

# Your Personalized Skincare Genetics Report

## Summary

Found 15 relevant genetic markers for skincare analysis.

## Detailed Report

### === PERSONALIZED SKINCARE REPORT === GENETIC RISK ASSESSMENT

----- Gene: CAT (Antioxidant) Risk Level: Medium Affects: Antioxidant Capacity Gene: CLOCK (Circadian) Risk Level: Low Affects: Circadian Rhythm Response Gene: COL1A1 (Collagen) Risk Level: Medium Affects: Collagen Production, Elastin Quality Gene: CYP17A1 (Acne) Risk Level: Low Affects: Sebum Production Gene: CYP26A1 (Sensitivity) Risk Level: Low Affects: Product Sensitivity Gene: ERCC2 (DNA Repair) Risk Level: Medium Affects: DNA Repair Capacity Gene: FLG (Barrier Function) Risk Level: High Affects: Barrier Function, Hydration Level Gene: IL6 (Inflammation) Risk Level: High Affects: Immune Activity, Inflammatory Response Gene: MC1R (Pigmentation) Risk Level: High Affects: Melanin Production, UV Sensitivity Gene: SLC45A2 (Pigmentation) Risk Level: High Affects: Melanin Production Gene: SOD2 (Antioxidant) Risk Level: Medium Affects: Antioxidant Capacity Gene: TNF- $\alpha$  (Inflammation) Risk Level: High Affects: Immune Activity, Inflammatory Response Gene: TYR (Pigmentation) Risk Level: High Affects: Melanin Production

DAILY SKINCARE ROUTINE ----- Cleanser: Primary Options: Arbutin, Azelaic Acid, Centella Asiatica, Ceramides, Colloidal Oatmeal, Hyaluronic Acid, Niacinamide, Retinoids, Tranexamic Acid, Vitamin C (L-Ascorbic Acid), Vitamin E (Tocopherol), Zinc Oxide Alternative Options: Aloe Vera, Bakuchiol, Beta Glucan, Green Tea Extract, Kojic Acid, Peptides, Polyglutamic Acid, Squalane Notes: Gentle cleansing based on skin characteristics Treatment: Primary Options: Arbutin, Azelaic Acid, Centella Asiatica, Ceramides, Colloidal Oatmeal, Hyaluronic Acid, Niacinamide, Retinoids, Tranexamic Acid, Vitamin C (L-Ascorbic Acid), Vitamin E (Tocopherol), Zinc Oxide Alternative Options: Aloe Vera, Bakuchiol, Beta Glucan, Green Tea Extract, Kojic Acid, Peptides, Polyglutamic Acid, Squalane Notes: Target specific skin concerns Moisturizer: Primary Options: Arbutin, Azelaic Acid, Centella Asiatica, Ceramides, Colloidal Oatmeal, Hyaluronic Acid, Niacinamide, Retinoids, Tranexamic Acid, Vitamin C (L-Ascorbic Acid), Vitamin E (Tocopherol), Zinc Oxide Alternative Options: Aloe Vera, Bakuchiol, Beta Glucan, Green Tea Extract, Kojic Acid, Peptides, Polyglutamic Acid, Squalane Notes: Barrier support and hydration Sun Protection: Primary Options: Arbutin, Azelaic Acid, Centella Asiatica, Ceramides, Colloidal Oatmeal, Hyaluronic Acid, Niacinamide, Retinoids, Tranexamic Acid, Vitamin C (L-Ascorbic Acid), Vitamin E (Tocopherol), Zinc Oxide Alternative Options: Aloe Vera, Bakuchiol, Beta Glucan, Green Tea Extract, Kojic Acid, Peptides, Polyglutamic Acid, Squalane Notes: UV protection based on sensitivity RECOMMENDED

