



NUTRITION REPORT





**LIVE HEALTHY.
STAY YOUNG.**



ID: YT24A100

Name: Patient Name

D.O.B.: 18-Jan-1985

Ver: 1



PATIENT NAME



Participant Age

40 Years



Case ID

YT24A100



Date of Birth

18 Jan 1985



Participation Date

26 Jun 2025



Participant Sample

Saliva



Received Date

07 Jul 2025



National ID

1000100010



Reported Date

05 Aug 2025



WELCOME *to* YOUTH

At Youth, we're transforming the way you approach wellness by providing science-based, personalized insights grounded in your unique genetic makeup. Our mission is to empower individuals to make informed lifestyle choices that enhance health, vitality, and overall well-being. We believe that true wellness comes from understanding and embracing the one-of-a-kind blueprint that is your DNA.

Within this report, you'll uncover how specific genetic markers influence various aspects of your health—from fitness and nutrition to sleep, mental resilience, skin, and hair. By gaining insight into these areas, you can begin to tailor your lifestyle choices for optimal outcomes. We analyze carefully selected genes based on robust scientific research, providing you with reliable information to enhance your approach to health and wellness.

Genetics is just one part of the wellness equation, interacting with your environment, habits, and lifestyle. This report offers a glimpse into your genetic foundation, serving as a guide to better personalize your daily choices and long-term health strategies.

We're excited to be part of your journey toward a healthier, more empowered you! Let's get started and unlock your full wellness potential.

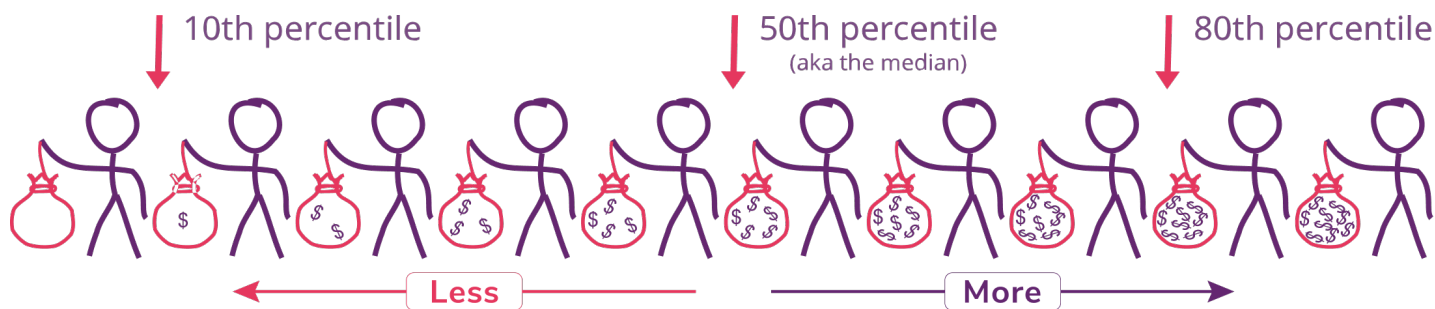


HOW TO READ

YOUR YOUTH WELLNESS REPORT

Your Youth report is designed to give you clear, actionable insights based on your unique genetic profile. To help you understand these insights, we use **polygenic risk scores (PRS)**, which combine the effects of multiple genetic markers associated with a specific trait. This score is then converted into a **percentile**, giving you a sense of where you stand relative to the general population.

- **What is a Percentile?** The percentile ranking shows how your genetic profile compares to others. For example, if your percentile score for a particular trait (like endurance potential) is 85%, it means that based on your genetics, your potential is higher than that of 85% of the population.



- **Report Sections:** Each section of your report covers different wellness areas. Here's how to interpret each:
 - 1. Trait Overview:** Each wellness area begins with a description of the trait (e.g., endurance, recovery, skin elasticity), outlining why it's relevant to your health.
 - 2. Your Percentile Score:** Below each trait, you'll find your percentile score. This score is based on your PRS and tells you where you fall in the distribution of genetic predispositions for that trait. Higher percentiles typically indicate a stronger genetic predisposition toward the trait, while lower percentiles may indicate a lesser predisposition.
 - 3. How to Interpret Your Score:**
 - 1. High Percentile (75-100%):** You have a strong genetic predisposition toward this trait. Consider using this information to make lifestyle adjustments that capitalize on this advantage.
 - 2. Average Percentile (26-74%):** Your genetic predisposition is average, meaning you may benefit from targeted lifestyle choices to optimize this area.
 - 3. Low Percentile (0-25%):** A lower percentile indicates a lesser predisposition. However, remember that genetics is only one piece of the puzzle; lifestyle factors can still significantly influence your outcomes.
 - 4. Recommendations:** Each section provides recommendations based on your percentile score. These include lifestyle, dietary, and fitness suggestions to help you optimize each wellness trait based on your unique genetic profile.



● **A Few Important Notes:**

◦ *Genetics Is Only One Piece of the Puzzle:*

While this report offers valuable insights into your genetic makeup, your overall health and wellness are also shaped by lifestyle, environment, and daily habits. These non-genetic factors can influence, reinforce, or offset your genetic tendencies—empowering you to take control of your well-being.

◦ *Your Scores Reflect Tendencies, Not Guarantees:*

Your polygenic risk scores (PRS) highlight genetic tendencies, not certainties. These scores indicate how your genetics may influence certain traits or health risks compared to others, but they do not predict specific outcomes. Use these insights as a tool to make informed, proactive lifestyle and health decision.

WE HOPE This guide helps you make the most of your Youth wellness report & supports you on your journey to **A HEALTHIER LIFESTYLE!**

NUTRIGENOMICS, --- **THE STUDY OF HOW GENES**

Interact with diet and nutrition, sheds light on personalized approaches to health and wellness. A key aspect is understanding how genetic variations influence individual responses to dietary components, shaping health outcomes.

By integrating genetics with nutrition science, nutrigenomics provides insights for crafting tailored dietary recommendations aimed at optimizing health and

PREVENTING DISEASE.

— *PART I* —

Metabolism & Food Intake





THIS SECTION EXPLORES how your genes may affect the way your body uses food and energy. It looks at things like your tendency to gain weight, how you process carbs and fats, how much you crave sweets, and how your body reacts to caffeine. With this information, you can make smarter choices about what you eat and how you take care of your body, helping you feel your best and stay healthy in the long run.



SUMMARY OF

YOUR METABOLISM AND FOOD INTAKE TRAITS

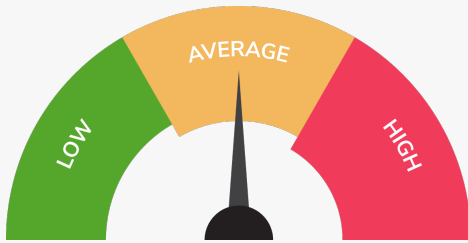




Tendency to Gain Weight reflects how easily you may gain weight, influenced by genetics, metabolism, and lifestyle factors.

- **High Tendency:** Indicates a greater likelihood of weight gain, increasing the risk of health issues like heart disease and type 2 diabetes. Maintaining a balanced diet and regular physical activity is crucial.
- **Low Tendency:** Suggests a lower risk of weight gain, but it's still important to ensure adequate nutrition and healthy habits to prevent potential nutrient deficiencies.

YOUR GENETIC TENDENCY TO GAIN WEIGHT IS:



HOW DOES YOUR SCORE COMPARE WITH OTHERS?

Your genetic tendency to gain weight is lower than 43% of people from the same population.

Genetic Markers Used to Calculate the Score: 1,059,939 Genetic Markers
 Total Genetic Markers Surveyed in this Analysis: 40,663,299 Genetic Markers

INTERPRETATION

Your genetic score suggests a typical tendency to gain weight. This indicates that with healthy lifestyle choices, you can maintain a healthy weight without significant challenges.

RECOMMENDATIONS FOR A HEALTHY BODY WEIGHT:

1. **Lower calorie consumption:** Create a calorie deficit of 500-1000 calories daily for gradual weight loss (if indicated).
2. **Balanced diet:** Include a variety of fruits, vegetables, lean proteins, and whole grains.
3. **Regular exercise:** Engage in at least 150 minutes of moderate-intensity or 75 minutes of vigorous-intensity exercise weekly.
4. **Healthier Lifestyle:** Practice mindful eating, manage stress, and prioritize adequate sleep (7-9 hours per night).
5. **Seek support:** Seek assistance from healthcare professionals like dietitians or trainers for personalized guidance.

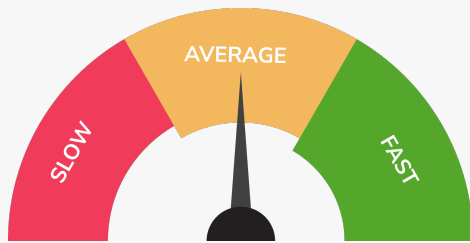
Note: This score reflects your genetic predisposition and does not account for lifestyle, diet, or environmental factors that also influence this trait.



Metabolism is how the body turns food into energy. Some people naturally burn calories faster or slower than others because of their genes. Knowing your genetic metabolic rate can help you make smarter choices about food and exercise to keep energy levels balanced and support health goals.

- **High:** A high score indicates a faster metabolism, which can make it easier to manage weight and maintain energy levels, though it may require more frequent nutrient intake.
- **Low:** A low score suggests a slower metabolism, making it easier to gain weight but potentially leading to energy slumps, so careful diet and exercise management are beneficial.

YOUR GENETIC TENDENCY TO METABOLIZE IS:



HOW DOES YOUR SCORE COMPARE WITH OTHERS?

Your genetic tendency to metabolize is lower than 47% of people from the same population.

Genetic Markers Used to Calculate the Score: 46,752 Genetic Markers
Total Genetic Markers Surveyed in this Analysis: 40,663,299 Genetic Markers

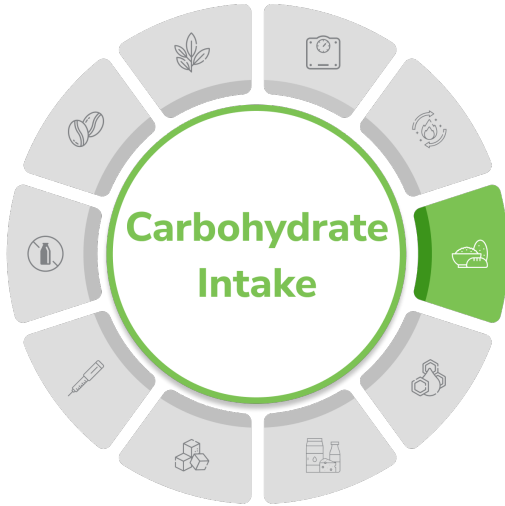
INTERPRETATION

Your genetic score indicates an average metabolic rate. This allows for a flexible diet and exercise routine, as you likely have a balanced energy expenditure.

RECOMMENDATIONS TO FOR HEALTHY METABOLISM:

1. **Eating pattern:** Eat balanced meals regularly with protein-rich foods to keep your metabolism active and help build muscle. Keep in mind to avoid crash diets that can slow down your metabolism.
2. **Incorporate Strength Training:** Engage in resistance exercises to build muscle, which increases metabolic rate.
3. **Get Enough Sleep:** Aim for 7-9 hours of quality sleep each night to support metabolic functions.
4. **Manage Stress:** Practice stress-reducing techniques like meditation or yoga to prevent cortisol-related metabolism changes.
5. **Include HIIT Workouts:** High-intensity interval training (HIIT) can enhance calorie burning and metabolic rate.

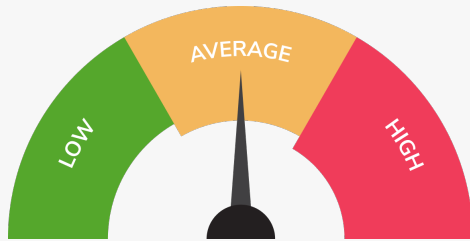
Note: This score reflects your genetic predisposition and does not account for lifestyle, diet, or environmental factors that also influence this trait.



Carbohydrate intake is the amount of carbs someone might prefer to eat, like bread, pasta, and fruits. Genetics can affect how much a person craves these foods and feels full after eating them. Understanding this trait can help individuals adjust their carbohydrate intake to better align with their natural tendencies, supporting more stable energy levels and balanced blood sugar.

- **High:** A high score suggests a stronger preference for carbs, which may lead to higher carb intake and fluctuating blood sugar if not managed.
- **Low:** A low score indicates a reduced preference for carbs, which can help with blood sugar stability but may require focus on balanced energy sources.

YOUR GENETIC TENDENCY TO CONSUME CARBOHYDRATES IS:



HOW DOES YOUR SCORE COMPARE WITH OTHERS?

Your genetic tendency to consume carbohydrates is lower than 36% of people from the same population.

Genetic Markers Used to Calculate the Score: 3,483 Genetic Markers
Total Genetic Markers Surveyed in this Analysis: 40,663,299 Genetic Markers

INTERPRETATION

Your genetic score suggests a moderate preference for carbohydrates. This allows for a balanced diet that includes carbs without excessive cravings, supporting stable energy levels.

RECOMMENDATIONS FOR HEALTHY CARBOHYDRATE INTAKE:

1. **Low carb diet:** Choose low-carb foods like nonstarchy vegetables, lean proteins, and healthy fats.
2. **Reduce sugar intake:** Limit sugary foods and beverages high in added sugars.
3. **Healthy habits:** Check food labels for carbohydrate content and choose lower-carb options.
4. **Cut down on refined sources:** Substitute refined grains with whole grains or low-carb alternatives.
5. **Portion control:** Control portion sizes, cook at home, include fiber-rich foods, and consult a professional for personalized guidance.

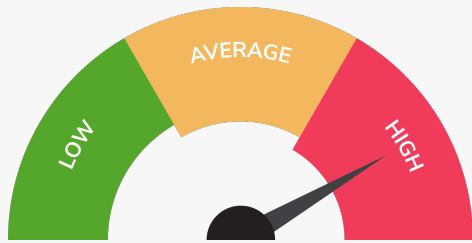
Note: This score reflects your genetic predisposition and does not account for lifestyle, diet, or environmental factors that also influence this trait.



Fat intake is the amount of fat someone might naturally enjoy or handle well in their diet. Genes can influence how much people enjoy eating fatty foods, like avocados and nuts, and how full they feel afterward. Learning about fat preference genes can help people choose healthy fats that match their body's needs and promote heart health.

- **High:** A high score indicates a natural preference for fatty foods, which, if unmanaged, can lead to high calorie intake and increased risk for weight gain and cardiovascular issues.
- **Low:** A low score suggests a lower preference for fat, which may support easier weight management but requires awareness of healthy fats for optimal nutrition.

YOUR GENETIC TENDENCY TO CONSUME FAT IS:



HOW DOES YOUR SCORE COMPARE WITH OTHERS?

Your genetic tendency to consume fat is higher than 91% of people from the same population.

