

Please note that this is a sample report and not a complete report of the test.

Mike, this is your
nutrition report



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SAMPLE REPORT

1. Introduction

In the following pages you will find your nutrigenetics report created from the analysis of your DNA. You will get detailed information about the relationship between your genes and your nutritional response.

Thanks to the sequencing of your DNA and its subsequent analysis, you will know the response predisposition of your body to nutrients such as fats, carbohydrates, vitamins and minerals, which is a great help when adapting your diet.

Nutrigenetics is just one part of the elements that influence your response to nutrition. Other factors such as allergies, intolerances, bioma and lifestyle habits also influence your response to food and these are not reflected in this report.

For a better visualization, in the first pages you can find an icons summary that graphically indicate the balance of your results, followed by your customized analysis.

We remind you that any changes you want to make in your diet should be guided by health professionals such as Nutritionists, Geneticists or Doctors.

Any doubts that you may have about your genetic test should be checked with a Genetic Diagnosis professional or Specialized Nutritionists.

The information provided in this report is valid only for research, information and educational uses. In no case is it valid for clinical or diagnostic use.

1.1. Frequently Asqued Questions

Is this test the same as food intolerance tests?

No, a genetic test has nothing to do with a test of food intolerance, nor with food allergies tests. They are different tests with totally different information. Genetic testing is infinitely more complex and expensive than the tests described above and the genetic information we get can not be found in any other way.

Should I make drastic changes because of this test results?

No, any changes you want to make in your health and nutrition management should be guided by health professionals such as nutritionists, geneticists or doctors. Any question you have about any genetic test should be checked with an experts in Genetic Diagnosis or Specialized Nutritionists.

Does it all depend on my genes?

No, our body responds to a lot of conditions. Our genes are certainly an important parameter. Lifestyle, sport, food, and many other circumstances influence our body. Knowing yourself well clearly help us to treat our body in the most appropriate way. And this is what this tests are about:

more knowledge.

Are all the analyzed genes listed in the sections?

We include only a sample of the genes we analyze, some of the sections are defined by the analysis of some more genes that we do not show in the report. Our algorithms combine all your genotypes from the analyzed markers.

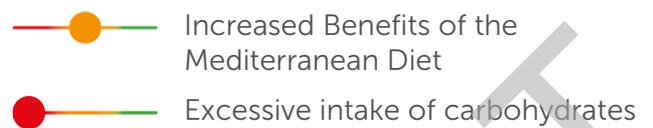
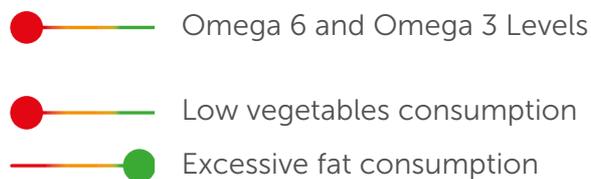
What is this report based on?

This test is based on different genetic studies internationally consolidated and accepted by the scientific community. There are some scientific databases where studies, with a certain level of consensus, are published. Our genetic tests is done by applying these studies to your genotype. In each section you will see some of the studies on which it is based. There are sections where more studies are used than those listed.

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2. Summary

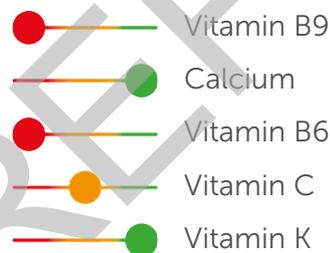
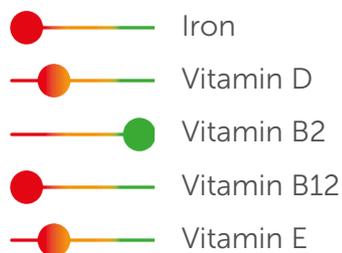
A healthier nutrition



Caption:

- Your analyzed genotype is favorable.
- Your analyzed genotype is a little favorable.
- Your analyzed genotype doesn't particularly affect you.
- Your analyzed genotype is a little unfavorable.
- Your analyzed genotype is unfavorable.

