



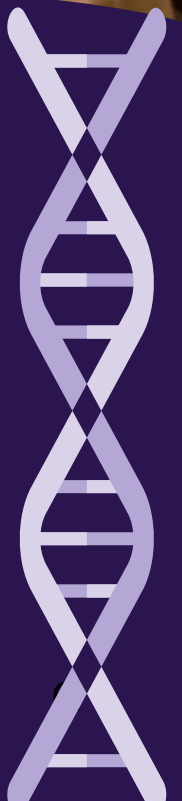
curax



Our body deserves more love

Age gracefully with the right diet fit for you

Includes Consultation
Session With Our
Qualified Dietician



<http://www.curax.com.my>

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Diabetes


Obesity


Kidney


Cancer


Arthritis


Hyper tension


Asthmatic


Cholestrol

What will you know from the DNA Test?

Sensitivity towards carbohydrate.	High	Low	Carbohydrate Treatment
Sensitivity towards salty food	High	Low	Salty Food Treatment
Sensitivity towards caffeine	High	Low	Caffeine Treatment
Obesity risk	High	Low	Weight Loss Program
Sensitivity towards protein.	High	Low	Protein Treatment
Nutrient needs (for e.g Iron)	High	Low	Nutrients Supplements
Appetite control	High	Low	Appetite Treatment
Exercise Injury related risks	High	Low	Walking Treatment

Purchase Our DNA Test Online

Step

1.



Go to our website at
<http://www.curax.com.my>

Step

2.



Choose the suitable package that you wanted to buy and complete the purchase.

Step

3.



A parcel containing the DNA test kit will be posted directly to you.

Steps To Be Taken After Purchase.

Step

1.



Receive our DNA Test Kit and take your saliva sample.

Step

2.



Our team shall collect your saliva sample and send it straight to the lab.

Step

3.



The lab will run the DNA analysis. The lab will take 4-5 weeks to process the analysis.

Step

4.



Upon completing the analysis, your DNA information will be printed into a report.

Step

5.



Make an appointment with us for you to bring the report to us for an interpretation of the report.

Sample Reports You Will Get

Nutrient Needs



Vitamin B12 (Pg.23)

Your results suggest that you have poor absorption of vitamin B12. It is recommended that you consume more vitamin B12 for a healthy nervous system.

Higher Needs



Vitamin C (Pg.24)

Your results suggest that you have normal vitamin C metabolism. Vitamin C is important for your skin and immune system.

Normal Needs



Vitamin D (Pg.25)

Your results suggest that your vitamin D metabolism is slightly inefficient. About 75% of people are the same as you. Consider boosting your vitamin D intake for strong bones and muscles.

Moderate Needs



Vitamin E (Pg.26)

Your results suggest that you have higher vitamin E needs. Consider to increase vitamin E intake to over 15 mg/day for adults.

Higher Needs



Calcium (Pg.27)

Your results suggest that you have normal calcium needs. Try to maintain your calcium intake at 1000-1200 mg/day for men and women.

Normal Needs



Iron (Pg.28)

Your results suggest that you have higher iron needs. Consider to increase iron intake to over 8 mg/day for men and 18 mg/day for women. It is not advisable to exceed the intake more than 45 mg/day.

Higher Needs



Zinc (Pg.29)

Your results suggest that you have higher zinc needs. Consider to increase zinc intake to over 11 mg/day for men and over 8 mg/day for women. It is not advisable to exceed more than 40 mg/day.

Higher Needs



Magnesium (Pg.30)

Your results suggest that you have normal magnesium needs. Try to maintain your magnesium intake at 400-420 mg/day for men and 310-320 mg/day for women.

Normal Needs



Phosphorus (Pg.31)

Your results suggest that you have normal phosphorus needs. Try to maintain your phosphorus intake at 700 mg/day for men and women.

Normal Needs



Coenzyme Q10 (Pg.32)

Your results suggest that you have higher coenzyme Q10 needs. Consider to increase coenzyme Q10 intake to over 60 mg/day for adults.

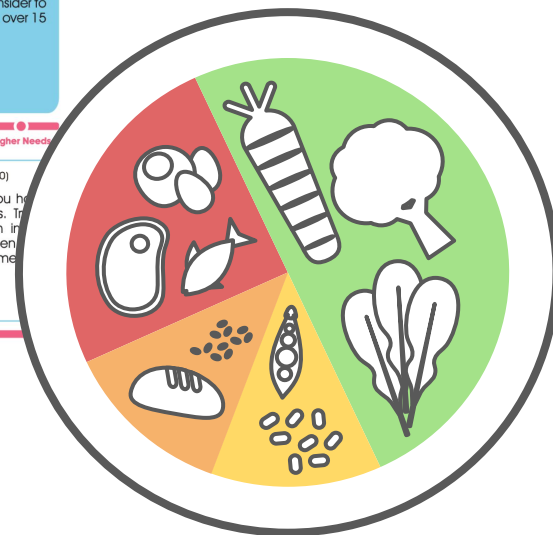
Higher Needs



Selenium (Pg.33)

Your results suggest that you have normal selenium needs. Try to maintain your selenium intake at 55 ug/day for adults.