Genetic Markers Used to Calculate the Score: 21 Genetic Markers
Total Genetic Markers Surveyed in this Analysis: 40,663,299 Genetic Markers

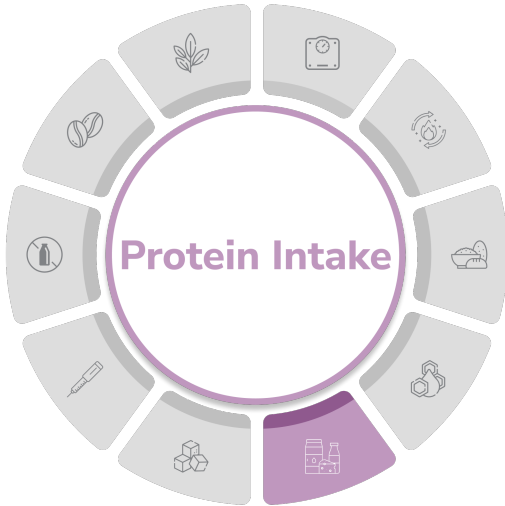
INTERPRETATION

Your genetic score suggests a strong preference for fatty foods. While healthy fats are essential, excessive intake of unhealthy fats can contribute to weight gain and heart disease risk. Focus on incorporating healthy fat sources like avocados and nuts.

RECOMMENDATIONS FOR HEALTHY FAT INTAKE:

1. **Incorporate high protein diet:** Choose lean protein sources like poultry without skin, fish, legumes, and tofu to reduce saturated fat intake.
2. **Cooking suggestions:** Use healthier cooking methods such as grilling, baking, or steaming instead of frying to minimize added fats.
3. **Cut down on high fat food items:** Limit foods high in saturated fats such as fatty meats and full-fat dairy products.
4. **Incorporate healthy fats:** Consume healthy fat sources like avocados, nuts, seeds, olive oil, and fatty fish in moderation.
5. **Check nutrition labels:** Check labels for lower total fat and saturated fat content in packaged foods.

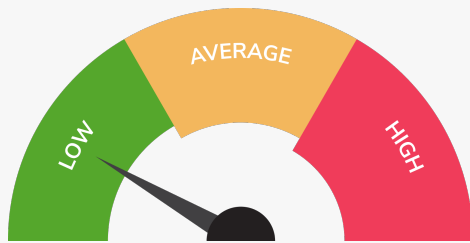
Note: This score reflects your genetic predisposition and does not account for lifestyle, diet, or environmental factors that also influence this trait.



Protein intake refers to how much protein a person may naturally prefer or how well their body responds to dietary protein. Genetics can influence appetite for protein-rich foods like meat, fish, eggs, legumes, and dairy, as well as how satisfied someone feels after eating them. Understanding your genetic tendency can help guide optimal protein choices for muscle health, metabolism, and weight management.

- **High:** A high score suggests a strong preference for protein-rich foods. This may support muscle maintenance and satiety, but it's important to balance intake with other nutrients and avoid excessive reliance on animal protein.
- **Low:** A low score indicates a lower natural preference for protein, which might make it harder to meet daily protein needs—especially important for muscle health and energy regulation. You may need to be more intentional about including protein in meals.

YOUR GENETIC TENDENCY TO CONSUME PROTEIN IS:



HOW DOES YOUR SCORE COMPARE WITH OTHERS?

Your genetic tendency to consume protein is lower than 92% of people from the same population.

Genetic Markers Used to Calculate the Score: 8 Genetic Markers
Total Genetic Markers Surveyed in this Analysis: 40,663,299 Genetic Markers

INTERPRETATION

Your genetic score indicates a lower preference for protein-rich foods. While this may reduce the risk of overconsumption, ensure you're meeting your protein needs to support muscle health and overall well-being.

RECOMMENDATIONS FOR HEALTHY PROTEIN INTAKE:

1. **Include diverse protein sources:** Combine lean animal proteins (like poultry and fish) with plant-based sources (like lentils, beans, tofu, and quinoa) to support overall health.
2. **Mind portion sizes:** Even with a high preference for protein, be mindful of excessive intake, especially from red meats and processed proteins.
3. **Space protein through the day:** Distribute protein intake evenly across meals to support satiety and muscle maintenance.
4. **Choose lower-fat options:** Opt for low-fat dairy and lean cuts of meat to reduce saturated fat intake.
5. **Focus on whole foods:** Prioritize unprocessed, natural protein sources over protein bars and processed meats when possible.

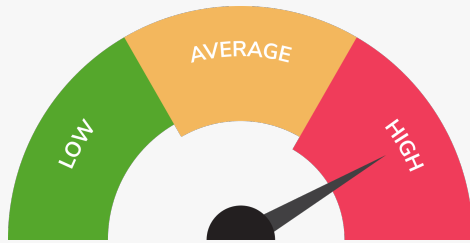
Note: This score reflects your genetic predisposition and does not account for lifestyle, diet, or environmental factors that also influence this trait.



Sweet Cravings are the desire to eat sweet foods, influenced by genes that affect taste and reward systems in the brain. Some people have a natural tendency to crave sweets more often. Knowing this can help people find ways to manage sweet intake, helping with energy balance and reducing the risk of certain health issues.

- **High:** A high score suggests a strong craving for sweets, which may increase the risk of weight gain and blood sugar issues if intake isn't managed.
- **Low:** A low score indicates a lower craving for sweets, which can make it easier to maintain stable energy and blood sugar levels.

YOUR GENETIC TENDENCY TO CRAVE SWEETS IS:



HOW DOES YOUR SCORE COMPARE WITH OTHERS?

Your genetic tendency to crave sweets is higher than 100% of people from the same population.

Genetic Markers Used to Calculate the Score: 80 Genetic Markers
Total Genetic Markers Surveyed in this Analysis: 40,663,299 Genetic Markers

INTERPRETATION

Your genetic score indicates a strong tendency to crave sweets. This can lead to higher sugar consumption, increasing the risk of weight gain and related health issues. Finding strategies to manage sugar intake is key to maintaining balance.

RECOMMENDATIONS TO PREVENT SWEET CRAVINGS:

1. **Eat Regular Meals:** Maintain regular meal times with balanced nutrition to prevent blood sugar fluctuations that can trigger cravings. Incorporate protein-rich foods and fiber into meals to promote satiety and stabilize blood sugar levels.
2. **Stay Hydrated:** Drink plenty of water throughout the day, as dehydration can sometimes be mistaken for hunger or cravings.
3. **Manage Stress:** Practice stress-reducing techniques like mindfulness, meditation, or physical activity to prevent emotional eating and sweet cravings.
4. **Get Adequate Sleep:** Aim for 7-9 hours of quality sleep per night to regulate hunger hormones and reduce cravings.
5. **Limit Sugary Foods:** Reduce exposure to sugary foods and beverages, and gradually decrease added sugar intake in your diet.

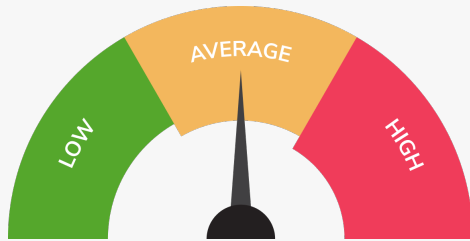
Note: This score reflects your genetic predisposition and does not account for lifestyle, diet, or environmental factors that also influence this trait.



Insulin Resistance is when the body has a harder time using insulin, a hormone that controls blood sugar. Some people are more prone to this due to their genetics, which can lead to health issues like type 2 diabetes. Knowing if you're at higher risk can help you make diet and exercise choices to support healthy blood sugar levels.

- **High:** A high score indicates a higher genetic risk of insulin resistance, increasing the likelihood of high blood sugar and type 2 diabetes if not managed carefully with diet and exercise.
- **Low:** A low score suggests a lower risk of insulin resistance, although maintaining a balanced lifestyle is still essential for long-term health.

YOUR GENETIC TENDENCY TO DEVELOP INSULIN RESISTANCE IS:



HOW DOES YOUR SCORE COMPARE WITH OTHERS?

Your genetic tendency to develop insulin resistance is lower than 72% of people from the same population.

Genetic Markers Used to Calculate the Score: 775,999 Genetic Markers
Total Genetic Markers Surveyed in this Analysis: 40,663,299 Genetic Markers

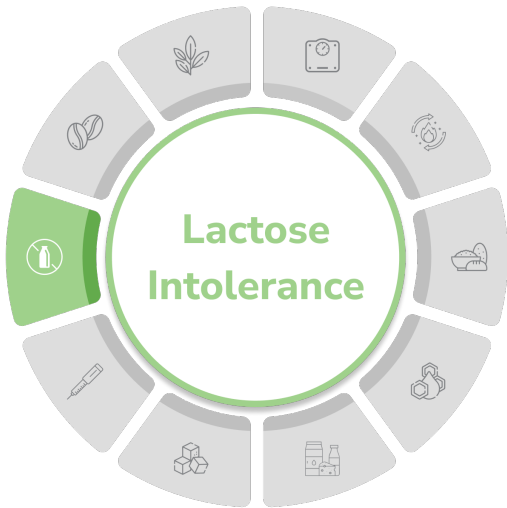
INTERPRETATION

Your genetic score suggests a standard level of insulin sensitivity. Maintaining a balanced diet and active lifestyle is likely sufficient for managing blood sugar levels.

RECOMMENDATIONS TO PREVENT INSULIN RESISTANT:

1. **Regular Exercise:** Engage in regular physical activity, including aerobic exercise and strength training, to improve insulin sensitivity and glucose uptake by muscles.
2. **Healthy Diet:** Adopt a balanced diet rich in whole grains, fruits, vegetables, lean proteins, and healthy fats while limiting refined carbohydrates, sugars, and saturated fats.
3. **Weight Management:** Achieve and maintain a healthy weight through a combination of diet and exercise.
4. **Monitor Carbohydrate Intake:** Choose complex carbohydrates with a low glycemic index to prevent rapid spikes in blood sugar levels.
5. **Medication:** In some cases, healthcare providers may prescribe medications like metformin or insulin sensitizers to help manage insulin resistance, especially if lifestyle changes alone are insufficient.

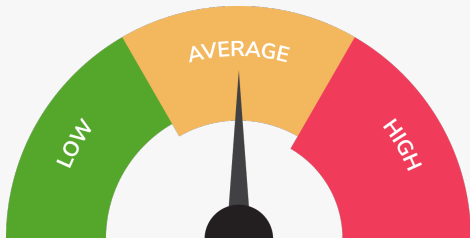
Note: This score reflects your genetic predisposition and does not account for lifestyle, diet, or environmental factors that also influence this trait.



Lactose intolerance is the reduced ability to digest dairy products, like milk and cheese, due to genetics. People with lactose intolerance may feel discomfort after eating dairy. Knowing if you're genetically prone to this can help you choose dairy alternatives and still meet nutritional needs.

- **High:** A high score suggests a higher likelihood of lactose intolerance, making dairy alternatives important to avoid digestive discomfort and still get essential nutrients.
- **Low:** A low score indicates a lower likelihood of lactose intolerance, meaning most dairy products can be enjoyed without issue.

YOUR GENETIC TENDENCY TO DEVELOP LACTOSE INTOLERANCE IS:



Genetic Markers Used to Calculate the Score: 2 Genetic Markers
Total Genetic Markers Surveyed in this Analysis: 40,663,299 Genetic Markers

HOW DOES YOUR SCORE COMPARE WITH OTHERS?

Your genetic tendency to develop lactose intolerance is lower than 50% of people from the same population.

INTERPRETATION

Your genetic score suggests a moderate likelihood of lactose intolerance. You may tolerate smaller amounts of dairy, allowing for flexibility in your diet.

RECOMMENDATIONS TO MANAGE LACTOSE INTOLERANCE RISK:

- Lactose-Free Dairy Products:** Choose lactose-free milk, yogurt, and cheese, which have the lactose enzyme already broken down, making them easier to digest.
- Use Dairy Alternatives:** Opt for plant-based milk alternatives such as almond milk, soy milk, coconut milk, or oat milk, which are naturally lactose-free.
- Lactase Enzyme Supplements:** Take lactase enzyme supplements before consuming dairy to help break down lactose and reduce digestive symptoms.
- Choose Aged Cheeses and Fermented Dairy:** Aged cheeses and fermented dairy products like kefir and yogurt may be better tolerated due to lower lactose content and probiotics that aid digestion.
- Gradual Introduction:** Gradually introduce small amounts of dairy into your diet to gauge tolerance levels and allow the body to adjust to lactose intake.

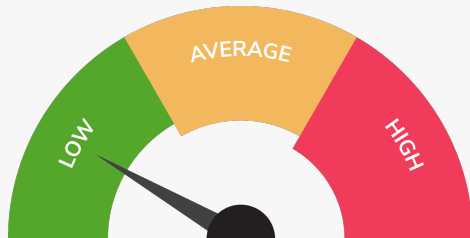
Note: This score reflects your genetic predisposition and does not account for lifestyle, diet, or environmental factors that also influence this trait.



Gluten Sensitivity refers to the body's difficulty in digesting or reacting to gluten - a protein found in wheat, barley, and rye. Unlike celiac disease, gluten sensitivity does not cause autoimmune damage to the small intestine but can still lead to symptoms such as bloating, stomach pain, fatigue, and brain fog. Understanding your genetic tendency toward gluten sensitivity can help you make dietary choices that support digestive comfort and overall wellness.

- **High:** A high score suggests a greater likelihood of gluten sensitivity. Reducing or eliminating gluten-containing foods may help minimize symptoms like bloating, discomfort, or fatigue.
- **Low:** A low score indicates a lower likelihood of gluten sensitivity, meaning you may tolerate gluten-containing grains without adverse effects.

YOUR GENETIC TENDENCY TO DEVELOP GLUTEN SENSITIVITY IS:



HOW DOES YOUR SCORE COMPARE WITH OTHERS?

Your genetic tendency to develop gluten sensitivity is lower than 89% of people from the same population.

Genetic Markers Used to Calculate the Score: 39,066 Genetic Markers
Total Genetic Markers Surveyed in this Analysis: 40,663,299 Genetic Markers

INTERPRETATION

Your genetic score suggests a lower likelihood of gluten sensitivity. This means you may tolerate gluten well, but maintaining a balanced diet is still important for overall health.

RECOMMENDATIONS FOR GLUTEN SENSITIVITY:

1. **Choose Naturally Gluten-Free Grains:** Use gluten-free options like rice, quinoa, buckwheat, or oats labeled gluten-free.
2. **Explore Gluten-Free Alternatives:** Look for gluten-free versions of pasta, bread, and baked goods to replace common sources of gluten.
3. **Read Labels Carefully:** Gluten can hide in sauces, dressings, and processed foods. Always check food labels for hidden sources.
4. **Support Gut Health:** Include probiotic-rich foods like yogurt, kefir, and fermented vegetables to support your gut microbiome.
5. **Monitor and Adjust:** If you suspect gluten is affecting your health, try a temporary gluten-elimination phase under professional guidance and track symptom changes.

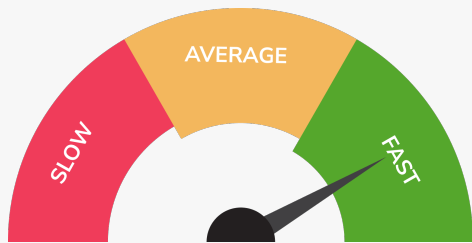
Note: This score reflects your genetic predisposition and does not account for lifestyle, diet, or environmental factors that also influence this trait.



