DNAfit

Sample Report Health

healthsample

Nutrition

Hey Sample Report,

Your Nutrition Report

We have now processed your sample and developed your own, personal genetic nutrition profile. These results will tell you about your genetic traits and any lifestyle changes you might benefit from.

We've analysed your genes, so we can explain your optimal diet type, food sensitivities and intolerances, your detox and antioxidant needs, and also advice from expert dieticians to help you harness these results and make changes that support your health and wellbeing. We champion an approach to wellbeing that focuses on lasting, research-based changes that can add up to meaningful health, nutrition and fitness improvements over time.

At DNAFit we don't use your results for anything other than supporting you in your wellness journey. Unlike many other genetic profiling services, we're not in the business of mining data. Your results are yours, and yours alone. We will never sell or share your data with anyone else.

Welcome to your personal DNAFit report

Dear Sample Report,

At DNAFit, we've been pioneering the use of personal genetics for a truly individualised approach to wellbeing for many years now.

We are really pleased to welcome you to your personal genetic report. We believe that real wellness comes from finding the right path for you and understanding the basis of how your genetics impact your fitness traits to help kick start your health journey.

Within your report, you'll discover how your DNA can impact everyday decisions to allow a better personalised lifestyle. We'll show you the genetic variants we have analysed, how they affect you, and what action you could include in your lifestyle based on these results.

To build your report, we've used hundreds of scientific papers to select genes that have been repeatedly shown to impact your nutrition, fitness or wellbeing response.

Genetics is only one part of the picture, but an integral part in your health journey. Who you are is built on the unique interaction between your nature and your nurture, so let's get started and help you understand more about your nature, so we can help you personalise your nurture.

If you have any questions or queries about your report, please contact us at info@dnafit.com or via your personal wellness coach using the DNAFit app.

Avi Lasarow
CEO & Founder, DNAFit

Wishing you all the best on your personalised wellness journey!

The research behind your report was created by the DNAFit Nutrition Scientific Advisory Board

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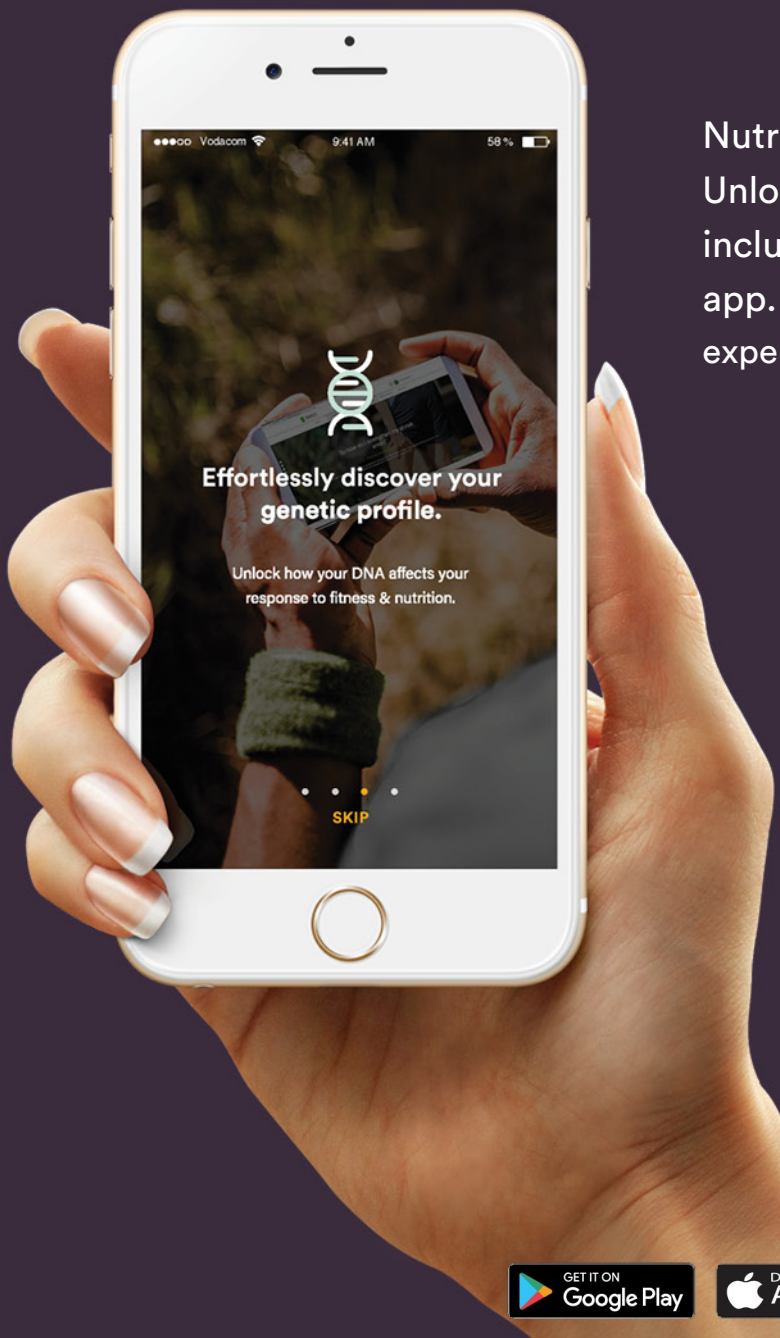
Take your DNAFit journey to the next level



Nutrition is only one piece of the puzzle. Unlock your entire genetic journey, including your fitness profile on the DNAFit app. You can even chat live with one of our expert Wellness team members!

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What This Report Will Cover

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FIRSTLY

Genetics 101

To help you get the most out of this report, here's a quick 'Genetics 101'. Once you've got an understanding of the basics of genetics, you'll be all set to make the best use of your results and help apply them to make the lifestyle changes that are right for you.

We've brought together the latest genetic research and a personalised nutrition programme to help you optimise your diet.

IMPORTANT TO KNOW

What's a gene?

A gene is a specific segment of your DNA. It contains instructions for your body to make the thousands of different types of proteins it needs to function. Each gene has a specific job to do, and we're focusing on those genes that affect many factors around wellbeing & everyday health.

What's a genotype?

With every gene, the specific version of that gene that you carry is called your genotype. Depending on your individual genotype, you may have a different genetic response to certain lifestyle factors.

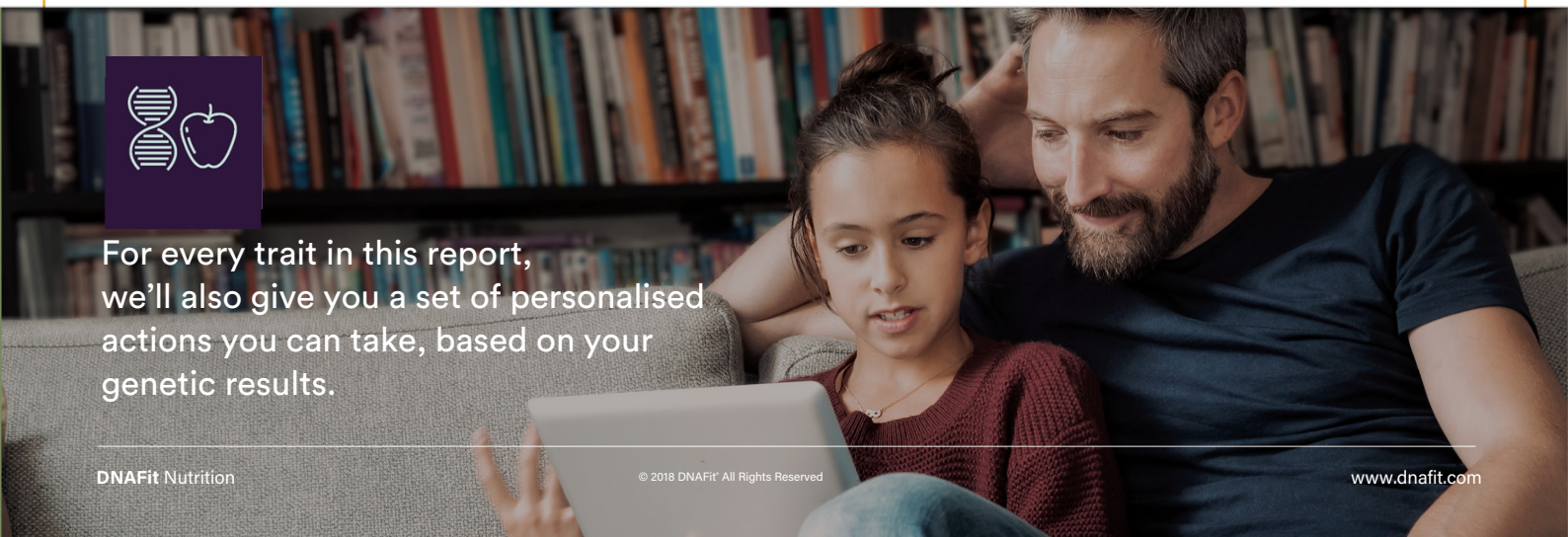
What do the letters in my genotype mean?

