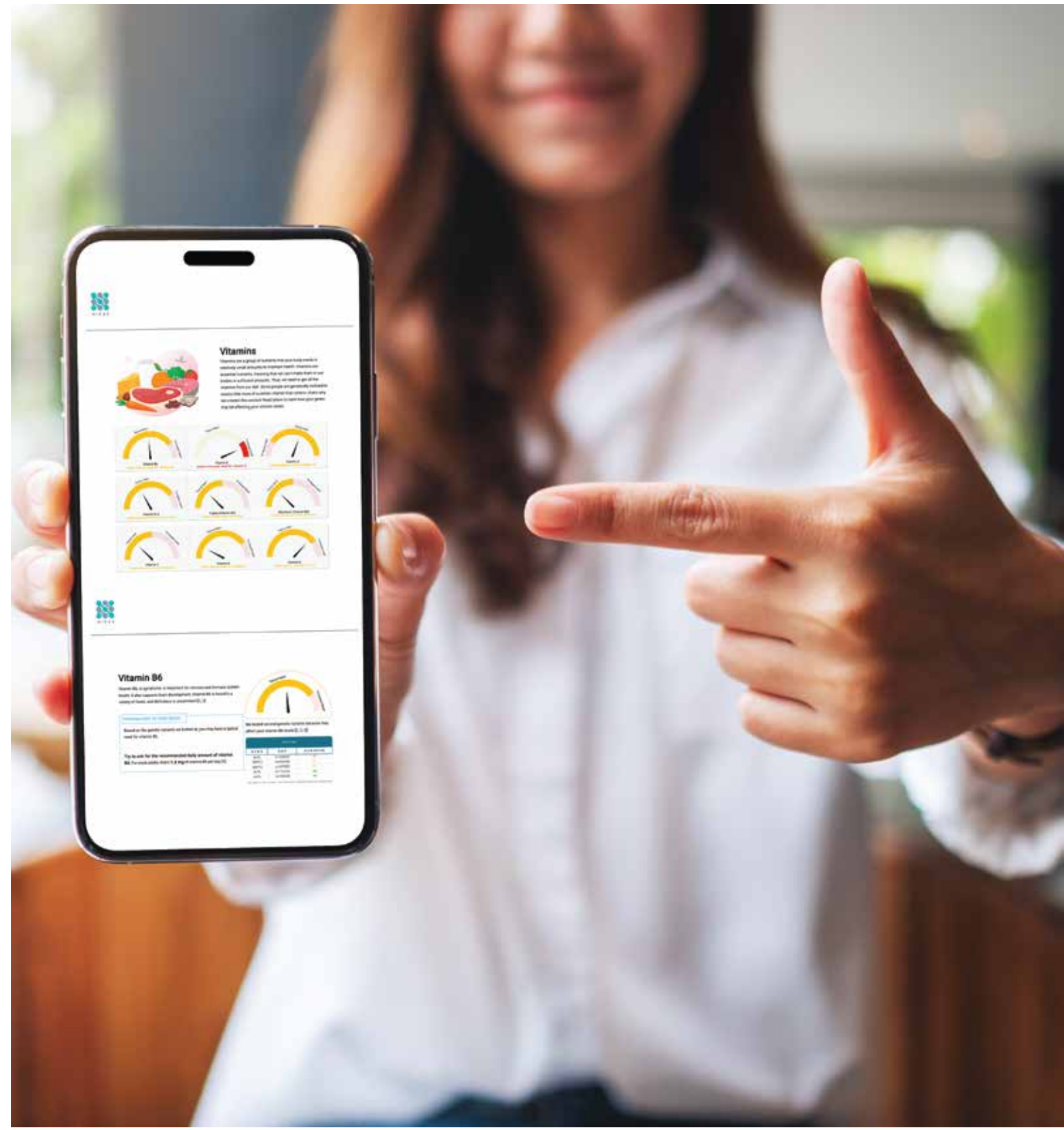


- Ancestry
- Diet & Nutrition
- Fitness
- Skin & Beauty
- Personality
- Blood & Lab Markers
- Metabolic Health
- Hormone Health
- Fatigue
- Sleep
- Pain
- Brain Health
- Respiratory Health
- Bones, Joints & Muscles
- Cardiovascular Health
- Cancer Heredity Risk
- Disease Predisposition Analysis
- Kidneys & Urinary Tract
- Female Sexual & Reproductive
- Carrier Screening Health
- Medical Sensitivity Analysis
- Immunity & Inflammation
- Eyes Ears & Mouth
- Genes

