



Ayşe's Diet Report

Guide your health with your genetic knowledge.

"This report provides personalized insights based on your genetic makeup, helping you make informed decisions for a healthier future."

Reliable

Scientific Approach

Innovative

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This report contains genetic data.

Please keep this document secure and share only with authorized healthcare providers.

Report Generated: January 16, 2026

Your Personal Health Assessment

This report summarizes your key health insights, descriptions and recommendations to optimize your well-being.

Overall Score:

43%

Medium Risk

Examined

33

Traits

Examined

8

Categories

≤ 10%



Low Risk

11% - 25%



Reduced Risk

26% - 74%



Medium Risk

75% - 89%



Elevated Risk

≥ 90%



High Risk

Percentile-based risk levels

Category Based Distribution

1 High | 3 Elevated | 22 Medium | 5 Reduced | 2 Low



BODY COMPOSITION AND WEIGHT MANAGEMENT

5 Traits

Medium

47%



CARDIOVASCULAR HEALTH AND BLOOD PRESSURE

4 Traits

Reduced

24%



METABOLIC HEALTH AND DIABETES

6 Traits

Medium

46%



LIPID METABOLISM AND CHOLESTEROL

6 Traits

Medium

46%



LIVER HEALTH AND ALCOHOL METABOLISM

2 Traits

Reduced

21%



VITAMIN AND MINERAL STATUS

5 Traits

Medium

56%



DIGESTIVE AND GASTROINTESTINAL HEALTH

2 Traits

Medium

49%



DIETARY INTAKE AND BEHAVIORAL

3 Traits

Medium

54%

Trait Report

Trait by Trait Overview

Access Code: 0000-0000

Date: Jan 16, 2026

Total Traits: 33

2

LOW RISK

5

REDUCED RISK

22

MEDIUM RISK

3

ELEVATED RISK

1

HIGH RISK

Percentile-based risk levels:  ≤ 10%  11% - 25%  26% - 74%  75% - 89%  ≥ 90%

⚠️ Body Composition and Weight Management

Average: 47%

BMI-Adjusted Waist-Hip Ratio	27%	MEDIUM		Body Composition	72%	MEDIUM	
Body Mass Index (BMI)	31%	MEDIUM		Body Weight	71%	MEDIUM	
Lean Body Mass	35%	MEDIUM					

⬇️ Cardiovascular Health and Blood Pressure

Average: 24%

C-Reactive Protein	70%	MEDIUM		Diastolic Blood Pressure	4%	LOW	
Hypertension	16%	REDUCED		Systolic Blood Pressure	7%	LOW	

⚠️ Metabolic Health and Diabetes

Average: 46%

BMI-Adjusted Fasting Blood Glucose	33%	MEDIUM		HbA1c Measurement	56%	MEDIUM	
Blood Glucose	21%	REDUCED		Blood Insulin	81%	ELEVATED	
Gout	67%	MEDIUM		Type 2 Diabetes Mellitus	17%	REDUCED	

⚠️ Lipid Metabolism and Cholesterol

Average: 46%

Hypercholesterolemia	42%	MEDIUM		Apolipoprotein A 1	35%	MEDIUM	
Apolipoprotein B	36%	MEDIUM		Lipoprotein A	59%	MEDIUM	
Fatty Acid	56%	MEDIUM		Triglyceride	51%	MEDIUM	

⬇️ Liver Health and Alcohol Metabolism

Average: 21%

Alcohol Dependence	12%	REDUCED		Alcoholic Liver Cirrhosis	30%	MEDIUM	
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⚠️ Vitamin and Mineral Status

Average: 56%

Calcium	47%	MEDIUM		Iron Metabolism Disorders	30%	MEDIUM	
Vitamin B12 Deficiency	93%	HIGH		Vitamin B	31%	MEDIUM	
Vitamin D Level	77%	ELEVATED					

⚠️ Digestive and Gastrointestinal Health

Average: 49%

Celiac Disease	76%	ELEVATED	⬆️	Cholelithiasis	22%	REDUCED	⬇️
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⚠️ Dietary Intake and Behavioral

Average: 54%

Coffee Consumption	59%	MEDIUM	⚠️	Nicotine Dependence	72%	MEDIUM	⚠️
Tea Consumption	32%	MEDIUM	⚠️				

Polygenic Risk Score Section

Understanding Complex Genetic Traits

This section examines your genetic predisposition for complex traits influenced by multiple genes working together.

Understanding Polygenic Risk Scores

Most human traits—such as height, metabolism, and disease susceptibility—are not controlled by a single gene. Instead, they result from the combined influence of hundreds or thousands of genetic variants, each contributing a small effect.

A Polygenic Risk Score (PRS) aggregates the effects of these many variants to estimate your genetic predisposition relative to the general population. It provides a comprehensive view of how multiple genetic factors work together to influence a trait.

Reading Your Scores

Your scores are presented as percentiles, showing where you rank compared to the general population. A higher percentile indicates a higher genetic predisposition for that trait.

It's important to understand that PRS indicates genetic tendency, not certainty. Environmental factors, lifestyle choices, and other non-genetic influences play significant roles in determining actual health outcomes.

Genetic Predisposition + Lifestyle = Total Risk

What to Expect in This Section

Each trait is analyzed across multiple health categories, from cardiovascular health to metabolic function. For every trait, the 10 genetic markers with the highest effect weights are displayed, representing the strongest contributors to your genetic profile.

Each trait card includes your percentile ranking, key genetic variants (genotypes), and personalized recommendations. QR codes are provided to access detailed variant information and scientific references supporting each analysis.



CATEGORY • MEDIUM RISK

Body Composition and Weight Management

This category examines various genetic traits related to this area of analysis.

Average: 47%

5

ANALYZED

47%

AVERAGE

5

MEDIUM RISK

Overview



Category Insights

Understanding these genetic factors helps provide personalized insights and recommendations.

Risk Distribution



5 Medium Risk

Traits Included in This Category

BMI-Adjusted Waist-Hip Ratio

Medium

Body Composition

Medium

Body Mass Index (BMI)

Medium

Body Weight

Medium

Lean Body Mass

Medium

The following pages contain detailed analysis of each trait within this category.

BMI-Adjusted Waist-Hip Ratio

Category: Body Composition and Weight Management

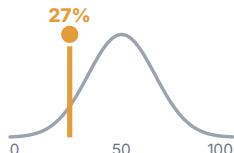
Access Code: 0000-0000

Date: Jan 16, 2026

Report ID: EFO_0007788

MEDIUM RISK

Percentile 27%



Interpretation

Medium Risk compared to the population average.

Recommendations

Maintain an active lifestyle with cardiovascular and strength training, and monitor body fat distribution periodically.

Based on genotype rating

Description

BMI-adjusted waist-hip ratio is a measure of body fat distribution, specifically the ratio of the circumference of the waist to that of the hips, adjusted for body mass index (BMI). A higher waist-hip ratio, especially when adjusted for BMI, is an indicator of visceral fat, which is linked to increased risks of metabolic diseases like type 2 diabetes and cardiovascular disease. Understanding your genetic predisposition to an elevated waist-hip ratio can help guide lifestyle changes to promote a healthier body composition and reduce health risks.

Result

Your PRS score for BMI-adjusted waist-hip ratio places you in the 27.8 percentile, suggesting a moderate predisposition to an elevated waist-hip ratio. Maintaining an active lifestyle, incorporating both cardiovascular and strength training exercises, can help in managing fat distribution. Eating a diet rich in fiber, reducing intake of sugary foods, and staying hydrated are also beneficial strategies. Monitoring waist and hip circumference periodically can help identify any changes in body fat distribution and guide further lifestyle adjustments.

Population Distribution

100.0%



EUR

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Scientific References

[1] Diabetes Journals

DOI: 10.2337/db23-0131

[2] Circ Genom Precis Med

DOI: 10.1161/circgen.119.002775

[3] Nature

DOI: 10.1038/s41588-021-00948-2

Top Genetic Markers

Gene	RS ID	Genotype
RSPO3	rs1936805	CT
FLRT1	rs11231693	GG
PLIN1	rs139271800	TT
HOXC12	rs10783615	AA
ZC3H11B	rs2820443	AA
CEBPA	rs4081724	CC
INTERGENIC	rs10245353	AC
WARS2	rs2645294	GG
LY86	rs1294410	CC

Body Composition

Category: Body Composition and Weight Management

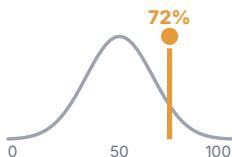
Access Code: 0000-0000

Date: Jan 16, 2026

Report ID: EFO_0005106

MEDIUM RISK

Percentile 72%



Interpretation

Medium Risk compared to the population average.

Recommendations

Maintain a balanced diet, engage in both resistance and aerobic exercises, and monitor body composition regularly.

Based on genotype rating

Description

Body composition measurement refers to assessing the percentages of fat, muscle, and bone in the body. Understanding body composition is important for evaluating overall health, fitness, and risk for conditions like obesity, osteoporosis, and sarcopenia. Genetic predisposition influences how the body distributes fat, builds muscle, and maintains bone density. By understanding these tendencies, individuals can take proactive measures, such as adjusting diet and exercise routines, to optimize body composition for better health outcomes.

Result

Your PRS score for body composition measurement places you in the 72.4 percentile, suggesting a moderate predisposition to variations in body composition. Maintaining a balanced diet that includes an appropriate amount of protein, healthy fats, and carbohydrates is important. Engaging in a combination of resistance training and aerobic exercises will help manage fat and muscle percentages effectively. Routine body composition assessments can help track progress and make necessary adjustments to your fitness regimen.

