

# PERSONALIZED GENOMIC INSIGHTS FOR MENTAL WELLNESS

Address the genetic factors behind focus, anxiety, depression, compulsive behaviors, and mental clarity

The IntellxxDNA® Mental Wellness Report uncovers the root genetic drivers of mental health challenges going beyond medication response to reveal how your genes impact brain chemistry, inflammation, detox, gut health, and nutrient metabolism for a truly personalized approach.

## From Guesswork to Guidance: How Your Genes Can Help

- **Balance Brain Chemistry:** Understand how your genes impact neurotransmitters like serotonin and dopamine—key to mood, focus, and stress resilience.
- **Optimize Nutrients & Detox:** Reveal how your body handles essential vitamins, minerals, and toxins that affect brain function and long-term wellness.
- **Support the Gut-Brain Connection:** Uncover how inflammation, histamine, and food sensitivities influence mental health symptoms.

## 5 STEPS TO UNDERSTANDING YOUR MENTAL HEALTH

- 1 ORDER** IntellxxDNA through your clinician.
- 2 ACTIVATE** the kit's unique barcode for privacy and security.
- 3 COLLECT** a cheek swab sample following the instructions provided.
- 4 MAIL** the completed kit back to the lab in the provided postage-paid mailer.
- 5 SCHEDULE** a follow-up appointment with your clinician to review results.



**IntellxxDNA®**  
From Genes to Genius



intellxxdna.com



# Targeted Genomic Insights for Mood, Attention, and Anxiety

## THE MENTAL WELLNESS REPORT (~300 SNPs)

### Key Topics

- Depression
- Attention & Focus
- Anxiety & Stress
- Obsession & Compulsions
- ADHD Med Response
- Addiction & Substance Use Disorder

### Fundamentals

- Inflammation
- Detoxification & Glutathione
- Choline and Vitamin B12, B6, & D
- BDNF
- Magnesium, Copper & Zinc
- Antioxidants & Micronutrients
- Homocysteine & Methylation
- Histamine, Mast Cell & IgE
- Endocannabinoid

## SPOTLIGHT ON ANXIETY & DEPRESSION (~50 SNPs)

A streamlined subset of the full Mental Wellness Report, this report focuses on the genes most relevant to anxiety and depression by analyzing key variants tied to nutrient absorption, stress response, inflammation, and more.

## FREQUENTLY ASKED QUESTIONS

### WHY DO CLINICIANS PREFER INTELLXXDNA?

IntellxxDNA reports, offered only through licensed clinicians, are based on peer-reviewed research to highlight clinically significant genomic variants for ~1,000 SNPs. Unlike consumer DNA tests, IntellxxDNA reports provide actionable, evidence-based insights for clinical use.

### WHY CHOOSE INTELLXXDNA INSTEAD OF PHARMACOGENOMICS?

Pharmacogenomics (PGx) focuses mainly on how your body metabolizes medications. While helpful for selecting drugs, it doesn't explain why mental health symptoms occur. IntellxxDNA goes further, revealing how your genes influence neurotransmitter pathways, inflammation, detoxification, gut function, and nutrient processing. This enables your clinician to address root causes and personalize both non-drug and medication-based interventions. It's a more complete approach to understanding and supporting your brain and emotional health.

### WILL INTELLXXDNA SHARE MY DATA?

Your genomic data is never shared with third parties and is only accessible to your licensed healthcare provider. IntellxxDNA follows strict security and privacy protocols to safeguard patient data.



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