HCP TAILORED EXPERIENCE
(SAMPLE REPORT)
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HIGH PRIORITY HEALTH CATEGORIES

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- Detoxification
- Glucose Metabolism
- Weight Management
- Cognitive Health and Memory
- Immune Health
- Energy & Fitness
- Cardiovascular Health
- Gastrointestinal Health

DIAGRAMS

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[PATIENT NAME]'S REPORT

THE SCIENCE BEHIND THIS REPORT

This report uses traits to build personalized diet, lifestyle and supplement recommendations based on genetic characteristics.

A trait is a specific characteristic—like blood type, right or left-handedness, and the ability to digest the lactose in milk—based on the interactions between a person’s genes and the environment. Variation in genetic traits can be attributed to SNPs (single nucleotide polymorphisms), which are differences in a single building block in the DNA sequence.

HOW TO READ THIS REPORT

1. TRAIT: A genetic factor that determines various characteristics like how they process nutrients and toxins, how they respond to exercise, and factors impacting their brain, heart, and immune system health.

2. SNP (single nucleotide polymorphism): Differences in a single DNA building block that, along with the environment, influence a person’s traits.

3. RISK VARIANT: Specific genetic variations where a dietary or lifestyle recommendation may improve health.

4. PATIENT VARIANT: Which of the different genetic options a person has.

5. PATIENT RESULT: Results will fall into 1 of 3 categories: Consider Action, Enhanced Benefit, or No Action. “Consider Action” appears for traits where diet and lifestyle recommendations that may improve health. “Enhanced Action” appears for traits where a dietary or lifestyle factor may lead to greater health benefits. “No Action” appears for traits that are not associated with increased needs.

6. IMPLICATIONS: Details the impact of specific traits on the body.

7. SCIENTIFIC RATING: Level of scientific evidence supporting the associated effect. 5 is the highest level of evidence, 1 is the lowest (see Scientific Rating breakdown below).

8. ASSESSMENT RECOMMENDATIONS: Investigations that can inform the clinical picture for a specific trait.

9. DIET & LIFESTYLE RECOMMENDATIONS: Nutrition advice and behavior changes that may provide a health benefit based on an individual’s results.

10. SUPPLEMENT RECOMMENDATION: A list of supplements tailored to an individual’s results.

SCIENTIFIC RATING BREAKDOWN

Based on a study of 5000 or more subjects; findings have been replicated in at least 1 additional study.

Based on a study of 2000-5000 or more subjects; findings have been replicated in at least 1 additional study.

Based on a study of 800-2000 or more subjects; findings have been replicated in at least 1 additional study.

Based on a study of 200-8000 subjects without replication; or 1 smaller human study (> 200 subjects) with findings that have been replicated in at least 1 additional small study.

Based on 1 smaller study without replication.

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This summary highlights the key findings of your personalized report. Based on your individual results, traits will fall into 1 of 3 categories:

- **Consider Action**
- **Enhanced Benefit**
- **No Action**

### HIGH PRIORITY ACTIONS

This table identifies a list of traits where a patient can make diet and lifestyle modifications that may benefit their health. Further details about each category can be found under "HOW TO READ THIS REPORT" on the previous page. "YOUR RESULT" is the same as "PATIENT VARIANT", and indicates which of the different genetic options a person has.

*For example:*

<table>
<thead>
<tr>
<th>TRAIT</th>
<th>YOUR RESULT</th>
<th>SCIENTIFIC RATING*</th>
<th>ACTIONABLE SNPs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Folate</td>
<td>Consider Action</td>
<td>★★★★★ 5/5</td>
<td>MTHFR 1801133</td>
</tr>
<tr>
<td>Vitamin B12 (Cobalamin)</td>
<td>Consider Action</td>
<td>★★★★☆ 3/5</td>
<td>TCN2 rs1001198</td>
</tr>
</tbody>
</table>

* Level of scientific evidence supporting the associated effect. 5 is the highest level of evidence, 1 is the lowest.

### DIET & LIFESTYLE RECOMMENDATIONS

- Eat plenty of leafy green vegetables and legumes (like beans, lentils, chickpeas, and peanuts) which provide folate in a form your body can easily use.

### SUPPLEMENT RECOMMENDATIONS

A list of recommended supplements would display here based on a patient's High Priority Action items.