Population Distribution

Population distribution data not available

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Scientific References

[1] PLOS

DOI: 10.1371/journal.pgen.1010105

Top Genetic Markers

Gene	RS ID	Genotype
FTO	rs1421085	CT
MC4R	rs2229616	GG
PPARG	rs1801282	CC
SEC16B	rs543874	TT
GIPR	rs1800437	CG
SLC39A8	rs13107325	GG
NRXN3	rs10146997	GG
ADCY3	rs11676272	TT
MC4R	rs10871777	TT
WSCD2	rs3764002	TT

Body Mass Index (BMI)

Category: Body Composition and Weight Management

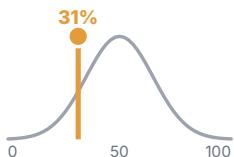
Access Code: 0000-0000

Date: Jan 16, 2026

Report ID: EFO_0004340

MEDIUM RISK

Percentile 31%



Interpretation

Medium Risk compared to the population average.

Recommendations

Maintain a healthy diet, engage in exercise regularly, and monitor BMI changes periodically.

Based on genotype rating

Description

Body Mass Index (BMI) is an indicator of body density determined by the relationship between body weight and height, calculated as weight in kilograms divided by height in meters squared (kg/m^2). BMI is commonly used to assess body fat levels and categorize individuals into underweight, normal weight, overweight, and obese. While BMI is an important tool for assessing health risks related to weight, such as diabetes, cardiovascular disease, and hypertension, its limitations should also be recognized, as it does not differentiate between muscle and fat mass. Understanding your genetic predisposition to BMI can help in planning appropriate lifestyle strategies to achieve and maintain a healthy weight.

Result

Your PRS score for BMI places you in the 31.5 percentile, suggesting a moderate predisposition to variations in BMI. It is beneficial to maintain a balanced diet, paying attention to portion sizes and choosing nutrient-dense foods. Regular exercise, including a mix of aerobic and resistance training, will help regulate weight. Periodic monitoring of your BMI can provide insight into changes over time, helping you to make necessary adjustments to your lifestyle as needed.

Population Distribution

Population distribution data not available

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Scientific References

[1] Elsevier

DOI: 10.1016/j.ajhg.2021.11.008

Top Genetic Markers

Gene	RS ID	Genotype
FTO	rs1421085	CT
TMEM18	rs2867105	CC
MC4R	rs476828	AA

Body Weight

Category: Body Composition and Weight Management

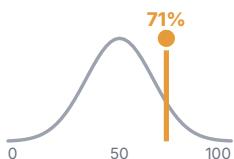
Access Code: 0000-0000

Date: Jan 16, 2026

Report ID: EFO_0004338

MEDIUM RISK

Percentile 71%



Interpretation

Medium Risk compared to the population average.

Recommendations

Maintain a nutrient-rich diet, exercise regularly, and monitor weight changes periodically.

Based on genotype rating

Description

Body weight refers to the total mass of an individual and is typically measured in kilograms or pounds. Body weight is influenced by various factors, including genetics, diet, lifestyle, and overall health. Maintaining a healthy body weight is important for reducing the risk of health issues like cardiovascular disease, diabetes, and joint problems. Understanding genetic predisposition to body weight can guide personalized lifestyle adjustments for achieving and maintaining an optimal weight, contributing to overall well-being.

Result

Your PRS score for body weight places you in the 72.0 percentile, suggesting a moderate predisposition to variations in body weight. Maintaining a consistent exercise regimen and a balanced diet, including nutrient-dense foods, can help regulate weight effectively. It is also beneficial to be mindful of portion sizes and maintain an active lifestyle. Monitoring your weight periodically can help identify any changes early, enabling necessary lifestyle adjustments.

Population Distribution

Population distribution data not available

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Scientific References

[1] PLOS

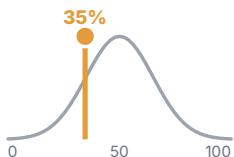
DOI: 10.1371/journal.pgen.1010105

Top Genetic Markers

Gene	RS ID	Genotype
<i>FTO</i>	rs1421085	CT
<i>R3HCC1L</i>	rs11189513	AA
<i>HHIP1L2</i>	rs3748666	CC
<i>TTBK2</i>	rs6493068	TT
<i>MST1R</i>	rs2230590	AG
<i>BCL11A</i>	rs243021	TT
<i>TRMT9B</i>	rs502882	AA
<i>LIF</i>	rs9614163	TC
<i>FSIP1</i>	rs16969386	GG
<i>SLC2A2</i>	rs8192675	AA

MEDIUM RISK

Percentile 35%



Interpretation

Medium Risk compared to the population average.

Recommendations

Include strength-training exercises and maintain an active lifestyle.

Based on genotype rating

Description

Lean Body Mass (LBM) refers to the total weight of an individual excluding body fat. It consists of the muscles, bones, organs, water, and connective tissues that make up the body's structural and functional components. Having a higher proportion of lean body mass is generally associated with better metabolic health, muscular strength, and physical performance. Factors like exercise, diet, and genetics all play important roles in determining lean body mass. Maintaining a higher lean body mass can aid in reducing the risk of obesity, diabetes, and other metabolic conditions.

Result

Your PRS score for lean body mass places you in the 33.6 percentile, suggesting an average genetic predisposition. Incorporating strength-training exercises and consuming balanced nutrition with adequate protein can help maintain healthy lean body mass. Consistency in physical activity and maintaining an active lifestyle are key factors in optimizing body composition.

Population Distribution

Population distribution data not available

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Scientific References

[1] PLOS

DOI: 10.1371/journal.pgen.1010105

[2] Elsevier

DOI: 10.1016/j.ajhg.2021.11.008

Top Genetic Markers

Gene	RS ID	Genotype
FTO	rs1421085	CT
ACAN	rs28407189	AA
MC4R	rs2229616	GG
CHCHD7	rs9650315	GT
GDF5	rs143384	TC
SERPINA1	rs28929474	GG
LCORL	rs16896068	CC
ENPP2	rs10283100	CC
SRSF9	rs145350287	AA
C14orf39	rs33912345	GG



CATEGORY • REDUCED RISK

Cardiovascular Health and Blood Pressure

This category examines various genetic traits related to this area of analysis.

Average: 24%

4

ANALYZED

24%

AVERAGE

1

MEDIUM RISK

1

REDUCED RISK

2

LOW RISK

Overview



Category Insights

Understanding these genetic factors helps provide personalized insights and recommendations.

Risk Distribution



- 1 Medium Risk
- 1 Reduced Risk
- 2 Low Risk

Traits Included in This Category

C-Reactive Protein

Medium

Diastolic Blood Pressure

Low

Hypertension

Reduced

Systolic Blood Pressure

Low

The following pages contain detailed analysis of each trait within this category.

C-Reactive Protein

Category: Cardiovascular Health and Blood Pressure

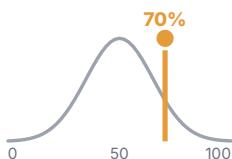
Access Code: 0000-0000

Date: Jan 16, 2026

Report ID: EFO_0004458

MEDIUM RISK

Percentile 70%



Interpretation

Medium Risk compared to the population average.

Recommendations

Maintain a healthy lifestyle, monitor CRP levels, and seek guidance from your healthcare provider to reduce inflammation.

Based on genotype rating

Description

C-reactive protein (CRP) measurement refers to the quantification of CRP levels in the blood. CRP is an inflammatory biomarker that rises in response to inflammation in the body. Elevated levels of CRP are associated with increased risks of cardiovascular disease, diabetes, hypertension, and some cancers. Measuring CRP levels can provide insights into your overall health and inflammation status, guiding early interventions to manage underlying conditions and reduce health risks.

Result

Your PRS score for C-reactive protein levels places you in the 70.4 percentile, suggesting a moderate predisposition to elevated CRP. Maintaining a healthy lifestyle, including regular exercise, a balanced diet low in processed foods, and stress management, can help keep inflammation levels under control. Regular health check-ups to monitor CRP levels, especially if you have other health conditions, are also recommended. Consulting your healthcare provider for further guidance on reducing inflammation can help improve your overall health.

Population Distribution

Population distribution data not available

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Scientific References

[1] Nature

DOI: 10.1038/s41588-020-00757-z

[2] Elsevier

DOI: 10.1016/j.ajhg.2021.11.008

Top Genetic Markers

Gene	RS ID	Genotype
CRP	rs77832441	CC
CRP	rs11265263	GG
CRP	rs7553007	CC
APOE	rs769449	GA
APOC1	rs4420638	AA
CRP	rs3093059	TT
CRP	rs2808630	AG
SALL1	rs10521222	GG
IL6R	rs2228145	AA
HNF4A	rs1800961	CC

Diastolic Blood Pressure

Category: Cardiovascular Health and Blood Pressure

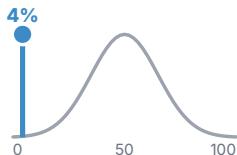
Access Code: 0000-0000

Date: Jan 16, 2026

Report ID: EFO_0006336

● LOW RISK

Percentile 4%



Interpretation

Low Risk compared to the population average.

Recommendations

Continue a healthy lifestyle, monitor blood pressure, and maintain cardiovascular health through regular check-ups.

Based on genotype rating

Description

Diastolic blood pressure is the pressure in the arteries when the heart is at rest between beats, allowing the chambers of the heart to refill with blood. It is an important measure of cardiovascular health, as elevated diastolic pressure can indicate increased risk for conditions such as heart disease and stroke. Understanding your genetic predisposition to high or low diastolic blood pressure can help guide lifestyle modifications and preventive strategies to maintain cardiovascular health.

Result

Your PRS score for diastolic blood pressure places you in the 5.3 percentile, indicating a lower predisposition to elevated diastolic pressure. Despite the lower genetic risk, it is important to maintain a healthy lifestyle that includes a balanced diet, regular physical activity, and stress management to support cardiovascular health. Monitoring blood pressure and having regular check-ups can help maintain optimal heart health.

