



IF YOU CAN'T MEASURE IT
YOU CAN'T IMPROVE IT

**EVOLVED
FROM ELITE
ATHLETES**



Muhdo Health Screening

Muhdo provides genetic testing to support athletes in all aspects of performance, and offers an innovative, preventative and customisable digital health solution to enable the support team to hyper personalise an athlete action plan .

**Your Actional Genetic
Blueprint to**

**Health
Wellbeing
Performance
Longevity**



DNA – One-off Test

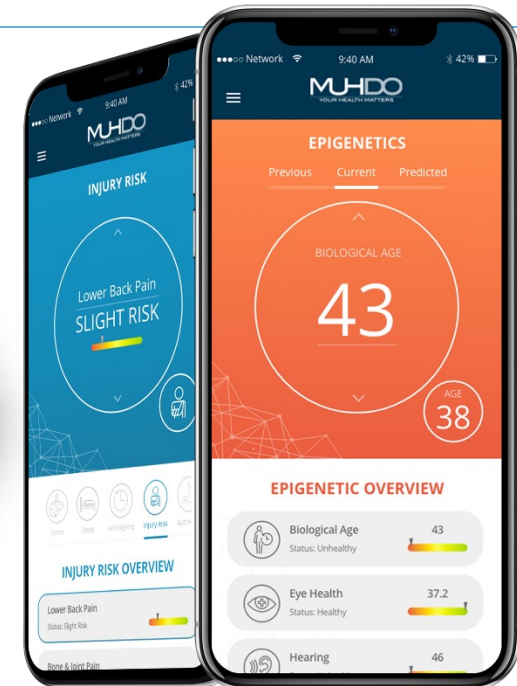
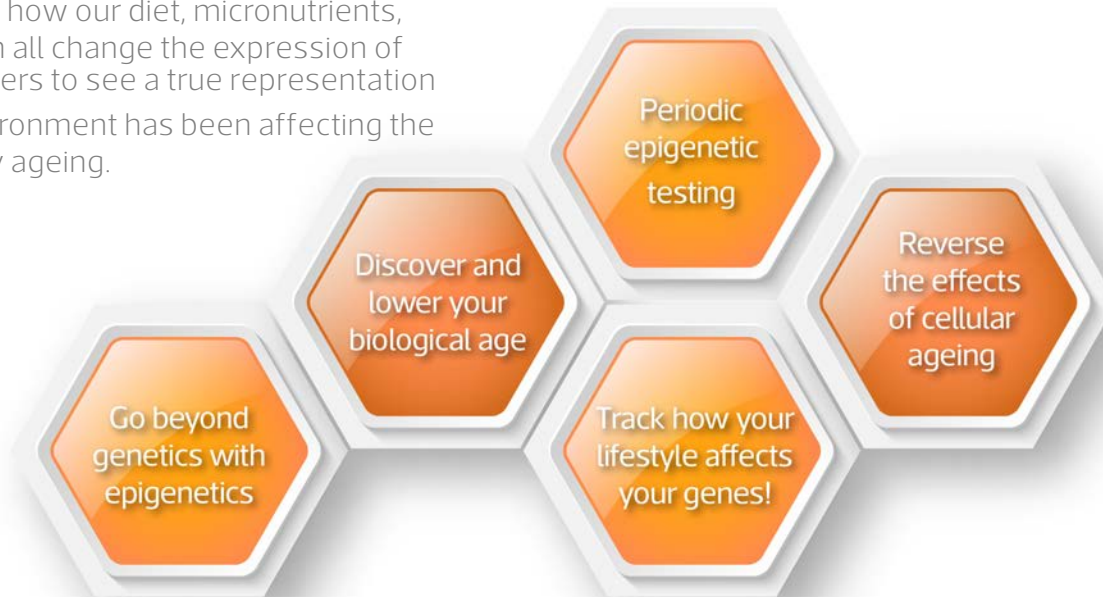


A saliva sample allows us to unlock the genetic code of our users. We help them discover what makes them unique and become a fitter, healthier and ultimately happier version of themselves.



