

# Unlock the mystery of you.

## Is mental wellness a challenge for you?

Learning about your DNA can give you a better understanding of how to improve your or your child's attention and focus, reduce your cravings for things like alcohol, sugar or nicotine, and optimize your body's response to stress and anxiety.

Your DNA is like your owner's manual, providing an inside view of how your brain and body affect your health and mental wellness.

Our DNA is responsible for the way we look; such as eye and hair color. It influences our behavior and whether or not we are susceptible to complex diseases. It's also responsible for how our bodies interact with the environment - including everything from stress to our sensitivity to medications and alcohol. It even determines how well we utilize the nutrients from the food we eat.

**IntellxxDNA™ Mental Wellness Report** connects the dots between your DNA and your behavioral traits.

## Who can benefit from the Mental Wellness Report?

Everyone! Children and adults can benefit from learning more about how their genes affect ADHD, anxiety, addiction, alcohol overuse, and obsessive tendencies.

Some of our bodies' functions can affect the way we experience mood or how we focus.

Let IntellxxDNA help identify the contributing factors to your mental wellness.

**Detox:** Our body's inability to remove all of the chemicals we are assaulted with in our environment including mercury, pesticides, and food additives can influence focus and overall health.

**Gut:** You've probably heard of Leaky Gut. The different factors that contribute to the blood-gut barrier also contribute to brain health, fatigue, pain and overall wellness.



**Essential Nutrients:** How our bodies absorb, carry and break down vitamins B6, B12 and D, can influence our ability to focus and how we feel. Optimizing minerals such as magnesium, zinc and copper also directly correlate with brain health.

**Inflammation:** Not all inflammation can be seen from the surface! Inflammation in the brain is highly associated with focus and mood.

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Intelligent Science. Intelligent Living.

## What's in the Mental Wellness Report?

Addiction and Substance Use Disorder  
ADHD Stimulant Response  
Anxiety and Stress Vulnerability  
Attention and Focus  
Benzene, Pesticides and other Toxins  
BDNF  
Celiac  
Choline  
Copper and Zinc  
Depression  
Endocannabinoid  
Heavy Metals and Detox  
Histamine Intolerance and Food Sensitivity  
Homocysteine and Methylation  
Inflammation  
Magnesium  
Obsession, Rumination and Compulsions  
Vitamin B6  
Vitamin B12  
Vitamin D

You can't choose your DNA, but you can choose how you respond to it.

**Ask your clinician for more information.**

**Your DNA is the missing clue in the mystery of you.**

## Mental Wellness Report by IntellxxDNA™

Learning about DNA can point you or your child in the right direction and help you make lasting change.



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