



Offer the Best Patient
Health Journey with the
Power of Genetics



A GROWING GLOBAL AWARENESS

3X4 Genetics is preeminently positioned to capitalize on these emerging insights

~80%

of chronic diseases
are caused by lifestyle factors

3X4 tests tell you how to prevent,
delay or reverse these diseases,
ensuring longevity

95%

of people that try to diet fail and
2.2 billion in the world are obese

3X4 can take the guess-work out
of dieting and optimize a unique
weight-loss plan.

3/5

people around the world die
from a disease linked to inflammation

3X4 reports how your genes
work together in cellular
pathways and functional systems

FUTURE OF HEALTHCARE

Most individuals and physicians agree that **genetic testing** offers promise for more **personalized health care** and **better outcomes**.

75%

of individuals in the U.S.A said they'd be more likely to follow their physician's advice if they knew their **GENETIC** profile was used to **personalize** their care.

92%

of physicians in the U.S.A say **GENETICS** is an important part of an individual's **complete health picture**.

GOLDEN OPPORTUNITY

17%

Only **2 out of 10 USA individuals** have had a genetic test done. Of those 2, the genetic test done was found to be **CLINICALLY IRRELEVANT**.

WHY 3X4 GENETICS?

Starting individuals with Genes First provides the **missing link** to a personalized approach to increase health span and **prevent, reverse, delay and manage** pain or chronic disease.

G

+

H

=

P



Genetics



Health Care



Personalized Health Care

WHY 3X4 GENETICS?

3X4 delivers a **single test** with a quick and easy **cheek swab**.



176 Individual SNPs Tested



36 Metabolic and Biochemical Pathways



6 Key Health Areas



Weight
Balance



Heart
Health



Blood Sugar
Regulation



Brain
Health



Fitness &
Tissue Health



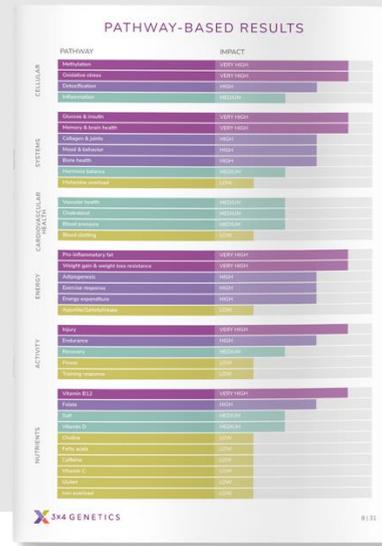
Hormone
Health

WHY 3X4 GENETICS?



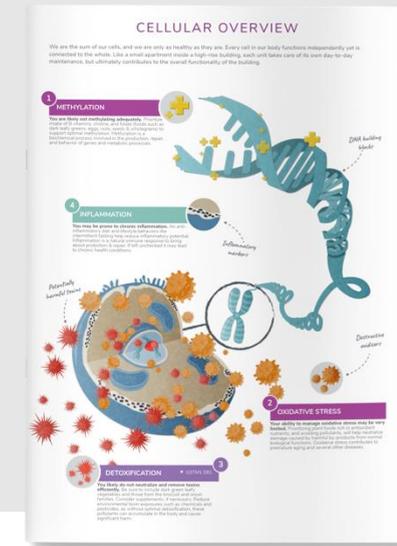
Advanced Patented Technology

- Patented *Darwin* methodology determines the impact of individual gene variants on multiple pathways.
- Genes are chosen for both scientific validity and clinical utility.



Pathways Based Approach

- Pathway-based polygenic scores determine the impact of genes on 36 metabolic areas or pathways.
- Weighted genetic scores determine the impact threshold for each metabolic pathway.



