

Summary of Results

Nutrient Metabolism

Dietary Component	Gene, rs Number	Risk Variant	Your Variant	Your Risk	Recommendations
Vitamin A	BCMO1, rs11645428	GG	GG	Elevated	Focus on consuming preformed sources of vitamin A.
Vitamin B ₁₂	FUT2, rs601338	GG or GA	GA	Elevated	Focus on consuming bioavailable sources of vitamin B12.
Vitamin C	GSTT1, rs2266633	Del	Ins	Typical	Meet the RDA for vitamin C daily.
Vitamin D	CYP2R1, rs10741657	Algorithm	GA	Elevated	Consume 1000 IU (25 mcg) vitamin D daily.
	GC, rs2282679		GG		
Vitamin E	COMT, rs4680	GG	GA	Typical	Meet the RDA for vitamin E daily from food sources rich in vitamin E.
Folate	MTHFR, rs1801133	CT or TT	TT	Elevated	Meet the RDA for folate daily.
Choline	MTHFD1, rs2236225	Algorithm	GG	Elevated	Meet the Adequate Intake (AI) level for choline daily.
	PEMT, rs12325817		CG		
Calcium	GC, rs7041	Algorithm	TG	Elevated	Consume 1200 mg of calcium daily.
	GC, rs4588		CA		
Iron Overload	SLC17A1, rs17342717	Algorithm	CC	Low	Follow the recommendations provided in the Low Iron Status section.
	HFE, rs1800562		GG		
	HFE, rs1799945		CC		
Low Iron Status	TMPRSS6, rs4820268	Algorithm	GA	Elevated	Meet the RDA for iron and consume sources of vitamin C with iron-rich foods.
	TFR2, rs7385804		CA		
	TF, rs3811647		AA		

Food Intolerances and Sensitivities

Dietary Component	Gene, rs Number	Risk Variant	Your Variant	Your Risk	Recommendations
Lactose	MCM6, rs4988235	CC or CT	CT	Slightly Elevated	Limit dairy intake if you experience gastrointestinal symptoms.
Gluten	HLA, rs2395182	Algorithm	GT	Medium	Medium risk for gluten intolerance.
	HLA, rs7775228		TT		
	HLA, rs2187668		CT		
	HLA, rs4639334		GG		
	HLA, rs7454108		TT		
	HLA, rs4713586		AA		
Caffeine	ADORA2A, rs5751876	TT	CT	Typical	Follow the recommendations provided by the CYP1A2 gene section of this report.

Cardiometabolic Health

Dietary Component	Gene, rs Number	Risk/Response Variant	Your Variant	Your Risk/Response	Recommendations
Caffeine	CYP1A2, rs2472300	GA or AA	AA	Elevated	Limit caffeine intake to 200 mg/day.
Whole Grains	TCF7L2, rs12255372	TT or GT	GT	Elevated	Consume most grain products as whole grains.
Sodium	ACE, rs4343	GA or AA	AA	Elevated	Limit sodium intake to the Adequate Intake level.
Omega-6 and Omega-3 Fat	FADS1, rs174547	CC or CT	TT	Typical	Meet the RDA for omega-6 LA fat and omega-3 ALA fat.
Physical Activity	LIPC, rs1800588	TT or CT	CT	Enhanced	Aim for 150 to 300 min/week of cardio and at least 2 days/week of muscle-strengthening activities.



Weight Management and Body Composition

Dietary Component	Gene, rs Number	Response Variant	Your Variant	Your Response	Recommendations
Physical Activity	FTO, rs9939609	Algorithm	TA	Typical	Aim for 150 to 300 min/week of cardio and at least 2 days/week of muscle-strengthening activities.
	ADRB2, rs1042713		GG		
Energy Balance	UCP1, rs1800592	GG or GA	GA	Diminished	For weight loss, aim for a daily energy deficit of 10-20% from your current energy needs plus an additional 150 kcal.
Protein	FTO, rs9939609	AA	TA	Typical	Consume 15-25% of energy from protein.
Total Fat	TCF7L2, rs7903146	TT	CC	Typical	Consume 20-35% of energy from fat.
Saturated Fat	APOA2, rs5082	CC	TC	Typical	Limit intake of saturated fat to no more than 10% of energy.
Saturated and Unsaturated Fat	FTO, rs9939609	TA or AA	TA	Enhanced	Limit intake of saturated fat to no more than 10% of energy. Consume at least 5% of energy from polyunsaturated fat.
Monounsaturated Fat	PPARy2, rs1801282	GG or GC	CC	Typical	Aim for a balance of saturated, monounsaturated and polyunsaturated fats to meet your total daily fat intake.

Eating Habits

Dietary Component	Gene, rs Number	Risk/Response Variant	Your Variant	Your Risk/Response	Recommendations
Fat Taste Perception	CD36, rs1761667	GG or GA	AA	Typical	Your ability to sense the fatty taste of foods is typical.
Sugar Preference	GLUT2, rs5400	CT or TT	CT	Elevated	You have a high preference for sugar.
Eating between Meals	MC4R, rs17782313	CC or CT	TT	Typical	Your tendency to eat between meals is typical.

Exercise Physiology, Fitness and Injury Risk

Dietary Component	Gene, rs Number	Risk/Response Variant	Your Variant	Your Risk/Response	Recommendations
Motivation to Exercise	BDNF, rs6265	AA or AG	AA	Enhanced	You have an enhanced innate motivation to exercise.
Exercise Behavior	CYP19A1, rs2470158	Algorithm	GG	Typical	You have a typical likelihood of engaging in physical activity.
	LEPR, rs12405556		GT		
Power and Strength	ACTN3, rs1815739	TC or CC	CC	Ultra	You have a genetic advantage to excel in power sports.
Endurance	NFIA-AS2, rs1572312	Algorithm	CC	Typical	Your endurance potential is typical.
	ADRB3, rs4994		TT		
	NRF2, rs12594956		CA		
	GSTP1, rs1695		AG		
Muscle Damage	ACTN3, rs1815739	TC or TT	CC	Typical	Meet general guidelines for warming up and cooling down.
			TT		
Pain	COMT, rs4680	GG or GA	GA	Enhanced	You have an enhanced pain tolerance and therefore tend to experience less pain.
Bone Mass	WNT16, rs2707466	TC or CC	TC	Elevated	You have an elevated risk for low bone mass.
Achilles Tendon Injury	COL5A1, rs12722	CT or TT	CC	Typical	You have a typical risk for Achilles tendon injury.