Each gene is comprised of smaller molecules, and these are represented by a combination of letters. These letters are called 'Alleles' - they are tiny variations on a section of a gene. They are most commonly shown by the following four letters:

A C G T

With each section of your DNAFit report, we'll give you a set of easy to understand actions and explanations of your genetic profile.
In each section, we'll take you through:

- Which genes we've analysed & why
- How these genes affect each trait
- The version of these genes that you carry
- The impact that your genotype has on each trait



For every trait in this report, we'll also give you a set of personalised actions you can take, based on your genetic results.

Introducing Nutrigenetics

Your genes affect how nutrients are used in your body – nutrigenetics is the study of this process.

Nutrigenetics is the study of how our genetics interact with the nutrients we eat. By understanding how your individual genetic variations work, we can better personalise our recommendations for your approach to nutrition.

Genetics isn't a crystal ball – it can't predict what will or won't be, and it won't cancel out lifestyle choices that impact your health. But it can give you more information about how to help you look after your body and how you, as an individual, may respond to the lifestyle choices you make. We've tested genes that affect 12 areas of your diet. These genes are chosen based on rigorous scientific protocol, using only the genes with the absolute strongest research backing.

As you review your results, we'll help you understand more about each trait we're reporting, how we've chosen the genes included in that trait, and what kind of lifestyle changes you can make based on your personal result.

Genetic data is all about personalisation. You're unique, so why follow just the 'average' nutrition advice?

Let's start your personalised nutrition journey →

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Your Results Summary

Our nutrition choices are some of the most personal choices we make, whether that's down to our personal preferences or certain dietary needs based on our goals and lifestyles. Now, using your personal genetic profile, we can take that personal approach to a whole new level.

In your results summary, you'll learn how your individual genetic variants can affect your unique nutrition response, and how to make the right choices for you.

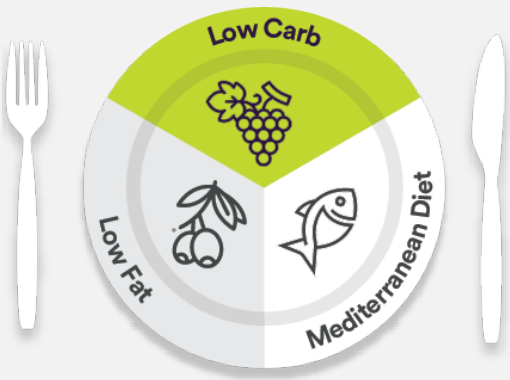
Your Diet Report

Your Name
Sample Report Health Fit

Sample No.
healthsample

Report Date
2019-06-27

YOUR OPTIMAL DIET TYPE



Low Carbohydrate Plan

Based on your genetic sensitivity to carbohydrates and saturated fats, we recommend a diet that is slightly lower in carbohydrates than average.

Others like you
You and 50% of other DNAFit users share the same diet type result

FOOD & DIETARY SENSITIVITIES

Carbohydrates

High Sensitivity

Your combination of genetic variants that affect the way you absorb and metabolise glucose (a type of sugar) from your food puts you in the high carbohydrate sensitivity category.

Saturated Fat

High Sensitivity

You have the genes that create a raised sensitivity to fat intake. As a result, you are in the high category here, so take appropriate measures to limit your saturated fat intake.

Lactose Intolerance

Lactose Tolerant

You are lactose tolerant, which means that you possess the genetic variant that allows you to digest lactose.

Coeliac Predisposition

Low Predisposition

Certain variants in a group of genes increase your risk of developing Coeliac disease. You are in the low risk category.

Alcohol

Neutral Response

You possess the genetic variant which may lead to a reduction in the positive HDL cholesterol response to moderate alcohol intake. The less alcohol you consume, the better for your overall health.

Caffeine

Lower Sensitivity

You are a fast metaboliser of caffeine, suggesting you should follow the standard recommendations for how much you consume.

Salt

Raised Sensitivity

Your genetic profile suggests you have a higher risk of high blood pressure from excess salt consumption.

NUTRIENT AND VITAMIN NEEDS

Omega-3

Higher Needs

Your genetic variants suggest you should aim for a higher consumption of Omega-3 in your diet because your body is more inclined to inflammation.

Vitamin B & Folate

Normal Needs

You have a normal need for Vitamin B6, B9 (folate) and B12 rich foods in your diet. This means your body is efficiently converting homocysteine, lowering your risk of heart disease.

Vitamin D

Higher Needs

You have a raised need for Vitamin D based on your genetic variants related to calcium absorption. This increases your risk of a low bone mineral density over time.

Antioxidants

Higher Needs

You have a raised need for vitamin A, C and E derived from your daily intake of fruits, vegetables and nuts. This helps to prevent tissue and cell damage.

Detoxification Ability

Raised Risk

Your genetic profile means that you should aim to limit your consumption of chargrilled or smoked meat to 1-2 times per week.

Cruciferous Vegetable

Higher Needs

You have a higher need for cruciferous vegetables such as broccoli and cabbage in your diet based on your genotype. Your body is eliminating toxins slower than average.

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Your Carbohydrate Sensitivity

Knowing how your body responds to different types of carbohydrates is an important part of managing your health and creating your optimal diet plan.

Your Carbohydrate Sensitivity

Did you know?

People often forget that carbohydrates are in drinks too, watch out for sugary drinks - they're full of refined carbohydrates!

Your Results

High Sensitivity

You have a higher sensitivity to carbohydrates, this is our second highest score bracket for carbohydrate response. The genes in this panel impact the way you metabolise and assimilate refined carbohydrates. We recommend total carbohydrates make up 35% of your total calories per day.

Your Genotype Table

We've tested this group of genes because they each play a key role in how your body metabolises and absorbs carbohydrates, how sensitive you are to insulin, and how your body uses glucose.

Genes Tested	Your Genotype	Effect
ACE	ID	●
PPARG	CC	●●
TCF7L2	CT	●
ADRB2	CC	-
FABP2	AG	●

Others like you | **40%** of our users have the same result as you

Your Action Items

Based on your genetic result, we recommend the following action points:

01

Focus on including more unrefined carbohydrates such as vegetables, fruit, legumes and whole grains. This will up your fibre intake for a healthier digestive system. Aim for a maximum of 5% added sugars.

02

Limit your intake of refined carbohydrates. While you probably already know to limit processed foods and sugary drinks, refined carbs are also hiding in low-fibre foods such as rice cakes, fruit juice and ketchup.

03

Aim for a daily glycemic load maximum of 60 for men or 50 for women.

We can all benefit from reducing our refined carbohydrate intake, regardless of our genetics. Here are some simple swaps we can make in our everyday lives to help:

If you usually eat ...	Try swapping for
Sugary cereals	Whole wheat toast and eggs
Flavoured or sweetened coffee	Coffee with no sugar
Chocolate biscuits	A handful of unsalted nuts
Regular chips with ketchup	Roasted sweet potato with reduced sugar ketchup

Understanding more about carbohydrates

What are carbohydrates?

Carbohydrates, or carbs, are a food group that make up a significant portion of most people's diets. They are important in giving your body the energy it needs to function and are also the main source of fibre that your body needs for a healthy gut. The trick with carbohydrates is to understand how you personally respond to them, and also to get a handle on how the different types of carbs impact your body.

How carbs impact your body?

01

Carbs and Blood Sugar Levels

Your carb intake has a direct impact on your blood sugar levels. When glucose (from carbs) is released too quickly into your body, it disrupts your blood sugar levels. Overtime, this can have a negative impact on your health and make it harder for you to manage your weight.

02

Carbs and your Health

Controlling your blood sugar level is associated with a number of positive effects on health, including lowered risk of developing type 2 diabetes, improved ability to stay fuller for longer, and reduced sweet cravings.

03

Carbs and your Genetics

Knowing your genetic response to carbohydrates can assist you in reaching your nutrition goals faster and more efficiently.

