# Hello Rebecca.

Welcome to your personalized vitamins, made just for your body.

**Mendel's** 

## **Personalized Supplements**

Rebecca, based on your DNA & Lifestyle Test results, we have formulated your supplements to focus on the most significant areas where the body needs help. Your daily pack contains the following micronutrients.

• B Complex

• Vitamin B3 50 mg 250 μg • Vitamin B12 Choline 5 mg Biotin  $100 \mu g$  Folate 500 μg

• Vitamin A 10,000 IU

• Iron 28 mg

### Your Results

DNA & Lifestyle Test Report for Rebecca

Vitamin A













retinoids & carotinoids

Genetics

Significantly reduced function in vitamin A converter, resulting in a risk. Gene: BCO1 Your Genotype: A/T at rs12934922, C/T at rs7501331

#### Lifestyle

Your body requires at least 700 µg to function. There is not enough vegetables. Doctor's recommendation.

Vitamin C











ascorbic acid

Genetics

100% function in vitamin C transporter.

Gene: SLC23A1 Your Genotype: C/C at rs33972313

Lifestyle

Your body requires at least 75 mg to function. Good amount of fruits in diet



### Vitamin D SCORE Genetics Slightly reduced function in vitamin D activator.

Gene: CYP2R1 and GC

Your Genotype: A/A at rs10741657, G/T at rs2282679

Lifestyle

Your body requires at least 15  $\mu$ g to function. There is enough exposure to sun.



Normal genetics of vitamin B6 metabolism.

Gene: NBPF3 Your Genotype: T/T at rs4654748

Lifestyle

Your body requires at least 1.3 mg to function. There is not enough vegetables and meats in your diet.



#### Genetics

Moderately reduced function in gene involved in vitamin B12 absorption. Gene: FUT2 Your Genotype: A/G at rs602662, A/G at rs492602

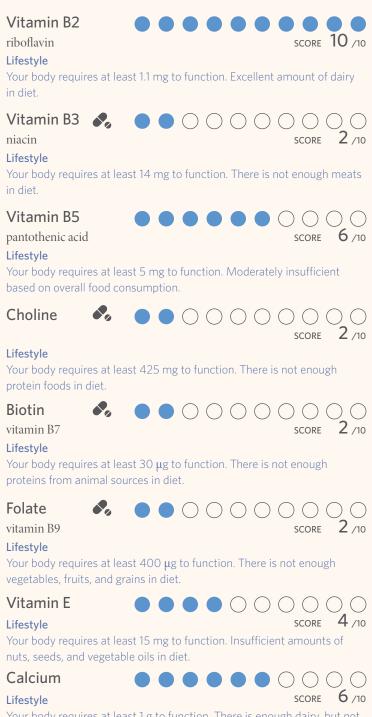
Lifestyle

Your body requires at least 2.4  $\mu g$  to function. There is not enough meats. Doctor's recommendation

For the following vitamins and essential minerals, there is currently not enough consensus scientic data on specific genetic risks. Your scores are based on the Lifestyle Test.



Your body requires at least 1.1 mg to function. Moderately insufficient B1 foods, especially whole grains.



Your body requires at least 1 g to function. There is enough dairy, but not enough other sources in diet.

#### Potassium SCORE Lifestyle Your body requires at least 2.6 g to function. There is not enough overall food consumption. Magnesium Lifestyle

Your body requires at least 320 mg to function. Insufficient whole grains and vegetables in diet

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Iron	<b>%</b> ••••••••••••••••••••••••••••••••••••	)
Lifestyle	score 2/1	10
Your body req	es at least 18 mg to function. There is not enough overal	
c 1	6	

food consumption. Doctor's recommendation.



Your body requires at least 8 mg to function. There is not enough meats and whole grains in diet.

This report is prepared by geneticists and nutritionists at Mendel's using contemporary molecular genetics and nutrition databases published by government health authorities. A person with no genetic and health risk factors, who adheres to nutrition guides and healthy lifestyles everyday, should score 10/10 for every vitamin and mineral. We have prepared your personalized supplements to address only the most significant potential gaps found in this report.

Take one packet each day, or as directed by a physician. Please contact us at customer@mendelspeas.com if adjustment to your daily packet is required.

### **Keep Improving**

As you make improvements in your lifestyle and adjust your habits, your supplements will change with you. Keep us updated by retaking your Lifestyle Test, and we'll update your formulation to always fit your body.

Click on the following link to take the Lifestyle Test: https://form.typeform.com/to/bfoi9DMs#email=becca.rankin93@gmail. com&name=Rebecca