Caffeine Metabolism refers to how efficiently the body processes caffeine, influenced by genetics that determine caffeine tolerance. Some people metabolize caffeine quickly, while others feel its effects for longer. Understanding this trait can help individuals adjust caffeine intake to stay energized without overdoing it.

- **Fast Metabolism:** A fast metabolism indicates efficient caffeine breakdown, which may lead to shorter-lasting effects and a higher tolerance. This could result in needing more caffeine for the same energy boost but with a reduced risk of prolonged side effects.
- **Slow Metabolism:** A slow metabolism means caffeine stays in the system longer, increasing sensitivity to its effects. This may lead to sustained energy but also a higher risk of sleep disturbances or jitters if consumed in excess.

YOUR GENETIC TENDENCY TO CONSUME CAFFEINE IS:



HOW DOES YOUR SCORE COMPARE WITH OTHERS?

Your genetic tendency to consume caffeine is higher than 79% of people from the same population.

Genetic Markers Used to Calculate the Score: 9,694 Genetic Markers
Total Genetic Markers Surveyed in this Analysis: 40,663,299 Genetic Markers

INTERPRETATION

Your genetic results indicate a higher rate of caffeine metabolism. While this may enhance alertness, high caffeine intake can lead to jitteriness and sleep disturbances. Moderation is essential to avoid negative effects.

RECOMMENDATIONS:

- Gradual Reduction:** Gradually decrease the amount of coffee consumed each day to avoid withdrawal symptoms and adjust gradually to lower caffeine levels.
- Substitute with Alternatives:** Replace some coffee servings with caffeine-free herbal teas, decaffeinated coffee, or other beverages like water, sparkling water, or herbal infusions.
- Monitor Intake:** Keep track of coffee consumption each day to stay mindful of intake levels and progress in reducing overall consumption.
- Identify Triggers:** Recognize situations or emotions that trigger excessive caffeine metabolism, such as stress or fatigue, and find alternative coping strategies.

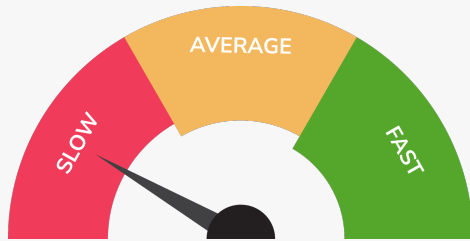
Note: This score reflects your genetic predisposition and does not account for lifestyle, diet, or environmental factors that also influence this trait.



Tea Metabolism refers to how your body processes tea's active compounds, including caffeine, L-theanine, and polyphenols, influenced by genes affecting digestion and absorption. Some metabolize these components rapidly, experiencing brief effects, while others process them slowly, leading to more sustained responses. Understanding this can help optimize tea choices for your physiology.

- **Fast Metabolism:** A fast metabolism may lead to quicker caffeine clearance, potentially reducing sensitivity but requiring more frequent intake for sustained effects. This allows greater flexibility in tea consumption timing.
- **Slow Metabolism:** Slow processing extends tea compounds' activity, enhancing both benefits (prolonged antioxidants) and sensitivity (caffeine-related sleep disruption). Evening intake may need restriction.

YOUR GENETIC TENDENCY TO CONSUME TEA IS:



HOW DOES YOUR SCORE COMPARE WITH OTHERS?

Your genetic tendency to consume tea is lower than 97% of people from the same population.

Genetic Markers Used to Calculate the Score: 3,119 Genetic Markers
Total Genetic Markers Surveyed in this Analysis: 40,663,299 Genetic Markers

INTERPRETATION

Your genetic results suggest slower metabolism of tea compounds. Caffeine and active components remain in your system longer, potentially enhancing both benefits (prolonged antioxidant effects) and sensitivity (sleep disruption).

RECOMMENDATIONS FOR HEALTHY TEA INTAKE:

- 1. Gradual Reduction:** Gradually decrease the number of tea servings consumed each day to avoid withdrawal symptoms and adjust gradually to lower caffeine levels.
- 2. Substitute with Alternatives:** Replace some tea servings with caffeine-free herbal teas, decaffeinated tea, or other beverages like water, infused water, or fruit juices.
- 3. Limit Availability:** Keep fewer tea bags or loose tea leaves at home or work to reduce accessibility and temptation for frequent consumption.
- 4. Set Limits:** Establish a daily tea limit and stick to it, avoiding additional servings beyond the set amount.
- 5. Create New Habits:** Develop new routines or habits to replace tea breaks, such as taking short walks, practicing relaxation techniques, or enjoying non-caffeinated beverages.

Note: This score reflects your genetic predisposition and does not account for lifestyle, diet, or environmental factors that also influence this trait.

———— *PART II* ————
Vitamin & Mineral Needs





THIS REPORT PROVIDES insights into how your genes might influence your body's needs for essential vitamins and minerals, from vitamin A to magnesium. Understanding your unique genetic profile can help you make more informed choices to meet your nutrient needs and maintain optimal levels. Regular checks can help confirm whether dietary adjustments are needed—supporting overall health, immunity, and energy levels, as well as specific functions like bone health and cellular repair.



SUMMARY OF

YOUR VITAMIN & MINERAL PROFILE

Vitamin A



Vitamin B2 (Riboflavin)



Vitamin B6 (Pyridoxine)



Vitamin B9 (Folic Acid)



Vitamin B12 (Cobalamin)



Vitamin C (Ascorbic Acid)



Vitamin D



Vitamin E



Calcium



Iron



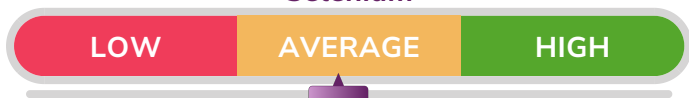
Zinc



Magnesium



Selenium



Coenzyme Q10



Omega 3





Vitamin A is a fat-soluble vitamin that plays a crucial role in various bodily functions. It is essential for maintaining healthy vision, supporting immune function, promoting growth and development, and aiding in the proper functioning of organs like the heart, lungs, and kidneys. Vitamin A can be obtained from foods like liver, fish, dairy products, and fruits and vegetables rich in beta-carotene, which the body can convert into vitamin A.

Boosts immune system



Helps sustain a healthy skin



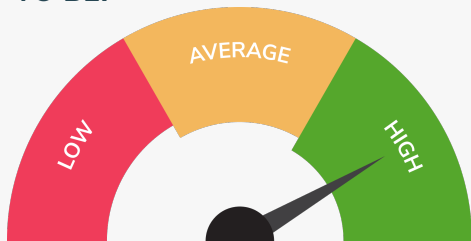
Supports eyes and vision health



Regulates cell growth and formation of many organs



VITAMIN A LEVELS IN PEOPLE WITH SIMILAR GENETICS AS YOURS TEND TO BE:



HOW DOES YOUR SCORE COMPARE WITH OTHERS?

Your genetic ability to maintain a healthy level of Vitamin A is **higher** than **91%** of people from the same population.

Genetic Markers Used to Calculate the Score: 7 Genetic Markers
Total Genetic Markers Surveyed in this Analysis: 40,663,299 Genetic Markers

INTERPRETATION:

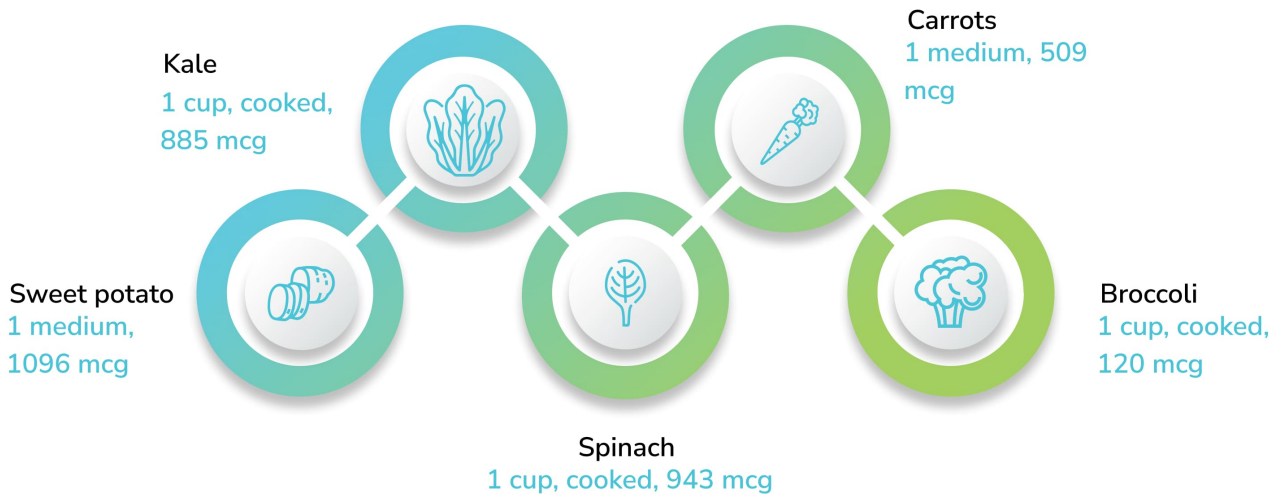
Based on your genetic profile, you are likely to maintain adequate levels of Vitamin A. This means that your body is more efficient at absorbing and utilizing vitamin A from your diet.

RECOMMENDATIONS

Your genetic score for vitamin A reflects your body's ability to metabolize this nutrient but does not necessarily indicate your current vitamin A levels, which are influenced by diet, lifestyle, and environmental factors. If you have a low genetic score, measuring vitamin A levels is especially recommended to ensure sufficient intake for supporting vision, immunity, and skin health. Regular testing can provide valuable insights into whether adjustments are necessary to maintain optimal levels for these functions.



VITAMIN A FOOD



The daily recommended intake of vitamin A is 700 mcg for women and 900 mcg for men (Retinol Activity Equivalents). Here are some of the best food sources of vitamin A, along with approximate serving sizes and micrograms (mcg) of retinol activity equivalents (RAE) per serving based on Recommended Dietary Allowances (RDAs) and Dietary Reference Intakes (DRIs):

FOOD	SERVING	MICROGRAMS (MCG) OF RETINOL ACTIVITY EQUIVALENTS (RAE) PER SERVING
Sweet potato	1 medium	1096 mcg RAE (122% of RDA for men and 157% of RDA for women)
Carrots	1 medium	509 mcg RAE (57% of RDA for men and 73% of RDA for women)
Spinach	1 cup, cooked	943 mcg RAE (105% of RDA for men and 135% of RDA for women)
Kale	1 cup, cooked	885 mcg RAE (98% of RDA for men and 126% of RDA for women)
Broccoli	1 cup, cooked	120 mcg RAE (13% of RDA for men and 17% of RDA for women)
Pumpkin	1 cup, cooked	117 mcg RAE (13% of RDA for men and 17% of RDA for women)
Peppers, sweet, red, raw	1/2 Cup	1718 mcg RAE (191% of RDA for men and 245% of RDA for women)
Liver (beef, or chicken)	3 ounces	6480 mcg RAE (720% of RDA for men and 926% of RDA for women)
Salmon (wild, cooked)	3 ounces	589 mcg RAE (65% of RDA for men and 84% of RDA for women)
Milk (whole, fortified)	1 Cup	149 mcg RAE (17% of RDA for men and 21% of RDA for women)



Vitamin B2, also known as riboflavin, is a water-soluble vitamin that plays a vital role in various metabolic processes in the body. It is essential for converting food into energy, as it is a cofactor for enzymes involved in carbohydrate, fat, and protein metabolism. Additionally, vitamin B2 is important for maintaining healthy skin, eyes, and nervous system function. It also acts as an antioxidant, helping to protect cells from damage caused by free radicals. Dietary sources of vitamin B2 include dairy products, meat, poultry, fish, fortified cereals, and green leafy vegetables.

Increased Energy Production



Optimize Healthy Skin & Mucous Membranes



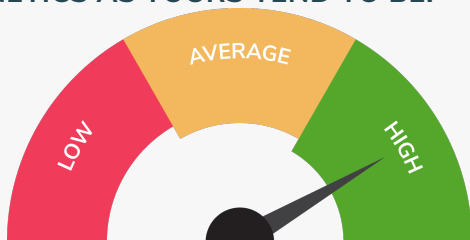
Boosts Antioxidant Activity



Strengthens Nervous System Function

VITAMIN B2 (RIBOFLAVIN) LEVELS IN PEOPLE WITH SIMILAR GENETICS AS YOURS TEND TO BE:

HOW DOES YOUR SCORE COMPARE WITH OTHERS?



Your genetic ability to maintain a healthy level of Vitamin B2 (Riboflavin) is **higher** than **87%** of people from the same population.

Genetic Markers Used to Calculate the Score: 3 Genetic Markers
Total Genetic Markers Surveyed in this Analysis: 40,663,299 Genetic Markers

INTERPRETATION:

Based on your genetic profile, you are likely to maintain adequate or higher levels of Vitamin B2 (Riboflavin), suggesting efficient absorption and utilization.

RECOMMENDATIONS

Your genetic score reflects your body's ability to metabolize Vitamin B2 (Riboflavin) but does not necessarily indicate your current levels, which depend on diet, lifestyle, and environment. Consider periodic testing and ensuring sufficient intake through diet (and supplementation if appropriate).



VITAMIN B2 (RIBOFLAVIN) FOOD



FOOD	SERVING	MCG PER SERVING
Organ meats	3 ounces of cooked beef liver	2.9 mg (223% of RDA for men and 264% of RDA for women)
Seafood	3 ounces of cooked salmon 3 ounces of cooked trout	0.4 mg (31% of RDA for men and 36% of RDA for women) 0.3 mg (23% of RDA for men and 27% of RDA for women)
Dairy products	1 cup of plain yogurt 1 cup of milk 1 ounce of cheddar cheese	0.5 mg (38% of RDA for men and 45% of RDA for women) 0.4 mg (31% of RDA for men and 36% of RDA for women) 0.2 mg (15% of RDA for men and 18% of RDA for women)
Eggs	1 large egg	0.3 mg (23% of RDA for men and 27% of RDA for women)
Meat	3 ounces of cooked chicken breast	0.1 mg (8% of RDA for men and 9% of RDA for women) 0.2 mg (15% of RDA for men and 18% of RDA for women)
Legumes	1 cup of cooked lentils 1 cup of cooked soybeans	0.4 mg (31% of RDA for men and 36% of RDA for women) 0.4 mg (31% of RDA for men and 36% of RDA for women)
Nuts and seeds	1 ounce of almonds 1 ounce of sunflower seeds	0.3 mg (23% of RDA for men and 27% of RDA for women) 0.3 mg (23% of RDA for men and 27% of RDA for women)
Leafy green vegetables	½ cup of cooked spinach ½ cup of cooked broccoli	0.2 mg (15% of RDA for men and 18% of RDA for women) 0.1 mg (8% of RDA for men and 9% of RDA for women)



Vitamin B6, also known as pyridoxine, is a water-soluble vitamin that plays a crucial role in various biological functions in the body. It is involved in over 100 enzymatic reactions, making it essential for metabolism, neurotransmitter synthesis, and immune function. Vitamin B6 is also necessary for the production of hemoglobin, which carries oxygen in red blood cells, and for maintaining normal brain function.