Types of Carbohydrates

We break carbohydrates down into two different categories unprocessed/fibre-rich carbohydrates and processed/added sugar carbohydrates. Unprocessed and fibre-rich carbohydrates promote positive health by delivering fibre, vitamins and minerals; these carbohydrates are converted into glucose slowly, providing sustainable energy levels throughout the day. On the other hand, processed carbohydrates and added sugars lack important nutrients and may cause spikes in blood glucose levels, causing cravings.

Unprocessed Carbohydrates

Starchy vegetables

Fruit

Vegetables

Whole grains

Beans & chickpeas

Lentils

Processed Carbohydrates

Cakes

Candy

Soda & fruit juice

White Starches

Sugar & Syrup

French fries

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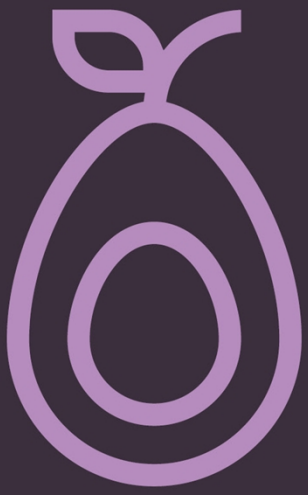
Your Saturated Fat Sensitivity

When healthy fats are eaten in a moderate amount, they help your body work at its best. But everyone reacts differently to various types of fat.



Your Saturated Fat Sensitivity

Did you know?

All fats are very rich in calories. Although this isn't always a bad thing, it's important to be aware of the amount of fat we eat – especially if you have a higher sensitivity to saturated fat.

Your Results

High Sensitivity

You have a higher sensitivity for genes related to fat absorption, putting you in our second lowest score bracket for response to fat intake. The genes in this panel impact the way your body absorbs, transports and metabolises dietary fat, in particular saturated fat, from the intestines and their associated effect on your blood lipid profile. We recommend fats make up 30% or less of your total calories per day.

Your Genotype Table

We've tested this group of genes because they each play a key role in how your body uses fats. Their functions affect many processes that happen in your body, including how your body absorbs, transports and metabolises different fats.

Genes Tested	Your Genotype	Effect
ADRB2	AA	-
ADRB3	TT	-
APOA2	CC	●●
FABP2	AG	●
FTO	AA	●●
PPARG	CC	●●
TCF7L2	CT	●

Others like you | **6%** of our users have the same result as you

Your Action Items

Based on your genetic result, we recommend the following action points:

01

Eat a maximum of 5% of your daily calories through saturated fat intake. Be conscious of fats in cream, butter and coconut oil.

02

Be aware of hidden fats in food items like chocolate, cheese, red meat, pre-made pastries and biscuits.

03

Try replacing saturated and trans fats with unsaturated fats like olive oil, nuts and nut butters, seeds, avocados and oily fish.

Think about increasing the other healthy foods on your plate to reduce your fat intake. With every meal, try to always include the following:

One palm of protein dense food with each meal

One fist of vegetables with each meal

Understanding more about fat

Should I really be worried about my fat intake?

Fat is a great source of energy and provides essential fatty acids, which our bodies can't make on their own, and helps us to absorb vitamins. You may have heard some misconceptions about the effect of fats on our health, it's not always bad, but it's certainly not good in excessive amounts. Ideally, we should all aim to try eating more unsaturated fat, and less saturated fat.

How can my genetic results affect my response to fat?

01

Improve Adherence

Research has shown that knowing your genetic response to factors helps people adhere to dietary changes, so understanding your result may help you stick to healthier habits for longer.

02

Risk of Weight Gain

Depending on the genetic variants you carry, you could have an increased propensity to put on weight with a high fat diet compared to others. Use this information to make better informed food choices.

03

Where to Focus

Evidence shows that people with higher genetic response to fats may benefit from placing a higher priority on choosing more unsaturated sources of fat in their diet over saturated fats.

Types of Dietary Fat

There are two main types of dietary fat, namely 'unsaturated' and 'saturated'. A moderate amount of unsaturated fat in the diet can help your body function properly and prevent diseases. On the other hand, high intakes of saturated fat may increase your risk of clogged arteries, which can lead to heart disease and stroke.

Unsaturated Fats

Fish

Avocados

Nuts

Olive oil

Seeds

Nut butters

Saturated Fats

Fatty meat

Butter

Cheese

Cookies

Processed meat (e.g. Salami)

Pastries

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Your Detoxification Ability

Forget juice diets and special teas. When we talk about detoxification, we mean the biological process that takes place in the liver to clear harmful chemicals in your food. Your genetic profile can tell you how effectively your body manages this process.

Your Detoxification Ability

Did you know?

Detoxification occurs in the body in two phases. A different set of genes have an impact on each of these phases. In the first phase, your genetics impact how quickly you metabolise potentially harmful toxins in your liver. In the second phase, certain genetic variants impact how quickly you remove these toxins.

Your Results

Raised Risk

Your genetic results put you at a higher risk of DNA damage from eating smoked or chargrilled animal protein. With these results it is advisable to limit your consumption of grilled or smoked meat to 1-2 servings per week.

Your Genotype Table: Phase 1

Detoxification Speed: Cooking some meats at high temperatures can create compounds that damage DNA and protein in our cells, which can lead to health problems in the long term. Your genetic result can increase this risk above the average.

Genes Tested	Your Genotype	Effect
CYP1A2*1F	AA	●●
EPHX1	TT	●●

Others like you | **83%** of our users have the same result as you

Your Action Items

Based on your genetic result, we recommend the following action points:

01

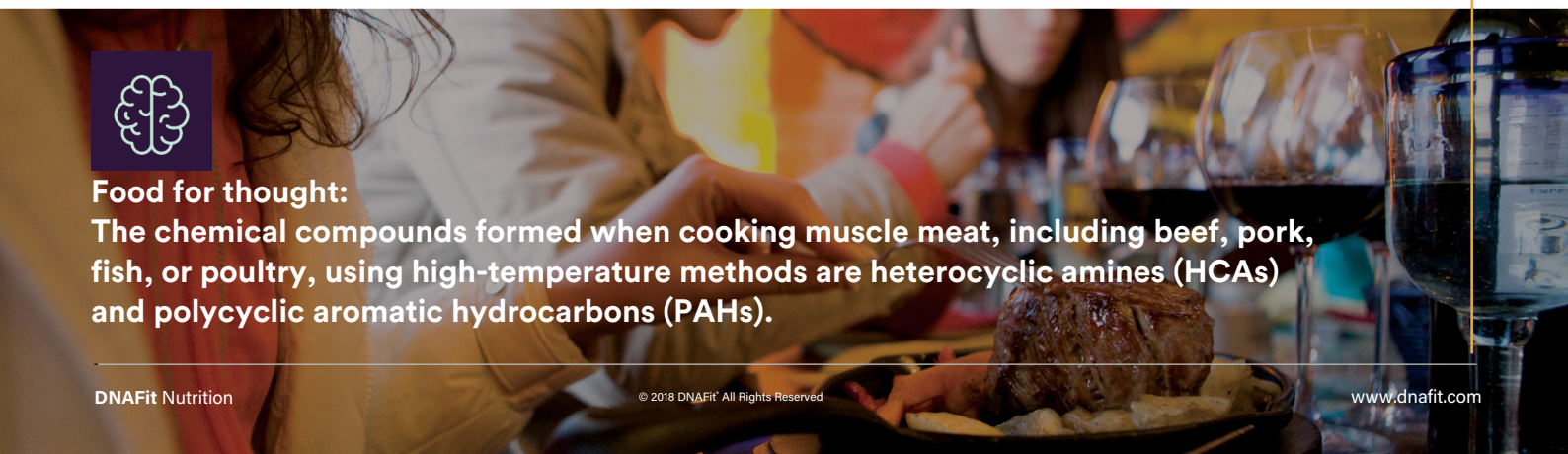
For your genotype, we recommend limiting your consumption of grilled or smoked meat to at most one to two portions per week.

02

Where possible, take steps to protect your meat from direct heat when cooking - use cooking methods such as steaming, poaching and stewing.

03

Try cooking with acidic based marinades (lemon, lime, vinegar and wine) these greatly reduce toxic compound formation.



Food for thought:
The chemical compounds formed when cooking muscle meat, including beef, pork, fish, or poultry, using high-temperature methods are heterocyclic amines (HCAs) and polycyclic aromatic hydrocarbons (PAHs).

