

FITNESS (13 Parameters)

Cardiovascular/ Metabolic and Muscle Profile

- Blood Pressure Response to Exercise
- Hand Grip Strength
- HDL Cholesterol Levels with Exercise
- Insulin Sensitivity with Exercise
- Weight Loss with Exercise

Sports Profile

- Achilles Tendinopathy
- Aerobic Capacity
- Endurance
- Likelihood of Injury
- Power
- Other Factors**
- Motivation to Exercise
- Post-Exercise Recovery
- Response to Pain

SKIN 29 Parameters

Skin & Hair Conditions

- Acne
- Alopecia Areata
- Androgenic Alopecia
- Atopic Dermatitis
- Ephelides (Freckles)
- Glycation
- Hyperhidrosis
- Keloid
- Lichen Planus
- Melasma
- Psoriasis

- Seborrheic Dermatitis
- Skin Aging/Facial Aging
- Vitiligo
- Wrinkles

Sun & Skin

- Actinic Keratosis
- Skin Sensitivity to Sun/Uvr
- Sun Spots (Lentigines)
- Tanning Response

Skin Nutrition

- Antioxidant Requirement
- Selenium Deficiency
- Vitamin A Deficiency
- Vitamin B12 Deficiency
- Vitamin B6 Deficiency
- Vitamin B9 Deficiency
- Vitamin C Deficiency
- Vitamin D Deficiency
- Vitamin E Deficiency
- Vitamin K Deficiency

MED WeIDNA 18 Categories & 116 Medicines

Anesthesiology

- Desflurane
- Enflurane
- Halothane
- Isoflurane
- Methoxyflurane
- Sevoflurane
- Succinylcholine

Cardiology

- Clopidogrel
- Metoprolol
- Simvastatin
- Atorvastatin
- Rosuvastatin
- Fluvastatin
- Pravastatin
- Lovastatin
- Pitavastatin
- Propafenone
- Flecainide
- Warfarin
- Phenprocoumon
- Acenocoumarol
- Aspirin

Clinical Toxicology

- Dimercaprol

Dermatology

- Mafenide

Diabetology

- Glyburide
- Tolbutamide

Gastroenterology

- Ondansetron
- Tropisetron
- Pantoprazole
- Omeprazole
- Lansoprazole
- Dexlansoprazole
- Sulfasalazine

General Medicine

- Vitamin C
- Vitamin K

Gynecology

- Hormal Contraceptives for systemic use

Hematology

- Methylene Blue

Histopathology

- Toluidine Blue

Neurology

- Atomoxetine
- Siponimod
- Zuclopenthixol
- Phenytoin

Infectious Disease

- Atazanavir
- Efavirenz
- Peginterferon Alfa-2a
- Peginterferon Alfa-2b
- Anti-tuberculosis Drugs
- Voriconazole
- Dapsone
- Primaquine
- Tafenoquine
- Nitrofurantoin
- 4-aminosalicylic Acid
- Chloramphenicol
- Chloroquine
- Ciprofloxacin
- Furazolidone
- Hydroxychloroquine
- Nalidixic Acid
- Norfloxacin
- Ofloxacin
- Phenazopyridine
- Quinine
- Sulfadiazine
- Sulfamethoxazole
- Sulfanilamide
- Sulfisoxazole
- Amikacin
- Paromomycin
- Plazomicin
- Tobramycin
- Sulfadimidine
- Gentamicin

Kanamycin

- Streptomycin
- Ribavirin
- Oncology**
- Tamoxifen
- Capecitabine
- Fluorouracil
- Mercaptopurine
- Rasburicase
- Doxorubicin

Organ Transplantation

- Azathioprine
- Tacrolimus

Pulmonology

- Ivacaftor
- Ivacaftor lumacaftor
- Ivacaftor tezacaftor

Rheumatology

- Pegloticase
- Psychiatry**
- Venlafaxine
- Aripiprazole
- Amitriptyline
- Citalopram
- Clomipramine
- Doxepin
- Risperidone

