

Essential

Optimization Report

Client Example

ID: ESNDEMO1001

Date: 11.04.2025

Dear Client Example,

We are delighted to present you the results of your Optimization Report!



Your Results

This is your essential report, based on the markers obtained from your test. The latest data from the scientific community indicates that epigenetics is closely linked to health and well-being. By knowing your epigenetic modulators through this report, you will be able to adapt your lifestyle and diet according to your nutrient needs, your interaction with external environmental burdens and your body's sensitivity to synthesise certain foods.

The results are divided into sections according to the type of information obtained. Within each section you will find detailed information about it, which will help you to interpret and above all make positive changes to your daily diet and interaction with the environment around you.

On the "Summary of your results" page you will have a schematic overview of the entire report, highlighting those markers that you should prioritise over the duration of your plan.

Your results report is designed to provide maximum clarity on each section and on the recommended actions to optimise your wellbeing and health.

If you have any further questions, don't hesitate to contact us.

Sincerely,
Epixlife | Wellness Inspires Us

Do you have any questions?



Contact:

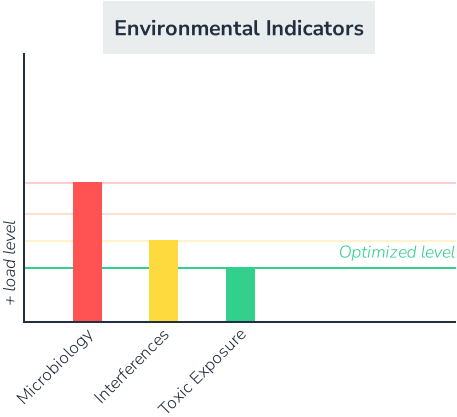
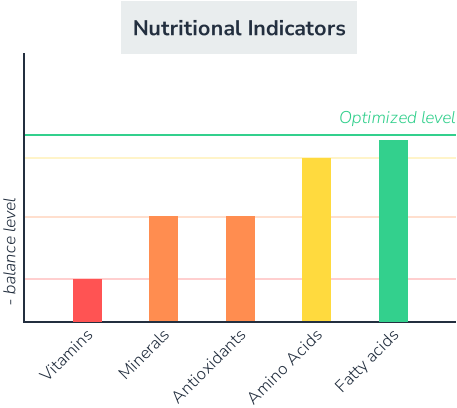
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Summary of results

About the results of the Report

The following graphs show the priority level for each epigenetic indicator. The guidance in the report will focus on those indicators that are furthest away from the Optimized Level.



This test is carried out through qualitative studies. Results are shown according to the need for nutrients at the cellular level (from high to low / optimized need).

Optimization Level:

Optimized Low Need Medium Need High Need

High Optimization Need

Microbiology

Post Virus Signal
Fungus

Vitamins

Vitamin B6
Vitamin K2
Vitamin C
Vitamin A1

Medium Optimization Need

Antioxidants

Alpha Lipoic Acid
Anthocyanidins
Superoxide Dismutase (SOD)
Vitamin C

Minerals

Chromium
Zinc
Iodine
Iron

Low Optimization Need

Interferences

Traction current 16 2/3 Hz
TV screen

Amino Acids

Arginine
Leucine
Proline

Epigenetic Markers



Your Need of Vitamins



It is necessary to boost your Vitamins

The imbalance of this indicator may be producing a alteration in **your system**. It is a priority to optimize its levels to promote balance in your body. Vitamins are essential catalyst compounds for the proper cellular and metabolic functioning. Our tests are qualitative studies and have identified that it is necessary to optimize this indicator in the short term.

Personalized vitamin need

The following list presents the vitamins that have been evaluated. The marked elements are those indicators that need to be optimized.

- Betaine
- Biotin
- Inositol
- **Vitamin A1**
- Vitamin B1
- Vitamin B2
- Vitamin B3
- Vitamin B5
- **Vitamin B6**
- Vitamin B9
- Vitamin B12
- **Vitamin C**
- Vitamin D3
- Vitamin E
- Vitamin K1
- **Vitamin K2**

Vitamins and optimal health

The body's processes require a variety of vitamins to function at its optimum level. Vitamins are a key part of enzymatic processes, and are drivers of all metabolic processes of the body.

Foods that supply vitamin needs

Vitamin A1

Vitamin A prevents the development of degenerative diseases due to its beta carotenes which work as antioxidants, it also delays celular aging. It participates in the formation of body mucous, soft tissues, bones, teeth and skin and prevents infeccious diseases. At high temperatures is thermolabile (destroyed) so we must consume raw vegetables and fruits to make the most profit.

