

# Cardio Genetics

## Zoom Into Your Heart Health and Take Charge of Your Future

Are you concerned about family history, high cholesterol, blood pressure, or just want answers about your long-term heart health? Your DNA could hold the key to risks that routine blood work can't see. Cardio Genetics gives you a powerful, in-depth look at your unique inherited risk for heart disease, stroke, high cholesterol, and more, long before symptoms may appear.

This test goes beyond standard labs by uncovering genetic factors that silently shape your risk, such as inherited cholesterol problems, clotting tendencies, and how your body responds to heart medications. If you've ever wondered why heart issues run in your family, or why you don't feel your best despite healthy habits, Cardio Genetics delivers the answers you need to take control.

With science-backed genetic insights and a personalized report, you and your healthcare provider can create a heart health plan tailored to your DNA. Take the next step to protect your heart, reduce uncertainty, and build a healthier future, starting from your genes out.

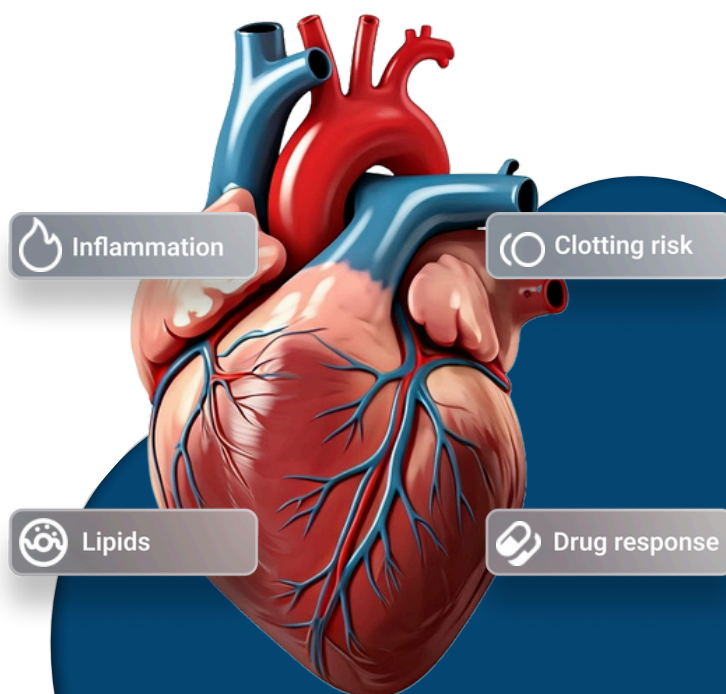
## How It Works

Cardio Genetics is a simple test, using either a quick saliva sample or a blood draw that unlocks powerful insights about your inherited risk for heart disease and stroke. The test examines your unique DNA for important genes that affect cholesterol, blood pressure, clotting, and how your body responds to heart medications.

Your easy-to-read, personalized report explains what your genes mean for your heart health, and your healthcare provider will use these results to guide the next steps, whether that's focused monitoring, lifestyle changes, or more precise care. With Cardio Genetics, you can move from uncertainty to clarity, giving you and your provider the information needed to manage your heart health with confidence.

## Why Choose Cardio Genetics?

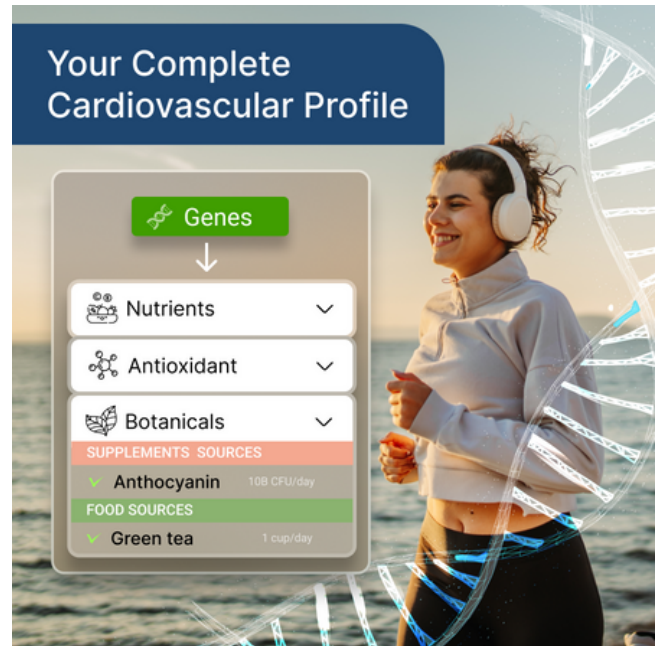
- **Reveal Your Inherited Risks:** Looks deep into your DNA to uncover heart disease, cholesterol, clotting, and blood pressure risks that routine blood tests can't detect.
- **Personalize Your Care:** Identifies how your unique genes impact your heart, cholesterol, and even how you respond to certain medications, helping your provider create a plan that's truly tailored to you.
- **Get Answers Beyond Family History:** Clarifies why heart problems may run in your family, or why you might have unexplained high cholesterol or blood clots, even if standard labs look normal.
- **Plan with Confidence:** Gives you and your provider clear, science-based insights and practical steps so you can take control of your heart health and your future.