Escitalopram

- Imipramine
- Trimipramine
- Desipramine
- Sertraline
- Fluvoxamine
- Nortriptyline
- Haloperidol
- Paroxetine
- Quetiapine
- Vortioxetine

Pain Management

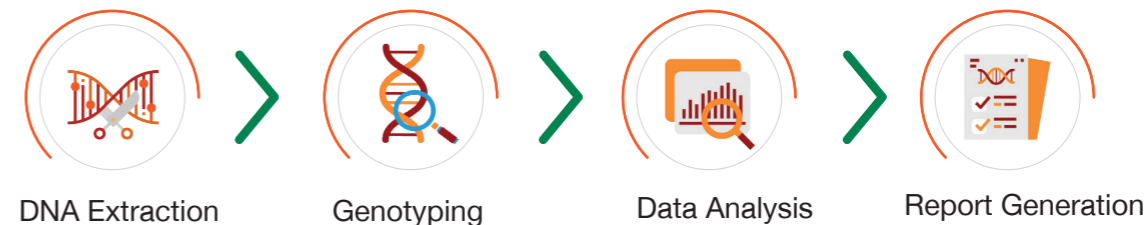
- Codeine
- Hydrocodone
- Tramadol
- Celecoxib
- Ibuprofen
- Lornoxicam
- Flurbiprofen
- Meloxicam
- Tenoxicam
- Piroxicam



Unlock your Wellness Potential

The Science Behind WeIDNA

Our scientific team includes experts with years of experience in the Field of Genetics and Genomics. They use high quality scientific research data to decode your genetic information and turn them into meaningful health and wellness recommendations.



BENEFITS OF WeIDNA

-  Saliva-Based and User Friendly
-  Electronic access to Reports via App
-  Done from the Comfort of your Home
-  Telephonic Counseling by Genetic Counselor
-  Latest Technology, International Standards & High Quality Reports
-  Helps in Personalizing Annual HealthCheckups & Optimizing Treatment

SIMPLE STEPS

SPIT

Buy WeIDNA. Follow instructions to spit in tube provided with the kit.

SEND

Pack the kit with sample tube and send back to Indus at given address.

DISCOVER

Discover yourself through your genetic test report in just 3-4 weeks.

THE WeIDNA EXPERIENCE

WeIDNA unlocks the secrets of your DNA, offering a personalized approach to wellness by analyzing your genetic predispositions in key areas such as health, nutrition, fitness, and medication response. This comprehensive genetic report serves as your lifelong guide to optimizing well-being, enabling you to make proactive and informed lifestyle choices.

With WeIDNA, you gain valuable insights into:

Health & Disease Risk Management: Identify genetic factors that may contribute to health conditions and take preventive steps to maintain optimal well-being.

Tailored Nutrition Recommendations: Understand how your body processes different nutrients, allowing you to customize your diet for improved health and performance.

Optimized Fitness & Performance: Decode your genetic markers related to endurance, strength, muscle recovery, and exercise adaptation to fine-tune your workout regimen.

Pharmacogenomics (WeIDNA Drugs): Discover how your genetic profile affects your response to medications, helping you and your healthcare provider choose the most effective and safe treatment options.

By leveraging the power of WeIDNA, you can adopt a proactive, data-driven approach to your health—customizing your nutrition, refining your fitness strategy, and ensuring your medications work best for you. Your DNA holds the key to a healthier, more personalized lifestyle—let WeIDNA help you unlock it.

THE BENEFITS OF GENETIC TESTING

WeIDNA provides genetic insights for early disease risk prediction and a range of benefits such as:

- 1 Once in a Lifetime Test
- 2 Early Risk Prediction & management of health conditions
- 3 Diverse Genetic Reports
- 4 Personalize your diet and fitness plan
- 5 Helps you personalize medication and treatment
- 6 Free Genetic Counseling



Genetics

X



Lifestyle

=



Health

You are UNIQUE and so is Your DNA Profile!

Understand everything your DNA can tell you, and empower yourself to live a Health & Happy Life. WeIDNA gives you insights on Parameters/Categories related to...



