

# 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
  - Vitamin B12 250 µg
  - Choline 5 mg
  - Biotin 100 µg
  - Folate 500 µg
- Vitamin A 10,000 IU
- Iron 28 mg

## Your Results

DNA & Lifestyle Test Report for Rebecca

**Vitamin A**             
retinoids & carotinoids SCORE 2 /10

### 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 SCORE 10 /10

### 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.



Supplement recommended

# Vitamin D



## 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 µg to function. There is enough exposure to sun.

# Vitamin B6



pyridoxines

## Genetics

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.

# Vitamin B12



cobalamins

## 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 µg to function. There is not enough meats. Doctor's recommendation.

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

# Vitamin B1



thiamin

## Lifestyle

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

## Vitamin B2

riboflavin



SCORE 10 /10

### Lifestyle

Your body requires at least 1.1 mg to function. Excellent amount of dairy in diet.

## Vitamin B3



niacin

SCORE 2 /10

### Lifestyle

Your body requires at least 14 mg to function. There is not enough meats in diet.

## Vitamin B5

pantothenic acid



SCORE 6 /10

### Lifestyle

Your body requires at least 5 mg to function. Moderately insufficient based on overall food consumption.

## Choline



SCORE 2 /10

### Lifestyle

Your body requires at least 425 mg to function. There is not enough protein foods in diet.

## Biotin



vitamin B7

SCORE 2 /10

### Lifestyle

Your body requires at least 30  $\mu$ g to function. There is not enough proteins from animal sources in diet.

## Folate



vitamin B9

SCORE 2 /10

### Lifestyle

Your body requires at least 400  $\mu$ g to function. There is not enough vegetables, fruits, and grains in diet.

## Vitamin E



SCORE 4 /10

### Lifestyle

Your body requires at least 15 mg to function. Insufficient amounts of nuts, seeds, and vegetable oils in diet.

## Calcium



SCORE 6 /10

### Lifestyle

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

## Potassium



### Lifestyle

SCORE 4 /10

Your body requires at least 2.6 g to function. There is not enough overall food consumption.

## Magnesium



### Lifestyle

SCORE 4 /10

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

## Iron



### Lifestyle

SCORE 2 /10

Your body requires at least 18 mg to function. There is not enough overall food consumption. Doctor's recommendation.

## Zinc



### Lifestyle

SCORE 4 /10

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](mailto: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>