

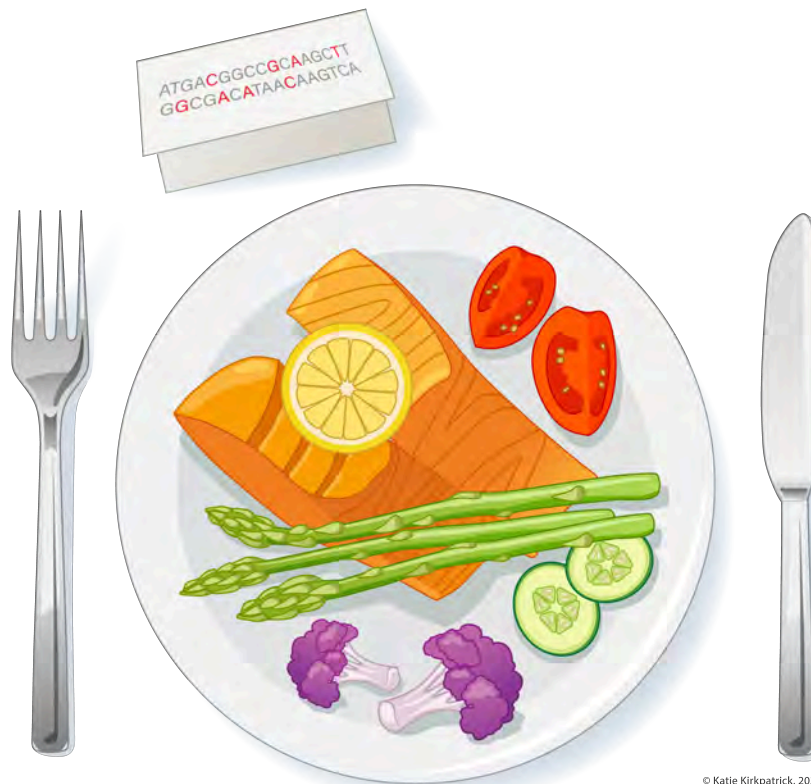


ReGENErate

A nutrigenomic assessment for revealing enduring metabolic health

Welcome to

ReGENErate



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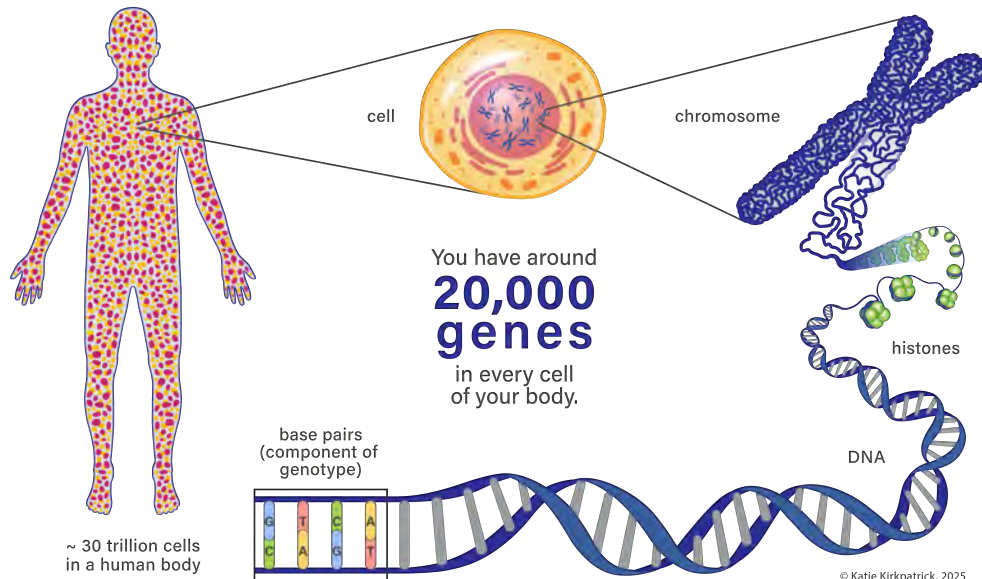
In today's landscape of endless nutrition advice, effective nutrition is less about doing what's "good" and more about doing what's right for you. Much of the prevailing advice takes a one-size-fits-all approach to nutrition despite overwhelming evidence that we're genetically unique in our abilities to absorb nutrients, build lean muscle mass, respond to macronutrients, and so much more. While these variations aren't easily observed, like hair color or height, ReGENErate is a comprehensive genetic analysis that reveals your DNA fingerprint encoding your metabolism. It translates your genetics into a personalized nutrition protocol that aligns with your biology.

ReGENErate includes two main sections: The first section is designed to support you in understanding your risk for metabolic disease, vulnerability to disruption of cellular pathways that contribute to metabolic dysfunction, and response to strategies like physical activity and GLP-1 receptor agonists. The second section is designed to provide insight into your unique dietary needs and preferences. It's designed to aid in the formulation of a nutritional strategy that you find both effective and enjoyable. Whether you're struggling with excess weight and symptoms of metabolic syndrome or looking to sustain a lifetime of thriving health, ReGENErate is a holistic blueprint for your foundations of resilient metabolic health.

A Brief Reminder about *Genetics*

Our genetic code houses our body's blueprint. Distinct sequences of our genetic code, called genes, inscribe the instructions to make molecules called proteins. Proteins perform almost all the critical functions in our body, including transporting nutrients, catalyzing biochemical reactions, forming the structure of cells and tissues, and more. For example, the SLC44A1 gene encodes the CTL1 protein that transports choline from circulation into cells and mitochondria. The gene contains the instructions; the protein that it encodes does the work.

Your genetic code is composed of DNA, which is a string of millions of molecules called nucleotides that bind together to form base pairs. There are four types of nucleotides in DNA: A (adenine), C (cytosine), T (thymine) and G (guanine). Variations of these nucleotides in the genetic code determine your unique features. SNPs (pronounced "snips") are the most common type of genetic variation among people. Each SNP represents a difference in the DNA at a specific site in the genetic code, which is identified by an "rsID"—such as rs9939609.



What can I expect from a genetic test?

Understanding your genetic code provides valuable information about what you're predisposed to. It doesn't provide a diagnosis. For example, your report may indicate that you have a predisposition to poor blood sugar control. However, it doesn't guarantee that your blood sugar is abnormal because your nutrition, lifestyle, and environment also contribute to your body's ability to manage blood sugar. This means that your habits, including your nutrition, physical activity, sleep, etc., matter! The awareness that this genetic test provides is no way a limitation, but rather an opportunity to optimize your metabolism through the application of precise and personalized strategies. This test is not a substitute for the guidance of qualified healthcare professionals. We strongly recommend that you use these results in conjunction with their knowledge and oversight to ensure safety and effectiveness.

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Patient Identification Data

Requesting Provider		Development Testing
Patient Name		Example Report
Date of Birth		08-08-2000
Sex		Male
Sample Code		RGN2025-00051
Sample Type		Buccal Swab
Collection Date		11-24-2025
Reception Date		12-02-2025
Reported Date		01-05-2026

Nutrition & Lifestyle Questionnaire

Measurements & Goals

Height	6 ft 1 in	Current Weight (lb)	250	Goal Weight (lb)	200
Waist Circumference (in)	40	Hip Circumference (in)	38	Estimated Daily Energy Expenditure (cal)	3550
Waist Circumference Risk	Medium	Waist-Hip Ratio Risk	High	Weight Loss or Gain Goal (+/- lb)	-50

Lifestyle Questions

Physical Activity Level

- ☐ Inactive (no physical activity beyond basic movements)
- ☐ Lightly active (light intensity activity 1-2 days a week)
- ☒ **Moderately active (light to moderate activity 3-4 days a week)**
- ☐ Very active (moderate to intense activity 5-7 days a week)
- ☐ Extremely active (physically demanding job or intense activity 5+ days a week)

How adventurous are you in terms of trying new foods?

