

# NUMED Food Intolerance & DNA products Unpriced 17/2/2018

| Specialty of the test |                     |                           | Food Intolerance Lab Tests |              |                | Food Intolerance Rapid Test |
|-----------------------|---------------------|---------------------------|----------------------------|--------------|----------------|-----------------------------|
| Product Name          |                     |                           | NUTRIPANEL A               | NUTRIPANEL B | NUTRIPANEL A+B | NUTRISMART                  |
| Food Category         | English Name        | Arabic Name               | 88 foods                   | 88 foods     | 176 foods      | 58 foods                    |
| Grains/ Starch        | Barley              | شعير                      |                            |              |                |                             |
|                       | Buckwheat           | الحنطة السوداء            |                            |              |                |                             |
|                       | Chestnut_sweet      | كستناء                    |                            |              |                |                             |
|                       | Millet              | ذخن                       |                            |              |                |                             |
| Meats                 | Oat                 | شوفان                     |                            |              |                |                             |
|                       | Beef boiled         | لحم بقري                  |                            |              |                |                             |
| Beans & legumes       | Boar_Wild           | لحم خنزير بري             |                            |              |                |                             |
|                       | Grainwheat snail    | حلزون ايزنا               |                            |              |                |                             |
| Seafood               | Bean_white          | فاصوليا بيضاء             |                            |              |                |                             |
|                       | Black-eyed pea      | فاصوليا ذات العين السوداء |                            |              |                |                             |
| Poultry               | Pea                 | بازيلا                    |                            |              |                |                             |
|                       | Red kidney bean     | فاصوليا حمراء             |                            |              |                |                             |
| Vegetables            | Anchovy             | سمك انشوفة                |                            |              |                |                             |
|                       | Blue mussel         | بلم البحر                 |                            |              |                |                             |
| Fruits                | Caro                | سمك القد                  |                            |              |                |                             |
|                       | Oyster              | محار                      |                            |              |                |                             |
| Milk and cheeses      | Pacific squid       | حبار باسيفيك              |                            |              |                |                             |
|                       | Sardine             | سمك السردين               |                            |              |                |                             |
| Fats and oils         | Shrimp              | جمبري                     |                            |              |                |                             |
|                       | Chicken             | دجاج                      |                            |              |                |                             |
| Nuts & seeds          | Hen egg white       | بياض بيض دجاج             |                            |              |                |                             |
|                       | Hen egg yolk        | صفار بيض دجاج             |                            |              |                |                             |
| Miscellaneous         | Pigeon              | لحم حمامة                 |                            |              |                |                             |
|                       | Artichoke           | ارخصه شوكي                |                            |              |                |                             |
| Grains/ Starch        | Beet root           | الشمندر                   |                            |              |                |                             |
|                       | Bell pepper         | فلفل                      |                            |              |                |                             |
| Meats                 | Brussels sprouts    | كرنب بروكسل               |                            |              |                |                             |
|                       | Capers              | لبات البحر                |                            |              |                |                             |
| Beans & legumes       | Carob               | خروب                      |                            |              |                |                             |
|                       | Cauliflower_raw     | قرنبيط                    |                            |              |                |                             |
| Seafood               | Chives              | بصل اخضر                  |                            |              |                |                             |
|                       | Cucumber            | خيار                      |                            |              |                |                             |
| Poultry               | Endive              | التيف                     |                            |              |                |                             |
|                       | Ginger              | زنجبيل                    |                            |              |                |                             |
| Fruits                | Green bean (french) | فاصوليا خضراء             |                            |              |                |                             |
|                       | Hot pepper          | فلفل حريف                 |                            |              |                |                             |
| Milk and cheeses      | Kale                | كرنب                      |                            |              |                |                             |
|                       | Lemon               | ليمون حامض                |                            |              |                |                             |
| Fats and oils         | Lettuce_type Lollo  | خس لولو                   |                            |              |                |                             |