## Key Markers Include:

- **Cholesterol & Lipid Genes:** Screens for gene variants that affect your body's ability to manage cholesterol, including those linked to high LDL, low HDL, high triglycerides, or inherited conditions like familial hypercholesterolemia. These insights help you and your provider understand why cholesterol problems might run in your family or persist despite healthy habits.
- **Blood Pressure & Hypertension Genes:** Analyzes genes that influence how your body regulates blood pressure and salt balance. Knowing your genetic risk for high blood pressure empowers you to make targeted lifestyle choices and monitor for early warning signs.
- **Clotting & Stroke Risk Genes:** Looks for inherited changes that raise your risk for blood clots, stroke, or heart attack, Plasminogen gene variants or Prothrombin variants. These markers can be critical for personalizing prevention and monitoring.
- **Inflammation & Vascular Health Genes:** Detects genetic variants that increase your baseline risk for chronic inflammation and blood vessel injury, silent drivers of heart disease that aren't revealed by routine labs.
- **Metabolic Health Genes:** Screens for genes linked to insulin resistance, blood sugar imbalance, and metabolic syndrome, factors that quietly increase your risk for both heart disease and diabetes.

Cardio Genetics provides a powerful overview of your inherited risks, so you and your healthcare provider can understand, monitor, and manage your heart health with greater precision, now and for the future.



## Who Should Take This Test?

- **Family or Personal History of Heart Issues:** If you or your family have a history of heart disease, stroke, high cholesterol, blood clots, or high blood pressure, Cardio Genetics can help reveal if you've inherited an increased risk, even before symptoms show up.
- **Unexplained Cholesterol or Blood Pressure Problems:** If your cholesterol or blood pressure stays high despite treatment, this test helps uncover hidden genetic factors that may be making it harder to manage.
- **Early Heart Attacks, Clots, or Strokes in the Family:** If someone in your family had a heart attack, clot, or stroke at a young age, Cardio Genetics can help explain why and what you can do to reduce your risk.
- **Medication Side Effects or Poor Response:** If you've struggled with side effects from cholesterol or blood pressure meds, or found they don't work well for you, Cardio Genetics tests how your genes influence medication response for safer, more effective care.
- **Proactive Health & Peace of Mind:** If you want to get ahead of heart disease and understand your true risk, Cardio Genetics provides powerful information to help you and your provider take proactive steps and protect your future health.

## Steps Towards Better Health

If you have a family history of heart disease, high cholesterol, or simply want to understand your true risk, Cardio Genetics can help. This focused test turns complex DNA information into easy, personalized insights your provider can use to understand how your body handles cholesterol, blood clotting, and certain heart medications, so your care can be tailored to you.

Cardio Genetics pairs seamlessly with Cardio Zoomer to give a fuller picture, phenotype from Zoomer plus genetics from Cardio Genetics, yet it can also be ordered on its own. With clearer guidance, you and your clinician can make confident choices about prevention, therapy options, and follow-up, and know where closer monitoring may be useful. It's a straightforward way to protect your heart, take control of your future, and gain peace of mind. Ask your provider about Cardio Genetics to get started.

### Limitations

Please note the information provided by Vibrant Wellness is intended solely for research and informational purposes to help inform lifestyle choices aimed at potential risk mitigation. The information is not intended to be used by the patient for any diagnostic purpose and is not a substitute for medical advice by a healthcare practitioner. Please consult a licensed healthcare practitioner for any questions regarding diagnosis, prevention, or treatment of any disease or health assessment.

The test is not available in NY State.

### Regulatory Disclaimer

Please note the information provided by Vibrant Wellness is intended solely for research and informational purposes to help inform lifestyle choices aimed at potential risk mitigation. The tests were developed, and their performance characteristics were determined by Vibrant America and Vibrant Genomics. They have not been cleared or approved by US Food and Drug Administration. The laboratory is certified under the Clinical Laboratory Improvements Amendments (CLIA) as qualified to perform high complexity testing. The laboratory is also in compliance with College of American Pathologists (CAP) regulations and New York State Department of Health (NYSDOH) regulations.