



Your Report Summary

This is an overview of your genetic traits, which briefly describes your results. This report only accounts for the genetic variants found within each trait's page and not your lifestyle information. This information is not meant to substitute for the advice provided by your doctor.

My Diet Traits



Diet Traits

Alcohol Metabolism You are more likely to metabolize alcohol normally
Lactose Intolerance You are at a decreased likelihood of being lactose intolerant
Caffeine Metabolism You are a slow caffeine metabolizer
Gluten Sensitivity You are more likely to have gluten sensitivity
Overweight You are more likely to become overweight
Carbohydrate Metabolism You are more likely to be a slow carbohydrate metabolizer
Stress Eating You are less prone to stress eating and snacking
Omega 3 Fatty Acids Levels You have an increased likelihood of having lower omega-3 fatty acid levels
Fat Metabolism and Body Weight A low fat diet will not significantly help with your weight management efforts
Polyunsaturated Fatty Acids Levels You have an increased likelihood for lower polyunsaturated fatty acid levels
Saturated Fatty Acid Levels You do not have an increased likelihood of elevated saturated fat levels
Salt Sensitivity A low sodium diet may significantly lower your blood pressure
Triglyceride Levels You have a moderate likelihood of elevated triglycerides
Cholesterol Levels You have a moderate likelihood of elevated cholesterol
Monounsaturated Fatty Acids Levels You do not have an increased likelihood of low monounsaturated fatty acid levels
Weight Regain After Diet You may be more prone to regain weight after dieting



Exercise Traits

Exercise Effect on Blood Pressure Increased likelihood that exercise will improve your blood pressure
Exercise Performance Type Your body is suited for both power and endurance activities
Building Muscle Strength You are less likely to build muscle efficiently with strength training
Exercise Habits You are more likely to maintain a regular exercise routine
Muscle Soreness You are more likely to experience muscle soreness after exercise
Exercise and Weight Loss You are more likely to lose weight with exercise



Micronutrient Traits

Zinc Levels You have an increased likelihood of having low zinc levels
Iron Levels You have an increased likelihood of having low iron levels
Folate Levels You have an increased likelihood of having low folate levels
Vitamin B12 Levels You have an increased likelihood of having low vitamin B12 levels
Calcium Levels You have an increased likelihood of having low calcium levels
Copper Levels You have an increased likelihood of having low copper levels
Vitamin E Levels You have an increased likelihood of having low vitamin E levels
Selenium Levels You have an increased likelihood of having low selenium levels
Vitamin B6 Levels You do not have an increased likelihood of having low vitamin B6 levels
Vitamin A Levels You do not have an increased likelihood of having low vitamin A levels
Magnesium Levels You do not have an increased likelihood of having low magnesium levels
Vitamin D Levels You do not have an increased likelihood of having low vitamin D levels
Phosphate Levels You do not have an increased likelihood of having low phosphate levels
Vitamin C Levels You do not have an increased likelihood of having low vitamin C levels



Skin Youthfulness Your skin is likely to look younger than your actual age
Contact Dermatitis You do not have an increased likelihood of contact dermatitis
Photoaging Your skin does not have an increased likelihood of showing signs of damage due to sun exposure
Freckles Your skin has a moderate likelihood of developing freckles
Acne You have a moderate likelihood of having acne
Eczema You have an increased likelihood of eczema
Rosacea You do not have an increased likelihood of rosacea
Sagging Eyelids You have a moderate likelihood for sagging eyelids
Tanning Your skin is likely to both tan and burn after sun exposure
Dry Skin You have an increased likelihood of dry skin due to moisture loss