|                       | Okra                | عذيق                      |                            |              |                |                             |
| Nuts & seeds          | Onion               | بصل                       |                            |              |                |                             |
|                       | Pencemint           | نعناع                     |                            |              |                |                             |
| Miscellaneous         | Small radish        | فجل                       |                            |              |                |                             |
|                       | Swede (Turnip)      | الثقب                     |                            |              |                |                             |
| Grains/ Starch        | Taro                | قلفندر                    |                            |              |                |                             |
|                       | Tomato              | طماطم (بندورة)            |                            |              |                |                             |
| Meats                 | Water cress         | نبالة                     |                            |              |                |                             |
|                       | Cane sugar          | قصب السكر                 |                            |              |                |                             |
| Beans & legumes       | Cherry              | كرز                       |                            |              |                |                             |
|                       | Fig_fresh           | ثيرة طازجة                |                            |              |                |                             |
| Seafood               | Grape               | عنب                       |                            |              |                |                             |
|                       | Kumquat             | برتقال ذهبي (كومكووات)    |                            |              |                |                             |
| Milk and cheeses      | Mandarine           | ليمون بوديلي (ماندارين)   |                            |              |                |                             |
|                       | Mango               | مانجو                     |                            |              |                |                             |
| Fats and oils         | Peach               | دراق                      |                            |              |                |                             |
|                       | Pineapple           | اناناس                    |                            |              |                |                             |
| Miscellaneous         | Plum                | خوخ                       |                            |              |                |                             |
|                       | Pomegranate         | رمان                      |                            |              |                |                             |
| Grains/ Starch        | Raisins             | زبيب                      |                            |              |                |                             |
|                       | Raspberry           | فراولة                    |                            |              |                |                             |
| Nuts & seeds          | Persimmon (Sharon)  | خوخ                       |                            |              |                |                             |
|                       | Watermelon          | بطيخ                      |                            |              |                |                             |
| Meats                 | Blue cheese         | جبنة زرقاء                |                            |              |                |                             |
|                       | Cheddar cheese      | جبنة شيدر                 |                            |              |                |                             |
| Fats and oils         | Cow whey            | مصل لبن البقر             |                            |              |                |                             |
|                       | Gruyere cheese      | جبنة غروير                |                            |              |                |                             |
| Miscellaneous         | Milk protein        | بروتين الحليب             |                            |              |                |                             |
|                       | Milk_cow            | حليب بقري                 |                            |              |                |                             |
| Nuts & seeds          | Soya milk           | حليب الصويا               |                            |              |                |                             |
|                       | Avocado pear        | فولجاذ                    |                            |              |                |                             |
| Grains/ Starch        | Cocunut             | جوزة الهند                |                            |              |                |                             |
|                       | Cream               | كريمة                     |                            |              |                |                             |
| Meats                 | Olive_oil           | زيتون اخضر                |                            |              |                |                             |
|                       | Flaxseed            | بذور الكتان               |                            |              |                |                             |
| Beans & legumes       | Hazel nut           | بندق                      |                            |              |                |                             |
|                       | Macademia nut       | مكاداميا                  |                            |              |                |                             |
| Seafood               | Peanut              | فول سوداني (فستق)         |                            |              |                |                             |
|                       | Sesame              | سمسم                      |                            |              |                |                             |
| Miscellaneous         | Sunflower seeds     | بذور عباد (نوار) الشمس    |                            |              |                |                             |
|                       | Walnut              | جوز                       |                            |              |                |                             |
| Grains/ Starch        | Anise               | يانسون                    |                            |              |                |                             |
|                       | Baker yeast         | خميرة الخبز               |                            |              |                |                             |