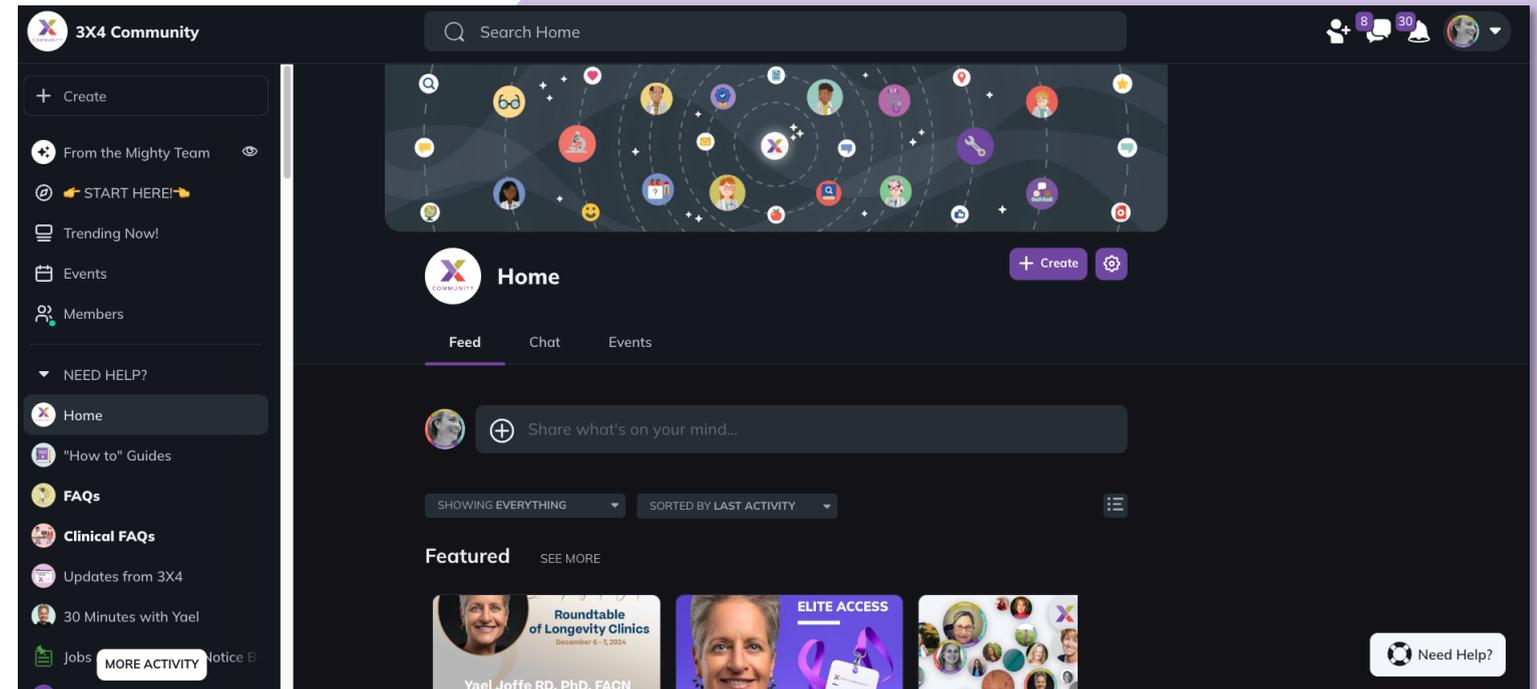
UX Friendly Report

- Language of color and personalized visuals improves client engagement.
- Clinical guide provides diet, lifestyle, supplement and functional test recommendations to support practitioners.

WHY 3X4 GENETICS?

Industry leader in practitioner community

- Fastest growing practitioner network in the US.
- Leading nutrigenomics courses for all levels.
- Mentorship team provides clinical translation.
- Award-winning community platform and app.
- Online community supported 24/7.
- Over 4000 likeminded healthcare practitioners networking



WHY 3X4 GENETICS?

One-of-a-kind Interactive Blueprint

- Easy search function.
- Fast overview of highest-risk areas.
- One-click access to 3X4 Clinical Guide.
- PRAC FEEDBACK - TIME SAVER: reduces client report preparation from 3 hours down to 15 min!
- User-friendly for all levels of clinicians.

3X4 Sample Blueprint v4.0 [Patient PDF](#)

Home ⓘ Select a pathway to view its associated genes or select a gene to view its associated pathway and categories.

Pathways (36)

Impact: Top 3 Very High High Medium Low

Categories: Cellular Systems Cardiovascular Energy Activity Nutrients

Sort: Category - Impact: Very High to Low

Pathway	Category	Impact
<input type="checkbox"/> Inflammation ⓘ	Cellular	Very High
<input type="checkbox"/> Methylation ⓘ	Cellular	Very High
<input type="checkbox"/> Oxidative stress ⓘ	Cellular	Very High
<input type="checkbox"/> Detoxification	Cellular	Medium
<input type="checkbox"/> Collagen & joints	Systems	Very High
<input type="checkbox"/> Glucose & insulin	Systems	Very High
<input type="checkbox"/> Memory & brain health	Systems	Very High
<input type="checkbox"/> Bone health	Systems	High
<input type="checkbox"/> Hormone balance	Systems	Medium

