



Patient Notes



Your Personal Function Mappings

Health and Wellbeing Functions

Genetic Profile ID -

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INFLAMMATION - HEALTH AND WELLBEING

Pro-inflammatory Cytokines - Health and Wellbeing

	Inflammation	Immunity / Auto Immune	Anti-oxidant / Cell Defence	Liver / Detoxification	Cognitive Functioning	Cardiovascular Health	Weight Management	Glucose / Insulin Control / Diabetes	Hormonal Association	Appetite & Satiety
IL-1 α -1	✓	✓			✓	✓	✓	✓		
IL-1 α -2	✓	✓			✓	✓	✓	✓		
IL-1- β	✓				✓	✓	✓	✓		
IL-18	✓				✓	✓	✓	✓		
CRP-1	✓		✓			✓	✓	✓		
CRP-3	✓		✓			✓	✓	✓		
COX-2-3	✓									
COX-2-4	✓									

Anti-inflammatory Cytokines - Health and Wellbeing

	Inflammation	Immunity / Auto Immune	Anti-oxidant / Cell Defence	Liver / Detoxification	Cognitive Functioning	Cardiovascular Health	Weight Management	Glucose / Insulin Control / Diabetes	Hormonal Association	Appetite & Satiety
IL-10-1	✓	✓				✓				
IL-10-2	✓	✓				✓				
IL-10-3	✓	✓				✓				

CELLULAR DEFENCE - HEALTH AND WELLBEING

Anti-oxidant Status - Health and Wellbeing

	Inflammation	Immunity / Auto Immune	Anti-oxidant / Cell Defence	Liver / Detoxification	Cognitive Functioning	Cardiovascular Health	Weight Management	Glucose / Insulin Control / Diabetes	Hormonal Association	Appetite & Satiety
MnSOD	✓		✓			✓		✓		
GPX1		✓	✓	✓		✓		✓		

Detoxification and Cell Defence - Health and Wellbeing

Phase I - Health and Wellbeing

Phase II - Health and Wellbeing

	Inflammation	Immunity / Auto Immune	Anti-oxidant / Cell Defence	Liver / Detoxification	Cognitive Functioning	Cardiovascular Health	Weight Management	Glucose / Insulin Control / Diabetes	Hormonal Association	Appetite & Satiety
GCLM			✓	✓		✓			✓	
HO-1	✓		✓	✓	✓	✓				

VITAMIN D METABOLISM - HEALTH AND WELLBEING

Vitamin D Receptors - Health and Wellbeing

	Inflammation	Immunity / Auto Immune	Anti-oxidant / Cell Defence	Liver / Detoxification	Cognitive Functioning	Cardiovascular Health	Weight Management	Glucose / Insulin Control / Diabetes	Hormonal Association	Appetite & Satiety
VDR	✓	✓	✓			✓		✓	✓	
VDR-2	✓	✓	✓			✓		✓	✓	

METHYLATION AND HOMOCYSTEINE METABOLISM - HEALTH AND WELLBEING

Methylation and Homocysteine Metabolism - Health and Wellbeing

	Inflammation	Immunity / Auto Immune	Anti-oxidant / Cell Defence	Liver / Detoxification	Cognitive Functioning	Cardiovascular Health	Weight Management	Glucose / Insulin Control / Diabetes	Hormonal Association	Appetite & Satiety
MTHFR-1	✓		✓		✓	✓	✓		✓	
MTRR	✓		✓			✓				
CBS	✓		✓	✓	✓	✓			✓	

Vitamin B12 Status - Health and Wellbeing

CARDIOVASCULAR HEALTH - HEALTH AND WELLBEING

Blood Pressure Regulation - Health and Wellbeing

	Inflammation	Immunity / Auto Immune	Anti-oxidant / Cell Defence	Liver / Detoxification	Cognitive Functioning	Cardiovascular Health	Weight Management	Glucose / Insulin Control / Diabetes	Hormonal Association	Appetite & Satiety
ACE					✓	✓	✓	✓		
AGTR1	✓					✓		✓		

