



Genetic Biosciences For Improving the Quality of Life.

**Nutragenetic® DNA Health Test Summary for \_\_\_\_\_**

**Bar Code #: \_\_\_\_\_**

**What Does Your Nutragenetic® DNA Health Test Measure?**

The Nutragenetic® DNA Health test looks for variations in 8 key genes that are very important in your body's overall health: specifically your genetic propensity for: Oxidative stress; Environmental challenges; Cardiovascular health; Detoxification; Immune health; Neurological health; Pulmonary health, Eye/Vision health & Bone health.

These variations are also known as SNPs which stands for single nucleotide polymorphisms. If you have one or more variations (SNPs) it simply means that the protein related to that Nutritional health area is functioning less than optimally. Using the information from your Nutragenetic® DNA health test, your Nutritional products will be custom formulated with genetically selected ingredients (SNPNutrients™) chosen through clinical studies for their ability to help compensate for any disadvantaged genes. The products you receive are customized to your meet your individual genetically determined Nutritional health needs.

Gene Analyzed	Health Area	General Description	Recommended Support Level
SOD2	Aging, Cardiovascular, Detoxification, Immune, Neurologic, Pulmonary, Eye/Vision, and Skeletal	Oxidative damage, caused by naturally-occurring free radical molecules, can affect all cells in the body. During the process of respiration, the oxygen consumed by each cell generates highly-reactive oxygen radicals as natural by-products. The natural enzyme (SOD) in each cell works to prevent the build-up of such free radicals. The genetically selected ingredients help compensate and rectify these degenerative process in the body.	BASIC
GPX1	Aging, Cardiovascular, Detoxification, Immune, Neurologic, Pulmonary, and Skeletal	Hydrogen peroxide is also formed during oxygen metabolism. If hydrogen peroxide is not detoxified, it will decompose into hydroxyl radicals and affect all cells in the body. The genetically selected ingredients help prevent the accumulation of toxic hydroxyl radicals and minimize cell damage.	ADDED
EPHX	Aging, Detoxification, and Pulmonary	Critical to the area environmental health is the ability to neutralize harmful pollutions such as those present in tobacco, alcohol, the foods we eat, the water we drink, and in the air we breathe. These toxic chemicals hasten the aging process and can increase the likelihood of disease. The quicker our body's natural defense system can deactivate and excrete these chemicals, the less time they have to damage our body's tissues & cells.	MAXIMUM
PON1	Aging, Cardiovascular, and Detoxification	Critical to maintaining proper circulation and blood flow is the body's ability to prevent the build-up of plaque on blood vessel walls to maintain blood vessel integrity. An enzyme present in the blood known as Paraoxonase (PON-1) prevents the oxidation of low-density lipoproteins or LDL. During the process of oxidation, the resulting chain reaction of disrupted molecules caused damage to individual cells and leads to deposition of plaque on blood vessel walls. Oxidized cholesterol and other oxidized lipids accumulate on arterial walls and can lead to a blockage of arteries. Paraoxonase is located in the blood on the HDL, the "good" cholesterol, and it can break down oxidized LDL to non-harmful products. The genetically selected ingredients help to regulate cholesterol and prevent the build up of plaque on vessel walls and help minimize the effects of LDL (bad) cholesterol.	ADDED
MTHFR	Aging, Cardiovascular, and Neurologic	Another risk factor of cardiovascular health is homocysteine. Total plasma homocysteine is directly related to total cholesterol, blood pressure, heart rate. Elevated homocysteine causes oxidation of LDL, and increases the risk of venous thrombosis (blood clotting) and damage to the blood vessels. Methylenetetrahydrofolate Reductase (MTHFR) is an essential enzyme responsible for transforming the highly reactive molecule homocysteine to the beneficial molecule methionine. The genetically selected ingredients help to control homocysteine levels and keeps the heart and blood vessels operating optimally.	MAXIMUM

TNF-a	Aging, Cardiovascular, and Immune	Important for a successful immune response is the ability of the immune system to increase the number immune cells and direct them to areas of physical injury or infection. A primary mediator of many immunologic functions is Tumor Necrosis Factor alpha, or TNF-a. TNF-a is a molecule responsible for activating and proliferating cells of the immune system as well as protecting the body from abnormal cell growth. Activity of TNF-1 is associated with inflammation, cytotoxicity (destruction of abnormal cells), antiviral activity, and the proliferation of immune cells. The genetically selected ingredients help to Improve your body's response to inflammation and help to regulate immune systems & response.	<b>BASIC</b>
VDR	Aging, and Skeletal	Helps build and maintain a healthy bone structure.	<b>ADDED</b>
NQO1	Aging, Cardiovascular, Detoxification, Immune, Neurologic, Pulmonary, Eye/Vision, and Skeletal	Measures the proper form of COQ10 your body can metabolize. A green reading means that you should use the fully oxidized form of COQ10 (ubiquinone). A yellow or red reading means that you should use the active form of COQ10 called QH (ubiquinol).	<b>MAXIMUM</b>

**Interpreting your Nutrigenetic DNA Test results support level.**

<p>No disadvantaged gene SNPs in this nutritional health area</p> <p>A <b>GREEN</b> test result (Homozygous Negative) predicts that you do not have the variant SNP and that the gene is functioning optimally to produce its specific enzyme, hormone, cytokine or structural protein. A comprehensive <b>BASIC</b> nutritional support for this area is added to keep the body functioning optimally.</p>	<p>One disadvantaged gene SNP from one of your parents in this nutritional health area</p> <p>A <b>YELLOW</b> test result (Heterozygous Positive) indicates that you have one variant SNP and that the protein molecule expressing a specific enzyme, hormone, cytokine or structural protein is functioning less than optimal. As a result, it is important to have <b>ADDED</b> nutritional support (SNPNutrients™) for this area is added to keep body functioning optimally.</p>	<p>Two disadvantaged gene SNPs from both of your parents in this nutritional health area</p> <p>A <b>RED</b> test result (Homozygous Positive) indicates that you have two variant SNPs and that protein molecule expressing a specific enzyme, hormone, cytokine or structural protein is functioning minimally. As a result, it is important to have <b>MAXIMUM</b> nutritional support (SNPNutrients™) for this area to keep the body functioning optimally.</p>
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This Nutrigenetic Health Test Summary is not intended to diagnose, treat, cure or prevent any disease and is for educational purposes only.