Population Distribution

Population distribution data not available

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Scientific References

[1] PLOS

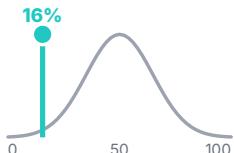
DOI: 10.1371/journal.pgen.1010105

Top Genetic Markers

Gene	RS ID	Genotype
ATXN2	rs3184504	AG
FGF5	rs16998073	AA
NT5C2	rs11191580	AG
ULK4	rs2272007	AG
CCDC141	rs17362588	CC
NPR3	rs1173727	CC
PRDM16	rs2493292	CC
CPEB4	rs6861681	GG
IRAG1	rs4909945	GG
CABCOCO1	rs4590817	CC

● REDUCED RISK

Percentile 16%



Interpretation

Reduced Risk compared to the population average.

Recommendations

Continue with healthy habits for overall cardiovascular health.

Based on genotype rating

Description

Hypertension is defined as persistently high systemic arterial blood pressure, usually greater than 140/90 mm Hg based on multiple readings. Hypertension is a major risk factor for cardiovascular diseases, including heart attacks, stroke, and heart failure. It is often asymptomatic but might lead to severe health complications if untreated. Factors contributing to hypertension include genetic predisposition, diet (particularly salt intake), stress, physical inactivity, and other health conditions. Management may involve lifestyle changes, dietary adjustments, and medication.

Result

Your PRS score for hypertension places you in the 15.5 percentile, indicating a lower predisposition to developing high blood pressure. Despite the lower genetic risk, maintaining healthy lifestyle habits, including a balanced diet and regular physical activity, is still important for long-term cardiovascular health.

Population Distribution

Population distribution data not available

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Scientific References

[1] Nature

DOI: 10.1038/s41588-020-00757-z

[2] PLOS

DOI: 10.1371/journal.pgen.1010105

Top Genetic Markers

Gene	RS ID	Genotype
HFE	rs143278243	GG
SVEP1	rs76038906	CC
FGF5	rs16998073	AA
ATXN2	rs76821272	TT
ENPEP	rs33966350	GG

Systolic Blood Pressure

Category: Cardiovascular Health and Blood Pressure

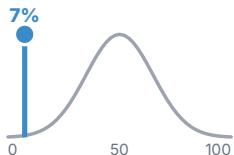
Access Code: 0000-0000

Date: Jan 16, 2026

Report ID: EFO_0006335

● LOW RISK

Percentile 7%



Interpretation

Low Risk compared to the population average.

Recommendations

Lower predisposition to elevated SBP; maintaining good health habits remains important.

Based on genotype rating

Description

Systolic blood pressure (SBP) measures the pressure in the arteries when the left ventricle of the heart contracts. Elevated SBP is a major risk factor for cardiovascular diseases, including heart attack and stroke. It can be influenced by genetic factors, diet, physical activity, and lifestyle choices. Maintaining healthy systolic blood pressure is crucial for overall heart health and can help reduce the risk of complications associated with hypertension.

Result

Your PRS score for SBP places you in the 7.5 percentile, indicating a lower likelihood of elevated systolic blood pressure. Continue with healthy habits like exercise and diet management to maintain optimal blood pressure.

Population Distribution

Population distribution data not available

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Scientific References

[1] Elsevier

DOI: 10.1016/j.ajhg.2021.11.008

Top Genetic Markers

Gene	RS ID	Genotype
PIK3CG	rs12705390	GG



CATEGORY • MEDIUM RISK

Metabolic Health and Diabetes

This category examines various genetic traits related to this area of analysis.

Average: 46%

6

ANALYZED

46%

AVERAGE

1

ELEVATED RISK

3

MEDIUM RISK

2

REDUCED RISK

Overview



Category Insights

Understanding these genetic factors helps provide personalized insights and recommendations.

Risk Distribution



- 1 Elevated Risk
- 3 Medium Risk
- 2 Reduced Risk

Traits Included in This Category

BMI-Adjusted Fasting Blood Glucose

Medium

HbA1c Measurement

Medium

Blood Glucose

Reduced

Blood Insulin

Elevated

Gout

Medium

Type 2 Diabetes Mellitus

Reduced

The following pages contain detailed analysis of each trait within this category.

BMI-Adjusted Fasting Blood Glucose

Category: Metabolic Health and Diabetes

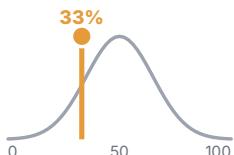
Access Code: 0000-0000

Date: Jan 16, 2026

Report ID: EFO_0008036

MEDIUM RISK

Percentile 33%



Interpretation

Medium Risk compared to the population average.

Recommendations

Maintain a balanced diet, avoid excessive sugar, and monitor fasting glucose levels periodically.

Based on genotype rating

Description

BMI-adjusted fasting blood glucose measurement reflects the fasting blood glucose level adjusted for body mass index (BMI). It is an important measure for assessing an individual's metabolic health, as both high BMI and elevated fasting glucose are risk factors for conditions like type 2 diabetes and metabolic syndrome. Genetic predisposition to abnormal fasting glucose levels can indicate an increased risk of metabolic issues, guiding preventive strategies such as dietary changes, weight management, and regular monitoring of glucose levels.

Result

Your PRS score for BMI-adjusted fasting blood glucose places you in the 34.1 percentile, suggesting a moderate predisposition to variations in fasting glucose levels. Maintaining a balanced diet, avoiding excessive sugar intake, and engaging in regular exercise can help keep glucose levels within a healthy range. Monitoring your fasting glucose periodically can provide insights into your metabolic health. If you notice symptoms like increased thirst or frequent urination, seek medical advice to rule out any underlying issues.

Population Distribution

100.0%



EUR

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Scan to view full genetic profile



Scientific References

[1] Nature

DOI: 10.1038/s41588-021-00948-2

[2] Elsevier

DOI: 10.1016/j.ajhg.2022.09.001

Top Genetic Markers

Gene	RS ID	Genotype
PROX1	rs17712208	TT
DGKB	rs17168486	GG
SLC30A8	rs11558471	AA
DGKB	rs2191349	AA
PDE8A	rs1961275	TT
TCF7L2	rs7903146	CC

HbA1c Measurement

Category: Metabolic Health and Diabetes

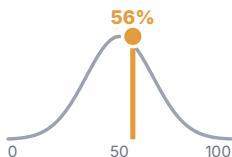
Access Code: 0000-0000

Date: Jan 16, 2026

Report ID: EFO_0004541

MEDIUM RISK

Percentile 56%



Interpretation

Medium Risk compared to the population average.

Recommendations

Maintain a balanced diet, reduce sugar intake, and monitor HbA1c levels periodically.

Based on genotype rating

Description

HbA1c measurement quantifies glycated hemoglobin (HbA1c) levels in the blood. It reflects average blood glucose levels over a period of 2-3 months and is commonly used as an index for diagnosing and managing diabetes. High HbA1c levels indicate poor glucose control and a higher risk of complications such as neuropathy, retinopathy, and cardiovascular disease.

Result

Your PRS score for HbA1c places you in the 54.9 percentile, indicating a moderate predisposition. Adopting a balanced diet, reducing sugar and refined carbohydrates, and engaging in regular physical exercise can help maintain HbA1c levels within a healthy range. Routine HbA1c testing is also recommended to monitor your glucose control over time.

Population Distribution

Population distribution data not available

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Scientific References

[1] Elsevier

DOI: 10.1016/j.ajhg.2021.11.008

Top Genetic Markers

Gene	RS ID	Genotype
HK1	rs10159477	GG
HK1	rs11596587	CC
HFE	rs1800562	GG
TCF7L2	rs7903146	CC
ANK1	rs4737009	CT
YKT6	rs1004558	CC
HK1	rs10823343	GA
H2BC4	rs198846	CC
SPTA1	rs857725	CC
CDKN2B-AS1	rs10811661	TT

Blood Glucose

Category: Metabolic Health and Diabetes

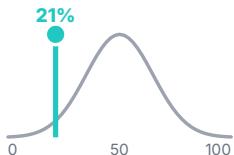
Access Code: 0000-0000

Date: Jan 16, 2026

Report ID: OBA_VT0000188

● REDUCED RISK

Percentile 21%



Interpretation

Reduced Risk compared to the population average.

Recommendations

Lower predisposition; maintain current healthy habits to support glucose stability.

Based on genotype rating

Description

Blood glucose amount refers to the concentration of glucose measured in the blood, reflecting how efficiently the body regulates blood sugar through insulin and other metabolic pathways. It serves as a key indicator of energy balance, carbohydrate metabolism, and diabetes risk. Both genetic and lifestyle factors (diet, exercise, body weight) contribute to variation in blood glucose levels. Understanding your genetic predisposition helps in adopting dietary and lifestyle strategies to maintain optimal glucose control.

Result

Your PRS score for blood glucose amount places you in the 22.3 percentile, indicating a lower genetic risk for elevated blood glucose. Continue maintaining a healthy lifestyle with balanced nutrition and regular movement to preserve optimal metabolic health.

Population Distribution

100.0%



EUR

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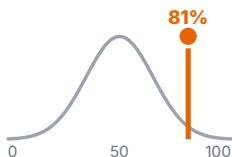
Scientific References

[1] Elsevier

DOI: 10.1016/j.ajhg.2022.09.001

● ELEVATED RISK

Percentile 81%



Interpretation

Elevated Risk compared to the population average.

Recommendations

Higher predisposition; emphasize exercise, low-glycemic diet, and weight control to enhance insulin sensitivity.

Based on genotype rating

Description

Blood insulin refers to the concentration of insulin measured in the blood, which reflects how effectively the pancreas secretes insulin and how well body tissues respond to it. Insulin plays a central role in glucose uptake, lipid metabolism, and overall energy homeostasis. Genetic variation can influence both insulin secretion and sensitivity, affecting metabolic balance and risk for conditions such as insulin resistance and type 2 diabetes. Understanding your genetic predisposition can help guide nutritional and lifestyle strategies for optimal metabolic function.

