



# dnacore

## Welcome

Sample Report

### to your personalised nutrition and fitness report

Date of birth: 01 Jan 2001

Date reported: 17 Jul 2023

Sample number: 12345678

Referring practitioner: Private

DNA Core is designed to guide you on your journey to live a healthier and more active life, and help you reach your weight management and health goals.



Biological  
processes



Nutrition



Weight  
management



Exercise  
response

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