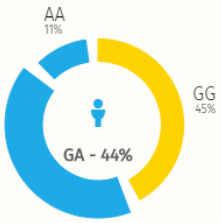
B12 Level

The variant found in your genetic test does not increase your risk of lower than expected Vitamin B12 levels.

GA is Your Genotype



You have the same genotype (GA) as 44.14% of the population.

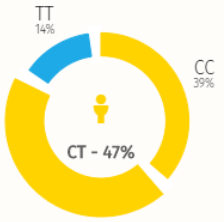
Vitamin B12, also known as Cobalamin, is very important for the normal function of our cells, including nerve cell development, blood cells, and cellular metabolism, and overall function. Vitamin B12 can only be obtained through animal products, putting some with dietary restrictions at risk for lower levels than needed. Genes, such as FUT2, can also play a role in how well someone metabolizes Vitamin B12. While some people may eat only small amounts of animal products and have adequate levels of B12, others may require more B12 than their diet can provide. If you have one of these risk variants, may consider introducing more Vitamin B12 into your diet and regularly testing your B12 levels. The variants in the FUT2 gene considered to be associated with normal B12 levels are A/A, A/G, and G/A, while the variant considered to be associated with lower than expected B12 levels is G/G.

- Chromosome: 19
- Gene: FUT2
- SNP: rs602662

B6 Level

The variant found in your genetic test may increase your risk of lower than expected Vitamin B6 levels.

CT is Your Genotype



You have the same genotype (CT) as 46.89% of the population.

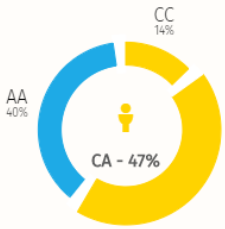
Vitamin B6 is very important for the normal function of our cells, in particular nerves, blood, and all DNA functions. In the U.S., the most frequent dietary sources of Vitamin B6 are from animal products, although consumption of Vitamin B6-fortified cereals and a variety of vegetable sources, such as chickpeas, also provide Vitamin B6. One gene, ALPL, can also play a role in how well someone metabolizes Vitamin B6. While some people may eat only small amounts of animal products and have adequate levels of B6, others may require more B6 than their diet can provide. If you have one of these risk variants, you may consider introducing more Vitamin B6 into your diet and regularly testing your B6 levels. The variant in the ALPL gene considered to be associated with normal B6 levels is T/T, while the variants considered to be associated with lower than expected B6 levels are C/C, C/T, and T/C.

- Chromosome: 1
- Gene: ALPL
- SNP: rs4654748

Caffeine Metabolism

The variant found in your genetic test may increase your risk of slow caffeine metabolism.

CA is Your Genotype



You have the same genotype (CA) as 46.63% of the population.

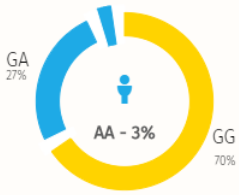
Do you know someone who can drink coffee right before bed and fall asleep immediately? Or maybe you know someone who gets a super jolt of energy from just the slightest bit of caffeine. It turns out that the metabolism of caffeine is controlled by your genes, in particular CYP1A2, and different variants of the gene have different abilities when it comes to metabolizing the molecule. If you have the risk variant, it means you're more likely to be a slow metabolizer of caffeine. That may mean that caffeine is broken down more slowly, and you are likely to feel the effects from caffeine longer. The variant in the CYP1A2 gene considered to have normal or sometimes increased metabolism of caffeine is A/A, while the variants associated with a slower metabolism of caffeine are C/C, C/A, and A/C.

- Chromosome: 15
- Gene: CYP1A2
- SNP: rs762551

Lactose Intolerance

The variant found in your genetic test does not increase your risk of lactose intolerance.

AA is Your Genotype



You have the same genotype (AA) as 2.6% of the population.

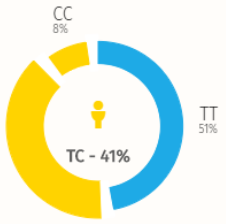
Throughout much of human history, humans only needed milk as babies when they were breastfeeding from their mothers. Therefore, the gene responsible for digesting the lactose in the milk, called MCM6, turned off in late childhood. At some point, however, humans domesticated cows and began drinking more milk. Some ancestors developed a new variant that turned the gene back on and allowed them to comfortably drink milk again. This test will determine whether or not you have that special variant. The variants in the MCM6 gene considered to convey normal lactose digestion are A/A, A/G, and G/A, while the variant considered to be at risk for lactose intolerance is G/G.

- Chromosome: 2
- Gene: MCM6
- SNP: rs4988235

Magnesium Level

The variant found in your genetic test may increase your risk of lower than expected magnesium levels.

TC is Your Genotype



You have the same genotype (TC) as 41.09% of the population.

Magnesium is a mineral that is necessary for the normal function of our body's systems, including maintaining normal blood pressure, regular heart rates, and strong bones. Magnesium is also a crucial regulator of inflammation in our bodies. The majority of Americans are not eating enough foods rich in magnesium. Many diseases and syndromes are exacerbated by lower magnesium levels, such as kidney disease, Crohn's disease, and alcohol intake. Some also have a genetic predisposition to having lower than expected magnesium levels. One of the genes involved with magnesium metabolism is DCDC5. If you have one of these risk variants, may consider introducing more magnesium into your diet and regularly testing your magnesium levels. The variant in the DCDC5 gene considered to be associated with normal magnesium levels is T/T, while the variants considered to be associated with lower than expected magnesium levels are C/C, C/T, and T/C.

- Chromosome: 11
- Gene: DCDC5 Associated
- SNP: rs3925584