INGREDIENTS ----- Vitamin C (L-Ascorbic Acid): Benefits: Antioxidant Capacity, Collagen Production, Elastin Quality, Melanin Production, UV Sensitivity Evidence Level: Strong Vitamin E (Tocopherol): Benefits: Antioxidant Capacity Evidence Level: Strong Retinoids: Benefits: Collagen Production, Elastin Quality

Evidence Level: Strong Ceramides: Benefits: Barrier Function, Hydration Level  
 Evidence Level: Strong Colloidal Oatmeal: Benefits: Barrier Function, Hydration Level  
 Evidence Level: Strong Hyaluronic Acid: Benefits: Barrier Function, Hydration Level  
 Evidence Level: Strong Niacinamide: Benefits: Immune Activity, Inflammatory  
 Response, Melanin Production, UV Sensitivity Evidence Level: Strong Tranexamic  
 Acid: Benefits: Melanin Production, UV Sensitivity Evidence Level: Strong Arbutin:  
 Benefits: Melanin Production, UV Sensitivity Evidence Level: Strong Zinc Oxide:  
 Benefits: Immune Activity, Inflammatory Response, Melanin Production, UV  
 Sensitivity Evidence Level: Strong Azelaic Acid: Benefits: Immune Activity,  
 Inflammatory Response Evidence Level: Strong Centella Asiatica: Benefits: Immune  
 Activity, Inflammatory Response Evidence Level: Strong INGREDIENTS TO  
 AVOID/USE WITH CAUTION ----- Sodium Lauryl Sulfate  
 (Avoid): Reason: Disrupts barrier function, particularly risky with FLG mutations  
 Alternatives: Gentle sulfate-free cleansers Denatured Alcohol (Avoid): Reason: Can  
 severely compromise impaired skin barrier Alternatives: Glycerin, Butylene Glycol  
 Bergamot Oil (Avoid): Reason: Can cause photosensitivity and irregular pigmentation  
 Alternatives: Photostable botanical extracts Unstable Antioxidants (Avoid): Reason:  
 Can become pro-oxidant in certain conditions Alternatives: Stable antioxidant  
 formulations Benzoyl Peroxide (Use with Caution): Reason: Can cause increased  
 inflammation in sensitive skin Alternatives: Azelaic Acid, Niacinamide Hydroquinone  
 (Use with Caution): Reason: May cause paradoxical hyperpigmentation in some  
 individuals Alternatives: Kojic Acid, Vitamin C, Arbutin Retinol (Use with Caution):  
 Reason: May cause increased irritation in individuals with retinoid metabolism variants  
 Alternatives: Bakuchiol, Peptides Synthetic Fragrances (Use with Caution): Reason:  
 Common trigger for sensitive skin reactions Alternatives: Fragrance-free formulations  
 Tretinoin (Use with Caution): Reason: Higher risk of irritation in retinoid metabolism  
 variant carriers Alternatives: Bakuchiol, Niacinamide High-concentration Vitamin C  
 (Use with Caution): Reason: May cause oxidative stress in sensitive individuals  
 Alternatives: Lower concentrations, stable derivatives Chemical Sunscreen Filters  
 (Use with Caution): Reason: May cause reactions in sensitive individuals Alternatives:  
 Mineral sunscreens Essential Oils (Use with Caution): Reason: May irritate sensitive  
 or barrier-compromised skin Alternatives: Fragrance-free alternatives  
 High-concentration AHAs (Use with Caution): Reason: May trigger excessive  
 inflammation in sensitive individuals Alternatives: PHAs, low concentration lactic acid  
 ADDITIONAL NOTES ----- - Always patch test new products before full  
 application - Introduce new products one at a time - Monitor skin response and adjust  
 routine as needed - Consider seasonal adjustments to your routine

## Analyzed SNPs

rs61816761, rs1801260, rs16891982, rs1800629, rs361525, rs4880, rs1800795,  
 rs2068888, rs743572, rs1001179, rs1126809, rs2228479, rs1805007, rs1800012,  
 rs13181