Vascular Tone - Health and Wellbeing

	Inflammation	Immunity / Auto Immune	Anti-oxidant / Cell Defence	Liver / Detoxification	Cognitive Functioning	Cardiovascular Health	Weight Management	Glucose / Insulin Control / Diabetes	Hormonal Association	Appetite & Satiety
eNOS3-2	✓					✓				
NADPH-CYBA	✓		✓			✓		✓		
PAI-1	✓					✓	✓	✓		
ADIPOQ	✓					✓		✓		

FAT METABOLISM & CHOLESTEROL REGULATION - HEALTH AND WELLBEING

Fat Metabolism - Health and Wellbeing

	Inflammation	Immunity / Auto Immune	Anti-oxidant / Cell Defence	Liver / Detoxification	Cognitive Functioning	Cardiovascular Health	Weight Management	Glucose / Insulin Control / Diabetes	Hormonal Association	Appetite & Satiety
FAB2						✓	✓	✓		✓
FTO	✓					✓	✓	✓		✓
LEPR-1		✓				✓	✓	✓		✓
LEPR-2		✓				✓	✓	✓		✓

Energy Metabolism and Thermogenesis - Health and Wellbeing

	Inflammation	Immunity / Auto Immune	Anti-oxidant / Cell Defence	Liver / Detoxification	Cognitive Functioning	Cardiovascular Health	Weight Management	Glucose / Insulin Control / Diabetes	Hormonal Association	Appetite & Satiety
UCP1						✓	✓	✓		
UCP3-2						✓	✓	✓		

Cholesterol Regulation - Health and Wellbeing

	Inflammation	Immunity / Auto Immune	Anti-oxidant / Cell Defence	Liver / Detoxification	Cognitive Functioning	Cardiovascular Health	Weight Management	Glucose / Insulin Control / Diabetes	Hormonal Association	Appetite & Satiety
CETP						✓		✓		
LIPC						✓		✓	✓	



Your Personal Function Mappings Health and Wellbeing Nutrigenomic Interventions-1

Genetic Profile ID -

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INFLAMMATION - HEALTH AND WELLBEING

Pro-inflammatory Cytokines - Health and Wellbeing

	Increase Ω -3 Fish Oil	Increase A-linoleic acid (ALA)	Nutrigenomic SOD inducer	Vitamin D3	Sulforaphane	Phenethylisothiocyanate (PEITC)	Probiotics	Zinc	Selenium
IL-1 α -1	✓	✓	✓	✓	✓	✓			
IL-1 α -2	✓	✓	✓	✓	✓	✓			
IL-1- β	✓	✓	✓	✓	✓	✓		✓	
IL-18	✓								
CRP-1	✓	✓			✓				
CRP-3	✓	✓			✓				
COX-2-3	✓				✓				
COX-2-4	✓				✓				

Anti-inflammatory Cytokines - Health and Wellbeing

	Increase Ω -3 Fish Oil	Increase A-linoleic acid (ALA)	Nutrigenomic SOD inducer	Vitamin D3	Sulforaphane	Phenethylisothiocyanate (PEITC)	Probiotics	Zinc	Selenium
IL-10-1	✓		✓				✓		
IL-10-2	✓		✓				✓		
IL-10-3	✓		✓				✓		

CELLULAR DEFENCE - HEALTH AND WELLBEING

Anti-oxidant Status - Health and Wellbeing

	Increase Ω-3 Fish Oil	Increase A-linoleic acid (ALA)	Nutrigenomic SOD inducer	Vitamin D3	Sulforaphane	Phenethyliso-thiocyanate (PEITC)	Probiotics	Zinc	Selenium
MnSOD			✓						
GPX1			✓		✓				✓