- ☐ Fearfully picky
- ☐ Picky
- ☐ Open-minded
- ☐ Adventurous
- ☐ Fearlessly adventurous

Does your culture or religion impact your eating habits?

- ☐ Yes
- ☐ No

How much do you like cooking or preparing food?

- ☐ Dislike it
- ☐ Accept it as necessary
- ☐ Enjoy it
- ☐ Not applicable

How much time do you have to shop and prepare foods?

- ☐ No time
- ☐ Limited time
- ☐ Just enough time
- ☐ Unlimited time
- ☐ Not applicable

How important is a food budget to you?

- ☐ Important
- ☐ Somewhat important
- ☐ Unimportant
- ☐ Not applicable

Where do you typically shop for food?

- ☐ Local grocery store chains
- ☐ Warehouse clubs (Costco, Sam's Club, etc.)
- ☐ Big box stores (Walmart, Target, etc.)
- ☐ Whole Foods
- ☐ Trader Joe's
- ☐ ALDI
- ☐ Local farmer's markets
- ☐ Meal delivery services (Factor, HelloFresh, Blue Apron, etc.)
- ☐ Convenience stores (7Eleven, QuikTrip, etc.)
- ☐ Other

Meal Patterns

	Often	Sometimes	Rarely	Never
Breakfast	☐	☐	☐	☐
Lunch	☐	☐	☐	☐
Dinner	☐	☐	☐	☐
Late-night meals/snacks	☐	☐	☐	☐

Meat & Fish

	Often	Sometimes	Rarely	Never
Beef	☐	☐	☐	☐
Lamb	☐	☐	☐	☐
Other red meats	☐	☐	☐	☐
Poultry	☐	☐	☐	☐
Pork	☐	☐	☐	☐
Fish	☐	☐	☐	☐
Shellfish	☐	☐	☐	☐
Mollusks	☐	☐	☐	☐
Bone broth/stock	☐	☐	☐	☐
Organ meats	☐	☐	☐	☐
Processed meats	☐	☐	☐	☐

Fruit

	Often	Sometimes	Rarely	Never
Avocado	☐	☐	☐	☐
Berries	☐	☐	☐	☐
Citrus fruits	☐	☐	☐	☐
Grapes	☐	☐	☐	☐
Kiwi	☐	☐	☐	☐
Melons	☐	☐	☐	☐
Pome fruits	☐	☐	☐	☐
Stone fruits	☐	☐	☐	☐
Tropical fruits	☐	☐	☐	☐

Dairy & Eggs

	Often	Sometimes	Rarely	Never
Milk	☐	☐	☐	☐
Yogurt	☐	☐	☐	☐
Cheese	☐	☐	☐	☐
Kefir	☐	☐	☐	☐
Dairy-free milks	☐	☐	☐	☐
Eggs	☐	☐	☐	☐

Legumes

	Often	Sometimes	Rarely	Never
Beans	☐	☐	☐	☐
Edamame	☐	☐	☐	☐
Lentils	☐	☐	☐	☐
Tofu	☐	☐	☐	☐

Nuts

	Often	Sometimes	Rarely	Never
Almonds	☐	☐	☐	☐
Brazil nuts	☐	☐	☐	☐
Peanuts	☐	☐	☐	☐
Walnuts	☐	☐	☐	☐
Other nuts	☐	☐	☐	☐
Nut butters	☐	☐	☐	☐

Grains

	Often	Sometimes	Rarely	Never
Bread	☐	☐	☐	☐
Cereal	☐	☐	☐	☐
Corn products	☐	☐	☐	☐
Gluten-free grains	☐	☐	☐	☐
Oatmeal	☐	☐	☐	☐
Pasta	☐	☐	☐	☐
Quinoa	☐	☐	☐	☐
Rice	☐	☐	☐	☐

Other

	Often	Sometimes	Rarely	Never
Baked goods	☐	☐	☐	☐
Candies	☐	☐	☐	☐
Chocolates	☐	☐	☐	☐
Fast foods	☐	☐	☐	☐
Ice cream	☐	☐	☐	☐
Soda	☐	☐	☐	☐
Alcohol	☐	☐	☐	☐

Vegetables

	Often	Sometimes	Rarely	Never
Allium vegetables	☐	☐	☐	☐
Asparagus	☐	☐	☐	☐
Beets	☐	☐	☐	☐
Beans (green/yellow/lima)	☐	☐	☐	☐
Bitter leafy greens	☐	☐	☐	☐
Carrots	☐	☐	☐	☐
Corn	☐	☐	☐	☐
Cruciferous	☐	☐	☐	☐
Cucumber	☐	☐	☐	☐
Eggplant	☐	☐	☐	☐
Fermented vegetables	☐	☐	☐	☐
Leafy lettuces	☐	☐	☐	☐
Mushrooms	☐	☐	☐	☐
Peas	☐	☐	☐	☐
Peppers	☐	☐	☐	☐
Potatoes	☐	☐	☐	☐
Spinach	☐	☐	☐	☐
Sprouts	☐	☐	☐	☐
Squashes	☐	☐	☐	☐
Sweet potatoes	☐	☐	☐	☐
Tomatoes	☐	☐	☐	☐