Eggs, Grapefruit, Mango, Fish Oil, Sweet Potato

Vitamin B6

Also known as pyridoxine, contributes to the transformation of food into energy, to the formation of blood cells and neurotransmitters. Helps to keep the functions of the nervous ans immune system normal and regulates de hormonal activity.

Salmon, Parsley, Papaya, Banana, Raisins, Chicken, Pistachios, Soya Beans, Hazelnuts, Turkey, Tuna, Flax Seeds, Dandelions, Sunflower Seeds

Vitamin C

Vitamin C or ascorbic acid contributes to the formation of collagen; to the formation and normal function of bones, teeth, cartilage, skin, blood vessels, the nervous and immune systems; it protects against oxidative damage; and it aids in wound healing.

Strawberry, Tangerine, Parsley, Tomato, Lemon, Papaya, Cauliflower, Kiwi, Grapefruit, Peas, Currants, Brussel Sprouts

Vitamin K2

Vitamin K is a group of vitamins that share similar chemical structures, vitamin K1 and K2 . They help blood clot, maintain bone health and normal blood clotting. They can be synthesized by intestinal bacteria and about half of the requirement can be obtained this way.

Eggs, Cheese, Beef, Chicken, Pork, Olive Oil, Soya Beans, Soya Oil

Your Need of Minerals

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Ca

Result:
Medium Need

It is recommended to boost the absorption of Minerals in the next 90 days

The imbalance of this indicator is not causing an alteration in your system immediately, however, it is necessary to optimize it in the medium term to avoid major imbalances. Minerals are non-organic natural elements that must be absorbed mostly through diet, so that bones, cardiovascular and hormonal functions, among others, work properly. Our tests are qualitative studies and have identified that it may be necessary to optimize this indicator in the medium term.

Personalized mineral need

The following list presents the minerals that have been evaluated. The marked elements are those indicators that need to be optimized.

- Boron
- Calcium
- Chromium
- Copper
- Iodine
- Iron
- Lithium
- Magnesium
- Manganese
- Molybdenum
- Potassium
- Selenium
- Silicon
- Sodium
- Sulfur
- Zinc

Make sure your body gets a sufficient amount of minerals!

They are essential substances for the proper functioning of the organism. The body uses minerals for many functions, including keeping the bones, heart and brain functioning optimally.

Foods that supply mineral needs

Chromium

Chromium is a mineral that we get from the diet. It is important in the breakdown of fats and carbohydrates. It stimulates the synthesis of fatty acids and cholesterol. It also helps in the action of insulin and the breakdown of glucose.

Eggs, Wild Rice, Cheese, Onion, Tomato, Beef, Chicken, Turkey, Brewer's Yeast

Iodine

Iodine is essential in the synthesis of thyroid hormones, which control the body's metabolism and many other important functions. It contributes to proper bone and brain development during pregnancy and childhood.

Seaweed, Lobsters, Cod, Cheese, Shrimp, Salt, Cows Milk, Sheep Milk, Yogurt

Iron

Iron stores and transports oxygen to all tissues. It helps in the normal formation of red blood cells, hemoglobin, protects cells against the harmful effects of free radicals. It contributes to the normal functioning of energy-producing metabolism and the immune system.

Eggs, Walnuts, Almonds, Figs, Beef, Chicken, Cashews, Turkey, Pine Nuts, Macadamia Nuts

Zinc

Zinc is involved in body maintenance and regulation systems. It is basic for the formation of insulin and proteins. It favors the production of lymphocytes and the activation of certain hormones. It helps in wound healing and is involved in DNA and RNA synthesis. It is essential for the correct functioning of smell and taste. It is also essential for reproduction and fertility.

Quinoa, Crab, Wild Rice, Lobsters, Cheese, Oysters, Asparagus, Lentils, Rice, Buckwheat, Mushrooms, Beef, Chicken, Peanuts, Soya Beans, Cashews, Sheep Milk, Turkey, Pumpkin Seeds, Edamame, Yogurt, Sunflower Seeds, Pine Nuts, Cuttlefish, Mussels, Chia Seeds, Pecans

Your Need of Antioxidants



Result:
Medium Need



It is not a priority to boost the absorption of antioxidants in the next 90 days

The imbalance of this indicator is not causing an alteration in your system immediately, however, it is necessary to optimize it in the medium term to avoid major imbalances.