| Meats                 | Bav leaf            | ورق البقر                 |                            |              |                |                             |
|                       | Gelatin (porcine)   | جيلاتين (خنزير)           |                            |              |                |                             |
| Beans & legumes       | Gluten              | غلوتين                    |                            |              |                |                             |
|                       | Tea_black           | شاي، اسود (عادي)          |                            |              |                |                             |
| Seafood               | Tea_Camomile        | شاي، ابيض                 |                            |              |                |                             |
|                       | Vanilla             | فانيليا                   |                            |              |                |                             |
| Grains/ Starch        | Lupine_sweet        | لوبين حلو                 |                            |              |                |                             |
|                       | Potato              | بطاطا                     |                            |              |                |                             |
| Meats                 | Potato_sweet        | بطاطا حلوة                |                            |              |                |                             |
|                       | Rice                | ارز                       |                            |              |                |                             |
| Beans & legumes       | Rice_wild           | ارز اسود                  |                            |              |                |                             |
|                       | Rye                 | حبوب الرجاوار             |                            |              |                |                             |
| Seafood               | Wheat               | قمح                       |                            |              |                |                             |
|                       | Lamb meat           | لحم حمل                   |                            |              |                |                             |
| Poultry               | Pork                | لحم خنزير                 |                            |              |                |                             |
|                       | Broad bean (Fava)   | فول                       |                            |              |                |                             |
| Grains/ Starch        | Chickpea            | حمص                       |                            |              |                |                             |
|                       | Lentil              | عدس                       |                            |              |                |                             |
| Meats                 | Soybean             | فول الصويا                |                            |              |                |                             |
|                       | Herring             | سمك رنكة                  |                            |              |                |                             |
| Beans & legumes       | Lobster             | حرا او البحر              |                            |              |                |                             |
|                       | Mackerel            | سمك الاسقمري              |                            |              |                |                             |
| Seafood               | Octopus             | أخطبوط                    |                            |              |                |                             |
|                       | Salmon              | سمك السلمون               |                            |              |                |                             |
| Poultry               | Sole                | سمك موسى                  |                            |              |                |                             |
|                       | Tuna (yellowfin)    | تونة                      |                            |              |                |                             |
| Grains/ Starch        | Hen egg             | بيضة دجاج                 |                            |              |                |                             |
|                       | Ovalbumin           | البيوض البيض              |                            |              |                |                             |
| Meats                 | Turkey meat         | لحم دجاجة                 |                            |              |                |                             |
|                       | Button mushroom     | فطر                       |                            |              |                |                             |
| Beans & legumes       | Cabbage             | مقوف                      |                            |              |                |                             |
|                       | Cabbage_red         | مقوف احمر                 |                            |              |                |                             |
| Seafood               | Carrot              | جزر                       |                            |              |                |                             |
|                       | Celery              | كر قير                    |                            |              |                |                             |
| Poultry               | Chard               | سلق                       |                            |              |                |                             |
|                       | Chicory             | هندباء برية               |                            |              |                |                             |
| Grains/ Starch        | Coriander seed      | كرز                       |                            |              |                |                             |
|                       | Corn/Maize          | ذرة                       |                            |              |                |                             |
| Meats                 | Cress               | رشاد                      |                            |              |                |                             |
|                       | Eggplant            | باذنجان                   |                            |              |                |                             |
| Beans & legumes       | Garlic              | ثوم                       |                            |              |                |                             |
|                       | Green sprouting     | بروكلي اخضر               |                            |              |                |                             |
| Seafood               | Iceberg lettuce     | خس ايسبرج (كاهو شام)      |                            |              |                |                             |
|                       | Kohlrabi            | كرنب سلق                  |                            |              |                |                             |
