



DNA

What you don't know about your health could be keeping you from the results of your dreams. Finally, you can connect the dots from your DNA to your personalized nutrition program!*

FAQs:

DOES IDLIFE DNA SHIP TO ALL 50 STATES?

Yes. Because the results provided in the Nutrition & Fitness Genetics Report are for informational purposes only, and not intended to diagnose, treat, cure or prevent any disease, and Molecular Testing Labs™ is a CLIA and CAP accredited, state-of-the-art, esoteric laboratory, we can make the product available to consumers in all 50 states.

WHAT KIND OF INFORMATION WILL I GET FROM MY NUTRITION & FITNESS GENETICS REPORT?

Your results can help you better understand how your body might respond to certain diet choices and could help take your fitness regimen to the next level. Your report includes detailed and unique recommendations that can help you eat better, train better, and live better. Some of the topics covered by your report include: aerobic potential, muscle performance, weight regain after dieting, dopamine and food reward, and caffeine metabolism. Remember that this isn't a "one-size-fits-all" approach to nutrition and fitness. Your IDLife DNA report is your personalized owner's manual on how your body responds to diet and exercise based on your unique gene profile.

HOW OLD DO I HAVE TO BE TO GET TESTED?

There is no age limit on our testing, though parental consent is needed to test anyone under the age of 18. IDLife requires that the parent or guardian sign the consent form of any person under the age of 18 and may ask for further verification as needed for authorization.

ARE YOU GOING TO SELL MY DATA?

IDLife partnered with Molecular because they are a HIPAA compliant and CAP-accredited laboratory committed to keeping all of your data private and secure. We will never sell your data and personal information to a 3rd party. If your data is ever used for further research, all identifying information will be stripped away so that it could never be linked back to you in the future. However, it is

extremely rare that such a situation would happen. You have the right to opt out of any further use of your data.

DO YOU ACCEPT INSURANCE?

No. We do not accept insurance for this type of testing.

HOW LONG WILL IT TAKE TO RECEIVE MY DNA KIT AFTER ORDERING?

Kits ordered before 12:00 pm CST will ordinarily be shipped same-day, Monday - Friday, and should arrive within 2-4 business days. We will email you an outbound tracking number, and you can track your package in-transit on the FedEx website.

HOW IS THE SAMPLE COLLECTED?

You will use a cotton swab provided by our partner laboratory to collect cheek cells from the inside of your mouth.

DOES THE KIT EXPIRE?

We recommend you ship your kit back to Molecular within 60 days of receiving it, and immediately after collecting the specimen to avoid any chance of contamination to the swabs.

WHAT SHOULD I DO IF I HAVE LOST MY PRE-PAID SHIPPING LABEL?

Please contact us at (972) 987-4430 or info@idlife.com, and one of our Customer Advocates will be happy to assist you. We will arrange to get you a new label at no charge.

I DROPPED MY SWAB ON THE GROUND, WHAT SHOULD I DO?

We understand that accidents happen and want to ensure that you receive timely and accurate results. Please contact us at (972) 987-4430 or info@idlife.com, and one of our Customer Advocates will be happy to assist you and arrange to get you new swabs at no charge.

DO I HAVE TO PAY FOR SHIPPING BACK TO THE LAB?

No. We will provide you with a pre-paid return shipping bag to send the sample back.

I'VE SENT MY SWABS BACK TO THE LAB. HOW LONG BEFORE I RECEIVE MY RESULTS?

Most results are delivered within 2-3 weeks. If it has been more than three weeks and you still have not received results, please contact us at (972) 987-4430 or info@idlife.com, and one of our Customer Advocates will be happy to assist you.

WHAT SHOULD I DO IF I HAVE QUESTIONS ABOUT MY RESULTS?

We would love to answer your questions. Please call (972) 987-4430 or email info@idlife.com, and one of our Customer Advocates will be happy to assist you in getting your questions answered by our partner laboratory.

WILL LIFESTYLE CHOICES AFFECT MY DNA RESULTS?

Genetics identify pre-cursors to conditions and how your body was designed. Your EPI generics are turned on or off. In other words, you can turn on the good or turn on the bad in your genetics based upon your daily diet, lifestyle and environmental exposure.

*These statements have not been evaluated by the Food and Drug Administration. IDLife products are not intended to diagnose, treat, cure or prevent any disease.



THE SCIENCE OF DNA: PROBLEM & SOLUTION

We hear countless stories of people that have followed the right diet, spent the money on a personal trainer and dedicated themselves to improving their health and wellness, only to be left disappointed with an empty wallet. The reason why those universal one-size-fits-all approaches don't work is that they hadn't connected the dots on the formula that works for their unique genetic makeup. IDLife's DNA Kit helps end that frustration.