Your Detoxification Ability

Your Results

Higher Needs

You have the D (deleted) version of the GSTM1 gene which means that no GSTM1 enzyme is produced. You can compensate by adding extra portions of cruciferous vegetables and consume on average at least 3-4 portions per week. It is also recommended that you add frequent consumption of allium vegetables (garlic, onions, etc) to your diet.

Your Genotype Table: Phase 2

Cruciferous Vegetable Need: Once your body completes phase 1, it moves into phase 2 to complete the detoxification process. Some people have a lower level of genetic activity needed to support this process but eating certain vegetables can help to make up for this.

Genes Tested	Your Genotype	Effect
GSTM1	D	●●
GSTT1	I	-

Others like you | **63%** of our users have the same result as you

Your Action Items

Based on your genetic result, we recommend the following action points:

01

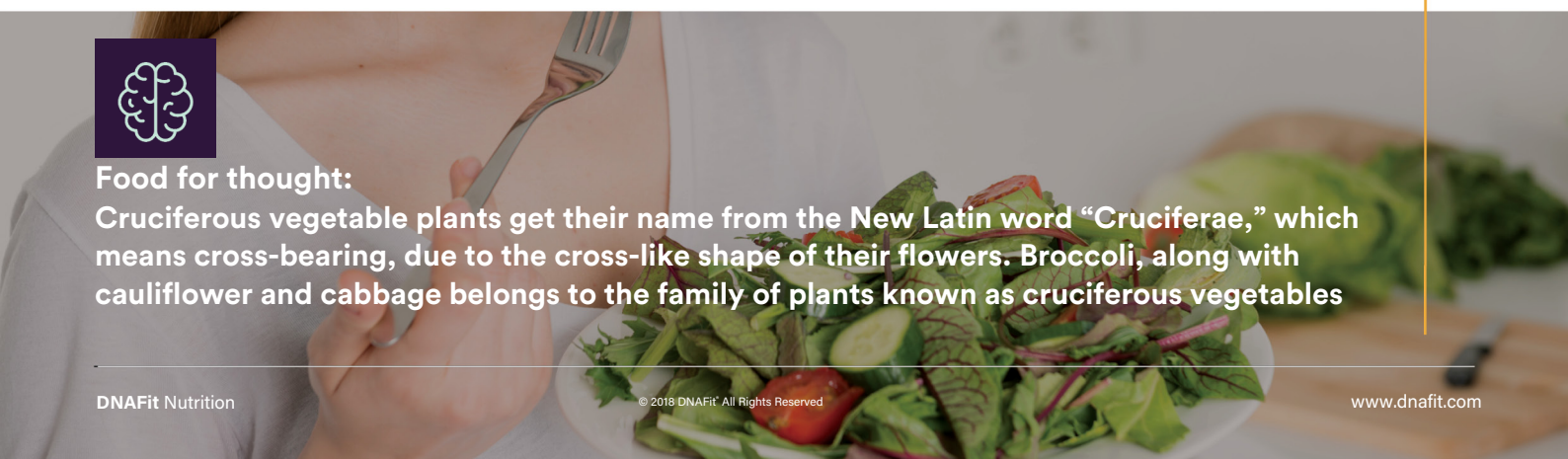
Get creative with your recipies, try roasting florets or "steaks" of cauliflower to release its pleasant flavor. If you struggle to include cruciferous vegetables, try adding micro greens from mustard seeds, watercress and broccoli.

02

Whenever possible, if you are eating charred meat, try to accompany this with some cruciferous vegetables such as caulifower, broccoli, kale, cabbage and brussel sprouts.

03

Your genotype results suggest that you should aim for more cruciferous vegetables than other genotypes; we'd recommend at least five to seven servings per week. One serving is equivalent to half a cup of cooked veg and a cup of raw veg.



Food for thought:

Cruciferous vegetable plants get their name from the New Latin word "Cruciferae," which means cross-bearing, due to the cross-like shape of their flowers. Broccoli, along with cauliflower and cabbage belongs to the family of plants known as cruciferous vegetables

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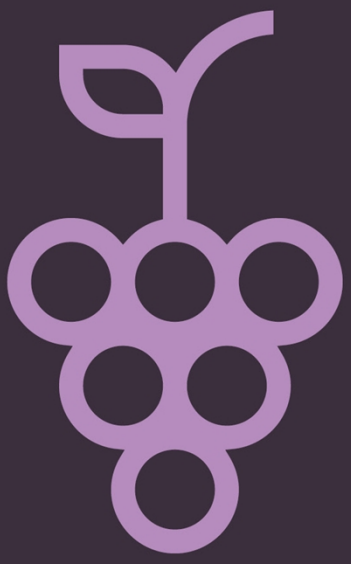
Your Antioxidant Needs

Antioxidants are a popular topic, and the concept can sound really scientific, but really, they're just molecules found in fresh fruit and vegetables that play a role in reducing the effects of a process called oxidative stress. Your genes can tell you whether you should aim for a higher priority on dietary antioxidants to look after your long-term health.



Your Antioxidant Needs

Did you know?

Antioxidants is a catch-all term that covers a selection of micro-nutrients. From a nutrition perspective, antioxidants are found in foods that are rich in vitamins A, C and E and also with certain minerals, like selenium.

Your Results

Higher Needs

Your genetic test results suggest that your body may have a reduced capacity to remove unstable molecules called free radicals that can damage your cells. In order to support your body's own protection mechanism. We recommend you consume; Vitamin A: 1500 mcg/day Vitamin C: >105 mg/day, achievable by eating 7 fruit and vegetable servings per day. Vitamin E: 150 mg/day

GPX1 is a selenium-containing enzyme, and as such the version of GPX1 gene can alter your selenium needs. You have good GPX1 enzyme activity, and require 55 mcg/day of selenium.

Your Genotype Table

We've tested these genes because they play important roles as antioxidant enzymes, which help your body reduce oxidative stress. Oxidative stress is a state where the levels of free radicals and antioxidants are unbalanced.

Genes Tested	Your Genotype	Effect
SOD2	CC	●●
CAT	CC	-
GPX1	CC	-

Others like you | **70%** of our users have the same result as you

Your Action Items

Based on your genetic result, we recommend the following action points:

01

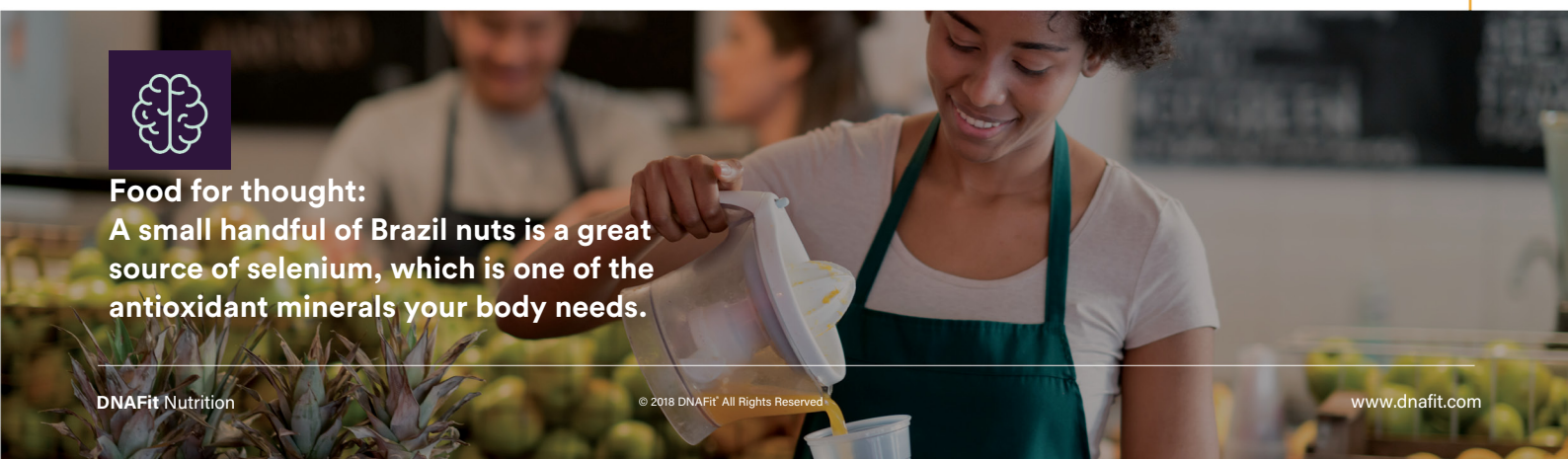
Eat at least two to three portions of fruit and five to seven portions of vegetables per day. Focus on eating a wide variety of these foods.

