

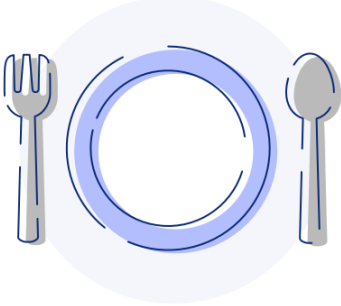
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# Nutrition & Diet

Learn about how your DNA impacts your nutrition and diet.

## Your Results

NEW



### Hunger Response

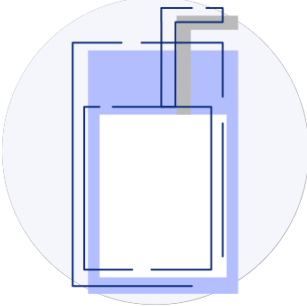
Gene	Variant
NMB	rs1051168

**You are more likely to experience average responses to hunger and eating habits.**

Eating behaviors are highly variable between people and have significant impacts on our overall health. How we each feel and respond to hunger may be partially written into our genes.

Learn more

NEW



### Lactose Intolerance


Gene	Variant
MCM6	rs4988235

**You are likely able to digest lactose in dairy.**

As we age our genes naturally decrease the amount of lactose-digesting enzyme produced by our bodies. Significant decrease in this enzyme causes lactose intolerance.

Learn more

NEW




### Sweet Tooth

Gene	Variant
SLC2A2, FGF21	rs5400, rs838133

**You have an increased chance of consuming higher than average quantities of sugar.**

Given the epidemic rise in obesity and diabetes, there is considerable interest in understanding the mechanisms involved in food intake regulation.

NEW



### Vitamin B12

Gene	Variant
FUT2	rs602662

**You are predisposed to average Vitamin B12 levels**

Vitamin B12 is required for many physiological processes including red blood cell formation, neurological function, and DNA synthesis.

https://portal.nebula.org/reporting/traits/nutrition-and-diet

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[Learn more](#)

[Learn more](#)

NEW



Vitamin C

Gene: SLC23A1  
Variant: rs33972313

**You are predisposed to average Vitamin C levels**

Vitamin C is an essential vitamin that functions as an antioxidant and is involved in immune system function and tissue repair. Your genetics can potentially predispose you to having levels of Vitamin C circulating in your blood that differ from the average.

[Learn more](#)

NEW



Vitamin D

Gene: GC  
Variant: rs2282679

**You are not predisposed to have lower Vitamin D levels.**

Vitamin D helps the body absorb calcium and is critical to musculoskeletal health. Your genetics can potentially predispose you to having levels of Vitamin D circulating in your blood that differ from the average.

[Learn more](#)

Other Categories

NEW



**Appearance and Hormones**

Learn about how your DNA impacts your appearance and hormones.

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NEW



**Behavior & Perception**

Learn about how your DNA impacts your behavior and perception.

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NEW





Body & Athleticism

Learn about how your DNA impacts  
your body and athleticism.

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