



Predictive DNA REPORT



DISCOVER YOUR TRUE POTENTIAL

Barcode : 28734925

Name : john doe

Contact No : 9988998899



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.

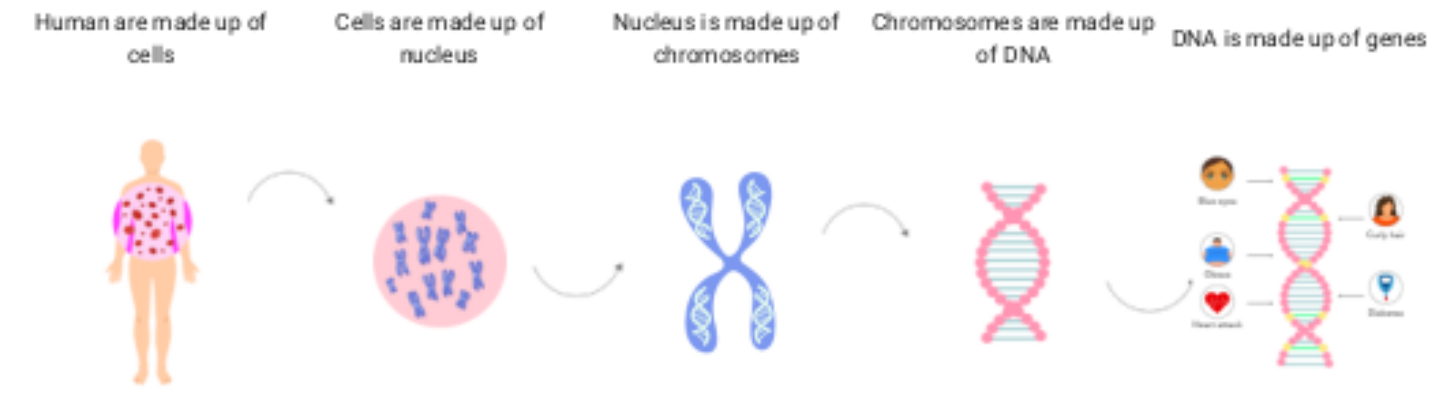
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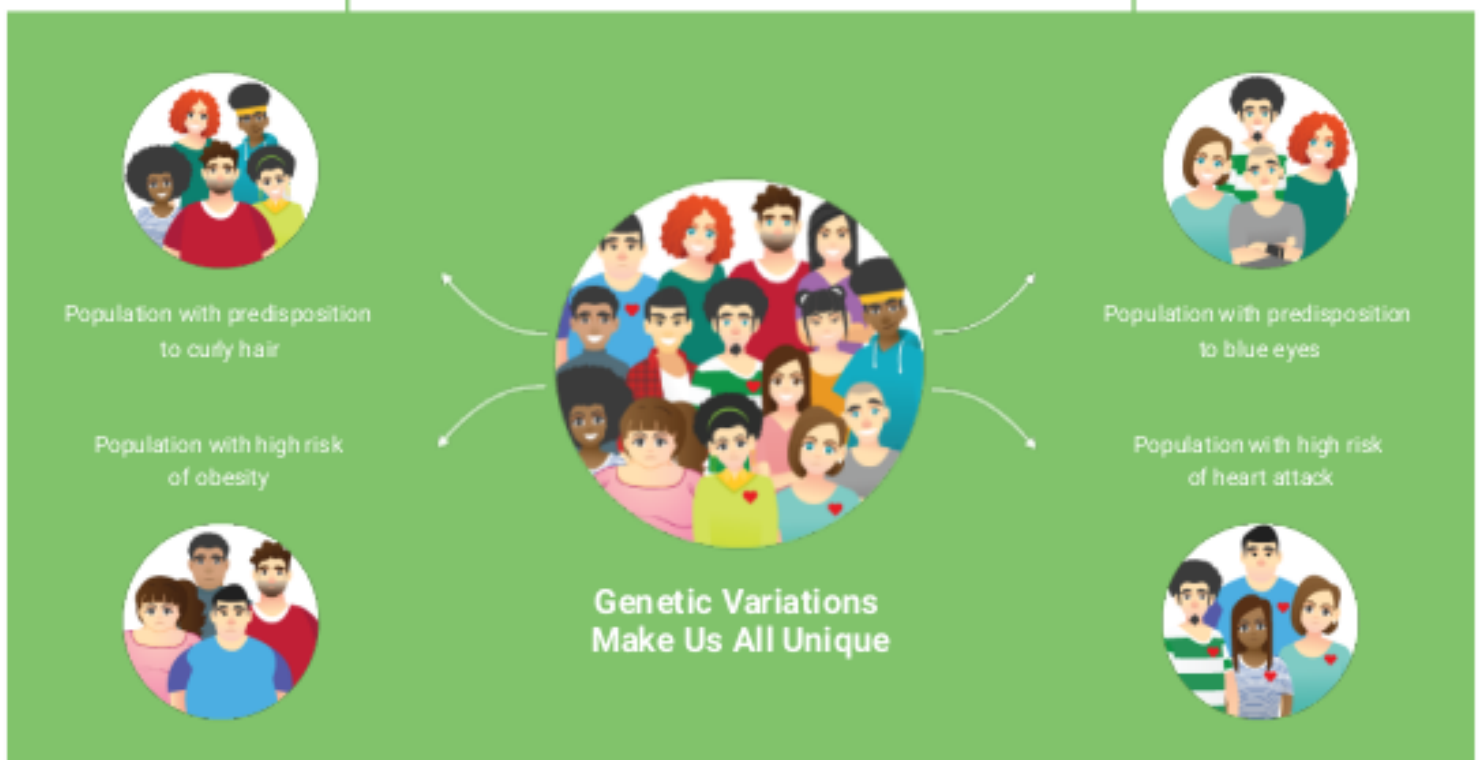


