Welcome to the future of health and human potential

NAME: TEST ACCOUNT

DATE: SEP 26, 2022

TEST METHODOLOGY AND LIMITATIONS

Recommendations in this report apply to all ages, however for any patient under 18 years, a guardian must purchase the test and be present for the report recommendations. The information in this report is not intended to treat, diagnose or cure any medical condition or disease.

Gene By Gene, a wholly owned subsidiary of myDNA, Inc., is a College of American Pathologists (CAP) accredited and Clinical Laboratory Improvement Amendments (CLIA) certified clinical laboratory qualified to perform high-complexity testing. This test was developed and its performance characteristics determined by Gene by Gene. It has not been cleared or approved by the FDA. FDA does not require this test to go through premarket FDA review. This test is used for clinical purposes. It should not be regarded as investigational or for research. Only the genomic regions listed below were tested; there is a possibility that the tested individual is a carrier for additional, undetected mutations. Although molecular tests are highly accurate, rare diagnostic errors may occur that interfere with analysis. Sources of these errors include sample mix-up, trace contamination, and other technical errors. The presence of additional variants nearby may interfere with mutation detection. Genetic counseling is recommended to properly review and explain these results to the tested individual.

TABLE OF CONTENTS

My Health Report

My Clinical Research Summary

NUTRIENT METABOLISM &

DIGESTION

APOE Status: 3/3

You are a Farmer

ApoE-e4 | ApoE-e3 | ApoE-e2

Apolipoprotein E (ApoE) is a lipid-binding protein that transports triglycerides and cholesterol in multiple tissues, including the brain. The e4 allele is common in hunter-gatherer communities, while the e3 and e2 alleles are most common in agricultural communities.

- ApoE 3/3 is the most common ApoE genotype found in agricultural communities and has numerous benefits
- Extended cognitive fitness and enhanced expression of anti-aging sirtuins
- Improved HDL and LDL profile
- Improved ability to repair synapses and neural protection
- Higher viral protection
- Higher response to plant bioactive compounds
- In the brain, e2 and e3 accumulate in neurons 2 to 4-fold higher than e4

Protein Requirements

Protein: AVERAGE | INCREASED | HIGH

Traditional protein intake ranges based on latitude from less than 18% of total calories to approximately 35% in the far northern climates. Recommended protein intake varies based on weight and exercise intensity.

- Genetically, your requirements fall on the higher than average side of the spectrum, approximately 25% or more of your total caloric intake

Carbohydrate Requirements

Carbohydrates: VERY LOW | LOW | NORMAL

Your carbohydrate intake range is based on the latitude of your ancestors and whether a hunter-gatherer diet or modern agricultural diet made a larger imprint on your genes.

- Your genotype combination is associated with a slightly lower recommended carbohydrate intake, ranging from 30% to 40% of total calories from carbohydrates
- For a 2,000 calorie diet, this comes to 150-200 grams of carbohydrates per day

Carbohydrate Requirements

Refined Carbohydrates: LESS RISK | SLIGHT RISK | HIGH RISK

The differences between responses in individuals to refined carbohydrates have been linked to a genetic adaptation occurring during the agricultural age.

- Your genotype is associated with a high sensitivity to refined carbohydrates
- Refined carbohydrate sources include cookies, crackers, chips, tortillas, white bread, refined sugar, and high-sugar juices
- Choose low glycemic, fiber-rich sources of carbohydrates and minimize grains when possible

Fat Requirements

Omega-3's

The NIH has set the recommended intake of omega-3's from 1.1 to 1.6 grams per day from a combination of ALA, EPA and DHA. Omega-3 fatty acids are essential for brain, eye, and cardiovascular health.

- Due to improved conversion of ALA to EPA, you can include more plant-based ALA to reach your daily omega-3 target
- ApoE e2 and e3 carriers can benefit from non-phospholipid fish oil intake, however, e4 carriers should use phospholipid-based EPA and DHA as found in fish and fish roe

Fat Requirements

Monounsaturated and Polyunsaturated

Traditional total fat intake ranges based on latitude, with as low at 25% consumed in countries closer to the equator, and up to 55% of total calories from fat being consumed in northern latitudes.

- Genetic testing can show which fats to focus on, but total fat will range based on your climate and health goals
- Your genotypes are associated with an average requirement for monounsaturated and polyunsaturated fats from olive oil, avocados, poultry, nuts and seeds

Fat Requirements

Saturated Fat (Red Meat)

The 2020 Dietary Guidelines in the U.S. recommends limiting calories from saturated fats to less than 10% of the total calories you eat and drink each day. That's about 200 calories for a 2,000 calorie diet. Traditionally, saturated fat intake from animal foods ranged based on the season and the geographical location, with higher latitudes and more mountainous regions consuming more.

- Based on your genotype combinations, you should aim to get less saturated fat in your diet from red meat
- Limit your red meat consumption to twice a week

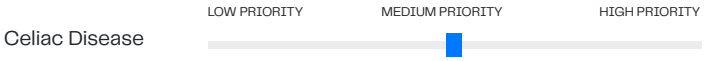
Fat Requirements

Saturated Fat (Dairy)

The 2020 Dietary Guidelines in the U.S. recommends limiting calories from saturated fats to less than 10% of the total calories you eat and drink each day. That's 200 calories for a 2,000 calorie diet.

- Your genotype combinations are associated with improved metabolism of saturated fat from dairy

Celiac Disease



Celiac disease is an immune reaction to eating gluten, a protein found in wheat, barley and rye. Published research shows that approximately 30 percent of the general population have variants in the celiac disease risk genes HLA-DQA1 through HLA-DQB, yet only 3% of these individuals develop celiac disease.

- Your genotype combination is associated with a slight risk for celiac disease
- The diagnosis for celiac disease is more than two times higher in females than in males
- On a global level, the rates of celiac disease are not related either to the amount of wheat consumed by each country or to the prevalence of the HLA DR3-DQ2 and DR4-DQ8 genotypes worldwide
- First-degree relatives of people with celiac disease including parents, siblings and children have a 1 in 10 risk compared to 1 in 100 in the general population, which may be increased by existing autoimmune disorders
- Talk with your doctor about further testing if celiac disease is suspected

Micronutrient Requirements

B1 (Thiamine)

The recommended daily allowance (RDA) for thiamine is 1.2mg. Thiamine requirements are analyzed based on ethanol metabolism, however, chronic intake of alcohol depletes thiamine.

- Your genotype is associated with an average need for B1

Micronutrient Requirements

B2 (Riboflavin)

The recommended daily allowance (RDA) for riboflavin is 1.3mg. Riboflavin is used as a co-factor for numerous reactions associated with protein, fat, and carbohydrate metabolism. Riboflavin requirements are analyzed based on MTHFR gene function.

- Your genotype is associated with an average need for B2

Micronutrient Requirements

B3 (Niacin)

The recommended daily allowance (RDA) for niacin is 16mg. Niacin targets genes associated with cardiovascular and skin health, while also balancing methylation levels.

- Your genotype is associated with a higher sensitivity to low niacin intake
- Niacin in high in yellowfin tuna (37.5mg), canned tuna (21.9mg), wild salmon (17mg), ground turkey (20mg), chicken breast (16mg), liver (14.2mg), skirt steak (9.5mg), white button mushrooms (6.8mg), and brown rice (5.2mg)

Micronutrient Requirements

B6 (Pyridoxine)

The recommended daily allowance (RDA) for B6 is 1.7mg. B6 deficiency can manifest as anorexia, irritability, anxiety, depression, muscle pain, bad PMS/low progesterone, nausea, seizures, migraines, dermatitis, age related macular degeneration (with low folate and B12) and lethargy.

- Your genotype is associated with a higher than average need for B6
- Women of reproductive age, especially current and former users of oral contraceptives, teenagers, male smokers, non-Hispanic African-American men, and men and women over age 65 are most at risk of B6 deficiency
- B6 is high in yellowfin tuna (6 oz., 1.8mg), wild salmon (6 oz., 1.2mg), liver (3oz., 0.8mg), chicken breast (6 oz., 1mg), unfiltered fermented drinks (16oz., 0.8mg), pistachios (1 oz., 0.5mg), avocado (1 whole, 0.5mg), sweet potatoes (1 whole, 0.3mg), and spinach (1/2 cup, 0.1mg)

Micronutrient Requirements

B9 (Folate)

The recommended daily allowance (RDA) for folate is 400mcg. Folate is one of the – if not most – influential nutrigenomic micronutrient. It has a powerful influence on genes related to pregnancy, homocysteine, and cancer prevention.

- Your genotype is associated with a higher than average need for folate
- Folate is depleted by proton pump inhibitors, oral contraceptives, NSAIDs, anticonvulsants, antivirals, antibiotics, and antacids
- Folate is high in liver (3 oz., 215mg), collard greens (1 cup cooked, 177mcg), beets (1 cup raw, 148mcg), black-eyed peas (1/2 cup, 105mg), raw spinach (1 cup 58mg), asparagus (4 spears, 89mg), hummus (1/2 cup, 83mcg), broccoli (1/2 cup cooked, 52mg), romaine lettuce (1 cup, 64mg), strawberries (1 cup, 40mcg), orange (1 whole, 39mcg), sprouted lentils (1/2 cup, 38mcg), and parsley (1 sprig, 15.2mg)

Micronutrient Requirements

B12 (Cobalamin)

The recommended daily allowance (RDA) for B12 is 2.4mcg. B12 influences genes related to homocysteine, brain health, pregnancy, and energy. B12 requirements are based on serum levels associated with the FUT2 gene.

- Your genotype is associated with an average requirement for B12

Micronutrient Requirements

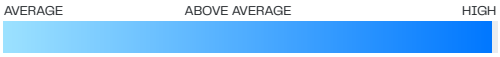
Boron

The recommended daily allowance (RDA) for boron has not been set, but 1–3mg is considered adequate. Boron is connected to bone health, hormone health and healthy SAMe levels for brain health. Men with low testosterone and women with osteoporosis or osteopenia will benefit from more boron.

- Your genotype is associated with a higher sensitivity to low boron intakeon
- Boron is highest in prunes (10 prunes, 1.18mg) avocados (1/2 cup, 1.07mg), raisins (1.5 oz, 0.95mg), peach (1 whole, .80mg), apple (1 whole, .66mg), pear (1 whole .50mg), and peanut butter (2 tablespoons, 0.46mg)

Micronutrient Requirements

Choline & Betaine



The recommended daily allowance (RDA) for choline is 550mg, while betaine hasn't been set. The more betaine you consume, the less choline you require. Choline is crucial for pregnancy, lowers anxiety, prevents fatty liver, assists detoxification, and improves memory.

- Your genotype is associated with a higher than average need for choline and betaine
- Choline is depleted by nighttime pain relievers, antihistamines, sleep aids, antidepressants, incontinence drugs and narcotic pain relievers
- Intense endurance exercise depletes choline levels, and increasing phosphatidylcholine has been found to improve exercise capacity during high-intensity cycling and running, as well as reduce muscle soreness
- Choline is highest in liver (3 oz., 356mg), pastured eggs (2 eggs, 294mg), beef round (6 oz., 234mg), heart (3 oz., 194mg), chicken (6 oz., 144mg), wild cod (6 oz., 142mg), bacon (3.5 oz., 125mg), and edamame (1/2 cup, 107mg)
- Betaine is highest in spinach (3.5 oz., 645mg), shrimp (3.5 oz., 218mg), beets (3.5 oz., 200mg) and whole grain sourdough wheat bread (2 slices, 201mg)

Micronutrient Requirements

Vitamin A

The recommended daily allowance (RDA) for vitamin A is 900 mcg for men and 700 mcg per day for women. Vitamin A assists digestive lining repair, oral health, eye health, iron mobilization, mitochondria health, skin health, healthy lung function, and increased immunity.

- Your genotype is associated with a 32% lower conversion rate of beta-carotene to vitamin A, making it important to include more animal-based vitamin A to hit your daily target
- Vitamin A is high in liver (3 oz., 6,600mcg), pastured eggs (1 egg, 75mcg), cod liver oil (378mcg), wild salmon oil (206mcg), pickled herring (219mcg) and sockeye salmon (118mcg)

Micronutrient Requirements

Vitamin D

The recommended daily allowance (RDA) for vitamin D is 20mcg. Vitamin D has a wide role in immune function, bone health, cardiovasular health and cancer prevention.

- Your genotype is associated with below average circulating levels of vitamin D
- Vitamin D is depleted by obesity, pesticides, a high fructose intake, anticonvulsants, barbiturates, benzodiazepines, calcium channel blockers, corticosteroids, antidepressants, and bronchodilators
- Vitamin D is highest in sockeye salmon (6 oz., 28.4mcg), cod liver oil (1 tsp., 11mcg), canned tuna (1 can, 6.7mcg), wild herring (3 oz., 5.4mcg), and sardines (1 can, 4mcg)

Micronutrient Requirements

Vitamin C

The recommended daily allowance (RDA) for vitamin C is 90mg, however, the amount consumed in the Paleolithic era was 400mg per day. Studies show the best results occur with over 500mg per day. Extensive research shows that adequate vitamin C reduces the risk of cancer, heart disease, colds, flu, cataracts, hypertension and even depression.

- Your genotype is associated with average serum vitamin C levels

Micronutrient Requirements

Vitamin E

The recommended daily allowance (RDA) for vitamin E is 15mg. Vitamin E is important for antioxidant protection, skin health, fertility, brain health, and cardiovascular health.

- Your genotype is associated with an average need for vitamin E

Micronutrient Requirements

Vitamin K2

The recommended daily allowance (RDA) for vitamin K2 has not been established, but based on amounts found in food and research, 60–70mcg of MK-4 and MK-7 is a good target. MK-4 targets sex hormones, the brain, possesses anti-cancer and anti-inflammatory activity, and also supports bone health. MK-7 is considered better for reducing arterial calcification, increasing bone density, anti-cancer, improving salivary buffering (minimizes the de-mineralization of enamel and enhances its re-mineralization), and increasing cardiac output (12% increase) in athletes.

- Your genotype is associated with an average need for K2

Micronutrient Requirements

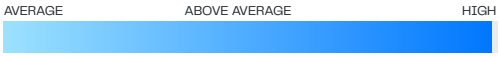
Magnesium

The recommended daily allowance (RDA) for magnesium is 400mg, however, higher amounts may be required for certain individuals, stress levels and athletes. Magnesium levels vary drastically based on the soil, and therefore in the food. Magnesium is involved in 300 biochemical reactions, and deficiency has widespread effects on every aspect of health. The most common symptoms of low magnesium includes calf cramps at night, headaches, arrhythmia, calcification, and muscle fatigue.

- Your genotype is associated with a higher than average need for magnesium
- Magnesium is depleted by smoking, sugar, chronic stress, high alcohol intake, coffee, tea, fluoridated water, phosphoric acid, non-fermented grains, intense exercise, high protein diets, high calcium supplementation, high arsenic levels, antacids, proton pump inhibitors, ACE inhibitors, birth control, hormone replacement therapy, Estradiol, Premarin, antibiotics, antivirals, immunosuppressants, methylphenidate, Tamoxifen and corticosteroids
- Magnesium is highest in sprouted pumpkin seeds (2 tablespoons, 156mg), hemp seeds (2 tablespoons, 116mg) chia seeds (2 tablespoons, 111mg), Gerolsteiner mineral water (1 liter, 100mg), spinach (1/2 cup cooked, 78mg), wild salmon (6oz., 52mg), and peanut butter (2 tablespoons, 49mg)

Micronutrient Requirements

Manganese



The recommended daily allowance (RDA) for manganese has not been set, however, 1.8 to 2.3mg per day is considered adequate. Manganese has a special role in protecting the mitocondria of the cells against toxicity through superoxide dismutase. Manganese is crucial for heart health, blood sugar, male fertility, bone health and protecting the brain against glutamate toxicity.

- Your genotype is associated with a higher sensitivity to low manganese intake
- Manganese is highest in mussels (3 oz., 5.8mg), wild blueberries (1/2 cup, 2.87mg), hazelnuts (2 tablespoons, 1.6mg), pecans (2 tablespoons, 1.1mg), oysters (3 oz., 1mg), clams (3 oz., 0.9mg), hummus (1/2 cup, 0.9mg), spinach (1/2 cup cooked, 0.8mg), cultivated blueberries (1/2 cup, .33mg)

Micronutrient Requirements

Lithium

The recommended daily allowance (RDA) for lithium has not been set, with normal intake ranging from 250mcg to 3mg. Studies found an association between higher levels of lithium in local water and "beneficial clinical, behavioral, legal and medical outcomes." In the context of your genetic analysis, we are looking at lithium requirements in regards to B12 transportation.

- Your genotype is associated with an average need for lithium

Micronutrient Requirements

Potassium

The recommended daily allowance (RDA) for potassium is 3,400mg for males and 2,600mg for females. Potassium is an electrolyte that helps maintain normal levels of fluid inside our cells, muscle contraction, and regulates blood pressure. The Paleolithic hunter-gatherers took in about 11,000 milligrams of potassium a day from fruits, vegetables, leaves, flowers, roots, and other plant sources, and under 700 mg of sodium.

- Your genotype is associated with a higher than average requirement for potassium to regulate blood pressure
- Potassium is highest in wild salmon (6 oz., 1,068mg), avocados (1 whole, 975mg), potatoes (1 whole, 926mg), acorn squash (1 cup, 896mg), coconut water (1 cup, 600mg), sweet potato (1 whole, 541mg), spinach (1 cup, 540mg), tomato sauce (1 cup, 523mg) and bananas (1 whole, 422mg)

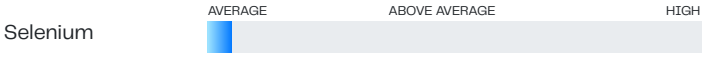
Micronutrient Requirements

Iron

The Recommended Dietary Allowance (RDA) for all age groups of men and postmenopausal women is 8 mg/day and the RDA for premenopausal women is 18 mg/day.

- Your genotype combinations are associated with with lower serum iron levels and a moderate need for dietary iron intake
- Animal-based foods and seafood contains heme iron, while plant foods contain non-heme iron
- Heme iron has a higher absorption rate compared to non-heme iron
- Iron is highest in oysters (3oz, 8mg), beef liver (3 oz., 5mg) beef 6 oz., 4mg), sardines (3 oz., 2mg) white beans (1 cup, 8mg) dark chocolate (3 oz., 7mg), spinach (1/2 cup cooked, 3mg)

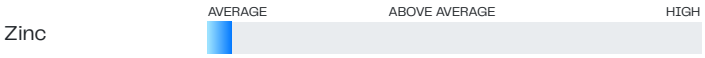
Micronutrient Requirements



The recommended daily allowance (RDA) for selenium is 55mcg. Selenium levels in plant and animal foods vary drastically based on the soil. Selenium is a crucial mineral linked to numerous genes involved in glutathione (the master antioxidant), detoxification, immunity, thyroid health, skin health, and cancer prevention.

- Your genotype is associated with an average need for selenium

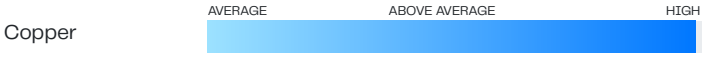
Micronutrient Requirements



The recommended daily allowance (RDA) for zinc is 11mg. Zinc is poorly absorbed from plant foods and is highest in animal foods. Zinc plays a special role with numerous genes connected to immunity, cancer prevention, detoxification, skin health, eye health and more.

- Your genotype is associated with an average serum zinc levels

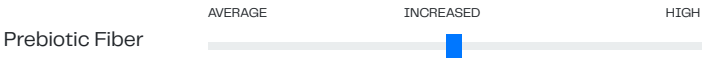
Micronutrient Requirements



Typical diets meet or exceed the copper RDA and copper deficiency is rare. The RDA for copper is 900mcg. Copper is involved in the regulation of gene expression, brain development, neurotransmitters, cardiovascular health, and immune system functioning.

- Your genotype is associated with low serum levels of copper
- Copper is highest in liver (3 oz. 12,400mcg), oysters (4,850mcg), potatoes (675mcg), shiitake mushrooms (1/2 cup, 650mcg), cashew (1 oz., 629mg), sunflower seeds (1/4 cup, 615mg) and dark chocolate (1 oz., 615mcg)

Fiber Requirements



The recommended amount of fiber is up to 25 grams per day for women and up to 38 grams per day for men.

- Your genotypes are associated with a slighter higher than average requirement for prebiotic fiber

Phytonutrient Requirements

Phytoestrogens

Phytoestrogens are plant derived compounds found in a wide variety of foods. There are pros and cons to phytoestrogen intake that appears to have a genetic, age, and gut health connection for determining optimal intake.

- Your genotype combinations are associated with a higher than average need for phytoestrogens for healthy hormones
- Phytoestrogens are highest in soy, flax, beans, rye, wheat, hummus, peanuts, tahini sauce, and cruciferous vegetables

Phytonutrient Requirements

Lutein and Zeaxanthin

A recommended daily intake of lutein and zeaxanthin hasn't been established. Lutein and zeaxanthin can help protect your eyes from harmful high-energy light waves like UV sunlight.

- Your genotype is associated with average requirements for lutein and zeaxanthin to support eye health

Phytonutrient Requirements

Polyphenols

Research strongly suggests that long term consumption of diets rich in plant polyphenols offer protection against development of cancers, cardiovascular diseases, diabetes, osteoporosis and neurodegenerative diseases.

- Your genotype is associated with a slower metabolism of certain polyphenols, which means you have a higher benefit with a lower intake of green tea, coffee, berries, and chocolate

Phytonutrient Requirements

Cinnamon

Cinnamon lowers blood glucose usually without causing hypoglycemia and increases satiety.

- Your genotype is associated with a higher need for cinnamon to control blood sugar and satiety

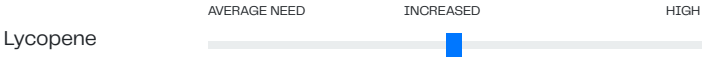
Phytonutrient Requirements

Cruciferous Vegetables

Isothiocyanates from cruciferous vegetables are known for their anti-cancer activity. Certain genotypes require higher levels of this anti-cancer activity.

- Your genotype combinations are associated with a higher requirement of cruciferous vegetables
- Cruciferous vegetables include broccoli, Brussels sprouts, cabbage, cauliflower, radishes, turnips, Bok choy, and watercress
- Aim for 1-2 cups of cruciferous vegetables per day

Phytonutrient Requirements



Lycopene is found in tomatoes, watermelon, guava and pink grapefruit, and has unique benefits for the heart, breast, prostate and skin.

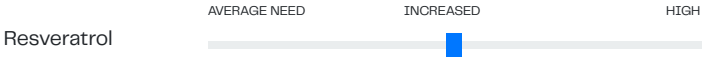
- Your genotype combinations are associated with a higher than average requirement for lycopene

Phytonutrient Requirements

Apigenin is a flavonoid that possess anti-inflammatory, antioxidant and anti-cancer properties. Certain genotypes require higher levels for breast health.

- Your genotype is associated with a higher than average need for apigenin for breast health
- Apigenin is highest in dried parsley, celery and chamomile tea

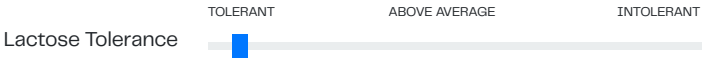
Phytonutrient Requirements



Resveratrol is a plant chemical produced in response to stress from the elements, and has been found to protect against heart disease and potentially extend life.

- Your genotype combinations are associated with a higher than average requirement for resveratrol and heart health
- Resveratrol has been found to increase PON1 and ACE2 levels, decreasing the risk of LDL oxidation, the negative effects of a high fat intake, and improving blood pressure
- Resveratrol is highest in grapes, peanuts, pistachios, blueberries, cranberries and dark chocolate

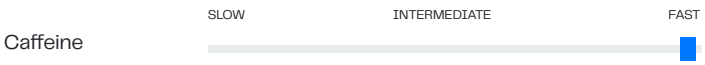
Lactose Tolerance



Lactose is the major carbohydrate in milk. The arrival of farming in Europe around 8,500 years ago necessitated adaptation to new environments, pathogens, diets, and social organizations. One of the best examples of genetic dietary changes to this is the lactase enzyme in northern Europeans that only dates to the last 4,000 years.

- Your LCT genotype is associated with lactose tolerance
- The ability to digest lactose is much more common in people of European ancestry
- Approximately 32 percent of the world's population is lactose tolerant
- Since this gene only looks at lactose, sensitivities to dairy can still exist

Caffeine Metabolism



Variants in the CYP1A2 gene determine the rate at which you metabolize caffeine.

- You are a fast metabolizer of caffeine, meaning that you feel the effects of caffeine more quickly, but the effects also wear off quickly

METHYLATION

Methylation

Folate

AVERAGE NEED | INCREASED | HIGH

MTHFR 677 and MTHFR 1298 genotypes determine your folate requirements to assist normal homocysteine levels.

- Your genotype combination is associated with an average requirement for folate to maintain healthy homocysteine levels

Methylation

Folinic Acid

AVERAGE NEED | INCREASED | HIGH

Folinic acid is a second type of folate found in folate-rich food.

- You have a higher than average requirement for folinic acid to maintain healthy methylation and homocysteine levels

Methylation

Vitamin B6

AVERAGE NEED | INCREASED | HIGH

Vitamin B6 plays an important role in homocysteine metabolism and CBS gene function.

- A combination of your genotypes related to vitamin B6 serum levels and methylation requirements are associated with a higher than average requirement for B6 to maintain healthy methylation and homocysteine levels
- B6 is highest in wild salmon, wild cod, pistachios, avocados, Yukon gold or red potatoes, taro root, sweet potatoes, spinach, cauliflower and unfiltered fermented drinks
- Many medications deplete B6 including antibiotics, oral contraceptives, ACE inhibitors, antacids, and proton pump inhibitors

Methylation

Vitamin B12

AVERAGE NEED | INCREASED | HIGH

Vitamin B12 plays an important role in homocysteine metabolism.

- You have an average requirement for B12 to maintain healthy methylation and homocysteine levels

Methylation

Riboflavin (B2)

AVERAGE PRIORITY | MEDIUM PRIORITY | HIGH PRIORITY

Vitamin B2 plays a special role in stabilizing the MTHFR gene for homocysteine metabolism.

- Your genotype is associated with an average requirement for riboflavin to maintain healthy methylation and homocysteine levels

Methylation

Choline and Betaine

Choline and betaine play a crucial role in homocysteine metabolism, especially for those with variants in MTHFR.

- Your genotype is associated with a higher than average requirement for choline and betaine to maintain healthy methylation and homocysteine levels
- Low choline intake can manifest as memory issues, NAFLD, anxiety, neurological disorders, breast cancer, histamine issues, gallbladder issues, and SIBO
- Choline may be depleted by nighttime pain relievers, antihistamines, sleep aids, antidepressants, incontinence drugs and narcotic pain relievers
- Intense endurance exercise depletes choline levels, and increasing phosphatidylcholine has been found to improve exercise capacity during high-intensity cycling and running, as well as reduce muscle soreness

Methylation

Synthetic Folic Acid

Certain genotypes in the folate metabolism pathway can affect the metabolism of synthetic folic acid, leading to high circulating levels.

- Your genotype combinations may improve the metabolism of synthetic folic acid

HORMONE SUPPORT

Hormone Support

Breast Protection

Certain glutathione SNPs are associated with breast protection.

- Your genotypes for multiple genes are associated with slightly lower glutathione protection for breast health
- Boosting glutathione can be accomplished with selenium, glycine, cysteine, vitamin C, and cruciferous vegetables

Hormone Support

Estrogen Detoxification

There are multiple genes in the estrogen detoxification pathway that have a cumulative value on the ability to properly detoxify estrogen.

- Your combination of numerous genotypes in the estrogen pathway are associated with reduced estrogen detoxification
- To reduce the risk of harmful estrogen metabolites, you should avoid xenoestrogens, manage stress levels, and focus on gut health
- Increasing prebiotic fiber, polyphenols, magnesium and bifidobacteria may improve breast health by reducing the amount and activity of harmful estrogen metabolites

Hormone Support

T3 and T4

T3 and T4 level variations have been associated with variants in the DIO1 gene.

