

myPremiumCheckUp

*"Knowing yourself is
the beginning of all wisdom"*

Aristotle (384 BC - 322 BC)

SAMPLE



Name / Patient ID: 21568963225

Date of analysis: 21.05.2019

Report number: 123344

myPremiumCheckup aims to evaluate the body's nutritional composition through a personalized analysis.

The presence of values outside the norm will be able to return to balance by changing one's lifestyle, starting from a healthy diet, movement and mental well-being.

Any supplement integration will need to be evaluated together with a professional.

The graphs reproduced hereby do not represent a medical report or a clinical-diagnostic evaluation. For a correct interpretation of the results, it is recommended to contact your doctor or an authorized professional.

The following symbols will be used in the overview and analysis profiles:



Value in the norm



Value slightly outside of the norm



Value outside of the norm

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Fatty Acids Profile



Oxidant/Antioxidant Profiles



Inflammation Profile



Circadian Rhythm Profile



Cardiovascular Profile



Brain Plasticity Profile



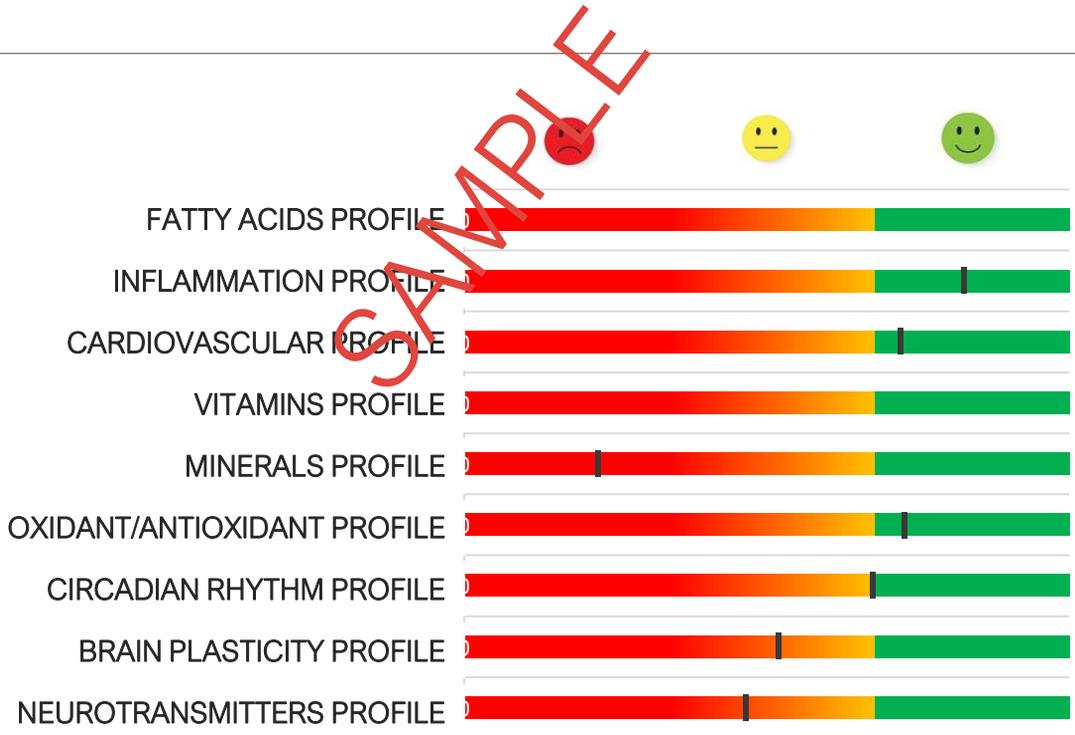
Vitamins Profile



Neurotransmitters Profile



Minerals Profile



This chart is intended to provide an overview of the analyzes to give you an idea of the overall score of each profile. In the following sheets you can view the various profiles in detail.

The chart is calculated by assigning a score to each item that makes up the single profile. In particular, 3 points are assigned to a value "in the norm" (green), 2 points if "slightly outside the norm" (yellow) and 1 point if "outside the norm" (red).