EPIGENETICS – Periodic Testing

Epigenetics is the intersection between genetics, nutrition and the environment and explains how our diet, micronutrients, exercise, sleep and stress can all change the expression of our genes. This allows our users to see a true representation of how their lifestyle and environment has been affecting the rate at which they are actually ageing.



DNA 12

12 MONTHS OF ONGOING
HEALTH ASSESSMENTS



 CARDIAC

 SKIN

 FATIGUE

 INTOLERANCES/SENSITIVITIES

 PSYCHOLOGICAL TRAITS

 AGEING

 LIVER HEALTH

 KIDNEY HEALTH

 NEURO HEALTH

 LUNG HEALTH

 HAIR HEALTH

 ANCESTRY

What are the Benefits?

Muhdo understand that if you cannot track and then understand the small subtle changes that you make to your lifestyle, and the effect that they can have on your health, then in many instances it will be hard to stay motivated and continue with those positive habit and lifestyle changes.

The good news is that with Muhdo you can actually start to track and see how the effects of your day-to-day life such as your diet, exercise, stress, sleep as well as your environment are having on your genes and internal health.

Muhdo provides a fully interactive preventive and curative solution, available 24/7.



The Power in Knowing your DNA

Performance

Understand your genetic areas such as muscle power, VO2 max, anaerobic threshold plus many more. The app provides you with information to help with planning, periodizing and adapting training to help you enhance performance over time. There are a number of areas linked to improving performance and these will be discussed below.

Nutrition

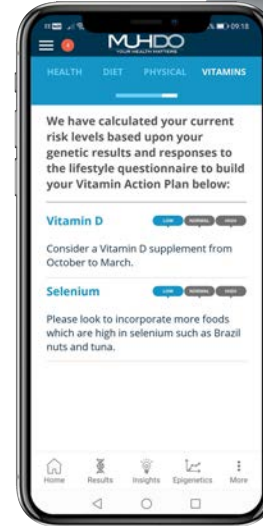
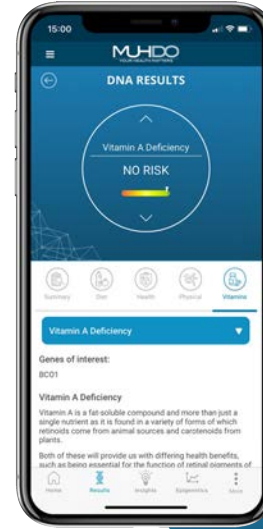
Everybody responds differently to different diets. So understanding how you can tailor your diet around your needs which can help you prepare what to eat prior to training, supplements during training and post exercise meals is massively important. There are a number of areas below that are key to understand how your diet effects them so that you can maximise performance.

Vitamin, minerals and supplements

Vitamin and mineral deficiencies are health risks that could be critical to your overall wellness. Learn if you're at risk of being deficient of over "x" vitamins and minerals, why that is, the risks involved, and how to overcome them with food, and supplementation.

Recovery

Your ability to recovery faster through correct nutrition and supplementation timing linking to recovery strategies already used by athlete will have a positive effect on body. The better your understanding of recovery, the adaptations to the body will be greater as you may be able to train smarter or train more based on your genetics.



The Power in Knowing your DNA

Stress

We explain how both psychological and physiological stress can affect a person. By looking into these aspects you will be able to understand how you may respond to pressure, how stress affects your memory, physical symptoms caused by stress and more. This analysis helps to grow your understanding of how best to deal with stressful situations.

Sleep

Sleep is essential to our general health - it helps control hormones and helps repair tissue after intense exercise, physical and cognitively hard days. Also sleep is when we recover the most and we are able to turn off and regenerate, so if you can understand how to improve sleep quality, duration and patterns these will have added benefits as sleep affects a number of different areas such as performance, fatigue, wellness, mood, recovery etc..

Gut health

An area that has come to the forefront of health at present as lots of people are suffering from gut issues or is looking to maximise the nutrition, they take in. Discover if you have a gluten tolerance which outlines the risk of celiac disease and amend your diet to better aid overall health. Help make better dietary choices to heal the gut and reduce irritability and inflammation. See if caffeine or other stimulants affect your gut. You need good bacteria in the stomach to make sure that all vitamin and minerals and diet / supplements are absorbed effectively meaning the best environment for improving performance.



