



DNA Body Blueprint™ Fact Sheet

What is DNA Body Blueprint?

The Nutrisystem DNA Body Blueprint is a simple, effective and secure at-home DNA test. This genetic-based product uses a proprietary algorithm that provides an integrated personal action plan for your body focused on eating behaviors, nutrition and metabolism. The DNA test is supported by science and comprehensively developed to help weight loss and weight management. Currently, DNA Body Blueprint is available nationwide to customers.

It is important to understand what health and weight loss plans work best for you. Genetic testing can be used to recommend different strategies that may help you make more informed choices and achieve outcomes that drive both overall health.

What is nutrigenetics?

The science of nutrigenetics uses genetic information and genomic technologies to investigate how nutrients interact with our genes to impact our health and performance. According to [research](#), the human body contains about 20,000 – 25,000 genes. Genes are regions of DNA that act as instructions for telling our bodies how to function. Our genetic makeup influences how each individual uniquely responds to nutrients, exercise and weight loss.

There are (3) key definitions related to gene-nutrient interactions:

- 1) Nutrigenetics is the study of how differences in genetic make-up influence nutrient requirements and reaction to dietary factors.
- 2) Nutrigenomics is the study of how our genes and diet interact to influence the way nutrients cause an individual's body to function.
- 3) Epigenetics is the study of how environmental factors (i.e. diet, stress, smoking, weight-gain) can impact how our genes behave, but don't involve changing the structure of DNA itself.

Why is genetic testing a growing trend?

In 2003, the National Human Genome Research Institute successfully completed the Human Genome Project announcing they had mapped out the entire human genome for the first time. This opened the door for more research and also made it possible for commercial genetic testing services to become available as early as 2007 to the general public. In 2018, it's now quick, easy and inexpensive to have your DNA tested — and, increasingly, there is consumer demand to test DNA to uncover personalized nutrition and fitness information to help with weight loss and weight management.

How does DNA Body Blueprint differ from other genetic-based products in the commercial weight loss industry?

At Nutrisystem, we champion safe, healthy and effective weight-loss programs. DNA Body Blueprint uses DNA technology and represents a major step forward for personalized weight loss

and maintenance and underscores our commitment to science-based programs and innovation. By providing a personalized overview that is the ultimate roadmap for ongoing nutritional needs, this product delivers on the promise of helping individuals make more informed choices to drive overall health.

As a leader with a history in innovative and scientifically-backed weight loss solutions, Nutrisystem greenlighted the creation of DNA Body Blueprint based on a thorough assessment of market dynamics and scientific reviews from its [Science Advisory Board](#). This board consists of a team of renowned professionals, each with distinct backgrounds and expertise, who helped evaluate existing research to enhance current programs, as well as develop new programs utilizing the latest science and technology trends within weight management.

Our mission is to match the most cutting-edge scientific developments with proven nutritional data to give our customers the best weight loss and weight management experience possible. We did an exhaustive search for best-in-class partners and we're pleased to be rolling out a high-caliber offering at scale with unprecedented personalization.

Genetic Direction

We worked closely with and entered into an exclusive agreement with **Genetic Direction**, a leading provider of leading DNA-based health management programs, to develop a simple and secure DNA test that uses advanced genetic testing technology and genomic analysis to create an innovative and comprehensive product in the weight loss and weight management space. Proprietary algorithms were designed to accurately analyze genetic variants known as single nucleotide polymorphisms (SNPs) that may affect absorption and uptake of nutrients, processing of nutrients, metabolism, behaviors and optimal fitness approaches. For example, customers will discover whether they are more genetically inclined to lose weight and maintain weight loss, whether they have a slower or faster metabolism, and how their body processes macronutrients such as carbohydrates, fats and proteins and what to do about it.

AKESOgen

Through Genetic Direction, we also worked with **AKESOgen**, an industry leading global genetic testing lab, to provide data and results using the most secure data encryption technology available, including de-identified samples and barcode matching.

How do customers take the DNA Body Blueprint test and obtain their results?

Nutrisystem home delivers the DNA Body Blueprint Kit to customers. Each kit is registered prior to collecting the DNA sample which customers do with a fast and easy cheek swab. The swabs are returned to AKESOgen in a secure envelope with prepaid postage that is provided in each kit.

AKESOgen securely handles sample preparation and genotyping. Genetic results are then interpreted by Genetic Direction. All personal data is not identifiable at the individual level as it moves through the process. Only Nutrisystem can match the sample to the customer. The DNA Body Blueprint report, stored in the customer's online Nutrisystem account, is delivered to customers via a secure, password protected link.

What information is provided to customers in their DNA Body Blueprint report?

The DNA Body Blueprint test will answer more than 20 nutrition and weight-loss focused questions allowing customers to discover whether they are more genetically inclined to lose weight and maintain weight loss, whether they have a slower or faster metabolism, which nutrients are best for their bodies, and what to do about it.

There are four (4) key DNA-based sections covered for customers in the report, as well as a quick summary of the findings and more details plus suggestions on how to leverage the information:

Metabolism

- Your Body's Ability to Lose and Maintain a Healthy Weight
- Metabolism and Your Resting Metabolic Rate
- Likelihood of Regaining Weight
- Risk for Being Overweight

Eating Behaviors

- How Strong is Your Sweet Tooth?
- How Likely Are You to Overeat?
- How's Your Impulse Control Around Fatty Foods?
- How Well Does Your Body Process Caffeine?

Food Breakdown

- How You Process Carbs
- How You Process Fats
- How You Process Protein

Vitamins & Minerals

- Provides results on how the body processes 11 vitamins/minerals

Does Nutrisystem review the report results with customers?

If a customer is interested in discussing their personalized report, they will be able to talk with a weight loss counselor who will review the report findings with them in further detail and provide recommendations to tailor an action plan in alignment with their Nutrisystem program. Nutrisystem counselors are available 7 days a week from 7am to midnight EST.

Will the DNA Body Blueprint test improve customers' weight loss results?

Genetic data can help take the guesswork out of optimizing your lifestyle and provide you with clues to help you better understand your body. Genes cannot necessarily or always predict outcomes but can provide us with factors and knowledge to help with decision-making. For lifestyle-based conditions, it is rare that a single gene leads to an outcome (i.e., weight management). Most often, there are many complex factors involved like multiple gene interactions, lifestyle, diet, exercise and environment that influence outcomes.

DNA Body Blueprint provides an individualized and holistic overview that is the ultimate roadmap for a person's ongoing nutritional needs. It delivers on the promise of helping individuals make

more informed choices to drive overall health. You can't change your genes, but you can affect them with your lifestyle and environmental choices.

Does a customer have to be on a Nutrisystem meal plan to take the DNA Body Blueprint test?

We are offering the DNA Body Blueprint Kit as a way to further personalize, enhance and optimize a customer's weight loss plan with Nutrisystem. It will also be available as a standalone product in the a la carte section of [Nutrisystem.com](https://www.nutrisystem.com).

Is the testing process secure?

The customer's DNA information and analysis are secure and kept confidential. No personal data is identifiable at the individual level as it moves through the process.

What happens if the lab encounters a problem with the customer's DNA sample?

If there is a failure at the lab or it is not possible to extract results from the customer's sample, the customer will be notified with a message in their online account and they will also receive a call and have the opportunity to send in a new sample.

Where can I find Nutrisystem's Terms and Conditions and Privacy Policy?

Nutrisystem's terms and conditions and privacy policy can be found [here](#).