How to Read Your Report

WHAT IS GENETICS?



WHAT IS PREDICTIVE GENETICS?



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



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 satiated 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

- 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.



Category Summary

Food Intolerances and Sensitivities

9.0



Caffeine Metabolism

7.0



Gluten Intolerance

5.9



Lactose Intolerance

9.0



Salt Metabolism



Caffeine Metabolism



What is Caffeine Metabolism?

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 satiated 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



Caffeine
Metabolism

Interpretation

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Gene Table

Gene Name : Near CYP1A2

Your Genotype : CC, CC

Encodes a type of human polycyclic aromatic hydrocarbon-inducible cytochrome P450(CYP1) family called the CYP1A2 enzyme. CYP1A2 demethylates caffeine molecules into substances like paraxanthine & methylxanthine(which can be excreted through urine), reduci

Gene Name : CYP1A2

Your Genotype : AA

The CYP1A2 gene encodes a liver enzyme that is critical for the breakdown of caffeine molecules into substances that can be excreted through urine. This function influences the amount of caffeine its effects in the body. Variations in the CYP1A2 gene can

Do's and Don'ts



Do's

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Don'ts

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Gluten Intolerance



What is Gluten Intolerance?

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9.0

Interpretation



Gluten Intolerance

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Gene Table

Gene Name : TAGAP

Your Genotype : AA

The TAGAP gene encodes for a protein that may play a role in Rho GTPase-activating protein. Variations in the TAGAP gene may lead to an increase in GTPase activity, which can eventually result in the development of celiac disease (CD). Variants of this gene

Gene Name : HLA-DRA

Your Genotype : TT

The HLA-DRA gene (major histocompatibility complex, class II, DR alpha) encodes for a protein that plays a crucial role in the regulation of the immune system. Variations may lead to an immune response in response to gluten intake and may influence an individual's

Gene Name : REL

Your Genotype : AA

The REL gene encodes a protein, c-Rel, which belongs to the Rel/NF- κ B transcription factor family, which helps in the regulation of genes involved in important processes like inflammation and immune response. Studies have suggested an association of c-RE

Gene Name : Intergenic – RGS1

Your Genotype : AA

RGS1 belongs to a family of RGS genes. It attenuates the signaling activity of G-proteins, blocking the homing of Intra Epithelial Lymphocytes (IELs), and it is specifically expressed both in human small intestinal mucosa and in murine IELs, key players i

Gene Name : FUT2

Your Genotype : GG

The FUT2 gene encodes for a protein that influences the production of H antigen, which is an antigen essential for the synthesis of soluble A and B antigen. These antigens act as anchors and as sources of carbon for intestinal bacteria in the intestinal l

Do's and Don'ts



Do's

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Don'ts

- Avoid intake of excessive amounts of simple carbohydrates, deep fried foods, and junk foods.
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Lactose Intolerance



What is Lactose Intolerance?

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9.0

Interpretation



Lactose Intolerance

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Gene Table

Gene Name : MCM6

Your Genotype : CC,CC

A regulatory element (which is a specific DNA sequence), within the MCM6 gene, plays a key role in regulating the activity or expression of the LCT gene. The LCT gene encodes an enzyme, lactase, which helps in the metabolism of lactose. Reduced activity o

Do's and Don'ts



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Don'ts

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Salt Metabolism



What is Salt Metabolism?

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9.0

Interpretation



Salt Metabolism

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Gene Table

Gene Name : near SGK1

Your Genotype : CT

This variant is located near the SGK1 gene. The SGK1 gene encodes a protein that plays a key role in cellular stress response. It is also known to activate certain sodium, chloride, and potassium channels, which suggests its involvement in regulating seve

Do's and Don'ts



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Category Summary

Macronutrient Requirements

9.0



Response to Carbohydrates

7.0



Response to fibre

5.9



Response to Monosaturated fats

9.0



Response to polysaturated fats

7.0



Response to protein

5.9



Response to saturated fats



Response to Carbohydrates



What is Response to Carbohydrates?