Result

Your PRS score for blood insulin places you in the 81.7 percentile, suggesting a higher genetic tendency toward elevated insulin levels or reduced insulin sensitivity. A balanced diet with low-glycemic carbohydrates, regular aerobic and resistance exercise, and maintaining a healthy weight are recommended to improve insulin responsiveness and prevent long-term metabolic complications.

Population Distribution

100.0%



EUR

Access Your Full Report

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Scientific References

[1] Circ Genom Precis Med
DOI: 10.1161/circgen.119.002775

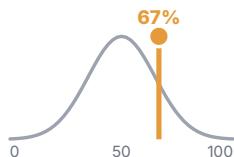
[2] Nature
DOI: 10.1038/s41588-021-00948-2

Top Genetic Markers

Gene	RS ID	Genotype
PPP1R3B	rs983309	CC
FTO	rs1421085	CT
TCF7L2	rs7903146	CC
TET2	rs9884482	TC
HIP1	rs1167800	TT
ZC3H11B	rs2820436	GG
MAP3K19	rs1530559	TT
PEPD	rs731839	CT
INTERGENIC	rs2972143	GG
RSPO3	rs2745353	CT

MEDIUM RISK

Percentile 67%



Interpretation

Medium Risk compared to the population average.

Recommendations

Maintain a balanced diet, limit alcohol, and monitor uric acid levels.

Based on genotype rating

Description

Gout is a type of arthritis characterized by painful swelling of the joints, often caused by the deposition of urate crystals. It typically affects the big toe but can also impact other joints such as the ankles, knees, and wrists. High uric acid levels in the blood lead to the formation of these crystals. Risk factors include genetics, diet, alcohol consumption, and obesity. Gout can cause sudden and severe pain, often occurring at night.

Result

Your PRS score for gout places you in the 65.7 percentile, suggesting a moderate risk. A balanced diet, limiting alcohol, and staying well-hydrated can help reduce the risk of gout flares. Regular monitoring of uric acid levels is also advised to catch any potential problems early.

Population Distribution

Population distribution data not available

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Scientific References

[1] Elsevier

DOI: 10.1016/j.ajhg.2021.11.008

[2] Elsevier

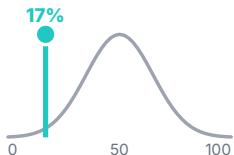
DOI: 10.1016/j.ajhg.2024.06.003

Top Genetic Markers

Gene	RS ID	Genotype
ABCG2	rs1481012	TT
ABCG2	rs2231142	CC
SLC2A9	rs16890979	AG
TNS1	rs7573770	GG
SLC22A11	rs2078267	TC
GCKR	rs1260326	TC
SLC2A9	rs10805346	GA
SLC2A9	rs7675964	AG
SLC17A1	rs2762353	CC
RNASEH2C	rs11227281	GA

● REDUCED RISK

Percentile 17%



Interpretation

Reduced Risk compared to the population average.

Recommendations

Lower predisposition, but healthy habits are important for continued health and reducing risks.

Based on genotype rating

Description

Type 2 diabetes mellitus (T2DM) is a chronic metabolic disorder characterized by insulin resistance and high blood glucose levels. Unlike type 1 diabetes, T2DM often develops gradually over time and is linked to lifestyle factors such as diet, physical inactivity, and obesity, as well as genetic predisposition. Symptoms may include increased thirst, frequent urination, blurred vision, and fatigue. Effective management involves a combination of dietary changes, physical activity, medications, and in some cases, insulin therapy to control blood sugar levels and reduce complications.

Result

Your PRS score for type 2 diabetes mellitus places you in the 16.9 percentile, indicating a lower predisposition. However, adopting a healthy lifestyle will help sustain optimal health and reduce the risk of various chronic conditions.

Population Distribution

100.0%



EUR

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Scientific References

[1] Nature

DOI: 10.1038/gim.2016.103

Top Genetic Markers

Gene	RS ID	Genotype
TCF7L2	rs7903146	CC
TCF7L2	rs117764423	AA
KCNQ1	rs2237896	GG
THADA	rs10203174	AG
FTO	rs1558902	AT
ADCY5	rs11717195	AG
WFS1	rs1801214	TT
INTERGENIC	rs2943640	CC
CDKAL1	rs7756992	GA
HNF1B	rs11651052	CT



CATEGORY • MEDIUM RISK

Lipid Metabolism and Cholesterol

This category examines various genetic traits related to this area of analysis.

Average: 46%



6
ANALYZED

46%
AVERAGE

6
MEDIUM RISK

Overview



Category Insights

Understanding these genetic factors helps provide personalized insights and recommendations.

Risk Distribution



6 Medium Risk

Traits Included in This Category

Hypercholesterolemia Medium

Apolipoprotein A 1 Medium

Apolipoprotein B Medium

Lipoprotein A Medium

Fatty Acid Medium

Triglyceride Medium

The following pages contain detailed analysis of each trait within this category.

Hypercholesterolemia

Category: Lipid Metabolism and Cholesterol

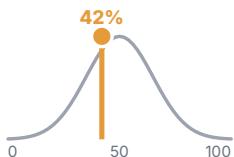
Access Code: 0000-0000

Date: Jan 16, 2026

Report ID: HP_0003124

MEDIUM RISK

Percentile 42%



Interpretation

Medium Risk compared to the population average.

Recommendations

Maintain a healthy diet and routine monitoring of cholesterol levels.

Based on genotype rating

Description

Hypercholesterolemia is a condition characterized by an increased concentration of cholesterol in the blood. Elevated cholesterol levels, particularly LDL cholesterol (the "bad" cholesterol), are a significant risk factor for atherosclerosis, cardiovascular diseases, and stroke. Hypercholesterolemia can be influenced by genetic factors, diet, lifestyle, and other underlying health conditions. Management includes dietary changes, exercise, and, in some cases, medication to maintain healthy cholesterol levels and reduce the risk of complications.

Result

Your PRS score for hypercholesterolemia places you in the 41.1 percentile, suggesting a moderate predisposition. Maintaining a heart-healthy diet rich in fruits, vegetables, and healthy fats (such as omega-3s) along with regular exercise can help maintain healthy cholesterol levels. Routine blood tests to monitor cholesterol are also recommended.

Population Distribution

Population distribution data not available

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Scientific References

[1] PLOS

DOI: 10.1371/journal.pgen.1010105

Top Genetic Markers

Gene	RS ID	Genotype
PCSK9	rs11591147	GG
LDLR	rs6511720	GG
APOC1	rs445925	GG
ZPR1	rs964184	GG
CELSR2	rs12740374	TG
APOC1	rs4420638	AA
LPA	rs3798220	AA
APOB	rs1367117	CC
TM6SF2	rs58542926	AG
APOB	rs541041	CT

Apolipoprotein A 1

Category: Lipid Metabolism and Cholesterol

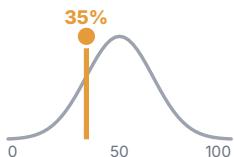
Access Code: 0000-0000

Date: Jan 16, 2026

Report ID: EFO_0004614

MEDIUM RISK

Percentile 35%



Interpretation

Medium Risk compared to the population average.

Recommendations

A balanced diet and regular physical activity are beneficial for maintaining cardiovascular health.

Based on genotype rating

Description

Apolipoprotein A 1 measurement involves quantifying the amount of apolipoprotein A 1 (ApoA1) in a sample. ApoA1, encoded by the APOA1 gene, is the major protein component of high-density lipoprotein (HDL) in plasma, often referred to as the "good cholesterol." It plays a critical role in the reverse transport of cholesterol, removing excess cholesterol from the arteries and transporting it back to the liver for excretion. Higher levels of ApoA1 are associated with a reduced risk of coronary artery disease, making this measurement an important marker of cardiovascular health. Understanding your ApoA1 levels can help assess your risk of developing cardiovascular issues and guide strategies for heart health.

Result

Your PRS score for apolipoprotein A 1 measurement places you in the 35.1 percentile, indicating levels similar to the general population. Maintaining a balanced diet rich in healthy fats, such as omega-3s, and regular exercise can support optimal HDL levels and cardiovascular health.

Population Distribution

Population distribution data not available

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Scientific References

[1] Nature

DOI: 10.1038/s41588-020-00757-z

[2] Elsevier

DOI: 10.1016/j.ajhg.2021.11.008

Top Genetic Markers

Gene	RS ID	Genotype
LIPG	rs77960347	AA
LPL	rs268	AA
CD300LG	rs72836561	CC
CETP	rs5883	CC
HNF4A	rs1800961	CC
LIPC	rs1800588	TC
ANGPTL4	rs116843064	GG
CETP	rs5880	GG
PPP1R3B	rs9987289	CC
LIPC	rs1077835	GA

Apolipoprotein B

Category: Lipid Metabolism and Cholesterol

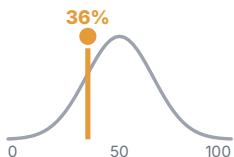
Access Code: 0000-0000

Date: Jan 16, 2026

Report ID: EFO_0004615

MEDIUM RISK

Percentile 36%



Interpretation

Medium Risk compared to the population average.

Recommendations

A heart-healthy diet and regular exercise are advised to maintain optimal cardiovascular health.

Based on genotype rating

Description

Apolipoprotein B (ApoB) measurement refers to the quantification of ApoB in blood, which is the main protein component of low-density lipoproteins (LDL), very low-density lipoproteins (VLDL), and chylomicrons. ApoB is a critical marker of cardiovascular health, as it helps transport cholesterol and triglycerides through the bloodstream. Elevated levels of ApoB are associated with an increased risk of atherosclerosis and cardiovascular disease, as they reflect the number of potentially atherogenic lipoprotein particles. Monitoring ApoB levels can help assess an individual's cardiovascular risk and guide personalized lifestyle and treatment strategies to reduce the risk of heart disease.