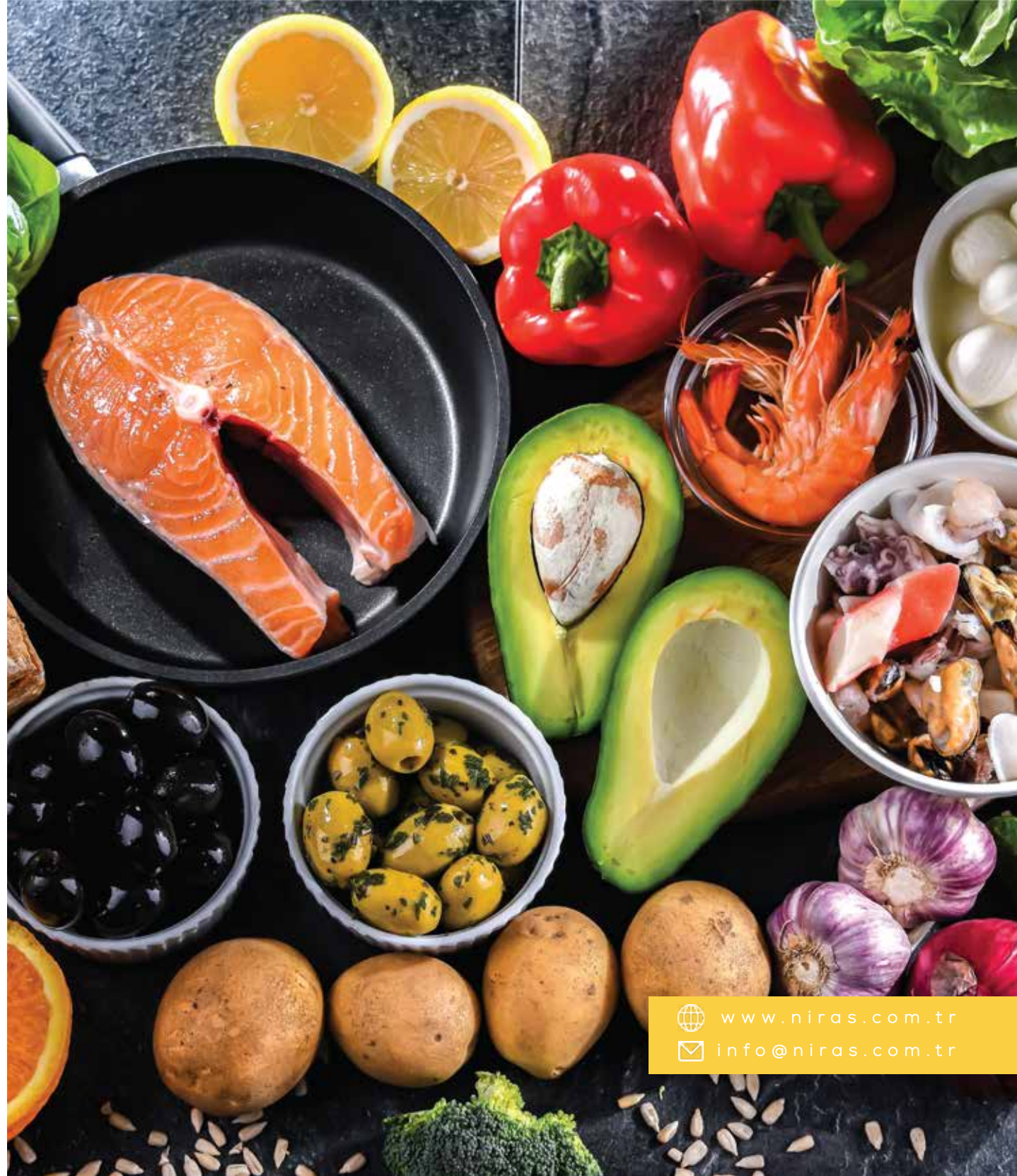


INTRODUCTION TO NIRAS GROUP

Welcome to Niras Group, your premier destination for cutting-edge health services specializing in DNA testing. At Niras Group, we are dedicated to empowering individuals with a deeper understanding of their genetic makeup to unlock the secrets to optimal health and well-being.

UNDERSTANDING GENETIC TESTS:

Genetic tests offered at Niras Group provide valuable information about your genetic predispositions, traits, and potential health risks. These tests analyze specific regions of your DNA to identify variations associated with various health conditions, traits, and responses to environmental factors. By understanding your genetic makeup, you can take proactive steps towards optimizing your health and well-being.



