

Genetic testing for nutrition – it's finally here

After Nutrigenomix testing, patients will no longer be given generic advice such as “cut back on salt.” Instead, they will get test results that include information about which variant of the ACE gene they have. Variations in this gene help predict the effect that sodium will have on blood pressure levels. People with certain gene variants may be more likely to have larger increases in blood pressure in response to a high-sodium diet.

View the original article here: [Genetic testing for nutrition – it's finally here! – CTV.ca \(blog\)](#)