

CarbChoice

Learn how your body metabolises and tolerates starch in carbohydrates through genetic profiling.



Fitgenes Carb Choice gene profile can assist and will reveal whether you have:

Low Activity Starch Processing



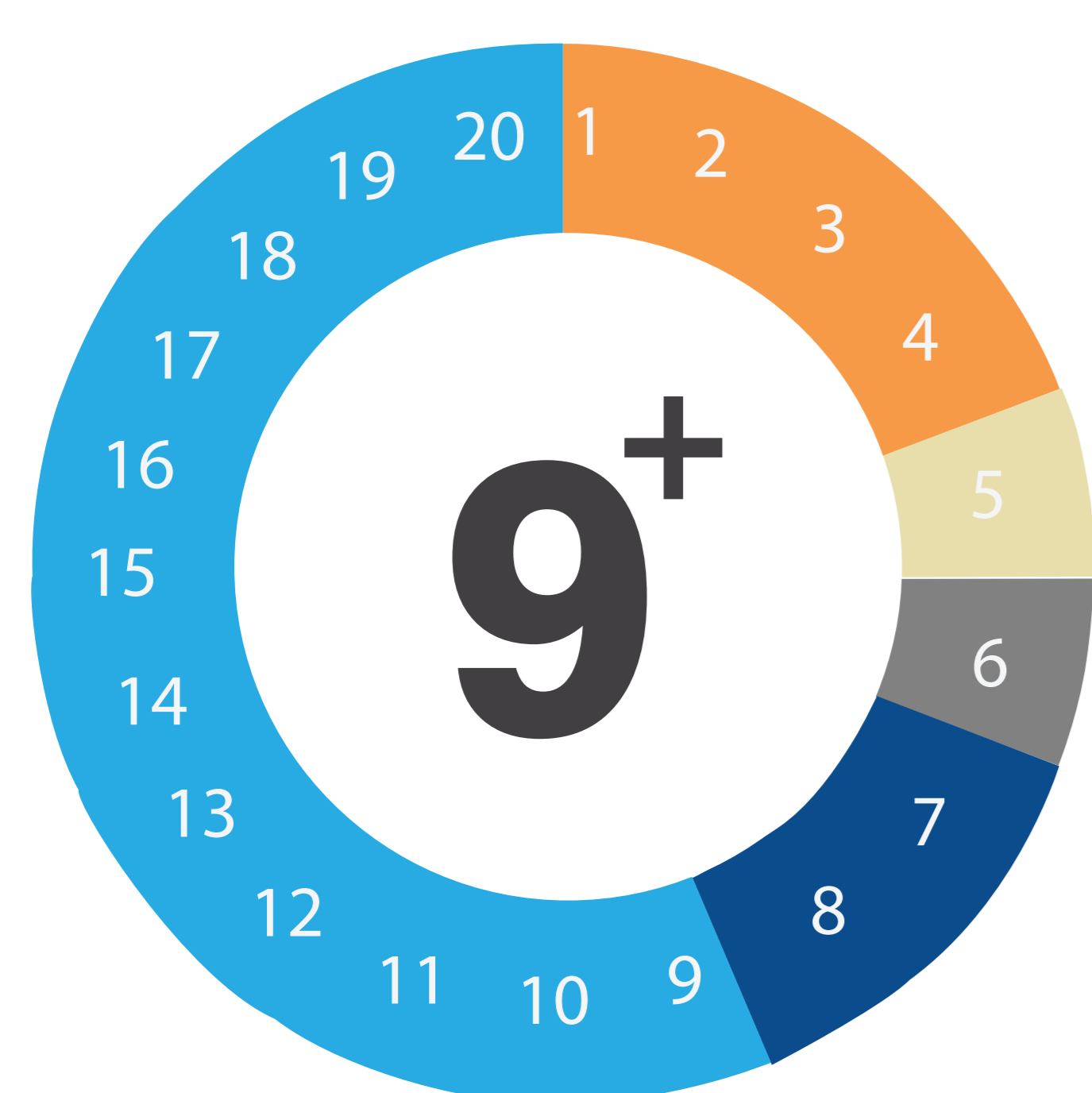
Requires lower intake of carbohydrates. If intake too high or wrong type, greater risk of obesity which can lead to insulin resistance and diabetes.

Moderate Starch Processing



Can tolerate more grains. But if intake too high or wrong type then likelihood of weight issues and related problems.

Higher Tolerance for Starch Processing



Can tolerate higher starch intake from grains and other carbohydrates with less impact on insulin levels. Less risk of obesity.