Increases Amino Acid Metabolism

Boosts Hemoglobin Formation

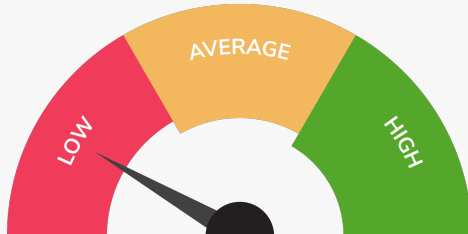


Supports Neurotransmitter Production

Enhances Immune System Support

VITAMIN B6 (PYRIDOXINE) LEVELS IN PEOPLE WITH SIMILAR GENETICS AS YOURS TEND TO BE:

HOW DOES YOUR SCORE COMPARE WITH OTHERS?



Your genetic ability to maintain a healthy level of Vitamin B6 (Pyridoxine) is **lower** than **87%** of people from the same population.

Genetic Markers Used to Calculate the Score: 4 Genetic Markers
Total Genetic Markers Surveyed in this Analysis: 40,663,299 Genetic Markers

INTERPRETATION:

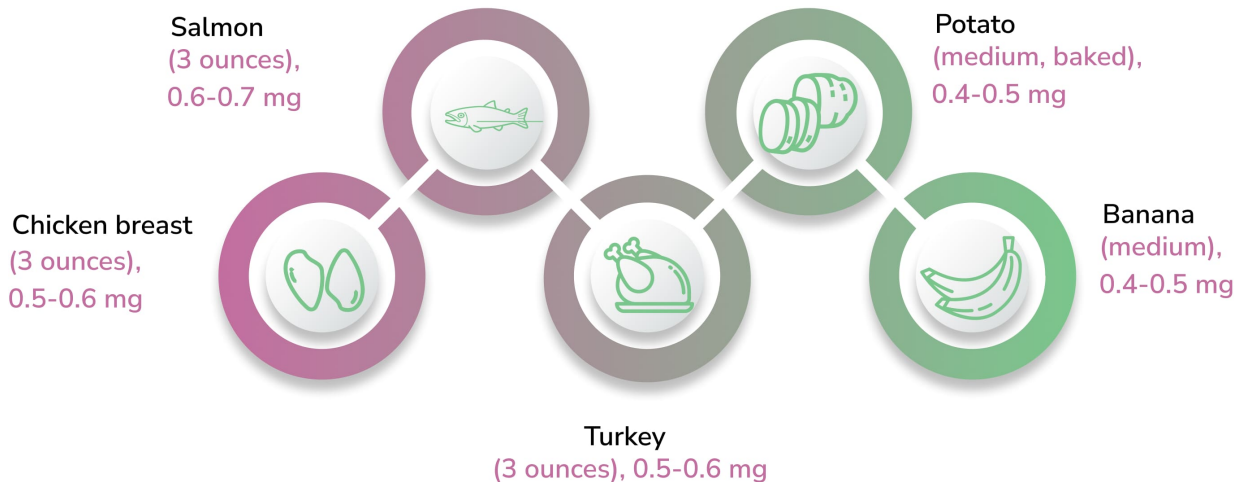
Based on your genetic profile, you are likely to have lower natural levels of Vitamin B6 (Pyridoxine) or reduced utilization compared to average.

RECOMMENDATIONS

Your genetic score reflects your body's ability to metabolize Vitamin B6 (Pyridoxine) but does not necessarily indicate your current levels, which depend on diet, lifestyle, and environment. Consider periodic testing and ensuring sufficient intake through diet (and supplementation if appropriate).



VITAMIN B6 (PYRIDOXINE) FOOD



FOOD	SERVING	MG PER SERVING(% of RDA for adults)
Chicken breast (cooked, skinless)	3 ounces	0.5-0.6 mg (25-30% of RDA)
Salmon (wild, cooked)	3 ounces	0.6-0.7 mg (30-35% of RDA)
Turkey (cooked, light meat)	3 ounces	0.5-0.6 mg (25-30% of RDA)
Banana	1 medium	0.4-0.5 mg (20-25% of RDA)
Potato	1 medium, baked	0.6-0.7 mg (30-35% of RDA)
Spinach	1 cup, cooked	0.4-0.5 mg (20-25% of RDA)
Avocado	1 medium	0.4-0.5 mg (20-25% of RDA)
Chickpeas	1/2 cup, cooked	0.4-0.5 mg (20-25% of RDA)
Sunflower seeds	1 ounce	0.4-0.5 mg (20-25% of RDA)
Fortified breakfast cereals	1 serving	0.5-0.6 mg (25-30% of RDA)



Vitamin B9, also known as folic acid, is an important vitamin that helps your body grow and stay healthy. It plays a key role in making and repairing DNA, which is essential for cell growth. This is especially important during pregnancy and early life, as it helps the baby's brain and spinal cord develop properly. Vitamin B9 also supports the production of red blood cells, which carry oxygen throughout your body, and helps keep your heart healthy by managing certain chemicals in your blood.

Promotes DNA Synthesis and Cell Division



Supports Homocysteine Metabolism



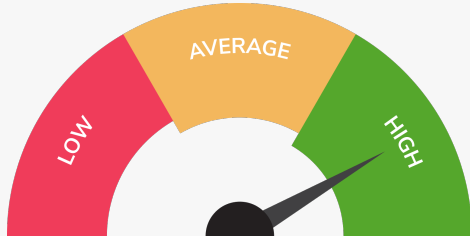
Prevention of Neural Tube Defects



Boosts Red Blood Cell Formation

VITAMIN B9 (FOLIC ACID) LEVELS IN PEOPLE WITH SIMILAR GENETICS AS YOURS TEND TO BE:

HOW DOES YOUR SCORE COMPARE WITH OTHERS?



Your genetic ability to maintain a healthy level of Vitamin B9 (Folic Acid) is **higher** than **85%** of people from the same population.

Genetic Markers Used to Calculate the Score: 32 Genetic Markers
Total Genetic Markers Surveyed in this Analysis: 40,663,299 Genetic Markers

INTERPRETATION:

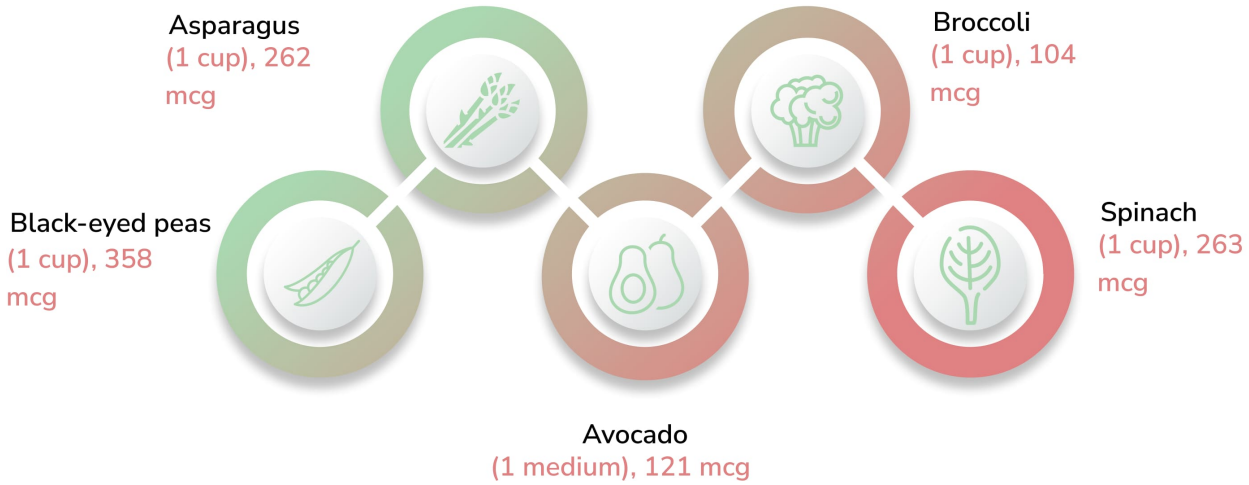
Based on your genetic profile, you are likely to maintain adequate or higher levels of Vitamin B9 (Folate), suggesting efficient absorption and utilization.

RECOMMENDATIONS

Your genetic score reflects your body's ability to metabolize Vitamin B9 (Folate) but does not necessarily indicate your current levels, which depend on diet, lifestyle, and environment. Consider periodic testing and ensuring sufficient intake through diet (and supplementation if appropriate).



VITAMIN B9 (FOLATE) FOOD



FOOD	SERVING	
Spinach	1 cup, cooked	263 mcg (66% of RDA for adults)
Black-eyed peas	1 cup, cooked	358 mcg (90% of RDA for adults)
Asparagus	1 cup, cooked	262 mcg (66% of RDA for adults)
Avocado	1 medium	121 mcg (30% of RDA for adults)
Broccoli	1 cup, cooked	104 mcg (26% of RDA for adults)
Brussels sprouts	1 cup, cooked	93 mcg (23% of RDA for adults)
Lentils	1 cup, cooked	358 mcg (90% of RDA for adults)
Beef liver	3 ounces, cooked	215 mcg (54% of RDA for adults)
Oranges	1 medium	40 mcg (10% of RDA for adults)
Fortified breakfast cereals	1 serving	100-400 mcg (25% - 100% of RDA for adults)



Vitamin B12 , also known as cobalamin, is a water-soluble vitamin that plays a crucial role in various bodily functions. It is essential for the formation of red blood cells, neurological function, DNA synthesis, and the metabolism of fatty acids and amino acids. Vitamin B12 is unique among the B vitamins because it is not found in plant foods and is primarily obtained from animal-based sources or fortified foods.

Supports Red Blood Cell Formation



Helps in DNA Synthesis



Promotes Neurological Function

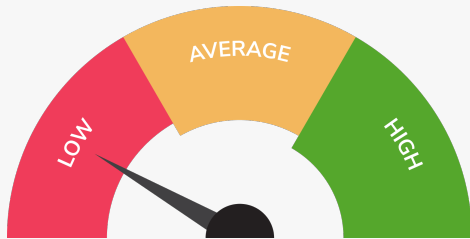


Enhances Metabolism of Fatty Acids and Amino Acids



VITAMIN B12 (COBALAMIN) LEVELS IN PEOPLE WITH SIMILAR GENETICS AS YOURS TEND TO BE:

HOW DOES YOUR SCORE COMPARE WITH OTHERS?



Your genetic ability to maintain a healthy level of Vitamin B12 (Cobalamin) is **lower** than **80%** of people from the same population.

Genetic Markers Used to Calculate the Score: 1,113,819 Genetic Markers
Total Genetic Markers Surveyed in this Analysis: 40,663,299 Genetic Markers

INTERPRETATION:

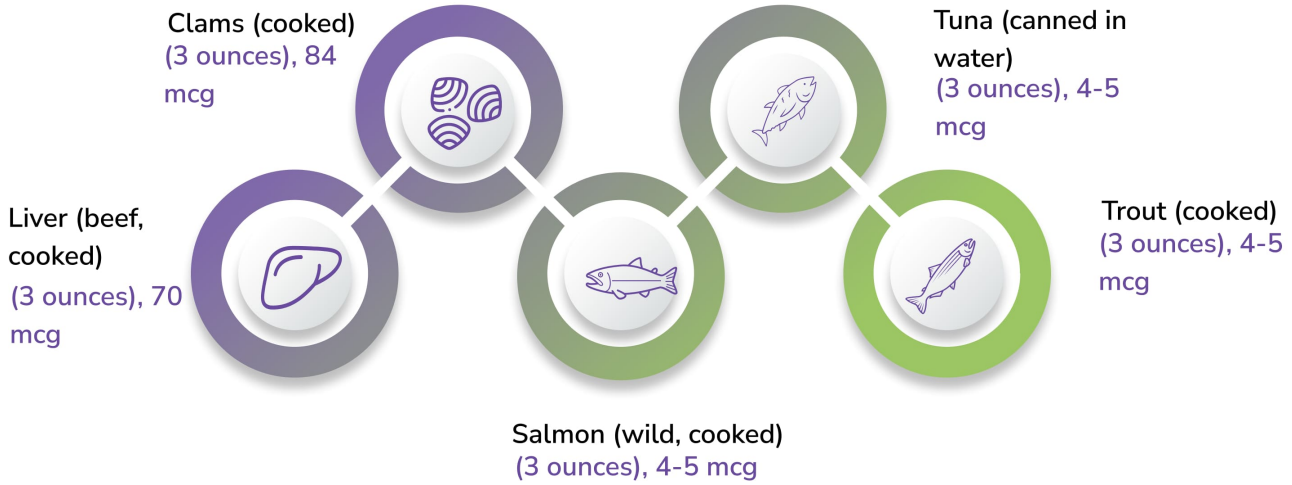
Based on your genetic profile, you are likely to have lower natural levels of Vitamin B12 (Cobalamin) or reduced utilization compared to average.

RECOMMENDATIONS

Your genetic score reflects your body's ability to metabolize Vitamin B12 (Cobalamin) but does not necessarily indicate your current levels, which depend on diet, lifestyle, and environment. Consider periodic testing and ensuring sufficient intake through diet (and supplementation if appropriate).



VITAMIN B12 (COBALAMIN) FOOD



FOOD	SERVING	MCG PER SERVING(% of RDA for adults)
Clams (cooked)	3 ounces	84 mcg (3500% of RDA for adults)
Liver (beef, cooked)	3 ounces	70 mcg (2917% of RDA for adults)
Salmon (wild, cooked)	3 ounces	4-5 mcg (167-208% of RDA for adults)
Trout (cooked)	3 ounces	4-5 mcg (167-208% of RDA for adults)
Tuna (canned in water)	3 ounces	2-3 mcg (83-125% of RDA for adults)
Fortified breakfast cereals	1 serving	1-2.5 mcg (42-104% of RDA for adults)
Milk (1 cup)	1 cup	1-1.2 mcg (42-50% of RDA for adults)
Yogurt (plain, low-fat)	1 cup	0.9-1.1 mcg (38-46% of RDA for adults)
Eggs (1 large)	1 large	0.6-0.7 mcg (25-29% of RDA for adults)
Cheese (cheddar)	1 ounce	0.2-0.3 mcg (8-13% of RDA for adults)



Vitamin C, also known as ascorbic acid, is a water-soluble vitamin that is essential for human health. It plays numerous important roles in the body, primarily as an antioxidant and a cofactor in several enzymatic reactions. Vitamin C is not synthesized by the human body and must be obtained from dietary sources.