Vitamins and minerals



Caption:

- Your analyzed genotype is favorable.
- Your analyzed genotype is a little favorable.
- Your analyzed genotype doesn't particularly affect you.
- Your analyzed genotype is a little unfavorable.
- Your analyzed genotype is unfavorable.

Metabolic



Caption:

- Your analyzed genotype is favorable.
- Your analyzed genotype is a little favorable.
- Your analyzed genotype doesn't particularly affect you.
- Your analyzed genotype is a little unfavorable.
- Your analyzed genotype is unfavorable.

Your senses



Caption:

-  Your analyzed genotype is favorable.
-  Your analyzed genotype is a little favorable.
-  Your analyzed genotype doesn't particularly affect you.
-  Your analyzed genotype is a little unfavorable.
-  Your analyzed genotype is unfavorable.

Your weight and you

- | | |
|---|---|
|  Effectiveness of the Mediterranean Diet |  Effectiveness of the Low Fat Diet |
|  Predisposition to overweight |  Difficulty losing weight |
|  Feeling of Satiety |  Emotional eating |
|  Eating desire |  Effectiveness of the Low Carbohydrate Diet |

Caption:

-  Your analyzed genotype is favorable.
-  Your analyzed genotype is a little favorable.
-  Your analyzed genotype doesn't particularly affect you.
-  Your analyzed genotype is a little unfavorable.
-  Your analyzed genotype is unfavorable.

3. Genetic Results

3.1. What information is included in the results?

Group

A healthier nutrition

Increased Benefits of the Mediterranean Diet

Analyzed case or substance

The health benefits of the Mediterranean diet are widely known. This diet is rich in monounsaturated fats, important for reducing the risk of cardiovascular disease, and high in HDL (good) cholesterol, which delays cognitive impairment. It is also associated with increased longevity and lower levels of LDL cholesterol, which accumulates in the arteries. Following a Mediterranean diet is associated with reducing cardiovascular risk mortality as well as overall mortality. It is also associated with a reduced incidence of cancer, Parkinson's disease and Alzheimer's.

Women who supplement their Mediterranean diet with virgin olive oil and walnuts may reduce their risk of breast cancer (according to the Mayo Clinic).

Certain genetic variations have been associated with an increased benefit when following a Mediterranean diet.

Analyzed case or substance brief and how it may affects to you

Your genetic map

Gene	Genotype
VKORC1	AA
CYP2C9	CC
CYP4F2	CC
CYP2C9	AA
VKORC1	AA
CYP2C9	AA
VKORC1	AA
VKORC1	AA
CYP2C9	AA
VKORC1	CC
VKORC1	CC

Genetic Data

What does your genetic say?

The Mediterranean diet affects you just as well as the rest.

Your genetic result

More information

www.ncbi.nlm.nih.gov/pubmed/20596022

Bibliography and references

3.2. Your genetic results

A healthier nutrition

Omega 6 and Omega 3 Levels

Polyunsaturated fats (healthy fats) are mainly omega-3 and omega-6 fatty acids. Omega-3s are a key family of polyunsaturated fats (EPA / DHA / ALA) beneficial to brain and cardiovascular health: they lower blood pressure and heart rate, improve blood vessel function, reduce triglycerides and inflammation, and are good for eyesight and skin. Along with omega-3 fats, omega-6 fatty acids play a crucial role in brain function and normal growth and development. Omega-6s help stimulate hair and skin growth, maintain bone health, regulate metabolism, and maintain the reproductive system.

A healthy diet should provide the same ratio of omega-6 to omega-3, but in the current diet the amount of omega-6 fatty acids predominates.

In large-scale studies it has been observed that certain variants of the FADS gene cause carriers to have decreased omega-6 and omega-3 levels.

Your genetic map

Gene	Genotype
FADS1	CC

What does your genetic say?



