

The best
diet for
you is
written in
your genes



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Nutritional genomic testing

Who is it for?

Anyone who wants to find out how their body responds when they eat foods belonging to the different food groups, thus enabling them to have **a fully personalized diet and either watch their weight or maintain their physical health** and well-being.

What does it involve?

This test analyzes 80 genetic variants associated with nutrition and weight management. The test offers insight on the following:

1. **The way your genes affect your body.**
2. **How your metabolism interacts with fat.**
3. **Your body's response to different nutrients.**
4. **How to benefit from different lifestyle components, such as exercise and sleep.**
5. **Your need for vitamins, antioxidants, and minerals.**

Why is it advisable to have this test done?

Taking this test will enable you to follow a fully personalized and healthy nutrition plan that is custom-made to fit your genetic makeup. Genetically based bespoke diets help you lose weight three times more quickly and have a lower chance of putting the weight back on.

By adapting your diet and lifestyle to your DNA, you'll learn how your body works from within, which will help you maximize your potential and attain your goals.

This test is outsourced to an external laboratory, which will assume liability over the test results and the information on these results given to patients.



Quirónsalud Patient Portal

Access test results and manage your appointments at quironsalud.es or by downloading our app.

Quirónsalud, health person by person.

Over 100 hospitals, institutes, and other care facilities devoted to your health in 13 regions in Spain: Andalusia | Aragon | Balearic Islands | Canary Islands | Castile-La Mancha | Catalonia | Valencia | Extremadura | Galicia | Madrid | Murcia | Navarre | Basque Country