02

When it comes to vegetables, try to choose a variety of different colours. More colours means a wider selection of antioxidants.

03

Though taking supplements may seem easier, evidence actually shows that getting antioxidants from food is much safer - so don't skip your fresh fruit and veg!



Food for thought:
A small handful of Brazil nuts is a great source of selenium, which is one of the antioxidant minerals your body needs.

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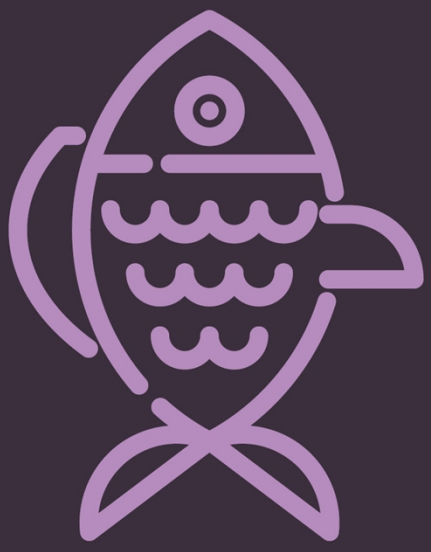
Your Omega-3 Needs

Omega-3 is a type of unsaturated fat that gives our bodies essential fatty acids that help manage a number of factors, including inflammation. Your body can't make these fatty acids on its own, so it needs to get them from the foods you eat. Some genetic factors can change how much Omega-3 you may need to aim for in your diet.



Your Omega-3 Needs

Did you know?

Getting an adequate amount of Omega-3 in your diet is associated with a number of positive health benefits. These include lower inflammation levels, lower risk of cardiovascular disease and even improved cognitive function in some people.

Your Results

Higher Needs

Your results show that you have normal expression for IL6 but are heterozygous for TNF (A/G). This result can lead to an increased amount of inflammatory proteins. This suggests that your omega-3 needs are slightly higher than the official recommended guidelines of 1.6g/day. We recommend you aim to consume 2g/day from your diet.

Your Genotype Table

We've tested these genes because they can have an effect on increasing the activity of something called inflammatory cytokines, which can lead to increased inflammation in your body. Depending on your genes, we may advise more Omega-3 intake, as this is a naturally-occurring anti-inflammatory substance to help neutralise any increased inflammation activity.

Genes Tested	Your Genotype	Effect
IL6	GG	-
TNF	AG	•

Others like you | **62%** of our users have the same result as you

Your Action Items

Based on your genetic result, we recommend the following action points:

01

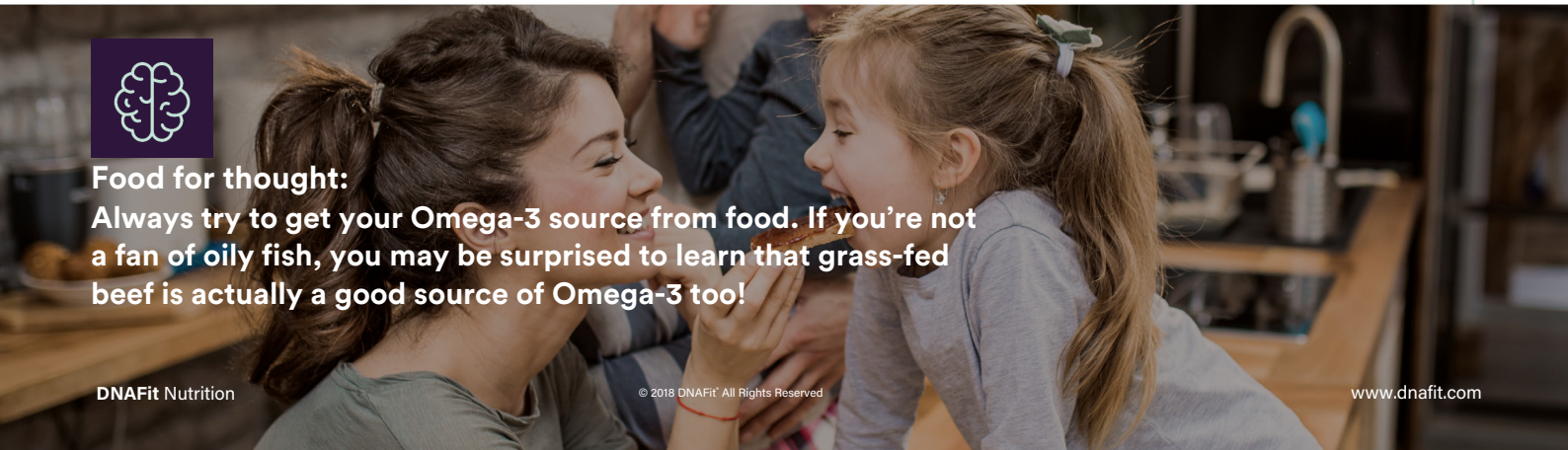
Everyone needs to get sufficient Omega-3 to make sure your body's at its healthiest. Your body needs at least 2g each day.

02

The best source of Omega-3 is oily fish; around 100g of salmon will give you 2g, meeting your needs. Aim for two to three servings per week.

03

Try some vegetarian sources of Omega-3 as an easy way to increase your intake. Sprinkle some flax seeds or walnuts on salads for a quick fix.



Food for thought:
Always try to get your Omega-3 source from food. If you're not a fan of oily fish, you may be surprised to learn that grass-fed beef is actually a good source of Omega-3 too!

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Your Vitamin B Needs

Vitamins B6, B9 and B12 help your body maintain its normal functions, including a healthy nervous system, digestion and red blood cell production. However, certain genetic variants signal that some people can benefit from eating more B vitamins to maintain optimum health.

Your Vitamin B Needs

Did you know?

Vitamin B is actually a group of eight different vitamins. They all contribute to your overall health. In this report, we focus on how your genetics impact your vitamin B6, B9 (otherwise known as folate or folic acid) and B12 needs.

Your Results

Normal Needs

You have the (C/C) version of the C677T location on the MTHFR gene, which produces an enzyme with normal activity. We recommend you consume; Vitamin B6: 1.5 mg/day, achievable by eating 1 large sweet potato or 200g of chickpeas per day. Vitamin B9 (folate): 400mcg/day achievable by eating 200g of chickpeas or 45g of spinach per day. Vitamin B12: 2.4 mcg/day, achievable by consuming 90g of salmon or 2 large eggs per day.

Your Genotype Table

We've tested this gene because it plays an important role in how your body uses vitamins B6, B12 and folic acid. Some people have a version of this gene which elevates their need for vitamin B intake.

Genes Tested	Your Genotype	Effect
MTHFR	CC	-

Others like you | **45%** of our users have the same result as you

Your Action Items

Based on your genetic result, we recommend the following action points:

01

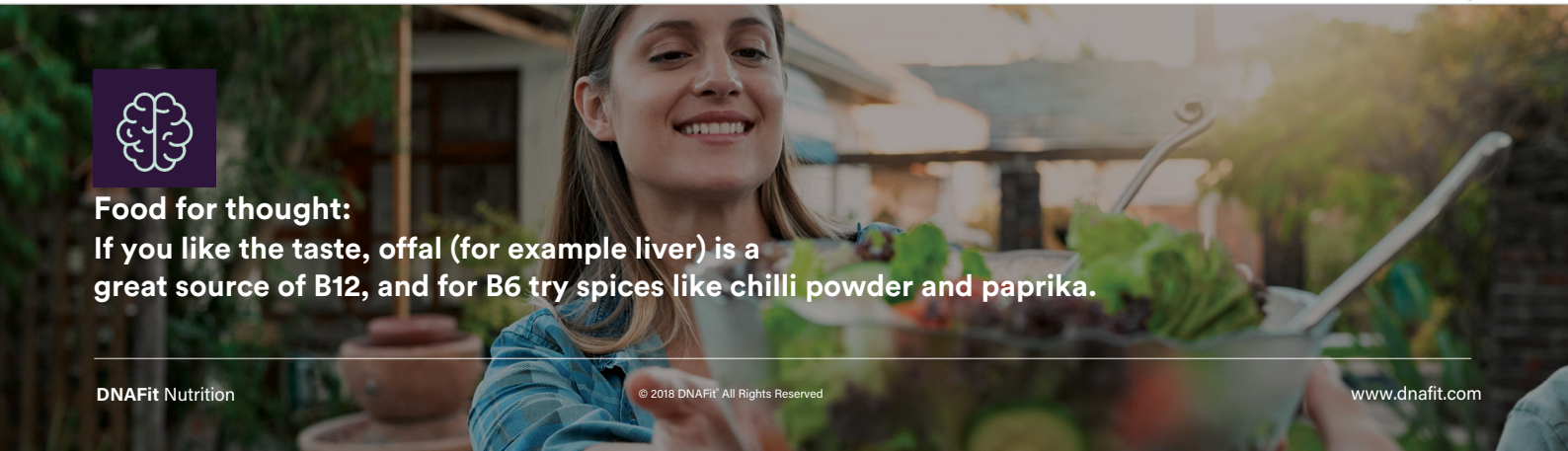
Vitamin B6 is quite easy to include through diet. It's found in a variety of foods such as dark green leafy vegetables, bananas, sweet potatoes, avocado and chicken. Try to include a healthy mixture of these foods weekly.