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Premium
Package



- **Talent Assessment:**

Uncover hidden talents and aptitudes encoded in your child's DNA. Our test offers insights into potential areas of strength, helping you nurture their natural abilities.



- **Combatting Fatigue:**

Identify genetic markers associated with fatigue and energy metabolism in your child. Tailored recommendations can help manage fatigue more effectively, ensuring they stay energized and active.

- **Invest in Your Child's Future Today:**

Give your child the best possible start in life with our Genetic Testing for Kids. By understanding their genetic blueprint, you can nurture their potential and pave the way for a brighter and healthier future. Start your child's genetic journey with us today.

- **Diet and Nutrition Optimization:**

Understand how your child's genes influence their dietary needs and responses to nutrients. Personalized recommendations can support their growth and development.

- **Bones, Joints, and Muscles Health:**

Assess genetic factors affecting bone density, joint health, and muscle development. Gain insights to support your child's skeletal and muscular well-being.

- **Sleep Quality Assessment:**

Explore genetic influences on your child's sleep patterns and quality. Receive personalized strategies to improve their sleep hygiene and overall sleep health.

- **Metabolic Health**

Assess genetic predispositions related to metabolism and metabolic disorders. Tailored recommendations can help you optimize metabolic health.

- **Empower Your Child's Growth:**

With our Genetic Testing for Kids, you can unlock valuable insights to support your child's holistic development. From nurturing their talents to optimizing their physical and mental well-being, our test empowers you to provide personalized care tailored to their genetic makeup.

- **Brain Health Insights:**

Explore the genetic basis of cognitive function and mental well-being in your child. Discover personalized strategies to support brain health and cognitive development.



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JUNIOR PACKAGE



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● Sleep Conditions:

Understand how your ear, nose, and throat health can impact sleep conditions. Learn about factors influencing sleep quality and effective management strategies.

● Snoring and Insomnia:

Explore the connection between snoring, insomnia, ear, nose, and throat health. Find solutions to improve sleep patterns and reduce disruptive symptoms,

● Sleep Quality and Airflow Devices:

Enhance your sleep quality with airflow devices and effective management techniques. Embrace better breathing and restful sleep through personalized approaches.

● Sleep Apnea:

Learn about sleep apnea and its impact on overall health. Discover ways to address and manage this common sleep disorder for better quality of life.

● Post-Surgery Recovery:

Support your body's recovery after ear, nose, or throat surgery. Learn about post-operative care and strategies for a smooth and effective recovery process.

● Hereditary Diseases:

Uncover hereditary conditions that may affect your ear, nose, and throat health. Gain insights into genetic predispositions and proactive management.

● Nasal Issues:

Explore common nasal conditions affecting breathing and overall well-being. Discover ways to improve nasal function for better respiratory health.



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Enhance
Your
Wellness
with Ear,
Nose, and
Throat
Insights!



- **Diet and Nutrition Optimization:**

Discover how your genes influence dietary needs and responses to nutrients. Personalized recommendations catered to your genetic profile, can help you optimize your nutrition.

- **Bones, Joints, and Muscles Health:**

Understand genetic factors affecting bone density, joint health, and muscle strength. Gain insights to support your skeletal and muscular well-being.

- **Pain Management:**

Identify genetic factors influencing pain perception and pain sensitivity. Personalized approaches can help you, manage pain more effectively.

- **Metabolic Health Analysis:**

Assess genetic predispositions related to metabolism and metabolic disorders. Tailored recommendations can help you, optimize metabolic health.



- **Combat Fatigue:**

Identify genetic markers associated with fatigue and energy metabolism. Tailored recommendations can help you, manage fatigue more effectively.

- **Brain Health Insights:**

Explore the genetic basis of cognitive function and mental well-being. Discover personalized strategies to support brain health and cognitive performance.

- **Cardiovascular Wellness:**

Assess genetic predispositions related to heart health and cardiovascular function. Receive guidance on lifestyle modifications to promote a healthy heart.

- **Fitness Optimization:**

Understand how your genes influence fitness potential and exercise response. Personalized fitness recommendations can help you, achieve optimal results.

- **Hormonal Balance:**

Gain insights into genetic factors impacting hormone regulation and balance. Personalized recommendations can support hormonal health.

- **Sleep Quality Assessment:**

Explore genetic influences on sleep patterns and sleep quality. Receive personalized strategies to improve sleep hygiene and overall sleep health.