Result

Your PRS score for apolipoprotein B measurement places you in the 35.8 percentile, indicating ApoB levels similar to those in the general population. Maintaining a heart-healthy diet, reducing trans fats, and engaging in regular exercise can help keep ApoB levels within a healthy range.

Population Distribution

Population distribution data not available

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Scientific References

[1] Nature

DOI: 10.1038/s41588-020-00757-z

[2] Elsevier

DOI: 10.1016/j.ajhg.2021.11.008

Top Genetic Markers

Gene	RS ID	Genotype
NECTIN2	rs7254892	GG
APOC1	rs445925	GG
TOMM40	rs157582	CT
TOMM40	rs2075650	AG
PCSK9	rs11591147	GG
LDLR	rs72658867	GG
LDLR	rs6511720	GG
APOB	rs533617	AA
NECTIN2	rs17561351	AA
TOMM40	rs1160985	TC

Lipoprotein A

Category: Lipid Metabolism and Cholesterol

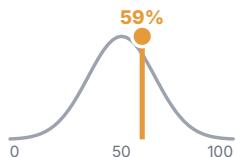
Access Code: 0000-0000

Date: Jan 16, 2026

Report ID: EFO_0006925

MEDIUM RISK

Percentile 59%



Interpretation

Medium Risk compared to the population average.

Recommendations

Maintain a healthy diet, exercise, and have routine cholesterol screenings.

Based on genotype rating

Description

Lipoprotein A (Lp(a)) is a type of lipoprotein similar to low-density lipoprotein (LDL), often called "bad cholesterol." Elevated levels of Lp(a) are associated with an increased risk of cardiovascular diseases, including atherosclerosis, heart attacks, and strokes. Lp(a) levels are largely determined by genetics, and traditional lipid-lowering treatments, such as statins, have little effect on Lp(a). Measurement of Lp(a) is therefore important for assessing cardiovascular risk in individuals, especially those with a family history of heart disease.

Result

Your PRS score for lipoprotein A places you in the 60.2 percentile, suggesting a moderate predisposition. Maintaining a healthy diet low in saturated fats, combined with physical activity and weight management, can help keep Lp(a) levels under control. Routine screening of cholesterol levels is also beneficial to detect any early signs of increased cardiovascular risk.

Population Distribution

Population distribution data not available

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Scientific References

[1] Nature

DOI: 10.1038/s41588-020-00757-z

Top Genetic Markers

Gene	RS ID	Genotype
LPA	rs10455872	TT
LPA	rs73596816	CC
LPA	rs41272114	GG
LPA	rs41267807	AA
LPA	rs41267809	TT
PLG	rs4252200	AA
LPA	rs6919346	GG
SLC22A1	rs146534110	GG
LPA	rs80145669	CC
LPA	rs3798220	AA

Fatty Acid

Category: Lipid Metabolism and Cholesterol

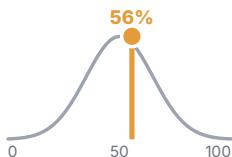
Access Code: 0000-0000

Date: Jan 16, 2026

Report ID: OBA_VT0010046

MEDIUM RISK

Percentile 56%



Interpretation

Medium Risk compared to the population average.

Recommendations

Moderate predisposition; maintain a varied fat profile emphasizing unsaturated fats.

Based on genotype rating

Description

Fatty acid measurement refers to the quantification of fatty acids—key components of lipids—within blood or other tissues. Fatty acids are crucial for cell membrane integrity, energy storage, and signaling. The balance between saturated, monounsaturated, and polyunsaturated fatty acids (including omega-3 and omega-6) influences inflammation, cardiovascular health, and metabolic function. Genetic differences can affect lipid metabolism, fatty acid synthesis, and utilization efficiency. Understanding your genetic predisposition helps guide dietary fat quality and balance for optimal health.

Result

Your PRS score for fatty acid level places you in the 54.5 percentile, indicating an average genetic predisposition for fatty acid metabolism. Maintain a moderate balance of fats in your diet, prioritize unsaturated sources, and limit processed or fried foods to support healthy lipid profiles.

Population Distribution

100.0%



EUR

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Scientific References

[1] Elsevier

DOI: 10.1016/j.ajhg.2022.09.001

Top Genetic Markers

Gene	RS ID	Genotype
INTERGENIC	rs7179358	AA

Triglyceride

Category: Lipid Metabolism and Cholesterol

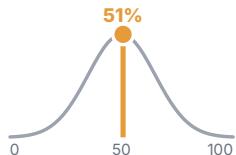
Access Code: 0000-0000

Date: Jan 16, 2026

Report ID: EFO_0004530

MEDIUM RISK

Percentile 51%



Interpretation

Medium Risk compared to the population average.

Recommendations

Moderate predisposition; a balanced diet and physical activity are recommended for optimal triglyceride management.

Based on genotype rating

Description

Triglyceride measurement quantifies the amount of triglycerides in blood. Triglycerides are a type of fat (lipid) found in your blood and are used by the body for energy. High levels of triglycerides are associated with an increased risk of cardiovascular disease, including atherosclerosis, heart attacks, and strokes. Measuring triglyceride levels is a common part of routine blood tests to monitor heart health and assess the risk of developing cardiovascular conditions. It is often advised to maintain healthy triglyceride levels through diet, exercise, and lifestyle modifications.

Result

Your calculated PRS for triglycerides places you in the 51.7 percentile, indicating a moderate risk. Maintaining a balanced diet and incorporating physical activity can help in effectively managing triglyceride levels.

Population Distribution

100.0%



EUR

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Scientific References

[1] Elsevier

DOI: 10.1016/j.ajhg.2022.09.001

[2] Nature

DOI: 10.1038/s41588-022-01036-9

Top Genetic Markers

Gene	RS ID	Genotype
SIK3	rs141469619	TT
LPL	rs268	AA
BUD13	rs141414463	GG
BUD13	rs74792494	TT
ANGPTL4	rs116843064	GG
BACE1	rs1047964	CC
CD300LG	rs72836561	CC



CATEGORY • REDUCED RISK

Liver Health and Alcohol Metabolism

This category examines various genetic traits related to this area of analysis.

Average: 21%

2

ANALYZED

21%

AVERAGE

1

MEDIUM RISK

1

REDUCED RISK

Overview



Category Insights

Understanding these genetic factors helps provide personalized insights and recommendations.

Risk Distribution



- 1 Medium Risk
- 1 Reduced Risk

Traits Included in This Category

Alcohol Dependence

Reduced

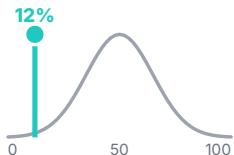
Alcoholic Liver Cirrhosis

Medium

The following pages contain detailed analysis of each trait within this category.

● REDUCED RISK

Percentile 12%



Interpretation

Reduced Risk compared to the population average.

Recommendations

Continue to practice moderation, even if your genetic predisposition for dependence is low.

Based on genotype rating

Description

Alcohol dependence refers to a condition characterized by physical and psychological reliance on alcohol. Individuals with alcohol dependence may find it challenging to reduce or control their drinking despite experiencing negative impacts on their health, relationships, and daily life. Dependence involves a heightened tolerance to alcohol, withdrawal symptoms when alcohol consumption is reduced or stopped, and persistent cravings. Factors that contribute to alcohol dependence include genetic predisposition, environmental influences, and psychological stressors. Early identification and intervention can help in managing the condition, potentially preventing long-term complications such as liver disease, cardiovascular issues, and cognitive impairments.

Result

Your PRS score for alcohol dependence places you in the 13.1 of the population, indicating a lower predisposition towards developing alcohol dependence compared to others. Even with a low genetic predisposition, it is important to maintain healthy drinking habits to avoid any adverse health effects.

Population Distribution

81.7%



14.3%



AFR

3.6%



AMR

0.3%



EAS

0.0%



SAS

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Scientific References

[1] *Alcohol Clin Exp Res*

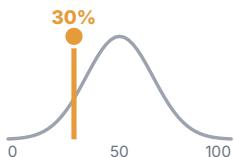
DOI: 10.1111/acer.14772

Top Genetic Markers

Gene	RS ID	Genotype
SLC39A8	rs13107325	GG
GCKR	rs1260326	TC
ADH1C	rs2298753	AA
CAMTA1	rs9988575	GG
DLGAP1	rs16945863	GG
ATF3	rs4951626	GG
KLB	rs4975013	AG
HS3ST5	rs785136	GG

MEDIUM RISK

Percentile 30%



Interpretation

Medium Risk compared to the population average.

Recommendations

Practicing moderation in alcohol consumption and maintaining regular health check-ups are advised to monitor liver health.

Based on genotype rating

Description

Alcoholic liver cirrhosis is a condition characterized by the formation of fibrotic scar tissue in the liver due to prolonged excessive alcohol consumption. Over time, healthy liver cells are replaced by scar tissue, impairing the liver's ability to function effectively. Symptoms may include fatigue, jaundice, and fluid retention in the abdomen. Factors such as genetics, frequency of alcohol consumption, and overall health influence the risk of developing alcoholic liver cirrhosis. Early diagnosis and changes in drinking behavior can help slow the progression of liver damage. Understanding genetic risk can aid in making informed choices about alcohol consumption.

Result

Your PRS score for alcoholic liver cirrhosis places you in the 28.6 percentile, indicating a risk level similar to that of the general population. Practicing moderation and regular liver health check-ups are recommended to maintain liver function and prevent long-term damage.

Population Distribution

Population distribution data not available

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Scientific References

[1] Nature
DOI: 10.1038/s41588-020-00757-z

Top Genetic Markers

Gene	RS ID	Genotype
GPT	rs147998249	GG
GH1	rs5388	GG
PNPLA3	rs738409	GC
TM6SF2	rs58542926	AG
SSTR5	rs4988483	CC
LPA	rs10455872	TT
GGT1	rs186765281	GA
INTERGENIC	rs700752	GG
ZNF827	rs4835265	GG
ALPL	rs149344982	GG



CATEGORY • MEDIUM RISK

Vitamin and Mineral Status

This category examines various genetic traits related to this area of analysis.