Antioxidants are chemical substances that help stop or limit the damage caused by free radicals, in addition to protecting us against oxidative stress.

Our tests are qualitative studies and have identified that it may be necessary to optimize this indicator in the medium term.

Personalized antioxidant need

The following list presents the antioxidants that have been evaluated. The marked elements are those indicators that need to be optimized.

- Alpha Lipoic Acid
- Anthocyanidins
- Vitamin C
- Vitamin E
- Carotenoids
- Selenium
- Coenzyme Q10
- Flavonoids
- Phytoestrogens
- Polyphenols
- Superoxide Dismutase (SOD)
- Sulforaphane Glucosinolate
- Zinc

What antioxidants can you include in your diet to minimize the effect of free radicals?

Antioxidants are fighters against free radicals that can damage our own biological molecules (proteins, lipids, nucleic acids and others) due to the reactivity that they form inside the cell.

Foods that supply antioxidant needs

Alpha Lipoic Acid

Alpha lipoic acid is an important antioxidant and hypoglycemic, which can control and limit free radicals in the body. It promotes cell regeneration, converts glucose into energy, increases skin elasticity, prevents and reverses the premature aging process, stimulates the immune system and removes heavy metals from the body.

Beef, Chicken, Hemp Seed Oil, Nutritional Yeast, Flaxseed Oil, Edamame, Chicken Heart, Chia Seeds

Anthocyanidins

Anthocyanidins are antioxidants that belong to the flavonoid group. They protect the capillaries of the retina; they have a beneficial role for eyesight. They help to strengthen the cardiovascular system. They have a powerful antioxidant effect. They also help fight colds, infections and allergies and have anticarcinogenic properties.

Blackberry, Eggplant, Goji Berries, Hawthorn Berries

Vitamin C

Vitamin C or ascorbic acid contributes to the formation of collagen; to the formation and normal function of bones, teeth, cartilage, skin, blood vessels, the nervous and immune systems; it protects against oxidative damage; and it aids in wound healing.

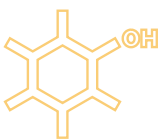
Strawberry, Tangerine, Parsley, Tomato, Lemon, Papaya, Cauliflower, Kiwi, Grapefruit, Peas, Currants, Brussel Sprouts

Superoxide Dismutase (SOD)

Superoxide dismutase (SOD) is probably the most powerful natural antioxidant we can find. It is a great ally to reduce the damage caused by oxidative stress and excess free radicals in the skin. In addition, it has an anti-inflammatory effect, as it reduces pain in people with arthritis and is decisive in combating arteriosclerosis.

Tomato, Peas, Corn, Cashews, Pumpkin Seeds, Wheat Grass, Leaf Mustard, White melon, Brussel Sprouts

Your Need of Amino Acids



Result:
Low Need



It is not necessary to optimize the absorption of amino acids in the next 90 days

The imbalance of this indicator is not producing an alteration in your system.

However, it would be wise to balance their small needs at the cellular level to avoid a greater future problem. Amino acids are essential substances for our development since they are fundamental elements for the synthesis of proteins, and are precursors of other nitrogenous compounds.

Our Tests are qualitative studies and have identified that it is necessary to optimize this indicator in the long term.

Personalized amino acid need

The following list presents the amino acids that have been evaluated. The marked elements are those indicators that need to be optimized.

- Glutamic Acid
- Arginine
- Asparagine
- Aspartic Acid
- Alanine
- Carnitine
- Carnosine
- Cysteine
- Cystine
- Citrulline
- Phenylalanine
- Glycine
- Glutamine
- Histidine
- Isoleucine
- Leucine
- Lysine
- Methionine
- Ornithine
- Proline
- Serine
- Taurine
- Threonine
- Tyrosine
- Tryptophan
- Valine

Amino acids and cell renewal

No body process takes place without essential amino acids. Amino acids make our body build new cells and restore all damaged tissues. Amino acids also help strengthen the body and promote the production of various hormones, antibodies, and enzymes.

Foods that supply amino acid needs

Arginine

Arginine is needed during periods of peak growth, severe stress and injury. It can increase athletic performance, reduce body fat, be a source of energy, modulate disease development, enhance immune function, stimulate wound healing, modulate carcinogenesis and tumor growth, as well as modulate many cellular biochemical functions.

