



LongiFIT Test

Nutrition | Health | Fitness



Asia's 1st Genetic & Microbiome Testing Organisation

About the Test

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

8
Categories

70+
Reported
Parameters

160+
Genes

750+
Markers

Test Description

Bione uses renowned high throughput extraction and Global Screening Array technology, that has combined multi-ethnic, genome-wide content, curated clinical research variants, quality control (QC) markers for diet, nutrition & 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)

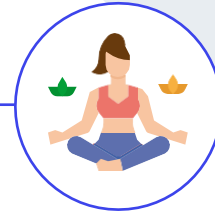
- ▶ Vitamin B6
- ▶ Vitamin B9(Folate)
- ▶ Vitamin C
- ▶ Vitamin D
- ▶ Vitamin E
- ▶ Vitamin B12
- ▶ Vitamin K
- ▶ Vitamin A
- ▶ Calcium deficiency
- ▶ Iron deficiency
- ▶ Sodium intake
- ▶ Ubiquinol (Coenzyme Q10)
- ▶ Green tea
- ▶ Omega-3 fattyacids
- ▶ Omega-6 fattyacids

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/ Re-gain
- ▶ 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
- ▶ Skin Photoaging
- ▶ Sunspots (Solar Lentigines)
- ▶ Tanning Response



Genomic Counselling

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

About Bione

Bione is Asia'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, 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