Average: 56%



5

ANALYZED

56%

AVERAGE

1

HIGH RISK

1

ELEVATED RISK

3

MEDIUM RISK

Overview



Category Insights

Understanding these genetic factors helps provide personalized insights and recommendations.

Risk Distribution



- 1 High Risk
- 1 Elevated Risk
- 3 Medium Risk

Traits Included in This Category

Calcium

Medium

Iron Metabolism Disorders

Medium

Vitamin B12 Deficiency

High

Vitamin B

Medium

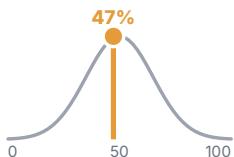
Vitamin D Level

Elevated

The following pages contain detailed analysis of each trait within this category.

MEDIUM RISK

Percentile 47%



Interpretation

Medium Risk compared to the population average.

Recommendations

Maintain a balanced diet rich in calcium, monitor levels periodically, and consult a healthcare provider if needed.

Based on genotype rating

Description

Calcium measurement refers to the quantification of calcium, typically in serum. Calcium is a crucial mineral that plays important roles in many physiological processes, such as muscle contraction, neurotransmitter release, blood clotting, and bone formation. It acts as a second messenger in cellular signaling and is essential for the proper functioning of numerous enzymes. Calcium levels in the body are tightly regulated, as both deficiency and excess can have significant health implications. Understanding your genetic predisposition to calcium levels can help guide dietary choices and supplementation to maintain optimal health.

Result

Your PRS score for calcium measurement places you in the 48.2 percentile, suggesting a moderate predisposition to variations in calcium levels. It is advisable to maintain a balanced diet that includes adequate calcium, obtained from dairy products, leafy greens, and fortified foods. Regular blood tests can help monitor calcium levels and ensure they remain within a healthy range. Consulting a healthcare provider if you experience symptoms like muscle cramps or bone pain can help in managing your calcium status effectively.

Population Distribution

Population distribution data not available

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Scientific References

[1] Nature

DOI: 10.1038/s41588-020-00757-z

[2] Elsevier

DOI: 10.1016/j.ajhg.2021.11.008

Top Genetic Markers

Gene	RS ID	Genotype
CASR	rs1801725	TT
CASR	rs1042636	AA
INTERGENIC	rs10491003	CC
SERPINA1	rs28929474	GG
PITPNM2	rs17884869	CC
GCKR	rs1260326	TC
ST3GAL4	rs4937122	TT
SLC39A8	rs13107325	GG
MAP1A	rs55707100	CC

Iron Metabolism Disorders

Category: Vitamin and Mineral Status

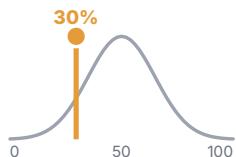
Access Code: 0000-0000

Date: Jan 16, 2026

Report ID: MONDO_0002279

MEDIUM RISK

Percentile 30%



Interpretation

Medium Risk compared to the population average.

Recommendations

Include iron-rich foods, monitor intake, and have regular health check-ups.

Based on genotype rating

Description

Iron Metabolism Disorders refers to any disorder affecting the absorption, transport, storage, or utilization of iron within the body. Iron is a crucial mineral involved in producing hemoglobin in red blood cells, which is essential for oxygen transport throughout the body. Disruptions in iron metabolism can lead to conditions like iron deficiency anemia, hemochromatosis (iron overload), or other metabolic imbalances. Symptoms of iron metabolism disorders may include fatigue, weakness, joint pain, or organ damage. Proper diagnosis and management of iron levels are key to preventing complications and maintaining good health.

Result

Your PRS score for iron metabolism disease places you in the 30.6 percentile, suggesting a moderate predisposition. To maintain proper iron balance, include iron-rich foods like red meat, leafy greens, and legumes in your diet while also monitoring intake to avoid excess. Regular health check-ups, including blood tests to evaluate iron levels, are recommended.

Population Distribution

Population distribution data not available

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Scientific References

[1] Elsevier

DOI: 10.1016/j.ajhg.2021.11.008

Top Genetic Markers

Gene	RS ID	Genotype
HFE	rs1800562	GG
H2BC4	rs198846	CC
H1-2	rs9689245	GG
H4C1	rs3734528	AA
H3C2	rs10484433	GG
CDC14C	rs6583481	TT

Vitamin B12 Deficiency

Category: Vitamin and Mineral Status

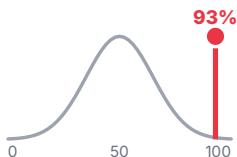
Access Code: 0000-0000

Date: Jan 16, 2026

Report ID: EFO_0000734

● HIGH RISK

Percentile 93%



Interpretation

High Risk compared to the population average.

Recommendations

High predisposition; regular monitoring of vitamin B12 levels and supplementation may be required to prevent deficiency-related health issues.

Based on genotype rating

Description

Vitamin B12 deficiency is characterized by low levels of vitamin B12 in the blood, which can either be inherited or acquired. Vitamin B12 plays a critical role in the normal functioning of the brain and nervous system and is essential for red blood cell formation. Deficiency can lead to symptoms such as fatigue, weakness, memory issues, and neurological complications. Addressing vitamin B12 deficiency may involve dietary changes or supplementation.

Result

Your calculated Polygenic Risk Score (PRS) for vitamin B12 deficiency places you in the 92.0 percentile, indicating a high predisposition. It may be beneficial to monitor your vitamin B12 levels regularly and consider dietary changes or supplements to maintain adequate levels.

Population Distribution

Population distribution data not available

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Scientific References

[1] PLOS

DOI: 10.1371/journal.pgen.1010105

Top Genetic Markers

Gene	RS ID	Genotype
TCN1	rs34324219	GT
CUBN	rs1801222	CC
FUT2	rs601338	GG
PTPN22	rs2476601	TT
HLA-C	rs1130838	AA
IGFN1	rs3738270	TT
IKZF1	rs10276619	AG
ATXN2	rs3184504	AG
CGAS	rs311685	CC
ITGB3	rs5918	TT

Vitamin B

Category: Vitamin and Mineral Status

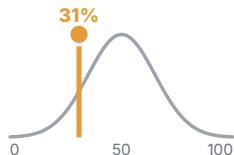
Access Code: 0000-0000

Date: Jan 16, 2026

Report ID: EFO_0004843

MEDIUM RISK

Percentile 31%



Interpretation

Medium Risk compared to the population average.

Recommendations

Ensure consistent intake of B-vitamin-rich foods to support overall metabolic health.

Based on genotype rating

Description

Vitamin B measurement quantifies the concentration of one or more B vitamins—including thiamine (B1), riboflavin (B2), niacin (B3), pantothenic acid (B5), pyridoxine (B6), biotin (B7), folate (B9), and cobalamin (B12)—in blood, serum, or other biological samples. These vitamins are essential cofactors in energy metabolism, DNA synthesis, and nervous system function. Genetic variations in metabolic enzymes may influence absorption, transport, or utilization efficiency. Understanding your vitamin B status can help guide dietary choices and supplementation for optimal metabolic and neurological health.

Result

Your PRS score for vitamin B measurement places you in the 29.9 percentile, indicating an average genetic efficiency for vitamin B utilization. Ensuring regular dietary intake of B-vitamin-rich foods can help maintain sufficient levels, especially during periods of stress or high energy demand.

Population Distribution

100.0%



EUR

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Scientific References

[1] Elsevier

DOI: 10.1016/j.ajhg.2022.09.001

Top Genetic Markers

Gene	RS ID	Genotype
TTYH1	rs147841877	GG

Vitamin D Level

Category: Vitamin and Mineral Status

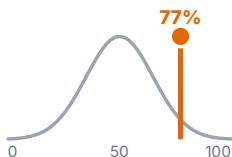
Access Code: 0000-0000

Date: Jan 16, 2026

Report ID: OBA_1000968

● ELEVATED RISK

Percentile 77%



Interpretation

Elevated Risk compared to the population average.

Recommendations

Maintain balanced nutrition and moderate sun exposure; avoid unnecessary supplementation.

Based on genotype rating

Description

Vitamin D level refers to the quantification of vitamin D concentration in blood or other biological tissues. It reflects the body's vitamin D status, which is essential for calcium absorption, bone mineralization, immune regulation, and overall metabolic health. Both genetic and environmental factors (such as sunlight exposure and diet) influence circulating vitamin D levels. Understanding your genetic predisposition can guide optimal sun exposure and dietary intake for maintaining healthy vitamin D status.

Result

Your PRS score for vitamin D level places you in the 77.3 percentile, suggesting a higher genetic potential for maintaining adequate vitamin D levels. Regular moderate sun exposure and balanced nutrition are generally sufficient to sustain optimal levels. Avoid excessive supplementation unless medically indicated.

Population Distribution

Population distribution data not available

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Scientific References

[1] Nature

DOI: 10.1038/s41588-020-00757-z

Top Genetic Markers

Gene	RS ID	Genotype
GC	rs4588	CC
NADSYN1	rs12785878	TT
CYP2R1	rs1993116	TC
CYP2R1	rs7129781	AA
GC	rs7041	GG
ZPR1	rs964184	GG
LIPC	rs1800588	TC
SEC23A	rs8018720	CG



CATEGORY • MEDIUM RISK

Digestive and Gastrointestinal Health

This category examines various genetic traits related to this area of analysis.

Average: 49%

2

ANALYZED

49%

AVERAGE

1

ELEVATED RISK

1

REDUCED RISK

Overview



Category Insights

Understanding these genetic factors helps provide personalized insights and recommendations.

Risk Distribution



- 1 Elevated Risk
- 1 Reduced Risk

Traits Included in This Category

Celiac Disease

Elevated

Cholelithiasis

Reduced

The following pages contain detailed analysis of each trait within this category.

