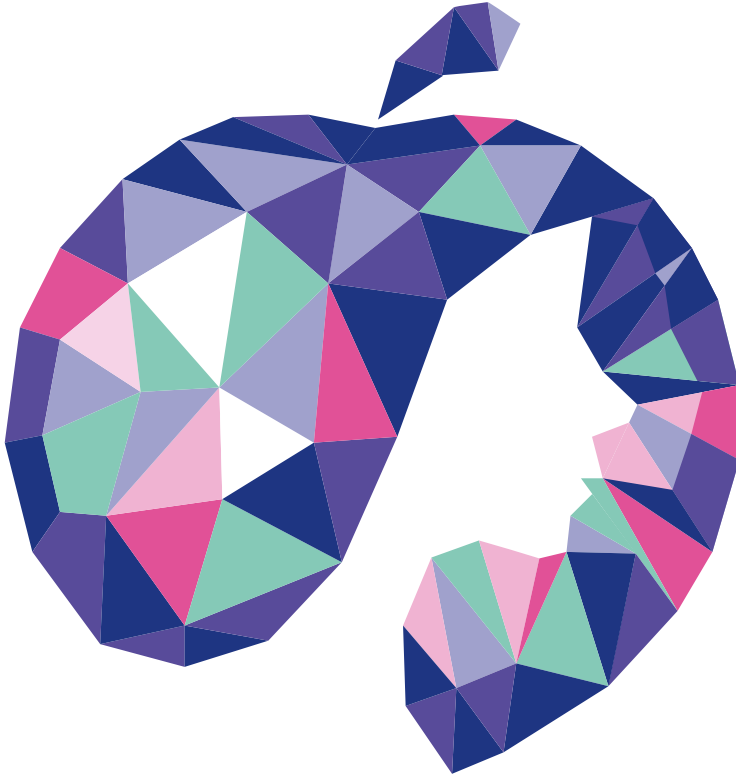




Juvenalis
WELLNESS TESTING
BY EUROFINS BIOMNIS



Juvenalis,
preventative health assessments adapted to my needs

www.juvenalis.com



Juvenalis - Wellness testing



Biomnis



Preventative health testing is a modern medical approach which enables the identification of possible alterations of biological and physiological mechanisms over time. The body is under constant attack : stress, unbalanced diet, lack of sleep, chronic pain, not to mention age-related physiological changes (hormone deficiencies, functional changes, weakened immune defences).



*But nowadays it is up to us to take charge of **our own health** and ensure that we **age well** by taking advantage of the possibilities offered by preventative health laboratory assessments.*

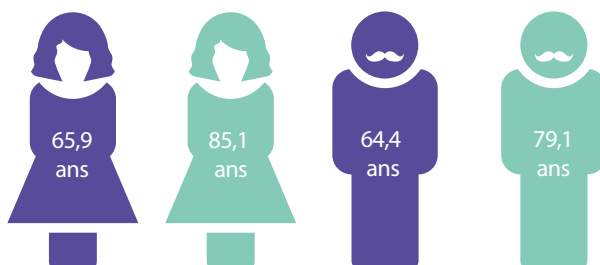
*With advanced analyses developed by our clinical experts, **Juvenalis** opens the door to preventative health & wellness testing.*

Juvenalis, the path to wellness

Life expectancy continues to increase thanks to advances in curative and preventive medicine, and to general improvements in our lifestyles. The terms “**disability-free life expectancy**” and “**healthy life years index**,” have been widely used to express this phenomenon since the 1990s. **Preventive medicine and wellness testing are emerging disciplines aiming to push this age limit further and to break the automatic link between ageing and health issues.**

Disability-free life expectancy vs. Life expectancy at birth

(sources: INSEE (French national statistics agency) 2017 and 2018)





Juvenalis preventative health tests enable you to:

- Identify imbalances or deficiencies before the onset of symptoms.
- Re-establish a healthy lifestyle suited to your needs.
- Provide an alternative approach in the search for the causes of chronic diseases.
- Set up and implement a personal “well-being” strategy.

Juvenalis analyses

Our Juvenalis clinical experts offer laboratory tests that have been specifically selected according to various clinical contexts and symptoms experienced by individuals. Juvenalis proposes a personalised, global or targeted approach to preventive medicine.

MiniCheck & BasicCheck

The MiniCheck and BasicCheck panels have been designed to identify possible harmful processes or deficiencies (macronutritional or micronutritional) that are likely to get worse over time. Both are suitable for anyone who wishes to assess their overall state of health.