Eggs, Wild Rice, Walnuts, Brazil Nuts, Almonds, Cheese, Shrimp, Lentils, Rice, Buckwheat, Chicken, Peanuts, Soya Beans, Hazelnuts, Corn, Cashews, Sheep Milk, Turkey, Pumpkin Seeds, Yogurt, Pecans

Leucine

Leucine is important for the health of our muscles, so it is recommended for sport practice. It can stimulate protein synthesis, increase insulin levels in the blood, thus regulating our glucose levels and is important for energy production.

Eggs, Millet, Beef, Chicken, Pork, Corn, Cows Milk, Sheep Milk, Tuna, Pumpkin Seeds, Sunflower Seeds

Proline

Proline is an essential component of collagen, which is very important for the health of skin, bones and tendons. Proline is used in the prevention of arthritis and in the strengthening of joints and tendons. In addition, it can help us maintain and strengthen the heart muscles.

Eggs, Salmon, Cheese, Shrimp, Oysters, Watercress, Asparagus, Mushrooms, Sheep Milk, Tuna, Yogurt, Cuttlefish

Microbiology Indicators



Result:
High Need



It is necessary to balance your intestinal flora

The imbalance of this indicator is producing an alteration in your system.
The balance of your intestinal flora must be improved immediately since it depends on a set of living beings that make up your gastrointestinal system: bacteria, parasites, fungi, spores and a myriad of micro-organisms that make your system work in balance. This allows correct nutrient absorption and proper functions of the immune system. Our tests are qualitative studies and have identified that it is necessary to optimize this indicator in the short term.

Personalized microbiome indicators

The following list presents the microbiota indicators that have been evaluated. The marked elements are those indicators that you need to be optimized.

- Spores
- Fungus
- Post Virus Signal
- Bacteria
- Viral Signal
- Parasites

The intestinal microbiota, key for good health

The Intestinal Microbiota influences energy metabolism due to its ability to increase the human capacity to metabolize nutrients and obtain calories from the diet, as well as to regulate the absorption of sugars and lipids and their deposition in peripheral tissues.

Recommended foods to strengthen the microbiome

Fungus

Fungi cannot synthesize their own nutrients since they lack chlorophyll, which forces them to live as parasites, mainly of plants and, to a lesser extent, of animals. Pathogenic fungi can affect any organ, but the most common are infections called superficial mycoses or dermatomycosis. These are usually benign in nature and mainly affect the outer layers of the scalp, skin, nails or mucous membranes, equally in both sexes, at all ages, although some of them appear more frequently in childhood, ringworms of the scalp and fungal infections of the nails are seen more frequently in adults.

Blueberry, Yogurt

Post Virus Signal

A virus is a particle of genetic code, DNA or RNA, encapsulated in a protein vesicle. Viruses cannot replicate on their own. They need to infect cells and use the components of the host cell to produce copies of themselves. Often times the virus damages or kills the host cell in the process of multiplying. Viruses have been found in every ecosystem on Earth. Scientists estimate that they outnumber bacteria by 1 to 10. Since viruses do not have the same biology as bacteria, they cannot be fought with antibiotics.

Honey, Ginger, Kiwi, Yogurt

Electro- magnetic Charge



Result:
Low Need

It is not necessary to focus on reducing the accumulated electromagnetic charge in the short term

It is good to address this indicator in the long term so that it does not create an imbalance in the future.
The imbalance of this indicator is producing an alteration in your system. Exposures to electromagnetic charges are affecting your cellular and metabolic balance. We must reduce exposure to these loads and follow a process to protect our body from them. Our Tests are qualitative studies and have identified that it is necessary to optimize this indicator in the long term.

Personalized EMC indicators

The following list presents the electromagnetic load indicators that have been evaluated. The items marked are those indicators that need to be optimized.

- Electromagnetic Alternating Field
- Electrosensitivity
- Electrosmog
- Electrostatic field
- ELF (Extremely Low Frequency)
- LFR (Low Frequency Radiation)
- Magnetic constant field
- Microwave Oven
- Mobile telephone, GSM (0,9 GHz)
- Mobile telephone, GSM (1,8 GHz)
- Radiofrequency
- Traction current 16 2/3 Hz
- TV screen
- Computer monitor
- 50 Hz Input Current

What we do not see but is affecting us...

Electromagnetic fields, both high and low frequency, are fields artificially generated by electrical installations (household appliances or devices connected to the alternate distribution network, even when they are turned off) and by wireless data transmission (mobile phones, transmitting antennas, cordless phones, wifi, WLAN, etc.).

More about these indicators

Traction current 16 2/3 Hz

These are traction currents that work connected to 15 kV catenaries and at a frequency of 16 2/3 Hz, a relatively low value. It is used in: railways, railway lines and train stations, among others.