Profile Oxidant and Antioxidant

Analysis of free radicals and antioxidant potential

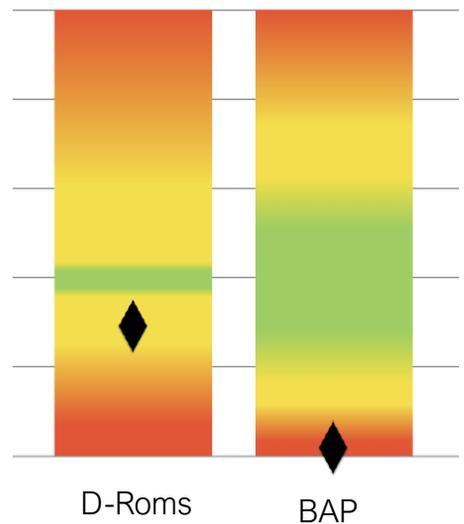
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OXIDANT AND ANTIOXIDANT PROFILE



Oxidation is a chemical reaction that occurs in all the cells of our body and that allows, among many things, the production of energy. The consequence of this reaction is the formation of molecules, called free radicals, which, if not neutralized, can cause damage at the cellular level. These molecules are strongly correlated to the genesis of numerous pathological and aging states. This is why our body is equipped with systems capable of neutralizing them, rendering them harmless. Stress and poor diet cause an imbalance between oxidizing molecules and antioxidants. This imbalance can result in premature aging and the development of chronic degenerative diseases. This test gives us information on the "balance" between the oxidants and antioxidants in our body.



Value Acronym	Measured Value Name	Values	Min.	Max.
D-Roms	Reactive oxygen radicals	3	5	10
BAP	Antioxidant biological potential	5	5	10

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Value Name	Results	Description	Nutrition Source
Reactive oxygen radicals		It indicates the oxidizing charge present in our body. An increase suggests the presence of a high proportion of free radicals that can cause numerous diseases, as well as an early aging.	Smoking, alcohol, drugs, environmental pollution, some food additives, elaborate methods of cooking food, UV rays, inflammatory processes in the body.
Antioxidant biological potential		It indicates the antioxidant power; that is, how much we are able to defend ourselves from the attack of free radicals.	Juice from black grapes, blueberries, green cabbage, spinach, beets, blackberries, Brussels sprouts, grapefruit, strawberries, oranges.

The Pillars of Health

Lifestyle, nutrition, movement and positive thinking

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LIFESTYLE

To find one's own balance it is essential to implement a change in one's lifestyle. We must be able to carve out some time for ourselves to feed both mind and body. For this purpose, it is essential to follow a correct diet, to do regular physical activity and always carry positive thoughts, even when the circumstances do not seem to allow it.



NUTRITION

Nutrition provides our body with the energy and essential bricks to life. This is why it is crucial to carefully choose the foods we eat, so as to provide our bodies with the best raw materials for their needs. Many of the substances contained in food have direct effects on our body, protect us from aging, stimulate the immune system and tissue regeneration, help the brain to function well. More than two centuries ago, the gastronomist Savarin coined the phrase "tell me what you eat and I'll tell you who you are".



POSITIVE THINKING

The way you think is often much more important than you suspect, sometimes even more than the object of your thinking. The characteristic that separates a good result from a great result is the ability to think of yourself as a successful person. Change your perspective, exercise positive thoughts and move the bar of goals that you will be able to reach higher. Nothing compares to self-confidence to create a successful reality. Put your doubts aside and start believing that you will succeed in achieving your goals.



MOVEMENT

Physical activity is now considered by all physicians the drug *par excellence*, capable of having beneficial effects in all diseases and at all ages. It helps to control stress, confers a state of general well-being, it is essential to achieve and maintain a healthy body weight. Regular exercise also improves self-esteem, keeps bones, muscles and joints healthy, counteracts the onset of cardiovascular diseases, diabetes, hypertension, tumors and mood changes.



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