



Which Longevity Health test is best for you?

- Each Longevity Health home test-kit can be ordered on our website.
- The following table will help you to decide which test to prioritise.

	3X4 Genetics Nutrigenomics Testing	Viome Gut Microbiome Testing	PharmaGene Pharmacogenomics Test
Area of focus	General Health & Nutritional Wellbeing	Gut Health	Personal Drug Compatibility
Test sample	DNA from cheek cell swab	RNA from stool sample	DNA from saliva sample
Test outcomes	<ul style="list-style-type: none">+ A summary of your unique genetic predispositions to chronic disease including obesity, diabetes, cardiovascular disease, depression and neurodegenerative disease.+ A summary of your unique metabolic responsiveness to diet and exercise intervention, including inflammatory risk, nutrient deficiency risk, and genetic food intolerance markers.+ Personalised nutrition, exercise and supplement intervention strategies to combat genetic risks.+ A personalised summary of high priority areas.	<ul style="list-style-type: none">+ A functional rating of your gut health based on >20 integrated subscores which reflect the present state of your gut microbiome.+ Identification of the active microorganisms living in your gut.+ A detailed list of foods and nutritional supplements to improve the microbial diversity of your gut microbiome.+ A list of specific foods to avoid, which are likely to aggravate gastrointestinal distress.+ A personalised list of superfoods, which are likely to enhance the microbial ecosystem in your gut.+ Nutrient recommendations to include as gut-support supplements.	<ul style="list-style-type: none">+ An itemised table of medical drugs, per category, indicating the safe and unsuitable options for your genotype.+ Personalised feedback on your current medication regimen, including suggested drug alternatives in the case of genetic incompatibility.+ Personalised feedback on optimal drug dosage for your genotype, in comparison to the standardised prescribed dose.+ Warnings of drug-drug and drug-nutrient contraindications.
Window of validity	<ul style="list-style-type: none">+ Life-time validity.+ 3X4 is a once-off test that can be taken at any age and stage of life.+ Your genetic blueprint will never change (unlike a blood test, your DNA is a constant variable).	<ul style="list-style-type: none">+ Short-term validity.+ Viome provides a snapshot of your gut health at a specific moment in time.+ Re-testing is recommended after 6-9 months to observe changes in gut health after dietary manipulation.+ Re-testing can be done regularly according to personal interest.+ Many patients achieve adequate insight with only one test.	<ul style="list-style-type: none">+ Life-time validity.+ PharmaGene is a once-off test that can be taken at any age and stage of life.+ Your genetic blueprint will never change, but PharmaGene recommendations may change with the removal/addition of new drugs to your medication regimen.+ The PharmaGene Live Report can be re-programmed by your doctor as drugs are added or removed from your treatment plan. No further payment is required to re-programme the PharmaGene Live portal.
Practitioner support	<ul style="list-style-type: none">+ Practitioner support is required to interpret and explain your DNA results.+ Your 3X4 blueprint will be sent to a 3X4 practitioner of your choice for an appointment to discuss the results. This is included in the cost of the test.+ You will receive a user-friendly summary from your 3X4 practitioner.+ Several follow-ups may be required to extensively explore the information in your 3X4 report.	<ul style="list-style-type: none">+ Results are self-explanatory and easy to access through the Viome app.+ Practitioner support is optional.+ A registered dietitian or doctor with a special interest in gut health will be able to assist with further gut support.	<ul style="list-style-type: none">+ Practitioner support is required to interpret and explain your results.+ Online consultation with a PharmaGene trained medical doctor is available through Next Biosciences.+ Prescription changes can only be administered by a medical doctor.
The ideal candidate	<ul style="list-style-type: none">+ Anyone interested in proactive health and weight management.+ Anyone with a family history of cardiovascular disease, neurodegenerative disease, metabolic disease, obesity, toxin sensitivity and mental health challenges.+ Healthy people, invested in staying healthy.+ Chronically ill people, invested in improving their health.	<ul style="list-style-type: none">+ Anyone struggling with recurring abdominal pain and discomfort.+ Anyone battling with symptoms of digestive distress, including gas, bloating, diarrhoea, constipation and indigestion.+ Anyone invested in improving their gut health.+ Anyone invested in improving their mental health (gut health and mental health are inextricably linked through the gut-brain-axis).	<ul style="list-style-type: none">+ Adults on more than one chronic medication.+ Children under advisement to start ADHD or anti-convulsant medication.+ Anyone struggling with drug side-effects.+ Anyone interested in their personal responsiveness to prescription and OTC medication including pain killers, anesthetics, anti-depressants, immune suppressants, cardiovascular drugs, contraceptives, antimalarials, antibiotics, antifungals and more.
How long for results?	3-4 weeks	3-4 weeks	3-4 weeks
The cost	R5 800	R6 900	R4 900
Contact us	health@nextbio.co.za	health@nextbio.co.za	health@nextbio.co.za