Support Iron Absorption



Improves Collagen Synthesis

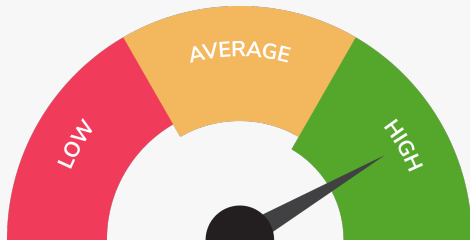


Immune System Support



Enhances Antioxidant Activity

VITAMIN C (ASCORBIC ACID) LEVELS IN PEOPLE WITH SIMILAR GENETICS AS YOURS TEND TO BE:



HOW DOES YOUR SCORE COMPARE WITH OTHERS?

Your genetic ability to maintain a healthy level of Vitamin C (Ascorbic Acid) is **higher** than **89%** of people from the same population.

Genetic Markers Used to Calculate the Score: 11 Genetic Markers
Total Genetic Markers Surveyed in this Analysis: 40,663,299 Genetic Markers

INTERPRETATION:

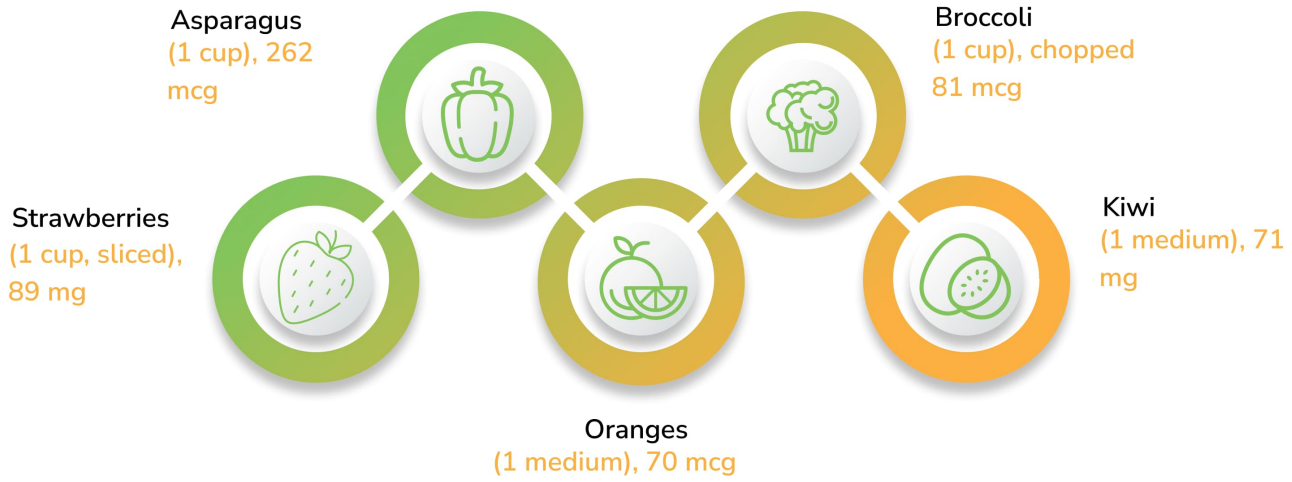
Based on your genetic profile, you are likely to maintain adequate or higher levels of Vitamin C (Ascorbic Acid), suggesting efficient absorption and utilization.

RECOMMENDATIONS

Your genetic score reflects your body's ability to metabolize Vitamin C (Ascorbic Acid) but does not necessarily indicate your current levels, which depend on diet, lifestyle, and environment. Consider periodic testing and ensuring sufficient intake through diet (and supplementation if appropriate).



VITAMIN C (ASCORBIC ACID) FOOD



FOOD	SERVING	MG PER SERVING
Oranges	1 medium	70 mg (78% of RDA for men, 93% of RDA for women)
Strawberries	1 cup, sliced	89 mg (99% of RDA for men, 119% of RDA for women)
Red bell pepper	1 medium	152 mg (169% of RDA for men, 202% of RDA for women)
Broccoli	1 cup, chopped	81 mg (90% of RDA for men, 108% of RDA for women)
Kiwi	1 medium	71 mg (79% of RDA for men, 95% of RDA for women)
Pineapple	1 cup, chunks	78 mg (87% of RDA for men, 104% of RDA for women)
Guava	1 medium	125 mg (139% of RDA for men, 167% of RDA for women)
Brussels sprouts	1 cup, cooked	97 mg (108% of RDA for men, 129% of RDA for women)
Kale	1 cup, chopped	80 mg (89% of RDA for men, 107% of RDA for women)
Mango	1 cup, sliced	60 mg (67% of RDA for men, 80% of RDA for women)



Vitamin D is a fat-soluble vitamin that is crucial for various functions in the body, particularly in maintaining bone health and supporting immune function. There are two primary forms of vitamin D: vitamin D2 (ergocalciferol), which is obtained from plant-based sources like fortified foods and supplements, and vitamin D3 (cholecalciferol), which is synthesized in the skin upon exposure to ultraviolet B (UVB) sunlight and is also available in some animal-based foods and supplements.

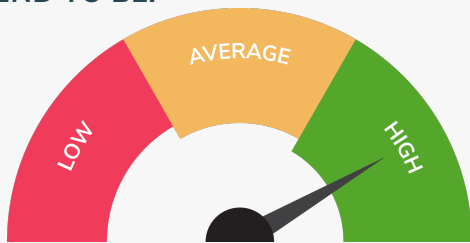
Aids in Calcium and Phosphorus Absorption

Supports Immune System Regulation



VITAMIN D LEVELS IN PEOPLE WITH SIMILAR GENETICS AS YOURS TEND TO BE:

HOW DOES YOUR SCORE COMPARE WITH OTHERS?



Your genetic ability to maintain a healthy level of Vitamin D is **higher** than **76%** of people from the same population.

Genetic Markers Used to Calculate the Score: 567,735 Genetic Markers
Total Genetic Markers Surveyed in this Analysis: 40,663,299 Genetic Markers

INTERPRETATION:

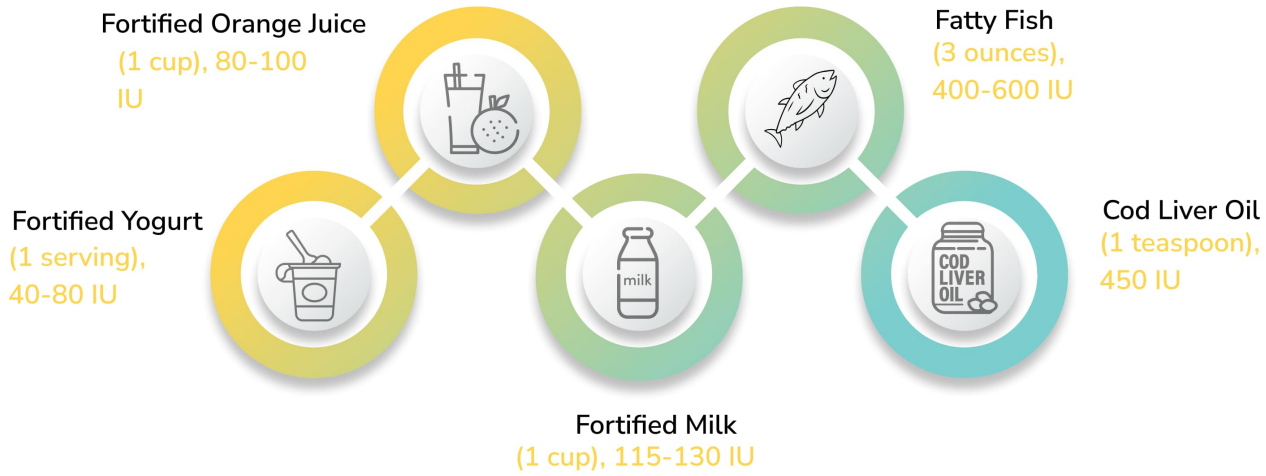
Based on your genetic profile, you are likely to maintain adequate or higher levels of Vitamin D, suggesting efficient absorption and utilization.

RECOMMENDATIONS

Your genetic score reflects your body's ability to metabolize Vitamin D but does not necessarily indicate your current levels, which depend on diet, lifestyle, and environment. Consider periodic testing and ensuring sufficient intake through diet (and supplementation if appropriate).



VITAMIN D FOOD



FOOD	SERVING	IU PER SERVING
Fatty Fish (salmon, mackerel, sardines)	3 ounces	400-600 IU (67-100% of RDA for adults under 70 and 50-75% of RDA for adults over 70)
Cod Liver Oil	1 teaspoon	450 IU (75% of RDA for adults under 70 and 56% of RDA for adults over 70)
Fortified Milk	1 cup	115-130 IU (19-22% of RDA for adults under 70 and 14-16% of RDA for adults over 70)
Fortified Orange Juice	1 cup	100 IU (17% of RDA for adults under 70 and 13% of RDA for adults over 70)
Fortified Yogurt	1 cup	80-100 IU (13-17% of RDA for adults under 70 and 10-13% of RDA for adults over 70)
Fortified Cereal	1 serving	40-80 IU (7-13% of RDA for adults under 70 and 5-10% of RDA for adults over 70)



Vitamin E is a fat-soluble vitamin known for its powerful antioxidant properties, helping to protect cells from oxidative stress caused by free radicals. It plays a vital role in supporting immune function, maintaining healthy skin and eyes, and promoting proper cellular signaling. Since the body cannot produce Vitamin E, it must be obtained through dietary sources such as nuts, seeds, vegetable oils, and green leafy vegetables.

Uplift Skin Health



Strengthens Cell Membrane Protection



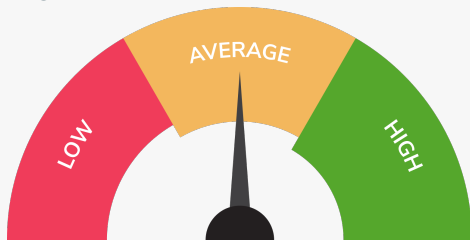
Immune System Support



Improves Antioxidant Activity



VITAMIN E LEVELS IN PEOPLE WITH SIMILAR GENETICS AS YOURS TEND TO BE:



HOW DOES YOUR SCORE COMPARE WITH OTHERS?

Your genetic ability to maintain a healthy level of Vitamin E is **lower** than **50%** of people from the same population.

Genetic Markers Used to Calculate the Score: 8 Genetic Markers
Total Genetic Markers Surveyed in this Analysis: 40,663,299 Genetic Markers

INTERPRETATION:

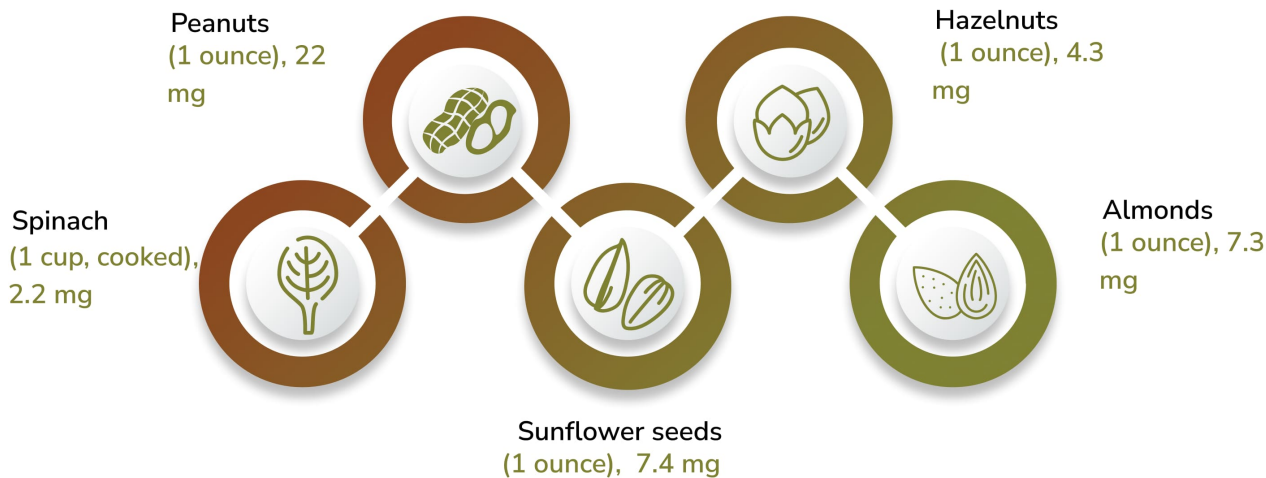
Based on your genetic profile, you are likely to maintain adequate levels of Vitamin E with a typical ability to absorb and utilize it.

RECOMMENDATIONS

Your genetic score reflects your body's ability to metabolize Vitamin E but does not necessarily indicate your current levels, which depend on diet, lifestyle, and environment. Consider periodic testing and ensuring sufficient intake through diet (and supplementation if appropriate).



VITAMIN E FOOD



FOOD	SERVING	MG PER SERVING (% RDA)
Almonds	1 ounce	7.3 mg (49% of RDA)
Sunflower seeds	1 ounce	7.4 mg (49.3% of RDA)
Hazelnuts	1 ounce	4.3 mg (28.7% of RDA)
Peanuts	1 ounce	2.2 mg (14.7% of RDA)
Spinach	1 cup, cooked	3.7 mg (24.7% of RDA)
Avocado	1 medium	2.1 mg (14% of RDA)
Broccoli	1 cup, cooked	2.4 mg (16% of RDA)
Soybean Oil	1 tablespoon	1.1 mg (7.3% of RDA)
Sunflower Oil	1 tablespoon	5.6 mg (37.3% of RDA)
Olive Oil	1 tablespoon	1.9 mg (12.7% of RDA)



Calcium is a mineral that is essential for various physiological processes in the body, particularly in maintaining strong bones and teeth. It is the most abundant mineral in the human body and plays a crucial role in several functions beyond skeletal health. Dietary sources of calcium include dairy products (such as milk, yogurt, and cheese), fortified plant-based milk alternatives, leafy green vegetables (such as kale and broccoli), tofu, almonds, and sardines with bones.

Improves Bone Structure and Strength



Enhances Blood Clotting process



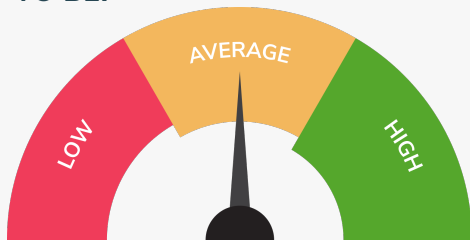
Supports in Muscle Contraction and Function



Increases Nerve Transmission



CALCIUM LEVELS IN PEOPLE WITH SIMILAR GENETICS AS YOURS TEND TO BE:



HOW DOES YOUR SCORE COMPARE WITH OTHERS?

Your genetic ability to maintain a healthy level of Calcium is **lower** than **51%** of people from the same population.

Genetic Markers Used to Calculate the Score: 702,009 Genetic Markers
Total Genetic Markers Surveyed in this Analysis: 40,663,299 Genetic Markers

INTERPRETATION:

Based on your genetic profile, you are likely to maintain adequate levels of Calcium with a typical ability to absorb and utilize it.

