

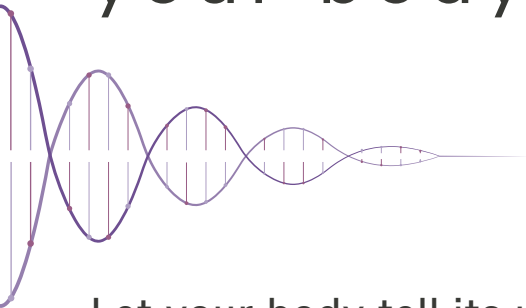
**X** 3x4 GENETICS

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Health is a daily choice



# Listen to your body.



## Let your body tell its unique story.

Our simple to use genetic test will give you deep insight into how to live **longer, healthier and better.**

Have you ever  
wanted to know...



How do I live a healthier and longer life?



How do I improve my physical and mental performance?



How do I live the best version of myself?

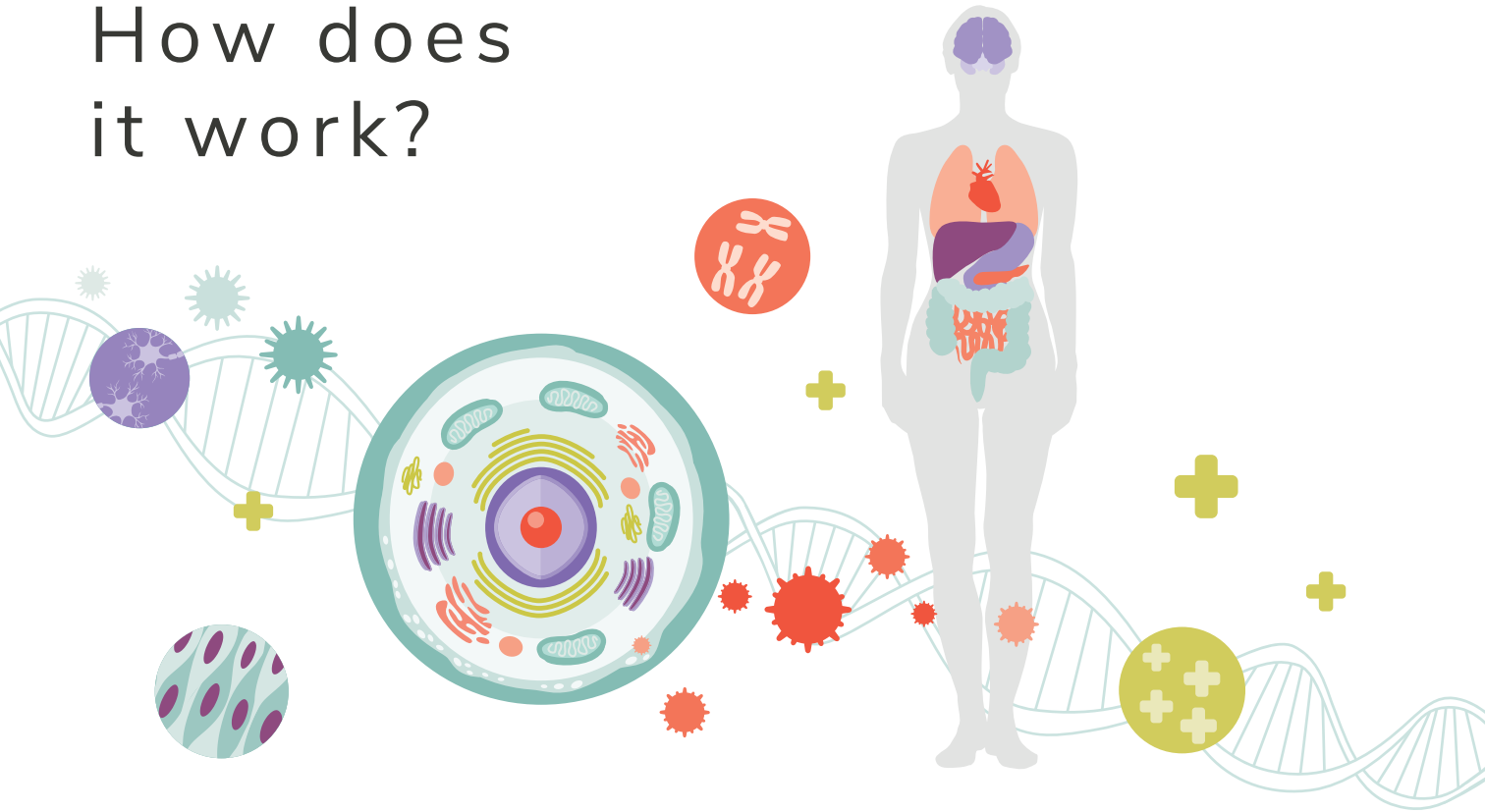


What is the most effective way for me to lose weight?



Why do I keep getting sick?

# How does it work?





## We do the science.

We use advanced testing and analysis to group your genes into functional pathways. The final blueprint uses these pathways to easily explain your body's health story.



## Experts suggest.

Your health practitioner will work through the blueprint with you to examine what daily health choices you can make to ensure lifelong health.



## You choose.

After understanding your individual blueprint and listening to the guidance of a 3X4 health professional you can make informed and sound, daily health choices.



It's as easy  
as swab,  
scan and  
that's it.