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9.0



Response to
Carbohydrates

Interpretation

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Gene Table

Gene Name : ACE

Your Genotype : GG

The ACE gene provides instructions for making the angiotensin-converting enzyme. The renin-angiotensin system (RAS) is involved in most of the pathological processes that lead to pathogenesis of diabetes. Angiotensin II (Ang II) is the major peptide of RA

Gene Name : ADRB2

Your Genotype : CC

This gene encodes beta-2-adrenergic receptor which is a member of the G protein-coupled receptor superfamily. Receptors involved in catecholamine function have a role in thermogenesis and energy balance, thus affecting obesity and glucose metabolism. Adre

Gene Name : MMAB

Your Genotype : CC

The MMAB gene encodes an enzyme that aids in the production of adenosylcobalamin, which is important for the breakdown of cholesterol. The MMAB gene may play a role in modulating concentrations of HDL-C which can affect the risk of developing dyslipidemia

Gene Name : SREBP1C

Your Genotype : TT, CC

Sterol regulatory element binding protein-1c (SREBP1C) is a transcription factor involved in the regulation of lipid, glucose metabolism and in sterol homeostasis in cells. SREBP1C expression is regulated by nutritional stimuli like polyunsaturated fatty

Gene Name : PPARA

Your Genotype : GG

The shift between glucose storage and synthesis during fasting and feeding is essential for maintaining blood glucose levels. PPARA contributes to the adaptation of hepatic carbohydrate metabolism during the fasting-to-fed and fed-to-fasting transition. H

Gene Name : PPARG

Your Genotype : CC

PPAR (peroxisome proliferator-activated receptor) is involved in regulating the carbohydrate and lipid homeostasis, adipogenesis, fatty acid storage, and maintaining energy balance. The PPARG gene encodes a protein (PPAR-gamma) which plays a role in the r

Gene Name : TCF7L2

Your Genotype : AA, CC, GG

The TCF7L2 gene encodes a protein that influences the secretion of a hormone (glucagon-like peptide-1) which has insulinotropic effects (stimulates insulin secretion) and plays a role in regulating blood glucose homeostasis. Carbohydrate digestion causes

Gene Name : FTO

Your Genotype : CC

The expression of the FTO gene in the hypothalamus is indicative of its potential role in regulating energy homeostasis by modifying the appetite. Carbohydrates influence various aspects such as body weight, appetite, and endocrinology. Carbohydrates intake

Do's and Don'ts



Do's

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Don'ts

- Avoid intake of excessive amounts of simple carbohydrates, deep fried foods, and junk foods.
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Response to fibre



What is Response to fibre?

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 satiated 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



Response to fibre

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 : AA

The FTO gene has strong associations with conditions such as obesity and type II diabetes. Studies have shown that people with certain variations in the FTO gene are found to have beneficial results with increased fiber intake; variations may also be asso

Do's and Don'ts



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Response to Monosaturated fats



What is Response to Monosaturated fats?

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9.0



Response to
Monosaturated fats

Interpretation

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 : APOA1

Your Genotype : AA

The APOA1 gene encodes for a protein, apolipoprotein A-I (ApoA-1), which is the major protein component of high-density lipoprotein (HDL) in the plasma. High levels of HDL can reduce the risk of developing cardiovascular conditions. HDL transports cholest

Gene Name : ADIPOQ

Your Genotype : GG, GG

The ADIPOQ gene encodes for a protein, adiponectin, which is a plasma protein secreted by the visceral adipose tissue. Adiponectin increases insulin sensitivity and tissue fat oxidation, resulting in reduced circulating fatty acid levels. Therefore, varia

Gene Name : APOB

Your Genotype : AA

The APOB gene encodes for a protein, apolipoprotein B, which is the main apolipoprotein of chylomicrons and low-density lipoproteins. This protein is involved in transporting fat molecules, including cholesterol in the bloodstream.

Do's and Don'ts



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Response to polysaturated fats



What is Response to polysaturated fats?

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9.0



Response to
polysaturated fats

Interpretation

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Gene Table

Gene Name : CETP

Your Genotype : GT, CT

The CETP gene encodes for a protein that is involved in the transfer of cholesteryl ester from high-density lipoprotein (HDL) to other lipoproteins. Variations in the CETP gene may influence the responses of lipids (fats) and lipoproteins to the alteration

Gene Name : AGT

Your Genotype : CT

The AGT gene encodes for a protein, angiotensinogen, which plays a role in the regulation of blood pressure and fluid balance in the body. Variations in the AGT gene have found to be associated with concentrations of total cholesterol and low-density lipoprotein

Gene Name : FADS1

Your Genotype : GG, TT

This gene encodes the enzyme Fatty acid desaturase 1(Δ5 desaturase) which catalyses the conversion of omega-3 & omega-6 parent fatty acids namely alpha-linolenic acid (ALA) & linoleic acid (LA) to their longer chain derivatives (eicosapentaenoic acid or