THE PROBLEM:

- One-size-fits-all approaches to diet and lifestyle don't work.
- People spend thousands of dollars, and countless hours, chasing the next big diet fad or workout regime only to be left worse off than they were when they started.
- Each person is blessed with unique genetic attributes, but most never have the opportunity to understand how their body wants to work, and as a result, they spend their time and effort fighting their bodies rather than optimizing them.

THE SOLUTION:

- You collect the sample in the comfort of your own home. In about 3-4 weeks you will receive your personalized Nutrition & Fitness Genetics Report, along with your \$100 coupon for IDLife's personalized vitamin platform, IDNutrition.
- The Nutrition & Fitness Genetics Report you will receive is your personalized owner's manual, which is a guide to how your body responds to diet and exercise based on your unique genetic profile, allowing you to design a program that works with how your body is designed.
- By combining the guidance of your genetics report with the highest quality personalized vitamin product available, IDNutrition, you will finally have the complete picture of how to get the health and wellness results of your dreams.

"I finally understand why certain exercise programs didn't help me lose weight."



THE DETOX BOX

THE SCIENCE BEHIND DETOX BOX: PROBLEM & SOLUTION

THE PROBLEM:

- Other detoxes & cleanses you may have tried in the past focused solely on the gut or bowel, stripping your body of the good and the bad.

THE SOLUTION:

- This scientifically proven process is designed to clean all systems. Over the next 30 days, the IDLife [Detox Box](#) will flush your kidneys and bowel*, detoxify your liver*, and restore your microbiome.* Getting rid of the bad and replenishing the good! Returning your body back to homeostasis and creating an environment for long-term detoxification.
- We'll be with you every step of the way with weekly touchpoints to keep you engaged, video overviews with our process experts, and MORE to simplify each phase and support your detox journey.



DETOX BOX

The IDLife Detox Box is a scientifically designed 3-Phase nutritional program that helps detoxify your body's natural filtration systems and maximizes your body's ability to improve overall gut health and absorb essential vitamins and minerals.

DIRECTIONS:

For the first 5 days take Cleanse+ as directed. Over the course of 30 days, take capsules as recommended for maximum results.

BENEFITS:

- Restore your microbiome.
- Return body to homeostasis to produce long-term detoxification.

FAQs:

HOW DOES THE DETOX BOX WORK?

The Detox Box uses a 3-Phase system:

Phase 1 (Flush the Kidney and Bowel): Your kidneys and bowel make up your body's secondary filtration system. Beginning the detox process here will help create a foundation for maximizing your results.

Phase 2 (Detoxify the Liver): The body's primary all-purpose filtration system is the liver, which filters everything you consume before dumping waste into either the kidneys or bowel. During this phase, you will begin to experience a new "normal" to your daily routine as your body begins to work efficiently and how it was designed.

Phase 3 (Restore the Gut): The gut is the "brain" of your immune system. In Phase 3 we focus on detoxifying it of what it doesn't need and supplying it with the nutrients it craves to support returning it to a state of homeostasis.

CAN I TAKE THE DETOX BOX WITH MY IDNUTRITION?

Absolutely. In fact, you may experience enhanced benefits as a result of pairing the products. IDNutrition is a natural complement to the Detox Box because of the targeted/personalized nature of the program.

HOW IS THE DETOX BOX DIFFERENT FROM A NORMAL CLEANSE?

A cleanse simply focuses on clearing the colon of built up fecal matter, however the Detox Box is a process by which the body is provided key nutrients, in a very specific and scientifically proven order. The detox program flushes the body's natural 2-phase filtration system so that it can operate optimally and improve metabolism of essential vitamins and nutrients.

WHAT IF I FORGET TO TAKE MY DETOX BOX PILLS?

Get back on the program as soon as possible, but don't double up on the recommended daily dose.

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Kidney Detox Capsule

Supplement Facts

Serving Size: 1 Capsule

Amount Per Serving	% Daily Value
Organic Cranberry Fruit Extract (Vaccinium macrocarpon)	200mg *
Beet Root Powder (Beta vulgaris L.)	50mg *
Apple Fiber Powder (Malus domestica) (Fruit)	50mg *

* Daily Value not Established

Other Ingredients (in descending order or predominance by weight) Rice Bran, Maltodextrin, Hydroxypropyl Methylcellulose, Silica, Vegetable Magnesium Stearate.

