelihood for Elevated LDL Cholesterol, Triglycerides, Blood Sugar or Decreased HDL. Make informed health choices personalized to your needs

### LIVER | KIDNEY DISORDERS



Oh My Gut! CKD, NAFLD, Cirrhosis, Hepatitis risk. Discover how your diet impacts your risks. Learn about your body's actual biological processes in the liver and their gut health connection

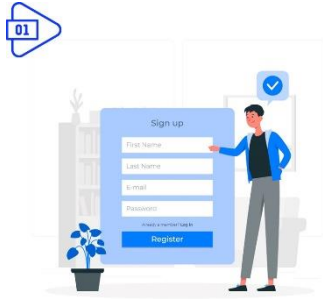


## EXPLANATION OF TESTS AND SCANS

TEST	DESCRIPTION
PAP Smear or HPV DNA	For women, these tests help to screen for precancerous or cancerous cells in a sample of cells collected from the surface of the cervix.
Ultrasound Pelvis	For women to check for abnormalities in the organs of the pelvis, including ovaries, uterus and connecting structures to detect fibroids, cysts or other masses.
Mammogram ( $\geq 40$ y.o.)	A mammogram uses X-rays and is considered a gold standard for early detection of breast lumps, generally recommended for women over 40 years old.
Ultrasound Breast ( $< 40$ y.o)	An ultrasound breast examination uses sound waves for early detection of specific breast lumps (solid mass vs. cyst), and is generally recommended for younger women and/or those with dense breast tissue.
Ultrasound Abdomen	Early detection of nodules, cyst, stones, fatty liver disease in intra-abdominal organs such as liver, gallbladder, pancreas, spleen and kidney
Treadmill Stress ECG	A gold standard in detecting silent ischemic heart disease. Test result reviewed by cardiologist*
CT Coronary Calcium Score	Checks for calcium deposits in the walls of the arteries in your heart to assess the risk of heart health conditions.
Ultrasound Thyroid	Detection of abnormal tissues (tumour) in your thyroid glands and tells this apart from a sac containing fluid (cyst)
Ultrasound Kidneys or KUB	Ultrasound Kidneys to assess the blood flow to the kidney as well as its size, shape and location or KUB: to assess structural abnormalities along your entire urinary tract, such as stones, cysts and growths.
Ultrasound Prostate	Check for abnormalities in the male prostate gland, such as masses that could indicate cancer or general enlargement.
Chest X-Ray (Filmless)	Evaluation of lungs, heart and surrounding anatomy for abnormalities or for signs of congestive heart failure (CHF)
Bone Mineral Densitometry (BMD)	Provides a snapshot of bone health, identify osteoporosis and determine risk for fractures as we age
Ultrasound Carotid	Assess cardiovascular and stroke risk if cholesterol plaque is present, by checking the thickness of the inner two layers of the carotid artery

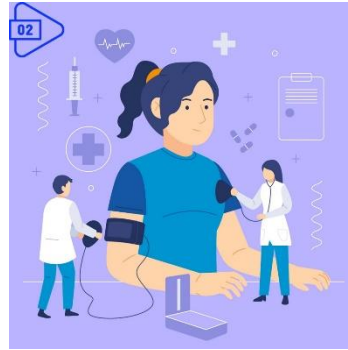


## HOW IT WORKS



### JOIN

[Register](#) for lifetime access to resources to test, track, optimize your health and longevity.



### TEST

Select your plan. Test at clinics or at-home. DNA / Gut kits mailed home. Blood test done at clinic.



### KNOW

Know your test results. Intervene early. Access our care teams to help, support and guide you.



### ACT

Adhere to plan. Join online, live holistic well-being activities. Transform. Repeat.