RECOMMENDATIONS

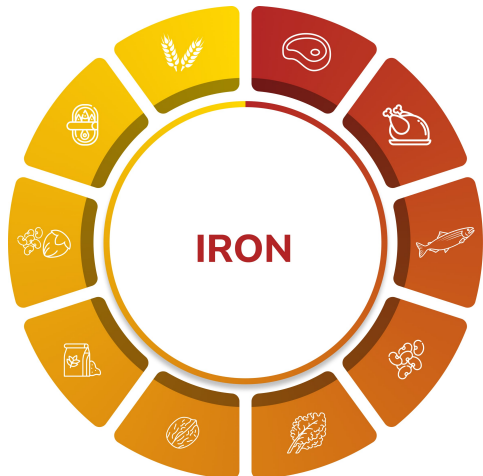
Your genetic score reflects your body's ability to metabolize Calcium but does not necessarily indicate your current levels, which depend on diet, lifestyle, and environment. Consider periodic testing and ensuring sufficient intake through diet (and supplementation if appropriate).



CALCIUM FOOD



FOOD	SERVING	MG PER SERVING(% of RDA)
Dairy Products	Milk (1 cup) Yogurt (1 cup) Cheese (cheddar, 1 ounce)	300 mg (30% of RDA) 300-400 mg (30-40% of RDA) 200-250 mg (20-25% of RDA)
Leafy Green Vegetables	Kale (1 cup, cooked) Collard greens (1 cup, cooked) Spinach (1 cup, cooked)	180 mg (18% of RDA) 260 mg (26% of RDA) 240 mg (24% of RDA)
Fish with Edible Bones	Canned sardines (3 ounces) Canned salmon (with bones, 3 ounces)	325 mg (32% of RDA) 180 mg (18% of RDA)
Fortified Foods	Fortified orange juice (1 cup) Fortified cereals (varies by brand and serving size)	300 mg (30% of RDA) 100-1000 mg (10-100% of RDA)
Legumes and Nuts	Soybeans (1/2 cup, cooked) Almonds (1 ounce)	130 mg (13% of RDA) 80 mg (8% of RDA)
Tofu	Made with calcium sulfate, 1/2 cup	400 mg (40% of RDA)



Iron is an essential mineral that plays a critical role in various physiological processes in the body. It is a key component of hemoglobin, a protein in red blood cells that carries oxygen from the lungs to tissues throughout the body. Iron is also involved in other important functions, including energy production and immune system function.

Increases Oxygen Transport



Supports Immune System Function



Improves Energy Production

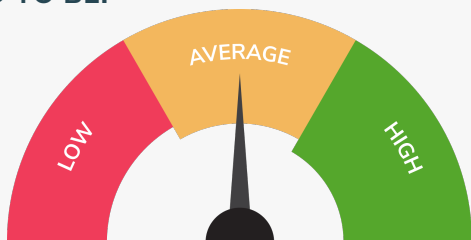


Boosts Brain Development and Cognitive Function



IRON LEVELS IN PEOPLE WITH SIMILAR GENETICS AS YOURS TEND TO BE:

HOW DOES YOUR SCORE COMPARE WITH OTHERS?



Your genetic ability to maintain a healthy level of Iron is **lower** than **60%** of people from the same population.

Genetic Markers Used to Calculate the Score: 1,082,414 Genetic Markers
Total Genetic Markers Surveyed in this Analysis: 40,663,299 Genetic Markers

INTERPRETATION:

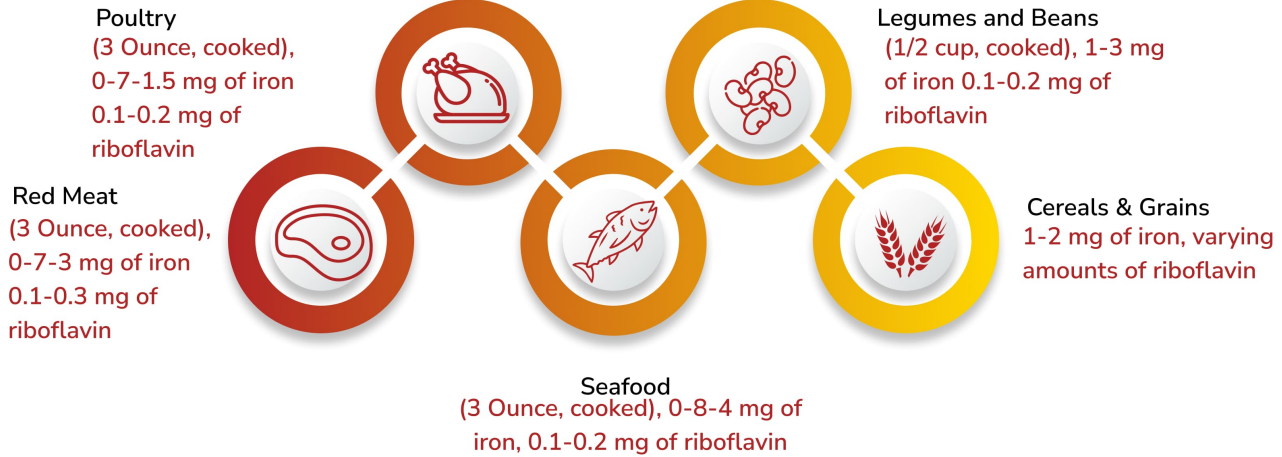
Based on your genetic profile, you are likely to maintain adequate levels of Iron with a typical ability to absorb and utilize it.

RECOMMENDATIONS

Your genetic score reflects your body's ability to metabolize Iron but does not necessarily indicate your current levels, which depend on diet, lifestyle, and environment. Consider periodic testing and ensuring sufficient intake through diet (and supplementation if appropriate).



IRON FOOD



FOOD	SERVING	MG PER SERVING(% of RDA for men and women)
Red Meat	Beef (3 ounces, cooked) Lamb (3 ounces, cooked)	2-3 mg (11-38% of RDA for women, 25-37% for men) 1-2 mg (11-25% for women, 13-25% for men) 0.7-1 mg (4-13% for women, 9-12% for men)
Poultry	Chicken (3 ounces, cooked) Turkey (3 ounces, cooked)	0.7-1 mg (4-11% for women, 9-13% for men) 0.9-1.5 mg (5-8% for women, 11-19% for men)
Seafood	Clams (3 ounces, cooked) Oysters (3 ounces, cooked) Tuna (3 ounces, cooked)	3-4 mg (16-50% for women, 38-50% for men) 3-4 mg (16-50% for women, 38-50% for men) 0.8-1.1 mg (4-11% for women, 10-14% for men)
Legumes and Beans	Lentils (1/2 cup, cooked) Kidney beans (1/2 cup, cooked) Chickpeas (1/2 cup, cooked)	2-3 mg (11-33% for women, 25-38% for men) 1-2 mg (5-22% for women, 13-25% for men) 1-2 mg (5-22% for women, 13-25% for men)
Fortified Cereals & Grains	Fortified breakfast cereals	1-2 mg (5-25% for women, 13-25% for men)
Dark Leafy Greens	Spinach (1 cup, cooked) Swiss chard (1 cup, cooked) Kale (1 cup, cooked)	3-4 mg (17-22% for women, 12-50% for men) 2-3 mg (11-33% for women, 13-25% for men) 1-2 mg (5-22% for women, 13-25% for men)



Zinc is an essential trace mineral that plays a crucial role in various physiological processes in the body. It is required for the functioning of over 300 enzymes and is involved in numerous biochemical reactions. Zinc is necessary for growth, development, immune function, wound healing, and overall health.

Helps in Enzyme Activation

Boost Growth and Development

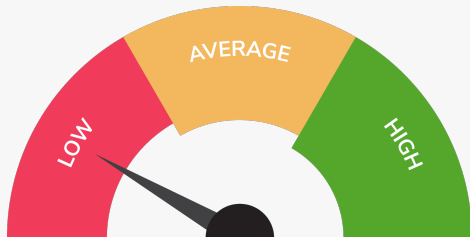


Promotes Immune System Function

Enhances Wound Healing

ZINC LEVELS IN PEOPLE WITH SIMILAR GENETICS AS YOURS TEND TO BE:

HOW DOES YOUR SCORE COMPARE WITH OTHERS?



Your genetic ability to maintain a healthy level of Zinc is **lower** than **93%** of people from the same population.

Genetic Markers Used to Calculate the Score: 19 Genetic Markers
Total Genetic Markers Surveyed in this Analysis: 40,663,299 Genetic Markers

INTERPRETATION:

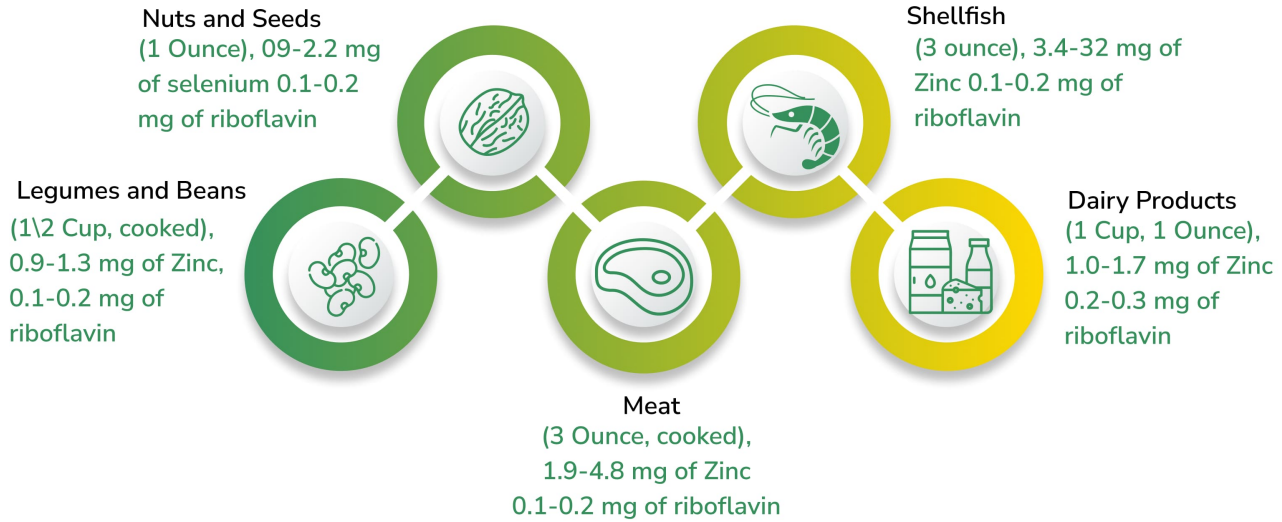
Based on your genetic profile, you are likely to have lower natural levels of Zinc or reduced utilization compared to average.

RECOMMENDATIONS

Your genetic score reflects your body's ability to metabolize Zinc but does not necessarily indicate your current levels, which depend on diet, lifestyle, and environment. Consider periodic testing and ensuring sufficient intake through diet (and supplementation if appropriate).



ZINC FOOD



FOOD	SERVING	MG PER SERVING(% of RDA for men and women)
Shellfish	Oysters (6 medium-sized) Crab (3 ounces, cooked) Lobster (3 ounces, cooked)	32 mg (400% of RDA for men, 291% for women) 5.7 mg (71% for men, 71% for women) 3.4 mg (31% for men, 43% for women)
Meat	Beef (3 ounces, cooked) Chicken (3 ounces, cooked)	4.8 mg (60% for men, 60% for women) 2.9 mg (36% for men, 36% for women) 1.9 mg (24% for men, 24% for women)
Legumes and Beans	Chickpeas (1/2 cup, cooked) Lentils (1/2 cup, cooked) Kidney beans (1/2 cup, cooked)	1.3 mg (16% for men, 16% for women) 1.3 mg (16% for men, 16% for women) 0.9 mg (11% for men, 11% for women)
Nuts and Seeds	Pumpkin seeds (1 ounce) Cashews (1 ounce) Almonds (1 ounce)	2.2 mg (28% for men, 28% for women) 1.6 mg (20% for men, 20% for women) 0.9 mg (11% for men, 11% for women)
Dairy Products	Yogurt (1 cup) Cheese (cheddar, 1 ounce) Milk (1 cup)	1.7 mg (21% for men, 21% for women) 1.0 mg (13% for men, 13% for women) 1.0 mg (13% for men, 13% for women)



Magnesium is a mineral that plays a crucial role in various physiological processes in the body. It is considered an essential nutrient, meaning that it must be obtained from the diet as the body cannot produce it on its own. Magnesium is involved in hundreds of enzymatic reactions and contributes to the proper functioning of many organs and systems.

Improves Eye Health



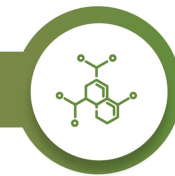
Stimulates Brain Function and Cognitive Health



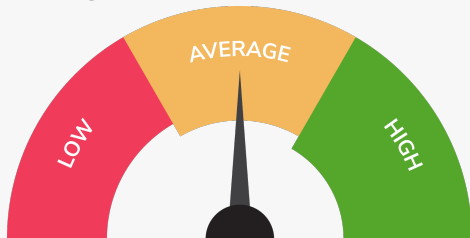
Promotes Inflammation Reduction



Helps in Enzyme Activation



MAGNESIUM LEVELS IN PEOPLE WITH SIMILAR GENETICS AS YOURS TEND TO BE:



HOW DOES YOUR SCORE COMPARE WITH OTHERS?

Your genetic ability to maintain a healthy level of Magnesium is **lower** than **47%** of people from the same population.

Genetic Markers Used to Calculate the Score: 128 Genetic Markers
Total Genetic Markers Surveyed in this Analysis: 40,663,299 Genetic Markers

INTERPRETATION:

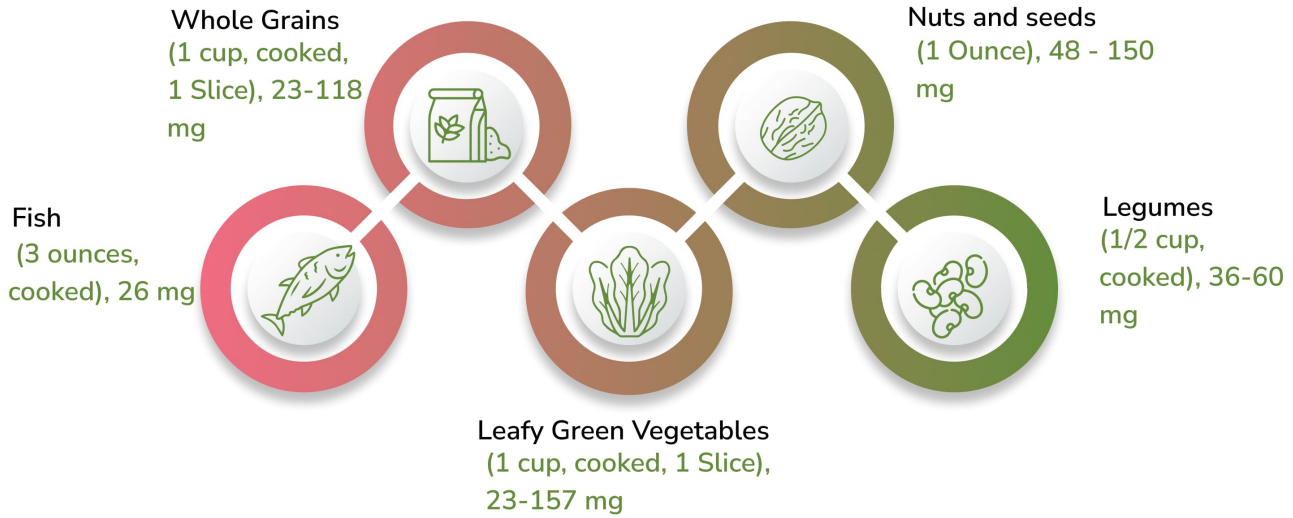
Based on your genetic profile, you are likely to maintain adequate levels of Magnesium with a typical ability to absorb and utilize it.

