

Stride

What is methylation?

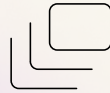
Methylation is a biochemical process where methyl groups are added to DNA, altering their function and affecting gene expression. Methylation can be thought of as the process of turning a raw material into the active form our bodies use, and is involved in almost every biochemical reaction in every cell in our body. Stride's methylation test makes precision lifestyle changes possible like never before, impacting every aspect of health, wellness and longevity.



Gene Expression



Nutrient Absorption



Detoxification



Neurotransmitter Regulation



Immune Response



Energy Production



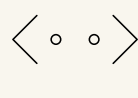
Fat Metabolism



Protein Function



Cell Membrane Repair



Fertility and Reproductive Health

Why does methylation testing matter?

Our genes remain static, but their functionality can be influenced by environmental and lifestyle factors such as diet, exercise, stress and toxin exposure. Genetic mutations and deficiencies in key dietary co-factors can impair methylation, leading to increased risk of chronic conditions such as:

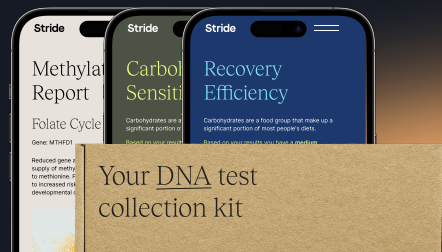
- Impaired immunity
- Cardiovascular disease
- Developmental delays in children
- Fertility problems
- Neurological disorders
- Digestive issues
- Fatigue
- Mood disorders
- Detoxification problems
- Cancer risk
- Autoimmune disorders
- Hormonal imbalances
- Skin conditions
- Osteoporosis

How does the StrideDNA Methylation Test work?

Your DNA test collection kit

- 01 Order Your Test Kit:** Receive a user-friendly at-home DNA test kit.
- 02 Sample Collection:** Use the cheek swab to collect your sample.
- 03 Send It Back:** Return the sample to our UK-based lab.
- 04 Analysis and Reporting:** Our in-house lab processes the sample and delivers results digitally within 10 business days.

What's included in the StrideDNA Optimal Health Test?



• 5 Methylation Reports with actionable insights:

- Folate Cycle
- Methionine Cycle
- Transsulphuration Pathway
- BH4 Cycle
- Urea Cycle

• 24 Nutrigenetic Reports with actionable insights:

- Carbohydrate / Saturated Fat Sensitivities
- Vitamins A, B2, B6, B9 (folate), B12, C, D, and E Needs
- Iron Overload and Iron Deficiency
- Antioxidants and Omega 3 Needs
- Lactose Intolerance and Coeliac Predisposition
- Fructose, Salt and Caffeine Sensitivities
- Alcohol Response, Detoxification Phases I & II
- Sugar Preferences and Bitter Taste Perception

• 4 Genetic Fitness Reports with actionable insights:

- Power/Endurance
- Aerobic Training Response
- Recovery Efficiency and Injury Predisposition

• 5 Genetic Mental Cognition (Sleep + Stress) Reports with actionable insights:

- Genetic Chronotype
- Sleep Quality
- Caffeine & Sleep Response
- Stress Tolerance
- Warrior or Strategist

• 7 Genetic Skin Reports with actionable insights:

- Skin Ageing
- Oxidative Stress Impact
- Sensitivity to Refined Carbohydrate & Glycation
- Pigmentation
- Nickel Sensitivity
- Detoxification
- Skin Inflammation

• Digital Health Platform

About Stride

Stride is at the forefront of health and wellness innovation, bridging the gap between proactive, functional wellness and reactive, clinical health. Our mission is to empower individuals through precision health testing and personalised lifestyle changes. With an expert team comprising leading genetic scientists, medical doctors, and nutrition specialists, we offer advanced health solutions supported by our in-house accredited laboratory.

Stride is dedicated to making complicated science easy to understand, accessible, and actionable, ensuring optimal health for our clients.



Customer testimonials



"I was really pleased with the service they provided, very helpful all the way through the process. I would highly recommend."

- Steve P. (Verified Customer)



"Amazing test that gives great insights on how your body works."

- Sebastian J. (Verified Customer)



"Straight forward to use, results back quickly with a comprehensive explanation of each result. Finally got an explanation for why I'm constantly exhausted despite eating a good well balanced diet, or so I thought. Would definitely recommend."

- Julie H. (Verified Customer)