TV screen

TV sets emit extremely low-frequency electromagnetic field radiation around them, although new LCD, LED or plasma models have significantly reduced the radiation. Fortunately, nowadays the electromagnetic fields generated by flat panel displays usually meet the Swedish TCO safety certification, and their degree of impact on users is much lower.

During the next 90 days.



Foods to Avoid for the next 90 days

Avoid them only for 90 days!

The purpose of showing food sensitivity in the Test is NOT to permanently eliminate these foods from the diet, but to optimize your digestive system. At the end of the 90 day elimination process, you can gradually reintroduce these foods into your diet.

Why do I have to avoid these foods?

Although the foods that must be adjusted in the diet contain nutrients that can be very valuable, our energy levels can be affected when the body allocates more resources than it should to digest them. There are foods that should be avoided since, on occasion, they could reverse the benefit of others, cause stress to the digestive system or negatively affect the metabolism and the immune system.

By consuming the right foods, the body may have a difficult time digesting the food we eat in this cell cycle and will end up using energy from another body source to digest and release key nutrients. Avoiding these foods for 90 days will help prevent the energy deficit that can occur when trying to absorb them.

As we move on to the next cell cycle, the body's needs may change and food sensitivities will change accordingly.

Frequently asked questions

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How is temporary food sensitivity expressed?

The body struggles with the food we digest and ends up using energy from another body source to digest and release key nutrients. These processes can occur asymptotically or with evident reactions.

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"But I've never eaten..."

If you have never had these foods, even better. But if you start eating them for the next 90 days there could be problems.

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"But you recommend similar foods!"

Food sensitivities are very specific, so even if the food is similar (e. g. mussels and clams), as long as it does not appear in the foods to avoid, it can be consumed without any issue.

Foods to Avoid

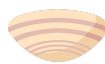
The foods that you should avoid during the next 90 days, as they could cause digestive and immune system stress.

Avoid them only for 90 days!

Foods marked in red should only be avoided for the next 90 days. If you have ANY known ALLERGY, you should continue to avoid these foods at all times.



Oats



Clams



Potatoes



Pomegranate



Avocado



Venison



Goose



Zucchini



Kidney Beans



Goat Milk

If you consume any of the indicated foods on a daily basis, try to substitute them with others that can bring you similar benefits. The food list refers to indicators of epigenetic relevance and NOT to any physical intolerance or allergy. Please continue to avoid all foods that affect you physically.

Known Allergy

You may already have a known allergy, so let's help you understand these results.

Scenario 1

The food you are allergic / intolerant to is listed as a food sensitivity:

This means that, in addition to an allergy, that food also negatively affects the flow of energy and the absorption of other nutrients. If you have already eliminated this food from your diet, you do not need to do anything else. If you haven't eliminated it yet, you should consider doing so, but we do not recommend reintroducing it after the elimination diet.

Scenario 2

The food you are allergic / intolerant to does NOT appear as a food sensitivity:

This means that it does not negatively affect the flow of energy, which does not contradict or question your allergy to this food. This does NOT mean that you should reintroduce the food into your diet, as you have to respect the previous symptoms or test results in relation to those allergies. Remember that our test does not analyze allergies or intolerances.

Your Sensitivity to Additives

Additives in your daily nutrition

Better nutritional choices will always lead to optimized wellness, and natural, unprocessed, and hand-cooked foods will always be ideal. Therefore, a proper understanding of how additives affect health is crucial to maintaining optimal well-being.

Additives to Avoid for you

To optimize your wellbeing you should avoid consuming the following additives for the next 90 days.

Food additives are added to foods and beverages to change their color, taste, or texture. You should know that apart from reading the labels of the products, you have to understand and be able to choose the best resources for your health.

E 954	Saccharin	E 632	Dipotassium inosinate
E 516	Calcium sulphate	E 472b	Lactic acid esters of mono- and diglycerides of fatty acids
E 464	Hydroxypropylmethylcellulose	E 418	Gellan gum
E 354	Calcium tartrate	E 297	Fumaric acid
E 281	Sodium propionate	E 153	Vegetable carbon

The list shown at the top presents a summary of the Food Additive indicators that should be avoided in a special way for at least a period of 90 days. Although it is advisable to always avoid most Food Additives.

We also recommend avoiding:

High Fructose Corn Syrup (HFCS / AMAF):

This additive can produce a poor cardiovascular response, poor blood sugar control, and high body fat gain. Unfortunately, it is found in many energy drinks and bars.