Detoxification and Cell Defence - Health and Wellbeing

Phase I - Health and Wellbeing

Phase II - Health and Wellbeing

	Increase Ω-3 Fish Oil	Increase A-linoleic acid (ALA)	Nutrigenomic SOD inducer	Vitamin D3	Sulforaphane	Phenethyliso-thiocyanate (PEITC)	Probiotics	Zinc	Selenium
GCLM					✓				
HO-1					✓				

VITAMIN D METABOLISM - HEALTH AND WELLBEING

Vitamin D Receptors - Health and Wellbeing

	Increase Ω -3 Fish Oil	Increase α -linoleic acid (ALA)	Nutrigenomic SOD inducer	Vitamin D3	Sulforaphane	Phenethylisothiocyanate (PEITC)	Probiotics	Zinc	Selenium
VDR					✓				
VDR-2					✓				

METHYLATION AND HOMOCYSTEINE METABOLISM - HEALTH AND WELLBEING

Methylation and Homocysteine Metabolism - Health and Wellbeing

	Increase Ω -3 Fish Oil	Increase A- linoleic acid (ALA)	Nutrigenomic SOD inducer	Vitamin D3	Sulforaphane	Phenethyliso- thiocyanate (PEITC)	Probiotics	Zinc	Selenium
CBS								✓	

Vitamin B12 Status - Health and Wellbeing

FAT METABOLISM & CHOLESTEROL REGULATION - HEALTH AND WELLBEING

Fat Metabolism - Health and Wellbeing

Energy Metabolism and Thermogenesis - Health and Wellbeing

Cholesterol Regulation - Health and Wellbeing



Your Personal Function Mappings Health and Wellbeing Nutrition Interventions - 1

Genetic Profile ID -

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Note The interventions with the greatest number of ticks are the initial areas of focus.

INFLAMMATION - HEALTH AND WELLBEING

Pro-inflammatory Cytokines - Health and Wellbeing

	Mediterranean Style Diet	Increase ratio of Ω -3 / Ω -6	Decrease Ω -6 fatty acids	Fish	Decrease Saturated/ Trans/ Hydrogenated Fats	Decrease % dietary fat of total energy intake	Increase Fruit & Vegetable intake	Increase Fruit & Veggies with β -carotene	Increase cruciferous vegs esp broccoli/sprouts	Increase Allium vegetables ie Onions/Garlic
IL-1 α -1	✓	✓	✓	✓			✓		✓	
IL-1 α -2	✓	✓	✓	✓			✓		✓	
IL-1- β	✓	✓	✓	✓					✓	
IL-18	✓	✓	✓	✓			✓			
CRP-1	✓	✓	✓	✓	✓		✓	✓		
CRP-3	✓	✓	✓	✓	✓		✓	✓		
COX-2-3				✓						
COX-2-4				✓						

Anti-inflammatory Cytokines - Health and Wellbeing

	Mediterranean Style Diet	Increase ratio of Ω -3 / Ω -6	Decrease Ω -6 fatty acids	Fish	Decrease Saturated/ Trans/ Hydrogenated Fats	Decrease % dietary fat of total energy intake	Increase Fruit & Vegetable intake	Increase Fruit & Veggies with β -carotene	Increase cruciferous vegs esp broccoli/sprouts	Increase Allium vegetables ie Onions/Garlic
IL-10-1		✓	✓	✓						
IL-10-2		✓	✓	✓						
IL-10-3		✓	✓	✓						

VITAMIN D METABOLISM - HEALTH AND WELLBEING

Vitamin D Receptors - Health and Wellbeing

METHYLATION AND HOMOCYSTEINE METABOLISM - HEALTH AND WELLBEING

Methylation and Homocysteine Metabolism - Health and Wellbeing

	Mediterranean Style Diet	Increase ratio of Ω -3 / Ω -6	Decrease Ω -6 fatty acids	Fish	Decrease Saturated/ Trans/ Hydrogenated Fats	Decrease % dietary fat of total energy intake	Increase Fruit & Vegetable intake	Increase Fruit & Veggies with β -carotene	Increase cruciferous vegg esp broccoli/sprouts	Increase Allium vegetables ie Onions/Garlic
MTHFR-1	✓									