- Your genotype is associated with normal T3 and T4 levels
- T3 and T4 can still be out of range based on other epigenetic factors

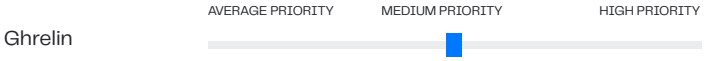
Hormone Support

Adiponectin

ADIPOQ encodes for adiponectin, a protein secreted by fat cells that affect insulin and glucose metabolism. Low levels of adiponectin play a role in obesity, insulin resistance and Type 2 diabetes.

- Your genotype is associated with normal adiponectin levels, which can increase the effect of insulin, improve glucose metabolism and assist a healthy body weight

Hormone Support



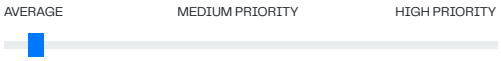
Variants in genes related to ghrelin levels and dopamine receptor density have been shown to create a larger appetite and the potential for overeating in multiple populations.

- Your genotypes are associated with borderline higher ghrelin levels that could lead to overeating and abdominal weight gain
- A focus should be on a protein and fiber-rich breakfast, monounsaturated and polyunsaturated fats, 7-8 hours of sleep per night, healthy vitamin D levels and aerobic exercise over 1 hour or high intensity exercise to stabilize ghrelin levels

MENTAL HEALTH & COGNITIVE PERFORMANCE

Mental Health and Cognitive Performance

Brain Repair and Maintenance

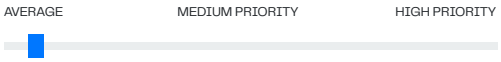


Multiple genes are responsible for daily neural repair and maintenance, and a combination of genotypes are associated with decreased neural repair.

- Your genotype combination is associated with average to improved neural repair
- You can be proactive for neural repair with eight hours of sleep per night, DHA, B-vitamins, Lion's Mane mushrooms, zinc, vitamin C, and vitamin E

Mental Health and Cognitive Performance

Concussion Recovery



A combination of genotypes in the pathways responsible for glutamate transport and modulation, BDNF levels, neural repair, and inflammation during a concussion are associated with delayed or improved recovery.

- Your genotype combination is associated with improved recovery from concussions

Mental Health and Cognitive Performance

Episodic Memory

The 5-HT2A gene is associated with episodic memory, which is the ability to recall details of an event.

- Your 5-HT2A genotype is associated with a reduced episodic memory
- Episodic memory can be enhanced with tryptophan, green or black tea, catecholamines, betaine, and choline
- Mindfulness training, increasing your VO2 max and reducing your reliance on smartphones can also enhance episodic memory

Mental Health and Cognitive Performance

Cardio, Mood and Cognitive Fitness

Cardiovascular exercise has a tremendous influence on neurotransmitter balance, memory and cognitive fitness.

- You have an average requirement for cardiovascular exercise to improve mood and cognitive fitness

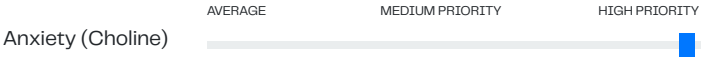
Mental Health and Cognitive Performance

Mood (Folate)

MTHFR genotypes determine folate requirements for healthy BH4 levels responsible for neurotransmitter balance. The current daily value for folate is 400mcg DFE.

- Your genotype may require 400-600mcg (or more) for healthy BH4 levels responsible for neurotransmitter balance
- Foods high in folate include:
- Liver (215mg) 3 oz.
- Spinach (131mg) 1/2 cup cooked
- Asparagus (89mg) 4 spears
- Brussels sprouts (78mg) 1/2 cup
- Broccoli (52mg) 1/2 cup

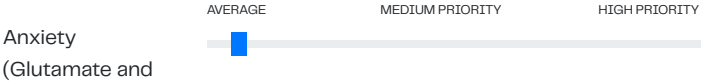
Mental Health and Cognitive Performance



The PEMT gene is associated with your required choline intake to support memory, anxiety and REM sleep.

- Your PEMT genotype is associated with a higher need for choline (550mg or more) to support memory, anxiety and REM sleep
- Research has shown that uridine, DHA, and choline combined increases levels of phosphatidylcholine in the brain more than each on their own
- Foods high in choline include:
- Liver (356mg) for 3 oz.
- Egg (294mg) for 2 eggs
- Beef top round (234mg) for 6 oz.
- Chicken breast (144mg) for 6 oz.
- Chicken thigh (120mg) for 6 oz.
- Edamame (107mg) for 1/2 cup

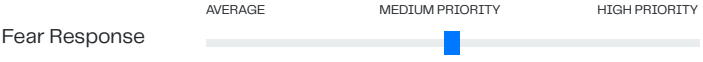
Mental Health and Cognitive Performance



Anxiety is linked to altered levels of one or multiple neurotransmitters. Understanding the genetic link to specific levels of neurotransmitters can help you be precise in your approach to reduce anxiety.

- Your genotype combination is associated with an improved modulation of glutamate levels that could help prevent glutamate-related anxiety

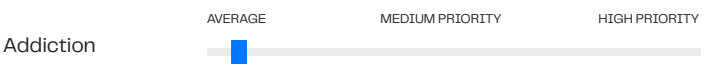
Mental Health and Cognitive Performance



The FAAH gene is associated with anandamide levels, correlated with a heightened fear response to potential threats, while BDNF variants affect the ability to extinguish the fear response.

- Your genotype combination is associated with a heightened fear response that may affect your ability to extinguish fear memories
- Getting 30 minutes or more of aerobic exercise per day (especially in altitude), CBD, and hops help increase anandamide – known as the "bliss molecule" – to reduce the fear response

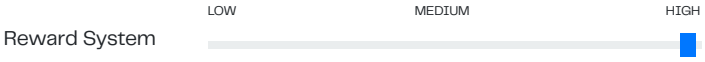
Mental Health and Cognitive Performance



ANKK1 modulates the density of dopamine receptors in the brain and is the most-studied genetic variant related to addictions. Variants have been associated with alcoholism, opioid addiction, sugar addictions, compulsive eating, obesity and Internet addiction.

- Your genotype is associated with a improved density of dopamine receptors for the ANKK1 gene, increasing dopamine targets within the striatum of the brain and reducing addiction susceptibility

Mental Health and Cognitive Performance



COMT rs4680 has been linked in a meta-analysis to variations in the reward response based on genotypes associated with low and high dopamine levels.

- Your genotype is associated with a higher dopamine response to reward processing that could improve motivation as well as decision making

Warrior or Strategist

Your COMT genotype is associated with the "Strategist" that has the highest dopamine levels and may thrive more in low-pressure environments combined with complex problem-solving.

- If your levels of dopamine get too high and you find yourself irritable, impulsive, and stressed, add strength training 3-5 times a week and increase your magnesium and vitamin C intake for balance.
- Low catecholamine (coffee, green tea, red wine, chocolate) intake recommended due to their effect on dopamine
- For men and premenopausal women, avoid IPA beers due to a higher estrogenic effect that can slow COMT down further

Sleep Support

Research has found that MTNR1B G allele carriers had a significant association with delayed melatonin release in the evenings and a substantially longer duration of elevated melatonin levels in the morning.

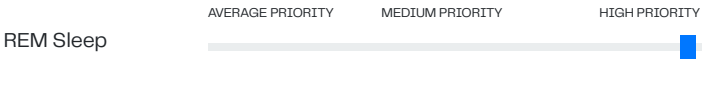
- Due to melatonin release ending earlier in the morning for your genotype, an earlier wake time (earlier than 6:30am) may be easier without light exposure
- Melatonin supplementation was not found to cause impaired glucose intolerance for your CC genotype

Sleep Support

The rate at which caffeine is metabolized genetically is associated with variations of sleep disturbance.

- You are a fast metabolizer of caffeine, which means that you are less likely to have your sleep affected by caffeine

Sleep Support



Acetylcholine plays a role in promoting REM sleep, the phase that occurs while we dream and where memory consolidation occurs.

- Your genotype is associated with increased sensitivity to not meeting your daily choline requirements for acetylcholine production and REM sleep
- You may be more sensitive to anticholinergic drugs, which block acetylcholine and have been found in research to cause cognitive decline
- Make sure you are getting at least 550mg of choline per day, walking 45 minutes or more per day, and if consuming alcohol, you will sleep better if you consume it before 6:00pm and limit the quantity

Stress Management

Stress Perception

Your perception of stress is unique to your genotypes and life experience. Variants in 5-HT2A are associated with perceived stress, low vagal tone, anxiety, depression, OCD, and IBS, especially in females.

- Your genotypes are associated with a higher perception of stress
- Moderate intensity aerobic exercise, meditation and yoga are recommended for stress relief
- Tryptophan, green or black tea, prebiotics, probiotics, B2, B6, B12, and folate all target the 5-HT2A gene to help lower stress perception

Stress Management

Stress and Digestion

The G allele carriers of ADRB2 were associated with a higher percentage of IBS cases, twice the rates of anxiety, and functional chest pain diagnoses.

- Your genotype is associated with a higher percentage of digestive issues from stress and elevated adrenaline levels
- If you experience any of these, you may benefit from a deep breathing practice, meditation, yoga, vitamin C, and magnesium to modulate adrenaline levels

Stress Management

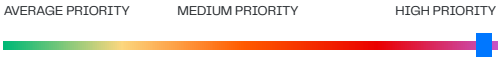
Cardio and Stress Relief

The 5-HT2A gene for the serotonin has a role in BDNF regulation – which helps regulate the excitatory neurotransmitter glutamate and calming neurotransmitter GABA. The A allele for 5-HT2A rs6314 was found to cause a lower expression of BDNF, and can compound the effect for those with variants in BDNF for mood and behavior in response to stress.

- Your genotype combination is associated with an increased susceptibility to low BDNF levels in response to stress, causing high glutamate and low GABA levels in the brain

Stress Management

Weight Training and Stress Relief



Weight lifting has a higher impact on hormonal pathways that may provide higher levels of stress relief based on the speed of these pathways.

- Your genotype is associated with higher dopamine levels and a reduced clearance of adrenaline
- Weight lifting helps speed up the pathway responsible for clearing excess dopamine and adrenaline, and therefore is a useful tool for you to use for chronic stress

DETOXIFICATION

Toxin Sensitivity

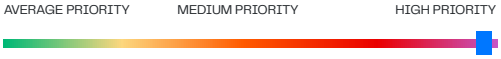
Mycotoxins

Mycotoxins are toxic compounds that are naturally produced by certain types of fungi. Research suggests that mycotoxins can decrease the formation of glutathione due to decreased gene expression of the enzymes needed to form glutathione.

- Your genotype is associated with lower glutathione levels which may cause glutathione depletion to occur at a faster rate and decrease mycotoxin detoxification
- The highest exposure to mycotoxins can be in foods grown or stored in damp conditions
- This may include grains, nuts, corn, coffee, wine, beer, grape juice, sorghum, rice, dried beans, apples, pulses, cacao products, and spices
- Boosting glutathione can be accomplished with selenium, glycine, cysteine, alpha lipoic acid, vitamin C, and cruciferous vegetables

Toxin Sensitivity

Xenoestrogens



Xenoestrogens are synthetic hormone disruptors found in plastics and pesticides.

- Your genotype is associated with a slower metabolism of xenoestrogens, and therefore the damage may be greater from xenoestrogen exposure
- Increasing magnesium targets the enzyme responsible for assisting xenoestrogen detoxification

Toxin Sensitivity

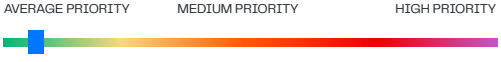
Occupational Toxins

Workers exposed to certain chemicals over a long period in the metalworking, petroleum, agricultural industries and in glass factories are at increased risk for occupational skin cancers.

- Your genotypes are associated with an increased sensitivity to these toxins
- Focus on zinc, selenium, niacin, and vitamin C to improve DNA protection for skin health
- Ellagic acid, lutein, zeaxanthin, cocoa polyphenols, chaga tea, green tea and citrus have all been found to help protect against skin damage and cancerous growth

Toxin Sensitivity

Ethanol



ALDH2 encodes for aldehyde dehydrogenase, and variants can affect the levels of acetaldehyde and therefore the carcinogenic effect of alcohol.

- Your genotype is not associated with a higher risk of alcohol-related adverse reactions including flushing, palpitation, nausea, headache, drowsiness, breathlessness, and general discomfort

Toxin Sensitivity

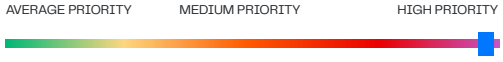
Formaldehyde

The International Agency for Research on Cancer has classified formaldehyde as carcinogenic to humans. Sources of formaldehyde in the home include building materials, smoking, household products, gas stoves, kerosene space heaters, as a food preservative, permanent-press clothes, and draperies, as a component of glues and adhesives, and as a preservative in some paints and coating products. Variants in the XRCC3 DNA repair gene have been associated with higher DNA damage from formaldehyde.

- Your genotype is associated with an increased sensitivity to formaldehyde
- Formaldehyde can cause watery eyes, burning sensations in the eyes and throat, nausea, and difficulty in breathing in some humans exposed at elevated levels
- Formaldehyde has also been shown to cause cancer in animals and may cause cancer in humans
- Average concentrations in older homes before the 1970's are generally well below 0.1 (ppm), but in homes with significant amounts of new pressed wood products, levels can be greater than 0.3 ppm
- The detoxification pathway for formaldehyde includes the thiol pathway, ribulose monophosphate pathway, and pterin dependent pathway
- B-vitamins, zinc, selenium, vitamin C, cysteine, glycine and glutamine all target these pathways and DNA repair to improve formaldehyde detoxification

Toxin Sensitivity

Benzo(a)pyrene



Benzo(a)pyrene is a carcinogenic compound produced from the burning of wood or trash, tobacco smoke, asphalt, coal, diesel exhaust, charred meat, and gas cooking.

- Your genotype combinations are associated with decreased detoxification of benzo(a)pyrene
- It is recommended to increase your intake of cruciferous vegetables, vitamin C, vitamin E, vitamin A, resveratrol, curcumin, green tea, and white tea to protect and detoxify benzo(a)pyrene

Toxin Sensitivity

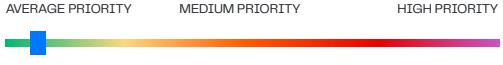
Aromatic Amines

Aromatic amines are found in cigarettes, rubber factories, hair dyes that contain 4-aminobiphenyl, and meat cooked at high temperatures.

- Your genotype combinations are associated with a slightly below average detoxification ability of aromatic amines
- If your exposure is higher to aromatic amines, increase cruciferous vegetable intake, carotenoids, vitamin C, and use marinades for meat when barbecuing

Toxin Sensitivity

Benzene

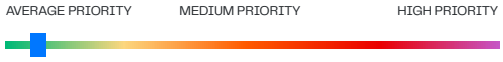


Sources of benzene include cigarette smoke, gasoline, exhaust, fires, industrial emissions, paint, detergent, glue, furniture wax, building materials, paint, petrochemical manufacturing, oil storage tanks, urban-industrial areas, service stations, certain foods, certain creams, groundwater contamination, and underground gasoline leaks.

- Your genotype is associated with an average sensitivity to benzene

Toxin Sensitivity

Aspartame

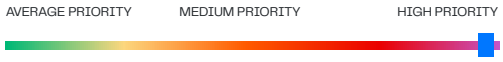


Aspartame is an artificial sweetener that has been linked to behavioral, neurological and cognitive problems, increased blood sugar, thyroid issues, and certain types of cancer.

- Your genotype combinations may lower the sensitivity to aspartame
- Possible neurophysiological symptoms include learning problems, headache, seizure, migraines, irritable moods, anxiety, depression, and insomnia
- Artificial sweeteners in general increased waist circumference 500 percent while aspartame increased blood sugar in diabetes-prone mice
- Aspartame has been found to contribute to the formation of tumors in the CNS such as gliomas, medulloblastomas, and meningiomas, increased lymphoma and leukemia and, is an excitotoxin to brain neurons
- Aspartame in the body further metabolizes to formaldehyde, and rat studies found that formaldehyde (as a metabolite of aspartame) caused increased TSH levels and worsens the capacity of the gland leading to thyroid failure

Toxin Sensitivity

Food Dyes

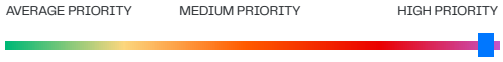


Food dyes have been found to inhibit mitochondrial respiration: the ability of the powerhouse of your cells to convert nutrients to energy. They have also been found to especially affect those with ADHD.

- Your genotype combination is associated with a higher sensitivity to food dyes
- Avoid foods and drinks that use food dyes when possible

Pesticides, Herbicides and Heavy Metal Sensitivity

Glyphosate

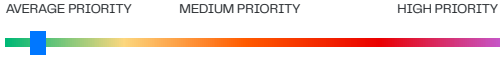


Glyphosate is an herbicide that has been found to be highly toxic.

- Your genotype is associated with potentially more cellular damage from exposure to the herbicide glyphosate
- The highest glyphosate levels have been found in non-organic wheat and non-organic pulses like beans, lentils, and peas
- A meta-analysis of human epidemiological studies suggests a link between exposures to glyphosate and an increased risk for non-Hodgkin's lymphoma
- An association between glyphosate and thyroid disease comes from plots over time of the usage of glyphosate in the U.S. on corn and soy time-aligned with plots of the incidence rate of thyroid cancer in the U.S.
- Manganese deficiency and toxicity can occur simultaneously from glyphosate exposure due to a disruption in liver enzymes, causing transportation of manganese through the vagus nerve to the brainstem where excess manganese can lead to Parkinson's disease
- The gut bacterium Lactobacillus is negatively impacted by glyphosate and the depletion in associated with celiac disease
- Humic acid from Shilajit has been shown in vivo to reduce glyphosate concentration, inhibit the destructive effect of glyphosate on beneficial bacteria, and protect and repair against tight junction injury of the digestive system

Pesticides, Herbicides and Heavy Metal Sensitivity

Organochlorines

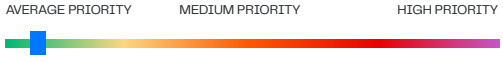


Organochlorines are found in certain pesticides, PCBs and sucralose.

- Your genotype is associated with improved protection against organochlorines

Pesticides, Herbicides and Heavy Metal Sensitivity

Organophosphate Insecticides

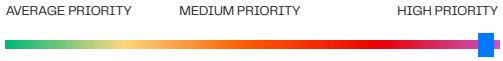


PON1 plays a large role in removing pesticides and is also involved with supporting HDL function and LDL oxidation. Organophosphates are a class of insecticides, including parathion and chlorpyrifos, that were among the most widely used insecticides available until the 21st century.

- Your PON1 genotype is associated with improved PON1 levels and detoxification of organophosphate insecticides

Pesticides, Herbicides and Heavy Metal Sensitivity

Arsenic

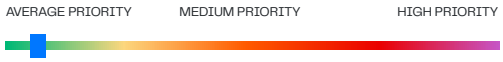


Arsenic is a heavy metal that is damaging at high levels. The highest dietary sources of inorganic arsenic include contaminated groundwater and rice. A consistent and growing body of evidence has shown that people who metabolize arsenic poorly may be at two to four times the risk of developing certain cancers and other arsenic-related diseases than people who are better metabolizers.

- Your genotype combination is associated with a reduced detoxification of arsenic
- The highest dietary sources of inorganic arsenic include contaminated groundwater and rice.
- Optimal selenium and folate intake have been found to improve arsenic detoxification and mitigate toxicity
- Chlorogenic acid – a polyphenol highest in light roast coffee – has been found to inhibit arsenic-induced neurotoxicity in mice
- Chlorogenic acid is also found in moringa tea, strawberries, cherries, bilberries, and wild blueberries

Pesticides, Herbicides and Heavy Metal Sensitivity

Cadmium



Chemical agriculture uses high amounts of synthetic organophosphates, creating a very high phosphorus content. Synthetic phosphorus concentrates the amounts of heavy metals, like cadmium in non-organic soils and food. Choosing organic produce is one of the best ways to avoid excess cadmium.

- Your genotype is associated with average detoxification of the heavy metal cadmium

Pesticides, Herbicides and Heavy Metal Sensitivity

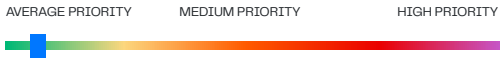
Mercury

Mercury is a neurotoxin linked to neurological and behavioral disorders including tremors, insomnia, memory loss, neuromuscular effects, headaches, and cognitive and motor dysfunction. Burning coal for power and heat is a major source of mercury exposure. Glutathione is responsible for protecting against and detoxifying heavy metals like mercury.

- Your glutathione genotypes are associated with reduced protection against mercury toxicity
- Mercury is found in many pharmaceutical drugs, dental amalgams, and large fish including swordfish, ahi tuna, and halibut
- Selenium blocks mercury uptake, folate decreases mercury levels, and magnesium and holy basil protect against mercury toxicity

Pesticides, Herbicides and Heavy Metal Sensitivity

Lead



Lead-based paint, lead-based dust in older buildings, contaminated water, and air pollution are the major sources of lead. Exposure to lead over time may cause abdominal pain, constipation, depression, distraction, forgetfulness, irritability, and nausea.

- Your genotype is associated with improved detoxification of lead

IMMUNE SUPPORT, ANTIOXIDANTS AND INFLAMMATION

Bacteria, Yeast, Parasites and Viruses

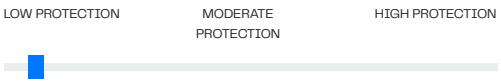
H. Pylori

The inactive “non-secretor” genotype for FUT2 confers resistance to H. Pylori. H. Pylori is present in approximately 50% of the population in developed countries.

- You do not have the non-secretor genotype for FUT2, associated with an average susceptibility to H. Pylori
- H. Pylori inhibition has been demonstrated with alcohol extracts of the mushroom Lion's Mane

Bacteria, Yeast, Parasites and Viruses

Malaria



Research has shown that MTHFR genotypes influence T-lymphocytes, natural killer cells, and protection against malaria.

- Your genotype is associated with lower levels of thymidine, which may decrease lymphocyte replication and immune function in response to malaria
- The malaria parasite needs higher amounts of folate to survive and replicate
- For malaria-endemic regions, your genotype is associated with a higher susceptibility to malaria

Bacteria, Yeast, Parasites and Viruses

Norovirus

The inactive “non-secretor” genotype for FUT2 confers resistance to the Norovirus.

- You do not have the non-secretor genotype for FUT2, associated with an average susceptibility to the Norovirus

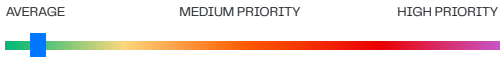
Bacteria, Yeast, Parasites and Viruses

DNA Viruses

DNA viruses include HPV, Epstein Barre, herpes, and smallpox. Folate is a precursor to BH4 to produce nitric oxide. Nitric oxide acts as an antiviral that is more potent against DNA viruses.

- Your genotype combination is associated with slightly lower BH4 levels with insufficent folate, lowering protection against DNA viruses
- Low BH4 affects the aggressiveness of DNA viruses
- To increase BH4, include foods high in folate, vitamin C, L-arginine, B6, magnesium, and selenium for healthy nitric oxide levels and DNA virus support
- BH4 is depleted by high blood sugar, high omega-6 intake, chronic stress, high levels of mercury, arsenic, lead and aluminum, aspartame, and oxidative stress

COVID-19

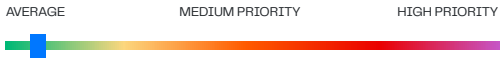


SARS-CoV-2 Susceptibility

Genome-wide association studies have identified a region of chromosome 3p21.31 as the for conferring susceptibility to infection with LZTFL1 as the candidate gene. ApoE-e4, ACE2 and TMPRSS2 polymorphisms have been shown to be strongly associated with the susceptibility, severity, and clinical outcomes of COVID-19.

- Your genotype combination is associated with a reduced probability to SARS-CoV-2 infection
- Advanced age, obesity, and being male are considered the top risk factors for SARS-CoV-2 susceptibility, especially when combined with Type 2 diabetes, high blood pressure, and cardiovascular disease
- Research has shown that CBD, Chaga mushroom, birch bark and olive oil may stop SARS CoV-2 entry by helping block the "lock" for viral entry
- The flavonols kaempferol, quercetin, myricetin, fisetin and their derivatives were the most documented molecules with antiviral activities against SARS-CoV-2
- Propolis has antiviral activity and inhibitory effects on ACE2, TMPRSS2 and PAK1 signaling pathways used by SARS-CoV-2, while promoting immunoregulation of pro-inflammatory cytokines, and reducing the risk of cytokine storm syndrome

COVID-19



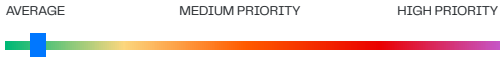
COVID-19 Viral Severity

ACE2 (the receptor for SARS-CoV-2) is reduced in individuals that are carriers of ApoE4. Once the virus fuses with the cellular membranes, it takes control, shuts down more ACE2 receptors, closing the door behind it. Fewer ACE2 receptors lead to elevated angiotensin II levels, which increases the viral load. This leads to a more severe infection, NF-kb activation, lung damage, and viral replication.

- An analysis of your ApoE genotype and numerous genes involved in the viral inflammatory pathways show an association with a reduced risk of viral severity
- The risk of viral severity can still be increased by existing health issues including Type 2 diabetes, obesity, high blood pressure, and cardiovascular disease
- In September 2020, Boston University found that SARS-CoV-2 is highjacking the NF-kB pathway and should be a target for suppressing viral aggressiveness
- In addition to vaccination, NF-Kb inhibitors can be both preventative for inflammation and successful with slowing viral aggressiveness
- These include vitamin C, vitamin D, zinc, selenium, magnesium, cordyceps mushrooms, resveratrol, triterpenoids (Chaga, reishi, olive oil, holy basil), caffeic acid (coffee, Chaga, elderberry), and anthocyanins (elderberry, goji berries, cacao)
- The dietary flavonols kaempferol, quercetin, myricetin, fisetin were the most documented molecules with antiviral activities against SARS-CoV-2, and had a broad spectrum of biological activities that could reduce the severity of infection symptoms and enhance the immune response
- The strong association between air pollution exposure and COVID-19 mortality suggests that inhaled noxious particles influence COVID-19 outcomes

COVID-19

COVID-19 Lung Damage Severity



Scientists at the University of Oxford published results in November 2021 that variants in the LZTFL1 gene doubles the risk of lung failure and death from COVID-19. Approximately 60% of people with South Asian ancestry, 15% of people with European ancestry, 2% of people with African-Caribbean ancestry and 1.8% of people with East Asian ancestry carry the high-risk variant. Scientists found that the LZTFL1 gene high-risk variant affects the lungs, but does not have an impact on the immune system.

- Your genotype is not associated with an increased risk COVID-19 related lung damage severity

COVID-19

Glutathione

Glutathione is the master antioxidant system involved in oxidative stress, detoxification, and immunity. The functional capacity of immune cells and the ability to cope with oxidative stress has been proposed as one of the significant markers of health and longevity. In both animals and humans, those who reach exceptionally old age have immune markers the same as young adults.

- Your genotype combination is associated with decreased baseline glutathione levels
- Glutathione decreases with age, and low levels of glutathione are associated with chronic exposure to chemical toxins, heavy metals and excess alcohol, immunocompromised conditions, and neurodegenerative disorders
- Glutathione has been found to increase by 20% with deep breathing practices like Tai Chi or yoga
- For exercise, a combination of aerobic exercise and circuit weight training produced the highest glutathione effect
- Selenium, glycine, cysteine, vitamin C, and cruciferous vegetables all improve glutathione levels
- Chicken or bone broth, herbs, and spices are some of the best dietary ways to maintain higher levels of glutathione
- Some of the all-stars include cinnamon, anise, sage, and thyme due to also containing the antiviral compound caffeic acid

COVID-19

Vitamin A

Vitamin A and some other retinoids show important immunomodulatory properties, including the ability to increase the efficiency of actions of type 1 interferons, an important antiviral cytokine released by the innate immune system against viral infections. Coronaviruses similar to SARS-CoV-2 can suppress the host IFN-I-based antiviral response as part of their infection mechanism.