Celiac Disease

Category: Digestive and Gastrointestinal Health

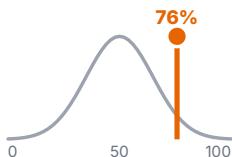
Access Code: 0000-0000

Date: Jan 16, 2026

Report ID: EFO_0001060

● ELEVATED RISK

Percentile 76%



Interpretation

Elevated Risk compared to the population average.

Recommendations

Monitor for symptoms, consult a healthcare provider for testing, and adopt a gluten-free diet if diagnosed.

Based on genotype rating

Description

Celiac disease is an autoimmune disorder characterized by an immune response triggered by the ingestion of gluten, a protein found in wheat, barley, and rye. This immune response damages the small intestinal villi, leading to impaired nutrient absorption. Symptoms of celiac disease include abdominal pain, diarrhea, constipation, and weight loss. If untreated, it can lead to complications such as malnutrition, anemia, and osteoporosis. However, the prognosis is favorable with a strict gluten-free diet. Understanding your genetic predisposition to celiac disease can help guide early testing and dietary adjustments to prevent complications.

Result

Your PRS score for celiac disease places you in the 76.7 percentile, indicating a higher genetic predisposition to developing this autoimmune disorder. It is important to monitor for symptoms, such as abdominal pain or gastrointestinal discomfort, particularly after consuming gluten. Consider consulting a healthcare provider for testing, including serology and biopsy, if symptoms are present. If diagnosed, adopting a strict gluten-free diet will help prevent symptoms and complications. Consulting a nutritionist for support in managing a gluten-free diet is also recommended.

Population Distribution

Population distribution data not available

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Scientific References

[1] BMC/Springer

DOI: 10.1186/s13073-015-0196-5

[2] Elsevier

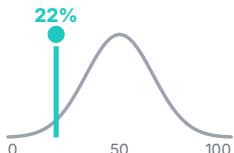
DOI: 10.1016/j.ajhg.2021.11.008

Top Genetic Markers

Gene	RS ID	Genotype
HLA-DPA1	rs1431403	AA
HLA-DQA1	rs9272219	TG
HLA-DQB1	rs17212090	GA
HLA-DQB1	rs9469220	CC
IL21	rs6822844	CC
ATXN2	rs653178	GA
BTNL2	rs3763317	GA
HLA-DQB1	rs9275224	TC
SCHIP1	rs17809756	GG
HLA-C	rs3130696	CC

● REDUCED RISK

Percentile 22%



Interpretation

Reduced Risk compared to the population average.

Recommendations

Continue with a healthy diet and consult a healthcare provider if any unexpected symptoms occur.

Based on genotype rating

Description

Cholelithiasis refers to the presence of calculi, also known as gallstones, in the gallbladder. Gallstones are hardened deposits of digestive fluid that can vary in size and number, and they may obstruct the bile ducts, leading to symptoms such as abdominal pain, nausea, and vomiting. If left untreated, cholelithiasis can lead to complications, such as cholecystitis or pancreatitis.

Understanding your genetic predisposition to cholelithiasis can help guide dietary choices and preventive measures to reduce the risk of gallstone formation.

Result

Your PRS score for cholelithiasis places you in the 20.6 percentile, indicating a lower predisposition to developing gallstones. Although the risk is reduced, it is still beneficial to maintain a healthy diet that supports gallbladder function, avoiding excessive consumption of fatty foods. If you experience any unexpected symptoms, such as abdominal pain or digestive discomfort, consult a healthcare provider for evaluation.

Population Distribution

Population distribution data not available

Access Your Full Report

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Scientific References

[1] Nature

DOI: 10.1038/s41588-020-00757-z

[2] Elsevier

DOI: 10.1016/j.ajhg.2021.11.008

Top Genetic Markers

Gene	RS ID	Genotype
ABCG8	rs4299376	TG
DYNC2LI1	rs1025447	TT
ABCG5	rs6756629	CC
ABCG8	rs6709904	AA
SULT2A1	rs2547231	TT
HNF4A	rs1800961	CC
ABCB4	rs4148807	CT
ABCG8	rs11887534	GG
ABCG8	rs4953023	GG
ABCG8	rs41360247	TT



CATEGORY • MEDIUM RISK

Dietary Intake and Behavioral

This category examines various genetic traits related to this area of analysis.

Average: 54%

3

ANALYZED

54%

AVERAGE

3

MEDIUM RISK

Overview



Category Insights

Understanding these genetic factors helps provide personalized insights and recommendations.

Risk Distribution



3 Medium Risk

Traits Included in This Category

Coffee Consumption

Medium

Nicotine Dependence

Medium

Tea Consumption

Medium

The following pages contain detailed analysis of each trait within this category.

Coffee Consumption

Category: Dietary Intake and Behavioral

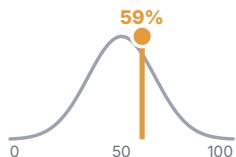
Access Code: 0000-0000

Date: Jan 16, 2026

Report ID: EFO_0006781

MEDIUM RISK

Percentile 59%



Interpretation

Medium Risk compared to the population average.

Recommendations

Be mindful of consumption levels, limit to 2-3 cups per day, and avoid caffeine late in the day to maintain sleep quality.

Based on genotype rating

Description

Coffee consumption measurement refers to the quantification of how much coffee an individual consumes or coffee-related behaviors. This is usually self-reported via a questionnaire, providing insight into caffeine intake, which can impact several health outcomes. Coffee consumption has been linked to both positive effects, such as improved alertness and reduced risk of some diseases, and negative effects, such as increased anxiety or sleep disturbances, depending on the amount and individual sensitivity. Understanding your genetic predisposition to coffee consumption can help guide healthy consumption patterns that suit your physiology.

Result

Your PRS score for coffee consumption places you in the 60.2 percentile, suggesting a moderate predisposition to coffee intake. It is important to be mindful of your consumption levels to ensure that you reap the potential benefits, such as increased energy and alertness, while avoiding negative effects like increased heart rate or sleep disturbances. Consider limiting your coffee intake to 2-3 cups per day, and avoid caffeine in the late afternoon or evening to support good sleep quality.

Population Distribution

Population distribution data not available

Access Your Full Report

Scan to view full genetic profile



Scientific References

[1] PLOS

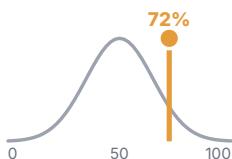
DOI: 10.1371/journal.pgen.1010105

Top Genetic Markers

Gene	RS ID	Genotype
<i>CYP1A1</i>	rs2472297	GG
<i>AHR</i>	rs4410790	TT
<i>NEGR1</i>	rs990871	AA
<i>SH2B1</i>	rs7498665	AG
<i>MST1R</i>	rs2230590	AG
<i>ZNF462</i>	rs10217192	AA
<i>DPP4</i>	rs116302758	AA
<i>C3orf18</i>	rs1034405	CC
<i>AKAP10</i>	rs2108978	GG

MEDIUM RISK

Percentile 72%



Interpretation

Medium Risk compared to the population average.

Recommendations

Preventive measures, including nicotine replacement therapy, can be helpful. Awareness of usage patterns is essential to avoid addiction.

Based on genotype rating

Description

Nicotine Dependence is characterized by both physical and psychological dependence on nicotine, a highly addictive substance commonly found in tobacco products. This condition involves cravings for nicotine, withdrawal symptoms when not using it, and the inability to control or reduce usage despite adverse health consequences. Dependence on nicotine can increase the risk of developing cardiovascular diseases, respiratory issues, and various types of cancer.

Result

Your PRS score for nicotine dependence places you in the 73.2 percentile, suggesting a moderate likelihood of developing nicotine dependence. Being mindful of your nicotine usage and considering preventive measures such as nicotine replacement therapy or behavioral counseling can help reduce the risk of addiction.

Population Distribution

Population distribution data not available

Access Your Full Report

Scan to view full genetic profile



Scientific References

[1] Elsevier

DOI: 10.1016/j.ajhg.2021.11.008

Top Genetic Markers

Gene	RS ID	Genotype
JADE2	rs329120	TC
AGBL4	rs11205506	TC
INTERGENIC	rs4142668	TT
TENM2	rs883322	TG
FOXP2	rs4727799	TC
DMRTA1	rs10811743	AG
RBMS3	rs11129333	CC
TNRC6A	rs7185291	CT
KCNIP1	rs4867981	AA
CHRNA5	rs667282	TT

Tea Consumption

Category: Dietary Intake and Behavioral

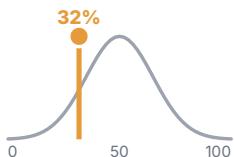
Access Code: 0000-0000

Date: Jan 16, 2026

Report ID: EFO_0010091

MEDIUM RISK

Percentile 32%



Interpretation

Medium Risk compared to the population average.

Recommendations

Moderate likelihood of tea consumption; moderate consumption provides antioxidant advantages.

Based on genotype rating

Description

Tea consumption measurement quantifies aspects of tea consumption, such as frequency or amount consumed. Tea is widely consumed for its antioxidant properties and potential health benefits, including cardiovascular protection and stress reduction. However, the impact of tea on health can vary, depending on factors like caffeine content, individual tolerance, and the presence of specific bioactive compounds.

Result

Your calculated PRS for tea consumption places you in the 30.8 percentile, suggesting a moderate inclination towards tea consumption. Enjoying tea in moderation can provide antioxidant benefits without the risk of excessive caffeine intake.

Population Distribution

Population distribution data not available

Access Your Full Report

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Scientific References

[1] PLOS

DOI: 10.1371/journal.pgen.1010105

Top Genetic Markers

Gene	RS ID	Genotype
CYP1A1	rs2472297	GG
AHR	rs4410790	TT
POR	rs1057868	TC
ADORA2A	rs4822492	GC
GPR101	rs1190736	GG
HORMAD1	rs1336900	TT
ABCG2	rs2231142	CC
DOCK11	rs5909543	GG
TAS2R38	rs713598	CC
NRXN3	rs34940743	AG

Access Your PRS Information

Use this access code to view your detailed genetic report online.