Vitamin B12 Status - Health and Wellbeing

FAT METABOLISM & CHOLESTEROL REGULATION - HEALTH AND WELLBEING

Fat Metabolism - Health and Wellbeing

	Mediterranean Style Diet	Increase ratio of Ω -3 / Ω -6	Decrease Ω -6 fatty acids	Fish	Decrease Saturated/ Trans/ Hydrogenated Fats	Decrease % dietary fat of total energy intake	Increase Fruit & Vegetable intake	Increase Fruit & Veggies with β -carotene	Increase cruciferous vegs esp broccoli/sprouts	Increase Allium vegetables ie Onions/Garlic
FAB2					✓					
FTO	✓									
LEPR-1					✓	✓				
LEPR-2					✓	✓				

Energy Metabolism and Thermogenesis - Health and Wellbeing

	Mediterranean Style Diet	Increase ratio of Ω -3 / Ω -6	Decrease Ω -6 fatty acids	Fish	Decrease Saturated/ Trans/ Hydrogenated Fats	Decrease % dietary fat of total energy intake	Increase Fruit & Vegetable intake	Increase Fruit & Veggies with β -carotene	Increase cruciferous vegs esp broccoli/sprouts	Increase Allium vegetables ie Onions/Garlic
UCP1								✓		

Cholesterol Regulation - Health and Wellbeing

	Mediterranean Style Diet	Increase ratio of Ω -3 / Ω -6	Decrease Ω -6 fatty acids	Fish	Decrease Saturated/ Trans/ Hydrogenated Fats	Decrease % dietary fat of total energy intake	Increase Fruit & Vegetable intake	Increase Fruit & Veggies with β -carotene	Increase cruciferous vegs esp broccoli/sprouts	Increase Allium vegetables ie Onions/Garlic
CETP					✓	✓				
LIPC					✓	✓				



Your Personal Function Mappings Health and Wellbeing Lifestyle Interventions

Genetic Profile ID -

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INFLAMMATION - HEALTH AND WELLBEING

Pro-inflammatory Cytokines - Health and Wellbeing

	Healthy Weight / BMI	Avoid smoking & passive smoke	Reduce alcohol consumption	Adequate Sleep	Manage Stress Levels	Avoid environmental toxins	Monitor Caffeine consumption	Avoid over-exposure to Sun	Minimise exposure to PAH's	Avoid sedentary lifestyle - must exercise
IL-1 α -1	✓	✓								
IL-1 α -2	✓	✓								
IL-1- β	✓	✓								
IL-18	✓									
CRP-1	✓	✓	✓	✓	✓	✓				
CRP-3	✓	✓	✓	✓	✓	✓				

Anti-inflammatory Cytokines - Health and Wellbeing

VITAMIN D METABOLISM - HEALTH AND WELLBEING

Vitamin D Receptors - Health and Wellbeing

METHYLATION AND HOMOCYSTEINE METABOLISM - HEALTH AND WELLBEING

Methylation and Homocysteine Metabolism - Health and Wellbeing

	Healthy Weight / BMI	Avoid smoking & passive smoke	Reduce alcohol consumption	Adequate Sleep	Manage Stress Levels	Avoid environmental toxins	Monitor Caffeine consumption	Avoid over-exposure to Sun	Minimise exposure to PAH's	Avoid sedentary lifestyle - must exercise
MTHFR-1		✓	✓				✓			
CBS		✓	✓				✓			

Vitamin B12 Status - Health and Wellbeing



Your Personal Function Mappings

Health and Wellbeing Exercise Interventions

Genetic Profile ID -

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INFLAMMATION - HEALTH AND WELLBEING

Pro-inflammatory Cytokines - Health and Wellbeing

	Leisure-time walking	Aerobic Exercise	Resistance Exercise	Avoid over-training	Include Active Recovery Sessions
CRP-1	✓				
CRP-3	✓				

