It is possible to improve your athletic performance by understanding your own genetics. A new test can tell you whether your genes give you an advantage in either power or endurance activities. Harness your natural ability through personalized genomics. www.GenomicExpress.com

The ACTN3 gene encodes a muscle protein. There are two forms of this gene, and the particular combination of genes you have affects your athletic ability. By undergoing ACTN3 genetic testing with Genomic Express, you will learn how your ACTN3 genes affect your muscle fibers. By incorporating this new information in your sports training, you can improve your performance. You will also learn how your personal genetics give you an advantage in certain sports, events or field positions.

Whether you are an elite athlete, aspire to be one, or just want to improve your game, ACTN3 genetic testing can help you. This information will allow you to optimize your training and make the most of your natural athletic ability.

Use everything you have. Order your ACTN3 genetic test today. For more information: www.GenomicExpress.com

Winning isn’t always easy.

Achieve your full potential.

Increase your athletic performance.

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Everyone has two ACTN3 genes, one inherited from their father and one inherited from their mother. There is a very common variant form of the ACTN3 gene, termed R577X (or X). Since everyone has two ACTN3 genes, you have one of three possible genotypes: R/R (no variant gene), R/X (one variant gene) or X/X (two variant genes).

What is involved in ACTN3 genetic testing?

It’s easy for you to learn which combination of ACTN3 genes you have. Simply visit our website: www.GenomicExpress.com and navigate to: Genetic Tests > Inherited Traits > Athletic Performance

When you purchase a test, we mail you a kit for collecting your DNA sample. This merely involves running a sterile cotton swab along the inside of your mouth and returning it to us in the postage paid envelope.

When your test is complete, we notify you by e-mail and you can login to your own secure online account to view your Personal Report. This comprehensive report gives you both your ACTN3 genotype and an explanation of how it affects your athletic performance. It summarizes the scientific research articles that have established these correlations, and includes references to the original publications.

Whatever ACTN3 genotype you have, this information can help you in many ways to improve your athletic performance. It will allow you to optimize your training program for any sport. It can also help you focus on sports, or events/positions within sports, where your personal genetics give you an advantage.
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Your personal report explains how your ACTN3 genotype affects your performance in a variety of sports. This will allow you to optimize your athletic training in light of your natural advantage. This information is also valuable for choosing the sport, or position/event within a sport, where you have the greatest opportunity to excel.

You train hard, you play hard.

Why not take advantage of your own genetics?

There are two types of skeletal muscle fibers, slow twitch (Type I) and fast twitch (Type II). The ACTN3 gene encodes a protein in fast twitch muscle fibers. By undergoing ACTN3 genetic testing, you can learn more about your own muscle fibers and how they affect your athletic performance.

It is now well established, from numerous scientific studies in elite athletes, that the particular combination of ACTN3 genes an individual has affects their athletic performance. This research has demonstrated the following association between an individual’s ACTN3 genotype and athletic performance:

R/R genotype: power/sprint advantage
X/X genotype: endurance advantage
R/X genotype: contributes to both power and endurance

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