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Personalised nutrition informed by genetics



*Nutrigenetic support for more advanced, integrated and
personalised aesthetic medicine*



DIETPROFILE



ADVANCED SUPPORT FOR AESTHETIC MEDICINE PATHWAYS

DIETPROFILE is a genetic test developed to support specialists in assessing individual predispositions that may influence **metabolism, response to nutrients, weight management** and **nutritional balance**.

Designed specifically for patients undergoing **aesthetic medicine treatments**, **DIETPROFILE** enables genetic information to be considered alongside clinical and nutritional assessment. It adds a further level of personalisation to programmes that support well-being, metabolic balance and tissue quality.

A complementary source of information

Within a structured clinical pathway, **DIETPROFILE** can help inform **personalised nutrition strategies** that are biologically coherent and integrated into the patient's specialist care. Genetic findings must always be interpreted in the context of the individual's clinical and nutritional profile.





NUTRITION AS AN INTEGRAL PART OF AESTHETIC MEDICINE

Contemporary aesthetic medicine requires an assessment that extends beyond morphology or the condition of the skin alone.

Nutritional status, body composition, low-grade inflammation, oxidative stress, energy metabolism and micronutrient availability are important biological variables. They may influence tissue homeostasis, skin trophism, the health of skin appendages and the patient's overall physiological profile.



Why genetics may add value

DIETPROFILE identifies **inherited differences** that may contribute to inter-individual variability in response to dietary patterns, weight regulation, tolerance to selected food components and the overall metabolic profile.

Genetic predisposition is only one component of this variability. Environment, lifestyle, medical history, medication and current laboratory measurements remain essential to interpretation.



A GENETIC TEST DESIGNED TO SUPPORT PERSONALISATION

Based on selected associations reported in the scientific literature, genetic analysis can provide information on biological predispositions that may influence:

- individual response to major **dietary patterns**;
- **body-weight regulation** and **selected eating behaviours**
- predisposition to **food intolerances** and **sensitivities**
- the metabolism of **vitamins, minerals** and **essential fatty acids**
- **biomarkers** and **metabolic parameters** of clinical and nutritional interest

THE RESULT

A personalised nutrigenetic profile that gives the specialist an **additional information layer** for developing nutrition strategies consistent with the patient's overall biological and clinical characteristics.



WHAT DOES THE TEST ASSESS?

Diet and weight

The test assesses selected genetic variants associated with response to different dietary patterns, regulation of body weight, predisposition to overweight, variability in weight-loss response and selected eating-behaviour traits, such as emotional eating or preference for sweet foods. These findings may help the professional frame nutrition strategies within the patient's wider clinical and metabolic assessment.

Food intolerances and sensitivities

DIETPROFILE explores genetic predispositions reported in conditions of nutritional and gastroenterological interest, providing contextual information when sensitivity or intolerance to specific food components is being assessed. A genetic result does not diagnose a food allergy, intolerance or sensitivity and does not, by itself, justify dietary exclusion.

Symptoms or suspected adverse reactions to food require appropriate medical evaluation and, where indicated, validated diagnostic testing.



Vitamins, minerals and essential fatty acids

The test analyses selected variants associated with inter-individual differences in the metabolism or status of vitamins, minerals, essential fatty acids and other micronutrients relevant to physiological balance. The information may support personalised nutrition planning and clinical monitoring when nutritional status could influence general well-being, body composition or tissue quality.

Metabolic biomarkers

DIETPROFILE includes genetic markers associated with physiological and biochemical parameters of clinical and nutritional interest. These findings may help the specialist define the individual metabolic profile more fully and consider appropriate prevention and monitoring strategies.

IMPORTANT

Genetic analysis does not directly measure nutrient concentrations or metabolic biomarkers and cannot establish a deficiency or excess. Laboratory testing remains necessary whenever clinically indicated.



WHO IS IT FOR?

DIETPROFILE is intended for specialist use by physicians and qualified healthcare professionals who wish to integrate genetic information into nutritional management, particularly in aesthetic medicine pathways focused on:

- metabolic balance;
- body-weight management;
- nutritional prevention;
- support for systemic well-being;
- a personalised approach to longevity and metabolic health.

Best used within structured care

The test is most informative when the result can be integrated with medical and family history, clinical assessment, dietary intake, body composition, laboratory data, medication and lifestyle.