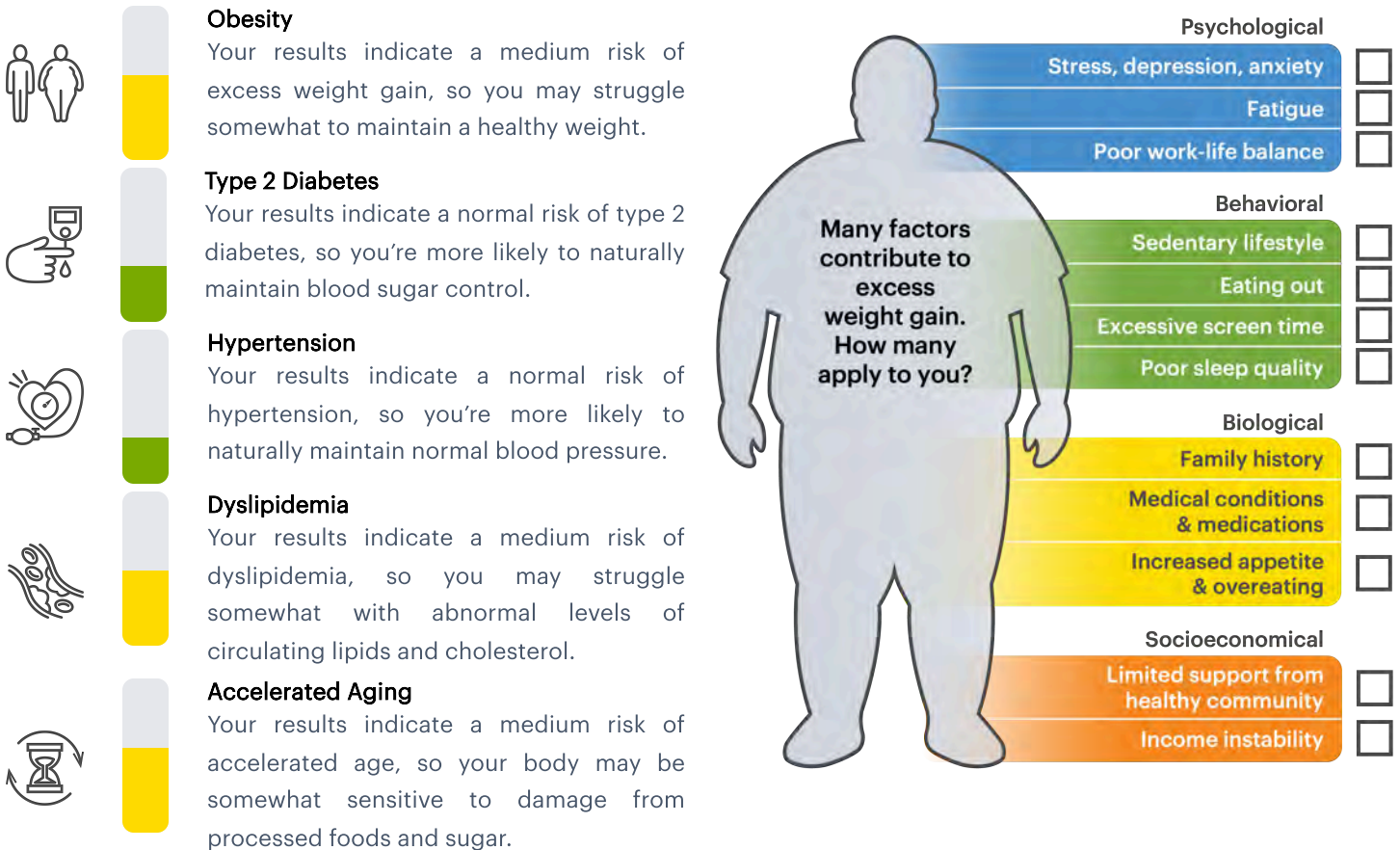
Other

	Often	Sometimes	Rarely	Never
Coffee	☐	☐	☐	☐
Energy Drinks	☐	☐	☐	☐
Fruit Juice	☐	☐	☐	☐
Tea	☐	☐	☐	☐

Summary

While unwanted weight gain is a common symptom of metabolic dysfunction, it's important to note that vibrant metabolic health is more than a number on a scale. In fact, your metabolism is essential for maintaining all parameters of life, including body temperature, blood sugar, blood pressure, and more. Below is a summary of your genetic results for the ten categories considered by the report. Red points to areas that may need the most attention and support, whereas green points to those that may need the least. Yellow suggests that some support may be beneficial.

Genetic Predisposition for Metabolic Disease



Metabolic Syndrome Checklist - How does your metabolic health measure up?

Below is a list of established criteria for metabolic syndrome. Consider checking all criteria that apply to your current health status or review the list with your healthcare provider. The presence of three or more criteria may indicate that you have metabolic syndrome.

- ☐ Excess Abdominal Weight - Waist circumference greater than 40 in (men) or 35 in (women)
- ☐ High Triglycerides - Circulating triglyceride levels greater than 150 mg/dL
- ☐ Low HDL Cholesterol - Circulating HDL levels less than 40 mg/dL (men) or 50 mg/dL (women)
- ☐ Elevated Blood Sugar - Fasting blood glucose greater than 100 mg/dL
- ☐ High Blood Pressure - Blood pressure greater than 130/85 mmHg

*NOTE: The checklist is not suitable for making a diagnosis. It is for informational purposes only.

Chrononutrition



Circadian Rhythm

Your results indicate that you may have biorhythms that stress your metabolism, especially if your sleep-wake cycle is disrupted.



NAD+ Recycling

Your results indicate that you're more likely to have a normal ability to recycle NAD+, which links metabolism to the body's internal clock.



Cortisol

Your results indicate that you produce a slightly increased amount of cortisol, so your sleep-wake cycle may be disrupted by stress.



Melatonin

Your results indicate that you have normal melatonin production and response, so you're more likely to fall asleep easily if you avoid light exposure at night.

Drivers of Metabolic Dysfunction



Thyroid Function

Your results indicate reduced production and activation of thyroid hormone, so you may have a slower metabolism.



Muscle Maintenance

Your results indicate a slightly reduced ability to maintain lean muscle mass, so you may have a somewhat lower metabolic rate.



Mitochondria Function

Your results indicate a slightly reduced capacity to generate cellular energy and burn excess energy as heat.



Oxidative Stress Management

Your results indicate a slightly reduced ability to manage free radicals, so you may be somewhat sensitive to the damage and inflammation that they can cause.



Detoxification Capacity

Your results indicate a slightly reduced ability to clear toxins, so you may be somewhat sensitive to the damage and inflammation that they can cause.



Inflammation

Your results indicate slightly increased production of pro-inflammatory signals, so you may experience inflammation that can disrupt metabolism.

Exercise Response



Exercise Efficiency

Your results indicate normal sensitivity to exercise to promote fat breakdown, so you're more likely to experience noticeable weight loss from exercise of any intensity.



Exercise to Improve Blood Lipid Profile

Your results indicate slightly reduced sensitivity to exercise to improve blood lipids, so while exercise has many benefits, it may not help you lower LDL and raise HDL levels.

Pharmacological Factors



GLP-1 Sensitivity

Your results indicate normal sensitivity to GLP-1 hormone, so you may be more likely to experience weight loss and blood sugar improvements from GLP-1 therapies.



Resistance to Weight Gain Associated with Antipsychotic Medication Use

Your results indicate that you have reduced resistance to antipsychotic medications increasing your appetite, so you may be more likely to gain unwanted weight from their use.

Psychological Factors



Satiety

Your results indicate that you may have a slightly increased appetite and experience somewhat more feelings of hunger, even after eating.



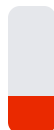
Eating Behaviors

Your results indicate that you may be less likely to engage in destructive eating patterns, like eating as a “reward” or excessively overeating.



Adherence Willingness

Your results indicate that you may have more motivation and consistency to implement healthy habit changes.



Regulation and Relaxation

Your results indicate that you may be more likely to experience increased stress.

Food Intolerances



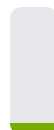
Gluten and Casein



Lactose



Histamine



Caffeine

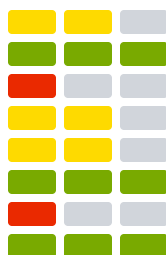


Alcohol

Essential Nutrients

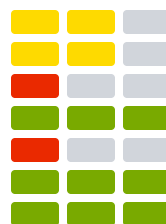
Vitamins

Vitamin D
Vitamin B3
Vitamin B6
Vitamin B9
Vitamin B12
Vitamin A
Vitamin E
Vitamin C



Minerals

Calcium
Magnesium
Iron Deficiency
Iron Overload
Copper
Zinc
Selenium



Other Nutrients

Choline
CoQ10
Essential Fatty Acids



Taste Preferences



Salty



Bitter



Sweet



Richness

Macronutrient Response

30% Fat



30% Protein

40% Carbohydrate



Response to PUFAs & Phytosterols

Your results indicate that you may benefit from eating more fats from foods like fatty fish, nuts, seeds, legumes, and whole grains.



Response to Fasting

Your results indicate a slightly reduced ability to adapt to fasting, so your body may need additional support to benefit from it.