RECOMMENDATIONS

Your genetic score reflects your body's ability to metabolize Magnesium but does not necessarily indicate your current levels, which depend on diet, lifestyle, and environment. Consider periodic testing and ensuring sufficient intake through diet (and supplementation if appropriate).



MAGNESIUM FOOD



FOOD	SERVING	MG PER SERVING(% of RDA for men and women)
Nuts and Seeds	Almonds (1 ounce) Cashews (1 ounce) Pumpkin seeds (1 ounce) Sunflower seeds (1 ounce)	80 mg (19-26% for women, 19-20% for men) 74 mg (18-24% for women, 17-19% for men) 150 mg (36-48% for women, 36-38% for men) 48 mg (12-15% for women, 11-12% for men)
Whole Grains	Brown rice (1 cup, cooked) Quinoa (1 cup, cooked) Oats (1 cup, cooked) Whole wheat bread (1 slice)	86 mg (22-28% for women, 20-22% for men) 118 mg (30-38% for women, 28-30% for men) 61 mg (15-20% for women, 14-15% for men) 23 mg (6-7% for women, 5-6% for men)
Legumes	Black beans (1/2 cup, cooked) Chickpeas (1/2 cup, cooked) Lentils (1/2 cup, cooked)	60 mg (15-19% for women, 14-15% for men) 48 mg (12-15% for women, 11-12% for men) 36 mg (9-12% for women, 8-9% for men)
Leafy Green Vegetables	Spinach (1 cup, cooked) Swiss chard (1 cup, cooked) Kale (1 cup, cooked)	157 mg (39-51% for women, 37-39% for men) 150 mg (38-48% for women, 36-38% for men) 23 mg (6-7% for women, 5-6% for men)
Fish	Salmon (3 ounces, cooked) Mackerel (3 ounces, cooked)	26 mg (7-8% for women, 6-7% for men) 97 mg (24-31% for women, 23-24% for men)
Dairy Products	Yogurt (1 cup) Milk (1 cup)	42 mg (10-13% for women, 10-11% for men) 27 mg (6-9% for women, 6-7% for men)



Selenium is a trace element and an essential nutrient that plays a vital role in various biochemical processes in the body. It is incorporated into selenoproteins, which are enzymes that have selenium as part of their structure and are involved in antioxidant defense, thyroid hormone metabolism, immune function, and other physiological functions.

Promotes Antioxidant Defense



Immune System Support



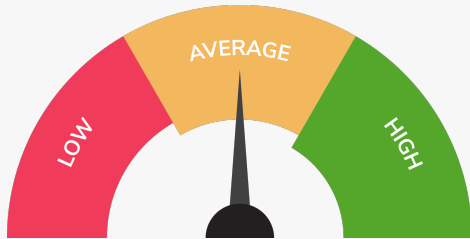
Improves Thyroid Function



Increases Reproductive Health



SELENIUM LEVELS IN PEOPLE WITH SIMILAR GENETICS AS YOURS TEND TO BE:



HOW DOES YOUR SCORE COMPARE WITH OTHERS?

Your genetic ability to maintain a healthy level of Selenium is **lower** than **66%** of people from the same population.

Genetic Markers Used to Calculate the Score: 17 Genetic Markers
Total Genetic Markers Surveyed in this Analysis: 40,663,299 Genetic Markers

INTERPRETATION:

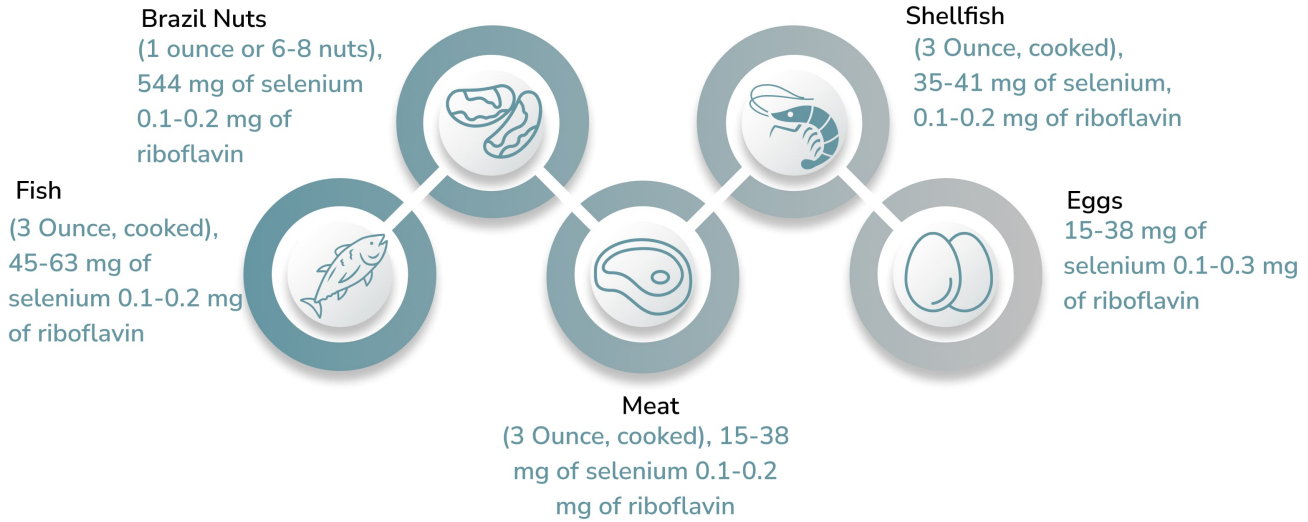
Based on your genetic profile, you are likely to maintain adequate levels of Selenium with a typical ability to absorb and utilize it.

RECOMMENDATIONS

Your genetic score reflects your body's ability to metabolize Selenium but does not necessarily indicate your current levels, which depend on diet, lifestyle, and environment. Consider periodic testing and ensuring sufficient intake through diet (and supplementation if appropriate).



SELENIUM FOOD



FOOD	SERVING	MCG PER SERVING (% of RDA)
Brazil Nuts	1 ounce or about 6-8 nuts	544 mcg of selenium (989% of RDA)
Fish	Tuna (3 ounces, cooked) Halibut (3 ounces, cooked) Sardines (3 ounces, canned)	63 mcg of selenium (114% of RDA) 47 mcg of selenium (85% of RDA) 45 mcg of selenium (82% of RDA)
Shellfish	Shrimp (3 ounces, cooked) Crab (3 ounces, cooked)	35 mcg of selenium (64% of RDA) 41 mcg of selenium (74% of RDA)
Meat	Beef (3 ounces, cooked) Chicken (3 ounces, cooked)	15 mcg of selenium (27% of RDA) 38 mcg of selenium (69% of RDA) 22 mcg of selenium (40% of RDA)
Eggs	Egg (1 large)	15 mcg of selenium (27% of RDA)
Whole Grains	Whole wheat bread (1 slice) Brown rice (1 cup, cooked)	10 mcg of selenium (18% of RDA) 19 mcg of selenium (35% of RDA)
Dairy Products	Milk (1 cup) Yogurt (1 cup)	8 mcg of selenium (15% of RDA) 13 mcg of selenium (24% of RDA)



Coenzyme Q10 , also known as ubiquinone, is a naturally occurring compound found in the body and in various foods. It plays a crucial role in cellular energy production and serves as an antioxidant, protecting cells from oxidative damage.

Boosts Cellular Energy Production



Promotes Antioxidant Activity



Increases Heart Health

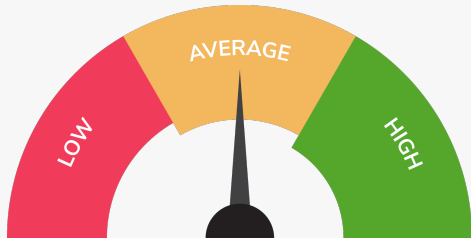


Helps with Anti-Aging Properties



COENZYME Q10 LEVELS IN PEOPLE WITH SIMILAR GENETICS AS YOURS TEND TO BE:

HOW DOES YOUR SCORE COMPARE WITH OTHERS?



Your genetic ability to maintain a healthy level of Coenzyme Q10 is **lower** than **30%** of people from the same population.

Genetic Markers Used to Calculate the Score: 25 Genetic Markers
Total Genetic Markers Surveyed in this Analysis: 40,663,299 Genetic Markers

INTERPRETATION:

Based on your genetic profile, you are likely to maintain adequate levels of Coenzyme Q10 with a typical ability to absorb and utilize it.

RECOMMENDATIONS

Your genetic score reflects your body's ability to metabolize Coenzyme Q10 but does not necessarily indicate your current levels, which depend on diet, lifestyle, and environment. Consider periodic testing and ensuring sufficient intake through diet (and supplementation if appropriate).



Omega-3 fatty acids are healthy fats that are important for your heart, brain, and overall well-being. They help reduce inflammation, support brain function, and keep your heart and eyes healthy. Omega-3 comes in different types—some are found in fish like salmon and sardines, while others come from plants like flaxseeds and walnuts. Because your body can't make enough of them on its own, it's important to get Omega-3s from your food or supplements.

Improves Eye Health



Stimulates Brain Function and Cognitive Health



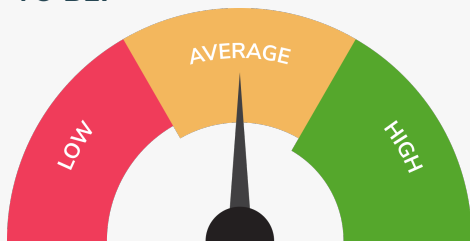
Promotes Inflammation Reduction



Improves Heart Health



OMEGA 3 LEVELS IN PEOPLE WITH SIMILAR GENETICS AS YOURS TEND TO BE:



HOW DOES YOUR SCORE COMPARE WITH OTHERS?

Your genetic ability to maintain a healthy level of Omega 3 is **lower** than **57%** of people from the same population.

Genetic Markers Used to Calculate the Score: 135 Genetic Markers
Total Genetic Markers Surveyed in this Analysis: 40,663,299 Genetic Markers

INTERPRETATION:

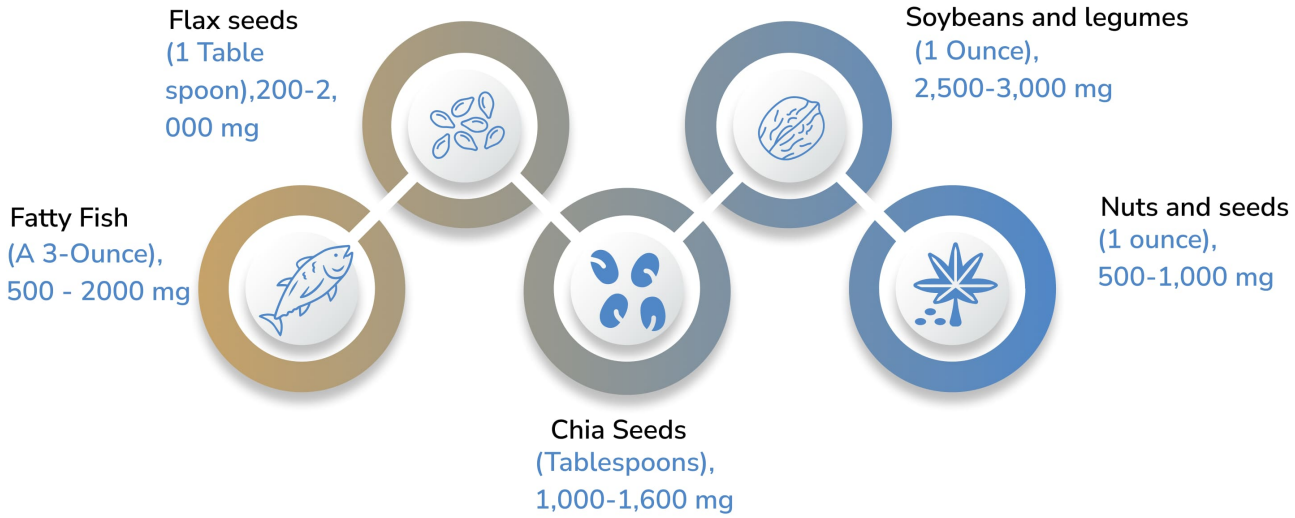
Based on your genetic profile, you are likely to maintain adequate levels of Omega-3 with a typical ability to absorb and utilize it.

RECOMMENDATIONS

Your genetic score reflects your body's ability to metabolize Omega-3 but does not necessarily indicate your current levels, which depend on diet, lifestyle, and environment. Consider periodic testing and ensuring sufficient intake through diet (and supplementation if appropriate).



OMEGA-3 FOOD



FOOD	SERVING	MG PER SERVING (% of RDA)
Fatty Fish	Salmon: A 3-ounce Mackerel: A 3-ounce Sardines: A 3-ounce Trout: A 3-ounce Herring: A 3-ounce	1,000-2,000 mg of EPA and DHA combined (200-400% of RDA) 1,000-2,000 mg of EPA and DHA combined (200-400% of RDA) 1,000-2,000 mg of EPA and DHA combined (200-400% of RDA) 500-1,000 mg of EPA and DHA combined (100-200% of RDA) 500-1,000 mg of EPA and DHA combined (100-200% of RDA)
Flaxseeds	1 tablespoon of ground flaxseeds	1,200-2,000 mg of ALA (240-400% of RDA)
Chia Seeds	1 tablespoon of chia seeds	1,000-1,600 mg of ALA (200-320% of RDA)
Walnuts	1 ounce	2,500-3,000 mg of ALA (500-600% of RDA)
Hemp Seeds	1 tablespoon	500-1,000 mg of ALA (100-200% of RDA)
Soybeans	1/2 cup of cooked soybeans	300-600 mg of ALA (60-120% of RDA)



Dietary Recommendations

Make every bite count with the Dietary Guidelines for healthy life. Here's how:

- 1. Follow a healthy dietary pattern at every life stage.** At every life stage-Infancy, toddlerhood, childhood, adolescence, adulthood, pregnancy, lactation, and older adulthood-It is never too early or too late to eat healthfully
 - o **For about the first 6 months of life**, exclusively feed infants human milk. Continue to feed infants human milk through at least the first year of life, and longer if desired. Feed infants iron-fortified infant formula during the first year of life when human milk is unavailable. Provide infants with supplemental vitamin D beginning soon after birth
 - o **At about 6 months**, introduce infants to nutrient-dense complementary foods. Introduce infants to potentially allergenic foods along with other complementary foods. Encourage infants and toddlers to consume a variety of foods from all food groups. Include foods rich in iron and zinc, particularly for infants fed human milk.
 - o **From 12 months through older adulthood**, follow a healthy dietary pattern across the lifespan to meet nutrient needs, help achieve a healthy body weight, and reduce the risk of chronic disease.
- 2. Customize and enjoy nutrient-dense food and beverage choices to reflect personal preferences, cultural traditions, and budgetary considerations.** A healthy dietary pattern can benefit all individuals regardless of age, race, ethnicity, or current health status. The Dietary Guidelines provides a framework Intended to be customized to individual needs and preferences, as well as the foodways of the diverse cultures in the world.
- 3. Focus on meeting food group needs with nutrient-dense foods and beverages, and stay within calorie limits.** An underlying premise of the Dietary Guidelines is that nutritional needs should be met primarily from foods and beverages-specifically, nutrient-dense foods and beverages. Nutrient-dense foods provide vitamins, minerals, and other health-promoting components and have no or little added sugars, saturated fat, and sodium. A healthy dietary pattern consists of nutrient-dense forms of foods and beverages across all food groups, in recommended amounts, and within calorie limits.

