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Xcode Life forays into nutrigenomics, launching comprehensive gene nutrition test

Nutrigenomics is becoming the backbone of Xcode Life’s services

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Chennai-based firm Xcode Life is now launching India’s most comprehensive nutrigenomic assessment. It covers nearly 50 aspects of nutrition, including macro breakup according to genotype, micronutrient deficiency risk, eating behaviours, weight management with nutrition, taste preferences, diet responses, and food sensitivities.

Nutrigenomics is the study of how the food we consume affects gene expression and health, and how a person's genes affect the way the body responds to food. Nutrigenomics approaches are being employed globally to bring a significant scientific basis to the health and wellness industry. It makes nutrition suggestions more credible and personalised according to everyone’s unique genetic makeup.

When it comes to nutrigenomics, there are some factors unique to the Indian population. India is home to more than 2000 ethnic groups - thus, genetic diversity varies substantially among Indian populations.

The prevalence of chronic diseases is on the rise. About 21% of the elderly in India (2.2 crore people) reportedly have at least one chronic disease. The high prevalence of genetic variations makes Indians more prone to obesity.

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Read online: https://nuffoodsspectrum.in/news/16/19978/xcode-life-forays-into-nutrigenomics-launching-comprehensive-gene-nutrition-test.html

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