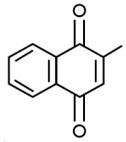


What we analyze



Metabolites



Environment
& Diet



Pharmacogenetics



Genetics



Proteins



Health & Lifestyle
History

We analyze the most diverse range of biomarkers in North America to show your current health risks.

Your health is more than your genetics. Our preventive health assessments analyze not only your genetics, but also your metabolites, proteins, nutrients and toxins to give you the full picture. Then, we design a personal diet and fitness plan to help you stay healthy.

Did you know?

Genetics has only a small impact on our health. 70-90% of our health outcome is related to our environment and lifestyle.

EARLY DETECTION

“ I found my results hugely motivating. Now I know my risks for heart disease and diabetes, I can make lifestyle changes to prevent long term issues. ”

*Eric, 50
Family history of heart disease*

How it works



Give Sample

Visit one of our labs



Data Analysis

We connect all the dots



Explore Results

Online, anytime, anywhere



Personalized Plan

Track progress and repeat!

Learn more at
www.molecularyou.com

Get the full picture of your health

with a health assessment that looks at your genetics, lifestyle, diet & environment.



molecular
you PERSONALIZED HEALTH

molecular
you PERSONALIZED HEALTH

“The real power of this testing is early detection of the root causes of aging and chronic disease. If we can detect these earlier and make sustainable lifestyle changes, we could avoid a lot of disease.”

Dr. Lawrence Cheng, Co-founder & Clinical Director, Connect Health

What you will learn



Medications

Discover what drugs may harm you.



Nutrition

Personalized diet recommendations.



Supplements

Know which supplements you should be taking.



Fitness

Personalized fitness plans to improve your health.



Alzheimer's

Know if you are at risk and how to minimize it.



Heart Health

Check multiple markers for heart health.



Immune Health

Learn what factors influence your immunity.



Inflammation

Learn how inflammation affects your health.



Cancer

Learn your inherited risk factors.



Toxins

Discover heavy metal exposures.



Diabetes

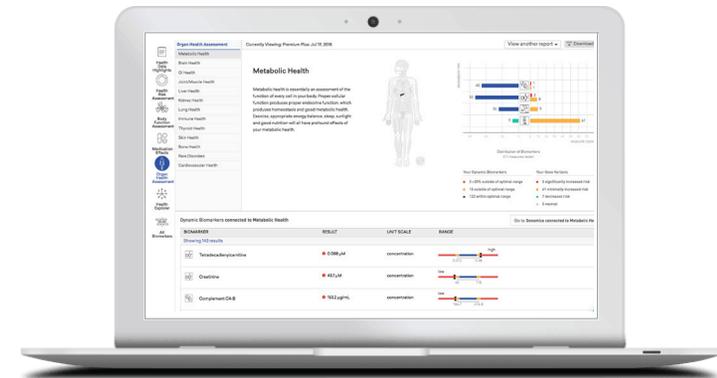
Spot the early signs and get an action plan.



Depression

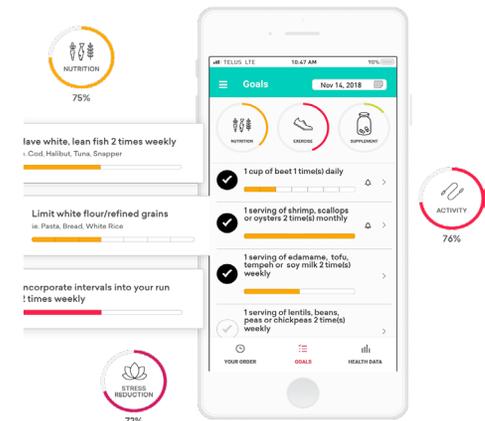
Discover the underlying factors affecting your mood.

Explore your health



MY Health Intelligence™ is our visual dashboard that makes it easy to explore your results, discover early warning signs and learn what you can do about it.

Track your progress



MY Health Tracker™ is our mobile app that allows you to conveniently follow your diet and lifestyle actions and keep track of your progress.

Every health assessment comes with a personalized nutrition and fitness plan.

You may simply want to optimize your diet and fitness, or you may have specific health concerns. Either way, we have a package for you. All of our packages come with a personalized action plan based on your unique health markers.