


# Nutrition Gene Test

**SAMPLE  
SUMMARY REPORT**



# Nurition Gene Test







## Regulation of Eating

Traits	Risk	Rating	Description
 Satiety Response	Very Poor	9.0	As per your genetics, your Satiety Response is very poor.
 Snacking Pattern	Poor	7.6	As per your genetics, your Snacking Pattern is poor.
 Emotional Eating Dependence	Typical	5.7	As per your genotype, your Emotional Eating Dependence is typical.



## Taste Perception

Traits	Risk	Rating	Description
 Cilantro Taste Aversion	Typical	5.3	As per your genetics, you have a typical likelihood of developing cilantro taste aversion.
 Sweet Taste Perception	Typical	5.4	As per your genotype, your Sweet Taste Perception is typical.
 Bitter Taste Perception	Typical	5.7	As per your genotype, your Bitter Taste Perception is typical.
 Fatty Food Preference	Poor	6.1	As per your genotype for Fatty Food Preference is poor.

## Macronutrient Requirements


Traits	Risk	Rating	Description
 Response to Saturated Fats	Typical	6.0	As per your genotype, your Saturated Fat Response is typical.
 Response to Monounsaturated Fats	Poor	6.9	As per your genotype, your Monounsaturated Fatty Acid Response is poor.
 Response to Polyunsaturated Fats	Poor	6.8	As per your genetics, your Polyunsaturated Fatty Acid Response is poor.
 Response to Carbohydrates	Typical	4.5	As per your genotype, your Carbohydrate Response is typical.
 Response to Protein	Good	3.5	As per your genetics, your Protein Response is good.
 Response to Fibre	Excellent	2.0	As per your genetics, your fibre Response is excellent.

## Weight Management and Maintenance




Traits	Risk	Rating	Description
 Body Mass Index	Slightly Elevated	6.1	As per your genetics, you have a high likelihood of developing a high BMI.
 Ability to Maintain Weight Loss	Poor	6.5	As per your genetics, your Ability to Maintain Weight Loss is poor.

## Micronutrient Requirements

Traits	Risk	Rating	Description
 Vitamin D Metabolism	Poor	7.2	As per your genetics, your Vitamin D Metabolism is poor.
 Vitamin A Metabolism	Typical	5.4	As per your genotype, your Vitamin A Metabolism is typical.
 Vitamin E Metabolism	Poor	6.2	As per your genotype, your Vitamin E Metabolism is poor.
 Vitamin B6 Metabolism	Poor	7.0	As per your genetics, your Vitamin B6 Metabolism is poor.
 Magnesium Metabolism	Poor	7.7	As per your genetics, your Magnesium Metabolism is poor.
 Vitamin C Metabolism	Typical	6.0	As per your genetics, your Vitamin C Metabolism is typical.
 Vitamin B12 Metabolism	Poor	6.1	As per your genetics, your Vitamin B12 Metabolism is poor.
 Iron Metabolism	Poor	6.4	As per your genetics, your Iron Metabolism is poor.
 Vitamin K Metabolism	Poor	6.5	As per your genetics, your vitamin K metabolism is poor.
 Coenzyme Q10 Levels	Typical	4.3	As per your genetics, you have a typical likelihood of developing low Coenzyme Q10 Levels.
 Vitamin B9 Metabolism	Typical	4.5	As per your genotype, your Vitamin B9 Metabolism is typical.
 Antioxidant Metabolism	Typical	5.4	As per your genotype, your Antioxidant Metabolism is typical.
 Calcium Metabolism	Typical	5.0	As per your genetics, your Calcium Metabolism is typical.

Traits	Risk	Rating	Description
 Phosphate Metabolism	Typical	5.0	As per your genotype, your Phosphate Metabolism is typical.