Genes (161)

Impact: Very High High Medium Low

Feature: Popstar ⭐ Protective 🟢 Slow Response 🟡

Sort: Impact: Very High to Low

Gene	Variant	Result	Impact
<input type="checkbox"/> ACE ⭐	Ins/Del	II	Very High
<input type="checkbox"/> ACTN3 ⭐	577 R/X	RR	Very High
<input type="checkbox"/> GSTM1 ⭐	INS/DEL	DEL	Very High
<input type="checkbox"/> TCF7L2	IVS3 C>T	TT	High
<input type="checkbox"/> CYP2R1	A>G	GG	High
<input type="checkbox"/> 5HT2A	-1438 G>A	AA	High
<input type="checkbox"/> CYP1B1	Leu432Val C>G	GG	High
<input type="checkbox"/> TCN2 ⭐	776 C>G	GG	High
<input type="checkbox"/> FTO	87653 T>A	AA	High

WHY 3X4 GENETICS?

State of the Art 3X4 Clinical Guide

- Detailed info about every SNP in the 3X4 Blueprint Report.
- Search by SNP, metabolic area, pathway, supplement, condition, food items, and more.
- Functional test pairing recommendations.
- Population frequencies linked.
- Diet, lifestyle, and supplement recommendations.



MTHFR

METHYLENETETRAHYDROFOLATE REDUCTASE

677 C>T

The *MTHFR* gene provides instructions for making an enzyme called methylenetetrahydrofolate reductase. This enzyme converts a form of folate called 5,10-methylenetetrahydrofolate to a different form of folate called 5-methyltetrahydrofolate. This is the primary form of folate found in blood and is necessary for the multistep process that converts the amino acids, homocysteine to methionine. The body uses methionine to make proteins and other important compounds. Gene variants involved in B vitamin absorption, metabolism, and function have been associated with an increased risk for various diseases like cardiovascular diseases (CVD), neural tube defects, Down's syndrome, psychiatric or cognitive disorders (depression), and cancers.

RS Number

rs1801133

Impact Allele

T allele

Appears in

- cellular Detoxification (3X4 Blueprint)
- cellular Methylation (3X4 Blueprint)
- systems Memory & brain health (3X4 Blueprint)
- systems Mood & behavior (3X4 Blueprint)
- systems Hormone balance (3X4 Blueprint)

Using 3X4 Genetics is essential for all my patients because you can really target their treatment.

Using genetics enables me to take my patients to a whole other level of health. We have been attending monthly mentorship sessions with the 3X4 Mentorship team. These ladies have not only assisted us with gaining confidence in our interpretation of reports and SNPs but also the clinical translation of these. This has allowed us to put Genes First in our clinic, meaning all patients who come through our doors are required to do a 3X4 Genetics test so we can personalize their interventions. This is a game changer in personalized longevity medicine.

- FRANK LIPMAN, MD
Eleven Eleven Wellness Center
and The Well NYC



ELEVEN ELEVEN
WELLNESS CENTER



PRACTITIONER TESTIMONIALS



I've used other nutrigenomic labs before but 3X4 by far has been the most insightful.

The reports are robust, research based, and the information is presented in a way that is not overwhelming for the clinician nor the patient. Their clinical team is very knowledgeable and supportive, providing weekly webinars, ongoing online support and one on one trainings if requested. Their online clinical guide and interactive reports are excellent and integrate a lot of information that is easy to access quickly. I now recommend this lab for most of my clients to help me provide dietary plans that have taken personalized nutrition to a new level!"

- MAGGIE WARD, MS, RD, LDN
Nutritional Director,
The UltraWellness Center, Lenox, MA

THE
ULTRAWELLNESS
CENTER



CLINIC TESTIMONIALS

The clinic mentorship sessions with Marina and Annelie have been transformational in our understanding of nutrigenomics

and the 3X4 framework. What an amazing opportunity to be able to pick the brains of these nutrigenomics experts. These sessions have improved our knowledge and pushed us to further understand the human body. We're helping more people feel their best, the ultimate goal of our practice.

- **LESLIE EDMUNDS, MPH, RDN, CDE, CLT,**
Founder / Owner,
Clem&Thyme



CLINIC TESTIMONIALS

DELIVERING HEALTHY AGING WITH OUR LEADING INDUSTRY PARTNERS