Aspartame:

A very popular additive that is considered to be an exotoxin. Regular use of this substance may alter certain functions of the central nervous system, which could negatively affect the well-being and balance of the body. In high doses, this substance can lead to lack of concentration, diffuse cognitive function and brain fog that would negatively affect well-being.

Monosodium glutamate:

This is a hydrolyzed protein found in many energy bars and supplements, such as the proteins in whey or textured proteins. This is used to trick your tongue into feeling that these bars and drinks taste better than they actually do. They are found in most pre-made foods and are highly harmful.

Artificial colors:

They can cause false, involuntary physical responses and hyperactivity. This artificial coloring is found in many energy and energy drinks, and most industrially processed foods.

Nutrimental Optimization

What does "nutrimental" refer to?

The nutrimental information of food is the total nutritional content of the food. Increasing the consumption of foods with nutrients that our body needs will lead us to optimize our well-being.

Foods rich in your nutrient requirements

A balanced and, most importantly, personalized diet will depend on the knowledge of our nutritional needs. Based on your epigenetic profile, we indicate which nutrients you might need to boost and show you a list of foods that can help you meet your specific needs. This does not mean that you must necessarily include these foods in your routine, we simply show you those that could help you in your quest to maximize the balance of the organism.

This list of foods is based on the indicators that are most relevant to this report. If there are any known allergies or intolerances, continue avoiding those specific foods.

Vegetables



Mushrooms



Watercress



Asparagus



Eggplant



Brussel Sprouts



Tomato



Leaf Mustard



Onion



Ginger



Parsley



Cauliflower



Sweet Potato

Fruits



Blackberry



White melon



Kiwi



Banana



Papaya



Raisins



Blueberry



Currants



Strawberry



Lemon



Grapefruit



Tangerine



Mango



Figs

Dairy & eggs



Eggs



Yogurt



Sheep Milk



Cheese



Cows Milk

Meat products



Turkey



Chicken



Beef



Pork



Chicken Heart



Kidney

Legumes



Soya Beans



Lentils



Beans



Edamame



Peas



Natto

Fish / Seafood



Shrimp



Tuna



Oysters



Cuttlefish



Salmon



Anchovies



Crab



Lobsters



Octopus



Mussels



Cod



Sardines

Nuts & seeds



Pumpkin Seeds



Peanuts



Hazelnuts



Walnuts



Pecans



Almonds



Cashews



Brazil Nuts



Sesame Seeds



Sunflower Seeds



Chia Seeds



Pine Nuts



Pistachios



Flax Seeds



Macadamia Nuts

Cereals



Rice



Corn



Buckwheat



Wild Rice



Millet



Quinoa

Fat & oils



Flaxseed Oil



Hemp Seed Oil



Soya Oil



Olive Oil



Fish Oil

Plants



Hawthorn Berries



Goji Berries



Wheat Grass



Seaweed



Dandelions

Others



Tofu



Nutritional Yeast



Brewer's Yeast



Honey



Salt

Why are these foods recommended?

This list of recommended foods has been customized based on the results of your test. By including these ingredients in your daily nutritional intake, you can help improve your well-being in a natural way, as they have been selected according to the results of your report.



Your next steps

The path to your best version begins here

You've already read all the results, now what? As we said in the beginning of the report, we believe these results can be the start of your journey to a healthier life.

- 1 Avoid your Food Sensitivities for 90 days — [Section 03](#)
- 2 Stop consuming the food additives flagged in the report — [Section 03](#)
- 3 Increase your intake of Recommended Foods — [Section 03](#)
- 4 Make sure you consume food to support your Microbiome daily — [Section 02](#)
- 5 Make sure that you consume the foods to reduce the Toxic Exposure — [Section 02](#)
- 6 Try to reduce the impact of Electromagnetic Fields — [Section 02](#)
- 7 Contact your professional if you have any doubts about your report — [Details on page 1](#)

Write down your aims and objectives

We recommend that you write your goals in a simple way, that they are specific, achievable, realistic and measurable. For example: Go for a walk every other day, at least 1 hour for the next 3 months. For the next two weeks, drink at least 3 glasses of water during the day.

I promise to follow the recommended indications from _____ (dd/mm/yyyy)
until _____ (dd/mm/yyyy) for a total of 90 days.

(Your Signature)



It is time to start living
with your best version

Thank you for placing your trust in our program!



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Disclaimer:

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