



Juvenalis,
because prevention is better than cure

www.juvenalis.com





Wellness and preventive laboratory testing is a modern medical approach for identifying potential alterations in the biological and physiological mechanisms that the body can undergo over time. The body is under constant attack: stress, unbalanced diet, lack of sleep, chronic pain, not to mention age-related physiological changes (hormone deficiencies, functional changes, weakened immune defences). But nowadays it is up to us to take responsibility for our own health to ensure that we age well using preventive health testing and maintaining the core balances vital to our well-being.

With advanced biological assessments developed by our expert pathologists, Juvenalis opens the doors to wellness and preventive health testing.

Juvenalis, wellness testing for better living

Life expectancy continues to increase thanks to advances in curative and preventive medicine, and general improvements to hygiene. The terms “**disability-free life expectancy**” and “**healthy life years index,**” have been widely used to express this phenomenon since the 1990s. This index measures the extent to which the years gained by a longer life expectancy are spent in good or poor health. **Preventive medicine and wellness testing are emerging disciplines aimed at pushing this age limit further and break the association between ageing and health problems.**

Disability-free life expectancy vs. Life expectancy at birth

(sources for 2015: Eurostat and INSEE)



The **Juvenalis** preventive panels enable you to:

- Identify imbalances or deficiencies before the onset of symptoms.
- Re-establish a healthy lifestyle suited to your needs.
- Provide an alternative in the search for the causes of chronic diseases.
- Monitor the improvement of individual sporting performance.
- Set up and implement a personal “well-being” strategy.

The Juvenalis range

Juvenalis and its expert pathologists offer pertinent, preventative tests, which have been chosen according to specific and personalised criteria. Each panel is designed to focus on a specific mechanism or disorder, highlighting all of the various parameters which require monitoring or adjustment.

Juvenalis enables a global and/or targeted preventative medical approach, which can be adapted to your individual case.

BasicCheck

The **first-line wellness panel to be performed** is BasicCheck: this collection of tests makes **it possible to explore your biological status and identify any (macro- and micro-nutritional) deficiencies that are prone to worsen over the years.** It is used by practitioners as a tool in the implementation of appropriate nutritional or medicinal solutions, and can be the first indication of the need for more specific examinations such as additional panels.

With the exception of DermaCheck, the BasicCheck analyses are not included in the additional panels. Therefore, it is strongly recommended to include a BasicCheck with any additional assessments to facilitate optimum interpretation of the results.



Results within 2 weeks

€195

AgeCheck Man

AgeCheck Man is aimed at **all men in the 40+ age group**. This panel is designed to explore the effects of ageing, **while helping to select measures to improve well-being and increase fitness**. It identifies the factors that accelerate the ageing of your body or that could detract from your well-being. On this basis, you can develop a personal healthier living plan with your medical practitioner.

Results within 2 weeks

€490



AgeCheck Woman

AgeCheck Woman is aimed at **all women in the 40+ age group** who want to maintain their **metabolic balance and minimise the signs of ageing**. This panel explores the body's hormonal and metabolic functions and also measures key micro-nutritional markers. Using the results of this panel, your medical practitioner can help you return to well-being and vitality.

Results within 2 weeks

€490

NutriCheck



As a complement to BasicCheck, this panel evaluates vitamin and mineral levels, essential trace elements as well as fatty and amino acids. NutriCheck **highlights any deficiencies and/or excesses that are the root cause of many disorders such as chronic fatigue, premature ageing, inflammations, recurrent infections, nutritional deficiencies and digestive problems, etc.** which can then be corrected with the advice of your medical practitioner.

Results within 2 weeks

€110

Sportify

While the Sportify analysis **is primarily designed to analyse an athlete's metabolism, it is also suitable for anyone looking to optimise their diet and lifestyle for sporting activities.** As a supplement to the BasicCheck, Sportify is especially recommended if you **want to optimise your diet, if you suffer from recurring injuries, fatigue, physical strain or want to get the best out of your fitness programme.** With the results of Sportify, your practitioner will be able to recommend an individual programme that will help you to avoid injuries and optimise your performance.

Results within 3 weeks

€245





OsteoCheck

This **examines bone status** to identify any excess or deficient bone remodelling as the cause of osteoporosis. OsteoCheck is suitable for everyone, **especially menopausal women, men over 50 and in cases of chronic pain, in particular back pain.**

Results within 5 days

€100

StressCheck

StressCheck explores hormonal imbalances, vitamin deficiencies or excess heavy metal levels in your body that can cause stress, fatigue, anxiety or chronic sleep or memory problems. **StressCheck can help you identify the underlying causes of your malaise and put both your body and mind back on the right track.**



Results within 2 weeks

€355



DermaCheck

DermaCheck **analyses your body for vitamin or trace element deficiencies.** These substances play a vital role in the mechanisms that slow down skin ageing processes. **Once this balance is re-established, it will be immediately reflected in your skin tone.**

Results within 5 days

€95

WeightCheck

As a supplement to BasicCheck, this analysis helps determine your biological profile if you wish to **optimise your weight** and can be integrated into a **therapeutic or dietary regime**. It is aimed at **everyone** – children, teenagers, adults and elderly people – whether in general and more specific contexts (sports, menopause, diets, etc.).