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Wellness & Fitness
Package

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● Diet and Nutrition Analysis:

Gain insights into how your genes influence your dietary needs and responses to certain nutrients. Discover personalized recommendations for optimizing your nutrition based on your genetic profile.

● Sleep Condition Assessment:

Understand the genetic factors contributing to your sleep patterns and quality. Identify potential genetic markers associated with sleep disorders and receive tailored recommendations for improving sleep health.

● Personality Traits Exploration:

Explore the genetic basis of your personality traits, including predispositions to certain behaviors and psychological tendencies. Gain valuable insights into your innate characteristics and tendencies.

● Skin and Beauty Analysis:

Learn about genetic factors impacting your skin health, aging process, and beauty traits. Discover personalized skincare recommendations based on your genetic predispositions.

● Genetic Report Insights:

Receive a comprehensive genetic report encompassing all aspects of your genetic profile, including diet, sleep, personality, skin, and beauty traits. Gain a holistic understanding of your genetic makeup and how it influences various aspects of your life.

● Metabolic Health Assessment:

Assess your genetic predispositions related to metabolic health, including factors such as metabolism, insulin sensitivity, and risk of metabolic disorders. Receive personalized recommendations for optimizing metabolic health based on your genetic profile.



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Health & Beauty
Package





- **Carrier Screening for Both Couples:**

Identify genetic carriers for inherited conditions in both partners, enabling informed family planning decisions and reducing the risk of passing on genetic disorders to future children.

- **Comprehensive Disease Avoidance:**

Screen for over 1800 different genetic diseases, allowing couples to make informed decisions and take proactive steps to prevent the transmission of hereditary conditions to their offspring.



- **Identification of Genetic Issues in Baby:**

Detect any genetic issues or predispositions that the baby may have, enabling early intervention and personalized care to optimize the child's health and well-being from infancy and beyond.

Ensure a Healthy Future:

Our Family Planning Genetic Test empowers couples with the knowledge needed to make informed decisions for their family's future. By identifying potential genetic risks and health considerations, we help pave the way for a healthy and thriving family.

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Family Planning
This package is for couples



Unlock the secrets of your ancestry and trace the fascinating journey of your genetic lineage with our Ancestry Genetic Test. Delve into the past and discover the rich tapestry of your heritage through advanced DNA analysis technology. Here's everything you need to know about this transformative experience:

● Introduction to Ancestry Genetic Test:

Embark on a journey of self-discovery by exploring your genetic roots with our Ancestry Genetic Test. This comprehensive test utilizes cutting-edge DNA analysis techniques to provide you with detailed insights into your ancestral origins.

How It Works:

- **Sample Collection:** Begin your journey by providing a small saliva sample using our convenient at-home DNA collection kit. Simply follow the easy-to-use instructions enclosed within the kit.
- **DNA Analysis:** Once received, our state-of-the-art laboratory conducts a thorough analysis of your DNA sample. Using advanced technology, we examine specific markers within your DNA to determine your genetic ancestry.
- **Results Interpretation:** Within a few weeks, you'll receive your personalized ancestry report detailing your genetic heritage. Gain a deeper understanding of your ancestral origins, including information about ethnicities, geographical regions, and migration patterns.

● Key Features:

- **Ethnicity Estimates:** Discover the diverse range of ethnicities that make up your genetic makeup, from regions across the globe.
- **Migration Patterns:** Trace the migratory routes of your ancestors throughout history, uncovering the paths they took and the regions they settled in.
- **DNA Matches:** Connect with relatives who share a portion of your DNA, allowing you to expand your family tree and discover previously unknown relatives.
- **Historical Insights:** Learn about significant historical events and population movements that shaped your genetic heritage.

● Benefits:

- **Identity Exploration:** Gain a deeper understanding of your cultural identity and heritage, fostering a sense of connection to your ancestral past.
- **Health Insights:** While primarily focused on ancestry, some tests also provide information on genetic predispositions to certain health conditions, empowering you to make informed decisions about your health.
- **Family Reconnection:** Connect with relatives you never knew existed, building new relationships and expanding your family tree.
- **Educational Opportunities:** Use your ancestry results as a springboard for further research into genealogy, history, and anthropology.

● Privacy and Security:

We understand the importance of privacy when it comes to your genetic information. Rest assured that we adhere to strict privacy protocols and utilize industry-standard encryption methods to safeguard your data.



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Ancestry