Gene Name : APOC3

Your Genotype : CC

The APOC3 gene encodes for a protein, apolipoprotein C-3 (APOC3), which is a component of very-low-density lipoprotein (VLDL). This gene plays a role in inhibiting the activities of proteins that are required for the hydrolysis of triglycerides and theref

Gene Name : APOA5

Your Genotype : AA, TT

The APOA5 gene encodes for a protein, apolipoprotein A-5 (APOA5), which is a major component of VLDL (very low-density lipoprotein), chylomicrons, and HDL (high-density lipoprotein). APOA5 functions as an activator of a key enzyme in triglyceride cataboli

Gene Name : ADIPOQ

Your Genotype : TT

The ADIPOQ gene encodes for a protein, adiponectin, which is a plasma protein secreted by the visceral adipose tissue. Adiponectin increases insulin sensitivity and tissue fat oxidation, resulting in reduced circulating fatty acid levels. Therefore, varia

Do's and Don'ts



Do's

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Don'ts

- Avoid intake of excessive amounts of simple carbohydrates, deep fried foods, and junk foods.
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Response to protein



What is Response to protein?

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9.0

Interpretation



Response to
protein

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 : MTNR1B

Your Genotype : CG

This gene encodes one of two high affinity forms of a receptor for melatonin, the primary hormone secreted by the pineal gland. Given that melatonin is a hormone involved in energy balance and body weight status, this gene is implicated in body weight reg

Gene Name : TFAP2B

Your Genotype : AA

The TFAP2B gene encodes a protein (transcription factor AP-2?), which in conjunction with other proteins from the AP-2 family binds to specific regions of DNA and helps to control the activity of genes involved in the stimulation of cell proliferation an

Gene Name : FTO

Your Genotype : TT

This gene encodes for a nuclear protein of the AlkB related non-haem iron and 2-oxoglutarate-dependent oxygenase superfamily. RNA demethylase that mediates oxidative demethylation of different RNA species, such as mRNAs, tRNAs and snRNAs, and acts as a re

Do's and Don'ts



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Don'ts

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Response to saturated fats



What is Response to saturated fats?

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Response to
saturated fats

Interpretation

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Gene Table

Gene Name : PCSK1

Your Genotype : GG

The PCSK1 gene encodes for a protein that has been associated with the cleavage of proteins that play a role in the hypothalamic regulation of appetite. Variations in the PCSK1 gene have been associated with the modulation of fasting fat oxidation.

Gene Name : LTA

Your Genotype : TA

Variations that influence the function of the gene have been identified in several genes, including the lymphotoxin- α (LTA) gene, which affects the cytokine production. The variations may interact with dietary fatty acids to regulate the production and s

Gene Name : THRA

Your Genotype : AA

The THRA gene encodes for a protein which is a nuclear hormone receptor for triiodothyronine (T3 thyroid hormone). It is shown to mediate certain activities of the thyroid hormone. Thyroid hormones, Triiodothyronine (T3) and tetraiodothyronine (T4) hormone

Gene Name : LRP1

Your Genotype : CT

The LRP1 gene encodes a protein, which is involved in the formation of a mature receptor. This receptor is involved in many cellular processes including intracellular signaling, lipid homeostasis, and clearance of apoptotic cells (biochemical events lead)

Gene Name : AHSG

Your Genotype : CC

The AHSG gene is involved in the regulation of body fat and insulin sensitivity. Variations in the AHSG gene has been shown to be associated with reduced plasma levels as well as lower body fat.

Gene Name : LPL

Your Genotype : CC

Lipoprotein lipase (LPL), associated with the luminal endothelial surface of arteries and capillaries of peripheral tissues, it is a key enzyme in the metabolism of lipoproteins. It hydrolyzes plasma lipoprotein triglycerides into free fatty acids and glyc

Gene Name : CD36

Your Genotype : AG

The CD36 gene encodes for a membrane-bound protein; CD36 is expressed in several cell types, including fat cells and muscle cells. The primary function of this protein is in the uptake of fatty acids into cells for energy generation. CD36 and FA signaling

Gene Name : IL6

Your Genotype : AA, CC, GG

The IL6 gene encodes for a protein that has a wide variety of biological functions. Following muscle contraction, it functions to increase the breakdown of fats and to improve insulin resistance.