Genetic Predisposition for Metabolic Disease

Result Score Key:

● High Risk ● Medium Risk ● Normal Risk

Obesity

YOUR RESULT	GENE	rsID	GENOTYPE	DESCRIPTION
	FTO		AA	Predisposition for increased risk of excess weight gain and obesity
	MC4R		TT	Predisposition for normal risk of excess weight gain and obesity

Lifestyle Recommendations

Many factors contribute to the development of obesity. If significant weight gain is an issue, explore the remaining sections of the report for insight into key physiological and psychological factors that may contribute to unwanted weight gain.

Type 2 Diabetes

YOUR RESULT	GENE	rsID	GENOTYPE	DESCRIPTION
	TCF7L2		CT	Predisposition for increased risk for type 2 diabetes
	CDKN2A/B		TT	Predisposition for significantly increased risk for type 2 diabetes
	ADIPOQ		TT	Predisposition to normal levels of adiponectin, an insulin sensitizing hormone
	MTNR1B		CC	Predisposition to increased blood sugar control and decreased risk for gestational diabetes and type 2 diabetes
	SLC30A8		AG	Predisposition to normal blood sugar control and normal risk of type 2 diabetes

Lifestyle Recommendations



Genetic Predisposition for Metabolic Disease

Hypertension

YOUR RESULT	GENE	rsID	GENOTYPE	DESCRIPTION
	ACE		AA	Predisposition to normal risk for salt-sensitive hypertension due to normal production of angiotensin II, a vasoconstrictor
	NOS3		CT	Predisposition to moderately reduced production of nitric oxide, a potent vasodilator and vasoprotector
Lifestyle Recommendations				

Dyslipidemia

YOUR RESULT	GENE	rsID	GENOTYPE	DESCRIPTION
	LPL		CC	Predisposition to decreased levels of circulating triglycerides and increased levels of HDL
	APOA5		AA	Predisposition to decreased levels of circulating triglycerides
	APOC3		CC	Predisposition to decreased levels of circulating triglycerides
	GCKR		CC	Predisposition to normal conversion of excess glucose to fatty acids and normal levels of circulating triglycerides
	CETP		AA	Predisposition to increased levels of circulating triglycerides and LDL and decreased levels of circulating HDL
	APOA2		AA	Predisposition to produce smaller HDL particles, which are considered less cardioprotective than large HDL particles
	APOB		GG	Predisposition to increased levels of circulating triglycerides and cholesterol-rich VLDL and decreased levels of circulating HDL
Lifestyle Recommendations				
If blood lipids are a concern, consider ensuring that suboptimal thyroid function and poor blood sugar control are not contributing factors. Avoid alcohol, and if appropriate for dietary plan, incorporate sources of soluble fiber. Consuming bitter foods or bitter extracts may help promote bile flow and cholesterol excretion.				



Genetic Predisposition for Metabolic Disease

Accelerated Aging

YOUR RESULT	GENE	rsID	GENOTYPE	DESCRIPTION
	GLO1		AA	Predisposition to increased accumulation of advanced glycation end-products (AGEs) due to reduced glyoxalase activity to metabolize them
	AGER		CC	Predisposition to reduced inflammation prompted by advanced glycation end-products (AGEs) and increased levels of soluble AGE receptor, which can further limit AGE-induced inflammation by binding AGEs in circulation
Lifestyle Recommendations				
Sugars can promote the formation of advanced glycation end products (AGEs) that damage cells and tissue. Consider limiting sugar intake and prioritizing blood sugar balance to limit the formation of AGEs.				



Result Score Key:

● High Action Suggested

● Medium Action Suggested

● Little to No Action Needed

Circadian Rhythm

YOUR RESULT	GENE	rsID	GENOTYPE	DESCRIPTION
	CLOCK		AA	Predisposition to an early chronotype that is less susceptible to circadian rhythm disruption and associated with normal metabolic function
	CLOCK		CC	Predisposition to an early chronotype associated with improved parameters of metabolic health, including decreased risk of weight gain, type 2 diabetes, and hypertension, especially when intake of saturated fats is minimized
	CLOCK		CT	Predisposition to a slightly later chronotype, moderately associated with sensitivity to evening carbohydrate consumption, reduced sleep duration, higher energy intake, and increased weight gain
	CRY1		CG	Predisposition to a slightly later chronotype that is associated with weight gain, leptin insensitivity, and poor blood sugar control, which may be somewhat exacerbated by increased intake of carbohydrates
	PER2		CG	Predisposition to an extremely late chronotype that is associated with abdominal obesity, skipping breakfast, snacking, and weight loss resistance
	NR1D1		CC	Predisposition to reduced propensity to engage in physical activity and reduced protection from abdominal obesity
	MTNR1B		CC	Predisposition to a timely melatonin response and early chronotype that is associated with normal blood sugar control

Lifestyle Recommendations

Optimize light exposure by getting natural sunlight first thing in the morning and avoiding screens and artificial light after sunset. Consider the use of blue light blocking filters and red-tone lights in the evenings. Avoid consuming late-night meals or snacks. Establish and maintain a consistent sleep/wake schedule. If needing to adjust the timing of sleep/wake schedule, make small gradual changes, such 15-minute shifts.



NAD+ Recycling

YOUR RESULT	GENE	rsID	GENOTYPE	DESCRIPTION
	NAMPT		AC	Predisposition to normal risk of metabolic dis-ease, which is associated with normal circadian rhythmicity of NAMPT activity and NAD+ recycling
Lifestyle Recommendations				

Cortisol

YOUR RESULT	GENE	rsID	GENOTYPE	DESCRIPTION
	CRHR1		AG	Predisposition to moderately increased production of cortisol in response to stress exposure
Lifestyle Recommendations				
If a high stress level is a concern, consider engaging in stress management techniques, such as yoga, meditation, breathing exercise, etc. Prioritize a diet that promotes balanced blood sugar and consider reducing caffeine intake. Aim for 7-9 hours of quality sleep and stick to a consistent schedule.				



Melatonin

YOUR RESULT	GENE	rsID	GENOTYPE	DESCRIPTION
	TPH2		GG	Predisposition to normal synthesis of serotonin, a precursor of melatonin
	MAOA		T	Predisposition to normal clearance of serotonin, a precursor of melatonin
	MTNR1B		CC	Predisposition to normal response to melatonin
Lifestyle Recommendations				



Drivers of Metabolic Dysfunction

Result Score Key:

● High Action Suggested

● Medium Action Suggested

● Little to No Action Needed

Thyroid Function

YOUR RESULT	GENE	rsID	GENOTYPE	DESCRIPTION
	PDE8B		AA	Predisposition to increased risk for hypothyroidism, including sub-clinical hypothyroidism
	DIO1		AC	Predisposition to moderately reduced conversion of thyroxine (T4) to active thyroid hormone, triiodothyronine (T3)

Lifestyle Recommendations

Ensure optimal status of essential nutrients needed for thyroid function, including vitamin A, vitamin D, magnesium, zinc, iodine, and selenium. Prioritize blood sugar balance and cortisol management. Consider monitoring biomarkers of thyroid functions, including TSH, free T4, free T3, reverse T3, TPO Ab, and TgAb.

Muscle Maintenance

YOUR RESULT	GENE	rsID	GENOTYPE	DESCRIPTION
	TRHR		CC	Predisposition to reduced muscle mass and power
	IGF2		CT	Predisposition to decreased muscle mass, power, and Predisposition to moderately decreased muscle mass, power, and resiliency
	ACTN3		CC	Predisposition to produce full-length alpha-actinin-3, an important muscle protein and to have increased muscle strength and power

Lifestyle Recommendations

Incorporate routine resistance training to maintain or gain muscle mass. Distribute protein intake evenly throughout the day. Aim to consume at least 20 g of protein four times a day.