- Your genotype is associated with a 32% lower conversion rate of beta-carotene to vitamin A, making it important to include more animal-based vitamin A to hit your daily target
- Vitamin A intake by country shows that Spain is the country with the lowest population meeting nutritional requirements for vitamin A, followed by Belgium and Finland
- Germany and Portugal show the best, and with the exception of Finland, countries with suboptimal Vitamin A status are correlated (although not significantly) with their COVID-19 incidence and mortality

COVID-19

Vitamin C

Optimal status of vitamin C plays an important role in the proper working of the immune system.

- Your genotype is associated with average serum vitamin C levels
- Countries such as the UK, France, Netherlands, and Belgium do not reach optimal dietary intake of vitamin C
- Germany stands out for its level of vitamin C intake in comparison with other countries
- Despite suboptimal vitamin C intake correlating weakly with COVID-19 incidence, it correlates strongly with deaths percentage, which could suggest a positive effect to fight infection once the individual has already been infected with SARS-CoV-2

COVID-19

Vitamin D

Vitamin D plays a key role in modulating the immune system, and suboptimal or deficient consumption of vitamin D is associated with various conditions related to a malfunction of the immune system and dysregulations in inflammatory status.

- Your genotype is associated with below average circulating levels of vitamin D
- Vitamin D intake is deficient in all countries studied with COVID severity, with Spain, France, and Italy as the countries with the lowest intake
- A meta-analysis of the studies appears to show that vitamin D is only useful for those who are clinically low (below 20 ng/ml), with moderate doses daily or weekly to raise levels being more effective than periodic large doses

COVID-19

Selenium

Suboptimal or deficient levels of selenium are associated with decreased cytotoxicity of NK cells, decreased antibody titers, and impaired cellular immunity. Supplementation is commonly related to improvements in cellular immunity and an improved optimal immune response against viruses, including an inhibitory effect on the development of the poliovirus and influenza.

- Your genotype is associated with an average need for selenium
- Glutathione peroxidase 1 (GPX1) is a selenoenzyme with described antioxidant and antiviral properties that depends on nutritional selenium status
- Spain is at the top for meeting selenium requirements while Denmark is at the bottom
- The only two populations above the median of the countries analyzed included Finland and France, while the rest of the countries are below the general median

COVID-19

Zinc

Optimal status of zinc is essential for the proper operation of the immune system and regulates NF-kb, where zinc deficiency in the setting of severe infection provokes a systemic increase in NF-kB activation. In vitro approaches have shown that zinc can inhibit SARS-CoV-1 replication.

- Your genotype is associated with an average serum zinc
- Scientific evidence supports that optimal zinc intake or supplementation should be considered part of the strategy to reduce COVID-19 effects, with early reports finding that 15-23mg a day show significant improvement in symptoms

COVID-19

Copper

Copper plays a key role in optimal performance of relevant components of the immune system, such as NK cells, macrophages, neutrophils, and monocytes. A deficiency has been related to less effective immune responses against infections, vulnerability for the heart and blood vessels to damage, and increased virulence. Excessive intake is also associated with negative immune function.

- Your genotype is associated with lower serum copper

COVID-19

Iron

Suboptimal levels of iron are associated with decreased killer efficiency of NK cells and lymphocytes as well as with compromised cytokine production. Both iron uptake disturbances and metabolism are implicated in virulence of airway hospital-acquired infection and chronic respiratory infections. In contrast, excessive iron levels can generate harmful cellular toxicity, so their serum levels must be well regulated.

- Your genotype combination is associated with average serum iron levels
- A retrospective study based on 50 hospitalized Chinese subjects with confirmed COVID-19 demonstrated that 90% of these subjects had abnormally low serum iron concentrations
- Populations with lower iron status could be more prone to suffer a mild to severe (or critical) symptomatology of COVID-19 and the fact of monitoring patient iron levels has been proposed as a potential early marker to predict COVID-19 severity and mortality
- Iron levels should always be monitored by your practitioner

COVID-19

B12

Sufficient vitamin B12 intake is essential for antibody production and a deficiency is related to a lower concentration of circulating lymphocytes and altered antibody-based responses. SARS CoV-2 infection is related to an aggravation of the cellular metabolism and the homocysteine pathway causing severe complications from COVID-19, and the correct supply of vitamin B12, folate and B6 may be crucial for COVID-19 patients.

- Your genotype is associated with intermediate B12 levels
- Some of the countries least affected by SARS-CoV-2 show the highest levels of vitamin B12 intake (Portugal and Finland)
- Some of the countries most affected by SARS-CoV-2 (Belgium and Spain) have intakes below the median

COVID-19

Folate

Folate is crucial for optimal Th-1 mediated immune response and proper antibody production. Suboptimal levels of folate may trigger imbalances in T and NK cell mediated immune responses and decrease the amount of antibody production.

- Your genotype combination is associated with a higher than average need for folate
- The correct intake of vitamin B6, folate and B12 in patients affected by COVID-19 has been proposed as part of the disease treatment, even by supplementation formulas, in an attempt to regulate the disruption of cellular metabolism of the homocysteine pathway caused by the SARS-CoV-2 infection

COVID-19

B6 (Pyridoxine)

Vitamin B6 is essential for maintaining cytotoxic activity of NK cells, lymphocyte development, and B-cell antibody production. Suboptimal intake is associated with lower concentrations of circulating lymphocytes, impaired lymphocyte maturation, and decreased antibody-based responses.

- Your genotype is associated with low serum B6 levels, requiring a higher than average intake of B6
- The correct intake of vitamin B6, folate and B12 in patients affected by COVID-19 has been proposed as part of the disease treatment, even by supplementation formulas, in an attempt to regulate the disruption of cellular metabolism of the homocysteine pathway caused by the SARS-CoV-2 infection

COVID-19

Bifidobacteria

Approximately 80% of your immune system is in your gut. The good bacteria bifidobacterium is highest in breast-fed infants and has been found to be lower in the higher-risk demographics for COVID-19 including those with diabetes, obesity, asthma and the elderly. Bifidobacteria populations have been found to vary based on the FUT2 genotype.

- Your genotype is associated with improved bifidobacteria levels in the gut, helping to protect against lower and upper respiratory infections
- Prebiotics – found in foods like bananas, garlic, leeks, barley, asparagus, pistachios, onions, and polyphenol-rich foods – have been found in human trials to increase bifidobacteria levels

COVID-19

Glycine is one of the three major amino acids for glutathione production, protecting the body from oxidative damage during the immune response, and supporting T-cell proliferation.

- Your genotype is associated with low type 1 collagen production, increasing your glycine requirement
- Type I collage is a major structural protein in the lung and is stimulated during certain inflammatory reactions in the lung
- Collagen protein, bone, or chicken broth that gelatinizes, gelatin, meat with the skin, ribs, shanks, and drumsticks are all ways to increase dietary glycine
- Baobab is considered an exceptionally good source of plant-based glycine found in the hunter-gatherer Hazda diet

DNA PROTECTION & REPAIR

DNA Protection & Repair

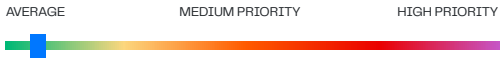
Glutathione Protection

Glutathione is the master antioxidant system involved in oxidative stress, detoxification, and immunity. Glutathione status parallels telomerase activity, an important indicator of lifespan.

- Your genotype combinations are associated with slightly decreased baseline glutathione levels
- Glutathione decreases with age, and low levels of glutathione are associated with chronic exposure to chemical toxins, heavy metals and excess alcohol, immunocompromised conditions, and neurodegenerative disorders
- Glutathione has been found to increase by 20% with deep breathing practices like Tai Chi or yoga
- For exercise, a combination of aerobic exercise and circuit weight training produced the highest glutathione effect
- Selenium, glycine, cysteine, vitamin C, and cruciferous vegetables all improve glutathione levels
- Chicken or bone broth, herbs, and spices are some of the best dietary ways to maintain higher levels of glutathione
- Some of the all-stars include cinnamon, anise, sage, and thyme due to also containing the antiviral compound caffeic acid

DNA Protection & Repair

Catalase Protection

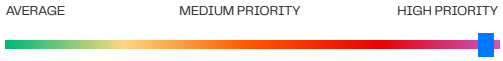


CAT makes an enzyme called catalase, which helps reduce oxidative stress. CAT is present in all aerobic cells while research has found the highest correlation to prostate, breast, liver, and blood health.

- Your genotype is associated with improved catalase levels

DNA Protection & Repair

Mitochondrial Protection

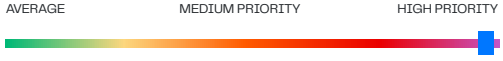


The SOD2 gene is responsible for superoxide dismutase levels, an important protector of the mitochondria, the powerhouse of the cell.

- Your genotype is associated with reduced mitochondrial protection
- Manganese, boron, vitamin A, C, E, omega-3 fatty acids, CoQ10, lutein, lycopene, milk thistle, cordyceps, holy basil, reishi and cryotherapy all increase mitochondrial protection

DNA Protection & Repair

UV Protection

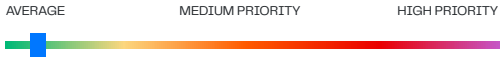


One hypothesis for variants in MTHFR 677 is that they were selected based on higher folate intake and UV exposure, both common in Mediterranean climates. What happens in the body when MTHFR enzymatic function is reduced is that thymidine production increases. Thymidine enhances the repair of UV-induced DNA damage to help quickly repair sun damage.

- Your MTHFR genotype is associated with reduced UV protection from the sun
- To improve UV protection, increase your intake of folate-rich greens, blackberries, wild salmon, cacao powder, schisandra, reishi, dill and dried parsley

DNA Protection & Repair

Skin Protection

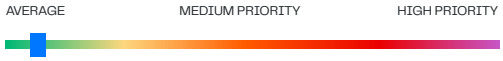


GPX1 activity is considered to be the most important antioxidant enzyme defense mechanism in the skin.

- Your genotype is associated with improved antioxidant protection for the skin

DNA Protection & Repair

Lung Protection

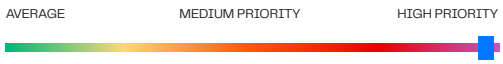


Variants in the GSTP1 gene have been associated with lower antioxidant support in the lungs when exposed to environmental pollution.

- Your genotype is associated with increased lung protection against environmental pollutants

DNA Protection & Repair

Lung Protection (Asian Ancestry)

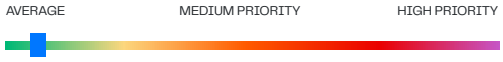


Glutathione levels and pro-inflammatory cytokines, such as TNF-a, are found in airways and environmental pollutants are known to induce inflammatory responses.

- Your genotype combination is associated with reduced lung protection against environmental pollutants
- It is recommended to increase your intake of cruciferous vegetables, vitamin C, vitamin E, vitamin A, milk thistle, resveratrol, curcumin, green tea, and white tea to target the GSTM1 gene
- Additional support includes cold water immersion, breathing exercises, cordyceps, and ginger to target the TNFA gene

DNA Protection & Repair

Colon Protection



The MLH1 gene codes for a DNA repair enzyme linked to colon health.

- Your genotype is associated with improved DNA protection for colon health

DNA Protection & Repair

Cured Meat and Colon Health

A large-scale genome-wide analysis of over 18,000 people from the U.S., Canada, Australia and Europe found that variants in GATA3 were associated with an increased risk of colon cancer for those eating processed meat compared to those with the normal genotype.

- Your genotype is associated with an increased risk of colon cancer from cured meat consumption
- Keeping a vitamin D level of 34 ng/ml or higher has been found to cut colon cancer risk in half
- A high intake of fruits, vegetables, herbs and spices have also been found to dramatically reduce the risk of colon cancer

DNA Protection & Repair

Blue light is a high-energy or short-wavelength visible light from your phone and computer that induces inflammation and retinal diseases such as age-related macular degeneration and retinitis pigmentosa.

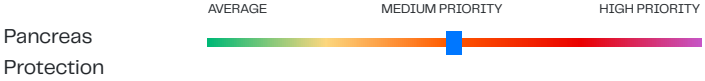
- Your genotype is associated with an average need for plants high in lutein, zeaxanthin, and anthocyanins for eye health

DNA Protection & Repair

Up to 60 percent of those with a thyroid disorder are unaware of their condition. The cause is considered largely unknown and occurs 10 times more in women than in men. Hashimoto's disease runs in the family and 70%–80% of susceptibility to autoimmune thyroid disease is based on genetics.

- Your genotype combination is associated with reduced thyroid protection and a slightly increased risk of Hashimoto's disease
- Autoimmune thyroid disease is associated with celiac disease
- A deficiency in selenium is associated with celiac disease and thyroid disease, and plays a significant role in thyroid hormone synthesis, secretion and metabolism
- Sucralose and glyphosate destroy gut flora like lactobacillus, which disturbs selenocysteine levels present in the catalytic center of enzymes that protect the thyroid from free radical damage
- The artificial sweetener aspartame in the body further metabolizes to formaldehyde, and rat studies found that formaldehyde (as a metabolite of aspartame) caused increased TSH levels and worsens the capacity of the gland leading to thyroid failure

DNA Protection & Repair



Multiple genes are linked to DNA protection for pancreatic health.

- Your genotype combination is associated with slightly decreased DNA protection for pancreatic health
- One cohort study found a significantly decreased risk of pancreatic cancer by 55% for the highest levels of dietary folate compared with the lowest
- Recent epidemiological studies have associated nut consumption with a protective effect against pancreatic cancer
- Increase your folate-rich fruits and vegetables, and increase nut consumption to improve pancreatic health

DNA Protection & Repair

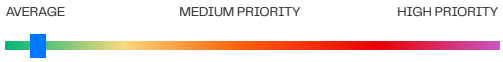
Certain gene combinations have been found to decrease the detoxification ability of certain toxins found to be carcinogenic for the bladder.

- Your genotype is associated with decreased DNA protection for bladder health
- Avoid tobacco smoke, commercial hair dyes, working in industrial and manufacturing plants, charred meat, and diesel exhaust
- Increase your cruciferous vegetables, carotenoid, and vitamin C intake

CARDIOVASCULAR HEALTH & EXERCISE

Cardiovascular Health

HDL and LDL

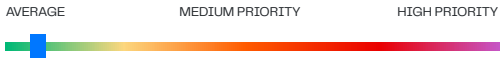


ApoE is connected to HDL and LDL levels, while PON1 is involved with supporting HDL function and LDL oxidation, an important mechanism in atherosclerosis and heart disease.

- Your genotype combination is associated with a higher likelihood of good HDL levels and a lower likelihood of higher levels of LDL, oxidized LDL, and total cholesterol

Cardiovascular Health

VLDL

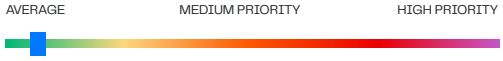


Subjects with variants in PPAR-alpha have been found to have a larger waist circumference and a higher proportion of small, dense LDL particle size.

- Your genotype is not associated with a higher proportion of small, dense LDL particle size

Cardiovascular Health

Triglycerides

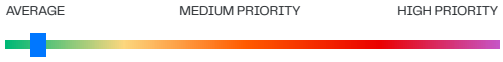


Variants in the FADS1 SNP (rs174546) are associated with elevated triglyceride levels.

- Your genotype is not associated with elevated triglycerides

Cardiovascular Health

ApoB

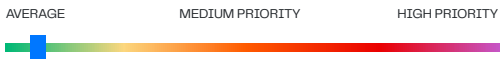


ApoB is a protein that is involved in the metabolism of lipids and is the main protein constituent of lipoproteins. High levels of ApoB, especially with the higher LDL particle concentrations, are the primary driver of arterial plaque. The PPAR-alpha polymorphism has been associated with ApoB in many populations such as Caucasians, Indians, and African-Americans.

- Your genotype is not associated with elevated ApoB levels

Cardiovascular Health

Lp(a)



Lp(a)is a sticky form of LDL that appears to affect plaque growth, LDL particle size and increase the risk of plaque rupture and blood clotting.

- Your genotype is not associated with elevated Lp(a) levels

Cardiovascular Health

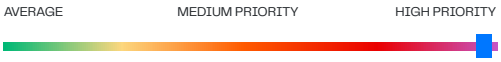
Raw Plant Intake

The risk of heart attacks and cardiovascular disease conferred by the 9p21 gene appears to be modified by a prudent diet high in raw vegetables and fruits for South Asian, Latin American, Arab, Chinese and European populations for variants in rs4977574.

- You have a higher than average requirement for raw fruits and vegetables to maintain a healthy heart

Cardiovascular Health

Nitric Oxide



The uncoupling of nitric oxide has been linked to play an essential role in cardiovascular pathologies including dilated cardiomyopathy, ischemia–reperfusion injury, endothelial dysfunction, atherosclerosis, and hypertension.

- Your genotype combinations are associated with a higher than average need for folate to produce adequate BH4, the precursor to nitric oxide
- BH4 is depleted by high blood sugar, high omega-6 intake, chronic stress, high levels of mercury, arsenic, lead and aluminum, aspartame, and oxidative stress
- Other strategies to increase BH4 include vitamin C, L-arginine, B6, magnesium, and selenium

Cardiovascular Health

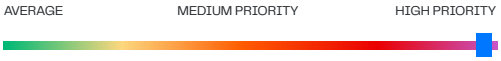
Homocysteine

Homocysteine is a non-protein amino acid that is produced from methionine, can be recycled back into methionine and converted into cysteine in the methylation cycle. High homocysteine levels have been connected to depression, blood clots, inflammation, macular degeneration, dementia, and cancer.

- You have an average need for folate to maintain healthy homocysteine levels

Cardiovascular Health

High Blood Pressure

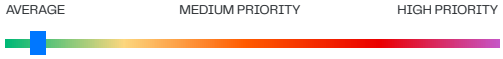


Age-related increases in blood pressure have been observed in almost every population, except among hunter-gatherers and farmers. High physical activity, low-stress levels, and potentially protective diets high in fruits, vegetables, potassium, lower in calories, salt, and alcohol are the major contributing factors to the stark differences.

- Your genotype combination is associated with above normal blood pressure levels
- Closer proximity to the equator, higher temperatures, ultraviolet radiation, summertime, and longer hours of sunlight have been associated with lower blood pressure
- Distances further from the equator with fewer hours of sunlight and winter has been associated with higher blood pressure levels
- While many genes are connected to blood pressure, these genes respond to keeping total fat intake below 37%, and increasing bilberry, grapes, raw garlic, cinnamon, and jasmine

Cardiovascular Health

Blood Clots

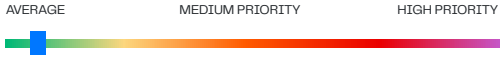


Deep vein thrombosis is a condition that occurs when a blood clot forms in a vein deep inside a part of the body and is most common for those over 60. Variants in F5 increase the risk of deep vein thrombosis.

- Your genotype is not associated with deep vein thrombosis

Cardiovascular Health

Uric Acid

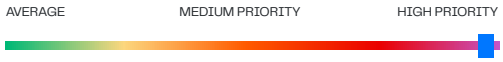


Variants in the ABCG2 gene have been associated with elevated uric acid levels and an increased risk of gout in Asians, Europeans, African Americans, Mexican Americans, and American Indians. Epidemiological studies have shown that uric levels are positively correlated with gout, hypertension, atherosclerosis, atrial fibrillation, and heart failure.

- Your genotype is associated with average uric acid levels

Cardiovascular Health

Fibrinogen



Fibrinogen is a soluble protein in the plasma that is broken down to fibrin by the enzyme thrombin to form clots. Fibrinogen serves to stop excessive bleeding, but in high amounts can cause blot clots.

- Your genotype is associated with elevated fibrinogen levels
- Avoid BPA plastic, unfiltered tap water, and phthalates (chemical personal care products)
- Increase the probiotic lactobacillus planatarum and discuss the use of nattokinase with your health practitioner if fibrinogen levels are elevated

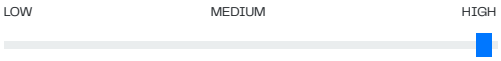
Cardiovascular Health

Hemochromatosis

A homozygous HFE C282Y may lead to an iron overload due to increased iron absorption and disrupted metabolism. People who are homozygous for the HFE C282Y gene mutation comprise 85 to 90 percent of those with hemochromatosis in whites of western European descent.

- Your wild-type HFE genotype is associated with a reduced likelihood of genetically linked hemochromatosis

Exercise

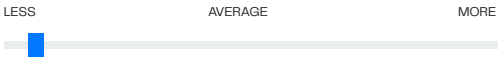


Power Athlete Potential

ACTN3 is currently the most promising gene for predicting the likelihood of becoming an Olympic level sprint and power athlete in males and females. The RR (CC) genotype expresses the ACTN3 protein found in Type II muscle fibers, which produces explosive and powerful contractions.

- You have the RR genotype for the ACTN3 gene associated with more Type II fast-twitch muscle fibers and power
- More powerful muscle contractions
- Higher muscle hypertrophy response
- Faster recovery

Exercise

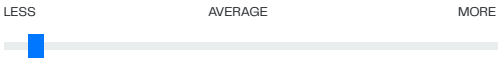


Weight Lifting Inflammation

Weight lifting leads to a variation in muscle inflammatory markers based on genetics and intensity.

- Your gene combination is associated with lower levels of muscle inflammation (creatine kinase) for weight lifting that improves recovery time

Exercise

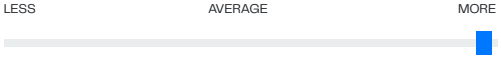


Endurance Exercise Inflammation

Endurance training leads to a variation in creatine kinase levels based on genetics.

- Your gene combination is associated with lower levels of muscle inflammation (creatine kinase) for endurance exercise that improve recovery time

Exercise

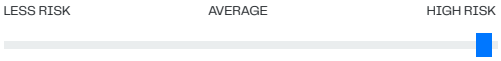


High-Intensity Exercise Inflammation

High-intensity exercise is defined as 70% to 85% of your maximum heart rate, and inflammation variation has been associated with the SOD2 gene.

- Your SOD2 genotype is associated with a higher inflammatory response in muscles from high-intensity exercise
- If you are an athlete, consider ice baths or cryotherapy post-workout, and optimizing manganese, boron, vitamin C, and omega-3 fatty acid intake to lower muscle inflammation

Exercise



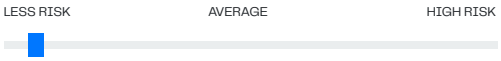
ACL and Shoulder Dislocation Risk

The COL1A1 gene is associated with ACL and shoulder injury risk.

- Your COL1A1 genotype is associated with an increased need for dietary collagen to prevent ACL and shoulder injuries
- Vitamin C, zinc, copper, glycine, proline, lysine, and B6 are all precursors to collagen production

Exercise

Ankle and Hamstring Injury Risk

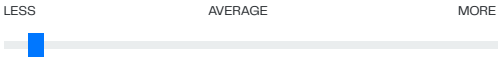


The ACTN3 gene is linked to increased or decreased risk of ankle and hamstring injuries.

- Your ACTN3 genotype is associated with a lower risk of ankle and hamstring injuries due a higher amount of fast-twitch muscle fiber composition

Exercise

Cold Endurance

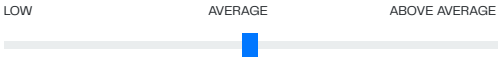


The ACTN3 gene is associated with a lower or higher adaptation rate to cold endurance.

- You have the ACTN3 RR genotype, associated with a lower adaptation rate to cold endurance

Exercise

VO2 Max Trainability



VO2 max is measurement for oxygen capacity and endurance training. The most recent research has shown that 97 genes predicted VO2 max trainability. The phenotype is dependent on several of these variants combined together, which may contribute to approximately 50% of an individual's VO2 max trainability.

- Research has shown that your genotypes may be associated with an average VO2 max training response
- Training in the cold, ashwagandha and eluethero root have been found to help increase VO2 max

Exercise

Caffeine Response for Exercise Under 1 Hour

The CYP1A2 gene is associated with caffeine response for improving or decreasing exercise performance.

- Fast metabolizers have been found to show an increase in exercise performance for activities under 1 hour from caffeine consumption

Exercise

Caffeine Response for Exercise Over 1 Hour

The CYP1A2 gene is associated with caffeine response for improving or decreasing exercise performance.

- Your CYP1A2 genotype is associated with a decrease in exercise performance activities over 1 hour from caffeine consumption due to being a fast metabolizer

MY HEALTH REPORT: STRENGTHS

This section is a thorough overview of your individual gene function across the entire analysis in just a few pages. If you are looking for a brief summary of the most important parts of your report without doing a deep dive into the genotype tables and clinical research sections, this is the place to start. Be proud of your inherent genetic strengths!

NUTRIENT METABOLISM & DIGESTION

- **ALA to EPA and DHA Conversion-FADS2** - Your genotype is associated with an improved conversion of plant-based omega-3 ALA (walnuts, flax seeds, pumpkin seeds) to EPA and DHA.
- **Prebiotics, Probiotics and B12-FUT2** - The rs601338 FUT2 AG genotype in European, African, and Indian populations is associated with intermediate B12 levels and improved bifidobacteria populations in the gut compared to the AA genotype, increasing immune function against respiratory infections.
- **Vitamin C-SLC23A1** - Your genotype is associated with improved whole-body vitamin C homeostasis through dietary absorption and renal reabsorption.
- **Adiponectin-ADIPOQ** - Your genotype is associated with a higher probability of normal adiponectin levels, linked to improved bodyweight, insulin, and glucose levels.
- **Iron** - Your genotype is associated with a lower risk of iron overload for the HFE C282Y gene.
- **Saturated Fat-PPAR-alpha** - You have the wild-type genotype that is associated with improved saturated fat metabolism and ketone body production during fasting. Assess your other fat metabolism genes for a more complete assessment.
- **Saturated Fat-APOA2** - Your genotype is associated with a reduced likelihood of saturated fats causing weight gain.
- **Lactose** - You have the homozygous AA genotype that is associated with a lower probability of lactose intolerance.
- **Uric Acid-ABCG2** - Your genotype is associated with a lower probability of chronically elevated uric acid levels.
- **Ethanol Metabolism-ALDH2** - Your genotype is less likely to experience facial flushing from alcohol due to improved acetaldehyde metabolism.

DNA DAMAGE, PROTECTION AND REPAIR

- **DNA Repair-ATM** - Your genotype is associated with improved DNA repair function for pancreatic health.
- **DNA Repair-MDM2** - Your MDM2 genotype is associated with improved DNA repair for sun damage if you are female.
- **DNA Repair-MLH1** - Your genotype is associated with improved DNA repair for colon, endometrium, lung, and brain protection.
- **Longevity-SIRT1** - Your SIRT1 genotype is associated with normal SIRT1 activity for longevity. While not a weakness, you may want to increase SIRT1 activity epigenetically to increase the probability of longevity, especially if you have the APOE-e4 allele. A sedentary lifestyle, aging, poor diet, and obesity lowers SIRT1 activity. Exercise, fasting, 7-8 hours of sleep per night, saunas, polyphenols, vitamin D, omega-3 fatty acids, resveratrol, magnesium, and melatonin have all been found to increase SIRT1 activity.

METHYLATION

- **Folate-MTHFR 677** - You have the wild-type genotype common in northern climates. This genotype is associated with lower folate requirements unless you have the MTHFR 1298 homozygous genotype. The wild-type MTHFR 677 genotype assists with healthy homocysteine levels.
- **Folate-DHFR** - Your genotype is associated with an improved breakdown of synthetic folic acid at the beginning of the folate cycle. However, variants in MTHFR 677 can also affect folic acid metabolism.
- **B12, B2 and Zinc-MTR** - You may have improved MTR function, assisting homocysteine metabolism.
- **B12-TCN2** - Your genotype is associated with improved B12 transportation.
- **Arsenic-CBS** - Your genotypes are associated with improved arsenic metabolism and detoxification for the CBS genes.

