FAQs

• Is the Methylation Panel right for me?
  Your doctor can work with you to personalize a treatment plan to correct nutritional deficiencies and recognize lifestyle and genetic factors which can help promote healthy aging. *Talk to your doctor today to see how Genova testing can help you.*

• What payment options are available for Genova’s Methylation Panel?
  Genova offers patients flexible payment options for our testing including an affordable cash-pay price. This option offers a payment plan option, which can be broken up into 4 equal payments. The Methylation Panel cannot be billed to insurance. For more information on our billing options, please visit [www.gdx.net/billing](http://www.gdx.net/billing).

• How do I get started with Genova’s Methylation Panel?
  Talk to your doctor about your symptoms to see if Genova’s Methylation Panel is right for you. You can also visit Genova’s website at [www.gdx.net](http://www.gdx.net) for more information on our company and our testing.
A Personalized Approach to Healthy Aging

Methylation impacts chemical reactions which keep your body healthy.

Like the gears of a clock, these chemical reactions need to be perfectly coordinated to create optimal health. Proper methylation influences so many systems in our bodies, that it often gets overlooked. This can severely impact how well your body functions now, and as you age.

What is Methylation?

Methylation is a chemical process that happens billions of times per second in every cell of the body. It turns genes on or off, regulates mood & hormones, enhances detoxification, and produces energy.

Methylation Dysfunction Can Affect:

- Detoxification
- Energy Production
- Mood & Cognition
- Cardiovascular Health

Because methylation is involved in so many important biologic processes, identifying methylation abnormalities can have far-reaching effects. Poor methylation status has been implicated in many diseases including, but not limited to:

- **Cardiovascular disease** (hypertension, coronary artery disease, atherosclerosis)
- **Mood disorders** (depression, anxiety)
- **Neurodegenerative diseases** (Alzheimer's disease, Parkinson's disease)
- **Chronic fatigue**
- **Risk of various cancers**
- **Autism**

Additionally, your clinician may choose to add genetic testing to the Methylation Panel. Knowing your genetic makeup will help your doctor tailor treatments to override potential methylation defects.

**Methylation Panel**

Talk to your Doctor Today!
Visit www.gdx.net to learn more.

About Genova Diagnostics

Genova Diagnostics is a leader in providing comprehensive laboratory testing. With 30+ years of extensive experience and expertise, our testing services are provided around the world. Our vision is to improve the lives and well-being of individuals by bringing insights to the complexity of health.

Genova offers a large variety of testing options including Nutritional, Gastrointestinal, Hormonal, Genomic, and Environmental laboratory tests.

- Fully licensed by The Clinical Laboratory Improvement Amendments (CLIA), a federal agency regulating clinical laboratory testing on humans.
- Established in 1986, Genova is headquartered in Asheville, NC and has locations in Atlanta, GA & London, England.
- Genova testing is only available through your doctor or other healthcare provider.
- Genova accepts all commercial insurance plans, works with Government payors, and offers payment plans for patients.