



Design
Your
Health

Listen to your body
as if it were talking to you

BIOCHECK UP INNOVATES SINCE 2004



BIOCHECK UP: a new way of understanding your health

Did you know that cardiovascular diseases, diabetes, and premature aging are part of these-called “lifestyle diseases”, whose harmful effects can be stopped or even prevented by making targeted lifestyle changes?

WHAT IS BIOCHECK UP ?

Profiles
reimbursed
according to
LAMAL¹ for Swiss
residents

Medical analysis
based on a simple
sampling (urine,
saliva, blood,
or stool)

Attainable
objectives
defined

Clear and
quantifiable
results

Specific
recommendations
given to your
prescriber on your
nutrition and lifestyle
to sustainably improve
your results

Follow-up at
a later time to
measure your
progress



¹ Except IBSchek™ which is partially reimbursed.



HOW CAN YOU OPTIMISE YOUR HEALTH?



1

Do the BIOCHECK UP based on your healthcare provider's recommendation



2

Talk with your prescriber about your results and your personalized recommendations:
• nutrition
• physical activity



3

Make targeted adjustments to sustainably improve your health

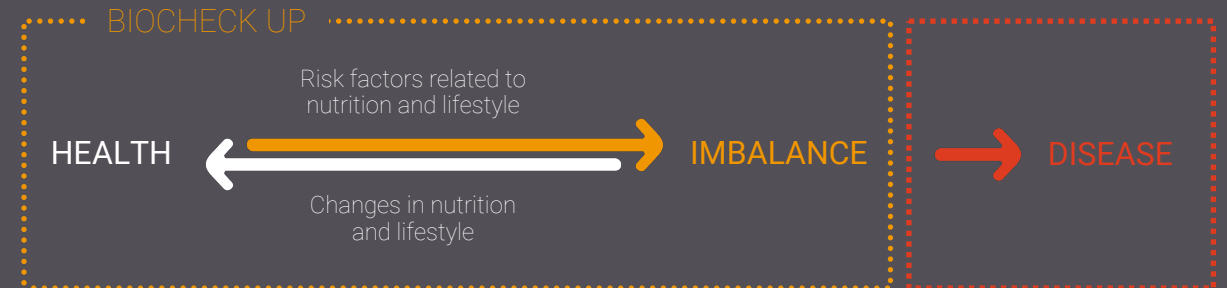


OBJECTIVE LABORATORY ANALYSIS

SPEED - specialised and fast analyses

EXPERTISE - more than 10 years of experience

CUTTING-EDGE TECHNOLOGY - from mass spectrometry to molecular biology



OUR PROFILES TELL US ABOUT YOU

HOW TO CHOOSE?

- SUGGESTED
- RECOMMENDED
- HIGHLY RECOMMENDED



HEART HEALTH

Anticipation of cardiovascular risks

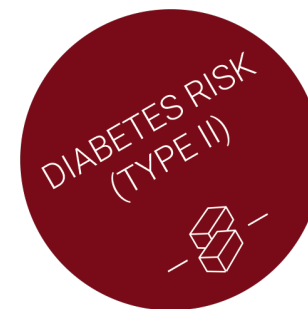
- Stress
- Overweight/obesity
- Physical exercise (resumed, monitored)
- Family history
- Imbalanced nutrition (high cholesterol, Omega-3 deficiency)



PREMATURE AGING

Cellular defense against oxidative stress

- Stress/fatigue
- Smoking
- Exposure to pollution, to the sun
- Imbalanced nutrition
- Lack of physical activity, intense physical exercise



DIABETES RISK TYPE II

Diabetes risk anticipation, insulin resistance

- Overweight/obesity
- Lack of physical activity
- Imbalanced nutrition
- Family history

Discuss the profiles with your healthcare provider.
Our profiles are updated on www.biocheckup.ch.



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HOW TO CHOOSE?

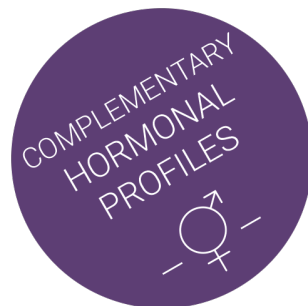
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DERMO PROTECTION

Skin, hair,
and nail health

- Dull hair, dry skin,
brittle nails



HORMONAL BALANCE

Hormone profiles for
men and women



BONE HEALTH

Risk of fracture
osteoporosis

HORMONE PANEL

- Fertility
- Abnormal menstruation
- Menopause

- Acne
- Excessive hair growth
- Hair loss
- Sexual function

- Lack of physical activity
- Menopause
- Aging

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FATIGUE, LACK OF ENERGY

Thyroid function, iron deficiency/excess, magnesium, iodine

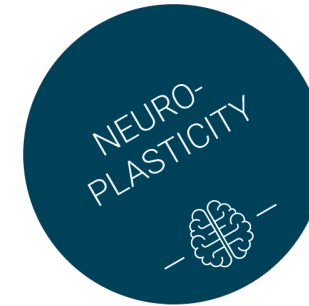
- Fatigue
- Cramps
- Anemia



STRESS SLEEP

Perturbations of biological rhythm

- Stress, irritability
- Depression, burnout
- Sleep disorders
- Unexplained fatigue



NEURO- PLASTICITY

Neuronal connection growth factor

- Stress, fatigue
- Depression
- Neuroplasticity

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NUTRITIONAL BALANCE

Nutritional regimens,
vegetarian/vegan

- Vitamin status
- Nutritional problems
- Physical exercise (monitored)
- Nutritional intake balance
- Vegan regimen/vegetarian



INTESTINAL HEALTH

Intestinal health
disorders

- Gluten intolerance
- Diarrhea
- Abdominal pain
- Bloating



TOXIC METALS

Overexposure in
the work or home
environment, pollution

- Anemia, fatigue, and inexplicable symptoms
- Domestic, industrial, environmental,
and food exposure (mercury, lead, etc.)

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Our team of scientists and
our customer service are there
to answer your questions.

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