You present a genotype associated with lower processing of essential fatty acids, omega-6 (ARA) and omega-3 (EPA), and therefore, will present decreased levels in blood. It is recommended to control omega-6 intake and increase omega-3-rich foods.

More information:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4123862/>

A healthier nutrition

Excessive fat consumption

Fat is a great source of energy and essential fatty acids and also facilitates the absorption of fat-soluble vitamins.

However, excessive consumption can lead to cardiovascular disease, overweight and obesity.

Several recent studies in the US and Europe indicate that the percentage of calories derived from saturated fat is above the acceptable limit, whereas the opposite is true with monounsaturated and polyunsaturated fats.

Certain genetic variations predispose carriers to ingest more fats by increasing their appetite for foods rich in them.

Your genetic map

Gene	Genotype
SLC46A3	CC

What does your genetic say? 

You do not have a greater appetite for foods rich in fats. This genotype does not affect you negatively.

More information:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3522587/>

Vitamins and minerals

Vitamin B6

Vitamin B6 (pyridoxine) is involved in numerous essential processes, such as protein metabolism, proper functioning of the neurological system, production of hemoglobin, and maintenance of normal levels of homocysteine. Even slight imbalances in vitamin B6 levels can lead to various symptoms: nerve inflammation, irritability, depression, dermatitis, cracked and sore lips, swollen mouth and tongue, and confusion. Vitamin B6 is found naturally in many foods like peas, whole grains, meat, eggs and fish. Most people get enough vitamin B6 when following a balanced diet and deficiency of this vitamin is uncommon.

The genetic marker rs4654748 of the NBPF3 gene has been associated in numerous studies with reduced levels of vitamin B6, possibly due to a greater degradation of the vitamin in the blood. Studies show an association between vitamin levels and different genotypes, however, this does not mean that your levels are not adequate.

Your genetic map

Gene	Genotype
NBPF3	TC

What does your genetic say?



You have the variant of the NBPF3 gene associated with lower levels of B6, so you are more likely to have decreased blood levels. We recommend that you increase the consumption of foods rich in this vitamin.

More information:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2667971/>

Vitamins and minerals

Vitamin D

Vitamin D is a fat-soluble vitamin important for the absorption and utilization of calcium, to maintain good bone and muscle health, for the normal functioning of the immune, endocrine and cardiovascular system. It is synthesized on the skin after exposure to sunlight: it is metabolized to its active form, which regulates hundreds of genes thanks to binding to the vitamin D receptor. There is an increase in cases of vitamin D deficiency in developed countries due mainly to photo-protection measures, as well as environmental conditions (contamination, geographical location), dark skin color, being over 50 years, family history of osteoporosis, overweight and personal genetics. Exposure to sunlight is a determining factor in a person's vitamin D levels, because there are few dietary sources of vitamin D, which include fatty fish, fish liver oil and milk or fortified cereals.

Numerous studies have identified genetic variations in many genes that contribute to vitamin D deficiency.

Your genetic map

Gene	Genotype
GC	AA
CYP2R1	AG
VDR	CC
VDR	AC
VDR	AA

What does your genetic say? 

You are predisposed to have low levels of vitamin D, but the binding and transport of this vitamin are normal, so we recommend that you increase the consumption of foods rich in vitamin D to achieve optimal levels.

More information:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3939005/>

Vitamins and minerals

Calcium

Calcium is the most abundant mineral in the human body and the main component of bones and teeth. It plays a central role in the functioning of the nervous system and muscles, controls the blood vessels and the secretion of insulin. It is important to have enough calcium because a long-term deficiency can lead to loss of bone mass and osteoporosis. Calcium levels are tightly regulated and requirements increase with age: from 50 years on in women and 70 on men. The benefits of an adequate daily intake of calcium are: reducing the risk of osteoporosis, regulating blood pressure and reducing the risk of some types of cancer. The human body does not produce calcium so you have to ingest it through food. Too high blood levels (hypercalcemia) are not healthy either because they can weaken bones and cause problems in the kidneys, heart and brain.