02

Folate (B9) is the hardest B vitamin to include through diet as it is mostly found in dark green leafy vegetables, legumes and whole grains.

03

Vitamins B12 is found predominantly in animal products (meat, eggs and dairy). If you follow a vegan diet, we recommend a good quality supplement.



Food for thought:
If you like the taste, offal (for example liver) is a great source of B12, and for B6 try spices like chilli powder and paprika.

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Your Vitamin D Needs

Vitamin D is an important part of the diet. It helps maintain normal calcium levels and strengthens bones, protecting long term health. Vitamin D is in the food you eat, and your skin makes it when you're exposed to sunlight. Your genes can guide you as to whether you may need more vitamin D than others.

Your Vitamin D Needs

Did you know?

Our bodies can actually create Vitamin D just through exposure to the sun. But, with most people working long hours inside, we tend to miss out on the opportunity to get some natural light.

Your Results

Higher Needs

You have the (C/T) version of the VDR gene which has been shown to affect calcium absorption and bone structure. You are advised to increase consumption, above the standard guidelines, to obtain at least 800 IU vitamin D and 1300 mg Calcium.

Your Genotype Table

We've tested this gene because the VDR gene provides instructions for making a protein called the vitamin D receptor (VDR), which allows the body to respond to vitamin D. Some types of this gene can decrease calcium absorption which will affect bone structure and strength.

Genes Tested	Your Genotype	Effect
VDR	CT	•

Others like you | **60%** of our users have the same result as you

Your Action Items

Based on your genetic result, we recommend the following action points:

01

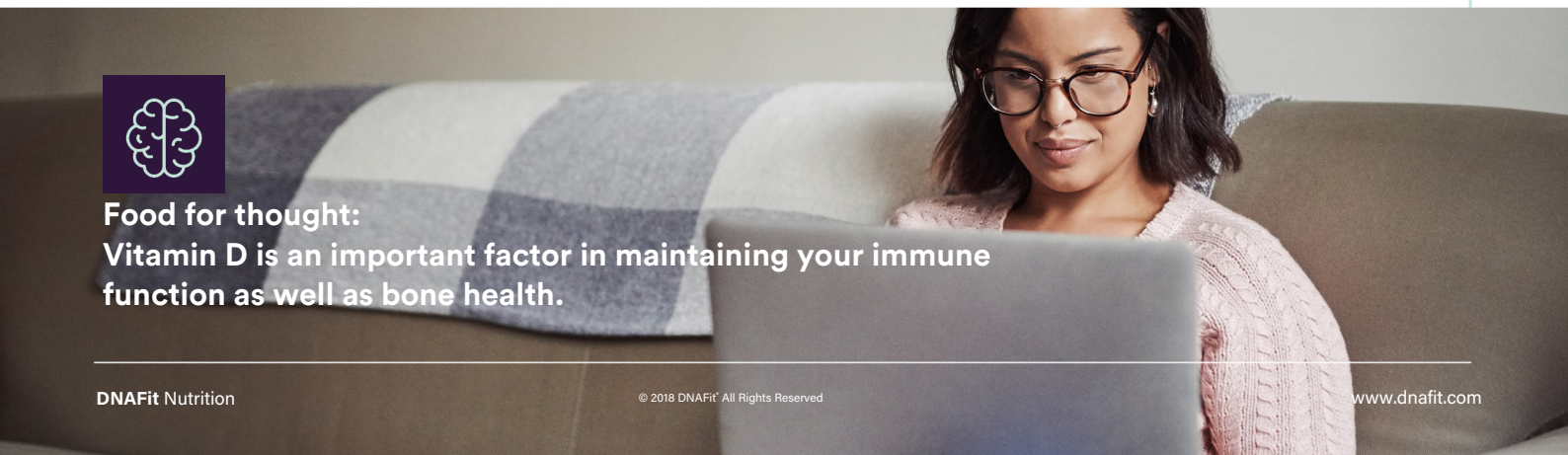
Everyone needs vitamin D to ensure optimal health. In your case, you need a bit more - we recommend a minimum of 800IU to 1000IU each day.

02

The best source of vitamin D is from direct sun exposure. The time you need to spend in the sun will depend on your skin tone and cloud cover.

03

Vitamin D can also be found in oily fish and eggs, so prioritise these in your diet. If you're vegan and don't spend much time in the sun, you can include shitake mushrooms in your diet and could consider a good quality supplement.



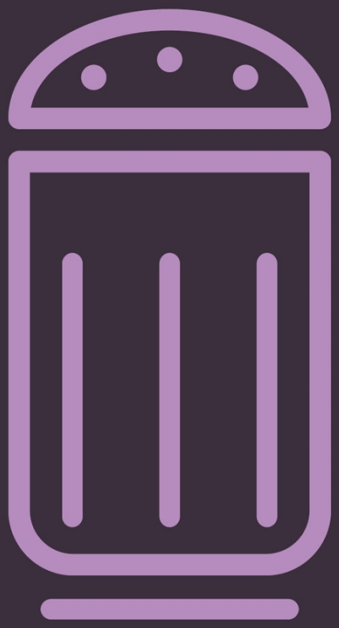
Food for thought:
Vitamin D is an important factor in maintaining your immune function as well as bone health.

10

NEXT

Your Salt Sensitivity

Eating too much salt over time can lead to health risks such as high blood pressure. Some people's genetics show that their risk is slightly higher if they eat excessive amounts of salt.



Your Salt Sensitivity

Did you know?

Many people eat more than the recommended amount of salt without even knowing it. That's because it's often added into many prepared foods that don't even taste salty, so make sure you take a close look at the label.

Your Results

Raised Sensitivity

Your genetic test results show that you have the gene variant that gives you a predisposition to high blood pressure if you eat high amounts of salt. You should consider limiting your daily salt intake in order to take good care of your health.

Your Genotype Table

We've tested these genes because they play a role in both blood pressure control and electrolyte balance. The activities of these genes result in blood vessel constriction which increases blood pressure.

Genes Tested	Your Genotype	Effect
ACE	ID	●
AGT	TT	-

Others like you | **91%** of our users have the same result as you

Your Action Items

Based on your genetic result, we recommend the following action points:

01

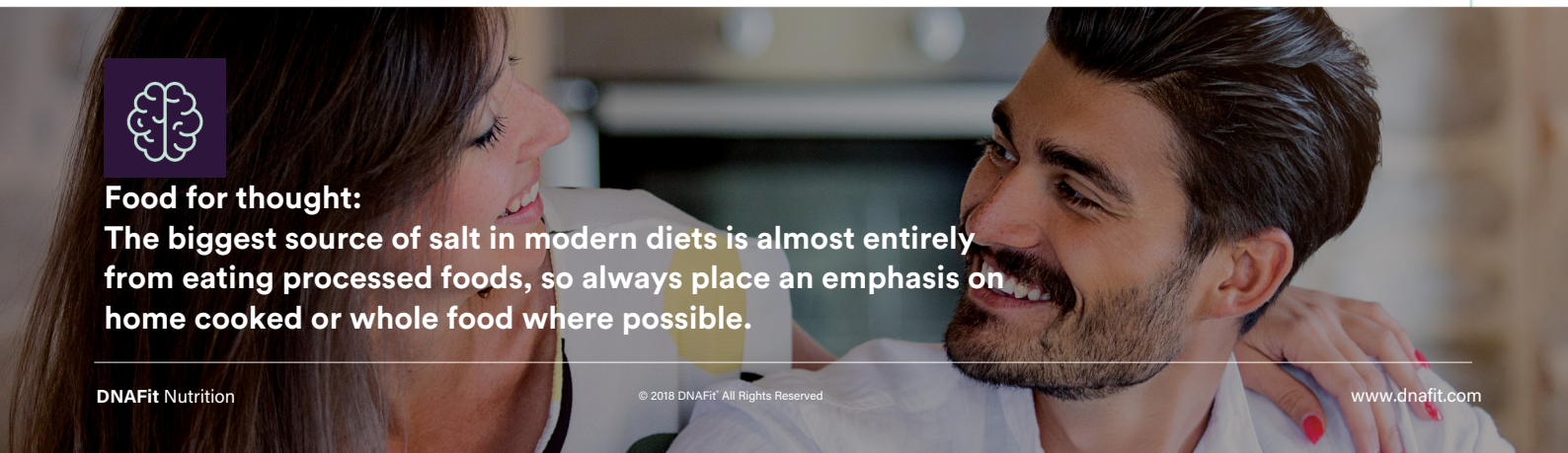
Based on your genetic results, we'd recommend a maximum salt intake to around 5.5g per day - the equivalent of around 2.2g of sodium.