Epigenetics – Tracking & Monitoring Health

The key with any sports team or athlete is to quickly identify then defining their health and performance requirements.

Every athlete and/or team will have certain genetic predispositions, which if left unchecked could possibly lead to a drop-in performance and or being detrimental to their health.

Epigenetic testing and report generation would provide key metrics to monitor. All of which are fundamentally important to an athlete such their eye sight, hearing and cognitive health as well as current inflammation levels. Understanding an athlete's epigenetic signature for these specific areas would then allow for environmental, lifestyle and nutritional adjustments to help them both avoid injury and maintain their health and wellbeing during their playing calendar or season.



Helix Portal

Our web based Helix Portal is a tool that can be used by practitioners to view the genetic results of their athletes – as well as see time stamped responses to our lifestyle questionnaires and activity tracking information such as step count, heart rate, sleep and exercise levels.

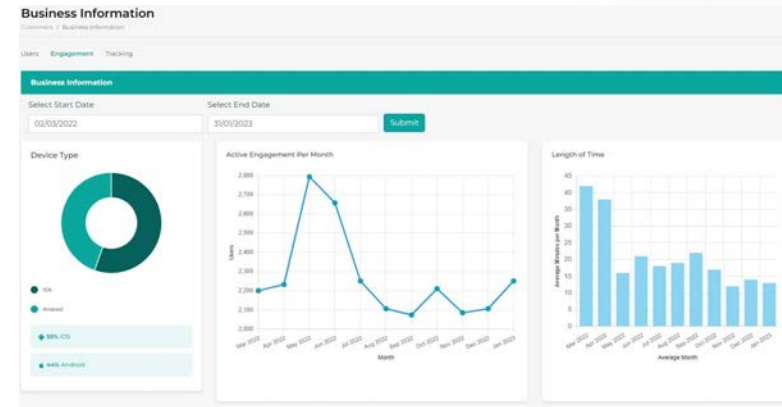
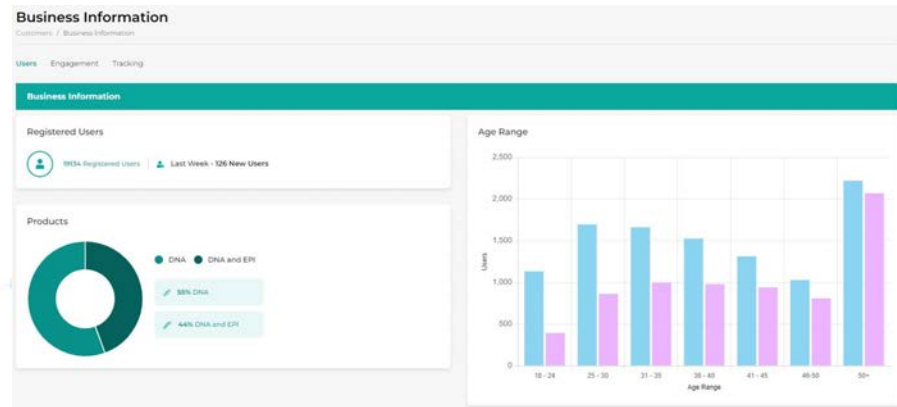
Using all other data collected from other testing you can link the genetic information together to allow you to provide specific action plans for your athletes based on a number of areas including; performance, recovery, injury prevention, sleep, nutrition, supplementation etc

View time stamped patient responses to over

120

health, diet and lifestyle questions

Track and monitor multiple lifestyle data points to verify patient activity levels



DNA Report

User: Richard Layton(DES206R)

Title	Indicator	Status	Action
Muscle Power	■■■■■	Gifted	View Result
Muscle Stamina	■■■■■	Gifted	View Result
O2 Usage	■■■■■	Above Normal	View Result
Anaerobic Threshold	■■■■■	Gifted	View Result
Recovery Rate	■■■■■	Normal	View Result
Muscle Mass	■■■■■	Normal	View Result
Injury Risk	■■■■■	Normal Risk	View Result
Soft Tissue Inflammation	■■■■■	Lower Response	View Result
Lean Body Mass	■■■■■	Good	View Result

