

Compare packages

The chart below details the health risks reported in each package. Many health risks involve multiple factors, therefore the analysis becomes stronger with each additional omic utilized. The size of the circle indicates the depth of scientific evidence into each health risk. We keep up to date on the latest research and regularly assess the list of health risks we report on. Please note that the health risks reported in each package are subject to change depending on new scientific and clinical evidence.

COMPARISON OVERVIEW		myFitnessFx	myNutritionFx	myFitnessFxPro	myFitnessFx Max	Genetics
Biomarkers Categories	Metabolites	●	●	●	●	
	Environment and diet exposures		●		●	
	Proteins			●	●	
Genetic	Genetic risks					●
	Pharmacogenetics					●

Health Insights

CATEGORIES	HEALTH RISKS	myFitnessFx	myNutritionFx	myFitnessFxPro	myFitnessFx Max	Genetics
Metabolic Health	Diabetes	●	●	●	●	●
	Pre-diabetes	●	●	●	●	●
Cardiovascular Health	Atherosclerosis	●	●	●	●	●
	Cardiovascular disease	●	●	●	●	●
	Heart attack			●	●	●
	Hypertension		●	●	●	●
Brain Health	Alzheimer's disease	●	●	●	●	●
	Depression	●	●	●	●	●
Kidney Health	Kidney stones	●	●	●	●	●
Liver Health	Fatty liver disease			●	●	●
	Liver disease			●	●	
Joint & Muscle Health	Gout	●	●	●	●	●
	Rheumatoid arthritis			●	●	●
Lung Health	Chronic obstructive pulmonary disease			●	●	●
Gastrointestinal Health	Inflammatory bowel disease			●	●	●
Reproductive Health	Polycystic Ovarian Syndrome (female only)			●	●	●