



## Longi**1** FIT Test

Nutrition | Health | Fitness



Asia's 1<sup>st</sup> Genetic & Microbiome  
Testing Organisation

## About Test

Gain deep insight into your DNA for personalized genetic blueprint and how your body responds to sports & athletic performance, dietary requirements, cardiogastro-health, response to metabolism, neuronal traits, food reactions, eating behaviour, skin health.

**8**

**Categories**

**70+**

**Reported  
Parameters**

**160+**

**Genes**

**750+**

**Markers**

## Test Description

Bione uses renowned high throughput extraction and Global Screening Array technology having combines multi-ethnic genome-wide content, curated clinical research variants, and quality control (QC) markers for diet, nutrition and Fitness and curated 26 populations from 1000 Genomes Project. Markers are curated exonic content based on Bione-VarIngDb, Human Gene Mutation Database, ClinVar, NHGRI, PharmGKB, and ExAC databases. Technology is tested with ~15 million samples worldwide.

## Key Genetic Parameters



### Sports and Athletic Performance

- ▶ Muscle power
- ▶ Energy output
- ▶ Exercise induced muscle damage
- ▶ Post exercise oxidative stress
- ▶ Vascular response to exercise
- ▶ VO2 max
- ▶ Cardiac output
- ▶ Joint strength and flexibility
- ▶ Exercise recovery
- ▶ Achilles Tendinopathy
- ▶ Ligament Injury Susceptibility
- ▶ Lumbar Degenerative Disc Disease
- ▶ Pain sensitivity
- ▶ Bone Mineral Density (BMD)
- ▶ Ankylosing Spondylitis



### Dietary Requirements (Vitamins, Minerals and Supplements)

- ▶ Vitamin B6
- ▶ Vitamin B9 (Folate)
- ▶ Vitamin C
- ▶ Vitamin D
- ▶ Vitamin E
- ▶ Vitamin B12
- ▶ Vitamin K
- ▶ Vitamin A
- ▶ Calcium deficiency
- ▶ Iron deficiency
- ▶ Sodium intake
- ▶ Ubiquinol (Coenzyme Q10)
- ▶ Green tea
- ▶ Omega-3 fatty acids
- ▶ Omega-6 fatty acids



## Key Genetic Parameters



### CardioGastro Health risks

- ▶ Atrial Fibrillation
- ▶ Long QT Interval
- ▶ Myocardial Infarction
- ▶ Coronary Heart Disease
- ▶ Sudden Cardiac Arrest
- ▶ Venous Thromboembolism
- ▶ Stroke
- ▶ Hypothyroidism
- ▶ Liver Cirrhosis
- ▶ Inflammatory Bowel Disease
- ▶ Familial Hypercholesterolemia



### Metabolism and Exercise

- ▶ HDL cholesterol Levels with exercise
- ▶ Insulin sensitivity with exercise
- ▶ Polyunsaturated fats intake (PUFA)
- ▶ Monounsaturated fats intake (MUFA)
- ▶ Saturated fats intake
- ▶ Weight Loss-Regain
- ▶ Adiponectin Levels
- ▶ Body Mass Index (BMI)
- ▶ Protein intake response
- ▶ Fiber intake response
- ▶ Mediterranean diet response
- ▶ Carbohydrate intake response



### Neural traits: Personal traits and Cognitive functions

- ▶ Motivation to exercise
- ▶ Memory
- ▶ Panic Disorder
- ▶ Nicotine dependence
- ▶ Migraine
- ▶ Caffeine consumption
- ▶ Performing Under Stress



### Food Reactions & Eating behaviour

- ▶ Lactose Intolerance
- ▶ Gluten Intolerance (Celiac)
- ▶ Alcohol intolerance
- ▶ Feeling of fullness (Satiety)
- ▶ Sugar preference
- ▶ Snacking Behaviour



### Skin health

- ▶ Cellulite
- ▶ Skinphotoaging
- ▶ Sunspots (Solar lentigines)
- ▶ Tanning response



### Genomic Counselling

- ▶ Pre Test Counselling
- ▶ Walk-through Report
- ▶ Post Test Counselling



## About Bione

Bione is India's 1st direct-to-consumer genetic and microbiome testing organisation with artificial intelligence (AI) for predictive analysis, dietary and lifestyle recommendations. It was founded in 2019 by Dr Surendra K Chikara, who is a world-renowned genomicist and the first person to bring genomic testing to India. Bione is currently headquartered in Whitefield, Bengaluru.

Our vision is to empower people to unlock their health and fitness through personalised genetics and microbiome testing services in India. We at Bione ensure thorough insights into one's genetic makeup using Next-Generation Sequencing; the personalised genomic data is entirely secure, and customers receive it in the form of user-friendly, easy-to-understand genomic reports.



## Longi FIT

### Test Report

Test Reports include 72 Parameters related to

- Sports and Athletic Performance
- CardioGastro Health risks
- Dietary Requirements
- Food Reactions & Eating behaviour
- Metabolism and Exercise
- Neural traits
- Skin health
- Genomic Counselling



Office Address:

404, 4th Floor, Brigade IRV Center, Nallurhalli,  
Whitefield, Bengaluru, Karnataka - 560066

+91-63667 54059 +91-80 6848 6555

sales@bione.in www.bione.in