BasicCheck will give you even more information by exploring functions such as thyroid hormone balance, iron reserves or digestive health.

MiniCheck : results within 2 weeks

BasicCheck : results within 2 weeks

AgeCheck Woman

AgeCheck Woman is aimed for **all women who wish to maintain their metabolic balance and minimise signs of ageing**. This panel of analyses, selected for their relevance, not only makes possible the exploration of the metabolic functions but also to measure the essential micronutritional markers. With the results of this assessment, your medical practitioner can help you return to **well-being and vitality**.

Results within 2 weeks



AgeCheck Man

AgeCheck Man is aimed at all men **who wish to maintain their health and physical fitness**. It explores the functioning of metabolic pathways and looks for the presence of ageing markers. With the results of this assessment, your medical practitioner can help you return to **well-being and vitality**.

Results within 2 weeks



DermaCheck

DermaCheck **analyses your body for vitamin or trace element deficiencies** which, among other things, play a key role in defence systems against skin ageing processes. So your skin will soon reflect its **new found equilibrium**.

Results within 10 days

DigestCheck

The intestine is a key factor in our health and is sometimes even referred to as our “second brain”. DigestCheck **focuses on the intestinal equilibrium and assesses the functioning of the digestive system.** It screens for intestinal inflammation, imbalances of the intestinal microbiota or abnormalities in intestinal permeability that can cause many disorders : **irritable bowel syndrome, food intolerances, autoimmune diseases, chronic intestinal inflammations, unexplained gastrointestinal complaints, weight or anxiety problems, sleeping disorders and even depression.**

Results within 10 days



FertiCheck Man

In men as in women, the (micro) nutrients of a varied diet are key factors in **optimising fertility.** The FertiCheck Man panel can contribute to establishing optimum conditions **for the creation of high quality sperm** and then increase chance of pregnancy.

Results within 3 weeks

FertiCheck Woman

In women as in men, the (micro)nutrients of a varied diet are one of the key factors in **optimising fertility.** A healthy diet is also essential for the healthy development of the unborn child. The FertiCheck Woman panel enables preliminary exploration of the biological status of the future mother and will give some pointers on how to improve this **in order to increase the chances of pregnancy.**

Results within 3 weeks



Minerals

Minerals are essential and deficiencies can lead to significant metabolic imbalances. This panel allows you to review your body's mineral status.

Results within 1 week

NutriCheck

NutriCheck evaluates your vitamin and mineral levels as well as essential trace elements and essential fatty and amino acids. It can identify any **deficiencies and/ or excesses potentially associated with chronic tiredness, premature ageing, inflammation, recurring infections, weight problems or digestive disorders ...** which can then be corrected following the advice of your practitioner.

Results within 3 weeks



OxyCheck NEW

Oxidative stress is to the body what rust is to iron: a process of alteration, sometimes irreversible, the main cause of ageing and resulting in inflammatory pathologies. It can be prevented by performing a basic assessment such as OxyCheck.

This panel estimates the level of oxidative stress in the body, using a specific calculation to express this state of being. It can also be used to monitor the evolution of oxidative stress during and after therapeutic management.

Results within 4 weeks

Nutritol™ food intolerances panels

Nutritol™ analyses developed by our clinical experts test several food groups for possible intolerances. The assay of food-specific IgGs* **identifies the foods responsible for possible chronic inflammations, leading to conditions such as migraines, digestive disorders, fibromyalgia and chronic tiredness syndrome.**



Our Nutritol analyses are available in five formats :

Nutritol²⁵

Analysis of 25 common foods such as gluten (screening of NCGS**), cow milk and certain fruits and vegetables.

Results within 2 weeks

Nutritol⁵⁰

Analysis of 50 foods, including meat, vegetables, cereals and dairy products.

Results within 2 weeks

Nutritol⁵⁰VEGAN

Analysis of 50 plant foods : cereals, fruits, vegetables and spices.

Results within 2 weeks

Nutritol¹⁰⁰

Analysis of the 100 most important foods : large variety of dairy products, meat, fish, fruits and vegetables.

Results within 2 weeks

Nutritol²⁸⁷ - Puce FOX®

Analysis of 287 foods and additives: different varieties of meat, vegetables, fruits, cereals, dairy products, eggs and a large number of spices, tea, coffee, wine tannins, thickening agents and preservatives.

Results within 2 weeks

**Immunoglobulin G

**NCGS: Non-coeliac gluten sensitivity



Notes

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[illegible]



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To find out more visit
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Juvenalis - Preventive clinical biology