






Which Longevity Health test is best for you?

- Each Longevity Health home test-kit can be ordered on our website.
- The following table will help you to decide which test to prioritise.

	3X4 Genetics Nutrigenomics Testing 	Viome Gut Microbiome Testing 	PharmaGene Pharmacogenomics Test 
Area of focus	General Health & Nutritional Wellbeing	Gut Health	Personal Drug Compatibility
Test sample	DNA from cheek cell swab	RNA from stool sample	DNA from saliva sample
Test outcomes	<ul style="list-style-type: none"> + A summary of your unique genetic predispositions to chronic disease including obesity, diabetes, cardiovascular disease, depression and neurodegenerative disease. + A summary of your unique metabolic responsiveness to diet and exercise intervention, including inflammatory risk, nutrient deficiency risk, and genetic food intolerance markers. + Personalised nutrition, exercise and supplement intervention strategies to combat genetic risks. + A personalised summary of high priority areas. 	<ul style="list-style-type: none"> + A functional rating of your gut health based on >20 integrated subscores which reflect the present state of your gut microbiome. + Identification of the active microorganisms living in your gut. + A detailed list of foods and nutritional supplements to improve the microbial diversity of your gut microbiome. + A list of specific foods to avoid, which are likely to aggravate gastrointestinal distress. + A personalised list of superfoods, which are likely to enhance the microbial ecosystem in your gut. + Nutrient recommendations to include as gut-support supplements. 	<ul style="list-style-type: none"> + An itemised table of medical drugs, per category, indicating the safe and unsuitable options for your genotype. + Personalised feedback on your current medication regimen, including suggested drug alternatives in the case of genetic incompatibility. + Personalised feedback on optimal drug dosage for your genotype, in comparison to the standardised prescribed dose. + Warnings of drug-drug and drug-nutrient contraindications.
Window of validity	<ul style="list-style-type: none"> + Life-time validity. + 3X4 is a once-off test that can be taken at any age and stage of life. + Your genetic blueprint will never change (unlike a blood test, your DNA is a constant variable). 	<ul style="list-style-type: none"> + Short-term validity. + Viome provides a snapshot of your gut health at a specific moment in time. + Re-testing is recommended after 6-9 months to observe changes in gut health after dietary manipulation. + Re-testing can be done regularly according to personal interest. + Many patients achieve adequate insight with only one test. 	<ul style="list-style-type: none"> + Life-time validity. + PharmaGene is a once-off test that can be taken at any age and stage of life. + Your genetic blueprint will never change, but PharmaGene recommendations may change with the removal/addition of new drugs to your medication regimen. + The PharmaGene Live Report can be re-programmed by your doctor as drugs are added or removed from your treatment plan. No further payment is required to re-programme the PharmaGene Live portal.
Practitioner support	<ul style="list-style-type: none"> + Practitioner support is required to interpret and explain your DNA results. + Your 3X4 blueprint will be sent to a 3X4 practitioner of your choice for an appointment to discuss the results. This is included in the cost of the test. + You will receive a user-friendly summary from your 3X4 practitioner. + Several follow-ups may be required to extensively explore the information in your 3X4 report. 	<ul style="list-style-type: none"> + Results are self-explanatory and easy to access through the Viome app. + Practitioner support is optional. + A registered dietitian or doctor with a special interest in gut health will be able to assist with further gut support. 	<ul style="list-style-type: none"> + Practitioner support is required to interpret and explain your results. + Online consultation with a PharmaGene trained medical doctor is available through Next Biosciences. + Prescription changes can only be administered by a medical doctor.
The ideal candidate	<ul style="list-style-type: none"> + Anyone interested in proactive health and weight management. + Anyone with a family history of cardiovascular disease, neurodegenerative disease, metabolic disease, obesity, toxin sensitivity and mental health challenges. + Healthy people, invested in staying healthy. + Chronically ill people, invested in improving their health. 	<ul style="list-style-type: none"> + Anyone struggling with recurring abdominal pain and discomfort. + Anyone battling with symptoms of digestive distress, including gas, bloating, diarrhoea, constipation and indigestion. + Anyone invested in improving their gut health. + Anyone invested in improving their mental health (gut health and mental health are inextricably linked through the gut-brain-axis). 	<ul style="list-style-type: none"> + Adults on more than one chronic medication. + Children under advisement to start ADHD or anti-convulsant medication. + Anyone struggling with drug side-effects. + Anyone interested in their personal responsiveness to prescription and OTC medication including pain killers, anesthetics, anti-depressants, immune suppressants, cardiovascular drugs, contraceptives, antimalarials, antibiotics, antifungals and more.
How long for results?	3-4 weeks	3-4 weeks	3-4 weeks
The cost	R5 800	R6 900	R4 900
Contact us	health@nextbio.co.za	viome@nextbio.co.za	pharmagene@nextbio.co.za