Gene Name : APOA2

Your Genotype : TT

The APOA2 gene encodes for a protein, apolipoprotein (apo-) A-II, which is the second most abundant protein of the high-density lipoprotein particles. Saturated fat can stimulate the production for APOA2 production in the postprandial phase (after eating

Gene Name : PPARA

Your Genotype : TT

The PPARA gene plays a key role in lipid homeostasis. The activation of PPARA contributes to the clearance of triglyceride-rich lipoproteins, improves HDL cholesterol concentrations, and reduces the oxidation of LDL cholesterol, thus influencing the activ

Gene Name : PPARG

Your Genotype : CC

This gene encodes a member of the peroxisome proliferator-activated receptor (PPAR) subfamily of nuclear receptors. The protein encoded by this gene is PPAR-gamma and is a regulator of adipocyte differentiation. PPARG regulates fatty acid storage and gluc

Gene Name : TCF7L2

Your Genotype : GG

This gene encodes a transcription factor that influences the secretion of GLP 1 (glucagon like peptide 1) which is insulinotropic (stimulates insulin secretion) and has a role in blood glucose homeostasis. TCF7L2 is expressed in subcutaneous and visceral

Gene Name : FTO

Your Genotype : TT

The FTO gene has strong associations with conditions such as obesity and type II diabetes. It is known to contribute to the regulation of body size and body fat accumulation, specifically, thermogenesis (heat production), and adipocyte (fat cell) differen

Do's and Don'ts



Do's

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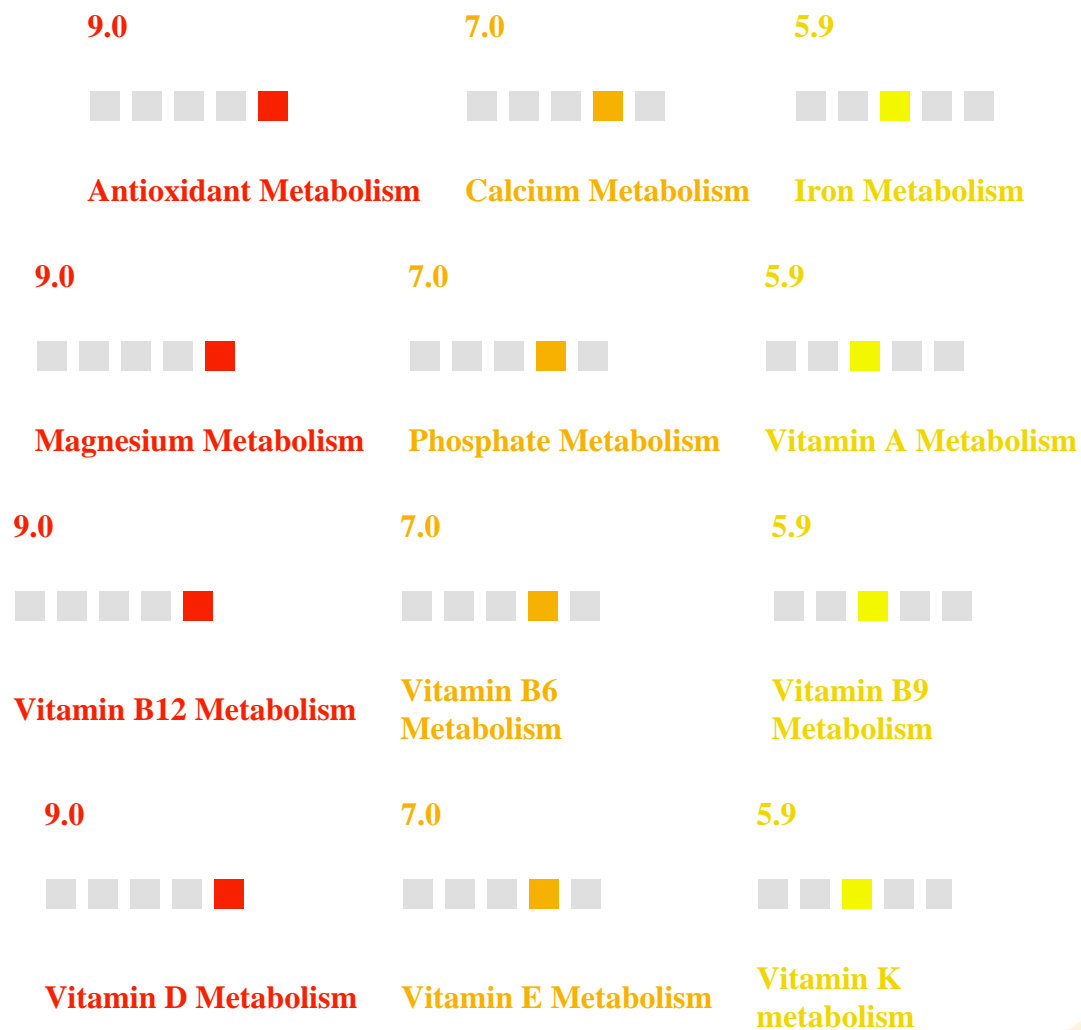
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Category Summary

Micronutrient Requirements



Antioxidant Metabolism



What is Antioxidant Metabolism?

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9.0



Antioxidant
Metabolism

Interpretation

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Gene Table

Gene Name : GSTP1

Your Genotype : AG, CC

Glutathione S-transferase P1 is an enzyme encoded by the GSTP1 gene. This enzyme plays a key role in the process of detoxification and the antioxidant system.

