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Abstract

Personalized nutrition, an emerging ýeld at the intersection of genetics, nutrition science, and healthcare, holds promise for revolutionizing disease prevention and management. Nutrigenomics, the study of how individual genetic makeup interacts with nutrients, forms the foundation of personalized nutrition strategies. By analyzing genetic variations that inþuence nutrient metabolism and utilization, personalized nutrition aims to tailor dietary recommendations to individual genetic proýles. This approach not only enhances dietary adherence and e cacy but also optimizes health outcomes] l M Π ς im τ ʌ ʌ ʹ ɲ ʹ ʹ data into clinical practice, ethical considera demonstrating the clinical e cacy of personalized nutrition interventions. Despite these challenges, personalized nutrition represents a paradigm shift towards more precise and

Introduction

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Materials and Methods

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Genetic analysis

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Conclusion

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