



Webinar – Oct 26th, 2021

The Power of Genetic Testing
with 3X4 Genetics and
Fullscript

Questions and Answers from the live
webinar event.

If we already have a genetic test, can we participate in a 60 consultation for free?

You can join the [3X4 community](#) where they have different options available.

This is a cheek swab test or blood test?

The test is done with a cheek swab.

Can you upload other genetics test results/raw data from other tests into the platform?

We do not currently facilitate this. We might in the future. We test a much larger number of genes and snips so the report generated from other tests will not give an accurate outcome.

What is the shelf life of the 3X4 test kit?

No actual shelf life but we recommend that you use it within a year just for incase.

Is the genetics info shared with third party?

No never and if it ever happens it will not be without the customer's explicit consent.

How does it compare to Nutrigenomix? Nutrigenomix is very similar?

Nutrigenomix has a nutrition & fitness test, sports nutrition & performance test and a fertility test.

The categories Nutrigenomix focus on are nutrient metabolism, food intolerances/sensitivities, cardiometabolic health, weight management, eating habits and exercise physiology. All of which 3X4 also looks at and more. 3X4 tests for the majority of SNPs Nutrigenomix also test for. In total 3X4 tests for 160 SNPs.

The main difference between 3X4 and Nutrigenomix is the fact that for some pathways/categories Nutrigenomix only test 1 SNP where 3X4 makes use of polygenic risk scores (PRSs) of multiple SNPs in a pathway.

Each pathway in the 3X4 test is built around a polygenic risk score. Polygenic risk scores summarize genotype data into a single variable that measures genetic liability to a condition or a trait. Low penetrance gene variants by themselves do not determine phenotype or disease. They are only likely to be clinically informative when analysed in groups of genes and reviewed and interpreted together with the patient's contextual information.

What are the benefits of membership vs free one if I only use your service for testing? What if a client has raw DNA data from another DNA company, can that be submitted?

All the tools to offer the 3X4 test in your practice can be found on the free versions but if you really want to educate yourself in the world of Nutrigenetics then the paid option is the one for you. We have a 30day money back trial period.

Can kit collections be sent directly to patients and what is the cost of shipping?

Yes it can be drop-shipped directly to the patient and collected. The shipping is then included in the cost.

Are SNPs involved in fertility tested within this test?

3X4 doesn't have a fertility test or category focussing specifically on fertility. 3X4 Genetics test low penetrance genes and as such is not diagnostic.

However the 3X4 Blueprint will help shed light on the biological mechanisms that underlies fertility, aid in managing fertility and guide the practitioner/patient on which interventions/recommendations will work best.

By going upstream and focussing on a client's cellular defense mechanisms i.e. detoxification, inflammation, methylation, and oxidative stress. Also focussing on hormone balance, glucose & insulin, brain health, folate, Vit B12, choline, fatty acids and Vit D.