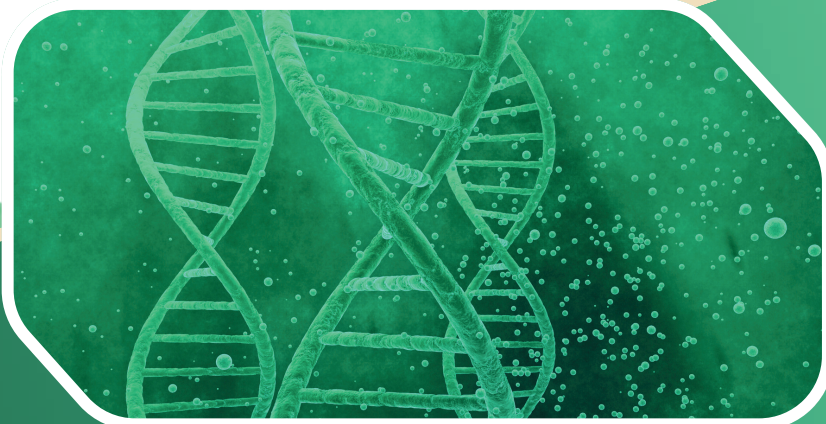




# OptimalDNA

A large, stylized DNA double helix graphic is positioned behind the title 'OptimalDNA'. The helix is rendered in shades of green and yellow, with a small orange pill icon integrated into the 'A'.

## UNLOCK THE STORY WRITTEN IN YOUR DNA

Your genes influence everything—nutrition, detox, hormones, brain chemistry, and more. Optimal DNA connects the dots and shows you what your body truly needs.

### **220+ Genes Analyzed**

Covering nutrition, detox, hormones, inflammation, and fitness

### **Clear, Actionable Insights**

Comprehensive DNA data translated into practical nutrient and lifestyle steps

### **Beyond Bloodwork**

Bloodwork shows your current state—DNA reveals deeper predispositions before problems arise

### **Personalized Path Forward**

Learn how to keep your genetics working for you—not against you

**Ask your Health Professional about Optimal DNA today.**

## Simple Process

1. Collect your sample at home
2. Mail it in using the prepaid envelope to our CLIA-certified lab
3. View your results securely in your OHS Health Portal

# WHY DNA TESTING MATTERS



**Bloodwork is powerful for showing what's happening in your body right now.**

But DNA goes further—revealing predispositions and risks that might not show up in labs until years later. Together, bloodwork and Optimal DNA create the most complete picture of your health.

## What You'll Discover

- **Nutrition & Metabolism** – nutrient deficiencies, sensitivities, weight regulation
- **Detox & Inflammation** – how your body clears toxins and controls inflammation
- **Hormones & Brain Chemistry** – mood, stress, energy, and focus
- **Fitness & Performance** – recovery, endurance, and muscle potential

## What You'll Receive

- Comprehensive report organized by body systems
- Actionable steps for diet, lifestyle, and supplements
- Guidance from your Health Professional to build a personalized plan
- Integration with your NutrientsRx custom program

Find out your genetics before problems arise—  
or learn how to restore balance if they already have.

**Scan the QR code or visit  
[ohs4life.com/dna](https://ohs4life.com/dna) to begin.**