Mitochondria Function

YOUR RESULT	GENE	rsID	GENOTYPE	DESCRIPTION
	SIRT1		AA	Predisposition to normal activation of the SIRT1/PGC-1α signaling that can induce mitochondrial biogenesis
	PPARGC1A		CC	Predisposition to normal activation of the SIRT1/PGC-1α signaling that can induce mitochondrial biogenesis
	TFAM		GG	Predisposition to reduced mitochondrial synthesis
	UCP1		GG	Predisposition to increased risk of weight gain, especially when physically inactive, related to a reduced capacity to release excess energy as heat
	UCP1		AA	Predisposition to increased risk of weight gain, related to a reduced capacity to release excess energy as heat
	UCP2		CC	Predisposition to increased risk of weight gain, related to a reduced capacity to release excess energy as heat
	UCP3		GG	Predisposition to decreased resting metabolic rate and cold adaptability, related to reduced capacity to release excess energy as heat
Lifestyle Recommendations				
Consider high-intensity cardiovascular training, sauna, and/or contrast therapy. If appropriate for age and stage, consider fasting and/or calorie restriction. Ensure optimal status of nutrients needed for mitochondrial health, including CoQ10, vitamin C, vitamin E, B vitamins, magnesium, zinc, selenium, essential fatty acids, etc.				



Oxidative Stress Management

YOUR RESULT	GENE	rsID	GENOTYPE	DESCRIPTION
	NFE2L2		GG	Predisposition to normal activation of the antioxidant response
	PON1		CC	Predisposition to reduced protection of lipoproteins from oxidation
	NQO1		GG	Predisposition to normal reduction of harmful quinones to hydroquinones, which prevents the formation of free radicals
	SOD2		AA	Predisposition to decreased enzymatic breakdown of superoxide anion in the mitochondria, the main source of this oxidant
	PRDX3		AG	Predisposition to moderately reduced mitochondrial clearance of hydrogen peroxide, which is naturally generated in the process of metabolizing superoxide anion
	GPX1		GG	Predisposition to normal clearance of hydrogen peroxide and lipid peroxidases, which can promote oxidative stress
	CAT		AT	Predisposition to moderately reduced clearance of hydrogen peroxide, which is naturally generated in the process of metabolizing superoxide anion
Lifestyle Recommendations				
Consume an antioxidant rich diet. Engage in regular exercise and allow for adequate recovery time in between sessions of physical activity.				



Detoxification Capacity

YOUR RESULT	GENE	rsID	GENOTYPE	DESCRIPTION
	CYP1A1		TT	Predisposition to a slow rate of activation of polycyclic aromatic hydrocarbons (PAHs) and heterocyclic aromatic amines (HAAs) to potent, DNA-damaging intermediates, which require further metabolism by phase 2 detoxification enzymes prior to elimination
	CYP1B1		CG	Predisposition to an intermediate rate of activation of polycyclic aromatic hydrocarbons (PAHs) and heterocyclic aromatic amines (HAAs) to potent, DNA-damaging intermediates, which require further metabolism by phase 2 detoxification enzymes prior to elimination
	GSTP1		AG	Predisposition to moderately reduced transfer of glutathione to facilitate the elimination of various metabolites and toxins from the body
	COMT		AG	Predisposition to intermediate enzyme activity and moderately reduced transfer of S-adenosyl methionine (SAME) to facilitate the elimination of various metabolites and toxins from the body
Lifestyle Recommendations				
Prioritize hydration and consume adequate dietary fiber. Engage in regular exercise that results in sweating. Also consider the use of saunas and ensure adequate intake of protein and micronutrients to support detoxification pathways.				



Inflammation

YOUR RESULT	GENE	rsID	GENOTYPE	DESCRIPTION
	NLRP3		GG	Predisposition to normal responsiveness to inflammatory signals, including oxidative stress
	IL6		GG	Predisposition to increased levels of IL6, a proinflammatory signal
	IL10		TT	Predisposition to decreased levels of IL10, an anti-inflammatory signal
	TNF		GG	Predisposition to normal levels of TNF- α , a proinflammatory signal

Lifestyle Recommendations

Consider consuming an anti-inflammatory diet, rich in nutrients and antioxidants. Also limit intake of sugar, alcohol, and caffeine, and avoid foods suspected of causing an intolerance. Prioritizing rest and quality sleep, as well as managing stress, can also aid in reducing inflammation.



Exercise Response

Result Score Key:

● High Action Suggested

● Medium Action Suggested

● Little to No Action Needed

Exercise Efficiency

YOUR RESULT	GENE	rsID	GENOTYPE	DESCRIPTION
	ADRB2		AA	Predisposition to normal responsiveness to exercise for weight loss, indicating that moderate or even low intensity exercise is likely sufficient promote the breakdown of fat stores
	ADRB3		AA	Predisposition to normal responsiveness to exercise for weight loss, indicating that moderate or even low intensity exercise is likely sufficient promote the breakdown of fat stores
Lifestyle Recommendations				
Even light to moderate may promote the breakdown of fat stores. However, there may be other health benefits associated with more intense exercise.				

Exercise to Improve Blood Lipid Profile

YOUR RESULT	GENE	rsID	GENOTYPE	DESCRIPTION
	PPARD		TT	Predisposition to have an unimproved blood lipid profile in response to exercise
	LIPC		TT	Predisposition to increased HDL in response to exercise
Lifestyle Recommendations				
Combine endurance exercise with other diet and lifestyle factors to promote blood lipid health.				



Result Score Key:

● High Action Suggested ● Medium Action Suggested ● Little to No Action Needed

GLP-1 Sensitivity

YOUR RESULT	GENE	rsID	GENOTYPE	DESCRIPTION
	GLP1R		GG	Predisposition to normal response to glucagon-like peptide-1 (GLP-1) receptor agonists to reduce blood sugar
	GLP1R		CC	Predisposition to normal response to glucagon-like peptide-1 (GLP-1) receptor agonists to reduce body weight
Lifestyle Recommendations				

Resistance to Weight Gain Associated with Antipsychotic Medication Use

YOUR RESULT	GENE	rsID	GENOTYPE	DESCRIPTION
	HTR2C		C	Predisposition to increased risk of weight gain from anti-psychotic medications
Lifestyle Recommendations				
To promote satiety, prioritize protein and fiber intake. Consume healthy fats, such as those rich in antioxidants, with each meal or snack and stick to a structured eating schedule.				



Result Score Key:

● High Action Suggested

● Medium Action Suggested

● Little to No Action Needed

Satiety

YOUR RESULT	GENE	rsID	GENOTYPE	DESCRIPTION
	TPH2		GG	Predisposition to normal synthesis of serotonin, which regulates appetite by promoting satiety
	MAOA		T	Predisposition to normal clearance of serotonin, which regulates appetite by promoting satiety
	HTR2C		C	Predisposition to less responsive serotonin receptors, which may reduce satiety and increase appetite
	LEP		AG	Predisposition to moderately decreased levels of leptin, a hormone that signals satiety
	LEPR		GG	Predisposition to increases hunger signals and risk of weight gain, indicating that the leptin receptor is less responsive
	GHRL		GG	Predisposition to normal levels of ghrelin, the "hunger hormone"
Lifestyle Recommendations				
If insatiable hunger or cravings are an issue, consider prioritizing protein and fiber intake. Consume healthy fats, such as those rich in antioxidants, with each meal or snack and stick to a structured eating schedule.				