HORMONE SUPPORT

- **Sex Hormone Binding Globulin** - If you are female, your genotype is associated with helping maintain normal estrogen and testosterone levels. Other epigenetic factors like obesity, fatty liver, and Type 2 diabetes should be considered when assessing SHBG levels.
- **Thyroid-DI01** - Your genotype is associated with average DI01 gene function for T3 and T4 thyroid function, however other epigenetic factors should be assessed.
- **Estrogen Metabolism-CYP1A1** - Your CYP1A1 wild-type genotype is improved for the beginning phase of estrogen metabolism. Please review all genes involved in estrogen metabolism for a complete picture of the process.
- **Estrogen Metabolism-CYP1A2** - For men and women with the CYP1A2 AA genotype, coffee intake was found to be more protective against estrogen receptor-positive breast cancer and prostate cancer.
- **Estrobolome-FUT2** - Your heterozygous genotype is associated with improved bifidobacteria gut bacteria, assisting the gut phase of estrogen detoxification.
- **MTNR1B-Melatonin** - You have the CC MTNR1B genotype, which is associated with a normal circadian rhythm of melatonin production at night and in the morning. This gives you a wider time range for breakfast and dinner for glycemic control.

MENTAL HEALTH, NEUROTRANSMITTERS & COGNITIVE PERFORMANCE

- **Dopamine, Adrenaline and Estrogen-COMT** - The homozygous COMT AA V158M genotype is associated with increased creativity, divergent thinking, problem-solving, better memory (in men only), executive function, and overall cognitive function.
- **Dopamine Receptors-ANKK1** - Your genotype is associated with an improved density of dopamine receptors for healthy dopamine levels.
- **Histamines and Migraines-DAO** - The wild-type CC genotype for DAO rs1049793 is associated with a reduced risk of histamine-induced migraine headaches.
- **Glutamate-BDNF** - Your genotype is associated with improved glutamate modulation, brain repair, spatial learning, memory, and adaptability.
- **Glutamate Transport-SLC17A7** - Your genotype is associated with improved recovery from head injuries. However, your APOE and BDNF genotype should also be assessed because these all have a cumulative impact.
- **Cholesterol-APOE** - You have the ApoE e3/e3 genotype, improving cholesterol transport and the maintenance of brain neurons. The ApoE e3 allele improves cognitive fitness, HDL and LDL profiles, viral protection, and the response to plant bioactive compounds.

IMMUNE SUPPORT, ANTIOXIDANTS AND INFLAMMATION

- **Cell Protection-CAT** - Your genotype is associated with improved catalase levels, mitigating damage to your cells.
- **Glutathione-GSTM1** - While the GSTM1 null genotype has been associated with a greater sensitivity to benzo(a)pyrene, there is also a benefit to this genotype. The benefit is that the null genotype may retain a higher level of isothiocyanates, the anti-cancer compounds found in cruciferous vegetables that may also be required in higher amounts for this genotype.
- **Glutathione-GSTP1** - You have the wild-type AA genotype for GSTP1 rs1695 that is associated with improved glutathione antioxidant protection for breast, lung, or prostate health; however, supplemental vitamin E as alpha-tocopherol may be inflammatory. Your GSTP1 rs1138272 genotype may increase or decrease this effect.
- **Heavy Metals-GSTP1** - You have the wild-type CC genotype for GSTP1 rs1138272 that is associated with improved glutathione antioxidant protection against heavy metals, pesticides, and air pollution for colon, prostate, lung, throat, and fertility health. Your GSTP1 rs1695 genotype may increase or decrease this effect.
- **Glutathione-GPX1** - Your genotype is associated with improved selenium status and glutathione peroxidase to boost DNA protection, heat stress tolerance, skin protection and longevity.
- **Glutathione-CTH** - Your genotype is associated with improved gene function, leading to adequate cysteine for glutathione production.
- **Nitric Oxide-NOS1** - Your genotype is associated with an average required intake of red, yellow, and orange vegetables to modulate the inflammatory process for NOS1.
- **Eye Health-CFH** - Your genotype is associated with improved antioxidant support for healthy eyes.

DETOXIFICATION

- **Liver Enzyme-CYP1A1** - Your genotype is associated with improved detoxification of benzopyrene from cigarette smoke and will assist the function of your GSTM1 gene.
- **Liver Enzyme-CYP2D6** - Your genotype is associated with improved metabolism of certain drugs associated with CYP2D6 rs1065852. However, more CYP2D6 SNPs are needed for a complete panel. Please talk to your doctor about further testing for CYP2D6 and drug metabolism.
- **Liver Enzyme-CYP2E1** - Your genotype is associated with improved metabolism of benzene and acrylamide for colon health.
- **Liver Enzyme-CYP3A4** - Your genotype is associated with normal metabolism of certain drugs that use this enzyme. We recommend further pharmacogenomic testing with your doctor for more information regarding CYP3A4.
- **Aromatic Amines-NAT2** - You have the intermediate acetylator genotype for NAT2, which is associated with a reduced risk of bladder cancer in smokers and may improve the detoxification of aromatic amines found in commercial hair dyes, industrial and manufacturing plants, meat cooked at high temperatures, and diesel exhaust.
- **Vitamin K2-VOKRC1*2** - Your genotype is associated with normal vitamin K2 levels unless gut function is compromised from antibiotics, SIBO, leaky gut syndrome, IBS, IBD, Crohn's disease or parasites.
- **Statins-COQ2** - Your genotype is associated with a lower likelihood of statin drug-induced muscle pain.

CARDIOVASCULAR HEALTH & EXERCISE

- **Power and Recovery-ACTN3** - You have the RR genotype, associated with more Type II fast-twitch muscle fibers, an enhanced response to strength training and muscle hypertrophy, potential improved protection from eccentric training-induced muscle damage, improved training adaptation, reduced risk of sports injury, and reduced frailty risk later in life.
- **VO2 Max-PPARGC1A** - Your genotype is associated with a higher oxygen capacity for endurance exercise. Your genotype in the GSTP1 rs1695 gene can also influence this result.
- **Muscle Recovery-IL6** - You have the GG genotype that is associated with lower levels of muscle inflammation post-exercise and improved recovery, faster sprint times, and is more common in sprint and power athletes compared to endurance athletes.
- **Pesticides, HDL and LDL-PON1** - You have the wild-type genotype associated with improved PON1 activity for pesticide detoxification and protection against LDL oxidation.
- **LDL-LPA** - Your genotype is associated with healthy Lp(a) levels, a sticky form of LDL that affects plaque levels.
- **Caffeine-CYP1A2** - You have the homozygous AA genotype and are a "rapid metabolizer" of caffeine. This means that caffeine will quickly be metabolized from your body and the effects lasting a shorter period of time. Variants in COMT can increase the sensitivity to catecholamines in coffee, and oral contraceptives can slow down caffeine metabolism.
- **Triglycerides-FADS1** - You have the wild-type CC genotype that is associated with lower triglycerides.
- **Blood Clots-F5** - Your genotype is associated with improved gene function for a lower probability of deep vein thrombosis.
- **Potassium and Magnesium-ADD1** - If you have Asian ancestry, your wild-type genotype is associated with a reduced risk of a higher sodium intake causing elevated blood pressure.
- **Blood Pressure-AGTR1** - You have the wild-type genotype, associated with a lower probability for high blood pressure, elevated triglycerides, elevated ApoB, and NAFLD from excess dietary fat and carbohydrate intake.
- **Phytoestrogens-TMPRSS2** - You have the AG genotype that is associated with a lower expression of TMPRSS2 and may decrease the susceptibility to viral infections and prostate cancer (men).

MY HEALTH REPORT: WEAKNESSES

Genes are not your destiny - they are your blueprint. Please understand that these weaknesses can be turned into strengths based on the personalized recommendations given below. Making strategic changes to diet, environment, stressors, and even relationships can have a profound effect on optimizing gene function. Aim to turn every weakness into a strength by giving attention to the proactive, customized dietary and lifestyle modification recommendations in this section!

NUTRIENT METABOLISM & DIGESTION

- **Beta Carotene to Vitamin A Conversion Rate-BCMO1** - Your BCMO1 genotype combination is associated with a reduced conversion rate of plant-based beta carotene (squash, sweet potatoes, carrots) to vitamin A. This increases your need for foods higher in vitamin A like eggs, cod liver oil, wild salmon oil and organ meats for skin, digestion, healthy eyes, lungs, and immunity.
- **B6-NBPF3** - You are more likely to have low B6 levels due to variants in the NBPF3 gene, increasing the sensitivity to medications that deplete B6 (oral contraceptives, antibiotics, ACE inhibitors, antacids, proton pump inhibitors and more). You need to focus on increasing foods high in B6 like wild salmon, pistachios, avocados and potatoes.
- **Fat Metabolism-ACSL1** - Your genotype is associated with higher fasting glucose levels from a higher saturated fat intake. If your fasting glucose is high and you have variants in the other fat metabolism genes, fatty red meat and dairy should be reduced and more focus should be on monounsaturated and polyunsaturated fats.
- **Ghrelin and Appetite-FTO** - Your genotype is associated with higher ghrelin levels (hunger hormone) that could lead to overeating and abdominal weight gain, especially when combined with variants in the ANKK1 gene. A focus should be on a protein and fiber-rich breakfast, monounsaturated and polyunsaturated fats, 7-8 hours of sleep per night, healthy vitamin D levels and aerobic exercise over 1 hour or high intensity exercise to stabilize ghrelin levels.
- **Carbohydrates-TCF7L2** - Your genotype is associated with an increased probability of elevated blood sugar from refined sugar and grains. A diet low in refined sugar and flour, higher in protein and omega-3 fatty acids, glycine, diversified prebiotic foods, olive oil, cinnamon, turmeric, dark roast coffee and cordyceps mushrooms may be more beneficial.
- **Histamines-APB1** - You have the heterozygous CT genotype that is associated with intermediate histamine breakdown in the digestive tract. While not as impactful as the homozygous genotype, histamine sensitivity could still occur.
- **Stress and IBS-ADRB2** - You have the ADRB2 heterozygous CG genotype that is associated with a higher percentage of digestive disorders, IBS, and anxiety from elevated adrenaline levels. If you experience any of these, you may benefit from a deep breathing practice, meditation, yoga, vitamin C, and magnesium to modulate adrenaline levels.

DNA DAMAGE, PROTECTION AND REPAIR

- **Breast-ESR2** - For women with the GG ESR2 rs2987983 genotype, your genotype is associated with reduced tumor suppression function for breast health. An increase in phytoestrogens including flax seeds, fermented soy for Asian women, milk thistle, and iodine (sea vegetables) may improve ESR2 gene function and tumor suppression activity. All genes related to breast health should be analyzed to better determine the cumulative value for breast protection.
- **DNA Repair-TP53** - You have the homozygous CC genotype that may be advantageous for fertility in cold climates, but also increases the need for selenium, zinc, vitamin C, reishi, and niacin for DNA repair against chemical toxicity to the thyroid gland and skin.
- **Processed Meat and Colon Cancer-GATA3** - Your genotype is associated with a sensitivity to processed meats (hot dogs, salami, pepperoni) and colon cancer risk due to variants in GATA3. Reduce processed meat intake, optimize vitamin D levels and increase berries, apples, sauerkraut, broccoli, tomatoes, basil, rosemary, garlic, onions and leeks.

METHYLATION

- **Folate-MTHFR 677** - You have the wild-type genotype that is associated with reduced protection against UV-induced DNA damage from the sun due to lower thymidine production.
- **Folate-MTHFR 1298** - You have the homozygous genotype that is associated with an estimated 40% reduction in enzymatic function. More focus should be on folate, vitamin C, L-arginine, B6, magnesium, holy basil, selenium, royal jelly and deep breathing techniques to improve gene function.
- **Folate-MTHFD1 G1958A** - Your genotype is associated with an increased need for folinic acid, the second most common type of folate after methylfolate.
- **B12-MTRR** - Your genotype is associated with a potentially higher sensitivity to B12 deficiency if there are variants in MTR as well.
- **Choline-PEMT** - Your genotype is associated with an increased need for dietary choline for liver health, normal homocysteine levels, breast health for women, and a healthy pregnancy for women.
- **B6-CBS** - Your genotype is associated with reduced CBS gene function for homocysteine levels, gut repair, and brain health, increasing your need for B6.

HORMONE SUPPORT

- **Thyroid-DI02** - You have the homozygous CC genotype that is associated with reduced thyroid function in the brain, increasing the sensitivity to thyroid suppressing environmental stressors and medications. If T3 and T4 levels are out of range, this could affect psychological health.
- **Vitamin D-CYP2R1** - Your genotype is associated with low circulating vitamin D levels that can affect immunity, breast health in women, and testosterone levels in men. Check your vitamin D levels and make sure you are in range.
- **Estrogen Metabolism-CYP2C19** - Individuals with the CC genotype for CYP2C19*17 are considered the normal metabolizer phenotype, which may lack the estrogen metabolism benefits of the ultra-rapid metabolizer phenotype. Please review all genes involved in estrogen metabolism for a complete picture of the process.
- **Estrogen Metabolism-COMT** - For estrogen metabolism and detoxification, those with the slow AA COMT V158M genotype may have an increase in harmful estrogen metabolites that can cause DNA damage. To reduce the risk of these metabolites, you should avoid xenoestrogens, manage stress levels, maintain gut health, increase magnesium intake, and consume green tea polyphenols.

MENTAL HEALTH, NEUROTRANSMITTERS & COGNITIVE PERFORMANCE

- **Serotonin Receptor-Memory** - You have the heterozygous genotype that is associated with reduced episodic memory, the ability to recall details regarding personal experiences, specific events, and what exactly occurred, depending on your diet and lifestyle. Episodic memory can be enhanced with tryptophan, green or black tea, mindfulness training, increasing VO2 max, reduced reliance on smartphones, and a higher catecholamine, betaine, and choline intake depending on COMT, BDNF, and PEMT gene status.

- **Serotonin Receptor-Stress** - The 5-HT2A heterozygous genotype may be more impactful in females who also have variants in the BDNF gene. Chronic stress may increase the susceptibility to anxiety, depression, OCD, and IBS for these genotypes. If you experience higher perceived stress and chronic stress levels, you may require more aerobic exercise, cognitive behavioral therapy, mindfulness training, meditation, yoga, singing, prebiotics, lactobacillus helveticus, bifidobacterium longum, tryptophan, green or black tea, and B-vitamins.

- **Dopamine, Adrenaline and Estrogen-COMT** - The homozygous AA COMT V158M genotype is associated with a slower breakdown of dopamine, adrenaline and estrogen, creating higher circulating levels in response to stress. This may increase your need for magnesium, vitamin C, strength training, and sprints to reduce stress levels.

- **Histamines and Hyperactivity-HNMT** - You have the AA genotype that is associated with increased hyperactivity in response to food dyes and sodium benzoate. Excess histamine is lowered by vitamin C, choline, folate, magnesium, chamomile, basil, stinging nettle, echinacea, fennel, ginger and wild oregano.

- **Anandamide-FAAH** - You have the common CC genotype that encodes for the fast activity of FAAH. This is associated with naturally lower anandamide levels that could increase anxiety, pain, pesticide sensitivity and a heightened stress response to threatening situations. You may benefit from aerobic exercise over 30 minutes (especially in altitude), CBD oil, red clover tea (women), kaempferol (raspberries, capers, cumin, cloves, almonds, cherry tomatoes, red wine), cacao, echinacea, rosemary, and hops to increase anandamide levels.

- **Brain Health-PEMT** - Your genotype is associated with an increased need for dietary choline and daily walks for memory, anxiety, and REM sleep.

IMMUNE SUPPORT, ANTIOXIDANTS AND INFLAMMATION

- **Cell Protection-SOD2** - You have the homozygous GG genotype for SOD2. Your mitochondria (powerhouse of the cell) may have a higher sensitivity to glyphosate, fluoridated water, chronic stress, poor sleep, and shallow breathing. Increase foods that contain manganese, lycopene, and vitamin C, milk thistle, mushrooms like reishi and cordyceps, and moderate exercise that encourages deep breathing.

- **Glutathione-GSTM1** - You have the null genotype that is associated with a higher sensitivity to benzo(a)pyrene from the burning of wood or trash, tobacco smoke, asphalt, coal, diesel exhaust, charred meat, and gas cooking. If you have the GSTM1 null and NAT2 slow acetylator combination, that may affect lung, breast, bladder, skin, colon, and kidney health. It is recommended to increase your intake of cruciferous vegetables, vitamin C, vitamin E, vitamin A, milk thistle, resveratrol, curcumin, green tea, and white tea.

- **Nitric Oxide-NOS2** - You may have a higher probability of age-related macular degeneration from smoking for the NOS2A gene. Reviewing the CFH and ARMS2 gene for eye health is recommended.

- **Eye Health-ARMS2** - Your genotype is associated with a higher sensitivity to the negative effects of smoking on eye health.

DETOXIFICATION

- **Liver Enzyme-CYP1A2** - You have the AA genotype for CYP1A2 that is associated with a higher sensitivity to heterocyclic amines (fried meat) depending on if you have the homozygous null GSTM1 genotype or the NAT2 slow acetylator genotype. Marinades, unfiltered fermented drinks (Kombucha, beer, wine), cruciferous vegetables, parsley, and spinach have all been found to reduce the carcinogenic effect of heterocyclic amines.
- **Liver Enzyme-CYP1B1** - You have the CG genotype for CYP1B1 that is associated with a slightly reduced detoxification of polycyclic aromatic hydrocarbons (highest in vegetable oils), oral contraceptives, cigarette smoke, an increased sensitivity to excessive sun exposure, and high-dose biotin supplementation. You can assist CYP1B1 with seaweed, celery, berries, rooibos tea, red wine, and dark roast coffee.
- **Liver Enzyme-THC and CYP2C9** - You have the heterozygous genotype associated with a reduced clearance of THC, the psychoactive compound in cannabis. While the heterozygous genotype does not affect clearance as much as the homozygous genotype, this could create a higher sensitivity to THC, especially in the edible form.

CARDIOVASCULAR HEALTH & EXERCISE

- **Power and Recovery-ACTN3** - The RR genotype may be less beneficial for cold adaptation.
- **Lung Cytokines-TNFA** - If you have Asian ancestry, your genotype is associated with a higher risk of lung inflammation due to elevated TNF-a levels. You can improve TNF gene function from cold water immersion, breathing exercises, cordyceps, vitamin C, turmeric, and ginger, which have all been found to lower TNF-a levels.
- **Muscle Inflammation-SOD2** - You have the homozygous genotype that is associated with a higher inflammatory response in muscle tissue to high-intensity exercise, increasing the risk of muscle injury. If you are an athlete, consider ice baths or cryotherapy post-workout, and optimizing manganese, boron, vitamin C, and omega-3 fatty acid intake to target SOD2 and lower excessive inflammation.
- **Muscle Injury-COL1A1** - You have the wild-type CC genotype that is associated with an increased need for dietary collagen for healthy skin, tendons, corneas, lungs, and bones. Vitamin C, zinc, copper, glycine, proline, lysine, and B6 are all precursors to collagen production.
- **Raw Fruit and Vegetable Intake-9p21** - You have the heterozygous genotype that is associated with an increased need for phytonutrients from a higher raw fruit and vegetable intake for a healthy heart.
- **Fibrinogen-ESR2** - Your genotype is associated with potentially elevated fibrinogen (increased risk of blood clots) levels in postmenopausal women. This increases the need to avoid BPA plastic, unfiltered tap water, and phthalates (chemical personal care products). Increase the probiotic lactobacillus planatarum and discuss the use of nattokinase with your health practitioner if fibrinogen levels are elevated.
- **Stress-ADRB2** - You have the heterozygous AG genotype for ADRB2 rs104271 that is associated with a higher sensitivity to chronic stress on your heart, especially with variants in COMT. Optimize COMT function and ADRB2 with foods that contain magnesium and vitamin C, deep breathing, and consider adaptogens to lower the stress response.
- **Blood Pressure-ACE1** - Your genotype is associated with higher serum levels of ACE and sensitivity to increased ACE levels, elevated blood pressure, and insulin resistance from a high saturated fat diet. Keeping total fat intake below 37%, limiting saturated fat to 22 grams per day, and increasing bilberry, grapes, raw garlic, cinnamon, and jasmine helps maintain healthy levels of ACE.
- **Blood Pressure-ACE2** - Your genotype is associated with lower baseline ACE2, which could affect the balance between ACE1 and ACE2 for blood pressure. Depending on your sex, ACE1 genotype, TMPRSS2 genotype, and expression, this could increase the risk of COVID-19 severity. ACE2 is increased by vitamin D, potassium, and resveratrol. Chaga mushroom, olive oil, and curcumin may also inhibit the ability of SARS-CoV-2 to attach to the ACE2 receptor.

YOUR PERSONALIZED DNA-BASED GROCERY LIST

This section of the report represents the most expansive, actionable summary of what you can do, right now, to dramatically up-regulate gene function, building a happier, healthier you! No technical expertise is required - just make these recommendations non-negotiable when you visit the grocery store.

Your grocery list is generated based on a combination of unique gene variants that require an increased intake of the following vitamins, minerals, phytonutrients, amino acids, fiber and more. This list generates the foods and drinks based on the highest levels for each section and does not take into account any food allergies or sensitivities.

B6

Wild salmon, yellowfin tuna, liver, chicken breast, unfiltered fermented drinks, pistachios, avocado, sweet potatoes, and spinach

Beta-Carotene

Sweet potatoes, carrots, spinach, squash, cantaloupe, and broccoli

Betaine

Spinach, shrimp, beets, and whole grain sourdough bread

Boron

Prunes, avocados, raisins, peaches, apples, pears, and peanut butter

Choline

Pastured eggs, beef round, liver, heart, chicken, wild cod, bacon, and edamame

Copper

Potatoes, shiitake mushrooms, cashews, sunflower seeds, dark chocolate, and shellfish

Glucosinolates

Brussels sprouts, mustard greens, turnips, savoy cabbage, kale, watercress, red cabbage, broccoli cauliflower, and Bok Choy

	**Glycine**	Broth, collagen powder, meat with the skin, ribs, shanks, drumsticks, and baobob
	**Lycopene**	Tomato sauce, whole tomatoes, guava, and watermelon
	**Magnesium**	Sprouted pumpkin seeds, hemp seeds, chia seeds, Gerolsteiner mineral water, spinach, wild salmon, and peanut butter
	**Manganese**	Mussels, wild blueberries, hazelnuts, pecans, oysters, clams, hummus, spinach, and cultivated blueberries
	**Niacin**	Yellowfin tuna, canned tuna, wild salmon, ground turkey, chicken breast, liver, skirt steak, white button mushrooms, and brown rice
	**Phytoestrogens**	Dark berries, beans, sourdough bread, hummus, peanuts, miso soup, flax seeds (women), tahini sauce, and cruciferous vegetables (broccoli, cabbage, kale, Brussels sprouts)
	**Potassium**	Wild salmon, avocados, potatoes, acorn squash, coconut water, sweet potato, spinach, tomato sauce, and bananas
	**Prebiotics**	Pistachios, leeks, asparagus, radicchio, bananas, garlic, kiwi, onions, artichokes, Tiger nuts, chicory root, yacon syrup and foods high in polyphenols
	**Resveratrol**	Red grapes, peanut butter, Itadori tea, and dark chocolate

	**Tryptophan**	Wild salmon, oats, bananas, eggs, chicken, turkey, chocolate, peanuts and pumpkin seeds
	**Vitamin A**	Liver, pastured eggs, cod liver oil, wild salmon oil, eel, and sockeye salmon
	**Vitamin C**	Bell peppers, guava, black currants, strawberries, oranges, and broccoli
	**Vitamin D**	Sockeye salmon, cod liver oil, canned tuna, wild herring, and sardines

PERSONALIZED BLOOD WORK

These results are generated based on a combination of gene variants unique to you. These biomarkers may not be out of range based on your diet and lifestyle habits, but they may be the ones for you to monitor to ensure you are making the right choices based on your genetic results (your predispositions).

For example, if vitamin D comes up in this section, it does not mean that your current levels of vitamin D are actually low. What we are saying is that based on a variety of genetic factors, your variants could make it more difficult to obtain recommended levels of circulating vitamin D, so it might be prudent to further monitor to ensure that you are taking the necessary steps to turn genetic weaknesses into strengths and maintain correct levels.

	**B12**	If poor B12 status is suspected, methylmalonic acid (MMA) levels may be needed to accurately assess B12 status, absorption, and requirements
	**B6**	B6 levels may need to be tested
	**Fasting Glucose and HbA1C**	Check both fasting glucose and HbA1C
	**Iodine**	A urinary iodine test can assess iodine levels
	**LDL**	Test LDL-P, LDL-C, and small dense LDL
	**Thyroid Panel**	The genes for the thyroid gland look at T3 and T4 function, but not TSH
	**Vitamin D**	Vitamin D should be between 35-50 ng/ml. Check both 25 and 1,25-dihydroxyvitamin D.

MY CLINICAL RESEARCH SUMMARY: NUTRIENT METABOLISM & DIGESTION

Beta Carotene to Vitamin A Conversion Rate-BCMO1

Below is a summary of your most significant variant genotypes:

GENE	GENOTYPE
BCMO1 R267S rs12934922	Homozygous TT
BCMO1 A379V rs7501331	Wild Type CC

Recap

Improves BCMO1 Gene Function: Vitamin A in the form of retinol and zinc.

Decreases BCMO1 Gene Function: Relying on beta-carotene for vitamin A requirements.

BETA CAROTENE TO VITAMIN A CONVERSION RATE-BCMO1

Research: If you are heterozygous or homozygous for BCMO1 A379V or BCMO1 RS267S, you have a reduced conversion of beta-carotene to vitamin A. If you have a heterozygous or homozygous BCMO1 RS267S and BCMO1 RS267S, the reduction is even more dramatic. Many nutrition labels will have beta-carotene listed as vitamin A, however this is not true vitamin A.

The normal conversion for beta-carotene (carrots, sweet potatoes) to retinol is 1:6 and 1:12 for other carotenoids. Female volunteers carrying the T variant of rs7501331 (379V) had a 32% lower ability to convert beta-carotene, and those carrying at least one T in both SNPs (379V and R267S) show a 69% lower ability to convert beta-carotene into retinol.

In a cohort study of 48,400 US men and 75,170 US women, during a follow-up period of more than 26 years, a higher total vitamin A intake was associated with a reduction in cutaneous squamous cell carcinoma risk.

You want to make sure you consume animal based vitamin A (pastured egg yolks, wild salmon oil, cod liver oil, butter) along with zinc for digestive lining repair, oral health, eye health, iron mobilization, mitochondria health, skin health (sunburns deplete vitamin A in the skin, and acne responds to vitamin A), healthy lung function, and increased immunity.

B6-NBPF3

Below is a summary of your most significant variant genotypes:

GENE	GENOTYPE
NBPF3 rs4654748	Homozygous CC

Recap

Improves NBPF3 Gene Function: B6

Decreases NBPF3 Gene Function: Sugar, stress, high intake of alcohol and refined flour based carbohydrates, antibiotics, oral contraceptives, ACE inhibitors, antacids, proton pump inhibitors, Phenytoin, bronchodilators, Digoxin, diuretics, hormone replacement therapy, Estradiol, MAO inhibitors, St. John's Wort and Parnate.

B6-NBPF3

Research: You may require a higher intake of B6. Homozygotes have approximately a 2.90 ng/mL lower vitamin B6 blood concentration than the wild-type genotype.

Vitamin B6 plays a major role in neurotransmitter health. B6 deficiency can manifest as anorexia, irritability, anxiety, depression, muscle pain, bad PMS/low progesterone, nausea, seizures, migraines, dermatitis, age related macular degeneration (with low folate and B12) and lethargy.

Researchers have found an inverse association between ovarian cancer risk and vitamin B6 intake. Subjects with the highest vitamin B6 intake showed a 24 percent decrease in the likelihood of developing ovarian cancer compared to the individuals with the lowest intake.

Women of reproductive age, especially current and former users of oral contraceptives, teenagers, male smokers, non-Hispanic African-American men, and men and women over age 65 are most at risk of B6 deficiency. Data suggests that oral contraceptive users have extremely low plasma PLP levels. Three quarters of the women who reported using oral contraceptives, but not vitamin B6 supplements, were vitamin B6 deficient.