02

As you carry the raised risk variant, it's even more important for you to try to avoid using salt to flavour your food - instead replace salt with natural flavours like garlic, parsley, lemon, chilli and ginger.

03

With your raised risk, be sure to taste your food before adding salt, you may not actually need more for great flavour!



Food for thought:
The biggest source of salt in modern diets is almost entirely from eating processed foods, so always place an emphasis on home cooked or whole food where possible.

NEXT

Your Alcohol Response

We can all agree that drinking excessive amounts of alcohol isn't good for your health. However, there is one gene that's been shown to have a positive effect on your HDL (or 'good') cholesterol if you happen to drink a small amount of alcohol in moderation.

Your Alcohol Response

Did you know?

There is a lot of controversy around whether alcohol can ever be considered 'healthy'. We champion an approach of balance and moderation so, regardless of your genetic profile, we advise staying within the recommended daily intake for alcohol.

Your Results

Neutral Response

Your genetic result shows that you may have a tendency to metabolise alcohol more rapidly compared to others. You may not experience a positive effect from moderate alcohol consumption on your HDL cholesterol. Moderation is advised when it comes to alcohol intake.

Your Genotype Table

We've tested this gene because it is predominantly found in the cells of the liver and is involved in how alcohol is metabolised. The gene is not predictive of individual alcohol tolerance and solely indicates the effect moderate alcohol consumption has on HDL cholesterol levels.

Genes Tested	Your Genotype	Effect
ADH1C	AA	●●

Others like you | **43%** of our users have the same result as you

Your Action Items

Based on your genetic result, we recommend the following action points:

01

One unit of alcohol is equal to: a quarter a glass of wine, a single shot of (25ml) and half a pint of normal strength beer or cider. Two units (or less) of alcohol per day is considered moderate consumption.

02

Because you are a fast metaboliser of alcohol, you don't experience a positive effect from moderate alcohol consumption on your HDL cholesterol. It is therefore recommended that you limit alcohol consumption as much as possible.

03

Rember that alcohol is high in "empty" calories - meaning there is little nutritional value derived when drinking it.

Food for thought:
You can keep track of how much you drink by thinking in terms of alcohol units. 1 unit is equivalent to half a pint of beer or a small glass of wine.

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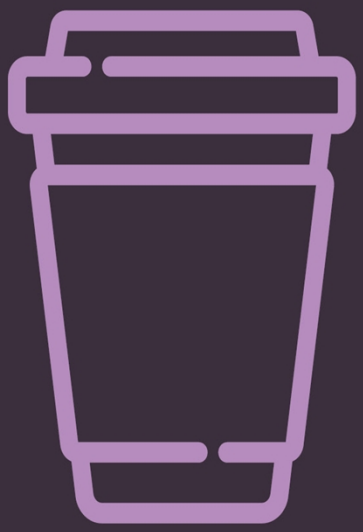
NEXT

Your Caffeine Sensitivity

People with a certain genetic variant may experience excess caffeine's effect on their sleep, digestion, and even long-term health risk.



Your Caffeine Sensitivity

Did you know?

The caffeine content in coffee can vary a lot, depending on the kind of coffee bean used and the way the beans were roasted. Filter coffee tends to have the most caffeine content, even more than espresso.

Your Results

Lower Sensitivity

Your genetic result for CYP1A2 (A/A) means that you have two copies of the rapid version of the enzyme. We recommend you consume a maximum of 300-400mg of caffeine per day, this is approximately 3-4 cups of coffee per day.

Your Genotype Table

We've tested these genes as CYP1A2 is responsible for 95% of caffeine metabolism in the body and the VDR gene is an indication of how caffeine intake affects bone mineral density (BMD). The faster you metabolise caffeine (dependent on CYP1A2 result) the less effect caffeine consumption may pose on your health.

Genes Tested	Your Genotype	Effect
CYP1A2*1F	AA	-
VDR	CT	•

Others like you | **42%** of our users have the same result as you

Your Action Items

Based on your genetic result, we recommend the following action points:

01

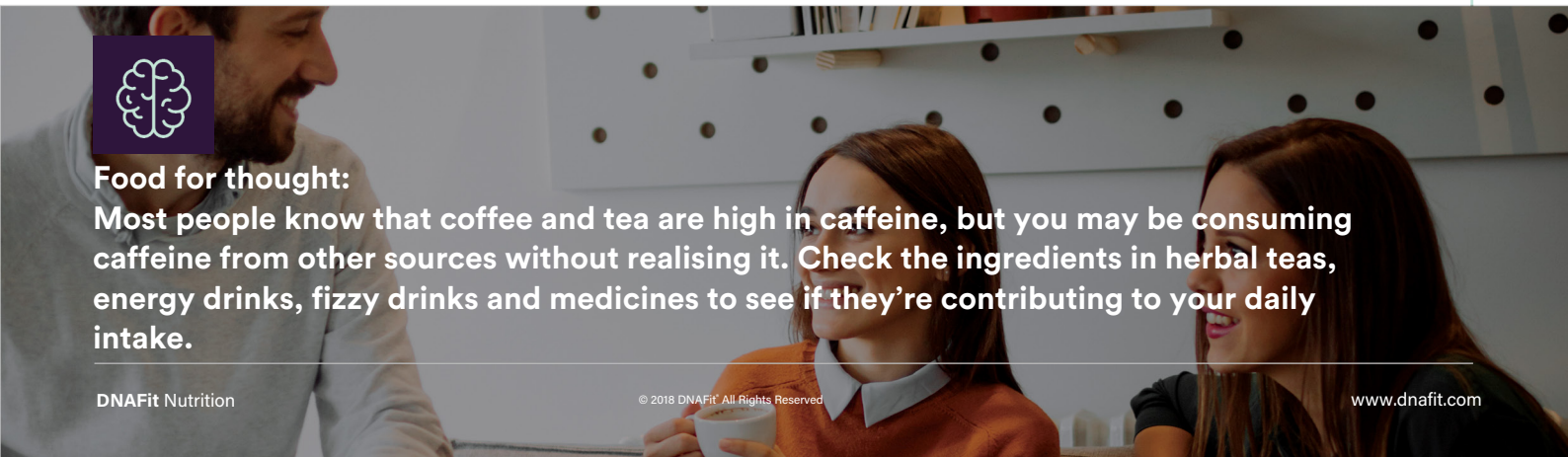
Limit your caffeine intake to no more than 300-400mg/day (equivalent to three to four cups of coffee).

02

Try to avoid caffeine for two to three hours before bed, as it may harm your sleep - even in fast metabolisers like you!

03

People with your genotype seem to respond better to the performance enhancing effects of caffeine during workouts. Ready, set... go!



Food for thought:
Most people know that coffee and tea are high in caffeine, but you may be consuming caffeine from other sources without realising it. Check the ingredients in herbal teas, energy drinks, fizzy drinks and medicines to see if they're contributing to your daily intake.

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NEXT

Your Lactose Intolerance

Lactose is the name of the sugar that occurs naturally in cow's milk; it can also be found in a lot of processed foods. Some people, depending on whether they possess a certain genetic variant can digest lactose in adult life better than others.

Your Lactose Intolerance

Did you know?

All humans are born with the ability to digest lactose, by generating the enzyme lactase. However, after early life, this ability turns off in most of the world's population – apart from those with the variant of the LCT gene tested here.