CLINICAL AND INFORMATIONAL VALUE FOR THE SPECIALIST

DIETPROFILE is not a diagnostic test. It is designed as an evidence-informed support tool that helps the specialist consider the patient's nutritional and metabolic profile from a broader, more personalised perspective.

It may be particularly useful to:

- ➡ characterise the patient's **nutritional** and **metabolic predisposition**;
- ➡ **identify predispositions** that may not be apparent from clinical assessment alone;
- ➡ inform **nutritional** and **metabolic prevention strategies**;
- ➡ support the planning of **personalised dietary interventions**;
- ➡ **integrate medical history, clinical findings and laboratory data**;
- ➡ contribute to the **personalisation of aesthetic medicine pathways**.

CLINICAL RESPONSIBILITY: results do not automatically generate dietary, pharmacological or supplementation recommendations. Any intervention should be selected by a qualified professional on the basis of the complete clinical picture.



TOWARDS PERSONALISED AESTHETIC MEDICINE

For patients entering an aesthetic medicine pathway, nutrition is a strategic component of overall biological balance.

DIETPROFILE uses genetics to add context to this dimension and support a more accurate description of the individual profile. When appropriately integrated, the test can contribute to more targeted and genuinely personalised care across:



Prevention



**Nutritional
counselling**



**Metabolic
support**



**Patient
education**



**Evidence-informed
supplementation**



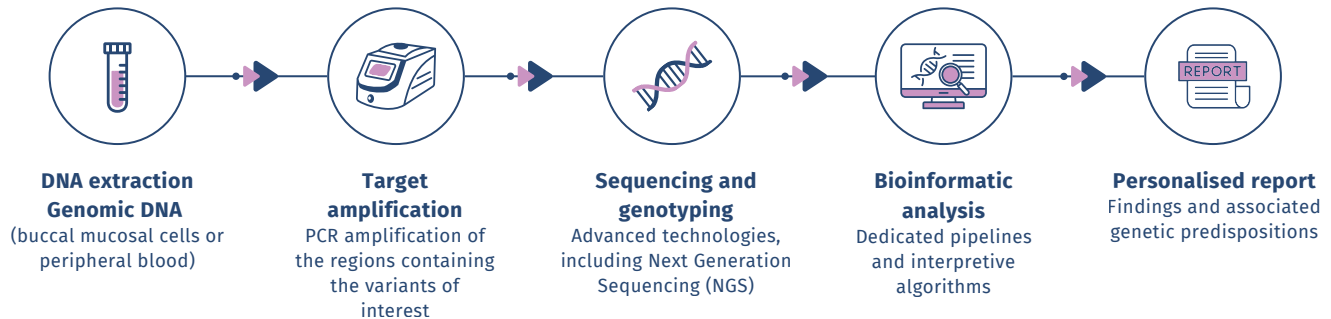
**Long-term
monitoring**

Supplementation should be considered only where clinically appropriate, with attention to measured nutritional status, dose, duration, contraindications and potential interactions.

Genetic information does not replace clinical assessment; appropriately interpreted, it can add meaningful context.



ANALYTICAL WORKFLOW



INTERPRETIVE FRAMEWORK

GENOMICA's interpretive framework is based on the structured **selection**, **appraisal** and **integration** of evidence from peer-reviewed international scientific literature.

Depending on the trait, the assessment may draw on:

- **genome-wide association studies (GWAS);**
- **multivariable analyses** of **multiple genetic variants;**
- **univariable analysis** of selected variants with reported phenotype associations.

This approach supports a structured, biologically coherent interpretation. The relevance of associations may vary by population, study design, effect size and gene-environment interaction.



A SIMPLE FIVE-STEP PROCESS

The report should be discussed within the clinical or nutritional consultation so that probabilistic findings are not interpreted in isolation.



**Request
the kit**



**Complete the
documentation**



**Collect the
sample**



**Send the sample
to the laboratory**



**Receive the
report**

Turnaround times



~10 working days

GENOMICA is a highly innovative company with extensive technical and scientific expertise, active in both clinical applications and research. Supported by a team with over 20 years of experience in molecular diagnostics, GENOMICA combines cutting-edge technology with a strong commitment to innovation, delivering increasingly accurate and accessible diagnostic services.



Over **100.000 genetic tests/year**



Laboratories with **groundbreaking technologies** and high quality standards



Dedicated **R&D Team**



International **Partnerships**



Personalized genetic counseling with genetic counselors experts in discussing genetic test results and familial risks



20+ years experience in prenatal molecular diagnostics

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