



The Scientific Evidence

Molecular Testing Labs[®] (“MTL”) provides laboratory reports based upon our genetic testing and results and other published scientific studies.

Advice relative to fitness and/or nutrition is often complicated and contradictory. MTL is on a mission to help identify what action people can take to get fit, eat right, and improve their overall wellness. A comprehensive list of scientific studies and evidence the MTL team references, to understand how DNA affects an individual’s response to exercise and nutrition, is available upon request.

MyDNAFitnessTest.com has contracted with Molecular Testing Labs[®] for certain services and products, which it resells and receives a fee.