Gene Name : PON1

Your Genotype : TC

This gene encodes a member of the paraoxonase family of enzymes and exhibits lactonase and ester hydrolase activity. The HDL associated esterase/lactonase paraoxonase 1 (PON1) is implicated in contributing to the anti-inflammatory and antioxidant activities.

Gene Name : SOD2

Your Genotype : TT

The SOD2 gene encodes an enzyme, manganese-dependent superoxide dismutase (MnSOD), which binds to the superoxide byproducts and helps in their conversion to hydrogen peroxide and diatomic oxygen. Superoxides are harmful to the body as they can damage DNA

Gene Name : CAT

Your Genotype : TC

The CAT gene encodes an enzyme, catalase, which is a key antioxidant enzyme that plays a role in the body's defense against oxidative stress. Catalase is involved in the conversion of hydrogen peroxide to water and oxygen which reduces the toxic effects

Gene Name : GPX1

Your Genotype : CT, CC

The GPX1 gene encodes an enzyme (glutathione peroxidase 1 - GPX1), which is an important antioxidant enzyme in the body. Glutathione peroxidase plays a role in the breakdown of hydrogen peroxide and thereby helps to protect cells against oxidative damage.

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.

Calcium Metabolism



What is Calcium Metabolism?

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 satiated 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



Calcium Metabolism

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 : CYP24A1

Your Genotype : AA

CYP24A1 encodes a cytochrome P450 enzyme that hydroxylates 1,25-(OH)₂D, into metabolites targeted for degradation and appears to be one of the central regulator of 1,25-(OH)₂-D metabolism. CYP24A1 is highly regulated by its own substrate 1,25(OH)₂-D, as w

Gene Name : Near GATA3

Your Genotype : CT

GATA3 belongs to a family of zinc finger transcription factors that are involved in vertebrate embryonic development. In addition, GATA3 is also expressed in the developing parathyroids, inner ear, and kidneys. GATA3 is implicated in monogenic disorders o

Gene Name : Near DGKH

Your Genotype : GG

This gene encodes a member of the diacylglycerol kinase (DGK) enzyme family. Members of this family are involved in regulating intracellular concentrations of diacylglycerol and phosphatidic acid.

Gene Name : GCKR

Your Genotype : CC

Glucokinase (GCK) controls the rate of glucose metabolism in pancreatic cells, and its activity is rate-limiting for insulin secretion.

Gene Name : CASR

Your Genotype : AA, GG

The CASR gene encodes for a protein (calcium-sensing receptor - CaSR), which is abundant in the cells within the parathyroid glands and the renal tubules of kidneys. The parathyroid hormone produced by the parathyroid glands helps in increasing blood calc

Do's and Don'ts



Do's

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- 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.
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Iron Metabolism



What is Iron Metabolism?

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9.0

Interpretation



Iron Metabolism

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Gene Table

Gene Name : TMPRSS6

Your Genotype : CT,AG

The TMPRSS6 gene encodes a protein called matriptase-2, which influences the levels of the protein, hepcidin. Hepcidin is important for the regulation of iron balance in the body. Low levels of iron in the blood, can decrease the production of hepcidin wh

Gene Name : HFE

Your Genotype : CC, GG

The HFE gene encodes for a membrane protein that binds to the transferrin receptor 1 protein. This process prevents the receptor from binding to another protein called transferrin. However, binding of transferrin receptor 1 to transferrin is required for

Do's and Don'ts



Do's

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Don'ts

- Avoid intake of excessive amounts of simple carbohydrates, deep fried foods, and junk foods.
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Magnesium Metabolism



What is Magnesium Metabolism?

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9.0



Magnesium
Metabolism

Interpretation

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 : CASR

Your Genotype : AA

The CASR gene encodes for a protein (calcium-sensing receptor - CaSR), which is abundant in the cells within the parathyroid glands and the renal tubules of kidneys. The CaSR protein can bind to magnesium, which can inhibit the secretion of parathyroid ho

Do's and Don'ts



Do's

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Don'ts

- Avoid intake of excessive amounts of simple carbohydrates, deep fried foods, and junk foods.
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Phosphate Metabolism



What is Phosphate Metabolism?

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9.0



Phosphate
Metabolism

Interpretation

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 : CASR

Your Genotype : AA

The CASR gene encodes for a protein (calcium-sensing receptor - CaSR), which is abundant in the cells within the parathyroid glands and the renal tubules of kidneys. Phosphate levels depend on parathyroid hormone (PTH) level and CaSR influences PTH levels

Do's and Don'ts



Do's

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Don'ts

- Avoid intake of excessive amounts of simple carbohydrates, deep fried foods, and junk foods.
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Vitamin A Metabolism



What is Vitamin A Metabolism?