Eating Behaviors

YOUR RESULT	GENE	rsID	GENOTYPE	DESCRIPTION
	DDC		AA	Predisposition to normal risk for a propensity to overeat
	DRD2		GG	Predisposition to normal risk for a propensity to binge eat
	COMT		AG	Predisposition to moderately increased desire for highly palatable foods that can lead to weight gain when consumed in excess
Lifestyle Recommendations				



Adherence Willingness

YOUR RESULT	GENE	rsID	GENOTYPE	DESCRIPTION
	TPH2		GG	Predisposition to normal synthesis of serotonin, suggesting that habit change may feel manageable due to a propensity to experience normal focus and contentment
	MAOA		T	Predisposition to normal clearance of serotonin, suggesting that habit change may feel manageable due to a propensity to experience normal focus and contentment
Lifestyle Recommendations				

Regulation and Relaxation

YOUR RESULT	GENE	rsID	GENOTYPE	DESCRIPTION
	GAD1		GG	Predisposition to reduced conversion of glutamate, a neurostimulator, to GABA, a neuroinhibitor that promotes relaxation
	COMT		AG	Predisposition to an intermediate rate of catecholamine (adrenaline, noradrenaline, and dopamine) clearance, which can somewhat sustain a "fight or flight" response
Lifestyle Recommendations				
Engage in stress management techniques, such as yoga, meditation, breathing exercise, etc. Consider avoiding caffeine intake and incorporating foods rich in glycine (e.g. bone broth, gelatin, collagen, etc.).				



Food Intolerances

Result Score Key:

● High Risk ● Medium Risk ● Normal Risk

Gluten and Casein

Risk is determined by the haplotype or specific combination of risk variants that are present. It is not determined by a tally of risk variants.

YOUR RESULT	GENE	rsID	GENOTYPE	DESCRIPTION
	HLA		CC	Indicates the absence of the DQ2.5 allele or haplotype
	HLA		AA	Indicates the presence of the DQ7/DQ7 haplotype, which is associated with low risk for gluten intolerance
	HLA		TT	Indicates the absence of the DQ8 allele or haplotype
	HLA		GG	Indicates the absence of the DQ2.2 allele or haplotype
	HLA		TT	Indicates the absence of the DQ2.2 allele or haplotype
	HLA		AA	Indicates the possibility of the presence of the DQ2.2 allele or haplotype, which is associated with medium to high risk for gluten intolerance depending on the combination of genotypes that are present
Lifestyle Recommendations				
Your haplotype: DQ7 Consider avoiding gluten and casein				

Lactose

YOUR RESULT	GENE	rsID	GENOTYPE	DESCRIPTION
	MCM6		GG	Predisposition to reduced production of lactase, the digestive enzyme needed to break down lactose in the small intestine
Lifestyle Recommendations				
Avoid lactose, especially if experiencing digestive upset following the consumption of dairy.				

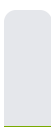


Food Intolerances

Histamine

YOUR RESULT	GENE	rsID	GENOTYPE	DESCRIPTION
	AOC1		CT	Predisposition to moderately reduced production of diamine oxidase, the digestive enzyme needed to break down dietary histamines in the small intestine
Lifestyle Recommendations				
Consider reducing intake of histamine rich foods (i.e. alcohol, processed meats, cheeses, tomatoes, spinach, bananas, strawberries, bone broth, chocolate, etc.). Ensure adequate intake of nutrients and amino acids if following a strict elimination protocol.				

Caffeine

YOUR RESULT	GENE	rsID	GENOTYPE	DESCRIPTION
	CYP1A2		AA	Predisposition to a fast rate of caffeine clearance
Lifestyle Recommendations				
Rapid ability to metabolize caffeine may lead to increased consumption of it.				

Alcohol

YOUR RESULT	GENE	rsID	GENOTYPE	DESCRIPTION
	ADH1B		CC	Predisposition to a fast rate of phase I alcohol detoxification, which converts alcohol to acetaldehyde
	ADH1C		TT	Predisposition to a fast rate of phase I alcohol detoxification, which converts alcohol to acetaldehyde
	ALDH2		AG	Predisposition to an intermediate rate of acetaldehyde clearance, which can allow for some the buildup of this toxic intermediate
Lifestyle Recommendations				
Rapid ability to metabolize alcohol may lead to increased consumption of it, which can still negatively impact metabolic health.				



Taste Preferences

Result Score Key:



Strongly Preferred



Preferred



Non-Preferred

Salty

YOUR RESULT	GENE	rsID	GENOTYPE	DESCRIPTION
★ ★ ★	SCNN1B		TT	Salt Supertaster: Predisposition to an increased ability to taste salt, indicating a reduced preference for salty foods
Lifestyle Recommendations				
Ensure adequate salt intake if engaged in vigorous physical activity, heat exposure, fasting, or ketogenesis.				

Bitter

YOUR RESULT	GENE	rsID	GENOTYPE	DESCRIPTION
★ ★ ★	T2R38		CG	Bitter Normal Taster: Predisposition to a normal ability to taste bitterness, indicating an average preference for bitter foods
Lifestyle Recommendations				



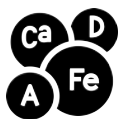
Taste Preferences

Sweet

YOUR RESULT	GENE	rsID	GENOTYPE	DESCRIPTION
★ ★ ★	T1R2		TT	Sweet Non-Taster: Predisposition to a reduced ability to taste sweetness, indicating an increased preference for sweet foods
Lifestyle Recommendations				
If excessive sugar intake is an issue, consider minimizing intake for two weeks. Taste perception is relative to intake, so receptors can be resensitized, making it easier to reduce intake overall. To satisfy a preference for sweetness, try consuming whole food sugars, such as watermelon or mango, instead of added sugars and balance sugar intake with healthy fats and proteins.				

Richness

YOUR RESULT	GENE	rsID	GENOTYPE	DESCRIPTION
★ ★ ★	CD36		GG	Richness Supertaster: Predisposition to an increased ability to taste richness, indicating a reduced preference for rich and creamy foods
Lifestyle Recommendations				
May have reduced preference for diets that are high in fat.				



Essential Nutrients

Result Score Key:

● High Action Suggested

● Medium Action Suggested

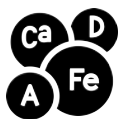
● Little to No Action Needed

Vitamin D

YOUR RESULT	GENE	rsID	GENOTYPE	DESCRIPTION
	GC		TT	Predisposition to a normal ability to circulate vitamin D to target tissues and maintain calcium homeostasis
	DHCR7		GT	Predisposition to moderately increased consumption of 7-dehydrocholesterol (7-DHC), the precursor needed to synthesize vitamin D in the skin, suggesting that sun (ultra violet light) exposure may be somewhat less effective at raising vitamin D levels
	CYP2R1		AG	Predisposition to moderately reduced hydroxylation of vitamin D to produced 25-hydroxyvitamin D, the form available for bioactivation
	CYP24A1		AT	Predisposition to a moderately increased rate of clearance of bioactive vitamin D (1,25-dihydroxyvitamin D3)
Lifestyle Recommendations				
Consider monitoring vitamin D levels. If needed, consider appropriate supplementation of vitamin D as it is difficult to obtain through food alone.				