Your Results

Lactose Tolerant

Your Result (C/T) means that you have inherited one copy of the version of the gene (T) that leads to lactase persistence and an ability to continue to digest lactose from dairy products.

Your Genotype Table

We've tested the LCT gene as it is responsible for creating lactase, the enzyme that digests lactose (the sugar found in milk and milk products). Individuals with lactose intolerance can suffer from symptoms such as bloating, gas formation and gastric issues when drinking milk.

Genes Tested	Your Genotype	Effect
LCT	CT	-

Others like you | **30%** of our users have the same result as you

Your Action Items

Based on your genetic result, we recommend the following action points:

01

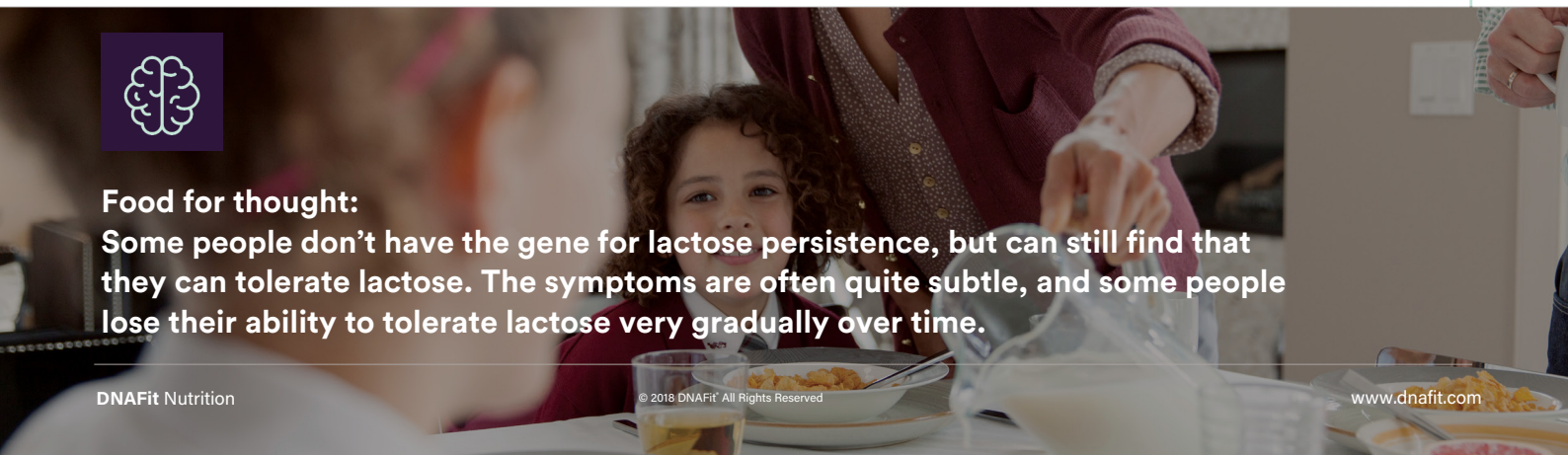
As you are likely to be lactose tolerant, don't be tempted to skip on your milk consumption - it's a great source of calcium!

02

Some people can still have some other factors that cause lactose intolerance even with the 'tolerant' gene. This is called secondary lactose intolerance - so always be aware of your symptoms.

03

Fermented dairy sources such as kefir and quark are an excellent source of probiotics. These contain good bacteria that contribute to a healthy digestive system. Consider consuming fermented dairy products to add a variety of nutrients to your diet.



Food for thought:
Some people don't have the gene for lactose persistence, but can still find that they can tolerate lactose. The symptoms are often quite subtle, and some people lose their ability to tolerate lactose very gradually over time.

14

NEXT

Your Coeliac Predisposition

Coeliac disease is the medical condition caused by an adverse reaction to gluten, a protein found in wheat, barley, rye and other grains. While your genotype can not diagnose this condition, it can tell you whether you have a raised or lowered predisposition to it.

Your Coeliac Predisposition

Did you know?

Gluten makes dough rise and stay elastic; it also helps hold shape when added to other processed foods.

Your Results

Low Predisposition

The results of your genetic test reveal that you do not have a genetic predisposition meaning that in your case Coeliac disease is extremely unlikely to develop (chances are less than 1/2000).

Your Genotype Table

We've tested the HLA genes because they play a role in helping your immune system distinguish between self and non-self cells in the small intestine. Some versions of these genes can increase the risk of developing coeliac disease.

Genes Tested	Your Genotype
HLA DQ2/8	Negative

Others like you | **46%** of our users have the same result as you

Your Action Items

Based on your genetic result, we recommend the following action points:

01

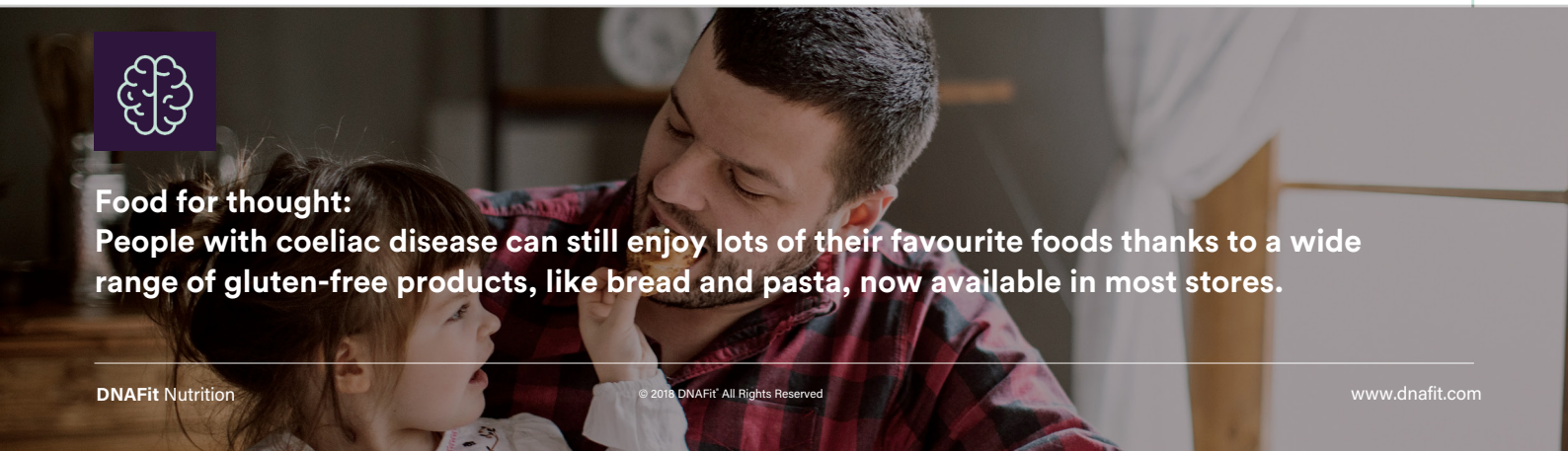
Whilst you may be very unlikely to have coeliac disease with your genotype, it is still possible. So don't ignore any symptoms you experience when eating gluten!

02

If you feel fine eating gluten, we recommend eating gluten-rich foods in moderation. They are often heavily loaded with fibre.

03

Don't assume that coeliac disease is the same as 'gluten intolerance' - this can be very different and coeliac disease can be serious if not detected.



Food for thought:
People with coeliac disease can still enjoy lots of their favourite foods thanks to a wide range of gluten-free products, like bread and pasta, now available in most stores.

This is only the start!

If you haven't already, make sure you take advantage of your free DNAFit health coach consultation. Don't forget to check in on the DNAFit app and complete your wellness score!

At my.dnafit.com you've also got a whole world of personalised recommendations at your fingertips. As ever, our expert team is here to help - drop us a line anytime at info@dnafit.com

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The information contained within this report cannot be used as medical or diagnostic advice, but rather provides you with information to better understand wellness traits associated with your genotype.

Furthermore, DNAFit do not provide any information about your ancestry. If you have any specific concerns related to health status, genetic testing or lifestyle changes in relation to your own personal health then please consult with a qualified healthcare professional.

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The purpose of the DNAFit service is to give you the power to use your Genetic Information to explore personalised solutions to reach your wellness goals. We aim to give you further understanding of your own macro- and micronutrient needs, your response to power or endurance exercise, recovery speed and sports injury risk.

Genetics is only one part of the picture, and so the value comes from understanding your genetic profile so that you can make sustainable changes that support your own goals, lifestyle and environment.

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