Protein and Fat-ACAT

Below is a summary of your most significant variant genotypes:

GENE	GENOTYPE
ACAT1-02 rs3741049	Heterozygous AG

Recap

Improves ACAT Gene Function: B-vitamins 1-5 and lipoic acid.

Decreases ACAT Gene Function: Medications that deplete B-vitamins 1-5, excess coffee, flour based foods, excess alcohol and excess sugar.

PROTEIN AND FAT-ACAT

Improves ACAT Gene Function: B-vitamins 1-5 and lipoic acid.

Decreases Gene Function: Medications that deplete B-vitamins 1-5, excess coffee, flour based foods, excess alcohol and excess sugar.

Research: The ACAT gene converts protein and fat to ATP(energy) in the mitochondria, and plays an important role in cellular cholesterol levels. The heterozygous or homozygous ACAT-02 may cause issues with protein and fat metabolism if B-vitamin deficiency is induced.

This gene requires adequate B-vitamins 1-5 and alpha lipoic acid. If you have habits that deplete B-vitamins (medications, excess coffee, flour based foods, excess alcohol, sugar), more stress may be put on the ACAT enzymes and create poor digestion of fat and protein.

Fat Metabolism-ACSL1

Below is a summary of your most significant variant genotypes:

GENE	GENOTYPE
ACSL1 rs9997745	Wild Type GG

Recap

Improves ACSL1 Gene Function: Total fat intake under 35%, lower saturated fat intake and increased PUFA intake.

Decreases ACSL1 Gene Function: A saturated fat intake over 35%.

FAT METABOLISM-ACSL1

Research: If you have the GG genotype, it may be beneficial for fat intake to be below 35% of your total calories or have a higher intake of polyunsaturated fat from fish, nuts and seeds if you struggle with weight and high glucose.

The GG genotype had higher fasting glucose and insulin concentrations compared with the minor A allele carriers from saturated fat intake, with the result that the GG genotype was more insulin resistant. Among individuals within the top 50th percentile of PUFA intake, the metabolic syndrome risk associated with GG genotype was eliminated.

Foods that are higher on the insulin index include dairy and red meat, and insulin inhibits fat breakdown. Fat should come primarily from nuts, seeds, olive oil, avocados, poultry and fish if there are issues with fasting glucose, insulin or weight.

Ghrelin and Appetite-FTO

Below is a summary of your most significant variant genotypes:

GENE	GENOTYPE
FTO rs9939609	Homozygous AA
FTO rs17817449	Homozygous GG

Recap

Improves FTO Gene Function: A protein and fiber-rich breakfast, 7-8 hours of sleep per night, healthy vitamin D levels, and aerobic exercise over 1 hour or high-intensity exercise.

Decreases FTO Gene Function: Poor sleep patterns, refined carbohydrate breakfast, high saturated fat and low polyunsaturated fat intake, low vitamin D levels, and a sedentary lifestyle.

GHRELIN AND APPETITE-FTO

Research: The FTO gene is highly expressed in the brain regions controlling feeding and energy expenditure, and is one of many genes associated with being a risk factor for obesity, especially abdominal weight. Polymorphisms in the FTO gene have been shown to cause higher ghrelin levels in many populations, which can create a larger appetite and the potential for overeating.

FTO encodes for an enzyme able to remove methyl groups from DNA and RNA, and the FTO polymorphisms may reduce the methylation of ghrelin (hunger hormone), leading to higher ghrelin levels and potentially affecting other genes. Although rs9939609 has been replicated across a number of cohort studies for obesity, there remains significant variance due to epigenetic expression.

Studies have proposed that FTO alters dopamine signaling, affecting reward brain structures. This may be especially true for those who also have variants in ANKK1, the gene for dopamine receptor density. Research has shown that in cases of reduced D2 receptor availability, as indicated by the ANKK1 polymorphism, FTO variants were associated with increased body fat, waist circumference and reduced peripheral insulin sensitivity. This could increase the risk of obesity and Type 2 diabetes.

This may explain why the FTO rs9939609 homozygous genotype preferentially selects high calorie/high-fat food compared to the normal TT genotype. Multiple studies have shown that a high dietary saturated fat intake (higher than 15.5% energy) and a low dietary polyunsaturated fat intake further increased the risk of being overweight or abdominally obese for the AA genotype. The non-risk TT allele carriers appeared to be unresponsive to dietary saturated fat intake or the dietary polyunsaturated to saturated fat intake ratio in regards to obesity.

Grehlin is highest in the fasting state, before meals, and at night, falling within one hour of a meal. Research has found that a breakfast centered around protein and fiber-rich carbohydrates (especially prebiotic fiber) was the most effective at suppressing ghrelin levels throughout the day, while also focusing on polyunsaturated and monounsaturated fats.

In a single-blind crossover study, three high fat meals (70% of energy) rich in monounsaturated (MUFA), polyunsaturated (PUFA) or saturated fat (SFA) in 16 women with obesity were tested. A decrease in ghrelin was significantly greater for PUFA and MUFA vs. SFA while appetite suppression was significantly greater for PUFA vs. both SFA and MUFA. One study also found that subjects with vitamin D levels of less than 20ng/ml had significantly higher ghrelin levels than those with a vitamin D level greater than 20/ml.

People with the homozygous FTO genotypes may be more prone to overeating when eating a high-saturated fat meal or purely refined carbohydrate breakfast and getting poor sleep due to higher ghrelin levels. One study found that a reduction of sleep duration to 4-hours for two consecutive nights was shown to decrease circulating leptin levels and increase ghrelin levels, as well as self-reported hunger.

The key to improving FTO gene function is through lowering ghrelin levels, and those with the homozygous genotypes may gain the most significant benefits from preventative and treatment strategies aimed at targeting the ghrelin system and modulating reward responsiveness. The ANKK1 gene for dopamine receptors is also a relevant gene for appetite control and should be reviewed as well.

Regarding exercise, research has shown that doing 120 min prolonged treadmill exercise with mix intensity or high-intensity exercise was the most effective at suppressing ghrelin, while weight training or low-intensity exercise did not have the same effects. If weight loss and appetite suppression is your goal, aerobic exercise with a mixture of high intensity may be the best approach.

We recommend reviewing ANKK1, PPAR-alpha, ACSL1, APOA2, ADIPOQ, SLC22A5, FUT2 and CYP2R1 if your goal is weight loss and you want to further assess your saturated fat metabolism.

Carbohydrates-TCF7L2

Below is a summary of your most significant variant genotypes:

GENE	GENOTYPE
TCF7L2 rs7903146	Homozygous TT

Recap

Improves TCF7L2 Gene Function: A Paleolithic and low-carb Mediterranean diet, glycine, omega-3 fatty acids, olive oil, turmeric, cinnamon, prebiotics, organic dark roast coffee, and cordyceps mushrooms.

Decreases TCF7L2 Gene Function: Refined sugar and grains.

CARBOHYDRATES-TCF7L2

Research: The TCF7L2 gene has become the strongest indicator of Type 2 diabetes and gestational diabetes risk for multiple ethnicities in studies. A meta-analysis also found an association with breast, prostate and colon cancer risk, all of which are connected to blood sugar levels and the risk is reduced by many of the same nutrients that improve this gene's function. Other genes and family history need to be assessed for cancer risk and prevention.

This gene is unique in its relation to Type 2 diabetes because people with variants in TCF7L2 may not exhibit risk signs like obesity. In fact, they may have a low body mass index (BMI) and low triglycerides. The increased risk is hypothesized to be due to the effect of TCF7L2 on the sensitivity of the pancreatic ß-cells to incretins, not overall insulin sensitivity.

Incretins are hormones that are released from the gastrointestinal tract after a meal and regulate the amount of insulin secreted. The two most important incretin hormones are GLP-1 and GIP. Researchers believe that increasing incretin sensitivity may decrease the risk of type 2 diabetes. Researchers believe that increasing incretin sensitivity may decrease the risk of Type 2 diabetes.

One study found that the consumption of meals based on the Paleolithic diet (no grains or dairy) focusing on fish, polyphenol-rich foods, fiber-rich vegetables, and spices high in phytochemicals resulted in significant increases in incretin and increased perceived satiety (feeling full). All three test meals were normalized to contain 50 grams of carbohydrates. Sufficient protein in particular shows promise in the management of Type 2 diabetes by stimulating incretin, insulin secretion, and slowing gastric emptying.

Two clinical studies have demonstrated that plasma GLP-1 levels rise following the ingestion of gelatin, a protein extraordinarily rich in glycine. Another study found that higher levels of indolepropionic acid produced by good bacteria due to a diet higher in prebiotic fiber-rich food decreased the risk of Type 2 diabetes.

Spices also appear very effective. Turmeric significantly increases the secretion of the incretin GLP-1. Cinnamon lowers blood glucose usually within physiological levels without hypoglycemia and increases satiety, showing it may act by potentiating the effects of incretin hormones.

There is a progressive deterioration of beta-cell function in patients with Type 2 diabetes. In vitro studies demonstrated that pancreatic beta-cell viability increased dramatically with cordyceps extract treatment, implying that cordyceps protect beta cells. This is crucial for the TCF7L2 gene due to the communication between pancreatic beta cells and incretins. The researchers concluded that “the potential ability of cordyceps to preserve beta-cell function may afford a promising therapy for diabetes.”

Stress and IBS-ADRB2

Below is a summary of your most significant variant genotypes:

GENE	GENOTYPE
ADRB2 rs1042714	Heterozygous CG

Recap

Increases ADRB2 Gene Function: Deep breathing techniques, meditation, yoga, magnesium, and vitamin C.

Decreases ADRB2 Gene Function: Chronic stress and shallow breathing.

STRESS AND IBS-ADRB2

The pathogenesis of digestive disorders is incompletely understood, although genetic factors, low-grade inflammation, intestinal dysbiosis, abdominal pain, and brain-gut axis dysfunction all have been postulated to contribute.

The beta-2-adrenergic receptor (ADRB2) is the main target of the catecholamine epinephrine and a primary mediator of the stress response. ADRB2 is widely expressed both in the gastrointestinal tract and in the CNS.

Single-nucleotide polymorphisms (SNPs) located in the coding region of the ADRB2 gene have been shown to be associated with increased altered receptor response to catecholamines as well as altered receptor expression. In the case of rs1042714, this may lead to decreased receptor degradation and down-regulation, in turn enhancing the adrenaline response.

For the rs1042714 genotype, both GG homozygotes and CG heterozygotes demonstrated a higher percentage of digestive issues compared with CC homozygotes. The G allele carriers were associated with a higher percentage of IBS cases, twice the rates of anxiety, and functional chest pain diagnoses. Within IBS, G allele carriers had more severe bowel symptoms and symptomatic days.

Gene & Gene Function	Gene Rsid	Wild Type	Heterozygous	Homozygous
HLA DQ2.5	HLA DQ2.5-rs2187668		CT	
HLA-DQ8	HLA-DQ8-rs7454108	TT		
BCMO1 R267S BCMO1 encodes the conversion rate from beta-carotene to vitamin A.	BCMO1 R267S-rs12934922			TT
	BCMO1 A379V-rs7501331	CC		
FADS2 The FADS2 gene encodes the conversion of plant based omega-3 fatty acid alpha linolenic acid (ALA) to EPA.	FADS2-rs1535	AA		
	FADS2-rs174575	CC		
FUT2 The FUT2 gene controls prebiotic production, B12 absorption and how much bifidobacteria you carry in your digestive tract. The rs601338 SNP is found in European, African and Indian populations.	FUT2-rs601338		AG	
NBPF3 NBPF3 has been associated with vitamin B6 levels.	NBPF3-rs4654748			CC
SLC23A1 Solute carrier family 23 member 1 (SLC23A1) is one of the two transporters which aids in the absorption of vitamin C into the body. Polymorphisms in the gene are associated with reduced plasma vitamin C levels in the body.	SLC23A1-rs33972313	CC		
ACAT1-02 The ACAT gene converts protein and fat to ATP (energy) in the mitochondria, and plays an important role in cellular cholesterol homeostasis.	ACAT1-02-rs3741049		AG	

Gene & Gene Function	Gene Rsid	Wild Type	Heterozygous	Homozygous
ADIPOQ ADIPOQ encodes for adiponectin, a protein secreted by fat cells that affect insulin and glucose metabolism. Low levels of adiponectin play a role in obesity, insulin resistance and Type 2 diabetes.	ADIPOQ-rs2241766	TT		
HFE-C282Y A homozygous HFE C282Y may lead to an iron overload due to increased iron absorption and disrupted metabolism. Compound heterozygotes C282Y/H63D and single C282Y heterozygotes carry a very low risk of hemochromatosis, making the homozygous C282Y the most clinically relevant.	HFE-C282Y-rs1800562	GG		
PPAR-alpha The PPAR-alpha gene plays a vital role in fatty acid metabolism and ketosis, and is considered one of the most critical targets for ameliorating abnormalities with triglycerides, HDL, LDL, VLDL, and ApoB.	PPAR-alpha-rs1800206	CC		
ACSL1 Long-chain acyl CoA synthetase 1 (ACSL1) plays an important role in fatty acid metabolism and triglyceride synthesis. Disturbance of these pathways may result in dyslipidemia and insulin resistance, hallmarks of the metabolic syndrome.	ACSL1-rs9997745	GG		
FTO Polymorphisms in the FTO genes have been shown to cause higher ghrelin levels (hunger hormone) in many populations, which can create a larger appetite and the potential for overeating.	FTO-rs9939609			AA
	FTO-rs17817449			GG

Gene & Gene Function	Gene Rsid	Wild Type	Heterozygous	Homozygous
APOA2 The APOA2 gene contains instructions for making a protein called apolipoprotein A-II, which is found in HDL cholesterol particles. The homozygous genotype has been linked to saturated fat intake and weight gain.	APOA2-rs5082		AG	
TCF7L2 TCF7L2 polymorphisms have been associated with low incretin hormones and impaired insulin secretion.	TCF7L2-rs7903146			TT
LCT LCT is the gene connected with the ability to breakdown lactose in dairy.	LCT-rs4988235			AA
APB1 APB1 is encodes for the DAO enzyme to breakdown histamines primarily in the digestive tract. The homozygous genotype may increase the risk of migraines from histamines in women or a hypersensitivity to Aspirin in men.	APB1-rs10156191		CT	
ABCG2 (Q141K) The ABCG2 (Q141K) gene is located at the membrane of kidney proximal tubule cells, where it mediates renal urate secretion. Variants in this gene are linked to reduced uric acid excretion.	ABCG2 (Q141K)-rs2231142	GG		

Gene & Gene Function	Gene Rsid	Wild Type	Heterozygous	Homozygous
ALDH2 Alcohol metabolism in the liver most commonly involves the enzymes alcohol dehydrogenase and aldehyde dehydrogenase, metabolizing alcohol to acetaldehyde, and then to acetate. ALDH2 encodes for aldehyde dehydrogenase, and variants can affect the levels of acetaldehyde and therefore the carcinogenic effect of alcohol.	ALDH2-rs671	GG		
ADRB2 The beta-2-adrenergic receptor (ADRB2) is the main target of the catecholamine epinephrine, and a primary mediator of the stress response. ADRB2 is widely expressed both in the gastrointestinal tract and in the CNS.	ADRB2-rs1042714		CG	
PPCDC PPCDC is necessary for the biosynthesis of coenzyme A and variants in this SNP are associated with serum zinc levels.	PPCDC-rs2120019	TT		
SELENBP1 The Protein Selenium Binding 1 gene codes for an integral membrane protein involved in antigen presentation and serum copper levels.	SELENBP1-rs2769264	TT		
TFR2 The TFR2 gene provides instructions for making a protein called transferrin receptor 2 to help iron enter liver cells. The receptor on the surface of liver cells binds to transferrin, which transports iron through the blood to tissues throughout the body. When transferrin binds to transferrin receptor 2, iron is allowed to enter the cell.	TFR2-rs7385804	AA		

MY CLINICAL RESEARCH SUMMARY: METHYLATION CYCLE

Folate-MTHFR 677

Below is a summary of your most significant variant genotypes:

GENE	GENOTYPE
MTHFR 677 rs1801133	Wild Type GG

Recap

Improves MTHFR 677 Gene Function: Riboflavin and methylfolate.

Decreases MTHFR 677 Gene Function: Proton pump inhibitors, oral contraceptives, NSAIDs, anticonvulsants, antivirals, antibiotics, acid blockers/antacids and hypothyroidism.

FOLATE-MTHFR 677

You have the wild-type genotype common in northern climates. This genotype is associated with lower folate requirements unless you have the MTHFR 1298 homozygous genotype. The wild-type MTHFR 677 genotype assists with healthy homocysteine levels.

The wild-type genotype is associated with reduced protection against UV-induced DNA damage from the sun due to lower thymidine production.

Folate-MTHFR 1298

Below is a summary of your most significant variant genotypes:

GENE	GENOTYPE
MTHFR 1298 rs1801131	Homozygous GG

Recap

Improves MTHFR 1298 Gene Function: Vitamin C, L-arginine, folate, B6, magnesium, holy basil, selenium, royal jelly and deep breathing techniques.

Decreases MTHFR 1298 Gene Function: Chronic stress, oral contraceptives, high levels of mercury, arsenic, lead and aluminum, synthetic folic acid, phenylalanine, aspartame, oxidative stress and high protein diets.

FOLATE-MTHFR 1298

The homozygous MTHFR 1298 gene has a 40% reduction in enzymatic function.

MTHFR 677 and 1298 are connected to BH4 levels, with individuals who are homozygous having a much higher sensitivity to the drain on BH4 from stress, heavy metals, high blood sugar, vegetable oils, chronic stress, high levels of mercury, arsenic, lead and aluminum, synthetic folic acid, phenylalanine, aspartame, oxidative stress and high protein diets.

BH4 structurally resembles folate and has been described to be reduced in endothelial cells when increased levels of homocysteine are present. High protein diets produce higher amounts of ammonia, which drains BH4, and the body stores ammonia as glutamate, compounding issues with the GAD1 genes). This can lead to an individual with higher anxiety levels, especially those with elevated glutamate levels.

The heavy metal sensitivity may be why men with the homozygous MTHFR 1298 genotype have a statistically higher significance of infertility. Tulsi (holy basil) has also been shown to protect against the toxic effects of heavy metals such as lead, arsenic, cadmium, chromium and mercury, and the toxic effects of radiation.

BH4 plays an important role in the formation of all the neurotransmitters (serotonin, melatonin, dopamine, epinephrine, norepinephrine etc.) and immunity. Mice studies have shown that raising BH4 normalizes serotonin levels and digestive function. In one human study, levels of BH4 in cerebrospinal fluid was 42% lower in children with Autism Spectrum Disorder (ASD).

One study in 259 post-menopausal women found that for those with certain genotypes in CYP1B1 (rs1056836), KRAS (rs61764370) and MTHFR (rs1801133 and rs1801131), oral contraceptives and hormone replacement therapy was associated with shorter leukocyte telomere length. Shorter leukocyte telomeres are connected to premature aging, and may increase the risk of cancer, cardiovascular disease, obesity, diabetes, chronic pain, and sensitivity to perceived psychological stress.

Research has found that vitamin C, L-arginine, folate, B6, magnesium, holy basil, selenium, royal jelly and deep breathing techniques all increase BH4 levels.

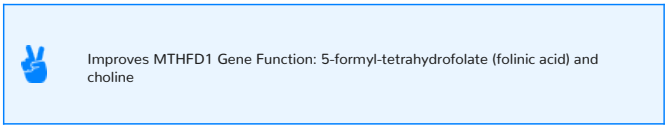
Relaxation techniques (yoga, meditation, Qi Gong) involve slow, deep breathing and have been found to be an effective therapeutic intervention that counteracts the adverse clinical effects of stress in disorders including hypertension, anxiety, insomnia and aging.

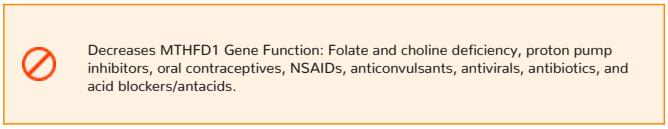
Folate-MTHFD1 G1958A

Below is a summary of your most significant variant genotypes:

GENE	GENOTYPE
MTHFD1 G1958A rs2236225	Heterozygous AG

Recap





FOLATE-MTHFD1 G1958A

Research: A meta-analysis strongly suggests that the MTHFD1 G1958A polymorphism might be associated with maternal risk for neural tube defects in Caucasian populations. However, the evidence of this association should be interpreted with caution due to the selective nature of publication of genetic association studies. Another study found that the polymorphism decreases enzyme stability and increases risk of congenital heart defects.

5-formyl-tetrahydrofolate is the second most common type of folate after methylfolate in the certain foods. This is why dietary folate is optimal because it addresses both upstream and downstream folate gene polymorphisms in the methylation cycle.

Checking MTHFR and PEMT genes along with MTHFD1 helps you determine your requirements for folinic acid, methylfolate and choline to help stabilize enzymatic function.

B12-MTRR

Below is a summary of your most significant variant genotypes:

GENE	GENOTYPE
MTRR A66G rs1801394	Homozygous GG

Recap

Improves MTRR Gene Function: B12, B6 and folate.

Decreases Gene Function: Antacids, antibiotics, proton pump inhibitors, Metformin, anticonvulsants, oral contraceptives, certain psychiatric medications, yeast overgrowth and poor FUT2 function.

B12-MTRR

Research: Methionine synthase reductase (MTRR) is a vital enzyme of homocysteine/methionine metabolic pathway and is required for the conversion of inactive form of methionine synthase (MTR) to its active form. MTRR helps recycle B12. If MTR is working 100%, MTRR variants may be less pronounced. Variants in both MTR and MTRR may lead to issues with B12.

A clinically important allelic variant of MTRR A66G, with less enzymatic activity is reported with worldwide prevalence rate of 30%. The very high frequency of the homozygous genotype (greater than normal allele) was reported from Italy, France, Ireland, Netherlands and India.

Several epidemiological and case control studies have reported that the GG genotype may be a risk factor for several disease/disorders like neural tube defects, Down syndrome, coronary artery disease, male infertility and cancer through sustained hypomethylation if not addressed. An additional effect is a decreased availability of folate. Several studies show that DNA hypomethylation is the main causative factor of defective gene expression.

Caucasions with late life depression who were homozygous (GG) were more likely to still be depressed after a course of SSRI antidepressant treatment compared to individuals who are homozygous at the A allele or who were AG heterozygotes. This points toward the hypothesis that factors which elevate homocysteine concentrations have an adverse effect on depression treatment response.

Heterozygous or homozygous variants in MTRR may require more B6, folate and B12 if combined with MTHFR 677 and MTR variants. If you suffer from migraines, B6, folate and B12 may be effective in reducing migraines. Research has also found B6, folate and B12 to help prevent macular degeneration.

Choline-PEMT

Below is a summary of your most significant variant genotypes:

GENE	GENOTYPE
PEMT rs7946	Homozygous TT
PEMT rs12325817	Wild Type CC

Recap

Improves PEMT Gene Function: Choline, vitamin C and estrogen.

Decreases PEMT Gene Function: Nighttime pain relievers, antihistamines, anti-seizure medications, sleep aids, antidepressants, incontinence drugs and narcotic pain relievers.

CHOLINE-PEMT

Improves PEMT Gene Function: Choline, vitamin C and estrogen.

Decreases Gene Function: Nighttime pain relievers, antihistamines, anti-seizure medications, sleep aids, antidepressants, incontinence drugs and narcotic pain relievers.

Research: Phosphatidylethanolamine-N methyltransferase (PEMT) catalyzes the synthesis of phosphatidylcholine.

Choline is responsible for shuttling fat out of the liver, aiding the gallbladder, healthy cell membranes to protect against inflammation, lowering anxiety, preventing damage from glutamate spikes, deep sleep, healthy DNA, healthy pregnancy and breast health. Non-Alcoholic Fatty Liver Syndrome occurs mainly from a choline deficiency. Choline deficiency also increases sensitivity to carcinogenic chemicals, mycotoxins and vegetable oils due to poor cell membrane health.

Research shows that the highest dietary intake of choline is found from people in the Northern countries, whereas Mediterranean countries had the lowest intake. Worldwide, total choline intake in adults ranges from 284 mg/day to 468 mg/day for men, from Taiwan and Sweden, respectively; and from 263 mg/day to 374 mg/day for women, from Mexico and Sweden. Major food sources of dietary choline vary by country. For example, eggs, meat, and dairy are the major sources of total dietary choline in New Zealand, while eggs, seafood, meats, and soy products are the predominant sources in Japan and China.

Having one or more T alleles at rs7946 is associated with having lower phosphatidylcholine production in the liver.

More than 40% of women have a genetic polymorphism in PEMT (rs12325817) that makes this gene unresponsive to estrogen, which creates the same high choline requirement as men. These women may be especially sensitive to dietary choline variations during pregnancy. One study found that the highest quintile of choline consumption was associated with a lower risk of breast cancer compared with the lowest quintile.

Eighty percent of the women who were homozygous for the rs12325817 SNP manifested signs of choline depletion (liver or muscle dysfunction), relative to 43% of subjects carrying one copy of the variant allele and 13% of subjects without the SNP. Almost 75% of the North Carolina population in the United States has one variant allele.

B6-CBS

Below is a summary of your most significant variant genotypes:

GENE	GENOTYPE
CBS A13637G rs2851391	Heterozygous CT

Recap

Improves CBS Gene Function: B6 and SAMe as co-factors, selenium and folate to increase arsenic detoxification.

Decreases Gene Function: Antibiotics, arsenic, birth control, ACE inhibitors, antacids, proton pump inhibitors, Phenytoin, bronchodilators, Digoxin, diuretics, hormone replacement therapy, Estradiol, MAO inhibitors, St. John's Wort, high cysteine and Parnate.

B6-CBS

Research: CBS is an important enzyme in the transsulfuration pathway that catalyzes the conversion of homocysteine (HCY) to cystathionine, a substrate for glutathione synthesis.

The CBS gene requires B6 and healthy SAMe production to regulate function. Deficiencies in CBS activity are the most frequent cause of familial high homocysteine and the underlying cause of the CBS genetic disorder homocystinuria, which is characterized by severe high homocysteine levels.

Research has hypothesized that rs2851391 variants might reduce the activity of CBS, and thus was positively associated with homocysteine levels and a marginal association with decreased plasma B12 levels.

One study demonstrated a significant association of both elevated homocysteine levels and low vitamin B6 levels with CBS polymorphisms in the presence of nonvalvular atrial fibrillation.

Hydrogen sulfide (H2S) may also need to be the focus with CBS and homocysteine levels. H2S is produced in the brain, pancreas, liver, reproductive tissues. Low levels of HS2 affect repair of the GI tract and disrupted levels of HS2 can lead to cognitive deficits or excitation in the brain.

Reduced CBS activity could cause low H2S concentrations, affecting mitochondrial health and the gut/brain axis. Abnormalities of hydrogen sulfide in the body have been identified in several disorders including ulcerative colitis, Alzheimer's disease, Down's syndrome, and possibly in diabetes.