| Poultry               | Lettuce (Romaine)   | خس رومان                  |                            |              |                |                             |
|                       | Parsley             | بقدونس                    |                            |              |                |                             |
| Grains/ Starch        | Pepper_green        | فلفل اخضر                 |                            |              |                |                             |
|                       | Pumpkin             | بطيخ                      |                            |              |                |                             |
| Meats                 | Radichio            | مقوف احمر                 |                            |              |                |                             |
|                       | Rocket (Arugula)    | روكا                      |                            |              |                |                             |
| Beans & legumes       | Soinach             | سبانخ                     |                            |              |                |                             |
|                       | Thyme_Common        | زعرور                     |                            |              |                |                             |
| Seafood               | Zucchini (Marrow)   | كوس                       |                            |              |                |                             |
|                       | Apple               | تفاحة                     |                            |              |                |                             |
| Poultry               | Blackberry          | ثمرة العليق               |                            |              |                |                             |
|                       | Date                | تبل                       |                            |              |                |                             |
| Grains/ Starch        | Guava               | جوافه                     |                            |              |                |                             |
|                       | Kiwi fruit          | كياوي                     |                            |              |                |                             |
| Meats                 | Litchi              | لبنيش                     |                            |              |                |                             |
|                       | Neclarine           | زليقة (نكتارين)           |                            |              |                |                             |
| Beans & legumes       | Orange              | برتقال                    |                            |              |                |                             |
|                       | Papaya              | بابايا                    |                            |              |                |                             |
| Seafood               | Pear                | اوجاص                     |                            |              |                |                             |
|                       | Pomelo              | برتقال هندي (بوملو)       |                            |              |                |                             |
| Poultry               | Rose hip            | زعرور                     |                            |              |                |                             |
|                       | Strawberry          | فراولة                    |                            |              |                |                             |
| Grains/ Starch        | Sugar melon         | بطيخ اصفر (شمام)          |                            |              |                |                             |
|                       | Camembert cheese    | جبنة كاممبير              |                            |              |                |                             |
| Meats                 | Casain              | كازين                     |                            |              |                |                             |
|                       | Edam cheese         | جبنة ادم                  |                            |              |                |                             |
| Beans & legumes       | Emmentaler cheese   | جبنة امانتال              |                            |              |                |                             |
|                       | Goat milk cheese    | جبنة ماعز                 |                            |              |                |                             |
| Seafood               | Mozzarella          | جبنة موزاريلا             |                            |              |                |                             |
|                       | Parmesan cheese     | جبنة پارمزان              |                            |              |                |                             |
| Poultry               | Yoghurt             | لبنة                      |                            |              |                |                             |
|                       | Cream cheese        | جبنة قشدية                |                            |              |                |                             |
| Grains/ Starch        | Olive_black         | زيتون اسود                |                            |              |                |                             |
|                       | Almond              | ارز                       |                            |              |                |                             |
| Meats                 | Brazil nut          | جوز برازيل                |                            |              |                |                             |
|                       | Cashew nut          | كاجو                      |                            |              |                |                             |
| Beans & legumes       | Pecan nut           | جوز البقان                |                            |              |                |                             |
|                       | Pine nut_pignolis   | حب صنوبر                  |                            |              |                |                             |
| Seafood               | Pistachio nut       | فستق (الحلبي)             |                            |              |                |                             |
|                       | Pumpkin seed        | بذر بطيخ (البيض، كبير)    |                            |              |                |                             |
| Poultry               | Brewer's yeast      | خميرة البيرة              |                            |              |                |                             |
|                       | Cayenne pepper      | توابل حارة                |                            |              |                |                             |
| Grains/ Starch        | Cacao               | كاكاو                     |                            |              |                |                             |