Vitamin B3

YOUR RESULT	GENE	rsID	GENOTYPE	DESCRIPTION
	NAMPT		AC	Predisposition to increased blood sugar control, suggesting increased recycling of NAD+
Lifestyle Recommendations				



Vitamin B6

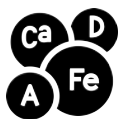
YOUR RESULT	GENE	rsID	GENOTYPE	DESCRIPTION
	NBPF3		CC	Predisposition to increased risk of vitamin B6 insufficiency
Lifestyle Recommendations				
As appropriate for dietary plan, consume foods rich in vitamin B6. MultiMan/MultiHer				

Vitamin B9

YOUR RESULT	GENE	rsID	GENOTYPE	DESCRIPTION
	MTHFR		TT	Predisposition to normal conversion of folate to the bioactive form, methyltetrahydrofolate (L-5-MTHF)
	MTHFR		AG	Predisposition to moderately reduced conversion of folate to the bioactive form, methyltetrahydrofolate (L-5-MTHF)
Lifestyle Recommendations				
As appropriate for dietary plan, consume foods rich in reduced folate or methyltetrahydrofolate (5-MTHF).				

Vitamin B12

YOUR RESULT	GENE	rsID	GENOTYPE	DESCRIPTION
	CUBN		AG	Predisposition to moderately reduced absorption of vitamin B12 in the small intestine and moderately increased risk of vitamin B12 insufficiency
	MTRR		AG	Predisposition to moderately reduced synthesis of methylated vitamin B12 (methylcobalamin), a bioactive form of vitamin B12
Lifestyle Recommendations				
As appropriate for dietary plan, consume foods rich in vitamin B12. If minimizing consumption of animal products, consider appropriate supplementation to obtain adequate vitamin B12.				



Essential Nutrients

Choline

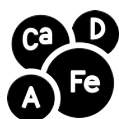
YOUR RESULT	GENE	rsID	GENOTYPE	DESCRIPTION
	SLC44A1		AG	Predisposition to increased sensitivity to choline restriction, suggesting reduced capacity to transport choline into cells and mitochondria
	PEMT		GG	Predisposition to normal sensitivity to choline restriction, suggesting normal capacity for de novo synthesis of phosphatidylcholine and choline
	CHDH		CC	Predisposition to normal risk of choline insufficiency
Lifestyle Recommendations				

Vitamin A

YOUR RESULT	GENE	rsID	GENOTYPE	DESCRIPTION
	BCO1		AA	Predisposition to normal conversion of B-carotene, a plant-based vitamin A precursor, to bioactive vitamin A
	BCO1		CC	Predisposition to normal conversion of B-carotene, a plant-based vitamin A precursor, to bioactive vitamin A
Lifestyle Recommendations				

Vitamin E

YOUR RESULT	GENE	rsID	GENOTYPE	DESCRIPTION
	APOA5		CC	Predisposition to increased risk of vitamin E insufficiency
	CYP4F2		CC	Predisposition to a fast rate of vitamin E clearance
Lifestyle Recommendations				
As appropriate for dietary plan, consume foods rich in vitamin E and vitamin C, as vitamin C extends the antioxidant capacity of vitamin E.				

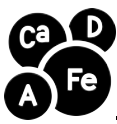


Vitamin C

YOUR RESULT	GENE	rsID	GENOTYPE	DESCRIPTION
	SLC23A1		CC	Predisposition to normal absorption of vitamin C in the small intestine
	SLC23A2		AG	Predisposition to normal absorption of vitamin C in the small intestine
Lifestyle Recommendations				

Calcium

YOUR RESULT	GENE	rsID	GENOTYPE	DESCRIPTION
	GC		TT	Predisposition to a normal ability to circulate vitamin D to target tissues, which is necessary for maintaining calcium levels
	CYP24A1		AT	Predisposition to moderately reduced calcium absorption and moderately increased risk of calcium insufficiency related to a slightly increased rate of bioactive vitamin D clearance
	CASR		GG	Predisposition to a more sensitive calcium-sensing receptor, which may reduce calcium absorption and promote calcium elimination
Lifestyle Recommendations				
As appropriate for dietary plan, consume foods rich in calcium. Adequate calcium intake may be difficult to achieve through food alone, especially if avoiding dairy products. If calcium intake is a concern, consider appropriate supplementation.				



Magnesium

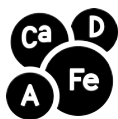
YOUR RESULT	GENE	rsID	GENOTYPE	DESCRIPTION
		rs2274924	CT	Predisposition to moderately decreased absorption of magnesium in the small intestine
Lifestyle Recommendations				
As appropriate for dietary plan, consume foods rich in magnesium. Consider separating the consumption of magnesium and zinc as they compete for absorption.				

Iron Deficiency

YOUR RESULT	GENE	rsID	GENOTYPE	DESCRIPTION
	TMPRSS6		GG	Predisposition to decreased intestinal absorption of iron and release of iron stores due to increased expression of hepcidin
	TF		CC	Predisposition to reduced capacity to bind and circulate iron
Lifestyle Recommendations				
As appropriate for dietary plan, consume foods rich in iron along with a source of vitamin C to improve absorption. If minimizing the consumption of animal products, consider accounting for the reduced bioavailability of non-heme iron. If low iron status is a perpetual problem, consider copper status, as copper is necessary for iron absorption.				

Iron Overload

YOUR RESULT	GENE	rsID	GENOTYPE	DESCRIPTION
	HFE		GG	No risk detected for excessive iron absorption and overaccumulation
	HFE		CC	No risk detected for excessive iron absorption and overaccumulation
Lifestyle Recommendations				



Copper

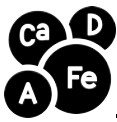
YOUR RESULT	GENE	rsID	GENOTYPE	DESCRIPTION
	CP		TT	Predisposition to decreased levels of circulating copper
Lifestyle Recommendations				
As appropriate for dietary plan, consume foods rich in copper. Zinc can limit copper absorption, so consider separating intake, especially if supplementing with high doses of zinc. Remember that copper is a trace mineral; only very small amounts are needed.				

Zinc

YOUR RESULT	GENE	rsID	GENOTYPE	DESCRIPTION
	SLC30A8		AG	Predisposition to limited improvement of blood sugar control with increased zinc intake
Lifestyle Recommendations				

Selenium

YOUR RESULT	GENE	rsID	GENOTYPE	DESCRIPTION
	SELENOP		CC	Predisposition to increased capacity to store and circulate selenium
Lifestyle Recommendations				



Essential Nutrients

CoQ10

YOUR RESULT	GENE	rsID	GENOTYPE	DESCRIPTION
	NQO1		GG	Predisposition for normal regeneration of oxidized coenzyme Q10 (ubiquinone) to reduced, bioactive coenzyme Q10 (ubiquinol)
Lifestyle Recommendations				

Essential Fatty Acids

YOUR RESULT	GENE	rsID	GENOTYPE	DESCRIPTION
	FADS1		TT	Predisposition for normal conversion of linolenic acid (omega 3) and linoleic acid (omega 6) to long-chain forms, such as EPA, DHA, and AA
Lifestyle Recommendations				

Where can you find the essential nutrients that you need?

