

Metabolic Health

Which diet suits which person — genetically predisposed, epigenetically verifiable.

SAMPLE

Dried blood card,
fingertip

SCOPE

11 areas of evaluation

RESULT

1 of 4 metabolic types

The analysis combines genetic variants with epigenetic markers and assigns one of four metabolic types.

What is analysed?

Four metabolic types

The analysis evaluates which distribution of macronutrients suits the individual predisposition. The result is one of four types: balanced, carbohydrate, fat or protein — supported by specific portion and recipe suggestions.

Why genetics alone is not enough

Genetic variants do not explain weight behaviour on their own. Epigenetic markers of DNA stability and inflammation are therefore assessed in addition — these respond to lifestyle and can be tracked over time.

Sample material and laboratory

A few drops of capillary blood from the fingertip on a dried blood card — no venipuncture, no cold chain. Analysis is carried out by our cooperation partner against more than 60,000 validated reference values.

KEY POINTS FOR YOUR PRACTICE

- Controlled trials show no advantage of gene-based over good standard dietary advice — the benefit lies in the conversation and in adherence.
- The metabolic type stays stable while the epigenetic markers change — only the latter are suitable for verifying success.
- Genetic analysis: information and consent are required before sampling.

The eleven areas of evaluation

Metabolic type

Genetic variants relating to macronutrient utilisation

Eating behaviour

Predispositions to cravings, satiety and eating patterns

Weight regulation

Weight loss and fat tissue formation

Vitamin metabolism

Vitamin B, vitamin D and folate

Fatty acid metabolism

Utilisation of omega-3 and omega-6

Salt sensitivity

Selected genetic predispositions

Lipid and glucose metabolism

Blood lipids, diabetes, obesity

DNA stability

Epigenetic markers of cellular protective mechanisms

Inflammatory processes

Epigenetic inflammation markers

Skin health

Selected genetic correlations

Sport type

Genetic variants relating to physical predisposition

The workflow in your practice

- 1 Hold the consultation; document the information given and the consent obtained.
- 2 Sampling: prick the fingertip, apply blood to the card, let it dry.
- 3 Send the card to the partner laboratory in the prepared envelope.
- 4 Laboratory analysis of the genetic or epigenetic markers.
- 5 Digital report with traffic-light rating and specific recommendations.
- 6 Review and action plan; follow-up measurement after 4 to 6 months at the earliest.



Who it is for

- Nutritional counselling that needs to go beyond standard plans.
- Prevention practices and health centres running structured weight programmes.
- Clients for whom previous dietary changes have not worked.

PRICING AND TERMS

- B2B terms on request — tiered pricing by volume and contract model.
- Request a quotation: contact@polarisdx.net or +49 152 2858 0999.

Note: the analysis is a consultation and monitoring tool, not a medical diagnosis and no substitute for clinical assessment. Results are placed against a reference population.

Genetic analyses are subject to national genetic testing legislation — in Germany the Gendiagnostikgesetz (GenDG), which requires information and written consent before sampling.

