



Gene-Thing

Predictive DNA REPORT



DISCOVER YOUR TRUE POTENTIAL

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Type of Report: Detailed Report

DISCLAIMER

Our recommendations in DNA Lifestyle report are based on the results of your Genetic Risk Assessment and other related information provided by you. This report does not take into account your existing health condition or any medication that have been prescribed to you. This report being neither a substitute to medical treatment nor physicians visit makes it necessary for you to consult your physician before adapting to its recommendations.

Any assertions or recommendations in the report as to an exercise regime or diet, whether specific or general, are based on the following assumptions.

- That you are in a good state of health and do not have any medical problems that you are aware of; That you have not had any recurring illness in the past 12months;
- That no medical practitioner has ever advised you not to exercise;
- That you are not on any prescribed medication that may affect your ability to exercise safely or your diet; That you do not have any food allergies; and
- That there is no other reason why you should not follow the assertions or recommendations in the report.

If you have any concerns at any time about whether or not these assumptions are correct in your particular circumstances, before acting, or not acting, on any of the assertions or recommendations, you must consult a medical practitioner.

Because scientific and medical information changes over time, and also a person's risk of any particular phenotype, condition or trait is also based on other factors like environment, diet, lifestyle, genetic variants, your risk assertions and genetically tailored preventive recommendations for one or more of the conditions contained within this report may also change over time.

The pharmacogenomic panel here refers to your genetic predisposition to the drugs mentioned in the report. This report is for investigational purpose only. It is to be interpreted by a qualified and licensed medical practitioner only. It does not constitute medical advice, diagnosis, or treatment. The assay includes limited set of polymorphisms and may not report for mutations not included in the test panel. This report does not take into account factors like drug-drug interactions, drug food interaction. These assays are carried out by trained individuals and use standard equipment and laboratory designed protocols. Licensed medical practitioners are trained and qualified to make therapeutic decisions pertaining to medications and or dosage based on patient information and medical history, including the pharmacogenetic report.

You are at all times responsible for any actions you take, or do not take, as consequence of the assertions or recommendations in the report, and you will not hold DNA Lifestyle its officers, employees and representatives, harmless against all losses, costs and expenses in this regard, subject to what is set out below.

To the fullest extent permitted by law, neither DNA Lifestyle nor its officers, employees or representatives will be liable for any claim, proceedings, loss or damage of any kind arising out of or in connection with acting, or not acting, on the assertions or recommendations in the report. This is a comprehensive exclusion of liability that applies to all damage and loss, including, compensatory, direct, indirect or consequential damages, loss of data, income or profit, loss of or damage to property and claims of third parties, howsoever arising, whether in tort (including negligence), contract or otherwise.

Nothing in this statement is intended to limit any statutory rights you may have as a consumer or other statutory rights which may not be excluded, nor to exclude or limit our liability to you for death or personal injury resulting from DNA Lifestyle negligence or that of its officers, employees or other representatives. Nothing in this statement will operate to exclude or limit liability for fraud or fraudulent activities.

How to Read Your Report

WHAT IS GENETICS?

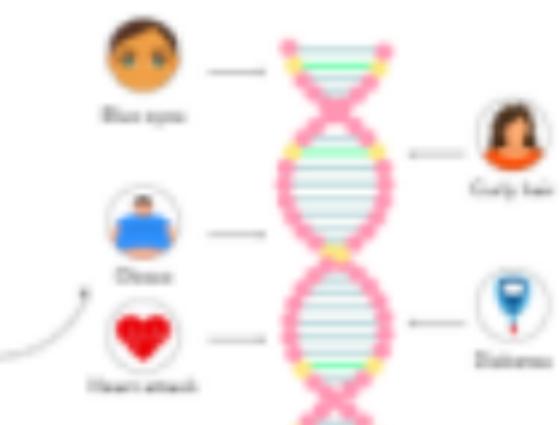
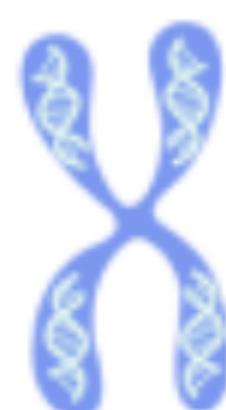
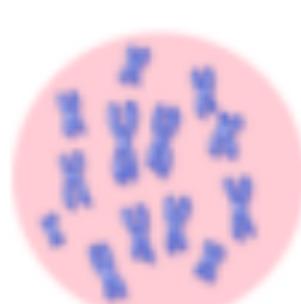
Human are made up of cells

Cells are made up of nucleus

Nucleus is made up of chromosomes

Chromosomes are made up of DNA

DNA is made up of genes

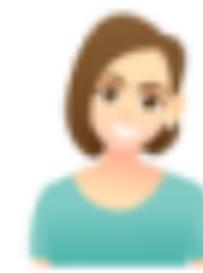


Genes are coded by nucleotides

A	T	G	C
T	A	C	G

Changes in nucleotides lead to genetic variations

Straight hair



Curly hair



A	T	G	C

A	G	A

WHAT IS PREDICTIVE GENETICS?



Population with predisposition to curly hair



Population with predisposition to blue eyes

Population with high risk of obesity



Population with high risk of heart attack



Genetic Variations
Make Us All Unique

SCORE INTERPRETATIONS

SCORE	Lastname	Savings
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. The information in the report may provide an Please consult with your doctor, or other about genetic predispositions only and may not indicate current conditions or characteristics.

understanding of one's genetic risks and may help in making informed decisions regarding one's wellness and goals.

qualified health care professional before making any dietary, fitness, health and wellness related changes.

NUTRIGENOMICS





Category Summary

REGULATION OF EATINGS

9.0



Satiety Response

7.0



Emotional Eating Dependance

5.9



Snacking Pattern



Satiety Response



What is Satiety Response?

Satiety means feeling of fullness or suppression of hunger for a period of time after a meal. Certain genetic variations can influence the ability to feel satisfied after consumption of a meal, which can lead to overeating for individuals with a poor satiety response. Over eating can lead to an excessive calorie intake, thereby increasing the risk of weight gain.

9.0

Interpretation



Satiety Response

As per your genetics, your Satiety Response is very poor. People with such a genotype tend to not reach the satiety point or a feeling of fullness after a meal, which can lead to excessive calorie intake.

Gene Table

Gene Name : FTO

Your Genotype : AT

The FTO gene is one of the genes that has been associated with obesity risk. It is believed to influence satiety and hunger and regulate energy homeostasis. Studies suggest that the FTO gene may play an important role in regulating food intake; variations of this gene can influence satiety, food choices, and increased energy consumption.

Do's and Don'ts

Do's

- Maintain intervals of 2.5-3 hours between each meal.
- Increase the protein and fiber content in your meals so that excessive intake of simple carbohydrates and fats is avoided.
- Maintain a good lifestyle, exercise regularly, and follow a healthy eating pattern.

Don'ts

- Avoid intake of excessive amounts of simple carbohydrates, deep fried foods, and junk foods.
- Avoid binging on empty calories, snacks with a high salt content, and high calorie meals.
- Avoid improper chewing of food and finishing meals very quickly.