## Food Intolerances and Sensitivities

Traits	Risk	Rating	Description
 Gluten Intolerance	Poor	7.2	As per your genotype, your Gluten Metabolism is poor.
 Salt Metabolism	Poor	6.1	As per your genotype, your Salt Metabolism is poor.
 Lactose Intolerance	Poor	7.0	As per your genotype, your Lactose Metabolism is poor.
 Caffeine Metabolism	Typical	5.7	As per your genetics, your Caffeine Metabolism is typical.

## Response to Diet Types

Traits	Risk	Rating	Description
 Mediterranean Diet	Typical	4.7	As per your genotype, your response to the Mediterranean Diet is typical.

# How to Read Your Report

## — WHAT IS GENETICS? —

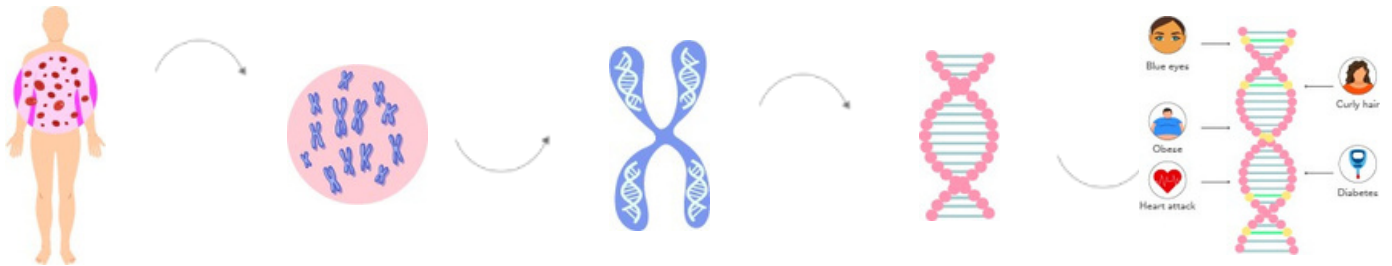
Human are made up of cells

Cells are made up of nucleus

Nucleus is made up of chromosomes

Chromosomes are made up of DNA

DNA is made up of genes

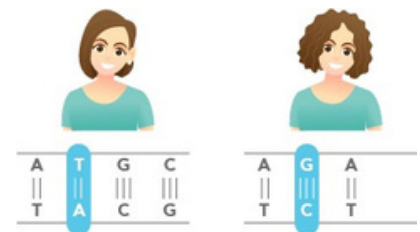


Genes are coded by nucleotides

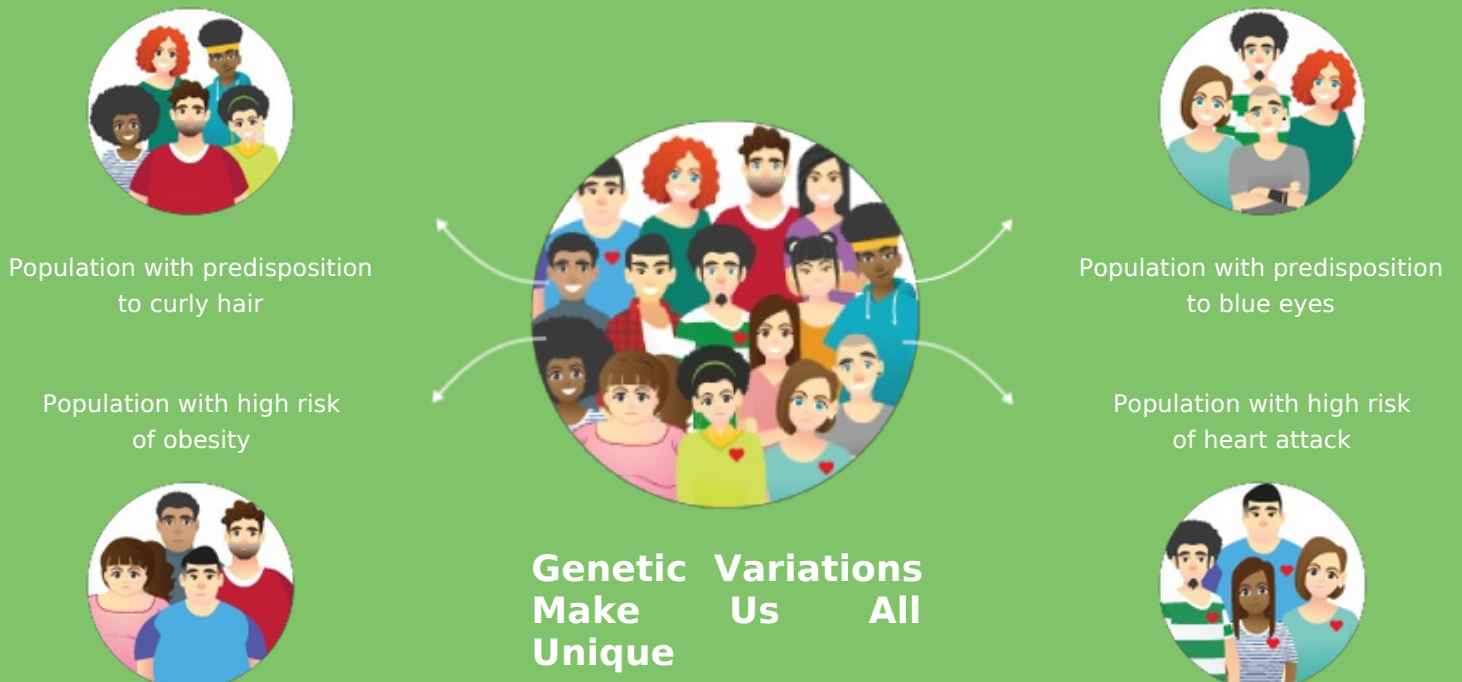
A	T	G	C
T	A	C	G



Changes in nucleotides lead to genetic variations Straight hair Curly hair



## WHAT IS PREDICTIVE GENETICS?



## — SCORE INTERPRETATIONS —

SCORE	DEPICTION	INTERPRETATION
0-2	Excellent / Protective	An 'excellent / protective' score indicates a very favorable response or ability for a trait
2.1-4	Good / Lower Risk	A 'good / lower risk' score indicates a favorable response or ability for a trait
4.1-6	Typical	A 'typical' score indicates a typical response or ability for a trait
6.1-8	Poor / Slightly Elevated	A 'poor / slightly elevated' score indicates an unfavorable response or ability for a trait