Anti-inflammatory Cytokines - Health and Wellbeing

CELLULAR DEFENCE - HEALTH AND WELLBEING

Anti-oxidant Status - Health and Wellbeing

Detoxification and Cell Defence - Health and Wellbeing

Phase I - Health and Wellbeing

Phase II - Health and Wellbeing

VITAMIN D METABOLISM - HEALTH AND WELLBEING

Vitamin D Receptors - Health and Wellbeing

METHYLATION AND HOMOCYSTEINE METABOLISM - HEALTH AND WELLBEING

Methylation and Homocysteine Metabolism - Health and Wellbeing

Vitamin B12 Status - Health and Wellbeing

CARDIOVASCULAR HEALTH - HEALTH AND WELLBEING

Blood Pressure Regulation - Health and Wellbeing

Vascular Tone - Health and Wellbeing

	Leisure-time walking	Aerobic Exercise	Resistance Exercise	Avoid over-training	Include Active Recovery Sessions
eNOS3-2		✓			
NADPH-CYBA		✓			
ADIPOQ		✓			

FAT METABOLISM & CHOLESTEROL REGULATION - HEALTH AND WELLBEING

Fat Metabolism - Health and Wellbeing

	Leisure-time walking	Aerobic Exercise	Resistance Exercise	Avoid over-training	Include Active Recovery Sessions
FAB2		✓			

Energy Metabolism and Thermogenesis - Health and Wellbeing

Cholesterol Regulation - Health and Wellbeing



Your Personal Function Mappings Health and Wellbeing Nutrigenomic Interventions-2

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INFLAMMATION - HEALTH AND WELLBEING

Pro-inflammatory Cytokines - Health and Wellbeing

Anti-inflammatory Cytokines - Health and Wellbeing

VITAMIN D METABOLISM - HEALTH AND WELLBEING

Vitamin D Receptors - Health and Wellbeing

METHYLATION AND HOMOCYSTEINE METABOLISM - HEALTH AND WELLBEING

Methylation and Homocysteine Metabolism - Health and Wellbeing

	5-methyltetrahydrofolate	Folate	Vitamin B2	Vitamin B6	Vitamin B12 / Methyl B12	Betaine from Choline	Protein	Ginger
MTHFR-1	✓	✓	✓		✓	✓		
MTRR					✓	✓		
CBS		✓		✓		✓		

Vitamin B12 Status - Health and Wellbeing

	5-methyltetrahydrofolate	Folate	Vitamin B2	Vitamin B6	Vitamin B12 / Methyl B12	Betaine from Choline	Protein	Ginger
TCN2					✓			
FUT2					✓			

CARDIOVASCULAR HEALTH - HEALTH AND WELLBEING

Blood Pressure Regulation - Health and Wellbeing

	5-methyltetrahydrofolate	Folate	Vitamin B2	Vitamin B6	Vitamin B12 / Methyl B12	Betaine from Choline	Protein	Ginger
ACE								✓

Vascular Tone - Health and Wellbeing

FAT METABOLISM & CHOLESTEROL REGULATION - HEALTH AND WELLBEING

Fat Metabolism - Health and Wellbeing

Energy Metabolism and Thermogenesis - Health and Wellbeing

Cholesterol Regulation - Health and Wellbeing



Your Personal Function Mappings Health and Wellbeing Nutrition Interventions - 2

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Note The interventions with the greatest number of ticks are the initial areas of focus.

