

Vitamin A

More likely to have
higher plasma
retinol levels

Likely to have
moderate plasma
retinol levels

More likely to have
lower plasma
retinol levels

| | A | B | C | D |
|------------|------------------------|---|------------------------|---------------------|
| 2013-01-01 | 1.8522612701481824 0 | 1.9817252730617408 -0.554998247934821 0 | 1.2729596337525346 | |
| 2013-01-02 | 1.7115554910708863 0.2 | 1.7702754317587835 0.4 | 1.3958562314208477 0.1 | 1.2882706792702775 |
| 2013-01-03 | 1.06369087632551963 | 1.1066610712183358 1 | 1.1709861428571104 -1 | 1.2046211803517768 |
| 2013-01-04 | 1.1874685998298522 | 1.1753089235959991 -1 | 1.10262629276178878 -0 | 1.18834907321875193 |
| 2013-01-05 | 1.1419897134740646 0.2 | 1.14151388990403228 0 | 1.16595885737571294 1 | 1.2059724059756047 |
| 2013-01-06 | 1.1175159129993057 0 | 1.150137126167255610.3 | 1.16681723577360975 1 | 1.13063504235087742 |

Know your gene:

The Beta Carotene Oxygenase 1 (BCO1) gene is associated with the synthesis of beta carotene oxygenase 1, an enzyme that converts precursor vitamin A into active retinol. People with certain variants of the gene were found to convert beta carotene 69% less efficiently than people without this variant.

Provitamin A carotenoids found in fruits, vegetables, and other plant-based products are turned into vitamin A by your body, having variation in BCO1 gene could result in lower plasma retinol levels.

Interpretation:

Your gene indicates you have lower BCO1 enzyme activity. Your body cannot efficiently convert provitamin A (beta-carotene) into active vitamin A (retinol).