

The future of health  
is inside **YOU**

# Live healthier, happier, fitter, fuller, stronger, longer, better.

Maybe you're already at the top of your game, but you want to go higher.

Maybe you've been living with a condition for a while and haven't been able to shake it or break it.

Maybe you suddenly, unexpectedly, inexplicably got sick, and you need to find out why.

Whatever it is you're trying to achieve or overcome, you want answers. With 3X4, you can find them.

However big or small, fit or frail, sick or strong you are, you can get better at getting better. And live the best life you're capable of.

Learn about getting a 3X4 test or find out more:

[3X4genetics.com](https://3X4genetics.com)  
[info@3X4.io](mailto:info@3X4.io)



Sick of being sick?



Tired of being tired?



Mad at menopause?



Want to push your peak?



Lose the weight?

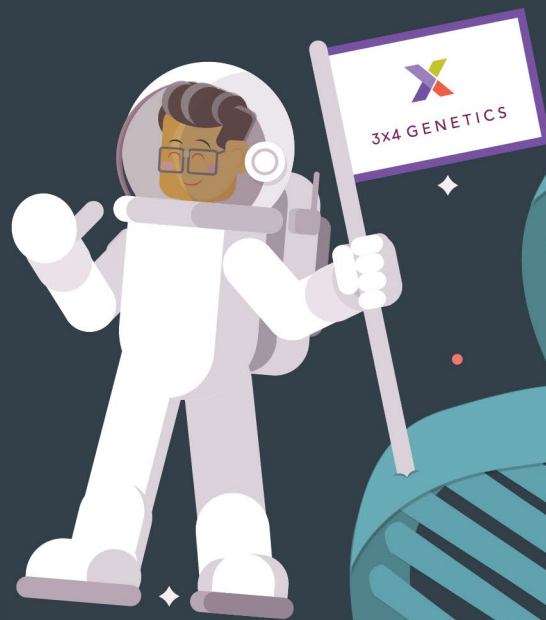


Always wanted to fly?\*



\*Just to be clear, this is figurative.

**A giant leap for humankind and a stupendous step for humans.**



## Genetics:

For centuries, we explored the world outside ourselves. Along the way, we learned earth-shattering things about how our universe works. But we didn't have the same breakthroughs exploring the world inside ourselves. We didn't learn as much about how our bodies work.

Now, that's changed. With genetics, we've made discoveries that previously were unimaginable. We're boldly going where we haven't gone before. Genetics is one of history's major advancements for all humanity. And it can mean major improvement for every human.

When you understand how you work, you can make yourself work better. You can overcome your challenges and achieve your goals. And you can do it more easily, more realistically, more confidently.

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## Uncommonly accurate. Uniquely useful.

3X4's patented test is uncommonly accurate and uniquely useful, because instead of examining single genes in isolation, it looks at hundreds in combination.

Think of your genes like puzzle pieces. If you only have one piece here and another piece there, you don't know what you're looking at. You need to see how all the pieces fit together to get the full picture and solve the puzzle.

It's understanding how your genes mix and mingle that's eureka-ly insightful. And what makes 3X4 amazingly practical.



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**X** 3X4 GENETICS

## Your genetic code. Decoded.

Your genes tell the story of you, and only you; no one else has ever had the same genetic makeup. Here's why that's awesome: instead of doing what works okay for most, you can do what works best for you.

If you want to know what the root cause of your problem is, or what the bestway to solve it is, or what your doctors are missing, or what you're prone to, or what you can do (or avoid doing) right now that'll benefit you in the future...the answers are already inside you.

The clues and the cues to better health are in your unique genetic code. Which we decode. 3X4 explains what your genes say about you, and what that means for you.



We give you information, awareness and understanding that you didn't have before, and that you can act on now. We tell you what you've been given, and what to do with it. We show you your nature, and help you recognize what to nurture. We identify what you can't change, and what you can choose.

Ultimately, simply, your Health is the result of your Genes and your Choices. Or:

$$\text{Health} = \text{Genetics} + \text{Choice}^{\text{TM}}$$

With this new knowledge about yourself, you can make better decisions for yourself, and become a better version of yourself.

## We take a more meaningful look in.

When you do a 3X4 test, we send you a Blueprint of your unique genetic makeup

### It's personal.

It's about how your body works, with its own special quirks. It explains how you're made and how you respond to the world around you.



### It's practical.

You get tips and suggestions in three specific areas:



#### Diet

things you can start or stop **eating** to get better



#### Lifestyle

things you can start or stop **doing** to get better



#### Supplements

things you can start **taking** to get better

### It's predictable.

Your Blueprint helps you identify specific actions that can lead to likely outcomes. Your accredited 3X4 practitioner will often be able to quickly zone in on a few things you can do that'll make the biggest and most immediate impact on your quality of life.



# We believe health is a daily choice.

See how 3X4 users are transforming their health every day



## Najwa

### Living with a Chronic Disease

“I was diagnosed with a degenerative condition. It was merely diagnosed by the symptoms I was presenting, and it seemed to be a lot of guesswork. My lifestyle now is addressing particular aspects of my genes that are misfiring. I got a greater understanding of my makeup. Your life can improve dramatically, even to the extent that it’s better than it was when you thought you were healthy.



Scan below  
for Najwa’s  
full story



## Arina

### Sustainable Weight Loss

“I’ve never been petite. I’d go on a diet, lose weight, but I couldn’t maintain it. I always thought my willpower (or lack of it) was to blame. Only now, after my 3X4 experience, do I know there were lots of underlying reasons for my body’s resistance to weight loss. Since addressing them, I’ve lost 20 kilograms. This is the new me.



Scan below  
for Arina’s  
full story



## Vicky

### Managing Inflammation

“Since I was 13, I suffered from severe migraines. I realized, whatever I’m doing is not working. I need to try something else. When I had my genes tested, it made so much sense. You get information that is so personalized, and so specific. It’s a recipe created for you. These days, life is very different. I can actually feel the change.



Scan below  
for Vicky’s  
full story



# Start Where?

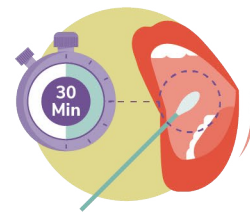
Methylation Pathway

Detoxification  
Pathway

Inflammation Pathway

Oxidative Stress

## ...and never stop benefiting.



### Do the test. Easy-peasy.

Once we have your order, we send it directly to you, quick as lightning. It's a simple cheek swab. No pain, so much gain.



### Get your personalized Blueprint.

Your practitioner will go through it with you. You'll come out knowing yourself better than before, and better equipped to start living healthier ever after.



### Benefit for life

Unlike blood tests, which you need to redo each time, your genes don't change. You do the 3X4 test once, and keep getting value from it forever.

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