

PERSONALIZED DNA INSIGHTS

Your DNA is unique. Your wellness plan can be too.

One simple cheek swab can provide personalized insights to help you better understand your body, make informed decisions, and take some of the guesswork out of your wellness journey.

CANNABIS DNA

Discover how your genetics may influence your individual response to cannabinoids and the endocannabinoid system, helping guide safer, more intentional and personalized cannabis choices.

- Metabolism (THC & CBD Dosing Recommendations)
- Personalized terpene recommendations
- Minor Cannabinoid Metabolism (CBG, CBN, THCV & CBDV)
- Endocannabinoid system function
- Pain Management (Pain threshold, inflammation)
- Sleep (Duration, quality, insomnia)
- Side effects (Memory impairment, dependence, psychosis)
- Stress & Anxiety (Stress response, Generalized anxiety, tendency to overeat)

NUTRITION DNA

Discover how your genetics may influence the way your body uses nutrients and responds to different foods, helping you make more personalized food and nutrition choices based on your body's unique genetic blueprint.

- Optimal diet type
- Vitamin and nutritional needs
- Food sensitivities
- Metabolic health factors (Detoxification, oxidative stress, Lipid levels, glucose levels, Iron levels)
- Eating behaviors
- Exercise & weight loss

Psychedelic DNA

This DNA report dives deep into your genetic makeup to identify specific variants that can provide greater insight into your unique psychedelic experience. This isn't just data – it's the key to unlocking your personalized potential.

- Understand how your genetics may influence psychedelic metabolism, sensitivity, and response.
- Supports harm- reduction education, informed preparation, a more personalized experience, & more informed conversations.
- Includes MDMA, Psilocybin, DMT, mescaline, ketamine, ibogaine, LSD, salvia, & cannabis

FITNESS DNA

Your genetics may influence your exercise response, physical performance and recovery—insight that can help you choose movement and exercise strategies that better align with your body, abilities and wellness goals.

- Build (Blood pressure and muscle growth, muscle volume, pain tolerance)
- Cardiovascular (Aerobic & anaerobic capacity and exercise response, blood vessel formation, nitric oxide metabolism, Vascular function)
- Performance & Strength tendencies
- Metabolic response (testosterone, Insulin, glucose, HDL)
- Recovery & injury risk insights
- Guidance to help personalize your exercise approach

Partner Information



Order Your DNA Test Link:

<https://dynamicdnalabs.com/?ref=holisticcaring>

Save 20% with Code: HOLISTICCARING

ARE YOU READY TO DISCOVER WHAT YOUR DNA CAN TEACH YOU ABOUT YOURSELF?

Your DNA does not define your destiny, but it may offer valuable insights that help you ask better questions, make more informed decisions, and personalize your journey toward greater health and wellness. Use the QR code above to explore the available DNA tests and discover what your unique blueprint may have to teach you.