Genetic Testing

Test, don't guess.

Simple at-home tests that show how your body handles food, vitamins, sleep, stress and medications. We review every result with you and turn it into your plan.

AVAILABLE AS

- Genetic Wellness: DNA cheek swab
- GLP-1 Response: DNA cheek swab
- At-home lab panel: finger-prick blood test
- Medication Response: provider-ordered DNA swab

WHAT YOU MAY LEARN

- ✓ Nutrition and vitamin needs
- ✓ Your likely GLP-1 response
- ✓ Sleep, stress and caffeine
- ✓ Key blood and heart markers

HOW IT WORKS

- No needles for DNA tests
- Finger-prick for the lab panel
- Results in days to a few weeks

GOOD TO KNOW

- Education, not diagnosis
- Medication test needs a provider order
- Private; shared only with your written consent

Coach tip: Add it to any Longevity program or training package. A smart first step before a GLP-1 or new supplement plan.

INCLUDED IN EVERY RENU LONGEVITY PROGRAM

Provider	Coaching	Evolt 360	Nutrition
telehealth review	regular check-ins	body scans	& training plan

Ask your RenU coach →

info@renuhampshire.com • renuhampshire.com

Educational only, not medical advice. Every prescription product requires an evaluation and prescription from a licensed healthcare provider, who decides if it is right for you and sets your dose. Compounded medications are prepared by licensed pharmacies and are not FDA-approved. Individual results vary.