

What ReGENErate™ Measures

ReGENErate™ is an advanced nutrigenomic panel that focuses on the genetic foundations of metabolic function to inform a **personalized diet and care plan to support enduring metabolic health**, which can be crucial for overall health and disease prevention.

Metabolic Health and Function

- 1

GLP-1 Response Testing
Identifies genetic markers that may affect how your body responds to GLP-1–related pathways, which influence appetite and blood sugar control.
- 2

Metabolic Risk Factors
Evaluates genetic tendencies related to obesity, insulin sensitivity, blood lipid balance, and blood pressure regulation.
- 3

Cellular Function
Analyzes how well your genes support processes like mitochondrial energy production, detoxification, thyroid function, inflammation control, and oxidative stress management.
- 4

Behavioral and Psychological Factors
Considers how genetics may impact satiety, cravings, emotional eating, and sleep regulation – all key drivers of metabolic health.
- 5

Chrononutrition Insights
Examines your body’s natural circadian rhythm to understand how meal timing affects your energy balance and metabolism.

Ask Your Provider About
ReGENErate™ Today!

What ReGENErate™ Measures

- Personalized Nutrition & Lifestyle Design**
 - Diet Type Response:** Predicts your body’s likely response to popular eating styles such as low-fat, low-carb, or fasting plans.
 - Food Intolerances:** Identifies possible genetic sensitivities to lactose, gluten/casein, histamine, caffeine, or alcohol.
 - Taste Preferences:** Looks at your genetic taste tendencies (sweet, salty, richness/fat sensitivity) to guide enjoyable and sustainable food choices.
 - Nutrient Metabolism:** Evaluates how effectively your body processes vitamins (D, B, A, C, E), minerals (calcium, magnesium, iron, zinc, selenium), essential fatty acids, and more.
 - Socioeconomic & Lifestyle Considerations:** Takes into account how stress, access, and social factors influence eating habits and long-term adherence.
 - Optional Lifestyle Questionnaire:** Adds even greater personalization by integrating your habits, preferences, and goals.

Clear, Actionable Results



Drivers of Metabolic Dysfunction

Result Score Key:
● High Action Suggested ● Medium Action Suggested ● Little to No Action Needed

Thyroid Function				
YOUR RESULT	GENE	rsID	GENOTYPE	DESCRIPTION
50%	PDE8B	rs4704397	AG	Predisposition to moderately increased risk for hypothyroidism, including sub-clinical hypothyroidism
	DIO1	rs2235544	AC	Predisposition to moderately reduced conversion of thyroxine (T4) to active thyroid hormone, triiodothyronine (T3)
Lifestyle Recommendations				
Ensure optimal status of essential nutrients needed for thyroid function, including vitamin A, vitamin D, magnesium, zinc, iodine, and selenium. Prioritize blood sugar balance and cortisol management. Consider monitoring biomarkers of thyroid functions, including TSH, free T4, free T3, reverse T3, TPO Ab, and TgAb. Thyroid Synergy™ , if thyroid function is suboptimal				

The Testing Process



Simple Collection

Your provider orders the ReGENErate™ kit. A quick, painless cheek swab collects your DNA in less than a minute.



Genetic Analysis

Your DNA is analyzed in Fagron Genomics US’s **CLIA-certified, COLA-accredited laboratory** to identify variants related to metabolism, nutrient absorption, and energy use.



Personalized Results

- You and your provider receive two reports:
- Patient Summary Report:** A clear, easy-to-read overview of your results.
 - Provider Report:** A detailed genetic interpretation and evidence-based recommendations.

Your Custom Diet and Care Plan

Your provider uses your genetic insights along with your food intolerances, preferences, and lifestyle to design a personalized diet and care plan focused on:



- Improving metabolic efficiency
- Supporting energy balance
- Reducing metabolic stress
- Encouraging sustainable nutrition habits

Personalized Diet and Care Plan

Your plan is built not just on your DNA, but on your **real life**; integrating your genetic traits, environment, and preferences into a diet plan that **you** can enjoy.

Why Fagron Genomics US

Fagron Genomics US delivers clinically actionable data to providers faster, helping them provide precise nutrition and integrative care with confidence.

Why Providers Partner with Fagron:

- ✓ **Fast, Trusted Results:** Our Austin-based lab processes all samples in-house, with most reports delivered to your provider within **5–7 business days**.
- ✓ **CLIA-Certified, CAP Proficiency Participant:** Ensures quality, reliability, and ongoing validation of all methodologies.
- ✓ **Scientific Relevance:** We focus on **clinically significant** variations and immune markers, avoiding non-actionable data.
- ✓ **Action-Oriented Testing:** Reports focus on interventions (diet, lifestyle, nutraceuticals), not abstract risk scores.
- ✓ **Data Privacy & Security:** Patient information is never shared or sold.

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References

1. Duarte, M. K. R. N., Leite-Lais, L., Agnez-Lima, L. F., Maciel, B. L. L. & Morais, A. H. de A. Obesity and Nutrigenetics Testing: New Insights. *Nutrients* 16, 607 (2024).
2. Horne, J., Gilliland, J., O'Connor, C., Seabrook, J. & Madill, J. Enhanced long-term dietary change and adherence in a nutrigenomics-guided lifestyle intervention compared to a population-based (GLB/DPP) lifestyle intervention for weight management: results from the NOW randomised controlled trial. *BMJ Nutr Prev Health* 3, 49–59 (2020).
3. Arkadianos, I. et al. Improved weight management using genetic information to personalize a calorie-controlled diet. *Nutr J* 6, 29 (2007).

Legal Disclaimer

Fagron Genomics US carries out metabolite tests upon request by healthcare professionals. Our tests do not replace a medical, nutritional, or any other professional advice, nor do they make up advice, diagnoses, or treatment, and they should not be interpreted this way. Only healthcare professionals can interpret the results of said tests, based on their knowledge of the clinical records of the patients and other relevant factors. Under their authority, such healthcare professionals also give a diagnosis or prescribe treatment to the patient. Fagron Genomics US declines all liability derived from the use and interpretation of the results of our tests by healthcare professionals. Fagron Genomics US expressly reserves any legal actions in case of an inappropriate, negligent, or incorrect use or interpretation of the results of our tests. It is the responsibility of the healthcare professional who requests a test to guarantee to the patient the clinically appropriate advice. It is agreed that if Fagron Genomics US should be found liable for any losses or damages attributable to the services provided, the liability shall be limited to and not exceed the amount of the fee paid by the customer for the services; this limit of liability may constitute the re-test/re-provision of the service or a refund of the fee paid.

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ReGENErate™

Delivering a personalized, **genetics-based diet and care plan with GLP-1 Response Testing**



**A Nutrigenomic Assessment
for Revealing the Foundations
of Enduring Metabolic Health**

