

NUTRITIONAL STATUS TESTING

Methylation: An important key to Healthy Aging



GENOVA
DIAGNOSTICS®


A personalized approach to Healthy Aging

Methylation impacts chemical reactions which keep your body healthy.

Like the gears of a clock, these chemical reactions need to be perfectly coordinated to create optimal health.

Proper methylation influences so many systems in our bodies, that it often gets overlooked. This can severely impact how well your body functions now, and as you age.



Do you want more energy?

Want to protect your heart?

Looking to keep your memory sharp?

Interested in balancing your mood?

If you've answered yes to any of these questions, Genova's advanced metabolic testing may be the answer. *Talk to your doctor today.*

METHYLATION PANEL

METHYLATION DYSFUNCTION CAN AFFECT:



Detoxification



Energy Production



Mood & Cognition



Cardiovascular Health

METHYLATION PANEL

WHAT IS METHYLATION?

Methylation is a chemical process that happens billions of times per second in every cell of the body. It turns genes on or off, regulates mood & hormones, enhances detoxification, and produces energy.

Because methylation is involved in so many important biologic processes, identifying methylation abnormalities can have far-reaching effects. Poor methylation status has been implicated in many diseases including, but not limited to:

- **Cardiovascular disease**
(hypertension, coronary artery disease, atherosclerosis)
- **Mood disorders** (depression, anxiety)
- **Neurodegenerative diseases**
(Alzheimer's disease, Parkinson's disease)
- **Chronic fatigue**
- **Risk of various cancers**
- **Autism**

Additionally, your clinician may choose to add genetic testing to the Methylation Panel. Knowing your genetic makeup will help your doctor tailor treatments to override potential methylation defects.



FAQs

- **Is the Methylation Panel right for me?**

Your doctor can work with you to personalize a treatment plan to correct nutritional deficiencies and recognize lifestyle and genetic factors which can help promote healthy aging. ***Talk to your doctor today to see how Genova testing can help you.***

- **What payment options are available for Genova's Methylation Panel?**

Genova offers patients flexible payment options for our testing including an affordable cash-pay price. This option offers a payment plan option, which can be broken up into 4 equal payments. The Methylation Panel cannot be billed to insurance. For more information on our billing options, please visit www.gdx.net/billing.

- **How do I get started with Genova's Methylation Panel?**

Talk to your doctor about your symptoms to see if Genova's Methylation Panel is right for you. You can also visit Genova's website at www.gdx.net for more information on our company and our testing.

Talk to your Doctor Today!

Visit www.gdx.net to learn more.



About Genova Diagnostics

Genova Diagnostics is an innovative leader in comprehensive laboratory testing. With 30+ years of extensive experience and expertise, we are committed to improving lives by bringing insights to health.

- We are a fully licensed clinical laboratory, providing testing worldwide.
- Our testing is only available through your doctor or other healthcare provider.
- We accept all commercial insurance plans, work with Government payors, and offer payment plans for patients.

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