There are genotypes that predispose us to low blood calcium levels.

What does your genetic say? 

Your genotype indicates that you are predisposed to have normal blood calcium levels.

More information:

<https://www.ncbi.nlm.nih.gov/pubmed/15531522>

Your genetic map

Gene	Genotype
CASR	TG
CASR	AA

Vitamins and minerals

Iron

Iron is an essential mineral for many functions of our body. It is part of many proteins, including oxygen carriers, hemoglobin (in red blood cells) and myoglobin (in muscle cells). It is also an essential component of antioxidant enzymes. The absorption, transport and storage of iron is closely regulated, because it is an essential and potentially toxic element.

Iron deficiency is the most common nutritional deficiency in the world. Symptoms include fatigue, rapid heartbeat, and palpitations. Children and women of childbearing age, vegetarians and vegans, are people at high risk of iron deficiency. Although it is an essential mineral, too much iron can be harmful to the body.

Some genetic variations increase the absorption of the iron giving rise to an excess of this mineral, in spite of ingesting normal amounts. At least one in 10 people has a genetic variation of this type. Excess iron can lead to fatigue, anorexia, dizziness, nausea, vomiting, headache, weight loss and shortness of breath.

Your genetic map

Gene	Genotype
TMPRSS6	AA
TMPRSS6	AG
TF	AG
ABO	TC

What does your genetic say?



You are predisposed to have low levels of iron due to deficiencies in its transport, storage and release, so you must monitor your levels and adjust your intake (food or supplementation) to reach the appropriate levels.

More information:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4003547/>

Your weight and you

Predisposition to overweight

Obesity is caused by environmental factors and genetic factors. Approximately 40 to 70% of the predisposition to obesity is inherited. When someone reaches a body mass index (BMI) of 30 to 35 (obesity) or above 40 (morbid obesity), genetic factors with a strong effect are most likely involved. Your genetic predisposition to obesity is determined by your genotype in variants of the FTO and MC4R genes, which are associated with a higher BMI. The MC4R gene is expressed at the center of brain starvation and is involved in the regulation of energy balance. The FTO gene is important in controlling eating habits and energy balance.

On the other hand, adiponectin is a hormone produced by adipose cells. In the body causes the liver and muscles to consume energy from fat. High levels of adiponectin are beneficial for weight loss. If you have low levels, losing weight can be a good way to increase your adiponectin levels. A variant of the adiponectin gene (ADIPOQ) is associated with its levels.

Your genetic map

Gene	Genotype
FTO	TT
MC4R	TC
ADIPOQ	GG
ADRB2	GC
FTO	TT

What does your genetic say?



You are more likely than the rest of the population to have a high BMI (body mass index), which does not mean that you are obese. However, because lifestyle has a considerable impact on weight, you can reduce your risk by leading a proper diet, exercising and reducing your stress.

More information:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2695662/>

Your weight and you

Effectiveness of the Low Carbohydrate Diet

Carbohydrates are the main source of energy in a diet, accounting for between 45% and 55% of the daily intake. They are the macronutrients from which we get the energy our body needs. Simple carbohydrates give us immediate energy while the complexes ensure an energy supply throughout the day. Simple carbohydrates are found mostly in fruits; the complexes, in vegetables, cereals and legumes. Do not forget that they are a source of fiber, an essential component in our diet and very important for intestinal health. Slimming diets typically reduce the amount of carbohydrate and increase protein, but not all people respond equally to this reduction.

It has been observed that a polymorphism in the FTO gene, linked to obesity, is related to a better response to low carbohydrate diets.

Your genetic map

Gene	Genotype
FTO	TT

What does your genetic say? 

Your genotype is associated with greater weight loss if you follow a low carbohydrate diet.

More information:

<http://ajcn.nutrition.org/content/90/5/1418.long>