Microbiome Defense Capsule

Supplement Facts

Serving Size: 1 Capsule

Amount Per Serving	% Daily Value
Ginger	200 mg *
Thyme	150 mg *
Clove	100 mg *
Oregano	125 mg *
Black Cumin Seed Oil	100 mg *
Limonene	50 mg *

* Daily Value not Established

Other Ingredients: Extra Virgin Olive Oil, Gelatin, Glycerin, Water

Liver Formula Capsule

Supplement Facts

Serving Size: 1 Capsule

Amount Per Serving	% Daily Value
Selenium (as L-Selenomethionine)	67 mcg 121%*
N-Acetyl-L-Cysteine	200 mg **
Milk Thistle Extract (Silybum marianum) (seed) (Standardized to 80% Silymarin)	150 mg **
Tumeric Extract (Curcuma longa) (root) (Standardized to 95% Circumionoids)	75 mg **
Alpha Lipoic Acid	50 mg **
Schisandra Extract (Schisandra chinensis) (fruit) (Standardized to 9% Schisandrins)	25 mg **

*Percent Daily Values are Based on a 2,000 Calorie Diet

**Daily Value not Established

Gut Health Capsule

Supplement Facts

Serving Size: 1 Capsule

Amount Per Serving	% Daily Value
Inulin (from Agave)	200 mg *
CoreBiome® (Standardized to 30% Tributyrin)	100 mg **
OPTI-Biome® Bacillus subtilis MB40 (100 Billion CFU/g)**	7.8 Billion CFU **

*Daily Value not Established

**At Time of Manufacture

Other Ingredients: Rice Bran, Hydroxypropyl Methylcellulose, Magnesium Stearate, Silica



CLEANSE+

When you need a quick and effective gut reset, Cleanse+ is here to help you 'go'! Start your wellness journey with five sticks of individually wrapped Cleanse+ powder in delicious Lemon-Lime flavor.

DIRECTIONS:

Empty the contents of one stick into 10 or more ounces of cold water and mix well. Drink Cleanse+ quickly in one sitting. Take for five consecutive days in the AM before eating. Be sure to drink plenty of water throughout the day.

BENEFITS:

- Give your gut a reset without becoming dehydrated
- Support the repair of your gut while flushing out toxins
- Nourish your microbiome and set the stage for optimal nutrient absorption

FAQs:

HOW IS THIS DIFFERENT FROM THE DETOX BOX?

Cleanse+ is a flavored drink mix designed to support intestinal health. It is taken over the course of 5 days and is included as the first phase of the Detox Box program. This cleanse is an herbal maintenance and support product which helps clean your gut.

DO I NEED TO TAKE THIS WITH THE DETOX BOX?

Cleanse+ is included as part of the Detox Box but can also be taken on its own, as needed. This is a great product when you are in need of a quick reset to get back on track!

WILL I BE RUNNING TO THE BATHROOM WITH THIS PRODUCT?

While Cleanse+ is not an intense intestinal cleanse product, you may feel the effects quickly and should plan your 5-day Cleanse+ appropriately. Consult your physician or a healthcare professional with any specific questions or concerns.

WHO CAN USE CLEANSE+?

This product is effective for most adults. If pregnant, nursing, or taking medication, consult your physician or healthcare provider. Cleanse+ should not be used by children.

DO I NEED TO TAKE IT AS DIRECTED?

For the best results, follow the suggested use. Cleanse+ should be taken with water, once daily for 5 days. It is recommended to increase your water intake while using this product.

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Supplement Facts

Serving Size: 1 Stick (12 g)
Servings Per Container: 5

	Amount Per Serving	% Daily Value [†]
Calories	30	
Carbohydrates	6 g	2%
Dietary Fiber	5 g	18%
Psyllium Husk Powder	5000 mg	**
Senna Leaf Powder	3000 mg	**
Fennel Seed Powder	450 mg	**
Papaya Leaf Powder	450 mg	**
Peppermint Powder	380 mg	**
Buckthorn Bark Powder	190 mg	**
Celery Seed Powder	190 mg	**
Barberry Root Powder	190 mg	**
Rose Hips Fruit Powder	190 mg	**

†Percent Daily Values are based on a 2,000 calorie diet.
**Daily Value not established.

Other Ingredients: Natural Lemon Lime Flavor, Citric Acid, Stevia, Silicon Dioxide

Manufactured in a facility that processes egg, wheat, milk, soy, tree nuts, peanut, fish and shellfish products.

Avoid exposure to excessive heat, light and moisture.

CAUTION: Pregnant or nursing mothers, children under 18 and individuals with known medical conditions should consult their physician before using this or any other dietary supplement.

KEEP OUT OF REACH OF CHILDREN.

WARNING: This product contains Buckthorn and Senna. Read and follow directions carefully. Do not use if you have or develop diarrhea, loose stools, or abdominal pain because these ingredients may worsen the conditions and be harmful to your health. Do not use this product if you have difficulty swallowing.



THE SCIENCE BEHIND CLEANSE+: PROBLEM & SOLUTION

THE PROBLEM:

- Have you felt a heaviness in your gut but are unable to get things moving?
- Most cleanses were formulated to be fast-acting laxatives but fail to support the microbiome and the absorption of nutrients found in the diet or supplements.

THE SOLUTION:

- This great-tasting herbal blend formula was designed to promote the healthy elimination of build up in your intestinal tract and support the absorption of beneficial nutrients.
- With the addition of Psyllium husk powder, you will experience an effective yet gentle elimination of toxin build-up.