

FACTS AND FREQUENTLY ASKED QUESTIONS



GENETIC NUTRITION AND
FITNESS ASSESSMENT

POWERED BY
BODY SYNC
GENETICS



FREQUENTLY ASKED QUESTIONS

Q What is the NutriSync Assessment and what does it analyze?

A NutriSync is a convenient “at home” system that consists of:

1. a DNA test that measures specific genetic variants in your genes that have been found to influence health.
2. an online Dietary/Lifestyle Survey to capture valuable information about your eating and lifestyle habits that relate to the gene variants being tested.

The goal of the NutriSync Assessment is to provide you with genetic information about yourself that may have lifelong implications for your nutrition and fitness. NutriSync will help you take more strategic control of your own wellness and help guide your diet and lifestyle choices in your quest for optimal health. Unlike other information only genetic tests, NutriSync provides nutrient and lifestyle goals from research intervention studies in your Action Plan in addition to your DNA results.

Q Describe the NutriSync Assessment Package.

A The NutriSync Assessment provides an Action Plan that describes nutrient, fitness and lifestyle recommendations based on your genetics. The following are included in your package:

1. instructions on how to register your NutriSync private web portal, to access your online Survey and to SUBMIT your answers for analysis;
2. instructions on how to collect cheek cells that contain your DNA;
3. cheek swabs, clean and sterile, stored in a sealed package ready for use;
4. a swab envelope with a label for your email, name, date of birth and date/time of swabbing;
5. a shipping envelope, that is pre-labeled and prepaid; making it easy to send your swabs to the lab

Q How to access my Dietary/Lifestyle Survey.

A The online Diet and Lifestyle Survey is not in your package. You must go to the NutriSync website (<https://www.bodysync.com/mynutrisync>) to take your survey BEFORE sending your swabs to the laboratory. Your swabs will not be processed without your completed survey.

Q Results from my NutriSync Assessment.

A Your genetic data and your survey answers are analyzed to generate your confidential, easy-to-follow NutriSync Action Plan. This report will highlight opportunities to enhance your nutrition, fitness, lifestyle and supplementation based on the combination of your genetics and lifestyle. Easy-to-read charts and simple graphs clearly illustrate which diet, supplement and lifestyle choices may be best suited to your journey toward optimal wellness.

Q How long does it take to get my NutriSync Action Plan?

A Typically it takes 3 to 4 weeks for you to receive your NutriSync Action Plan if everything has been submitted to us correctly. A quick check on a completed online survey and correctly labeled swab envelope will help prevent any delays. You must complete both the online survey and send in the cheek swabs in order for the laboratory to begin testing.

Q Why is my NutriSync Action Plan not completed?

A The most frequent reason that we are not able to provide you with a NutriSync Action Plan is because your swabs did not provide enough cheek cells for us to obtain high quality DNA results. Please follow the swabbing instructions provided. Often we are not able to provide you with a timely NutriSync Action Plan because your online survey was not completed. Check that there are no differences between the information in the online survey and your swab envelope. We cannot process your swabs until we are able to match your online survey information to the information on your swab envelope.

Q If I am a New York resident, can I take the test?

A Residents of the State of New York are not eligible for the NutriSync Assessment because the laboratory does not hold a New York State permit to process swabs from residents of New York State at this time. However, health care professionals who practice in New York State may provide NutriSync Assessments to their out-of-state patients.

Q How accurate is my NutriSync genetic profile?

A The analysis of your DNA meets the rigorous compliance requirements of Quality Assurance and Accuracy Verification Standards of our CLIA-certified laboratory. The accuracy of the genetic analysis is greater than 95%. This accuracy is inspected by CLIA on a regular basis.

Q How is my privacy protected?

A Protecting your privacy is at the core of the NutriSync Assessment service. We recognize your need for strong privacy protection and the careful management of your personal information. Any information you share with NutriSync is kept strictly confidential and is secured electronically using encryption technology. The laboratory personnel and others who are required in the processing of your genetic results have been trained and tested to meet compliance with Health Insurance Portability and Accountability Act (HIPAA). Your results are handled as Protected Health Information (PHI), as defined in HIPAA and regulations promulgated by the U.S. Department of Health and Human Services in accordance to that defined in 45 CFR, §160 and Subparts A and E of §164.

Q Should I worry about privacy issues?

A Your Genetic Information will be encrypted and will not be directly associated with your personal information collected from your Lifestyle Survey but will be stored in an anonymized database maintained in accordance with CLIA and HIPAA IT standards. Your anonymized information may be used to conduct research to improve the services provided by NutriSync. Under no conditions will this information be released to third parties in a way that discloses personal information, except with your written permission, unless required by law. BodySync is vigilant against breaches of security and continually improves security and privacy safeguards.



FREQUENTLY ASKED QUESTIONS

Q Are gene variations disadvantageous?

A Gene variations aren't necessarily bad. In many cases, gene variations have no known effect on body systems or general health. In some cases, these variations can be beneficial when the change they bring about allows the body to function better than a different genetic variation. However, sometimes a variation can make the gene send a modified message to the cell. Such messages may result in a gene product – such as an enzyme – that doesn't work at its optimum. The variant enzyme may, for example, work faster or slower than is best for the conditions under which the body is working (your “environment”). Combined with an unhealthy diet or lifestyle, such gene variations may negatively influence your overall health if you are unaware of these variations and make less than optimal choices for you.

