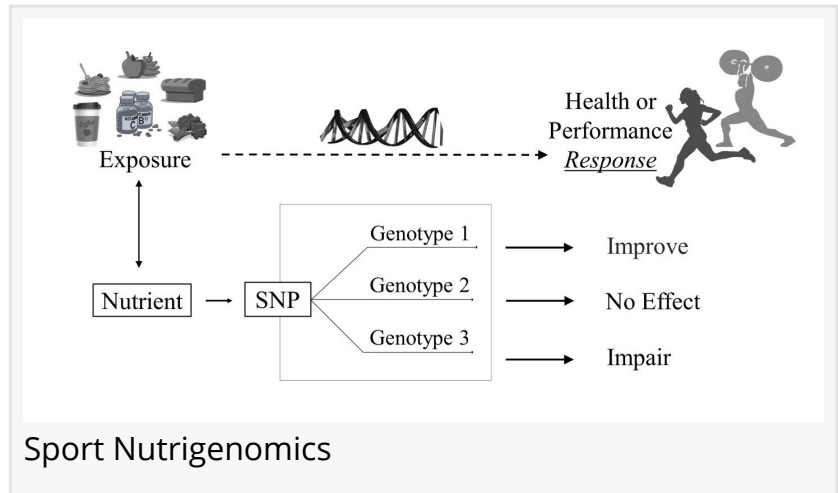


# Nutrigenomix publishes first scientific review on sport nutrigenomics

*Research from University of Toronto scientists helps to create genetic test for personalized sport nutrition for athletes looking to improve their performance*

TORONTO, ON, CANADA, May 11, 2019 /EINPresswire.com/ -- Nutrigenomix Inc., a global leader in genetic testing and personalized nutrition for sport performance, announces the publication of *Sport Nutrigenomics: Personalized Nutrition for Athletic Performance*. The review was published in the peer-reviewed journal [Frontiers in Nutrition](#) by members of the Nutrigenomix research team in collaboration with researchers at the University of Toronto.



Personalized nutrition for sport performance is a promising field in sports nutrition, which aims to optimize performance by targeting dietary recommendations to an individual's genetic makeup. "This review is the first to highlight the latest scientific discoveries in the field of genetic testing for personalized sports nutrition" said Dr. Nanci Guest, lead author of the paper, who completed her PhD in Nutritional Sciences at the University of Toronto, where she examined caffeine, genetics and athletic performance. The review includes findings from her doctoral research, which was featured last year in the [New York Times](#) and has just been named as a finalist in the 2019 NutraIngredients-USA Awards in the Nutrition Research Project category.

Dr. Guest, who was the Head Dietitian at both the Vancouver 2010 Olympics and the Toronto 2015 Pan Am games adds "This is the kind of research that sport dietitians are looking for to better serve their athletes. DNA-based personalized sports nutrition is ready for prime time, but DNA-based approaches to personalized fitness training are not despite some genetic tests making such claims. It's important to ensure that the genetic test you use is grounded in solid science, and not glitzy marketing".

Nutrigenomix is at the forefront of an emerging and growing field fueling DNA-based nutrition and performance-related advice for athletes and one of the only genetic testing companies in the world supporting novel research on nutrition, genetics and sport performance at several universities around the world. The company's [Nutrigenomix-Sport Genetic Test](#) has been a favorite of professional sports teams as well as amateur athletes, from weekend warriors to Olympians.

Dr. Dana Lis, Sport Scientist at the University of California at Davis, who is also a Sport Dietitian and not involved in the current publication, commented "I consider this review to be very timely, as I navigate the variability in response to sport supplements that I see in my own research." Dr. Lis adds, "I also work with several high-performance athletes and teams, and I look forward to exploring more of this area of research as it moves forward, with the prospect of using genetic testing to help better understand certain aspects of an athlete's diet."

With offices in Canada, UK, Australia, Brazil and the United States, Nutrigenomix has been expanding rapidly to meet the growing demands by sport science practitioners working with athletes and many groups in the fitness industry.

#### ABOUT NUTRIGENOMIX

Nutrigenomix Inc. was founded in 2011 as a University of Toronto start-up biotechnology company that is dedicated to empowering healthcare professionals and their clients with comprehensive genomic information, with the ultimate goal of improving health and performance through precision nutrition. The company has a network of over 8,000 healthcare practitioners in 35 countries plus exclusive distributors in 10 other countries. The personalized nutrition reports are available in 8 languages and the current 45-gene test panel is available for health, sport and fertility. The company recently launched the world's first genetic test for plant-based personalized nutrition, suitable for those following a vegan or vegetarian diet. For more information visit [Nutrigenomix.com](http://Nutrigenomix.com) or email [info@nutrigenomix.com](mailto:info@nutrigenomix.com).

Communications Department

Nutrigenomix Inc.

+1 800-250-4649

[email us here](#)

Visit us on social media:

[Facebook](#)

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