

RECOMMENDED PROTOCOL FOR DNA TESTING AND CUSTOMIZED SUPPLEMENTATION

Practice informed healthcare by understanding your client/patient's potential genetic vulnerabilities and support better outcomes with science-backed, precision nutrition.

Use CODE Complex (DNA-customized supplements) to support foundational wellness and optimize gene function in 10+ key health areas, including (but not limited to): body mass index (BMI), heart health, gut/microbiome, immune health, inflammatory health, mood, methylation, cognitive function, detoxification and energy.

How to use SNiP Nutrigenomics in your practice

Option #1: Include swabbing/sign-up as part of your **pre-visit evaluation** and paperwork:

- Have the client/patient drop in for a swab and registration.
- Or, have the client order a test kit from home using your affiliate website (i.e. www.snipnutrition.com/youraffiliatecode)
- Set up a subscription for customized supplements (at the time of kit registration).
- Have your client/patient complete our health tracker to document baseline.

Option #2: Swab/sign-up at a **regular scheduled appointment** or as part of **initial client/patient intake**:

- Swab your client in office and register using the included instruction card.
- Set up a subscription for customized supplements .
- Give our health tracker to your client/patient to document baseline and begin tracking progress.

Additional:

- We have found it most beneficial to have DNA kits on hand to swab and register while the client/patient is in the office. Order in-office kits in bundles of 10 through the "Shop" page in your account and follow swab/registration instructions included in the kit.
- Our recommendation is to set up a subscription for customized supplements at the time of kit registration– it takes approximately 21 business days for DNA results/reports then another 15 business days for the individualized supplement to be compounded.
- Set a calendar to remind the client/ patient to schedule and bring in DNA results for a report review.
- You may notice multiple genes/ SNPs are in multiple reports; this shows how vital these heavy-lifting actionable SNPs are to multiple critical functions in the body.
- Consider running suggested lab work outlined in your client/patient's DNA reports before starting supplements.
- We recommend a minimal 120-day trial (this time frame will give the body time to reset by reproducing new cells for most people) of CODE Complex and follow with post-evaluation; as our genes don't change, we recommend supporting them for life, which means ongoing supplementation.
- Following 4-6 months, where applicable and appropriate, re-do bloodwork/labs and re-evaluate tracked health tracker document.
- Continue supplements and re-check labs/health annually (or more frequently as appropriate).