Q If there are variations in my genes, can these be corrected?

A Your genes are your genes for life. NutriSync is not a “gene therapy” program (the science of correcting unique and unusual gene variations) and does not offer treatment of any kind. Rather, we provide a guide to your voluntary choices that take into account the presence of common genetic variations. Information provided through the NutriSync Assessment is designed to assist you in achieving and maintaining optimal wellness on the basis of following dietary, fitness and lifestyle opportunities based on your genetics and lifestyle.

Q What are “genetic variations”?

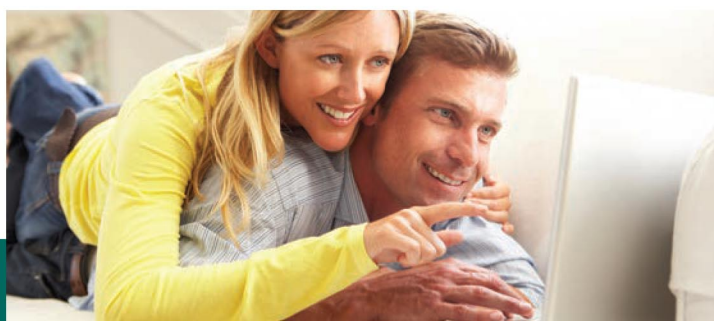
- A** With the exception of identical twins, there are small differences between individuals in terms of the information that is contained in their DNA. It's these differences that make each of us unique. For example, one DNA base or “genetic letter” (A, T, C or G) may be replaced by another. These variations can lead to different processes in the body, just as altering one letter in a word can completely change its meaning; for instance, from “g”oat to “c”oat. When the variation affects only one genetic letter, as in the goat/coat example above, it is called a SNP, pronounced “snip,” for single nucleotide polymorphism.
- A** In some genetic variations there may be a piece of DNA deleted or inserted in a gene that may also lead to a Present/Insertion or Deletion variation (INDEL).

Q How is my DNA collected?

A In the privacy and convenience of your home, you will be able to collect cells between your lower cheeks and gums using the unique swabs provided. Use one swab for one cheek and the other swab for the other cheek. Use only the swabs provided. The swabs are put into the white Swab Envelope specially provided to allow drying of your swabs during transit. Please follow the instructions for collecting your cheek cells carefully to ensure good quality DNA. Completely fill out the information on the front of the small Swab Envelope. Place the Swab Envelope inside the larger Shipping Pack and fill in the return information on the prepaid shipping label. Keep your shipping receipt for your records. Drop the package in a FedEx® shipping box, or leave with any FedEx® shipping representative.

Q How can my sample fail the NutriSync Genetic Analysis?

- A** Often the swabs provided do not contain enough high quality DNA. The best time to collect your cheek cells is immediately after you wake up. Swab in between your cheeks and lower gums before you brush your teeth or eat or drink anything.
- A** Occasionally the swabs are contaminated by the user and prevents analysis of your DNA. Do not let another person handle your swabs.
- A** If you did not use the Swab Envelope provided, your swabs may not dry and your DNA may deteriorate before it reaches the laboratory. Do not put the swabs back into their original package because it may prevent the swabs from drying. Send your swabs as soon as you can to the laboratory for analysis of the DNA.
- A** If the analysis does not meet our Quality Standards, we will ask you to submit another set of swabs free of charge. This will result in a substantial delay in the delivery of your Action Plan; consequently it is important to follow the Swabbing Instructions provided.
- A** Use only the swabs that are provided in your NutriSync package. Other swabs do not collect high quality and quantity of cheek cells and will not be accepted by the laboratory.



FACTS ABOUT NUTRISYNC

How does it work?

NutriSync Assessments are built around well-researched genetic variations that may influence one's ability to use foods to obtain specific nutrients and benefit from certain types of activity workouts. NutriSync Assessment results provide key information that may help individuals make more-informed nutrition and fitness decisions, adopt potentially healthier eating habits, and undertake more beneficial exercise routines. Practical, actionable and clear, the core technology underpinning NutriSync has been used by thousands of health care professionals and thousands of individuals seeking a more personal approach – and a whole new proactive dimension – to nutrition, fitness and wellness planning.

DNA technologies with patented nutrition & fitness associations.

NutriSync Assessments provide a DNA analysis of defined but credible gene variations that are founded on thousands of peer-reviewed clinical studies. NutriSync focuses on genetic variations that have been mostly associated with an individual's ability to use specific nutrients and benefit from certain types of exercise. Unlike other information only genetic tests, NutriSync provides nutrient and lifestyle goals from research intervention studies in your Action Plan in addition to your DNA results.

While NutriSync develops a variety of genetic assessments for different wellness applications, all are focused on healthy nutrition and/or fitness measures that can be implemented at home. NutriSync Assessments are simple and practical. Individuals provide DNA-rich cheek swab samples to the CLIA-Certified DNA Laboratory, along with an in-depth, online Lifestyle Survey. Genetic assessment results are combined with survey data using NutriSync's proprietary Gene/Lifestyle™ Integration Technology, which generates an Action Plan to provide nutrient metabolism and athletic profiling information.



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