CELLULAR DEFENCE - HEALTH AND WELLBEING

Anti-oxidant Status - Health and Wellbeing

Detoxification and Cell Defence - Health and Wellbeing

Phase I - Health and Wellbeing

Phase II - Health and Wellbeing

VITAMIN D METABOLISM - HEALTH AND WELLBEING

Vitamin D Receptors - Health and Wellbeing

METHYLATION AND HOMOCYSTEINE METABOLISM - HEALTH AND WELLBEING

Methylation and Homocysteine Metabolism - Health and Wellbeing

	Increase Fibre	Dietary Vitamin E	Foods rich in Folate	Foods rich in B2	Foods rich in B6	Foods rich in B12	Foods rich in Zinc	Foods rich in Choline	Decrease salt (Sodium) intake ie table salt	Sweet Purple Potatoes
MTHFR-1			✓	✓		✓		✓		
MTRR						✓		✓		
CBS			✓		✓	✓	✓	✓		

Vitamin B12 Status - Health and Wellbeing

	Increase Fibre	Dietary Vitamin E	Foods rich in Folate	Foods rich in B2	Foods rich in B6	Foods rich in B12	Foods rich in Zinc	Foods rich in Choline	Decrease salt (Sodium) intake ie table salt	Sweet Purple Potatoes
TCN2						✓				
FUT2						✓				

FAT METABOLISM & CHOLESTEROL REGULATION - HEALTH AND WELLBEING

Fat Metabolism - Health and Wellbeing

Energy Metabolism and Thermogenesis - Health and Wellbeing

Cholesterol Regulation - Health and Wellbeing



Your Personal Function Mappings Health and Wellbeing Nutrition Interventions - 3

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INFLAMMATION - HEALTH AND WELLBEING

Pro-inflammatory Cytokines - Health and Wellbeing

Anti-inflammatory Cytokines - Health and Wellbeing

CELLULAR DEFENCE - HEALTH AND WELLBEING

Anti-oxidant Status - Health and Wellbeing

Detoxification and Cell Defence - Health and Wellbeing

Phase I - Health and Wellbeing

Phase II - Health and Wellbeing

VITAMIN D METABOLISM - HEALTH AND WELLBEING

Vitamin D Receptors - Health and Wellbeing

METHYLATION AND HOMOCYSTEINE METABOLISM - HEALTH AND WELLBEING

Methylation and Homocysteine Metabolism - Health and Wellbeing

Vitamin B12 Status - Health and Wellbeing

CARDIOVASCULAR HEALTH - HEALTH AND WELLBEING

Blood Pressure Regulation - Health and Wellbeing

	Potassium rich foods	Foods rich in nitrates ie beetroot/celery	Increase food rich in vitamins C & E	Non-alkalinized Cocoa	Spirulina	Low GIFoods	Whole Grains	Olive Oil	Moderate Carbohydrate Intake	Calorie Restriction
AGTR1	✓									

Vascular Tone - Health and Wellbeing

	Potassium rich foods	Foods rich in nitrates ie beetroot/celery	Increase food rich in vitamins C & E	Non-alkalinized Cocoa	Spirulina	Low GIFoods	Whole Grains	Olive Oil	Moderate Carbohydrate Intake	Calorie Restriction
eNOS3-2		✓	✓	✓						
NADPH-CYBA				✓	✓					
ADIPOQ						✓	✓	✓		

FAT METABOLISM & CHOLESTEROL REGULATION - HEALTH AND WELLBEING

Fat Metabolism - Health and Wellbeing

	Potassium rich foods	Foods rich in nitrates ie beetroot/celery	Increase food rich in vitamins C & E	Non-alkalinized Cocoa	Spirulina	Low GI Foods	Whole Grains	Olive Oil	Moderate Carbohydrate Intake	Calorie Restriction
FAB2									✓	✓
FTO										✓
LEPR-1									✓	
LEPR-2									✓	

Energy Metabolism and Thermogenesis - Health and Wellbeing

	Potassium rich foods	Foods rich in nitrates ie beetroot/celery	Increase food rich in vitamins C & E	Non-alkalinized Cocoa	Spirulina	Low GI Foods	Whole Grains	Olive Oil	Moderate Carbohydrate Intake	Calorie Restriction
UCP3-2										✓

Cholesterol Regulation - Health and Wellbeing

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