

# Better Insights With Molecular You

molecular you

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Feature	molecular you	Standard Blood Tests	Genova NutrEval/Metabolomix
<b>Biomarkers</b>	 <p><b>250+ biomarkers</b> across 15 health scores and 12 pathways including metabolic, immune, inflammation, cardiovascular, cognitive health and more!</p>	<p>—</p> <p><b>20-25 biomarkers</b> of blood counts, metabolic, cholesterol, and thyroid</p>	 <p><b>125+ biomarkers</b> for nutrients, toxins, oxidative stress, and metabolism</p>
<b>Pathway Analysis</b>	 <p>Interconnected, actionable pathways across multiple disease areas</p>	<p>—</p> <p>None</p>	 <p>Primarily nutrient metabolism</p>
<b>Personalized Insights</b>	 <p>Tailored lifestyle, diet, and supplement advice</p>	<p>—</p> <p>None—results compared to a standard acceptable range</p>	 <p>Nutrient advice based on deficiencies/imbbalances</p>
<b>Technology</b>	 <p>Cutting-edge AI trained in systems biology to generate insights from mass-spec data</p>	<p>—</p> <p>Traditional lab diagnostics for specific metrics</p>	 <p>Traditional lab diagnostics paired with nutrient-focused algorithms</p>
<b>Report Format</b>	 <p>User friendly reports with interactive, actionable pathway charts</p>	<p>—</p> <p>Standard numeric results with reference ranges</p>	 <p>Static pathway visuals link biomarkers to processes</p>
<b>Use Cases</b>	 <p>Proactive/preventative and chronic management of diseases, longevity, and health optimization</p>	 <p>Diagnose acute conditions and monitor known health issues</p>	 <p>Address nutrient deficiencies and functional health</p>
<b>Testing Frequency</b>	<p>Periodic testing for tracking health trends and intervention refinements</p>	<p>Only with symptoms or at annual check-ups</p>	<p>One-time or periodic for tracking specific concerns</p>
<b>Sample Collection</b>	<p>Single in-house blood draw or at a collection network facility (includes mobile phlebotomy)</p>	<p>Multiple blood draws at a clinic or lab</p>	<p>Urine, blood, and buccal swab at clinic or home</p>