

## Total reports

### WELLNESS FEATURES

#### Diet & Nutrition

Uncover your nutrition needs, food allergies, eating disorders and taste sensitivity to optimize your diet.

#### Sports & Fitness

Unlock your optimal fitness potential by understanding your sports and fitness profile (power, strength, endurance, speed & agility) and injury risk to achieve your fitness goals quicker.

#### Personality

Discover your Big 5 personality traits, success traits & talents to improve your life and work more successfully.

#### Lifestyle

Learn about how your DNA affects your well-being (e.g. sleep pattern, stress & more) and manage your lifestyle better.

#### Skin

Take advantage of your genetic makeup including skin aging, hair loss and more to optimize your skin care routine.

#### Allergies

## Essential

700+ reports

7 Categories



## Complete

1,300+ reports

21 Categories



## Ultimate

1,700+ reports

30 Categories



Get a comprehensive understanding on your allergy profile including foods, insect bites, hay fever and many more to reduce exposure.

### **Drug Response**

Learn about your genetic responses to more than 400 FDA-approved drugs, and identify medications that are more likely to work well for you.

## **HEALTH FEATURES**

### **Cancer Risks**

Assess your risk of common cancers such as breast, colorectal & prostate cancers so you may take the right actions early.

### **Cardiovascular Diseases**

Know your genetic predisposition to cardiovascular diseases such as high blood pressure, heart attack, coronary atherosclerosis and more, so you can start taking the right preventive actions.

### **Metabolic Diseases**

Uncover and mitigate your risk of developing diabetes, obesity, high cholesterol and more with preventive clinical action plans.

### **Brain & Mental Health**

Attain optimal mental wellness and vitality by unlocking genetic insights on key brain and mental functions including dementia, Alzheimer's diseases, psychological resilience and many more.

### **Neurological Disorders**



Plan, prepare and protect your future by understanding how your DNA relates to neurological disorders such as stroke, aneurysm, Parkinson's diseases and more.

### **Bone Health**

Assess your risk of osteoporosis, arthritis, scoliosis, back pain and more at early age to give you ample time to take preventive measures.

### **Gastrointestinal Health**

Improve your gut health today to avoid stomach and liver diseases such as fatty liver, hepatitis, inflammatory bowel disease, gastric ulcer, and more.

### **Respiratory Health**

Know your genetic predisposition to asthma, chronic obstructive pulmonary disease (COPD), emphysema and more to prevent breathing problems in an infant, child, adolescent, or young adult.

### **Renal Health**

Discover more about your kidney health such as the tendency of developing chronic kidney disease to help provide management strategies for you and your family and harness the benefits of earlier detection.

### **Reproductive Health**

Get personalised action items including management of dysmenorrhea pain, endometriosis, polycystic ovary syndrome, erectile dysfunction and more to optimize reproductive health and sexual life.

### **Vision & Hearing**

Uncover and mitigate your risk of developing vision and hearing issues such as advanced age-related macular degeneration (AMD), cataracts, glaucoma, tinnitus and more with preventive action plans.



### **Immune System**

Gain insight into your risk of developing autoimmune and inflammatory diseases such as myasthenia gravis, systemic lupus erythematosus (SLE), rheumatoid arthritis and more so you may take the right actions early to plan, prepare and protect your future.

### **Infectious Diseases**

Learn your susceptibility to bacterial or viral infections and disease outcomes (including COVID-19) to minimize your risk and optimise your recovery, should you get infected.

### **Family Planning**

Assess your carrier status across 370 common hereditary conditions including cystic fibrosis, deafness & thalassemia that may be passed on to your child.

## **HEREDITARY FEATURES**

### **Hereditary Cancer**

Uncover and mitigate your risk of inheriting cancer-causing mutations such as BRCA1/2 in breast cancers, APC in colorectal cancers and more that may run in the family, to take the right actions early to plan, prepare and protect your future.

### **Hereditary Blood Disorders**

Uncover and mitigate your risk of hereditary blood disorders such as thalassemia, bleeding disorders and more to minimize your risk.

### **Hereditary Immune System Disorders**



Uncover and mitigate your risk of hereditary immune system disorders such as cystic fibrosis, autoinflammatory and autoimmunity syndromes to prevent health problems in an infant, child, adolescent, or young adult.

### **Hereditary Neurological Disorders**

Uncover and mitigate your risk of hereditary neurological disorders such as Amyotrophic Lateral Sclerosis (ALS), Epilepsy and more to plan, prepare and protect your future.

### **Hereditary Skin Conditions**

Uncover and mitigate your risk of hereditary skin conditions such as Xeroderma Pigmentosum and more to overcome your dermatological needs.

### **Hereditary Endocrine Diseases**

Uncover and mitigate your risk of hormonal imbalance such as Androgen Insensitivity and more to identify treatment may be right for you.

### **Hereditary Cardiovascular Diseases**

Uncover and mitigate your risk of hereditary heart diseases such as Cardiomyopathy and more so you and your family can monitor the symptoms earlier.

### **Hereditary Eye Conditions and Diseases**

Uncover and mitigate your risk of hereditary eye conditions such as Alport Syndrome, Inherited Retinal Disorders and more, so that so you and your family can seek early treatment before the conditions become serious.

### **Hereditary Renal Diseases**

Uncover and mitigate your risk of hereditary renal diseases such as Cystic Kidney Disease and more, to help



you stay as healthy as possible and control the associated problems.

### OTHER FEATURES

#### One-to-One Consultation

Complimentary face-to-face or virtual consultation with healthcare professional including Dietician, Pharmacist, Family medicine specialist or Genetic Counsellor.

#### One-to-One Genetic Counselling

Complimentary face-to-face or virtual consultation with a Certified Genetic Counsellor.

#### Web App + PDF Reports + Prints

Access your DNA results with the official SuperDNA App, PDF report, or prints.

#### Lifetime Update

Receive free updates to new features, reports & categories.

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RM 69 per year

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