8.1-10	Very Poor/ Highly Elevated	A 'very poor / highly elevated' score indicates a very unfavorable response or ability for a trait

## — GENERAL GUIDELINES —

Genetic risk or predisposition given in the report is based on statistically relevant genomics research studies, which should not be taken as a diagnosis of any health condition or overall wellness.

Traits in the report are not genetically interlinked; their genetic associations are independent of each other. Therefore, every trait score and interpretation are independent of each other.



This report provides information about genetic predispositions only and may not indicate current conditions or characteristics.

The information in the report may provide an understanding of one's genetic risks and may help in making informed decisions regarding one's wellness and goals.

Please consult with your doctor, or other qualified health care professional before making any dietary, fitness, health and wellness related changes.

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2. BONE HEALTH GENE REPORT WOMEN/MEN
3. CARDIOVASCULAR GENE REPORT WOMEN/MEN
4. CIRCADIAN GENE REPORT WOMEN/MEN
5. DENTAL GENE REPORT WOMEN/MEN
6. FITNESS GENE REPORT
7. GASTRO GENE REPORT WOMEN/MEN
8. HEMATOLOGY GENE REPORT WOMEN/MEN
9. HORMONAL GENE REPORT WOMEN/MEN
10. IMMUNOLOGY GENE REPORT WOMEN/MEN
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THE MOST  
EXPENSIVE  
REAL ESTATE IS  
**YOU**

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