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9.0



Vitamin A
Metabolism

Interpretation

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 : near BCMO1

Your Genotype : GG, TG

The protein encoded by this gene is a key enzyme in beta-carotene metabolism to vitamin A. It catalyzes the oxidative cleavage of beta-carotene into two retinal molecules. Vitamin A metabolism is important for vital processes such as vision, embryonic dev

Gene Name : BCMO1

Your Genotype : AA, AA, CC

The protein encoded by this gene is a key enzyme in beta-carotene metabolism to vitamin A. It catalyzes the oxidative cleavage of beta-carotene into two retinal molecules. Vitamin A metabolism is important for vital processes such as vision, embryonic dev

Do's and Don'ts



Do's

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Don'ts

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Vitamin B12 Metabolism



What is Vitamin B12 Metabolism?

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9.0



Vitamin B12
Metabolism

Interpretation

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 : MTRR

Your Genotype : GG

Methionine synthase reductase also known as MSR is an enzyme that in humans is encoded by the MTRR gene. The Methionine Synthase Reductase (MTRR) gene primarily acts in the reductive regeneration of cobalamin (vitamin B12). Cob(I)alamin is a cofactor that

Gene Name : CD320

Your Genotype : CC

This gene encodes the transcobalamin receptor that is expressed at the cell surface. It mediates the cellular uptake of transcobalamin bound cobalamin (vitamin B12), and is involved in B-cell proliferation and immunoglobulin secretion. Mutations in this g

Gene Name : MTR

Your Genotype : AA

The MTR gene provides instructions for making an enzyme called methionine synthase. This enzyme plays a role in processing amino acids, the building blocks of proteins. To function properly, methionine synthase requires methylcobalamin (a form of vitamin

Gene Name : CUBN

Your Genotype : AA

Vitamin B12 is not synthesized in the body and is obtained from dietary intake. The CUBN gene encodes a protein, cubilin, which is the intestinal receptor for vitamin B12 (also called cobalamin). Therefore, the CUBN gene plays a crucial role in vitamin B1

Gene Name : FUT2

Your Genotype : AA, GG

The FUT2 gene encodes for an enzyme (galactoside 2-alpha-L-fucosyltransferase 2), which influences the synthesis of H-antigen. The H-antigen plays a role in the attachment of H. pylori bacteria to the gastric mucosa; H. pylori infection can cause decrease

Do's and Don'ts



Do's

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Don'ts

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Vitamin B6 Metabolism



What is Vitamin B6 Metabolism?

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9.0



Vitamin B6
Metabolism

Interpretation

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 : Near NBPF3

Your Genotype : CT

This variant is located near the NBPF3 gene. Variants of the NBPF3 gene were found to be associated with the plasma concentration of pyridoxal phosphate (PLP). PLP is an active form of vitamin B6, which is involved in several enzymatic reactions.

Gene Name : NBPF3

Your Genotype : CT

The variant in this gene has been associated with decreased levels of Vitamin B6 (pyridoxine). Pyridoxine, one of the forms of Vitamin B6, strengthens the protein collagen's regenerative ability which is much needed for rendering us flexibility and skin

Do's and Don'ts



Do's

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Don'ts

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Vitamin B9 Metabolism



What is Vitamin B9 Metabolism?

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9.0



Vitamin B9
Metabolism

Interpretation

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 : MTHFR

Your Genotype : AA

The MTHFR gene encodes for an enzyme (methylenetetrahydrofolate reductase) which has a role in the processing of amino acids. This enzyme is involved in the chemical reaction involving the vitamin B9 (folate). It plays a role in the conversion of a form o

Do's and Don'ts



Do's

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Don'ts

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Vitamin D Metabolism



What is Vitamin D Metabolism?

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9.0



Vitamin D
Metabolism

Interpretation

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 : GC

Your Genotype : AC, GT

The GC gene encodes the vitamin D binding protein (DBP) that belongs to the albumin gene family. The encoded protein has multiple functions and is found in the plasma, ascitic fluid, cerebrospinal fluid, and on the surface of many cell types. The protein

Gene Name : VDR

Your Genotype : TT, CA

Vitamin D can either be acquired through dietary intake or made in the body with help from sunlight exposure. The VDR gene encodes the vitamin D receptor (VDR) protein which plays a role in the body's response to vitamin D. It binds to calcitriol, the a

Do's and Don'ts



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Vitamin E Metabolism



What is Vitamin E Metabolism?

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9.0



Vitamin E
Metabolism

Interpretation

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Gene Table

Gene Name : APOA4

Your Genotype : TT

APOA4 encodes an apoprotein secreted by the intestine and associated with chylomicrons. APOA4 gene has a role in chylomicrons and VLDL secretion and catabolism. Required for efficient activation of lipoprotein lipase by ApoC-II.

Gene Name : CD36

Your Genotype : AG, GG, TT

Vitamin E is a fat-soluble vitamin and an antioxidant. The protein encoded by the CD36 gene is involved in the uptake of long-chain fatty acids and therefore may also influence the plasma concentrations of vitamin E.

Do's and Don'ts



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Don'ts

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Vitamin K metabolism



What is Vitamin K metabolism?

