



microbioma italiano

# A complete analysis for your gut health



- Microbiome composition discovery
- Dysbiosis and health risk identification
- Personalized health advice included

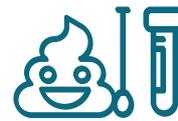
## Our test is designed to evaluate your gut microbiome balance.

The microbiome is composed of a variety of microorganisms that live inside our intestine and that are essential for our wellbeing. Incorrect diet, diseases, and sedentary lifestyle can alter the microbiome's equilibrium. An unbalanced microbiome can be restored with a correct diet, use of probiotics and prebiotics, and exercise.

The test reports the microbiome's state and its influence over the individual's health. A specialist interprets the results and gives personalized advice along with nutritional analysis.



Online order your test



Perform stool collection from home



Send your sample to the lab



Wait 4-6 weeks for the analysis



Download your microbiome results



Humans are 99.9% genetically identical which means differences in 0.01% of your DNA account for human phenotypic variability. Find out what genetic variants are present in your DNA by taking one quick home test! **Chrysalus** analyzes relevant portions of that 0.01% that makes us different in order to understand what makes you...

**YOU!**

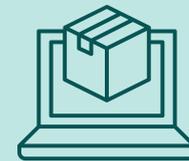
## UNRAVEL YOUR DNA!

With **Chrysalus**, you will discover:

- Your genotype for many **genetic variants** of interest
- Your **predisposition** to:
  - Food Intolerance & Sensitivity
  - Nutrient Metabolism & Needs
  - Fitness Ability and Performance
  - Oxidative Stress & Inflammation
- General advice based on your predisposition

## Learn the role genetics plays in your wellbeing!

Our test is designed to identify single nucleotide polymorphisms (**SNPs**), genetic variants that might predispose you to a certain condition. By discovering how these differences can impact your metabolism, you will be able to improve your lifestyle by modifying your diet and exercise routine accordingly.



Online  
order your  
genetic test



Perform  
saliva  
collection  
from home



Send your  
sample to  
the lab



Wait 4-6  
weeks for  
DNA analysis



Download  
your genetic  
results



+39-049-099-5752 / [snp@bmr-genomics.it](mailto:snp@bmr-genomics.it)  
BMR Genomics / Via Redipuglia 22, Padua, Italy

