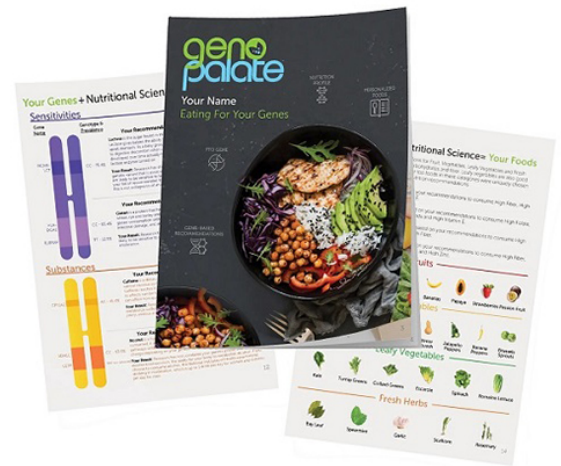


GenoPalate - Existing DNA + 5 Recipes

SKU: MP27685



Categories: [Fitness and Nutrition](#), [Health Innovations](#), [Nutritious](#)

Short Description:

The secret to eating for a healthier you is in your genes. Your GenoPalate Report uses the most comprehensive genetic analysis in the market to provide a plan personalized just for you. Discover your body's ideal nutrient intakes, find out if you are sensitive to lactose, gluten, alcohol, or caffeine, and unlock the 85+ foods that are the best match for your genes.

Description

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Your GenoPalate Report

The secret to eating for a healthier you is in your genes. Your GenoPalate Report uses the most comprehensive genetic analysis in the market to provide a plan personalized just for you. Discover your body's ideal nutrient intakes, find out if you are sensitive to lactose, gluten, alcohol, or caffeine, and unlock the 85+ foods that are the best match for your genes.

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Here's What You Get In Your Report

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Your Optimal Intake for 23 Nutrients

Carbohydrates, Fiber, Sugar, Fat, Saturated Fat, Omega-3 Fatty Acids, Omega-6 Fatty Acids, Protein, Calcium, Sodium, Iron, Zinc, Magnesium, Vitamin A, Vitamin B6, Vitamin B12, Vitamin D, Vitamin E, Folate, monounsaturated fats, vitamin C, Selenium, and Potassium

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The 85+ Best Foods for You in 16 Food Categories

Fruits, Vegetables, Leafy Vegetables, Fresh Herbs, Meats, Seafoods, Other Proteins, Breads, Starches and Grains, Pastas, Nuts and Seeds, Fats & Oils, Legumes, Cheeses, Milks, Yogurts

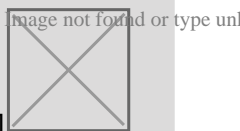
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Your Substance Metabolism and Sensitivity Likelihood

Alcohol, Caffeine, Gluten, Lactose

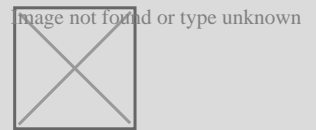
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Get Your Report in 3 Easy Steps



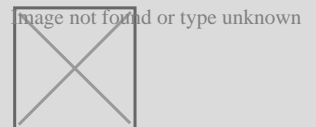
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Upload your 23andMe or AncestryDNA data to your secure GenoPalate account or use our quick and easy DNA kit



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Receive your downloadable GenoPalate Report in your account



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Start eating healthier, based on your genes

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We Care About Your Health

Is a low, moderate, or high carbohydrate intake better for your health? We analyze over 100 genetic variants that influence how your body metabolizes the food you eat. Your recommendations are based on comprehensive research that links your genetic profile to the nutrient quantities that have shown positive health outcomes for your genotype. These health outcomes include positive impacts on BMI, insulin sensitivity, and cholesterol levels as well as overall cardiovascular and metabolic health.

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Where Genes Meet Food

Eating for your genes is easy. We compare your genes' ideal nutrient intakes against the nutrient compositions of the foods in our extensive database. This provides you with over 85 foods that are healthiest for you. Whether you're at grocery shopping, on the go, or at your favorite restaurant, you'll know exactly which foods to eat.

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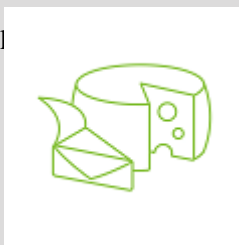
Learn the 85+ Best Foods for Your Genes Across 16 Categories

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Breads

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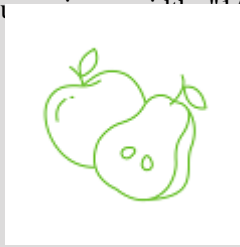
Cheese

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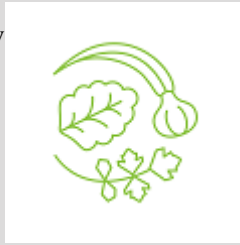
Fats and Oils

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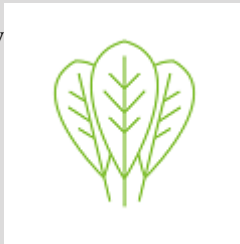
Fruits

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Herbs and Spices

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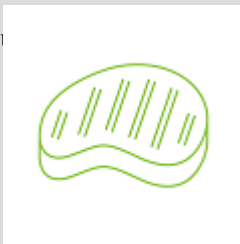
Leafy Vegetables

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Legumes

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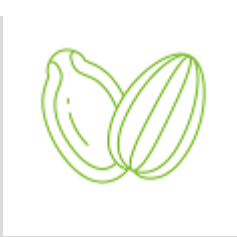
Meats

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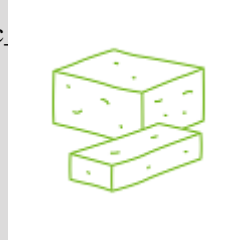
Milks

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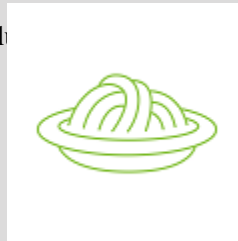
Nuts and Seeds

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Other Proteins

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Pastas

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Seafoods

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Vegetables

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Grains

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Yogurts

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