|                       | Cinnamon            | قرفة                      |                            |              |                |                             |
| Meats                 | Coffee              | قهوة                      |                            |              |                |                             |
|                       | Licorice            | سويج                      |                            |              |                |                             |
| Beans & legumes       | Maple syrup         | شراب القيقب               |                            |              |                |                             |
|                       | Tamarind            | تمر هندي                  |                            |              |                |                             |
| Seafood               | Tea_green           | شاي، اخضر                 |                            |              |                |                             |
|                       | Tofu                | توفو                      |                            |              |                |                             |
| Grains/ Starch        | Amaranth            | قنطرية                    |                            |              |                |                             |
|                       | Goosefoot           | زنبق                      |                            |              |                |                             |
| Meats                 | Mutton              | لحم خروف                  |                            |              |                |                             |
|                       | Bean_green          | فاصوليا اخضر              |                            |              |                |                             |
| Beans & legumes       | Cod                 | سمك القد                  |                            |              |                |                             |
|                       | Squid               | حبار                      |                            |              |                |                             |
| Seafood               | Trout               | سمك السلمون البردي        |                            |              |                |                             |
|                       | Leek                | كرات                      |                            |              |                |                             |
| Fruits                | Banana              | موز                       |                            |              |                |                             |
|                       | Goat's milk         | حليب الماعز               |                            |              |                |                             |
| Milk and cheeses      | Sheep's milk        | حليب الغنم                |                            |              |                |                             |
|                       | Mustard             | خردا                      |                            |              |                |                             |

|                      |                          |
|----------------------|--------------------------|
| Available in product | Not available in Product |
|----------------------|--------------------------|

| DNA test                                     |                                  |   |
|--|----------------------------------|---|
| NUGENE Weight, Nutrition & Sport             |                                  |   |
| Report                                       | Component Category               | 35 Genotype components /105 genes         |
| Weight Report                                | Weight management                | Obesity Risk (5 genes)                    |
|  |                                  | Weight Regain (3 genes)                   |
|  |                                  | Waist Circumference (3 genes)             |
|  |                                  | Response to Calorie Restriction (3 genes) |
|  | Metabolism and macronutrients    | Exercises Effect on Weight (4 genes)      |
|  |                                  | Response to Carbohydrates (3 genes)       |
|  |                                  | Response to Total Fats (5 genes)          |
|  |                                  | Response to Unsaturated Fats (4 genes)    |
|  | Caffeine                         | Response to Proteins (3 genes)            |
|  |                                  | Basal Energy Expenditure (2 genes)        |
|  |                                  | Caffeine consumption (5 genes)            |
|  |                                  | Effect on sleep (1 gene)                  |
| Lactose                                      | coffee taste (3 genes)           |   |
|  | Metabolism of caffeine (1 gene)  |   |
|  | Sensitivity to caffeine (1 gene) |   |
|  | Lactose (1 gene)                 |   |
| Sport Report                                 | Sports Performance               | Endurance (8 genes)                       |
|  |                                  | VO2 max (5 genes)                         |
|  |                                  | Anaerobic Threshold (3 genes)             |
|  |                                  | Power (7 genes)                           |
|  |                                  | Lean Body Mass (1 gene)                   |
|  |                                  | Hypertrophy Response (1 gene)             |
|  | Micronutrients                   | Injury Risk (3 genes)                     |
|  |                                  | Recovery (3 genes)                        |
|  |                                  | Warrior vs Worrier (1 gene)               |
|  |                                  | Vitamin A (2 genes)                       |
|  |                                  | Vitamin D (3 genes)                       |
|  |                                  | Vitamin B6 (1 gene)                       |
| Vitamin B9 - Folate (4 genes)                |                                  |   |
| Vitamin B12 (2 genes)                        |                                  |   |
| Bone Mineral Density and Ca Intake (3 genes) |                                  |   |
| Selenium (2 genes)                           |                                  |   |
| Magnesium (2 genes)                          |                                  |   |
| Iron (4 genes)                               |                                  |   |
| Omega-3 (3 genes)                            |                                  |   |

### Personalized Recommendations

- How are Your Current Body Measurements in Relation to Your Genetic Risks?
- How Much Exercise Should You Be Doing?
- How Much Should You Eat?
- What is More Important for You - to Eat Less or Move More?
- What Kind of Diet Fits You Most?
- What Should You Know about Weight Regain?
- How Can You Avoid Injury?
- How Can You Improve Your Training Intensity?
- How Can You Use the Warrior or Worrier in You?
- How Hard Should You Train and for How Long?
- Is There an Elite Athlete in You?
- How Can You Change Your Body? How Can You Change Your Body?
- What Sport Fits Your Genes?