Normal Needs



Food & Dietary Sensitivities



Carbohydrate (Pg.35)

Your results suggest that your body responds normally to carbohydrates, which is true for about 50% of the population.

Normal Sensitivity



Fat (Pg.36)

Your results suggest that you respond normally to fats. However, your cholesterol level can still be influenced by the amount of fat you consumed.

Normal Sensitivity



Caffeine (Pg.37)

Your results suggest that you are sensitive to caffeine. Anxiety and sleep problems are more likely to show up even with low caffeine intake. Try cutting down your caffeine consumption.

Higher Sensitivity



Sweet (Pg.38)

Your results suggest that you have normal preference towards sugar. Try to consume not more than 10 teaspoons of sugar a day.

Normal Sensitivity



Salt (Pg.39)

Your results suggest that you have normal sensitivity to salt.

Normal Sensitivity



Taste (Pg.40)

Your results suggest that you are sensitive to taste. Your sensation of taste will be enhanced. Your eating behavior is more likely to be influenced by how foods taste.

Super Taster



Alcohol (Pg.41)

Your results suggest that you respond normally to alcohol. You have a better tolerance to alcohol and are less likely to blush. Don't drink more than you can handle.

Normal Sensitivity



Lactose (Pg.42)

Your results suggest that you body cannot tolerate lactose. Your lactose digestion is likely to be poor. Gut bacteria can help to alleviate symptoms of lactose intolerance and allow you to consume moderate amounts of lactose.

Intolerant



Gluten (Pg.43)

Your results suggest that you may have mild allergy to gluten. You have moderate ability to digest gluten. Wheat is one of the grains that contain gluten.

Moderate Sensitivity

Well-Being



Total Cholesterol (Pg.45)

You are more likely to have normal level of total cholesterol.

Normal Level



Low Density Lipoprotein (Pg.46)

You are more likely to have normal level of LDL.

Normal Level



High Density Lipoprotein (Pg.47)

You are more likely to have normal level of HDL.

Normal Level



Triglyceride (Pg.48)

You are at a moderate risk of getting higher level of triglycerides, please pay attention to your food intake.

Moderate Level



Obesity Risk (Pg.49)

Your results suggest that you have normal obesity risk. However, it is still important to consume a healthy balanced diet and be physically active.

Normal Risk



Metabolic Response (Pg.50)

Your results suggest that you have a genetic variation associated with low metabolic rate. You may find it more challenging to lose weight compared to people with normal metabolic response.

Lower Response



Appetite Control (Pg.51)

Your results suggest that you have normal appetite control. Try to consume a balanced healthy diet.

Normal Control



Inflammation (Pg.52)

Your results suggest that you are more likely to have higher inflammation which could lead to arthritis. Try to increase your intake of omega-3.

Inflammatory Response

Increased Response

Anti-Inflammatory Response

Decreased Response



Detox Phase I: Toxin Generation Speed (Pg.53)

Your results suggest that preserved foods will make your body produce more unhealthy chemical compounds. Over time, these toxins have the potential to harm your health by destroying your DNA and the protein in your cells.

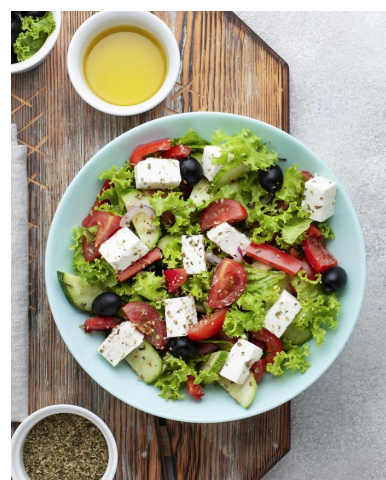
Higher Speed



Detox Phase II: Cruciferous Vegetable Needs (Pg.54)

Your results suggest that you have normal detoxification speed. Aim for at least 1-2 servings per week of cruciferous vegetables.

Normal Needs



Our Philosophy at Curax™

At Curax, we believe in the power of family and healthcare professionals working together to provide the best possible care for your loved one at home. We are dedicated to helping individuals and families navigate the complex world of care management. Our team is committed to providing personalized, comprehensive, and compassionate care services to meet the needs of individuals and families in any situation. We strive to build strong relationships with our clients, their families, and healthcare providers, so that we can provide the best care experience possible. With a focus on communication, respect, and understanding, we work together to ensure the safety and wellbeing of everyone involved. Thank you for considering Curax and we look forward to working with you!





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