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9.0



Vitamin K
metabolism

Interpretation

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Gene Table

Gene Name : CYP4F2

Your Genotype : CT

The cytochrome P450 proteins are monooxygenases which catalyze many reactions involved in drug metabolism and synthesis of cholesterol, steroids and other lipids. CYP4F2 regulates the bioavailability of vitamin E and vitamin K, a cofactor that is critical

Gene Name : VKORC1

Your Genotype : CC

The VKORC1 gene provides instructions for making a vitamin K epoxide reductase enzyme. The VKORC1 enzyme is made primarily in the liver. It spans the membrane of a cellular structure called the endoplasmic reticulum, which is involved with protein process

Do's and Don'ts



Do's

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Don'ts

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Category Summary

Regulation of eating

9.0



Emotional eating dependence

7.0



Satiety response

5.9



Snacking pattern



Emotional eating dependence



What is Emotional eating dependence?

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 satiated 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



Emotional eating
dependence

Interpretation

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Gene Table

Gene Name : MC4R

Your Genotype : TC

The protein encoded by this gene is a membrane-bound receptor and member of the melanocortin receptor family. The encoded protein interacts with adrenocorticotrophic and MSH hormones and is mediated by G proteins. This is an intronless gene. Defects in thi

Do's and Don'ts



Do's

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Don'ts

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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 satiated 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 : TT

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

Do's and Don'ts



Do's

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Don'ts

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Snacking pattern



What is Snacking pattern?

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9.0

Interpretation



Snacking pattern

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Gene Table

Gene Name : near LEP

Your Genotype : GG

This gene encodes a protein that is secreted by white adipocytes into the circulation and plays a major role in the regulation of energy homeostasis. Circulating leptin binds to the leptin receptor in the brain, which activates downstream signaling pathwa

Gene Name : MC4R

Your Genotype : TC

The protein encoded by this gene is a membrane-bound receptor and member of the melanocortin receptor family. The encoded protein interacts with adrenocorticotrophic and MSH hormones and is mediated by G proteins. This is an intronless gene. Defects in thi

Do's and Don'ts



Do's

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Don'ts

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Category Summary

Taste Perception

9.0



Bitter taste perception

7.0



Fatty food preference

5.9



Sweet taste perception



Bitter taste perception



What is Bitter taste perception?

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 satiated 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



Bitter taste
perception

Interpretation

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 : TAS2R38

Your Genotype : TT, CC

The TAS2R38 gene encodes a G protein-coupled receptor, which acts as a taste receptor, and is mediated by certain chemicals like PROP and phenylthiocarbamide; these chemicals bind to the receptor and signal taste perception. Vegetables like broccoli, cabb

Do's and Don'ts



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Fatty food preference



What is Fatty food preference?

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9.0



Fatty food
preference

Interpretation

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Gene Table

Gene Name : RGS6

Your Genotype : GA, CT, GA, TC

The RGS6 gene is a member of the G7 superfamily; it plays a role in the regulation of G-protein signaling and is believed to have an interplay with opioid receptors (G-protein coupled receptors). While under stress, there is an increase in the cortisol level.

Do's and Don'ts



Do's

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Don'ts

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Sweet taste perception



What is Sweet taste perception?

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9.0



Sweet taste
perception

Interpretation

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 : TAS1R3

Your Genotype : CC, CC

There are differences in the sensitivity, perception, and preference for tastes. Taste sensitivity can be attributed to the threshold of activated taste cells. The sweet taste perception is primarily mediated by the TAS1R2 (taste receptor type 1 member 2)

Gene Name : TAS1R2

Your Genotype : CC, GT

There are differences in the sensitivity, perception, and preference for tastes. Taste sensitivity can be attributed to the threshold of activated taste cells. The sweet taste perception is primarily mediated by the TAS1R2 (taste receptor type 1 member 2)

Do's and Don'ts



Do's

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Don'ts

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Category Summary

Weight Management and Maintenance

9.0



Ability to maintain the weight loss

Ability to maintain the weight loss



What is Ability to maintain the weight loss?

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9.0



Ability to maintain
the weight loss

Interpretation

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Gene Table

Gene Name : ADIPOQ

Your Genotype : GG

The ADIPOQ gene encodes for a protein, adiponectin, which is produced in the adipose tissue (fat tissue). Variations in the ADIPOQ gene can influence the production of adiponectin, thereby affecting energy intake and body weight.

Gene Name : PPARG

Your Genotype : CC

PPAR (peroxisome proliferator-activated receptor) is involved in regulating the carbohydrate and lipid homeostasis, adipogenesis, fatty acid storage, and maintaining energy balance. The PPARG gene encodes a protein (PPAR-gamma) which plays a role in the r

Gene Name : FTO

Your Genotype : GG

The FTO gene has strong associations with conditions such as obesity and type II diabetes. Variations in the FTO gene may influence weight regain

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.