

Take your health to the next level with PureGenomics®

There's an powerful connection between our genes, nutrition and health. Nutrigenomics takes what we know from nutritional science and genetics, then reveals how it all works together to shape your health.

With PureGenomics®, that knowledge is our blueprint for creating a wellness plan that is tailored to you, grounded in DNA-based nutrition advice. Under the guidance of your healthcare provider, PureGenomics' personalized lifestyle and nutritional insights can help you unlock the goodness within.

With PureGenomics, you'll get:



Your personalized nutrigenomics report—
A blueprint to help guide your wellness journey.



Nutritional and lifestyle recommendations
based on your unique genetic needs.



A customized plan of care crafted by your
healthcare provider.



Nutritional supplement recommendations
from Pure Encapsulations®.

There's goodness in your DNA

PURE
Genomics®

PureGenomics® is backed by the science of nutrigenomics—the study of the relationships between our genes, nutrition, and health—and guided by your healthcare provider's expertise, to help create a reliable plan of care that's made just for you.

Our secure platform uses key information from your existing 23andMe® or Ancestry® DNA test results to create reports full of personalized nutrition and lifestyle recommendations.

Ask your healthcare provider about PureGenomics
or learn more at PureGenomics.com

**“It's empowering to me as a clinician
because I can honestly say that
I'm going to personalize care
based on your genetics.
And more importantly,
it's empowering to patients.”**

- JAMES GREENBLATT, MD*

PureGenomics.com

23andMe® is the registered trademark of 23andMe, Inc. Pure Encapsulations is not affiliated with or endorsed by 23andMe®.
ANCESTRY.COM® is the registered trademark of Ancestry.com Operations Inc. Pure Encapsulations is not affiliated with or endorsed by ANCESTRY.COM®.

PureGenomics® nutritional information is not intended for use in the diagnosis, cure, mitigation, treatment or prevention of disease.

* Dr. Greenblatt is a retained advisor to Pure Encapsulations®.

©2021 PureGenomics®. All Rights Reserved.

Good from the inside out

**Harness the goodness in your DNA
through personalized lifestyle and
nutritional insights.**

PureGenomics®, a complimentary service, interprets your genetic data to identify what you need to reach your health and wellness goals. Our service delivers concise reports with diet, lifestyle and nutritional supplement recommendations and tailored to your unique genetic profile while working in partnership with your healthcare provider to easily create a reliable plan that's made just for you.

PureGenomics—it's science simplified.

PURE
Genomics®

PureGenomics® nutritional information is not intended for use in the diagnosis, cure, mitigation, treatment or prevention of disease. ©2021 PureGenomics®. All Rights Reserved.

Genetic Reports

A Blueprint To Better Health, Rooted In Science

We translate your genetic data—previously collected by 23andMe® or Ancestry®—into easy-to-interpret reports that identify more than 70 scientifically credible genetic variations, called single nucleotide polymorphisms (SNPs), and their eleven associated trait categories that can affect your health. Using these findings, our reports provide easy-to-understand nutritional and lifestyle recommendations that are tailored to your unique genetic needs. As additional clinically relevant SNPs are discovered, our reports are automatically updated.

Your PureGenomics' nutritional recommendations are rooted in science and medical research. They're geared toward helping you achieve optimal health and wellness.



Your Privacy is Important to Us

The answer to a health struggle may be in your genetic information. PureGenomics® can provide crucial insights simply by using your genetic data from testing companies like 23andMe® and Ancestry®. With that valuable information, your healthcare practitioner can better guide you to a plan of care that works. What's more, you and your practitioner can keep going back to this information at any time for new insights, at no extra cost.

Rest assured, genetic testing companies like 23andMe® and Ancestry® cannot share your data with any of your personal information attached, including name and address. There are strong laws that protect against this kind of sharing. Furthermore, for your data to be utilized for research, you would be asked to opt in. It is always a great idea to read the terms of any genetic testing company and ask them any questions you may have. Please know: PureGenomics® will not sell, share or rent your 23andMe® and Ancestry® data files to third-parties. Read more about our [Privacy Policy](#).

23andMe® is the registered trademark of 23andMe, Inc. ANCESTRY® is the registered trademark of Ancestry.com Operations Inc. Pure Encapsulations is not affiliated with or endorsed by 23andMe® or ANCESTRY®.

PureGenomics® nutritional information is not intended for use in the diagnosis, cure, mitigation, treatment or prevention of disease. ©2021 PureGenomics®. All Rights Reserved.

We focus on the science so you can focus on your patients

PureGenomics®, **our complimentary nutrigenomics service**, can help you reach your health and wellness goals with **science-driven genetic data interpretation**. The service delivers concise reports with diet, lifestyle and nutritional supplement recommendations tailored to each unique genetic profile.



Optimal vitamin and mineral profiles[†]



Healthy weight management^{†‡}



Memory and mental health[†]



Immune function[†]



Cardiovascular health[†]



Gastrointestinal health[†]



Healthy detoxification[†]

The Value of a PureGenomics® Report

There's power in the information in your genes. At PureGenomics®, we distill genetic data into simple reports that enable your healthcare provider and you to make informed lifestyle and nutritional recommendations based on your genetic profiles and wellness goals.

Your nutrigenomics report allows you and your practitioner to create an informed plan that's personalized to your DNA. Together, you can identify which nutrients you may have difficulty absorbing, which neurotransmitters you may have trouble making, what to address for better sleep and energy, and which diet and exercise plan works best for your genes. Whatever your health need, it's worth exploring a report with your provider to determine the optimal support for you.

Where do I get a DNA test kit?

Order any DNA test kit from 23andMe® or Ancestry®. All kits from these services are compatible with PureGenomics®. The most basic kit typically costs under \$100.

Have Other Questions?

Visit our FAQ page at:

[PureGenomics.com/Patient/FAQs](https://www.puregenomics.com/Patient/FAQs)

Ready to Get Started?



STEP 1
Talk to Your
Healthcare Provider

Ask your healthcare provider to get you signed up at [PureGenomics.com](https://www.puregenomics.com)



STEP 2
Register for a
PureGenomics® Account
with your practitioner

Your healthcare provider will send you a PureGenomics® email link to register for an account.



STEP 3
Upload Your Genetic Data

Genetic data from 23andMe® or Ancestry® is all you need to use PureGenomics®. If you already have DNA data, simply log in to 23andMe® or Ancestry® and download it. Then upload the data to PureGenomics®.

You will receive an email when your report is ready for review with your healthcare provider. You may also be asked via email to complete a questionnaire, which enables your healthcare provider to learn more about you. If you do not receive an invitation and would like to complete the questionnaire, you can move on to Step 4

Once you have completed this step, you will receive an email when your report is ready for review with your healthcare provider.



STEP 4
Complete Your Questionnaire

You can personalize your plan further by answering a few questions about yourself, your lifestyle and your health habits.

Start the questionnaire from your dashboard. Once you have confirmed your answers, a new plan will be created.

You will receive an email when your report is ready for review with your healthcare provider.

Register for an account to get started!
[PureGenomics.com/Patient-Register](https://www.puregenomics.com/Patient-Register)

23andMe® is the registered trademark of 23andMe, Inc. ANCESTRY® is the registered trademark of Ancestry.com Operations Inc. Pure Encapsulations is not affiliated with or endorsed by 23andMe® or ANCESTRY®.

PureGenomics® nutritional information is not intended for use in the diagnosis, cure, mitigation, treatment or prevention of disease. ©2021 PureGenomics®. All Rights Reserved.

[†]Provides weight management support as part of a healthy lifestyle with a reduced-calorie diet and regular exercise.

[†]These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.