



Bryana Gregory PharmD, RPh, CPGx

Nutrigenomic and Pharmacogenomic Consulting

Wellness Personalized.

WHY IS GENOMICS-GUIDED WELLNESS IMPORTANT?

Within your DNA is personalized information about the way YOU metabolize foods, supplements and medications.

Genomics guided treatment can help and all we need is a simple cheek swab to get started.

Testing panels are personalized for you during your initial consultation.

Panels and conditions assessed include:

CORE PANELS

COMPREHENSIVE (PRO 7)

- Methylation
- Neurotransmitter processing
- Mitochondrial function
- Detoxification
- Neuro-inflammatory potential
- External inflammatory potential
- Health precautions

AUTO-IMMUNE/INFLAMMATORY

- Asthma
- Chronic Infections
- Eczema/Psoriasis
- Auto-immune Diseases
- Rheumatoid Arthritis
- Lupus
- Chronic Dry Eyes
- Hashimoto's

WOMEN'S HEALTH

- Irregular Menstrual Cycles
- Weight Gain
- PCOS
- Hair Loss
- Recurring Breast Tenderness
- Fibrocystic Breast
- Hormone Imbalance
- Family History of Hypothyroidism, Infertility, Miscarriage, Female Cancers, Obesity, Diabetes, or Pre-eclampsia

FOUNDATION METHYLATION

- Mood/Sleep Problems
- Fatigue
- MTHFR, MTRR, FOLR
- Detoxification Weakness
- Neurological Symptoms

DEVELOPMENTAL (CHILDHOOD)

- Autism
- Spectrum Disorders
- Childhood ADD/ADHD
- Vaccine Reaction
- Dyslexia, Dysgraphia, Dyscalculia
- Childhood Epilepsy
- Auditory Processing Disorder
- Cerebral Palsy
- Speech Delay

NEUROLOGICAL/PSYCH

- Adult ADD/ADHD
- Headaches/Migraines/Cluster
- Alzheimer's/Dementia/Memory Loss
- Parkinson's/Gait Disorders
- Anxiety Disorder/Depression
- Seizure Disorders
- Vertigo/Dizziness
- Bi-polar
- Neuropathy/Neuralgia
- Schizophrenia/Psychosis



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SUB PANELS

CHRONIC PAIN

- Arthritis/Joint Pain
- Headaches/Migraines
- IBD
- Feeling of Pins/Needles
- Fibromyalgia
- Back Spasms

NEUROTRANSMITTERS/MOOD

- Depression
- Anxiety
- ADHD/ADD
- Bipolar Disorder
- Insomnia
- Weight issues
- Hormone/Adrenal Dysfunction
- Memory Issues
- Migraines/Headaches

TBI/POST CONCUSSION

- Traumatic Brain Injury
- Post-Concussion Syndrome
- History of multiple concussions
- Headaches/Visual Changes
- Difficulty tolerating sound

GASTROINTESTINAL (GI)

- IBS
- Chronic Constipation/Diarrhea
- Intermittent Intestinal Pain
- Mast Cell Disorder
- Chronic Reflux
- Recurrent Intestinal Infections
- Numerous Food Allergies

MEN'S HEALTH

- Low Sex Drive
- Weight Gain
- Fatigue/Sleep Problems
- Testicular Atrophy/Low T
- Loss of Muscle Mass
- Male Pattern Baldness
- Abnormal Breast Enlargement
- High Blood Pressure

DETOXIFICATION

- Detoxification Issues
- Weight Loss
- Bloating/Gut Complications
- Skin Issues

AUTOPHAGY

- Detoxification Issues
- Autoimmune Issues
- Cancer
- Liver/Kidney/Pancreas Issues
- Neurological Disease

DIET/WEIGHT MANAGEMENT

- Lactose Intolerance
- Gluten Intolerance
- Caffeine Metabolism
- Sugar/Salt Sensitivity
- GI Inflammation
- Insulin Resistance
- Satiety Genes
- Discover appropriate diet for Weight Loss

ESSENTIAL VITAMINS

- Hair and Nail Issues
- Skin and Bone Issues
- Blood Issues
- Neurological/Mental Function Symptoms



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SPECIALTY PANELS

TELOTEST (DNA/BIOLOGICAL AGING)

- Measure telomere length reflecting biological age
- Personalized supplementation and lifestyle recommendations based on aging results

NUTRIGEN

- Achieve optimal dietary choices
- Analyzes over 550 foods and beverages
- Bloating and Digestive Issues
- Weight Gain Issues

ACNETEST*

- Genetic profile related to being acne-prone and type of acne
- Personalized supplementation, product, prescription, and lifestyle recommendations based on results
- Determination of drug efficacy for common drugs used to treat acne

*Treatment may require a prescription

TRICHOTEST (HAIR LOSS/ALOPECIA)*

- Genetic profile related to hair loss
- Prescriptions and supplements customized to support hair growth and decrease hair loss

*Treatment may require a prescription

PHARMA COGENOMICS (PGX)

- History of medication side-effects or lack of response to medications
- Analyzes hundreds of prescriptions to determine drug efficacy and precautions
- Customize drug dosages

Single SNP

- Test one single nucleotide polymorphism relevant to your symptoms, or current/anticipated medications

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5 STEP PROCESS

Following Your Free Consultation:

01

SIGN ACKNOWLEDGEMENT CONTRACT

You will receive a contract via email to acknowledge that the testing laboratory and your pharmacist Bryana Gregory will be analyzing and reviewing your genomic information. Please sign this contract.

02

SUBMIT PAYMENT

You will receive your payment link via email. Once your test has been paid for, your testing kit will be drop shipped directly to you.

03

PERFORM CHEEK SWAB AT HOME

Once you receive your testing kit, you will collect a cheek swab sample in the comfort of your own home and return it to the lab using the prepaid shipping label. Instructions for collection are included with your kit.

04

PHARMACIST/PROVIDER REVIEW

Once the laboratory has analyzed your sample, the pharmacist will review your results and make appropriate recommendations to your provider. Your provider will contact you to discuss your personalized plan.

05

FOLLOW YOUR PLAN

Continue on your customized plan with your provider. Additional tests can be ordered by your pharmacist per your request at an additional cost.