Results within 1 month

€290



DigestCheck

The intestine is a key factor in our health and is sometimes even referred to as our “second brain”. DigestCheck **focuses on intestinal analysis and assesses the functioning of the digestive system**. It screens for intestinal inflammation, imbalances of the intestinal flora or abnormalities in intestinal permeability that can cause many disorders: **irritable bowel syndrome, food intolerances, autoimmune diseases, chronic intestinal inflammations, unexplained gastrointestinal complaints, diarrhoea, persistent constipation, obesity and even depression...**

Results within 1 month

€270

Nutritol-IgG food intolerances

The Nutritol™ tests developed by Juvenalis test several foods or food groups for possible intolerances. The assay of food IgGs* **identifies the foods responsible for possible chronic inflammations, leading to conditions such as migraines, digestive disorders, fibromyalgia and chronic fatigue syndrome.**

Our Nutritol™ tests are available in five formats:

Nutritol²⁵

Analysis of 25 common foods, such as dairy products, grains and hen's eggs, including gluten for screening of NCGS**: different types of meat, vegetables, fruits, grains, dairy products and hen's eggs.

Results within 10 days

99€

Nutritol⁵⁰

Analysis of 50 foods, such as different variety of meat, dairy products or vegetables.

Results within 10 days

149€

Nutritol⁵⁰VEGAN

Analysis of 50 vegan foods.

Results within 10 days

169€

Nutritol¹⁰⁰

Analysis of the 100 most widely consumed foods.

Results within 10 days

239€

Nutritol²⁷⁰

Analysis of 270 foods and additives: different varieties of meat, vegetables, fruits, grains, dairy products, eggs, their substitutes and regional specialties, as well as a large number of spices, tea, coffee, wine tannins, thickening agents and preservatives.

Results within 10 days

449€

The lists of foods analysed are available on our website

www.juvenalis.com

* Immunoglobulines G

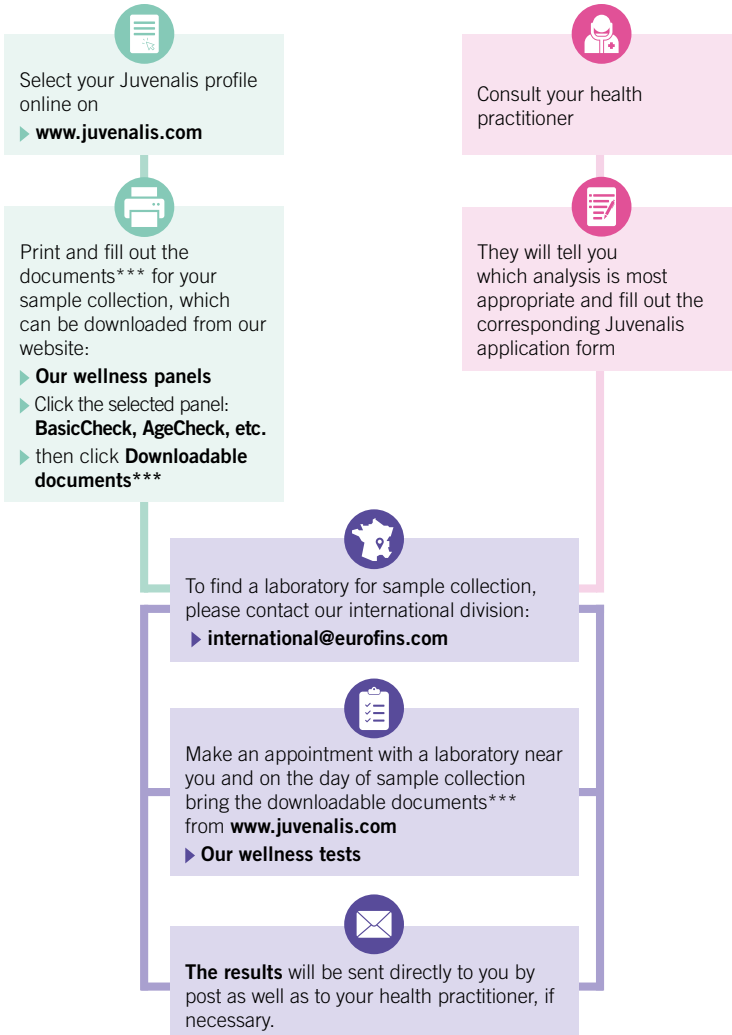
**NCGS: Non-coeliac gluten sensitivity



How to arrange a Juvenalis wellness assessment

We advise you to consult a practitioner, therapist or healthcare professional when starting a course of preventive health laboratory tests. They will recommend the best Juvenalis assessment for you and will be able to analyse the results in order to select a suitable therapeutic approach.

You have two options:



***Test request form, health questionnaire and sampling protocol form



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To find out more visit
www.juvenalis.com