



UNDERSTAND YOUR GENES SO YOU CAN LIVE A LONGER, HEALTHIER AND BETTER LIFE.

TAKE CONTROL OF YOUR HEALTH.

Most people are making health decisions based on generalized recommendations without ever truly understanding their body.

Your health is too important for a one-size fits all approach.

Every health decision you make should be personalized for you and your unique body.

THE JOURNEY TO TAKING CONTROL OF YOUR HEALTH BEGINS WITH UNDERSTANDING YOUR BODY. GENETIC TESTING EMPOWERS YOU TO DO THAT.

What we eat, how we move, our stress levels and our emotional lives affect how our genes behave. Understanding our individual genetic blueprint can guide us to make health choices that help us to live happier, longer and better.



PERSONALIZED ACTIONABLE HEALTH RECOMMENDATIONS BASED ON YOUR DNA.

#1 ACTIONABLE PERSONALIZED INSIGHTS

Unlike other at-home genetic tests, the insights offered by the 3X4 test are highly actionable and personalized for you.

#2 PATIENT-FRIENDLY REPORTS

Genetics are complex; however, using infographics and straightforward explanations, the 3X4 reports are focused on making results easy to read and understand.

#3 ROOTED IN SCIENCE

The 3X4 test is based on 20+ years of scientific research and clinical practice.



3X4 USES A WHOLE-BODY APPROACH TO HEALTH.



Your genes don't work in isolation – they work with each other and the body's environment. Instead of looking at individual gene variants (known as SNPs) in isolation, the 3X4 test analyzes how genes work together in the body to impact overall health.

Contact your clinician and request more information on the 3X4 Genetics Test today!

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