Gene & Gene Function	Gene Rsid	Wild Type	Heterozygous	Homozygous
MTHFR 677 The MTHFR 677 gene encodes the MTHFR gene to convert folate into the active form, methylfolate. Variants in this gene slow down enzymatic function.	MTHFR 677-rs1801133	GG		
MTHFR 1298 MTHFR 1298 is involved in converting 5-methylfolate (5MTHF) to tetrahydrofolate (THF). Unlike MTHFR 677, the 1298 variant does not lead to elevated homocysteine levels unless paired with a heterozygous MTHFR 677.	MTHFR 1298-rs1801131			GG
MTHFD1 G1958A (Methylenetetrahydrofolate dehydrogenase 1) encodes a protein that possesses three distinct enzymatic activities in the interconversion of 1-carbon derivatives of tetrahydrofolate.	MTHFD1 G1958A-rs2236225		AG	
DHFR A20965G Dihydrofolate reductase (DHFR) catalyzes the reduction of dihydrofolate to tetrahydrofolate (THF) and affect synthetic folic acid metabolism.	DHFR A20965G-rs1643659	TT		
	DHFR C19483A-rs1677693	GG		
MTR A2756G MTR (methionine synthase) combines folate, methyl B12 and homocysteine into methionine.	MTR A2756G-rs1805087	AA		

Gene & Gene Function	Gene Rsid	Wild Type	Heterozygous	Homozygous
MTRR A66G MTRR attaches a methyl group to B12 and variants here will slow the process. When both MTR and MTRR exist, dysfunction can occur.	MTRR A66G-rs1801394			GG
TCN2 C766G Transcobalamin II (TCN2, or holotranscobalamin when bound) transports B12 to peripheral tissues. Variants in this gene may affect B12 transport.	TCN2 C766G-rs1801198	CC		
PEMT Variants in PEMT may increase the need for choline and increase the sensitivity to anticholinergic drugs.	PEMT-rs7946			TT
	PEMT-rs12325817	CC		
CBS A13637G The Cystathione Beta-Synthase (CBS) enzyme pulls homocysteine to hydrogen sulfide (H2S) and glutathione, requiring B6 and SAMe as a modulator.	CBS A13637G-rs2851391		CT	
CBS The Cystathione Beta-Synthase (CBS) enzyme pulls homocysteine to hydrogen sulfide (H2S) and glutathione, requiring B6 and SAMe as a modulator. CBS rs234709 and rs4920037 assists in arsenic detoxification.	CBS-rs234709		CT	
	CBS 191150T-rs4920037		AG	

MY CLINICAL RESEARCH SUMMARY: HORMONE SUPPORT

Thyroid-DI02

Below is a summary of your most significant variant genotypes:

GENE	GENOTYPE
DI02 rs225014	Homozygous CC

Recap

Improves DI02 Gene Function: Iodine, selenium, B2, magnesium, zinc, vitamin A and vitamin D.

Decreases DI02 Gene Function: Fluoride, fluoroquinolone antibiotics, brominated vegetable oils found in certain soft drinks and sports drinks, certain pesticides, potassium bromate, fire retardants, high mercury or cadmium levels, statin drugs, antacids, proton pump inhibitors, anti-depressants, anti-fungal medications, high lithium supplementation, oral contraceptives, SERMS and corticosteroids.

THYROID-DI02

Research: D2 is the only enzyme able to convert T4 to T3 in the brain and is likely to play a key role in determining the ability of the brain to respond to circulating T4 levels. There are other candidate genes in addition to DIO2 including thyroid hormone transporters that may also influence psychological well-being. Findings suggest that these should be explored together in the future when analyzing psychological impact.

Those with the homozygous genotype for DIO2 rs225014 have been associated with a higher HbA1C in Type 2 diabetes patients, hypertension in a small study of black subjects, bipolar disorder in a Chinese population, higher sensitivity to iodine deficiency and mental retardation risk in Chinese subjects, osteoarthritis in human joint tissue research, and decreased femoral neck bone mineral density and higher bone turnover independent of serum thyroid hormone level in patients with cured differentiated thyroid carcinoma.

In a study with 12,625 participants from the LifeLines cohort study using available genome-wide genetic data, the effects of the DIO2 rs225014 were evaluated in the general population and in 364 individuals undergoing levothyroxine replacement therapy mainly due to primary hypothyroidism. In both groups, variants were not associated with differences in TSH, free thyroxine (T4) and free triiodothyronine (T3), presence of metabolic syndrome, other comorbidities, HRQoL, and cognitive functioning.

Rodent studies have found that carriers of the variant may exhibit lower D2 catalytic activity and diminished thyroid hormone signaling resulting in localized and systemic hypothyroidism. This has not been replicated in humans.

Researchers looking at thyroidectomized patients carrying the DIO2 variant may be at an increased risk of reduced intracellular and serum T3 concentrations that are not adequately compensated for by T4, however, they state the limitation of the study is they are unable to perform a replicative study of the deiodinase gene mutations in an independent cohort and cannot exclude the presence of false-positive results.

In one study, the homozygous genotype in DIO2 was present in 16% of the study population and associated with a non-significant worse baseline General Health Score in patients on T4 compared to the wild-type genotype. In addition, this genotype showed greater improvement in T4 and T3 therapy compared with T4 only by 2.3 General Health Score points at 3 months and 1.4 at 12 months.

It should be noted that researchers believe that controversy exists with the interpretation of DIO2 in humans due to conflicting findings with in vitro, rodent, and human studies. Researchers have also stated that genetic polymorphisms in the DIO2 gene may affect psychological well-being in patients on T4 replacement and predict those who will have improved well-being in response to combination therapy with T3. However, replication of this result, including prospective studies with genotype-selected populations, is required before changes in treatment approach can be recommended in routine practice.

Balancing T3/T4 levels and supporting the thyroid with iodine, zinc, selenium, and magnesium may improve thyroid function.

Vitamin D-CYP2R1

Below is a summary of your most significant variant genotypes:

GENE	GENOTYPE
CYP2R1 rs10741657	Heterozygous AG

Recap

Improves CYP2R1 Gene Function: Sun exposure, adequate vitamin D intake and vitamin D co-factors.

Decreases CYP2R1 Gene Function: Lack of sun exposure, high fructose intake and lack of vitamin D co-factors.

VITAMIN D-CYP2R1

Research: Studies confirm that CYP2R1 is the principal 25-hydroxylase in humans and demonstrates that CYP2R1 alleles have dosage-dependent effects on vitamin D homeostasis.

A 2018 meta-analysis of sixteen articles with a total of 52,417 participants was reviewed for rs10741657. The GG genotype was associated with a clear descending trend of 25(OH)D levels when compared with the AA genotype in Caucasian and Asian populations.

Research has shown that oral administration of vitamin D led to negligible increases in serum 25-hydroxy-vitamin D for homozygotes, and significantly lower increases in serum 25-hydroxy-vitamin D in heterozygous subjects than in control subjects. The heterozygous effect may only be relevant in Caucasian populations.

Vitamin D can influence the expression of more than 1,000 genes and vitamin D deficiency has been linked to fatty liver, seizures, infertility, osteoporosis, cancer, autism (mother deficient), depression, heart attacks, Alzheimer's, dementia, high blood pressure, low testosterone in men, autoimmune disorders and more.

The literature is mixed on optimal vitamin D levels, which most likely vary based on your heritage, skin color and current health issues. The most well documented cause of Vitamin D deficiency is inadequate sunlight exposure such as high latitude countries. Paradoxically, despite its high sunlight hours, vitamin D deficiency is well recognized in Middle Eastern women, inner city young adults in America, athletes and dancers in Israel, elite gymnasts in Australia, young Hawaiian surfers, and adolescent girls in England.

For athletes, vitamin D deficiency has long been associated with muscle weakness and suboptimal muscle function. A positive relationship between serum vitamin D level and jump height, jump velocity and power was found in young women.

Clinical vitamin D deficiency is below 20 ng/ml. There is little evidence to prove there is a benefit for levels above 50 ng/ml. The latest cancer research has found that women with 25(OH)D concentrations greater than 40 ng/ml had a 67% lower risk of cancer than women with concentrations less than 20 ng/ml. Pesticides have been linked to suppressing vitamin D levels and creating a vitamin D deficiency. Your PON1 gene function should also be assessed.

Research has found that sunlight is the optimal way to optimize vitamin D levels along with exercise, vitamin D rich foods and vitamin D cofactors, however supplementation may be necessary.

Estrogen Metabolism-CYP1A2

Below is a summary of your most significant variant genotypes:

GENE	GENOTYPE
CYP1A2 rs762551	Homozygous AA

Recap

Improves CYP1A2 Gene Function: Unfiltered fermented drinks (Kombucha, beer, wine), hops, marinades, cruciferous vegetables, blueberries, blackberries, red grapes, kiwi, watermelon, parsley, and spinach.

Decreases CYP1A2 Gene Function: Heterocyclic amines, nitrosamines, aflatoxin B1, polycyclic aromatic hydrocarbons, dioxins, and β-naphthoflavone. Omeprazole and primaquine are inducers. Caffeine and Tylenol combined with these compounds can make the effect worse.

ESTROGEN METABOLISM-CYP1A2

CYP1A2 is a key enzyme in caffeine metabolism and the 2-hydroxylation of the main estrogens, estrone, and estradiol. 2-hydroxylation and 16a-hydroxylation are two mutually exclusive pathways in estrogen metabolism. 2-hydroxyestrone acts as a weak estrogen or anti-estrogen. 16α-OHE1 acts as a procarcinogen.

Coffee may protect against breast cancer by altering estrogen metabolism. Women with higher coffee intake and the CYP1A2 homozygous AA fast metabolizer genotype have a ratio of high 2-hydroxyestrone to low 16α-OHE1. Researchers found that higher coffee intake was more protective against ER-positive breast cancer.

In men, a 2019 study found that low to moderate coffee intake and the AA fast caffeine metabolizer genotype were less likely to experience prostate grade cancer progression than non-consumers. In a large, pooled cohort of men with prostate cancer, coffee intake of more than 2.5 cups per day was associated with longer survival with the AA fast metabolizer genotype.

Estrogen Metabolism-COMT

Below is a summary of your most significant variant genotypes:

GENE	GENOTYPE
COMT rs4680	Homozygous AA

Recap

Improves COMT Gene Function: Vitamin C, magnesium, and copper (copper should not be too low or too high).

Decreases Gene Function: Chronic stress, sugar, proton pump inhibitors, aspartame, low magnesium levels, low vitamin C levels, low and high copper levels, constipation, xenoestrogens, high homocysteine levels, high SAH levels, estrogen-based medications, and mercury toxicity.

ESTROGEN METABOLISM-COMT

COMT is a phase II enzyme involved in the inactivation of catechol estrogens that can otherwise lead to cancerous growth, while also increasing 2-methoxyestradiol, a metabolite that has been shown to inhibit the growth of breast cancer cells.

Variants in COMT V158M have been shown to decrease enzymatic activity and consequently increases the risk of carcinogenesis due to the accumulation of estrogen metabolites. COMT has been extensively investigated for correlation with different cancer risks including esophageal cancer, colorectal cancer, hepatocellular, carcinoma, lung cancer, breast cancer, ovarian cancer, endometrial cancer, testicular germ cell tumor, and bladder cancer with mixed results.

Due to the COMT V158M heterozygous and homozygous genotypes potentially having reduced estrogen clearance, slowing this pathway down further with chronic stress and a high catecholamine intake combined with poor gut health and low magnesium intake may affect the level of harmful estrogen metabolites.

However, this doesn't mean catecholamines should be avoided. It simply means that the dosage should be altered. For example, green tea has been found to be beneficial for breast cancer prevention in the COMT heterozygous and homozygous genotype because these individuals retained the polyphenols the longest. The wild type may need more to achieve the same benefit. Less is more for COMT variants.

Gene & Gene Function	Gene Rsid	Wild Type	Heterozygous	Homozygous
SHBG Sex Hormone Binding Globulin (SHBG) is synthesized in the liver, and in the blood it transports and regulates the access of sex steroids to their target tissues.	SHBG-rs1799941	GG		
	SHBG-rs12150660	GG		
DI01 DI01 is connected to thyroid health and is responsible for the deiodination of T4 into T3.	DI01-rs2235544	CC		
DI02 DI02 is connected to thyroid health and is responsible for the deiodination of T4 into T3. D2 is the only activating deiodinase in the brain.	DI02-rs225014			CC
CYP2R1 Vitamin D is technically a hormone, and CYP2R1 is connected to circulating vitamin D levels.	CYP2R1-rs10741657		AG	
CYP1A1 CYP1A1 is in the estrogen metabolism pathway along with CYP1B1, CYP1A2, CYP31A, SULT's and COMT.	CYP1A1-rs1048943	TT		
CYP2C19*17 Genetic variability impacts expression and activity of CYP2C19 and therefore can influence drug metabolism and catabolism of estrogens.	CYP2C19*17-rs12248560	CC		
CYP1A2 CYP1A2 is a key enzyme in caffeine metabolism and the 2-hydroxylation of the main estrogens, estrone, and estradiol.	CYP1A2-rs762551			AA
COMT COMT is involved in catecholamine, dopamine, adrenaline, and estrogen metabolism through the inactivation of the catechol estrogens.	COMT-rs4680			AA

Gene & Gene Function	Gene Rsid	Wild Type	Heterozygous	Homozygous
FUT2 The FUT2 gene controls prebiotic production, B12 absorption, and how much bifidobacteria you carry in your digestive tract.	FUT2-rs601338		AG	
MTNR1B The MTNR1B gene encodes for the melatonin receptor 1B.	MTNR1B-rs10830963	CC		

MY CLINICAL RESEARCH SUMMARY: MENTAL HEALTH & COGNITIVE PERFORMANCE

MAO-Serotonin

Below is a summary of your most significant variant genotypes:

GENE	GENOTYPE
MAO-A rs6323	Wild Type TT

Recap

Improves MAO-A Gene Function: Vitamin B6, folate, B12, B2, magnesium, vitamin C and probiotics.

Decreases Gene Function: Antibiotics, aspartame, oral contraceptives, proton pump inhibitors, high estrogen levels, constipation and deficiencies in the vitamins and minerals above.

MAO-SEROTONIN

Research: MAO-A (Monoamine oxidase A) is a critical enzyme involved in breaking down important neurotransmitters such as serotonin, estrogen, norepinephrine, and dopamine.

You have the TT genotype that encodes for the slow activity of the MAO-A enzyme, which helps preserve serotonin. The TT genotype, constipation, and high estrogen cause a very slow MAO-A enzyme in females, which can increase sensitivity to stress due to high levels of estrogen, serotonin, and poor detoxification. Fiber, B6, B2, and magnesium are crucial for this genotype. The TT genotype may also make you more sensitive to MAO inhibitors, SSRIs, antibiotics and oral contraceptives depending on your estrogen status.

Research has found that the transport of tryptophan (precursor to serotonin) is lower in children with ADHD, and one study found that the rs6323 TT genotype was a protective factor against ADHD in Korean children.

Serotonin levels are more complicated than assessing just MAO-A, including gender, estrogen fluctuations, chronic stress, antibiotic use and general gut health, COMT function, and serotonin transportation and receptor genes. Serotonin is responsible for well-being, happiness, memory, and appetite. When serotonin is too low, it can cause depression, lack of ambition, and a struggle to derive pleasure from life. When it is dysregulated, it can cause IBS, mania, OCD, and drug-induced serotonin syndrome.

To modulate healthy serotonin levels, research has found that aerobic exercise to fatigue, strength training, yoga, and nature walks all are effective. Fermented foods and probiotics (90% of serotonin is made in the gut), getting more sunlight, or taking vitamin D, dark chocolate, fish oil, and a weekly massage are also excellent strategies. However, both extremes of a sedentary lifestyle and excessive exercise negatively affect MAO-A.

Serotonin Receptor-Memory

Below is a summary of your most significant variant genotypes:

GENE	GENOTYPE
5-HT2A rs6314	Heterozygous AG

Recap

Improves Gene Function: Mindfulness training, meditation, yoga, exercise to fatigue, time in nature, strength training, green or black tea, tryptophan, B2, B6, B12, folate, and ginkgo biloba.

Decreases Gene Function: Chronic stress, high dose lithium, heavy cannabis use, and excessive smartphone use.

SEROTONIN RECEPTOR-MEMORY

Research: Serotonin plays an important role in memory formation and results suggest a possible role of 5-HT2A receptors in memory consolidation. Episodic memory is the ability to recall details regarding personal experiences, names of people, specific events, and what exactly occurred. It is this type of memory that is most affected by the serotonin gene 5-HT2A rs6314 and takes place mainly in the hippocampus of the brain.

Research has demonstrated a functional influence of the rs6314 SNP on human memory, with the A carriers showing 21% poorer episodic memory performance than the GG genotype. The A allele has been found with a frequency of 9.3% in Caucasian populations.

In one study, healthy young volunteers viewed six sets of semantically unrelated words and performed an incidental episodic memory task with immediate and delayed recall after 5 min and 24 hours. In both conditions, A carriers showed lower memory performance compared to the GG genotype. Moreover, it has been shown that this effect is modified by age in that it can be detected in young to middle-aged, but not in older populations. In another study, A carriers exhibited poor verbal delayed recall and recognition, but performed equivalent to controls on tests of immediate recall, attentional, and executive function. Further analysis showed A carries had reduced grey matter volume in the left hippocampus and left inferior temporal gyrus and, bilaterally, in the middle and superior temporal gyrus. The white matter was reduced in the left temporal regions as well.

Training in mindfulness, classically described as a receptive attentiveness to present events and experiences, has been shown to improve attention and episodic working memory. This training may have relevance for potential educational and occupational performance. An example of not being mindful and attentive would be getting distracted by a smartphone during a conversation or event, consequently missing visual and auditory cues for later storage. Harvard researchers found that after eight weeks, subjects spending 27 minutes per day on mindfulness exercises (like meditation) increased grey matter volume in the hippocampus, one of the most important sections of the brain for learning and memory.

Research has shown that the reliance on technology may be decreasing our ability to store long term memories. Researchers have argued that the reliance on smartphones and related technologies is not aiding mental functioning, but rather, is having a negative impact on our ability to think, remember, pay attention, and regulate emotion. Recent studies on memory and technology use found that participants who took pictures of an object vs. those who did not had a more difficult time recognizing these objects at a later date. Auditory memory was also impaired. Due to ubiquitous use of cameras on smartphones for day to day events, the consequences on long-term memory have yet to be researched.

Due to 5-HT2A receptor's role in BDNF regulation, the A allele for rs6314 was also found to cause a lower expression of BDNF in hippocampal neurons and potentially a decrease in neural plasticity. Theanine, a component of green tea and black tea, has been shown to increase BDNF levels, modulate serotonin and dopamine levels, and improve learning and memory. A human study that looked at matcha tea consumed in a realistic dose found that it can induce slight effects on speed of attention and episodic memory.

Cannabis use has been associated with episodic memory impairments and abnormal hippocampus morphology among both healthy individuals and schizophrenia subjects.

In a parallel, randomized and controlled trial, 88 patients diagnosed with exhaustion disorder participated in a 24-week multimodal rehabilitation program. After 12 weeks in the program, the patients were randomized to either a 12-week aerobic training intervention or to a control group with no additional training. The aerobic training group significantly improved in maximal oxygen uptake (VO2 max) and episodic memory performance.

Ginkgo biloba has been found to target the 5-HT2A serotonin receptor and improved episodic memory in patients with mild-cognitive impairment. However, it was not found to improve memory in young adults.

Episodic memory is believed to be affected by both the hippocampus and prefrontal cortex function. Due to acetylcholine's role in memory in the hippocampal region, researchers found that increasing acetylcholine levels improved visual episodic memory.

Research has shown that tryptophan depletion impairs episodic memory and verbal short-term memory function in human subjects, while rodent studies have also shown that tryptophan-free protein-carbohydrate mixture to rats significantly lowered hippocampus tryptophan levels and produced impaired performance in visual working memory. However, dietary tryptophan

was found to increase brain serotonin levels and improve memory in rats.

5-HT2A receptors are the most abundant serotonin receptor in prefrontal cortex and regulate the dopamine pathway. Researchers found that for those with the GG COMT V158M genotype (low dopamine), a COMT inhibitor improved verbal episodic memory and prefrontal cortex function, while the AA COMT V158M homozygous genotype (high dopamine) got worse. If you have the GG COMT V158M genotype, you may improve episodic memory through coffee, chocolate, green tea, black tea, citrus, and bananas by slowing down the COMT enzyme and increasing dopamine.

Serotonin Receptor-Stress

Below is a summary of your most significant variant genotypes:

GENE	GENOTYPE
5-HT2A rs6311	Heterozygous CT
5-HT2A rs6313	Heterozygous AG

Recap

Improves Gene Function: Moderate intensity aerobic exercise, cognitive behavioral therapy, mindfulness training, meditation, yoga, tryptophan, green or black tea, prebiotics, probiotics, B2, B6, B12, and folate.

Decreases 5-HT2A Gene Function: Chronic stress, poor gut flora, high-dose lithium, cannabis abuse, and excessive smartphone use.

SEROTONIN RECEPTOR-STRESS

Research: The serotonin 2A receptor (5-HT2A) has been implicated in mental disorders with complex etiologies that are still not clearly understood, in processes such as learning and memory, and also in neurogenesis. Although the functional significance of 5-HT2A polymorphisms are not entirely understood, there is evidence that rs6311 modulates transcription factor binding and promoter methylation, affecting gene transcription (the first step of gene expression).

The T allele of the 5-HT2A gene rs6311 has been shown to increase the 5-HT2A expression in vitro and is associated with anxiety, IBS and depressive disorders. It has also been hypothesized that 5-HT2A variants may influence resting vagal activity among persons with chronically high levels of perceived stress.

One meta-analysis showed that the T allele of rs6311 or the linked A allele of rs6313 was significantly associated with obsessive compulsive disorder (OCD). This result was confirmed in the author's subsequent comprehensive meta-analysis in 2016 with a larger dataset. Multiple studies in this analysis indicated that the rs6311 T allele was more abundant in females with OCD compared to control females.

Another meta-analysis of 37 twin samples suggests that obsessions and compulsions arise from a combination of genetic factors and non-shared environment. OCD might be shaped by a large number of genes of modest impact, which combine to influence the risk for developing OCD. Polymorphisms in genes related to BDNF, GABA, glutamate, serotonin, acetylcholine, glycine, ubiquitin, bradykinin, myelinization, TNFA, gender and environmental trauma may all have a cumulative effect on whether or not someone develops OCD.

Psoriasis is a chronic inflammatory skin disease affecting about 2-4% of the population worldwide, and is thought to be a multifactorial disease with both genetic and immunogenic backgrounds. Psoriasis occurs in connection with stress and mood disorders and is apparently induced in patients who have been treated with antidepressants. The serotonergic system, which consists of serotonin-producing cells, serotonin receptors and serotonin transporters, may play a significant role in psoriasis.

Theanine, a component of green tea and black tea, has been shown to increase BDNF levels, modulate serotonin and dopamine levels, and improve learning and memory. It has shown promise as an adjunct therapy for schizophrenia and depression, and researchers believe there may also be an application for anxiety disorders, panic disorder, OCD, and bipolar disorder.

Vagus nerve stimulation may be a promising add-on treatment for anxiety, depression, PTSD, seizures, and inflammatory bowel disease. Natural ways to stimulate the vagus nerve and increase vagal tone include singing, deep breathing, meditation

and yoga. Another way is to make a dietary shift towards good gut bacteria, shown to influence the activity of the vagus nerve.

In human volunteers as well as in a rat model, administration of a probiotic formulation consisting of Lactobacillus helveticus R0052 (traditionally used in the manufacture of Swiss-type cheeses and long-ripened Italian cheeses such as Emmental, Gruyere, Grana Padano and Parmigiano Reggiano) and Bifidobacterium longum R0175A (colonizes at birth, but levels vary genetically) significantly attenuated psychological distress and reduced anxiety-like behavior. Research has also found that prebiotics can improve non-REM sleep as well as REM sleep after a stressful event.

One pilot study found that a 12-week moderate intensity aerobic exercise program reduced OCD symptoms and the reductions lasted 6 months later.

Another study combined cognitive behavioral therapy and a 12-week moderate intensity aerobic exercise program with tremendous results, exceeding effects typically observed with individual and group-based cognitive behavioral therapy for OCD based on leading meta-analytic reviews.

Dopamine, Adrenaline and Estrogen-COMT

Below is a summary of your most significant variant genotypes:

GENE	GENOTYPE
COMT V158M rs4680	Homozygous AA
COMT rs4633	Homozygous TT

Recap

Improves COMT Gene Function: Vitamin C, magnesium, and copper (copper should not be too low or too high).

Decreases Gene Function: Chronic stress, sugar, proton pump inhibitors, aspartame, low magnesium levels, low vitamin C levels, low and high copper levels, constipation, xenoestrogens, high homocysteine levels, high SAH levels, estrogen-based medications and mercury toxicity.

DOPAMINE, ADRENALINE AND ESTROGEN-COMT

Research: COMT (catecholamine methyltransferase) shares a pathway with MAO-A and is the gene for dopamine, estrogen, adrenaline and catecholamine metabolism. This pathway requires magnesium, vitamin C and copper as co-factors.

Studies have found that the A allele in COMT V158M (rs4680) results in a 40% decrease in COMT enzyme activity, leading to naturally higher dopamine and adrenaline levels. There are both benefits and detrimental aspects to this combination.

Research has shown that those with the AA COMT V158M genotype may have increased creativity, divergent thinking (rs4680 and rs5993883), problem solving, better memory (in men only), executive function and overall cognitive function. Females with the AA genotype have also been found to be higher risk-takers, but this was not true in men. It should be noted that females also naturally have higher dopamine due to the effect of estrogen on COMT, and therefore the AA genotype may not be as impactful for women as it is for men.

The downside of the A allele in COMT V158 is that the body overreacts to stress and trauma that can lead to anxiety, depression, impulsiveness, obsessive behavior, irritability, ADHD and abnormal behavior. The “inverted U” hypothesis suggests that when dopamine levels are either too high or too low, cognition is adversely affected and therefore stress could be negatively affect cognitive performance for the AA genotype.

The AA genotype can also create a sensitivity to catecholamines (coffee, black tea, green tea, red wine, chocolate), especially in a stressed state. However, green tea has been found to be beneficial for breast cancer prevention in the AG and AA genotype because these individuals retained the polyphenols the longest. Other genetic variants involved in dopamine transport and receptor function also influence this magnitude.

One study found the A allele carriers performed better than G carriers in executive function tasks, being statistically significant

in the adult group and more emphasized in men due to COMT activity being higher in the prefrontal cortex for men versus women.

Further research showed that individuals carrying A allele of rs4680 or T allele of rs4633 scored significantly higher on insight problem-solving tasks, and for the COMT H62H rs4633 gene, the homozygous TT and heterozygous TC carriers had higher insight problem-solving scores than those with CC genotype.

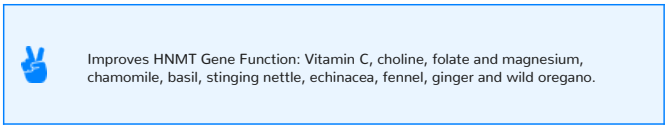
Having a homozygous variant in COMT V158M may increase your need for magnesium, vitamin C, and healthy copper levels (not too high or low). Compound weight lifting (squats, bench press, deadlift), sprints, and chopping wood can assist a slow COMT enzyme by increasing testosterone levels, which speed up the pathway and lower the stress response. Supplementation of magnesium and vitamin C may be essential to modulate COMT due to low magnesium levels in the water and soil, or lack of freshly picked fruits and vegetables for vitamin C, and chronic stress levels.

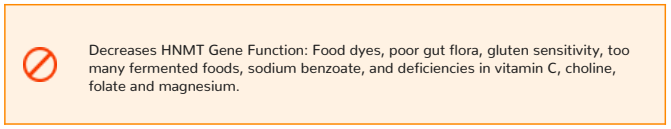
Histamines and Hyperactivity-HNMT

Below is a summary of your most significant variant genotypes:

GENE	GENOTYPE
HNMT rs1050891	Wild Type AA

Recap





HISTAMINES AND HYPERACTIVITY-HNMT

Research: HNMT stands for histamine methyltransferase. HNMT is the primary enzyme responsible for histamine metabolism in the brain. Dysfunction of the histaminergic nervous system is associated with various neuropsychiatric disorders including narcolepsy, Alzhemer's disease, Tourette's syndrome, eating disorders, and depression.

This gene requires adequate methyl donors from methionine and choline. If you do not have enough methyl groups available, you may be more prone to high histamine levels. HNMT polymorphisms differ considerably between Chinese and American populations.

In a 2019 mice study, results demonstrated that HNMT played an essential role in regulating brain histamine concentration, controlling aggression and sleep–wake cycles. HNMT disruption did not affect histamine concentration of the skin and stomach.

In children with ADHD, the adverse effect of food dyes and sodium benzoate on ADHD symptoms was determined by histamine degradation in the rs1050891 AA HNMT polymorphism. Histamine is lowered by vitamin C, choline, folate, magnesium, chamomile, basil, stinging nettle, echinacea, fennel, ginger and wild oregano.

