

# Genetic Summary Highlights

## Your Micronutrients: p. 4



**Protein:** Your results revealed that for optimal health 15% of your macronutrients should come from protein.

**Carbs:** Since your carbohydrate percentage is ideally 65% of your macronutrients, you will want to focus on complex carbs and limit intake from simple carbs like white rice, white flour, white sugar, Pasta, white breads, potato chips, etc.

**Fat:** Healthy fats (i.e. monounsaturated and polyunsaturated) are essential for almost every human activity. Your ideal fat macro intake should be 20% of your total daily calories.

**Fats (page 4)**

- MUFAs** ⚠️ Your genotype shows a higher risk in the tendency to gain weight when consuming monounsaturated fats (MUFA).
- PUFAs** Your genotype is associated with a normal lipogenic response.

**Beverages (page 5)**

- Lactose** Your genotype shows you have the ability to fully digest sugar (lactose) in dairy products.
- Caffeine** Your genotype shows that you are a fast metabolizer of caffeine and would have less negative symptoms due to its consumption.
- Alcohol** Your genotype shows that you are a fast metabolizer of alcohol.

**Your Vitamins and Supplements (page 6)**

- Vitamin A** Your genotype shows that you have the ability to convert the plant based Vitamin A (beta-carotene) to the active (retinyl) form.
- Vitamin D** ⚠️ Your genetic profile shows the tendency towards a fairly low Vitamin D concentration.
- Vitamin B6** ⚠️ Your genotype is associated with a tendency to have lower Vitamin B6 serum levels.
- Folate** Your genotype shows that you have normal function of the methylenetetrahydrofolate enzyme.
- Vitamin B12** ⚠️ Your genotype shows you have the inability to absorb Vitamin B12.
- Vitamin E** ⚠️ Your genotype shows that you may have decreased levels of Vitamin E, alpha-tocopherol blood concentration.
- Iron** ⚠️ Your genetic profile is associated with a low iron status.

**Your Behavior (page 8)**

- Food Cravings** ⚠️ Your genotype shows a tendency to have satiety and satiation issues.
- Taste** Your genotype shows a high sensitivity to bitter-tasting foods.
- Sweet Tooth** Your genotype shows that you have less tendencies to crave sweet foods.
- Emotional Eating** ⚠️ Your genotype is associated with moderate-to-high risk for emotional and binge eating.
- Addictive Behaviors** Your genotype shows that you have a lower tendency for addictive behaviors.

⚠️ = Pay particular attention to this actionable recommendation to better your health moving forward.

## Your Exercise / Activity (page 7)

**Power** 70% Power means light, medium, and/or heavy strength training using weights or your body resistance.

**Endurance** 30% Endurance means cardio - keeping your heart rate elevated for a period of time.

**Injury and Recovery** ⚠️ Your genotype shows that your tendency for soft tissue injuries is high.

**Cholesterol (HDL & LDL)** Your genetic profile shows that you may experience a slight increase in HDL-cholesterol, the "good" cholesterol, level while doing endurance exercises.

**Blood Pressure** You have a moderate risk of higher blood pressure based on your genetic profile.

## Overall Health Awareness and Effort Score (page 8)



This score is a rating between 1 and 10 (1 means a low level of awareness and effort level is required to stay healthy, 10 means a high level of effort and awareness is required to stay fit).

Your genetic tendency indicates you have a **moderate** Health Awareness and Effort Score. This means the amount of effort and energy you put towards overall well-being, you will see equal results. Be a health conscious person to get the results you desire.