

Healthy Sport

Eight epigenetic areas describing the current state — the plus variant adds four genetic variants.

SAMPLE

Dried blood card,
fingertip

SCOPE

8 areas, Plus: + 4
variants

REPORT

Score 0-100 plus traffic
light

Using microRNA patterns from capillary blood, eight areas around load, recovery and current resilience are captured.

What is analysed?

Eight epigenetic areas

These markers change and reflect the state at the time of measurement — they are the monitoring part of the analysis.

Plus variant: four genetic variants

The plus variant adds sport type predisposition, correlations with training motivation, risk of muscle damage, and how weight regulation responds to exercise. These values do not change and are determined once.

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

- Eight epigenetic areas as the monitoring part, four genetic variants as the one-off baseline part.
- The report replaces neither a sports medical examination nor performance diagnostics.
- Plus variant: genetic analysis — information and consent are required.

The eight epigenetic areas

Nutritional status

Indicators of nutrition-related processes

Hydration status

Markers of fluid balance

Load level

Indicators of physical strain

Recovery

Repair and restoration processes

Injury risk

Current resilience and overload

Cardiovascular fitness

Markers of endurance capacity

Inflammatory processes

Epigenetic inflammation indicators

Muscle status

Training load and recovery response

Plus variant only

Sport type

Genetic predisposition, power versus endurance

Training motivation

Genetic correlations

Muscle damage risk

Genetic predisposition

Weight regulation

Response to exercise

What the report gives you

- Fitness and health score on a scale of 0 to 100.
- Traffic-light rating for each area (green, amber, red).
- Specific recommendations on training, nutrition and recovery.
- Comparison against the individual baseline at follow-up.



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

- Sports medicine practices and performance diagnostics.
- Sport science, trainers and performance coaching.
- Ambitious amateur and competitive athletes.

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.