Anandamide-FAAH

Below is a summary of your most significant variant genotypes:

GENE	GENOTYPE
FAAH rs324420	Wild Type CC

Recap

Improves FAAH Gene Function: Exercise over 30 minutes, red clover tea (women), kaempferol, cacao, genistein (fermented soy), Echinacea, 7-hydroxyflavone (parsley, onions, berries, tea, and citrus fruits), β-caryophyllene (cloves, rosemary, hops).

Decreases FAAH Gene Function: Pesticides and phthalates.

ANANDAMIDE-FAAH

Anandamide is a neurotransmitter and endogenous cannabinoid, and is known as the “bliss” molecule that targets the endocannabinoid system.

The endocannabinoid system is involved in many physiological processes including reward, addiction, fertility, pain and energy regulation. This system was named from the cannabis plant, such as marijuana and hemp. THC closely resembles anandamide.

The endocannabinoids play a significant role in pain modulation and inflammation, and have been demonstrated to relieve pain by activating the CB1 and CB2 receptors.

The wild-type genotype (CC) encodes for the fast activity of FAAH, and therefore naturally leads to lower anandamide levels. Those with the homozygous genotype (AA), have the slow-activity of FAAH and naturally higher levels of anandamide. This means that the CC individuals may have more anxiety and have to work harder to achieve higher levels of happiness, while the AA individuals have less anxiety and naturally higher levels of the “bliss” molecule that stimulate feelings of happiness.

Low levels of anandamide have been linked to slower extinction of fear memories and a heightened stress response to threatening situations than those with higher anandamide levels. Healthy volunteers who carried the rs324420 "A" allele (low FAAH activity, high anandamide levels) had much less amygdala activation when placed in a threatening situation. They also had a weaker correlation between amygdala activation and trait anxiety, which is a general tendency to perceive situations to be threatening and to respond to such situations with subjective feelings of apprehension and tension.

Pesticides such as chlorpyrifos and diazinon alter the endocannabinod system and researchers have hypothesized that eating organic foods lacking pesticide residues may promote endocannabinoid balance. Phthalates are plasticizers added to water bottles, tin cans, food packaging, and even the enteric coating of pharmaceutical pills. Phthalates may act as endocrine disruptors and carcinogens, and have been found to block CB1 receptors, found in the brain.

However, there are also ways for people to lower excessive levels of chronic stress and anxiety by increasing anandamide levels in the body. One of best ways to do this is with exercise. Endorphins (endogenous opioids) enhance the effects of cannabinoids and what has been known as the “runner’s high” may in fact be the increase of anandamide. Research found that running and biking over 30 minutes, along with strenuous hiking at high altitude significantly increased anandamide.

Clinical anecdotes suggest that stress-reduction techniques, such as meditation, yoga, and deep breathing exercises impart mild cannabimimetic effects.

Brain Health-PEMT

Below is a summary of your most significant variant genotypes:

GENE	GENOTYPE
PEMT rs7946	Homozygous TT
PEMT rs12325817	Wild Type CC

Recap

Improves PEMT Gene Function: Choline, vitamin C, and estrogen.

Decreases Gene Function: Nighttime pain relievers, antihistamines, sleep aids, antidepressants, incontinence drugs and narcotic pain relievers.

Research: Choline is required for acetylcholine, a neurotransmitter of the vagus nerve that innervates multiple organs including the lungs, heart, liver, stomach, ovaries, and temporal lobe of the brain. A deficiency could affect all of these, especially memory. Acetylcholine also plays a role in promoting REM sleep.

Having one or more T alleles at rs7946 is associated with having lower phosphatidylcholine production in the liver.

Eighty percent of the women who were homozygous for the rs12325817 SNP manifested signs of choline depletion (liver or muscle dysfunction), relative to 43% of subjects carrying one copy of the variant allele and 13% of subjects without the SNP.

Vitamin C has been shown to induce the release of acetylcholine from synaptic vesicles of neurons and increase acetylcholine levels in the brain.

Possible drugs that can cause memory loss include antidepressants, antihistamines, anti-anxiety medications, anti-seizure drugs, muscle relaxants, tranquilizers, sleeping pills, and pain medications given after surgery. Why? The majority of these are in a class called anticholinergic drugs and block acetylcholine.

A French study looking at 4,128 women and 2,784 men that reported taking anticholinergic drugs showed a greater decline over four years in verbal fluency scores and in global cognitive functioning than women not using anticholinergic drugs. In men, an association was found with a decline in visual memory and to a lesser extent in executive function. Significant interactions were observed in women between anticholinergic use and age, APOE genotype, or hormone replacement therapy. A significantly 1.4–2 fold higher risk of cognitive decline was observed for continuous anticholinergic users.

These drugs could be especially theoretically problematic for those with poor PEMT function, low estrogen (in women) and a family history of dementia and Alzheimer's disease.

Research shows that only 15% of women get enough choline, and one study found that those with lowest choline have the highest anxiety.

Gene & Gene Function	Gene Rsid	Wild Type	Heterozygous	Homozygous
MAO-A MAO-A (Monoamine oxidase A) is a critical enzyme involved in breaking down important neurotransmitters such as serotonin, estrogen, norepinephrine, and dopamine.	MAO-A-rs6323	TT		
5-HT2A The 5-HT2A gene encodes for serotonin receptors found in the brain and central nervous system and is concentrated in the brain region essential for learning and cognition. Polymorphisms in rs6314 may result in reduced episodic memory in young and middle-aged individuals.	5-HT2A-rs6314		AG	

Gene & Gene Function	Gene Rsid	Wild Type	Heterozygous	Homozygous
5-HT2A The 5-HT2A gene encodes for serotonin receptors found in the central nervous system. Polymorphisms in rs6311 and rs6313 may contribute to a reduced capacity to regulate stress, low vagal tone, anxiety, depression, OCD, and IBS, especially in females.	5-HT2A-rs6311		CT	
	5-HT2A-rs6313		AG	
COMT V158M COMT is connected to dopamine, adrenaline, estrogen and catecholamine metabolism.	COMT V158M-rs4680			AA
	COMT-rs4633			TT
ANKK1 ANKK1 modulates the density of dopamine receptors in the brain.	ANKK1-rs1800497	GG		
DAO C2029G DAO participates in the degradation of extracellular histamine. This gene is connected to migraines.	DAO C2029G-rs1049793	CC		
HNMT C314T Histamine N-methyltransferase (HNMT) is a histamine-metabolising enzyme expressed in the brain. This gene is connected to migraines.	HNMT C314T-rs11558538	CC		
HNMT Histamine N-methyltransferase (HNMT) is a histamine-metabolising enzyme expressed in the brain. This gene is connected to hyperactivity and food dyes.	HNMT-rs1050891	AA		
FAAH FAAH (fatty acid amide hydrolase) is a gene that encodes for anandamide breakdown, a neurotransmitter and endogenous cannabinoid.	FAAH-rs324420	CC		

Gene & Gene Function	Gene Rsid	Wild Type	Heterozygous	Homozygous
PEMT Choline is required for acetylcholine, a neurotransmitter of the vagus nerve that enervates numerous organs.	PEMT-rs7946			TT
	PEMT-rs12325817	CC		
GAD1 GAD1 stands for “Glutamate Decarboxylase 1” and is responsible for the conversion of glutamate to GABA.	GAD1-rs3749034	GG		
BDNF BDNF is a synaptic modulator of glutamate while GABA synapses are also regulated by BDNF.	BDNF-rs6265	CC		
SLC17A7 SLC17A7 mediates the uptake of glutamate into synaptic vesicles at presynaptic nerve terminals of excitatory neural cells in the brain. Polymorphisms are associated with delayed recovery time from head injuries.	SLC17A7-rs74174284		CG	
APOE Apolipoprotein E (APOE) is a lipid binding protein that transports triglycerides and cholesterol in multiple tissues, including the brain.	APOE-rs429358	TT		
	APOE-rs7412			CC
GAD1 GAD1 stands for “Glutamate Decarboxylase 1” and is responsible for the conversion of glutamate to GABA.	GAD1-rs3791851		CT	
	GAD1-rs2241165			TT
	GAD1-rs3791850	GG		

MY CLINICAL RESEARCH SUMMARY: DETOXIFICATION

Liver Enzyme-CYP1A2

Below is a summary of your most significant variant genotypes:

GENE	GENOTYPE
CYP1A2 C164A rs762551	Homozygous AA

Recap

Improves CYP1A2 Gene Function: Unfiltered fermented drinks (Kombucha, beer, wine), hops, marinades, cruciferous vegetables, blueberries, blackberries, red grapes, kiwi, watermelon, parsley, and spinach.

Decreases CYP1A2 Gene Function: Heterocyclic amines, nitrosamines, aflatoxin B1, polycyclic aromatic hydrocarbons, dioxins, and β-naphthoflavone. Omeprazole and primaquine are inducers. Caffeine and Tylenol combined with these compounds can make the effect worse.

LIVER ENZYME-CYP1A2

Research: Approximately 200 polymorphisms exist in CYP1A2 gene region, with numerous studies focusing on rs762551. You have the homozygous (AA) rs762551 genotype, which is the rapid metabolizer.

The cytochromes P450 liver enzymes play an important role in the development of various cancers since they are involved in the metabolic transformation of numerous endogenous and exogenous compounds including carcinogens. CYP1A2 is a key factor in the metabolic activity of carcinogenic aromatic and heterocyclic amines, and researchers have found that the inhibition activity of this enzyme may represent a logical strategy for preventing the development of human cancers induced by the aromatic and heterocyclic amines. Further research has shown a cumulative value of phase I (CYP-450 enzymes) and phase II enzymes (GSTM1, GSTP1 and NAT2) in determining individual carcinogenic potential of compounds.

Heterocyclic amines (HCAs) are created by high heat reacting with the proteins. The way to reduce HCAs is to use marinades. Marinades reduce HCAs by up to 90 percent. For further protection, pair with cruciferous vegetables (especially fermented like sauerkraut) and an unfiltered beer or Kombucha due to the protection of the yeast. Red wine, blueberries, blackberries, red grapes, kiwi, watermelon, parsley, and spinach all inhibit the mutagenic activity of certain HCAs in vitro.

High antioxidant fruits, lemon juice, herbs, and spices help keep meat fresh and juicy while protecting against HCAs and reducing AGEs.

Grass-fed meat is higher in vitamin E, and in a study adding concentrations of vitamin E to the surface of ground beef reduced HCA production by 70%. Aim for medium to medium-rare for red meat, flip often and avoid burning. The darker the color the higher the HCA concentrations.

Nitrosamines are used in pesticides, created by frying meat, and from a conversion in the gut by nitrites from cured meats. Vitamin C prevents nitrites from becoming nitrosamines. Limit cured meat consumption using nitrites and take vitamin C when needed.

Aflatoxin B1 is the most common in food and amongst the most potent genotoxic and carcinogenic. It can occur in grain-fed milk, nuts/grains stored in hot conditions or bins, vegetable oils, cocoa or coffee beans stored in warm conditions, and dried fruit. We don't recommend Brazil nuts because they are prone to aflatoxin contamination. Choose nuts and seeds in sealed bags, preferably sprouted. You also want to minimize or avoid oats (unless tested free of ochratoxin). Low protein diets may increase the toxicity of aflatoxin and promote cancerous growth.

Hops in beer contain a flavonoid called xanthohumol, which strongly inhibits CYP1A2. Xanthohumol has anti-carcinogenic properties and has been found to scavenge reactive oxygen species, including hydroxyl- and peroxyl radicals, and to inhibit superoxide anion radical and harmful nitric oxide production.

Liver Enzyme-THC and CYP2C9

Below is a summary of your most significant variant genotypes:

GENE	GENOTYPE
CYP2C9*3 A1075C rs1057910	Heterozygous AC

Recap

Improves CYP2C9 Gene Function: Avoiding vegetable oils and high dosing of drugs that could slow or inhibit this enzyme, especially if using THC.

Decreases Gene Function: Linolenic acid from vegetable oils (soy, corn, canola, sunflower, safflower) generates superoxide (inflammatory) via induction of CYP2C9 and should be avoided. Monounsaturated fats like olive oil and avocados are preferred.

LIVER ENZYME-THC AND CYP2C9

Research: The heterozygous AC and homozygous CC genotype of rs1057910 have been found to be a poor metabolizers of THC, which could cause a sensitivity to marijuana, especially in the edible form. The effect is much more pronounced in the CC homozygotes.

Numerous studies have found that THC is immunosuppressive and reduces T-cell activity. In vitro studies have found that for the influenza virus, THC caused higher hemagglutinin 1 expression levels, and diminished CD4 and CD8 lymphoctye and macrophage recruitment into the lungs. For respiratory viruses, slow metabolizers of THC could be susceptible to viral activity if using THC.

Gene & Gene Function	Gene Rsid	Wild Type	Heterozygous	Homozygous
CYP1A1*2C 4889 CYP1A1 is in the estrogen metabolism pathway along with CYP1B1, CYP1A2, CYP31A, SULT's and COMT. CYP1A1 is involved in the metabolism of benzopyrene.	CYP1A1*2C 4889-rs1048943	TT		
CYP1A2 C164A CYP1A2 metabolizes various environmental procarcinogens, such as heterocyclic amines, nitrosamines, aflatoxin B1 and ochratoxin A.	CYP1A2 C164A-rs762551			AA
CYP1B1*6 L432V The CYP1B1 gene metabolizes pro-carcinogens such as polycyclic aromatic hydrocarbons and 17 beta-estradiol.	CYP1B1*6 L432V-rs1056836		CG	

Gene & Gene Function	Gene Rsid	Wild Type	Heterozygous	Homozygous
CYP2C9*3 A1075C Variants in CYP2C9 rs1057910 may alter the metabolism of THC, the psychoactive compound found in cannabis.	CYP2C9*3 A1075C-rs1057910		AC	
CYP2D6 T100C CYP2D6 metabolizes approximately 50% of drugs in clinical use.	CYP2D6 T100C-rs1065852	GG		
CYP2E1 Research has identified CYP2E1 as the primary P450 isozyme responsible for benzene metabolism at low concentrations, acrylamide to glycidamide, alcohol, Tylenol, and nitrosamines.	CYP2E1-rs2031920	CC		
CYP3A4*1B The CYP3A4 enzyme is involved in the metabolism of approximately 50% of drugs that are used today, cholesterol homeostasis, and the oxidative deactivation of testosterone.	CYP3A4*1B-rs2740574	TT		
CYP2C19*17 Genetic variability impacts expression and activity of CYP2C19 and therefore can influence drug metabolism and catabolism of estrogens.	CYP2C19*17-rs12248560	CC		
NAT2 The NAT2 gene encodes an enzyme that functions to activate and deactivate arylamine, hydrazine drugs, and carcinogens.	NAT2-rs1495741		AG	
VKORC1*2 Variants in VOKRC1*2 may increase the need for vitamin K2 and a sensitivity to dosing of the drug Warfarin.	VKORC1*2-rs9923231	CC		

Gene & Gene Function	Gene Rsid	Wild Type	Heterozygous	Homozygous
COQ2 The COQ2 gene encodes an enzyme that functions in the final steps in the biosynthesis of CoQ10 and homozygous variants may increase the risk of statin induced myopathy.	COQ2-rs4693596		CT	

MY CLINICAL RESEARCH SUMMARY: IMMUNE SUPPORT, ANTIOXIDANTS AND INFLAMMATION

Cell Protection-SOD2

Below is a summary of your most significant variant genotypes:

GENE	GENOTYPE
SOD2 rs4880	Homozygous GG

Recap

Improves SOD2 Gene Function: Manganese, boron, vitamin A, C, E, omega-3 fatty acids, CoQ10, lutein, lycopene, milk thistle, cordyceps, holy basil, reishi and cryotherapy.

Decreases SOD2 Gene Function: Glyphosate, fluoridated water, chronic stress, poor sleep, shallow breathing, high iron levels and food dyes.

CELL PROTECTION-SOD2

Research: SOD2 is superoxide dismutase, which protects against the inflammatory superoxide inside the cell for the mitochondria (power house of the cell). SOD2 is manganese dependent, and adequate intake is important. Manganese is crucial for heart health, blood sugar, male fertility, bone health and protecting the brain against glutamate toxicity.

Exercise also helps improve SOD2 activity. Studies show exercise intensity can reduce cardiac arrhythmias and myocardial infarction due to improved SOD2 function. However, research has shown that high intensity sports may create higher levels of muscle damage for the homozygous SOD2 genotype, increasing the need for more antioxidant support.

Glutathione level and activity of antioxidant enzymes (catalase, superoxide dismutase, glutathione peroxidase and glutathione reductase) have been found to be increased in yoga practitioners. One year of Tai Chi training has been reported to promote superoxide dismutase activity and lessen lipid peroxidation.

One study found that young men exposed to cryotherapy for 3 minutes at -202°F (-130°C) everyday for 20 days doubled the activity of one the antioxidant enzyme glutathione reductase, and increased superoxide dismutase by 43%.

Chronic stress, poor sleep, shallow breathing and food dye consumption are examples of ways intracellular inflammation can occur. Food dyes have been found to inhibit mitochondrial respiration; the ability of the powerhouse of your cells to convert nutrients to energy and food dyes are often used ironically in sports drinks and multivitamins.

Fluoride decreases SOD2 activity in studies, and 75% of the water in the U.S. is fluoridated compared to 3% of western Europe. Reverse osmosis systems remove fluoride from water.

Variants in SOD2 increase the need for manganese to protect the mitochondria and lactobacillus in the gut. Colitis has been linked to impaired SOD2 genes.

Vitamin, A, C, E, omega-3 fatty acids, cordyceps and reishi help protect mitochondria against intracellular superoxide in red blood cells.

Men with the SOD2 homozygous genotype who had low long-term lycopene status had a higher risk of aggressive prostate cancer compared with individuals with the other genotypes. These results are consistent with findings from earlier studies that reported when antioxidant status is low, the homozygous genotype may be associated with an increased risk of aggressive prostate cancer.

Glutathione-GSTM1

Below is a summary of your most significant variant genotypes:

GENE	GENOTYPE
GSTM1 rs366631	Wild Type AA

Recap

Improves GSTM1 Gene Function: Cruciferous vegetables, vitamin C, vitamin A, vitamin E, milk thistle, resveratrol, curcumin, green tea and white tea.

Decreases GSTM1 Gene Function: Low intake of vitamin A, C, E and cruciferous vegetables, smoking, burning of wood or trash, asphalt, coal, diesel exhaust, gas cooking, dioxins, and grilled or charred meat.

GLUTATHIONE-GSTM1

Research: GSTM1 rs366631 is a pseudo-SNP that can be used as a GSTM1 deletion marker. The deletion is also known as the null genotype and confers the absence of the GSTM1 protein. The frequency of the null genotype varies from 20% to 80%, depending on the ethnic group studied.

For example, the null genotype is less frequent in western and southern African populations, less frequent in South American populations, intermediate in the Japanese, but is higher in Egyptian, European, American, and Asian populations.

High frequencies of the GSTM1 null genotype have been found in patients with lung cancer (East Asians), breast cancer (over 50 age group and in Asians), bladder cancer (with NAT2 slow acetylator), colorectal cancer, skin cancer, gastric cancer (among Asians with H. Pylori), chronic bronchitis, kidney disease progression, acute myeloid leukemia, acute lymphoblastic leukaemia, head and neck cancer (combined with CYP1A1 variant), endometriosis, type 2 diabetes retinopathy, and recurrent pregnancy loss. All have been regarded as environmentally induced and the risk may change with ethnicity.

Of the major glutathione enzymes, GSTM1 appears to be the most effective at neutralizing cytotoxic and genotoxic reactive compounds. However, the research shows that the null genotype of GSTM1 on its own may not be able to determine carcinogen exposure cancer risk. Instead, a combination of genotypes in the other glutathione and antioxidant genes like GSTP1 and NFE2L2, detoxification genes like CYP1A1 and NAT2, and/or compounding epigenetic habits that appear to modify the effect.

GSTM1 catalyzes the detoxification of alkyl and polycyclic aromatic hydrocarbons, intermediate forms of many carcinogens, specifically metabolically generated epoxide intermediates of benzo(a)pyrene. Benzo(a)pyrene is part of a class of chemicals called polycyclic aromatic hydrocarbons. Sources of benzo(a)pyrene include the burning of wood or trash, tobacco smoke, asphalt, coal, diesel exhaust, and grilled or charred meat. There is evidence that it causes skin, lung, and bladder cancer in humans and in animals. Research has also shown that early markers of cardiovascular disease are associated with occupational exposure to polycyclic aromatic hydrocarbons.

A study also found sensitivity to gas cooking and the GSTM1 null genotype, increasing the sensitivity of the lungs to nitrogen dioxide. Nitrogen dioxide is also found in diesel exhaust. Exposure of human blood plasma to nitrogen dioxide caused rapid losses of ascorbic acid, uric acid, protein thiol groups, lipid peroxidation, and depletions of alpha-tocopherol, bilirubin, and ubiquinol leading to high levels of oxidative stress.

Animal studies and in vitro studies have shown that vitamin C, vitamin E, vitamin A, resveratrol, curcumin, green tea, and white tea can inhibit the carcinogenic effect of benzo(a)pyrene and nitrogen dioxide. In the Norwegian Mother and Child Cohort Study 50,651 women, a higher prenatal exposure to dietary benzo(a)pyrene was found to reduce birth weight. However, increasing dietary vitamin C intake during pregnancy helped reduce any adverse effects of benzo(a)pyrene on birth weight.

Isothiocyanates from cruciferous vegetables are known for their anti-cancer activity. They are stored as glucosinolates in cruciferous vegetables and are hydrolyzed by myrosinase (an enzyme found in plants and intestinal microflora) to form isothiocyanates. Isothiocyanates from cruciferous vegetables are substrates and inducers of GSTM1.

GSTM1 variants may alter isothiocyanates clearance, with the null genotype retaining higher levels of isothiocyanates and therefore the benefits. In numerous studies, the GSTM1 null genotype was the most responsive to cruciferous vegetables for anti-cancer effects against lung cancer, colon cancer, breast cancer, and kidney disease.

The isothiocyanate levels in cruciferous vegetables will range based on growing conditions including sulfur and nitrogen levels, time after harvest and storage (cold transportation and storage of broccoli also cause a loss of glucosinolates up to 70-80%),

plant genetics, and cooking preparation. Broccoli sprouts will yield the highest isothiocyanate levels.

Nitric Oxide-NOS2

Below is a summary of your most significant variant genotypes:

GENE	GENOTYPE
NOS2 rs2248814	Homozygous AA

Recap

Improves NOS2 Gene Function: Eggs, coconut, walnuts, almonds, sunflower seeds, pumpkin seeds, sesame seeds, seaweed, whey protein, cordyceps mushrooms.

Decreases NOS2 Gene Function: Smoking, heavy metals, vegetable oils, high blood sugar, high acidity and poor breathing habits.

NITRIC OXIDE-NOS2

Research: NOS2A encodes for wound, tissue damage, infection and hypoxia (low oxygen).

NOS2A or iNOS normally induces low amounts of nitric oxide, but under pathogenic conditions, high levels of nitric oxide are generated to combat environmental insults in a wide range of cells.

Nitric oxide uncoupling occurs due to chronic stress, poor diet and environmental stressors including heavy metals, vegetable oils, high blood sugar, high acidity and poor breathing habits.

Research has found that significant interaction between smoking and the NOS2A SNP rs2248814. Stratified data by genotypes demonstrated that the association between age-related macular degeneration (AMD) and smoking was stronger in carriers of AA genotypes than in carriers of the AG genotype or GG genotype. AA homozygous individuals with AMD were 35 times as likely to have smoked as controls with the AA genotype.

For eye health, please review the CFH and ARMS2 gene in conjunction with NOS2A for dietary strategies.

The rs2248814 NOS2A may also have a compounding effect for delayed fracture healing. The AA genotype of NOS2A could benefit from whey protein to normalize NOS levels, lower oxidative stress and increase wound healing. Whey protein was found to significantly decrease the levels of nitric oxide (NO) and decrease the time required for wound healing. In mice studies, whey protein has also been found to improve fracture healing.

Eye Health-ARMS2

Below is a summary of your most significant variant genotypes:

GENE	GENOTYPE
ARMS2 rs10490924	Heterozygous GT

Recap

Improves ARMS2 Gene Function: Lutein, zeaxanthin, bilberry, lingonberry, vitamin C, vitamin E, DHA, and zinc.

Decreases ARMS2 Gene Function: Smoking, pesticides, benzene (found in certain laundry detergents, gasoline and paint), aspartame, oxidative stress, elevated TNF-alpha, elevated IL-6, obesity, smoking, diabetes, hypertension, atherosclerosis and low intake of lutein and zeaxanthin.

Research: ARMS2 is considered a second major AMD susceptibility gene next to CFH. CFH and ARMS2 share a common pathway in the pathogenesis of AMD, with ARMS2 polymorphisms disrupting mitochondrial function in the retina.

Research estimates that the risk of AMD can be attributed to 20% from smoking, 36% for variants in ARMS2, and 43% for variants in the CFH gene.

The overall effect of ARMS2 polymorphisms is driven primarily by a strong association in smokers. This gene-environment interaction is supported by statistically independent family-based and case-control analysis methods. Studies have shown that a genetic susceptibility coupled with a modifiable lifestyle factor such as cigarette smoking confers a significantly higher risk of AMD than either factor alone.

Polymorphisms in ARMS2 is also associated with polypoidal choroidal vasculopathy (PCV) and clinical severity in the subgroups of PCV in the Japanese population.

Gene & Gene Function	Gene Rsid	Wild Type	Heterozygous	Homozygous
SOD2 Superoxide dismutase (SOD2) is manganese dependent and protects against superoxide for the mitochondria of the cell. Variants here increase the need for intracellular antioxidant protection.	SOD2-rs4880			GG
SOD3 Superoxide dismutase (SOD3) is zinc/copper dependent and protects against superoxide for the cell membrane. Variants here increase the need for intracellular and extracellular antioxidant protection.	SOD3-rs1799895	CC		
CAT C-262T CAT makes an enzyme called catalase, which helps reduce oxidative stress.	CAT C-262T-rs1001179	CC		
GSTM1 GSTM1 catalyzes the detoxification of alkyl and polycyclic aromatic hydrocarbons (PAHs), intermediate forms of many carcinogens, specifically metabolically generated epoxide intermediates of benzo(a)pyrene.	GSTM1-rs366631	AA		

Gene & Gene Function	Gene Rsid	Wild Type	Heterozygous	Homozygous
GSTP1 I105V Glutathione S-Transferase (GSTP1) is linked to the metabolism of mutagens, carcinogens, and other poisonous chemicals. It plays a crucial role in the detoxification process, thereby protecting cells from these compounds. GSTP1 rs1695 is connected to breast, prostate, urinary, esophagus, and skin health.	GSTP1 I105V-rs1695	AA		
GSTP1 C341T Glutathione S-Transferase (GSTP1) is linked to the metabolism of mutagens, carcinogens, and other poisonous chemicals. It plays a crucial role in the detoxification process, thereby protecting cells from these compounds. GSTP1 rs1138272 is connected to the colon, prostate, lung, throat, and fertility.	GSTP1 C341T-rs1138272	CC		
GPX1 The GPX1 (Glutathione peroxidase 1) gene encodes a protein responsible for the modulation and detoxification of hydroperoxides and hydrogen peroxide to protect the mitochondria and cytoplasm of cells against oxidative damage.	GPX1-rs1050450	GG		
CTH The CTH (Cystathionine Gamma-Lyase) gene encodes an enzyme in the trans-sulfuration pathway that converts cystathionine derived from methionine into cysteine. Glutathione synthesis in the liver is dependent upon the availability of cysteine.	CTH-rs1021737		GT	

Gene & Gene Function	Gene Rsid	Wild Type	Heterozygous	Homozygous
NOS1 NOS1 (nNOS) codes for brain neural transmission, memory, learning, psychological stress, the peripheral nervous system and potentially the lymph nodes.	NOS1-rs3782218	CC		
NOS2 NOS2 (iNOS) encodes for wound, tissue damage, infection and hypoxia (low oxygen).	NOS2-rs2248814			AA
CFH CFH (complement factor H) polymorphism is associated with increased risk of age related macular degeneration.	CFH-rs1061170	TT		
ARMS2 ARMS2 polymorphism is associated with increased risk of age related macular degeneration (AMD).	ARMS2-rs10490924		GT	
LZTFL1 The LZTFL1 gene influences the transition of specialized lung cells to less specialized lung cells during infection and inflammation.	LZTFL1-rs17713054	GG		

MY CLINICAL RESEARCH SUMMARY: DNA PROTECTION, DAMAGE & REPAIR

Breast-ESR2

Below is a summary of your most significant variant genotypes:

GENE	GENOTYPE
ESR2 rs2987983	Homozygous GG

Recap

Improves ERS2 Gene Function: Phytoestrogen foods (especially flax seeds), milk thistle, fermented soy (Asians), and iodine.

