

Abstract

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Nutriomes and nutrient arrays - the key to personalised nutrition for DNA damage prevention and cancer growth control.

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BACKGROUND: DNA damage at the base-sequence, epigenome and chromosome level is a fundamental cause of developmental and degenerative diseases. **Multiple micronutrients and their interactions with the inherited and/or acquired genome determine DNA damage and genomic instability rates.** The challenge is to identify for each individual the combination of micronutrients and their doses (i.e. the nutriome) that optimises genome stability and DNA repair.

SUMMARY: In this paper I describe and propose the use of high-throughput nutrient array systems with high content analysis diagnostics of DNA damage, cell death and cell growth for defining, on an individual basis, the optimal nutriome for DNA damage prevention and cancer growth control.

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