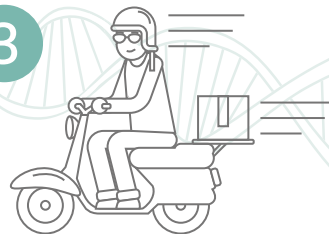
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2



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## Do the test.

You can do your test at home or at your 3X4 practitioner's office. The easy-to-use kit is beautifully packaged and comes with step-by-step instructions. Collecting your genetic sample is as easy as swabbing each cheek for 30 seconds.

## You register.

Once the first step is completed, all you need to do is scan the QR code on your 3X4 kit. Scanning the code will take you to a simple registration page where you will be asked for your details and collection address.

## We collect.

Once you have registered and paid for your sample, 3X4 will send a courier to collect your sample and take it to our state of the art lab for processing.

Within 3 weeks of payment received your genetic blueprint will be ready.

You're unique and  
complex, we really  
like that about you.

## Personalised Weight Loss

Weight loss doesn't need to be hard. Your body already has all the answers.

3X4 is about more than just weight loss, its about giving you the answers you need to make the right daily choices for better health.



## Chronic Illness

By understanding what's happening at a deep cellular level, you can prevent, delay or reverse disease.

In the hands of an expert 3X4 practitioner your blueprint holds the answers to help you achieve long term, sustainable health.

# Optimal Health

Listen to your body so that you can understand yourself at a deeply personal and cellular level.

3X4 gives you the scientific insights to make informed and correct choices about how to live your life so that you can reach your full potential, live longer, fuller and healthier.





## Sport & Activity

Train smarter, not harder.

Are you looking for the edge? Whether you want to take your sport to the next level, minimise injuries or just want to get a deeper insight into how your body works, 3X4 can give you the answers you've been looking for.

# 25 core insights to a better you.



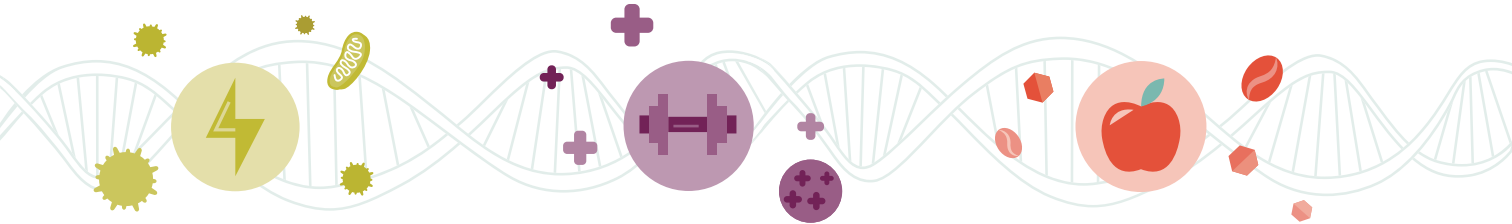
## Cellular Health

Detoxification  
Inflammation  
Oxidative stress  
Methylation  
DNA damage

## Body Health

Brain health  
Blood clotting  
Vascular health  
Sex hormone balance  
Glucose/insulin  
Bone/collagen/joint

# All in 1 blueprint.



## Diet & Energy

- Appetite/satiety
- Pro-inflammatory fat
- Adipogenesis
- Energy expenditure
- Exercise response
- Weight gain/loss resistance

## Activity

- Endurance potential
- Power potential
- Injury risk
- Recovery

## Nutrients

- Vitamin D metabolism
- Salt sensitivity
- Coffee sensitivity
- Coffee metabolism

# The science behind 3X4.

Combining scientific  
research with  
clinical impact.

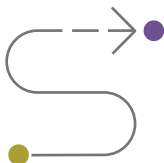






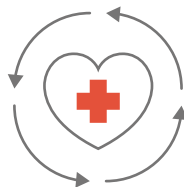
## Systems approach.

Our bodies are complex. Our genes don't work in isolation - they work with each other. We look at how our genes work together in cellular pathways such as inflammation, and in functional systems such as brain or glucose and insulin, to understand your unique health blueprint.



## Going upstream.

Traditionally, we have spent far too much time focusing on and trying to fix symptoms. At 3X4, we want to change this by understanding what's happening at a deep cellular level and empower you and your practitioner to prevent, delay or reverse disease.



## Sustainable change.

We believe that health is not a static condition, but a daily choice. Using your blueprint and the guidance of an expert practitioner you can gain a deeper understanding of your body and the daily choices you need to make.



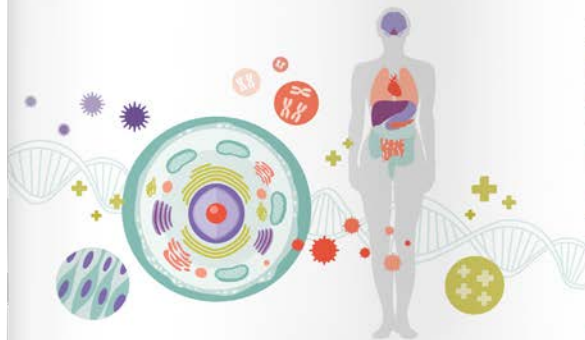
# Ready to find out what your genes say about you?

## Find out more...

If your doctor or health care practitioner is a 3X4  
accredited practitioner, ask them for more information.



3x4 GENETICS



THE PERSONAL GENETIC STORY OF

CANDICE B HUGH

D RESULTS



NUTR

Coffeine  
Vitamin D



3x4 GENETICS

