



Modern day living has many common influences that can have an impact on your sport performance and fitness. These include foods eaten and nutrients absorbed along with many common environmental influences at home and work. Collectively, these are known as epigenetics.

Scientists now understand that your physical status is largely influenced by the environment; up to 98% in some cases. These eye-opening developments can take you down a different path where your genes no longer control your abilities and instead you become empowered and in control of your own sports and fitness destiny.

Understand how to unlock that performance potential now! Your personal epigenetic indicators can be mapped for you in less than 15 minutes with only four strands of hair, using the Cell Wellbeing Digital S-Drive system.

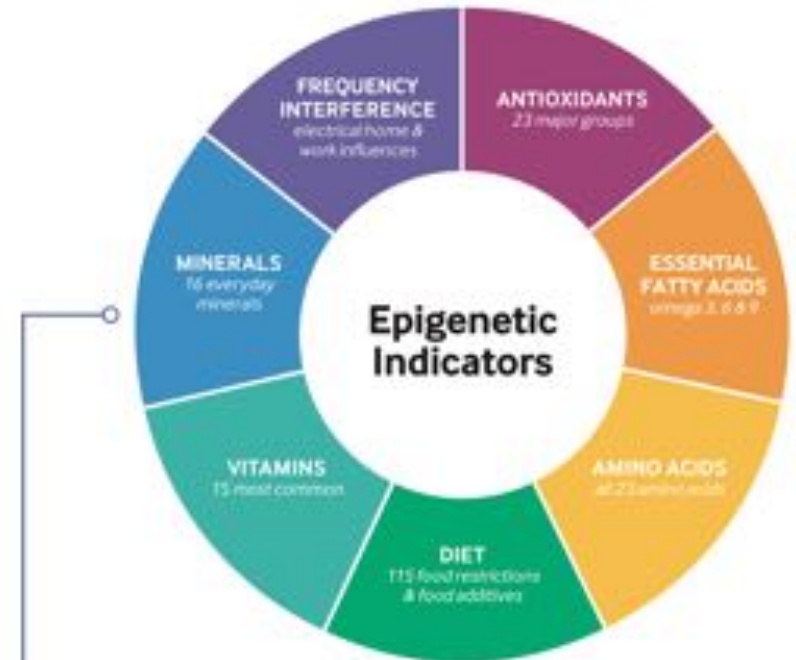
Hair is an amazing, almost indestructible, bio-marker that carries a lot of personal information at a quantum epigenetic level.

Your hair samples are digitally processed and sent via a secure internet connection to our Technology Center in Hamburg, Germany. There, our powerful super-computer systems map the relevancy of your epigenetic information.

Over 800 key indicators are mapped and used to create the charts and tables which make up the complete Sport and Fitness report and 90-day plan. **So what are you waiting for? Unlock your performance potential now!**

Epigenetic mapping has the potential to boost your output and opens up **new fitness and performance possibilities.**

The Optimize Sport & Fitness Nutritional Report contains **epigenetic indicators** on these key influences:



Each indicator category and individual item are ranked by relevancy. This makes it easy to identify the priorities and follow the nutritional suggestions.

- Very High Relevancy – Priority
- High Relevancy – Advisory
- Moderate Relevancy – Consider
- Normal Relevancy – Normal

Your report includes:

- 7 performance categories, covering more than 800 individual influences
- A list of food restrictions to leave out for 90 days
- A list of food additives to avoid and common additive information
- A 90-day nutritional plan, including nutrients, water and lifestyle factors
- A personalized list of foods to increase or add to your daily intake
- Self-check sheets to help you keep track of progress
- Supporting information on all categories

It's now time to **Optimize Elite Training & Peak Performance**



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