The core elements that make up a healthy dietary pattern include:

- o **Vegetables of all types**- dark green; red and orange; beans, peas, and lentils; starchy, and other vegetables
 - o **Fruits**, especially whole fruits
 - o **Grains**, at least half of which are whole grain.
 - o **Dairy**, including fat-free or low-fat milk, yogurt, and cheese, and/or lactose-free versions and fortified soy beverages and yogurt as alternatives.
 - o **Protein foods**, including lean meats, poultry, and eggs; seafood; beans, peas, and lentils; and nuts, seeds, and soy products.
 - o **Oils**, including vegetable oils and oils in food, such as seafood and nuts.
- 4. Limit foods and beverages higher in added sugars, saturated fat, and sodium, and limit alcoholic beverages.** At every life stage, meeting food group recommendations-even with nutrient-dense choices-requires most of a person's daily calorie needs and sodium limits. A healthy dietary pattern doesn't have much room for extra added sugars, saturated fat, or sodium-or for alcoholic beverages. A small amount of added sugars, saturated fat, or sodium can be added to nutrient-dense foods and beverages to help meet food group recommendations, but foods and beverages high in these components should be limited. Limits are:
 - o **Added sugars**- Less than 10 percent of calories per day starting at age 2. Avoid foods and beverages with added sugars for those younger than age 2.
 - o **Saturated Fat**- Less than 10 percent of calories per day starting at age 2.
 - o **Sodium**- Less than 2,300 mg per day-and even less for children younger than age 14.



The Recommended Dietary Allowance (RDA)

The Recommended Dietary Allowance (RDA) for all vitamins and minerals for adults can vary widely depending on the specific nutrient. Here are some general ranges for adults:

1.	Vitamin A	The daily recommended intake of vitamin A is 700 mcg for women and 900 mcg for men (Retinol Activity Equivalents).
2.	Vitamin B2	The daily recommended intake of vitamin B2 (Riboflavin) is 1.1 mg for women and 1.3 mg for men.
3.	Vitamin B6	The daily recommended intake of vitamin B6 (Pyridoxine) is 1.3-2.0 mg for adults, varying by age and gender.
4.	Vitamin B9	The daily recommended intake of vitamin B9 (Folic Acid) is 400 mcg (DFE) for adults.
5.	Vitamin B12	The daily recommended intake of vitamin B12 (Cobalamin) is 2.4 mcg for adults.
6.	Vitamin C	The daily recommended intake of vitamin C (Ascorbic Acid) is 75 mg for women and 90 mg for men.
7.	Vitamin D	The daily recommended intake of vitamin D is 600 IU (15 mcg) for adults under 70; for adults over 70, it is 800 IU (20 mcg).
8.	Vitamin E	The daily recommended intake of vitamin E is 15 mg (alpha-tocopherol) for both men and women.
9.	Calcium	The daily recommended intake of calcium is 1,000 mg for adults under 50; for women over 50 and men over 70, it is 1,200 mg.
10.	Iron	The daily recommended intake of iron is 18 mg for women aged 19-50 and 8 mg for men and postmenopausal women.
11.	Zinc	The daily recommended intake of zinc is 8 mg for women and 11 mg for men.
12.	Magnesium	The daily recommended intake of magnesium is 310-320 mg for women and 400-420 mg for men.
13.	Selenium	The daily recommended intake of selenium is 55 mcg for adults.
14.	Coenzyme Q10	The daily recommended intake of Coenzyme Q10 is generally suggested to be in the range of 30-200 mg for adults, depending on individual health needs.
15.	Omega-3	The daily recommended intake of omega-3 fatty acids (EPA + DHA) is 250-500 mg for adults.

These values are general guidelines and may vary based on individual health conditions, age, pregnancy or lactation status, and other factors. It's important to consult with a healthcare provider for personalized nutrient recommendations.

UNDERSTANDING »» GENETICS





UNDERSTANDING

GENETICS

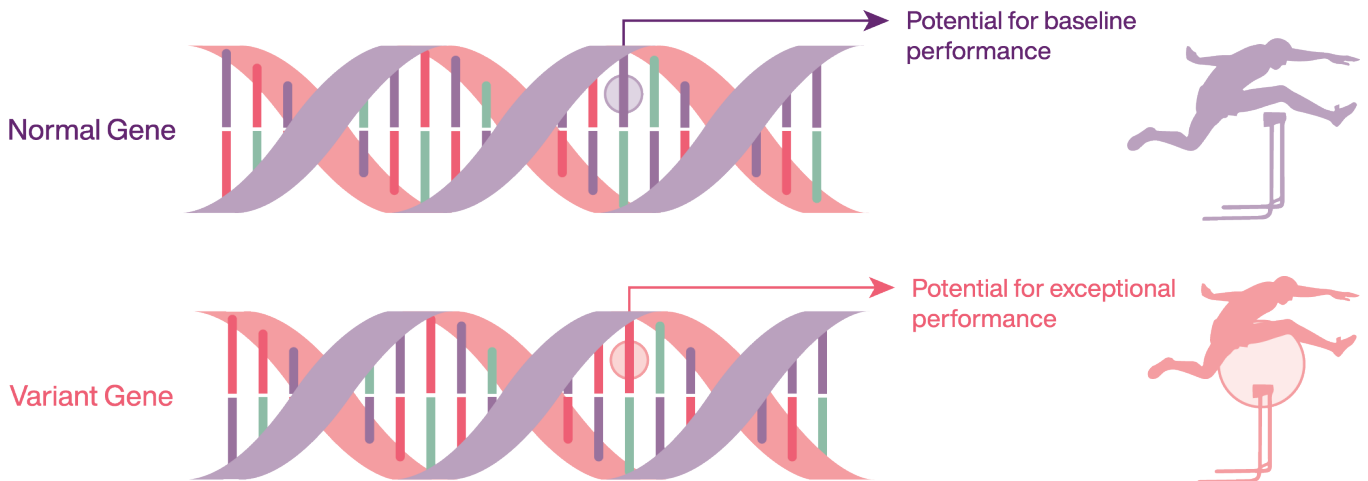
Genetics is the science of how our unique DNA influences traits, health, and even behaviors. By decoding the patterns within our DNA, we can gain valuable insights into what makes each of us unique, from physical characteristics to potential wellness needs. Here's an overview of genetics and how it relates to your health and wellness.

1. What is DNA?

DNA (deoxyribonucleic acid) is the molecule that carries the genetic instructions for all living organisms. Your DNA contains a unique code of four chemical bases (adenine, thymine, cytosine, and guanine) arranged in various sequences to form genes. These genes direct cellular activities and influence traits, such as eye color, height, and even how the body metabolizes nutrients.

2. Genes and Genetic Variants

Each person's DNA is organized into genes, which are segments that instruct cells to produce proteins responsible for various bodily functions. Although we all share similar genes, slight differences, called genetic variants or alleles, make each of us unique. These variants can influence how we respond to different foods, how quickly we recover from exercise, or our sensitivity to certain environmental factors. The most common type of variant is a single nucleotide polymorphism (SNP), which involves a change in a single base pair. SNPs help researchers understand how individual genes may impact specific wellness traits.



3. Polygenic Traits and Complex Conditions

Some traits and conditions, such as height, metabolism, and susceptibility to certain health conditions, are polygenic. This means they are influenced by many genes rather than a single gene. Polygenic traits are complex, with each gene contributing a small amount to the overall outcome. By studying multiple genetic variants, researchers can better understand and predict the likelihood of certain traits or predispositions.

4. Nature and Nurture: Genetics and Environment

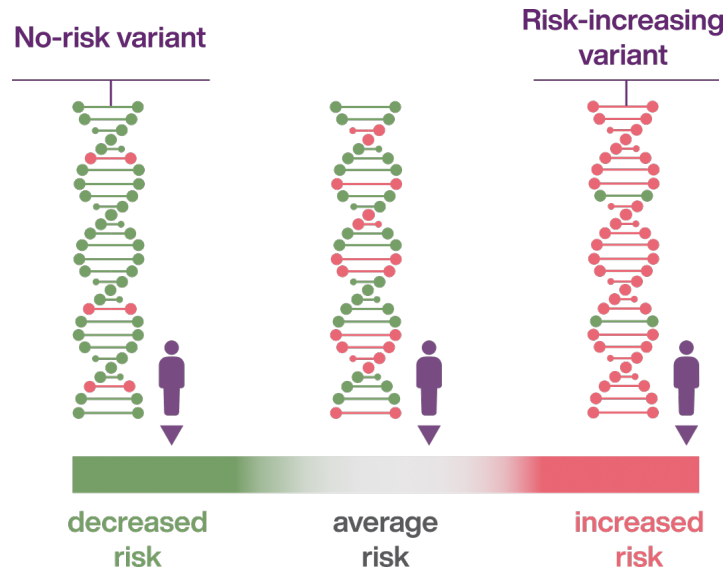
Genetics plays a powerful role in shaping who we are, but it works in tandem with the environment. Lifestyle factors such as diet, physical activity, stress, and sleep interact with our genes, affecting our wellness outcomes. For instance, while genetic predispositions can influence weight or cholesterol levels, diet and exercise can significantly modify these outcomes. Understanding genetics is about recognizing the balance between nature (your genetic makeup) and nurture (your lifestyle choices).



HOW IS MY GENETIC SCORE BEING CALCULATED?

Your genetic score, also known as a polygenic risk score (PRS), is calculated by analyzing multiple genetic variants in your DNA that contribute to specific traits or health risks. Unlike single-gene disorders, where one gene has a major impact, complex traits and common conditions like cardiovascular health, metabolism, and skin characteristics are influenced by many small genetic factors combined with lifestyle and environmental influences.

1. Understanding Genetic Variants Each person's DNA has tiny differences called genetic variants, which are natural variations in the genetic code. These variants can influence how the body processes nutrients, responds to exercise, or predisposes someone to certain health conditions. For example, while one variant might have a minor impact on your metabolism, multiple variants combined can have a more significant effect.



2. Calculating a Polygenic Risk Score (PRS) A polygenic risk score is calculated by combining the effects of many genetic variants across your genome. Each variant contributes a small amount to the overall score, which reflects your relative predisposition for a specific trait or health outcome. Here's how it works:

- **Genome-Wide Analysis:** Scientists analyze thousands of genetic markers across your genome using advanced algorithms.
- **Weighted Contributions:** Each genetic variant has a weight based on how strongly it is associated with a particular trait or condition.
- **Summing Up the Score:** By combining the weighted contributions of each variant, the final polygenic risk score is calculated, representing your genetic predisposition for a specific trait.



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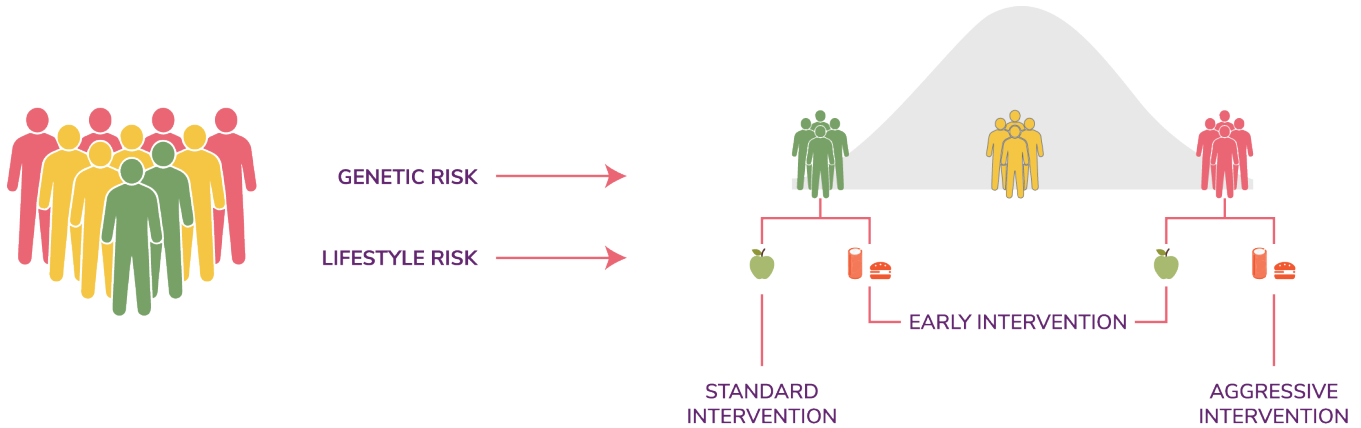
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D.O.B.: 18-Jan-1985

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3. What Your Score Means Your polygenic risk score is converted into a percentile that shows how your genetic predisposition compares to others in the general population. Here's what different percentiles can indicate:

- **High Percentile (75-100%):** You have a strong genetic predisposition for this trait. This could mean, for example, a greater genetic tendency toward high endurance or certain metabolic traits.
- **Average Percentile (26-74%):** You have an average genetic predisposition. You may benefit from a balanced approach in this area to achieve optimal results.
- **Low Percentile (0-25%):** This indicates a lower predisposition, but lifestyle factors may still significantly influence your outcomes.



4. Limitations of Polygenic Scores While polygenic risk scores offer valuable insights, there are limitations to keep in mind:

- **Not Diagnostic:** A polygenic score indicates genetic predispositions but does not determine certainty. It is not a diagnostic tool and cannot predict health outcomes with absolute accuracy.
- **Excludes Non-Genetic Factors:** Your score does not consider lifestyle, diet, or environmental factors, which can heavily impact health.
- **Specific to Certain Traits:** Polygenic scores are typically validated for common traits and may not account for rare genetic variations that can have a significant individual effect.

5. Putting It All Together Polygenic risk scores provide a personalized look at how your genetics may influence specific wellness traits. However, they work best alongside other personal health information, like lifestyle habits and environmental influences, for a well-rounded understanding of your health and wellness potential.



**LIVE HEALTHY.
STAY YOUNG.**