Health

Know your Health Risks Early



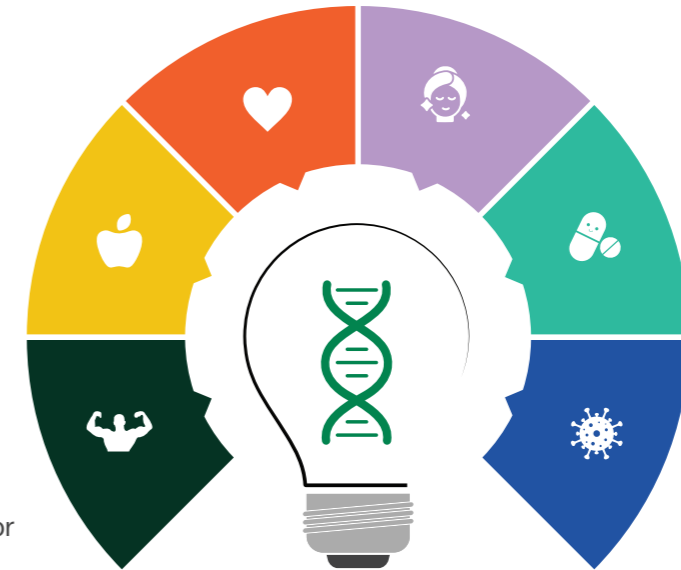
Nutrition

Explore the Best Nutrition Plan for you



Fitness

Make your Best Move for a Fit Body



Skin

The Genes Behind Perfect skin

Medication

Predict Response to Certain Medicines

COVID-19

Know your Genetic Tendency for COVID-19

HEALTH (33 Parameters)

Bone and Joint Disorders

- Ankylosing Spondylitis
- Gout
- Osteoarthritis
- Rheumatoid Arthritis

Cancer

- Breast Cancer
- Endometrial Cancer
- Lung Cancer
- Colorectal Cancer
- Prostate Cancer

Endocrine/ Metabolic Disorders

- Hypothyroidism
- Obesity
- Type 2 Diabetes

Cardiovascular and Cerebral Diseases

- Atrial Fibrillation
- Coronary Artery Disease (CAD)
- High HDL (Good) Cholesterol Levels
- High LDL (Bad) Cholesterol Levels
- Hypertension
- Hypertriglyceridemia
- Myocardial Infarction
- Stroke

Eye Conditions

- Age-Related Macular Degeneration (AMD)
- Glaucoma

Gastrointestinal Disorders

- Celiac Disease
- Crohn's Disease
- Ulcerative Colitis

Gynecological Disorders

- Endometriosis
- Polycystic Ovary Syndrome (PCOS)

Neurological Disorders

- Alzheimer's Disease
- Migraine
- Multiple Sclerosis
- Parkinson's Disease

Respiratory Conditions

- Chronic Obstructive Pulmonary Disease (COPD)

Skin Conditions

- Psoriasis



NUTRITION (31 Parameters)

Diet and Weight

- Body Mass Index
- Carbohydrate and Weight Gain Tendency
- Response to High Fiber Intake
- Response to High Protein Intake
- Response to Mediterranean Diet
- Response to Monounsaturated Fats (MUFA) Intake
- Response to Polyunsaturated Fats (PUFA) Intake
- Saturated Fats Intake and Weight Gain Tendency

Taste Preference

- Bitter & Sweet Taste Preference

Deficiencies and Levels

- Antioxidant Requirement
- Bone Mineral Density
- Calcium Deficiency
- Homocysteine Levels
- Iron Deficiency
- Vitamin A Deficiency
- Vitamin B12 Deficiency
- Vitamin B6 Deficiency
- Vitamin B9 Deficiency
- Vitamin C Deficiency
- Vitamin D Deficiency
- Vitamin E Deficiency
- Vitamin K Deficiency

Eating Behaviour

- Adiponectin Levels
- Caffeine Metabolism
- Eating between Meals/ Snacking
- Response to Green Tea/Satiety

Sensitivities & Intolerance

- Riboflavin and Blood Pressure Response
- Salt Intake and Blood Pressure Sensitivity
- Lactose Sensitivity