Decreases ERS2 Gene Function: Obesity, BPA plastic, unfiltered tap water, atrazine (sprayed on golf courses, lawns, non-organic corn, and non-organic wheat), dioxins (bleached products, non-organic animal fats), and phthalates (many chemically-based personal care products).

BREAST-ESR2

Research: Genes involved in estrogen biosynthesis, metabolism, and signal transduction have been suggested to affect breast cancer susceptibility. It is important to note that there is a cumulative value of SNPs that increase or decrease cancer risk according to the research. Therefore, these genes should be analyzed in the context of all related genes.

A total of 318 sporadic breast cancer cases and 318 age-matched controls were included in the study. With regard to homozygous genotypes, women with sporadic breast cancer more frequently carried the GG genotype of ESR2 promoter SNP rs2987983. The A allele was found to be more frequent in healthy women. A systematic analysis found that rs2987983 was also significantly associated with breast cancer risk as well as a study with North Indian women.

A review of several epidemiological studies suggests that high dietary intake of phytoestrogens from fermented soy, in the amount typically consumed by Asian populations, may have protective effects against breast cancer. According to in-Rong Zhou, Ph.D., assistant professor of surgery at Harvard Medical School, “the combination of soy and tea (especially green tea) significantly prevented the growth of estrogen-dependent breast cancer in a synergistic manner in our research.”

However, a meta-analysis indicated that risk reduction from soy was limited to Asian populations, and therefore there may be genetic differences that determine the response between Asian and Western populations with soy.

Iodine intake from seaweed consumption may also play a role in breast health as seen in Asian populations. Research has observed that Japanese women who consume a high iodine content diet have a low incidence of benign and malignant breast disease, but this protective advantage is lost once they immigrate to other countries.

It is estimated that 30 percent of iodine stores are in the breast tissue, and it has been shown to exert as powerful of an antioxidant effect as vitamin C. Iodine deficient breast tissue exhibits the early markers of cancer development and research has shown that there is a low incidence of cancers of the prostate, endometrium, ovary, and breast in populations consuming diets with a high iodine content.

A combined analysis of CYP1A1, CYP1A2, CYP3A4, CYP1B1, SHBG, and COMT could give more insight into individual estrogen metabolism.

Processed Meat and Colon Cancer-GATA3

Below is a summary of your most significant variant genotypes:

GENE	GENOTYPE
GATA3 rs4143094	Heterozygous GT

Recap

Improves GATA3 Gene Function: Avoiding processed meats.

Decreases GATA3 Gene Function: Processed meats like hot dogs, cured meats, pepperoni and sausages.

PROCESSED MEAT AND COLON CANCER-GATA3

Research: A large-scale genome-wide analysis of over 18,000 people from the U.S., Canada, Australia and Europe found that variants in GATA3 (rs4143094) was associated with an increased risk of colon cancer for those eating processed meat compared to those with the normal genotype.

A meta-analysis revealed that by raising the serum level of vitamin D to 34 ng/ml, the incidence rates of colorectal cancer could be reduced by half. Researchers projected a two-thirds reduction in incidence with serum levels of 46 ng/ml, which corresponds to a daily intake of 2,000 IU of vitamin D3.

All of the foods below have been found in research studies to reduce the risk of colon cancer: black raspberries, blackberries, raspberries, cranberries, blueberries, apples, oranges, avocado, tomatoes, garlic, onions, shallots, leeks, cabbage, sauerkraut, broccoli, Brussels sprouts, sweet potatoes, beets, spinach, kale, asparagus, cauliflower, turmeric, rosemary, oregano, basil, thyme and parsley. Preventing constipation should be a priority.

Longevity-SIRT1

Below is a summary of your most significant variant genotypes:

GENE	GENOTYPE
SIRT1 rs7895833	Wild Type AA

Recap

Improves SIRT1 Gene Function: Exercise, fasting, 7-8 hours of sleep per night, sauna, polyphenols, vitamin D, omega-3 fatty acids, resveratrol, magnesium, and melatonin.

Decreases SIRT1 Gene Function: The APOE-e4 genotype, high blood sugar, and insulin resistance.

LONGEVITY-SIRT1

Research: SIRT1 regulates numerous genes that accelerate the aging process, modulate DNA repair mechanisms and transcription factors like p53 (tumor suppressor gene), FOXOs (key regulators of lipid metabolism, stress resistance, and apoptosis) and inhibits NF-kb, a pathway connected to viral inflammation.

SIRT1 activity goes down as we age, and DNA damage accumulates, and its activity is especially harmed by a sedentary lifestyle, poor diet, and obesity. Activation of sirtuins induces the growth of blood vessels, insulin sensitivity and better glucose control, and other health benefits in a wide range of age-related cardiovascular and metabolic disease models. Experimental models have shown that increasing the activity of the sirtuins is associated with the delay of age-related diseases and potentially increasing longevity.

Researchers have observed a significant increase in SIRT1 levels in longevity populations and found a significant positive correlation between SIRT1 levels and age in a Turkish population. The oldest people carrying AG genotypes for rs7895833 had the highest SIRT1 level compared to the AA genotype, suggesting an association between rs7895833 SNP and lifespan longevity.

The average age of older people carrying AG genotype (76.0 ± 1.5 years) was significantly higher than the average age of older people carrying AA genotype (71.3 ± 1.4 years).

Your APOE genotype may also affect SIRT1 activity for longevity. Research from the Buck Institute group found that APOE-e4 reduced expression of SIRT1. The reduced expression of SIRT1 was thought to impair beta-amyloid clearance observed in Alzheimer's. If you have the APOE-e4 allele, the AA SIRT1 genotype may require more SIRT1 activation.

Polyphenols are activators of SIRT1 and contain anti-inflammatory and apoptosis properties. These include piceatannol (a metabolite of resveratrol), olive oil, fisetin (strawberries, apples, grapes), quercetin (wine, peppers, berries, apples) and resveratrol (wine, blackberries, blueberries, pistachios and dark chocolate).

Other activators of SIRT1 that also benefit the APOE-e4 carriers include magnesium, melatonin, vitamin D, and omega-3 fatty acids. One study found that centenarians (those living over 100) have higher total body magnesium and lower calcium levels than most elderly people.

Gene & Gene Function	Gene Rsid	Wild Type	Heterozygous	Homozygous
XRCC3 XRCC3 participates in DNA double-strand break/recombination repair.	XRCC3-rs861539		AG	
ATM D1853N ATM coordinates DNA repair by activating enzymes that fix double stranded DNA breaks.	ATM D1853N-rs1801516	GG		
ESR2 ESR2 acts as a tumor suppressor gene that codes for estrogen receptor beta (ER-beta), one of two main types of estrogen receptor activated by estrogen. ESR2 is strongly expressed in the breast.	ESR2-rs2987983			GG
TP53 TP53 is a tumor suppressor gene responsible for DNA repair.	TP53-rs1042522			CC
MDM2 Variants in the MDM2 gene encode a protein that reduces cellular levels of the p53 tumor suppressor protein.	MDM2-rs2279744	TT		

Gene & Gene Function	Gene Rsid	Wild Type	Heterozygous	Homozygous
MLH1 MLH1 codes for a DNA repair enzyme linked to colon health.	MLH1-rs1800734	GG		
GATA3 GATA3 factors are involved in cellular maturation with proliferation arrest and cell survival.	GATA3-rs4143094		GT	
SIRT1 SIRT1 senses changes in intracellular NAD+ levels and plays a role in DNA damage and repair.	SIRT1-rs7895833	AA		

MY CLINICAL RESEARCH SUMMARY: CARDIOVASCULAR HEALTH AND ATHLETIC PERFORMANCE

Power and Recovery-ACTN3

Below is a summary of your most significant variant genotypes:

GENE	GENOTYPE
ACTN3 rs1815739	Wild Type CC

Recap

Improves ACTN3 Gene Function: Not applicable for ACTN3.

Decreases ACTN3 Gene Function: Not applicable for ACTN3.

POWER AND RECOVERY-ACTN3

ACTN3 is currently the most promising gene for predicting the likelihood of becoming an Olympic level sprint and power athlete in males and females. The RR (CC) genotype expresses the ACTN3 protein found in Type II muscle fibers, which produces explosive and powerful contractions.

A 2019 meta-analysis of 44 studies and 20,753 individuals, found that the RR genotype is associated with enhanced strength and training adaptation, improved protection from eccentric training-induced muscle damage, and lower risk of sports injury, and reduced frailty in the elderly. Other research has shown that testosterone levels were higher in male and female athletes with at least one R allele compared to the XX genotypes.

Studies in both Ironman athletes and ultra runners found that the RR genotype experienced the least amount of muscle damage during and after the competition, reducing the risk of rhabdomyolysis and other health complications during ultra-endurance competitions. However, there was no difference in race time or perceived exertion between all three genotypes.

For resistance training, two studies reported that the RR genotype was associated with the most significant increase in strength and power following resistance training in men and women. Women with the RR genotype (compared to XX genotype carriers) had lower muscle leg power initially but had higher increases after strength training.

Numerous studies have shown that the RR genotype significantly reduced the risk of ankle injuries and that XX genotypes were 2.6 times more likely to suffer injuries than RR genotypes. These injuries were also more likely to be of increased severity.

A higher frequency of the ACTN3 RR genotype has been found in Olympic level sprint and power athletes (sprinters, jumpers, and throwers) in Australians, Finnish, Greek, Russian, African, Israeli and Japanese athletes. Researchers have found it is rare for humans with the XX genotype to qualify for the 200-meter and 400-meter competitions at the Olympic Games.

There was some evidence for a dose-effect of the ACTN3 R allele and 200-meter sprint speed in elite male African athletes. The ACTN3 RR individuals had (on average) a faster best personal sprint time than ACTN3 RX individuals.

The XX genotype for ACTN3 has a higher baseline VO2 max than the RR genotype. However, RR genotypes are hyper-responders to exercise, and the difference was eliminated with consistent endurance training according to a study on police recruits.

Lung Cytokines-TNFA

Below is a summary of your most significant variant genotypes:

GENE	GENOTYPE
TNFA rs1800629	Heterozygous AG

Recap

Improves TNFA Gene Function: Optimal testosterone levels (men), cold showers and ice baths, deep breathing methods, cordyceps, vitamin C, turmeric, boron, ginger, dandelion, purple sweet potatoes, cranberries, blueberries, beet root juice and cherry juice.

Decreases Gene Function: Depression, bacterial overgrowth, overtraining, auto-immune disorders and high blood sugar.

LUNG CYTOKINES-TNFA

Research: Tumor necrosis factor (TNF-) is a pro-inflammatory cytokine. Proinflammatory cytokines, such as TNF-a, are found in airways and are known to induce inflammatory responses and regulate immunity.

The A allele of this polymorphism can lead to high binding affinity of nuclear factors to the TNF promoter, resulting in a high level of transcription activity and secretion levels of TNF-a.

A meta-analysis found that those with the A allele (AG or AA) had 46% increased asthma risk compared to those individuals with the GG carriers. In a stratified analysis by ethnicity, significant associations were shown in Asians, but not Caucasians. The strongest association was found in West Asians and South Asians, but not in East Asians.

Shortened leukocyte telomeres may be linked with elevated concentrations of both interleukin (IL)-6 and TNF-a. In addition, individuals with elevated concentrations of both IL-6 and TNF- were more likely to have shortened leukocyte telomeres than those with high concentrations of only one of these molecules. Shorter telomere length is associated with premature aging.

Researchers have shown that high plasma levels of TNF-a are associated with reduced physical performance. The minor A allele rs1800629 SNP was associated with increased plasma TNF concentration and with an impaired improvement of physical performance in older women following physical activity.

Chronically elevated TNF-a has a widespread inflammatory action throughout the body and is elevated in many disorders, including osteoarthritis for the AA genotype in Asian populations. Norepinephrine inhibits the inflammatory pathway by decreasing TNF-. Studies have found that deep breathing exercises and cold therapy like swimming in cold water and ice baths increase norepinephrine.

Variants in TNF-a may increase the need for anti-inflammatory support including cold water immersion, breathing exercises, cordyceps, vitamin C, turmeric, and ginger, which have all been found to lower TNF-a levels.

Muscle Inflammation-SOD2

Below is a summary of your most significant variant genotypes:

GENE	GENOTYPE
SOD2 rs4880	Homozygous GG

Recap

Improves SOD2 Gene Function: Manganese, boron, vitamin A, C, E, omega-3 fatty acids, CoQ10, lutein, lycopene, cordyceps, holy basil, reishi and cryotherapy.

Decreases Gene Function: Glyphosate, fluoridated water, chronic stress, poor sleep, shallow breathing, high iron levels and food dyes.

MUSCLE INFLAMMATION-SOD2

Research: Exercise-induced oxidative stress is a state that primarily occurs in athletes involved in high-intensity sports when pro-oxidants overwhelm the antioxidant defense system. This can cause excessive muscle damage, leading to higher levels of soreness and required recovery days.

The G allele of the rs4880 polymorphism in the SOD2 gene has been reported to reduce SOD2 efficiency against oxidative stress.

In a study of 2,664 Caucasian (2,262 Russian and 402 Polish) athletes participating in high-intensity athletic events, those with the GG genotype for SOD2 had significantly increased levels of muscle and liver damage markers.

In a study of Sicilian water polo players, researchers found the SOD2 polymorphism represented a risk factor for increased muscle injury, since athletes bearing the homozygous mutated genotype exhibited higher values of LDH, CK, CK-MB, troponin, and myoglobin than wild-type AA and heterozygous subjects.

Individuals, trainers and coaches should target SOD2 function for athletes with the GG genotype. Recommendations include avoiding electrolyte drinks that use food dyes and consider hydrating with reverse osmosis water that has been re-mineralized. Other strategies include ice baths or cryotherapy post-workout, and optimizing intake of vitamin A, C, E, omega-3 fatty acids, cordyceps and reishi mushrooms.

Muscle Injury-COL1A1

Below is a summary of your most significant variant genotypes:

GENE	GENOTYPE
COL1A1 rs1800012	Wild Type CC

Recap

Improves COL1A1 Gene Function: Vitamin C, zinc, copper, glycine, proline, lysine and B6 (all precursors to collagen production) and cryotherapy.

Decreases COL1A1 Gene Function: Deficiencies in vitamin C, zinc, copper, glycine, proline, lysine, B6 and excessive NSAID use.

MUSCLE INJURY-COL1A1

Research: According to one study, the gene encoding for the alpha1 chain of type I collagen (COL1A1) has been shown to be associated with cruciate ligament ruptures and shoulder dislocations.

You have the CC genotype for COL1A1, which lowers the production of Type 1 collagen. Approximately 90% of collagen in the body is Type I. Type I collagen is found in the skin, tendons, corneas, lungs and in 95% of bone.

ACL ruptures are considered the most severe injury sustained in sports. The A variant produces more COL1A1. Two AA's reduced risk of ACL rupture by ten times, while only 5% of the population have two AA's.

Cryotherapy has been shown to inhibit harmful collagenase (activity on collagen enzyme that breaks down collagen) and also decreased the production of inflammatory E2 series prostaglandins. For athletes, cryotherapy post-training could be a useful tool to help prevent injuries.

Caffeine-CYP1A2

Below is a summary of your most significant variant genotypes:

GENE	GENOTYPE
CYP1A2 C164A rs762551	Homozygous AA

Recap

Increases CYP1A2 Gene Function: A higher cruciferous vegetable intake may help increase caffeine metabolism for those with the CC slow metabolizer genotype, along with exercise.

Decreases CYP1A2 Gene Function: Oral contraceptives.

CAFFEINE-CYP1A2

You have the homozygous AA genotype and are a “rapid metabolizer” of caffeine. This means that caffeine will quickly be metabolized from your body and the effects lasting a shorter period of time. It is important to review your COMT gene function to better understand a sensitivity to coffee intake.

For the AA genotype, caffeine decreased 40-km time in cyclists by an average of 3.8 minutes in the AA homozygotes as compared to 1.3 minutes in the C allele carriers.

Fibrinogen-ESR2

Below is a summary of your most significant variant genotypes:

GENE	GENOTYPE
ESR2 rs4986938	Homozygous TT

Recap

Improves ESR2 Gene Function: Nattokinase and lactobacillus plantarum.

Decrease ESR2 gene function: Obesity, BPA plastic, unfiltered tap water, atrazine (sprayed on golf courses, lawns, non-organic corn and non-organic wheat), dioxins (bleached products, non-organic animal fats) and phthalates (many chemically-based personal care products).

FIBRINOGEN-ESR2

Research: ERS2 (rs4986938) is a gene that has implications for normal, heterozygous and homozygous variants depending on the health issue. In the case of fibrinogen levels and post-menopausal women, it is the homozygous TT genotype that is relevant. Fibrinogen is a soluble protein in the plasma that is broken down to fibrin by the enzyme thrombin to form clots. Fibrinogen serves to stop excessive bleeding, but in high amounts can cause blot clots.

Recent observations indicate the involvement of estrogen receptor beta in the pathogenesis of cardiovascular disease in regards to fibrinogen levels. The relative risk showed a significant elevation of plasma fibrinogen in TT compared with CC and CT genotype.

A human study showed that oral administration of nattokinase decreased plasma levels of fibrinogen, factor VII, and factor VIII. After 2 months of administration, fibrinogen, factor VII, and factor VIII decreased 9%, 14%, and 17%, respectively. Further research has found that the probiotic strain lactobacillus plantarum has been found to significantly lower fibrinogen and LDL. Rat studies have also found that long-term administration of Lactobacillus plantarum is effective against breast cancer.

Stress-ADRB2

Below is a summary of your most significant variant genotypes:

GENE	GENOTYPE
ADRB2 rs1042713	Heterozygous AG

Recap

Improves ADRB2 Gene Function: Deep breathing techniques, magnesium and vitamin C.

Decreases ADRB2 Gene Function: Chronic stress and shallow breathing.

STRESS-ADRB2

Research: ADRB2 activation regulates various biological functions, including heart rate, blood pressure or respiration, and it may modulate the vasodilatation in normal coronary arteries.

In a meta-analysis of seven case-control studies with a total of 6,843 subjects, a higher frequency of polymorphisms in rs1042713 was found with heart attacks or coronary artery disease compared to healthy controls. A similar result was also obtained with polymorphisms in rs1042714. Ethnicity-stratified subgroup analysis suggested that the rs1042714 variants correlated with an increased risk of the two diseases in both Asians and Caucasians, while rs1042713 only contributed to the risk of two diseases in Asians.

If cardiovascular disease runs in your family, you may be more prone to anxiety, high blood pressure and arterial damage from stress. You may also be more sensitive to beta blockers, leading to high triglycerides.

Since ADRB2 is connected to the catecholamine epinephrine, it is also important to look at your COMT gene function. Magnesium, vitamin C and adaptogens should be considered while making lifestyle changes and strategies if chronic stress is present.

Relaxation techniques that involve slow, deep breathing have been found to be an effective therapeutic intervention that counteracts the adverse clinical effects of stress in disorders including hypertension, anxiety, insomnia and aging.

Blood Pressure-ACE1

Below is a summary of your most significant variant genotypes:

GENE	GENOTYPE
ACE1 G2350A rs4343	Wild Type GG

Recap

Improves Gene Function: Keeping total fat intake below 37%, limiting saturated fat to 22 grams per day, bilberry, grapes, raw garlic, cinnamon, and jasmine.

Decreases Gene Function: A high saturated fat diet over 37% of total calories.

BLOOD PRESSURE-ACE1

The ACE1 rs4343 gene is characterized by a genetic deletion/insertion (D/I) polymorphism and is associated with approximately 60% of circulating and tissue concentrations of ACE. The GG genotype is associated with a higher baseline of the ACE1 enzyme in serum, AG intermediate, and AA low ACE1. High ACE1 leads to low ACE2.

The main role of ACE1 is the conversion of angiotensin I to angiotensin II, responsible for constricting blood vessels and elevating blood pressure. ACE2 degrades angiotensin II and provides balance to ACE1 by dilating blood vessels and lowering blood pressure. COVID-19 downregulates ACE2 receptors, leading to high angiotensin II levels.

High angiotensin II levels in patients with COVID-19 were significantly higher than in non-infected individuals, and more importantly, were associated with viral load and lung injury. The biological marker of this imbalance appears to be hypokalemia (low potassium).

ACE1 is on the X chromosome, and women have naturally lower levels of ACE1. Men may have a higher probability of ACE1 expressing higher due to less estrogen. A higher likelihood of ACE1 means an ACE1/ACE2 imbalance in the presence of SARS-CoV-2 infection is more likely in men and may help explain the differences in severity based on sex.

In a twins study, after six weeks of a high saturated fat diet over 37%, circulating ACE concentrations increased by 15%, accompanied by an increased ACE gene expression in adipose tissue. The homozygous carriers (GG) of the variant had higher baseline ACE concentrations. Additionally, they showed a 2-fold increase in ACE concentrations in response to the high saturated fat diet compared to the AA and AG genotype. GG carriers also responded with higher systolic blood pressure as compared to AA and AG carriers.

ACE1 inhibition has been demonstrated in research by bilberry, grapes, allicin (raw garlic), cinnamon, and jasmine.

Blood Pressure-ACE2

Below is a summary of your most significant variant genotypes:

GENE	GENOTYPE
ACE2 A8790G rs2106809	Homozygous GG

Recap

Improves Gene Function: Vitamin D, potassium, curcumin, and resveratrol.

Decreases Gene Function: Smoking and a high saturated fat diet of over 50% of total calories.

BLOOD PRESSURE-ACE2

Both angiotensin I converting enzyme 2 (ACE2) and the transmembrane protease, serine 2 (TMPRSS2), are crucial for SARS-CoV-2 entry into host cells. While ACE2 is the primary receptor for the spike protein (coronaviruses are known for their crown of spikes) of both SARS-CoV and SARS-CoV-2, mediating viral attachment to target cells, TMPRSS2 cleaves the spike protein. TMPRSS2 allows the fusion of viral and cellular membranes. This process is similar to viral activation and cell entry of other coronaviruses as well as influenza H1N1.

The expression of ACE2 has been detected in nasal epithelial cells, alveolar epithelial type II cells of lungs, and the luminal surface of intestinal epithelial cells. The nose, lungs, and intestine facilitate viral entry and serve as a potential site of viral invasion. However, it appears the expression of TMPRSS2 determines the ability of the virus to enter the cells.

Research has suggested that age, sex, and genetic variants in the ACE2 gene can potentially affect ACE2 levels. Children generally have higher levels of ACE2 than adults. Women have been found to have higher ACE2 levels than men due to the upregulation of ACE2 by estrogen. Estrogen levels could be the foundational reason men and post-menopausal women are more susceptible to COVID-19.

One study of 534 subjects found that 67% of the variation in circulating ACE2 could be accounted for by genetic factors. Among different polymorphisms, it has been speculated that ACE2 rs2106809 might exhibit primary effects on the ACE2 levels. The circulating ACE2 levels tend to be greater in AA or AG genotype compared with the GG genotype.

A clinical study of 3408 patients found that ACE2 rs2106809 G allele conferred a 1.6-fold risk for hypertension in Chinese women. An Indian study confirmed this finding, and it found that ACE2 rs2106809 polymorphism was associated with hypertension in both females and males.

Potassium, vitamin D, and resveratrol all increase ACE2 expression. Betulinic acid (chaga mushroom) and oleanolic acid (olive oil) have also been studied as SARS-CoV-2 entry inhibitors. Research has also found that curcumin binds to receptor-binding domain site of viral S protein and also to the viral attachment sites of ACE2 receptor and downregulates TMPRSS2,

demonstrating that curcumin can act as potential inhibitory agent antagonizing the entry of SARS-CoV2.

Gene & Gene Function	Gene Rsid	Wild Type	Heterozygous	Homozygous
ACTN3 ACTN3 encodes for the alpha-actin-3 protein found exclusively within type-II fast-twitch muscle fibers.	ACTN3-rs1815739	CC		
PPARGC1A It has been demonstrated that variants in the PPARGC1A gene affect the exercise-induced change in maximal oxygen uptake (VO2).	PPARGC1A-rs8192678	CC		
TNFA Tumor necrosis factor (TNF-a) is a pro-inflammatory cytokine. Variants may increase the risk of asthma in Asian populations.	TNFA-rs1800629		AG	
IL6 IL6 is an interleukin that acts as both a pro-inflammatory cytokine and an anti-inflammatory myokine.	IL6-rs1800795			GG
SOD2 Superoxide dismutase (SOD2) is manganese dependent and protects against superoxide for the mitochondria of the cell. The homozygous genotype increases the need for antioxidant support in high-intensity athletes.	SOD2-rs4880			GG
COL1A1 COL1A1 produces alpha 1 chain of type I collagen, a major protein in tendons and ligaments.	COL1A1-rs1800012	CC		
PON1 PON1 (Paraoxonase) plays a large role in removing pesticides. It is also involved with supporting HDL function and LDL oxidation.	PON1-rs662	TT		

Gene & Gene Function	Gene Rsid	Wild Type	Heterozygous	Homozygous
LPA Lp(a)is a sticky form of LDL that appears to affect plaque growth, LDL particle size and increase the risk of plaque rupture and blood clotting.	LPA-rs3798220	TT		
CYP1A2 C164A Variants in CYP1A2 determine caffeine metabolism and effects on bone density and cardiovascular health.	CYP1A2 C164A-rs762551			AA
9p21 9p21 is considered an important genetic marker for cardiovascular health.	9p21-rs4977574		AG	
FADS1 FADS1 is involved in fatty acid metabolism, and variants in this gene are associated with elevated triglyceride levels.	FADS1-rs174546	CC		
ESR2 ESR2 codes for estrogen receptor beta (ER-), one of two main types of estrogen receptor activated by estrogen and is linked to fibrinogen levels in post-menopausal women.	ESR2-rs4986938			TT
F5 Variants in F5 increase the risk of deep vein thrombosis, especially if using oral contraceptives.	F5-rs6025	CC		
ADRB2 Beta-2 adrenergic receptor (ADRB2) is abundantly expressed in cardiac cells, and bronchial smooth muscle cells and is connected to stress levels and heart health.	ADRB2-rs1042713		AG	

Gene & Gene Function	Gene Rsid	Wild Type	Heterozygous	Homozygous
ACE1 G2350A ACE1 is part of the renin-angiotensin system responsible for the conversion of angiotensin I to angiotensin II, constricting blood vessels and elevating blood pressure.	ACE1 G2350A-rs4343	GG		
ADD1 Variants in ADD1 are associated with hypertension in Asians.	ADD1-rs4961	GG		
AGTR1 Angiotensin-II receptor type 1 (AGTR1) is a major component of the renin-angiotensin system for regulating blood pressure and is highly expressed in adipose tissue, liver, leukocytes and the intestine. The homozygous genotype may increase the risk of high blood pressure from excess dietary fat and carbohydrate intake.	AGTR1-rs5186	AA		
ACE2 A8790G ACE2 is part of the renin-angiotensin system, responsible for degrading angiotensin II and providing balance to ACE1 by dilating blood vessels and lowering blood pressure.	ACE2 A8790G-rs2106809			GG
TMPRSS2 Transmembrane Serine Protease 2 is highly expressed in the prostate and lungs, and the expression is associated with viral susceptibility and prostate cancer.	TMPRSS2-rs2070788		AG	

Sources

Please click the link below if you'd like to browse peer-reviewed studies referenced by this analysis:

https://www.mydna.life/wp-content/uploads/myDNA-Comprehensive-Health-Report-references.pdf