*For example:*

- Folate 1000
- PureGenomics® Multivitamin
- PureGenomics® UltraMultivitamin

Results may continue on additional pages.
### Traits and Trait Categories

**Vitamins, Minerals, & Omega-3s**
- Vitamin A (retinol)
- Vitamin B2 (riboflavin)
- Vitamin B6 (pyridoxine)
- Folate
- Vitamin B12 (cobalamin)
- Vitamin C (ascorbic acid)
- Vitamin D
- Vitamin E
- Iron Overload
- Zinc
- Omega-3 fatty acids

**Energy & Fitness**
- Strength & power
- Endurance
- Tendon or ligament injury
- Achilles tendon injury
- Endurance potential
- Aerobic capacity
- Exercise-related fatigue
- Body fat and exercise
- Muscle soreness
- Glucose response to exercise

**Detoxification**
- Antioxidant enzymes
- Environmental toxins
- Estrogen metabolism
- Caffeine metabolism

**Glucose Metabolism**
- Glucose metabolism

**Metabolic & Weight Management**
- Eating between meals
- Protein intake
- Saturated fat response
- Adiponectin levels
- Monounsaturated fat

**Cardiovascular Health**
- Response to Saturated Fat
- Salt sensitivity
- C-reactive protein level
- Caffeine metabolism
- Blood flow & exercise
- Paraoxonase-1 (PON1) activity
- HDL Cholesterol level
- HDL Cholesterol and Exercise
- Coenzyme Q10 levels

**Gastrointestinal Health**
- Histamine metabolism
- Lactose intolerance
- Processed meat sensitivity
- Microbial balance, stomach
- Microbial balance, intestine

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*This is a rundown of all the trait categories that are assessed. Consider Action items based on a patient’s unique results will be identified by the exclamation point icon.*
**GENETIC ANALYSIS**

### VITAMINS, MINERALS & OMEGA-3S

These traits are responsible for the body’s ability to make and/or use certain nutrients.

<table>
<thead>
<tr>
<th>TRAIT</th>
<th>SNP</th>
<th>RISK VARIANT</th>
<th>PATIENT VARIANT</th>
<th>PATIENT RESULT</th>
<th>IMPLICATIONS</th>
<th>SCIENTIFIC RATING</th>
<th>ASSESSMENT RECOMMENDATIONS</th>
<th>DIET &amp; LIFESTYLE RECOMMENDATIONS</th>
<th>SUPPLEMENT RECOMMENDATIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin A (Retinol)</td>
<td>BCM01 rs7501331</td>
<td>CT,TT</td>
<td>CT</td>
<td></td>
<td>Individuals with this genotype may have a reduced capacity to convert beta-carotene to vitamin A (retinol). This may increase the need for directly consuming vitamin A.</td>
<td>★★★★★ 1/5</td>
<td>Serum retinol</td>
<td>Eat more foods with vitamin A, such as organ meats (liver, kidney, etc.), eggs, cod liver oil, and dairy products. If these foods are not part of your regular diet, your health care provider may recommend a supplement.</td>
<td>Vitamin A + Carotenoids</td>
</tr>
</tbody>
</table>

| Vitamin B2 (Riboflavin) | MTHFR 1801133 | TT             | CT              |                | This genotype has no effect on response to vitamin B2 (riboflavin). | ★★★★ 2/5         | No recommendations | No recommendations | No recommendations |

### DETOXIFICATION

These traits are responsible for the body’s ability to render toxic substances harmless and/or remove them from the body.

<table>
<thead>
<tr>
<th>PROCESS</th>
<th>SNP</th>
<th>RISK VARIANT</th>
<th>PATIENT VARIANT</th>
<th>PATIENT RESULT</th>
<th>IMPLICATIONS</th>
<th>SCIENTIFIC RATING</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Antioxidant enzymes</td>
<td>GPx1P1 rs1050450</td>
<td>CT,TT</td>
<td>TT</td>
<td></td>
<td>The GPX1P1 enzyme is a member of the glutathione peroxidase family of enzymes. It detoxifies hydrogen peroxide, a reactive oxygen species formed during mitochondrial energy metabolism. This genotype is associated with reduced GPX1P1 enzyme activity.</td>
<td>★★★★★ 5/5</td>
<td>NutrEval® FMV (Genova Diagnostics®) includes an analysis of antioxidant status as part of the comprehensive evaluation. The Oxidative Stress Analysis 2.0 (Genova Diagnostics®) provides a more in-depth assessment of antioxidant defenses. Urinary F2-isoprostanes are also useful in assessing and monitoring systemic antioxidant status.</td>
<td>Eat lots of fruits and vegetables. Cruciferous vegetables such as broccoli, brussel sprouts, arugula, kale, and cauliflower are best. Eat them raw or avoid overcooking them. Too much heat can destroy the vegetable’s antioxidant benefits. Regular exercise can also boost your body’s natural antioxidant level.</td>
<td>Selenomethionine Liposomal Glutathione DIM Detox Ascorbic Acid or Buffered Ascorbic Acid (capsules or powder) Nrf2 Detox</td>
</tr>
</tbody>
</table>
DIAGRAMS

METHYLATION PATHWAY

FIGURE

VITAMIN D

FIGURE

VITAMIN A

FIGURE

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VITAMIN B₁₂

**SEROTONIN PRODUCTION**

**FIGURE**

**VITAMIN B₁₂**

**FIGURE**

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DOPAMINE SYNTHESIS & FUNCTION

Dopamine Synthesis
Requires tyrosine and cofactors (zinc and folate)

Degradation
Occurs mostly in brain regions responsible for executive function.