VITAMINS



Vitamin D

Cod liver oil, fatty fish (trout, salmon, tuna), eggs, mushrooms (exposed to UV)



Vitamin B3

Beef liver, meats (chicken, turkey, beef), fish (salmon, tuna), brown rice, peanuts



Vitamin B6

Chickpeas, beef liver, fish (salmon, tuna), potato & sweet potato, banana



Vitamin B9

Beef liver, asparagus, brussel sprouts, leafy greens (kale, spinach, lettuce), lentils



Vitamin B12

Beef liver, clams, fish (salmon, tuna), beef, eggs, nutritional yeast



Vitamin A

Beef liver, eggs, butter, full-fat dairy | β -carotene: sweet potato, carrot, pumpkin, spinach



Vitamin E

Wheat germ, sunflower seeds, almonds, avocado, peanut butter



Vitamin C

Orange, strawberry, pepper, broccoli, kiwi

MINERALS



Calcium

Yogurt, cheese, milk, canned fish with bones, spinach



Magnesium

Pumpkin & chia seeds, almonds, spinach, black beans, brown rice



Iron

Beef, clams, oysters, mussels, lentils, dark leafy greens (kale, spinach, collard greens), raisins



Copper

Beef liver, shellfish (oysters, crab, lobster), cashews, sweet potato, quinoa



Zinc

Oyster, beef, crab, pumpkin seeds, oats



Selenium

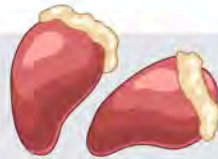
Brazil nuts, shrimp, pork, eggs, oats

OTHER



Choline

Beef liver, eggs, poultry (chicken, turkey), legumes (soybeans, kidney beans, peas), broccoli



CoQ10

Oran meats (liver and hearts), pork, fish (mackerel, salmon, trout), broccoli, sesame seeds



Essential Fatty Acids

Fatty fish (salmon, mackerel, anchovies), crab, seaweed, walnuts, flax seeds

*This page does not include any personalized food recommendations. It is for educational purposes only.

Graphics by Katie Kirkpatrick



Macronutrient Response

Result Score Key:

● High Action Suggested

● Medium Action Suggested

● Little to No Action Needed

Response to High Carbohydrate Diets

YOUR RESULT	GENE	rsID	GENOTYPE	DESCRIPTION
	AHSG		CC	Predisposition to increased levels of fetuin-A, suggesting a decreased ability to process carbohydrates
	PLIN1		TT	Predisposition to limited weight loss with higher intakes of complex carbohydrates
	LIPC		TT	Predisposition to benefit from low fat diets to improve blood lipid profile
	FABP2		CT	Predisposition to benefit some from low fat diets to improve blood lipid profile
Lifestyle Recommendations				
Diets that are lower in fat (~20%) and higher in carbohydrates (~50%) may be useful to support weight loss and/or improve blood lipid measurements, depending on the response to other macronutrients. If incorporating higher intakes of carbohydrates, choose quality, complex carbohydrates sources.				

Response to Low Carbohydrate Diets

YOUR RESULT	GENE	rsID	GENOTYPE	DESCRIPTION
	UCP3		GG	Predisposition to benefit from low carbohydrate, moderate fat diets to improve weight loss
	FTO		AA	Predisposition to benefit from low carbohydrate, moderate fat diets to improve weight loss
	GCKR		CC	Predisposition to benefit less from low carbohydrate, moderate fat diets to improve blood lipid profile
	APOC3		CC	Predisposition to benefit less from low carbohydrate, moderate fat diets to improve blood lipid profile
Lifestyle Recommendations				
Diets that are lower in carbohydrates (~40%) and moderate in fats (~30%) may be useful to support weight loss and/or improve blood lipid measurements, depending on the response to other macronutrients.				



Macronutrient Response

Response to High Fat Diets

YOUR RESULT	GENE	rsID	GENOTYPE	DESCRIPTION
	LIPF		AA	Predisposition to limited weight loss with high fat intake
	ACSL5		CC	Predisposition to a reduced ability to metabolize fat for energy
	PPARA		CC	Predisposition to normal ability to adapt to metabolizing fat as the body's primary fuel source
Lifestyle Recommendations				
Consider response to other macronutrients to determine optimal diet composition.				

Response to PUFAs & Phytosterols

YOUR RESULT	GENE	rsID	GENOTYPE	DESCRIPTION
	PPARG		CC	Predisposition to benefit from increased intake of polyunsaturated fats
	FADS1		TT	Predisposition to benefit less from increased intake of long-chain, omega-3 fats
	TNF		GG	Predisposition to benefit less from increased intake of polyunsaturated fats
	FABP2		CT	Predisposition to benefit some from increased intake of polyunsaturated fats
	ABCG8		CC	Predisposition to benefit less from increased intake of phytosterols to limit dietary cholesterol absorption
Lifestyle Recommendations				
Considering limiting saturated fat intake to 7-10% of total fat intake with the remaining amount being supplied by unsaturated sources. As appropriate for dietary plan, consider consuming fatty fish, walnuts, flaxseeds, chia seeds, and flaxseed oil, as these are rich sources of polyunsaturated fats. If the T allele is present for ABCG8 rs6544713, consider including phytosterols to limit absorption of dietary cholesterol. As appropriate for dietary plan, consider including foods such as seeds, nuts, whole grains, and legumes, as these are rich sources of phytosterols.				



Response to Fasting

YOUR RESULT	GENE	rsID	GENOTYPE	DESCRIPTION
	PPARA		CC	Predisposition to normal ability to metabolically adapt to using fat as fuel to sustain the body during fasting
	ACSL5		CC	Predisposition to a reduced ability to metabolize fat for energy, which may hinder the ability to sustain a fast
Lifestyle Recommendations				
If appropriate for age and life stage, incorporating fasting may benefit metabolic health. If incorporating fasting, consider doing so gradually to allow the body time to adapt to utilizing fat as a primary energy source.				

Supplements

Thermo-EFx

Support for healthy weight management and satiety



Berberine Synergy

Support for healthy blood sugar metabolism



Vascanox HP

Support for nitric oxide production and blood vessel health



RYR Synergy

Support for healthy lipid metabolism



OmegAvail Hi-Po

A concentrated omega-3 fatty acids formula



Inflammatone

Antioxidant support for inflammation control



Liposomal Glutathione

A highly bioavailable form of glutathione



NeuroCalm

Support for relaxation and rest



Thyroid Synergy

Nutrient support for healthy thyroid function



MyoStim

Support for muscle mass retention and lean body mass



Mito-NR

NAD+ precursor & CoQ10 for cellular energy production



Detoxification Support Packets

A product trio for comprehensive toxin elimination



CraveArrest

Neurotransmitter support for craving management



DFH Complete Multi

A comprehensive multivitamin for foundational health



Vitamin D Supreme

Vitamin D3 with K1 and K2



Foresterol

A phytosterol mixture for healthy cholesterol metabolism



ReGENerate

METHODOLOGY AND LIMITATIONS DISCLAIMER:

Testing for genetic variation/mutation on listed genes was performed using RealTime PCR with TaqMan® allele-specific probes on the QuantStudio 12K Flex. All genetic testing is performed by GX Sciences, LLC d/b/a Fagron Genomics US ("Fagron Genomics US"), located at 807 Las Cimas Pkwy, Suite 145, Austin TX, 78746. This test will not detect all the known alleles that result in altered or inactive tested genes. This test does not account for all individual variations in the individual tested. Test results do not rule out the possibility that this individual could be a carrier of other mutations/variants not detected by this gene mutation/variation panel. Rare mutations surrounding these alleles may also affect our detection of genetic variations. Thus, the interpretation is given as a probability. Therefore, this genetic information shall be interpreted in conjunction with other clinical findings and familial history. Patients should receive appropriate genetic counseling to explain the implications of these test results. The calculations and supplement recommendations presented in this report are not suitable for children under the age of 16. The analytical and performance characteristics of this laboratory developed test (LDT) were determined by GX Sciences' laboratory (Laboratory Director: James Jacobson, PhD) pursuant to Clinical Laboratory Improvement Amendments (CLIA) requirements (CLIA #: 45D2144988).

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References:

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