Dopamine receptor activation
Occurs throughout the brain, enabling dopamine to perform its normal roles in mood, motivation and reward.

DOPAMINE SYNTHESIS & FUNCTION
FIGURE
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IMPLICATIONS: Details the impact of specific traits on the body.

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DIET & LIFESTYLE RECOMMENDATIONS: Nutrition advice and behavior changes that may provide a health benefit based on an individual's results.

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This is a one-page summary of results that can be printed.

[PATIENT NAME]’S GENETIC REPORT SUMMARY:

This summary highlights the key findings of your personalized report. Based on your individual results, traits will fall into 1 of 3 categories:

- **Consider Action**
- **Enhanced Benefit**
- **No Action**

**Consider Action** traits will appear in the High Priority Actions table—these are traits where you can choose to act on diet and lifestyle recommendations that may improve your health.

**Enhanced Benefit** appears for traits where you may experience greater health benefits from a dietary or lifestyle factor.

**No Action** appears when your trait is not associated with increased needs.

Your healthcare provider may also recommend supplements during your genetic consultation based on your individual results.

HIGH PRIORITY ACTIONS

This table identifies a list of traits suggesting where a patient can make diet and lifestyle modifications that may benefit their health. Further details about each category can be found under "HOW TO READ THIS REPORT" on the previous page. "YOUR RESULT" is the same as "PATIENT VARIANT", and indicates which of the different genetic options a person has.

**For example:**

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</thead>
<tbody>
<tr>
<td>Folate</td>
<td>Consider Action</td>
<td>★★★★★</td>
<td>MTHFR 1801133</td>
</tr>
<tr>
<td>Vitamin B12 (Cobalamin)</td>
<td>Consider Action</td>
<td>★★★★</td>
<td>TCN2 rs1801198</td>
</tr>
</tbody>
</table>

* Level of scientific evidence supporting the associated effect. 5 is the highest level of evidence, 1 is the lowest.

DIET & LIFESTYLE RECOMMENDATIONS

This section of the report provides nutrition advice and behavior changes that may provide a health benefit based on a patient’s results.

**For example**, if folate was a High Priority Action, diet and lifestyle recommendations would be:

- Eat plenty of leafy green vegetables and legumes (like beans, lentils, chickpeas, and peanuts) which provide folate in a form your body can easily use.

SUPPLEMENT RECOMMENDATIONS

A list of recommended supplements would display here based on a patient’s High Priority Action items.

**For example:**

- Folate 1000
- PureGenomics® Multivitamin
- PureGenomics® UltraMultivitamin

Results may continue on additional pages.

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This page provides a patient with a more detailed analysis of their High Priority Action Traits including their genetic results (specific variants and SNPs), trait descriptions, and the implications of their results.

### [PATIENT NAME]’S GENETIC ANALYSIS

**GENETIC REPORT:**

#### VITAMIN A (RETINOL)

A nutrient that maintains healthy vision, growth, cell growth, reproduction, and immune system function.

<table>
<thead>
<tr>
<th>SNP</th>
<th>Risk Variant</th>
<th>Your Variant</th>
</tr>
</thead>
<tbody>
<tr>
<td>BCMO1 rs7501331</td>
<td>CT, TT</td>
<td>CT</td>
</tr>
<tr>
<td>BCMO1 rs12934922</td>
<td>AT, TT</td>
<td>TT</td>
</tr>
</tbody>
</table>

**IMPLICATIONS:**

Individuals with this genotype may have a reduced capacity to convert beta-carotene to vitamin A (retinol). This may increase the need for directly consuming vitamin A.

**DIET & LIFESTYLE RECOMMENDATIONS:**

Eat more foods with vitamin A, such as organ meats (liver, kidney, etc.), eggs, cod liver oil, and dairy products. If these foods are not part of your regular diet, your health care provider may recommend a supplement.

**SUPPLEMENT RECOMMENDATIONS:**

Vitamin A + Carotenoids

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#### VITAMIN B2 (RIBOFLAVIN)

A nutrient that supports energy production by helping to break down the carbohydrates, proteins, and fats in the food you eat, and supports healthy blood vessel function.

<table>
<thead>
<tr>
<th>SNP</th>
<th>Risk Variant</th>
<th>Your Variant</th>
</tr>
</thead>
<tbody>
<tr>
<td>MTHFR 1801133</td>
<td>TT</td>
<td>TT</td>
</tr>
</tbody>
</table>

**IMPLICATIONS:**

Individuals with this genotype are more likely to respond well to vitamin B2 (riboflavin) supplementation.

**DIET & LIFESTYLE RECOMMENDATIONS:**

Foods that contain riboflavin (vitamin B2) should be part of your diet. Good sources include leafy green vegetables, lean meats, eggs, and dairy products. You are likely to benefit from supplements if you do not eat these foods regularly.

**SUPPLEMENT RECOMMENDATIONS:**

- PureGenomics® B-Complex
- PureGenomics® Multivitamin
- PureGenomics® UltraMultivitamin

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