YOUR PRS INFORMATION ACCESS CODE

0 0 0 0 - 0 0 0 0

Visit our website and enter the code above to access your complete genetic profile and personalized recommendations.

How to Use?

1. Scan the QR code with your camera
2. Enter the 8-digit access code above on the website that opens
3. View your PRS and detailed analysis
4. Save or print your results as needed

Important: This access code is only for you. Keep the code in a safe place and do not share it with others. You can get information about the code validity period and terms of use from the website.

Understanding Your Genetic Report

Percentiles, Z-Scores, and Statistical Interpretation

The following report provides an overview of your wellness profile based on the analysis of your DNA. By examining specific genetic markers, we can identify potential predispositions that relate to various health traits, such as metabolism, cardiovascular health, and mental well-being.



What is Genetic Testing?

Genetic testing is a process that involves analyzing your DNA, the unique genetic material you inherit from your parents. DNA contains the instructions for building and maintaining your body, and variations in these instructions can influence your health, traits, and predispositions.

Modern genetic testing examines millions of specific positions in your genome, looking for variations called Single Nucleotide Polymorphisms (SNPs). These genetic variants can provide valuable insights into how your body processes nutrients, responds to exercise, and reacts to environmental factors.

It's important to understand that genetic testing provides probabilistic information, not deterministic predictions. Your genes interact with your environment, lifestyle, and other factors to influence your health outcomes.

Key Point: Genetic testing reveals tendencies and predispositions, not certainties. The results should be interpreted in the context of your overall health, family history, and lifestyle factors.



Understanding Percentiles

What is a Percentile?

A percentile is a statistical measure that indicates the percentage of a population that falls below a particular value. When you see that you're in the 75th percentile for a trait, it means your genetic score is higher than 75% of the reference population.

Percentiles divide the population into 100 equal groups. The 50th percentile represents the median—exactly half the population scores below this point, and half scores above. Higher percentiles (75th, 90th, 95th) indicate you have more of a trait compared to most people, while lower percentiles (25th, 10th, 5th) indicate you have less.

For example, if your genetic predisposition for vitamin D absorption is in the 85th percentile, it means you absorb vitamin D more efficiently than 85% of the population. Conversely, if you're in the 15th percentile, you absorb it less efficiently than 85% of people.

Remember: Percentiles are relative measures, not absolute indicators. Being in a high or low percentile doesn't mean you will definitely experience a particular health outcome—it simply shows your genetic tendency relative to others.



Understanding Z-Scores

What is a Z-Score?

A Z-score (also called a standard score) tells you how many standard deviations a value is from the population mean (average). Z-scores provide a standardized way to compare different measurements on the same scale.

A Z-score of 0 means you're exactly at the population average. Positive Z-scores indicate you're above average, while negative Z-scores indicate you're below average. The magnitude of the Z-score tells you how far from average you are.

Interpreting Z-Score Ranges:

- $Z = 0$ to ± 1 : Within normal range (most common)
- $Z = \pm 1$ to ± 2 : Somewhat above or below average
- $Z = \pm 2$ to ± 3 : Significantly above or below average
- $Z = \text{beyond } \pm 3$: Very rare, extreme values

For instance, if your Z-score for a metabolic trait is $+1.5$, you're 1.5 standard deviations above the population mean, which is relatively uncommon. A Z-score of -0.5 means you're half a standard deviation below average, which is fairly typical.



Normal Distribution and the Bell Curve

Most genetic traits follow a pattern called normal distribution, also known as the bell curve. This means that most people cluster around the average, with fewer people at the extremes (very high or very low values).

Understanding normal distribution is crucial because it explains why percentiles and Z-scores are meaningful. The bell curve shows that being significantly above or below average (high percentiles or Z-scores beyond ± 2) is relatively uncommon in the population.

The 68-95-99.7 Rule:

- 68% of the population falls within 1 standard deviation of the mean (Z-scores between -1 and +1)
- 95% of the population falls within 2 standard deviations (Z-scores between -2 and +2)
- 99.7% of the population falls within 3 standard deviations (Z-scores between -3 and +3)

This means that if your Z-score is between -1 and +1, you're in the same range as about 68% of people—perfectly normal. If your Z-score exceeds ± 2 , you're in the top or bottom 5% of the population for that trait.



How Percentiles and Z-Scores Relate

Percentiles and Z-scores are two different ways of expressing the same information—your position relative to the population. Each Z-score corresponds to a specific percentile, and vice versa.

Common Conversions:

- Z-score of 0 = 50th percentile (average)
- Z-score of +1 = 84th percentile
- Z-score of +2 = 97.7th percentile
- Z-score of -1 = 16th percentile
- Z-score of -2 = 2.3rd percentile

In your report, both measures are provided to give you a complete picture. The percentile is often easier to understand intuitively ('I'm higher than X% of people'), while the Z-score provides more statistical precision.



Important Considerations



What These Numbers Mean:

- Statistical ranking within a reference population
- Genetic tendencies and predispositions
- Probabilistic information, not certainties
- One factor among many that influence health



What These Numbers DON'T Mean:

- This report does not diagnose diseases or medical conditions
- Genetic predisposition is not deterministic—it is not directly linked to disease
- These results don't account for environmental, lifestyle, or epigenetic factors
- High or low percentiles don't predict specific outcomes with certainty

Genetic information should always be interpreted in consultation with qualified healthcare professionals. This report is for educational and informational purposes only and should not be used as a substitute for professional medical advice, diagnosis, or treatment.



What Should You Do With This Information?

Consult with Healthcare Professionals:

Share your genetic results with your doctor, genetic counselor, or healthcare provider. They can help interpret the findings in the context of your personal and family medical history, current health status, and overall wellness goals.

Develop a Personalized Health Plan:

Work with healthcare providers to create targeted strategies based on your genetic predispositions. This might include specific nutritional adjustments, tailored exercise programs, or proactive health monitoring in areas where you have genetic tendencies.

Make Informed Decisions:

Use this information as one piece of the puzzle in making health decisions. Combine your genetic insights with information about your environment, lifestyle, family history, and current health to make well-rounded choices about your wellness.

Stay Informed:

Genetic science is rapidly evolving. As new research emerges, the interpretation of genetic variants may be refined. Stay in touch with your healthcare providers and consider periodic reviews of your genetic information as scientific understanding advances.



From Sample to Report: Our Process

Your genetic report is the result of a sophisticated multi-step process that combines cutting-edge biotechnology with advanced statistical analysis. Here's how we transform your DNA sample into meaningful insights:

1 Sample Collection

The journey begins with collecting your saliva sample using our GenNext collection kit. This simple, non-invasive process can be completed at home in minutes. Your saliva contains cells with your complete genetic information.

2 DNA Extraction & Purification

Once we receive your sample at our certified laboratory, we extract and purify your DNA. This involves separating the genetic material from proteins, lipids, and other cellular components to ensure we have high-quality DNA for accurate analysis.

3 Genotyping & Data Generation

Using advanced genotyping technology, we analyze hundreds of thousands of specific positions in your genome. This process identifies your unique genetic variants (SNPs) that have been scientifically associated with various health traits and characteristics.

4 Statistical Analysis & Report Generation

Finally, we compare your genetic data to large reference populations to calculate your percentile rankings and Z-scores. Our algorithms integrate data from thousands of peer-reviewed scientific studies to provide you with meaningful, evidence-based insights about your genetic predispositions.



Note on Gene Orientation

For each variant, the gene orientation is indicated as either 5'→3' or 3'→5', showing which strand of DNA the gene is located on and the direction in which it is read.

All alleles are written in the 5'→3' direction for consistency. However, when a gene lies on the 3'→5' (reverse) strand, the displayed genotype represents the reverse complement of the reference sequence.

This may cause your genotype (e.g., A/T) to appear as T/A in some databases or tools — a normal, purely technical difference that does not alter biological meaning.

Example:

If a variant (rsID) is located on the reverse strand (3'→5') and your genotype is shown as A/G, it corresponds to T/C on the forward strand.

Frequently Asked Questions

What you need to know about the Genetic Test Report

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What is genotyping?

Genotyping is the process of examining specific genetic variants in your DNA that are known to influence health and wellness traits. These genetic variants, also called single nucleotide polymorphisms (SNPs), can provide valuable insights into how your body processes certain nutrients, your response to physical activity, and your susceptibility to certain health conditions. Genotyping helps us understand your unique genetic makeup and predict how various environmental and lifestyle factors might impact your health.

?

How do you calculate polygenic risk scores?

Polygenic risk scores are calculated based on the analysis of multiple genetic variants that collectively influence the likelihood of developing a particular trait or condition. Our proprietary algorithms consider a wide range of genetic markers, each contributing a small effect, to calculate an overall risk score. By combining information from these markers, we provide an overview of your genetic predispositions, which can help guide your wellness and preventive care strategies.

?

Can I make changes to my lifestyle based on this report?

This report provides information on genetic predispositions, but it is not a diagnostic tool. You should consult with your healthcare provider before making any significant changes to your diet, exercise routine, or lifestyle based on the results. Your healthcare provider can help you interpret the findings in the context of your overall health and medical history, and work with you to create a personalized plan that addresses your unique needs.

?

Is this report clinically valid?

No, this report is intended for informational and educational purposes only. It provides insights into your genetic tendencies, but it is not a substitute for professional medical advice. The information provided is based on current genetic research and statistical analysis, but it is not intended to diagnose, treat, or prevent any disease. Always seek the advice of a healthcare professional for any health-related questions or concerns.

?

What can I do with this information?

By understanding your genetic predispositions, you can make informed decisions in collaboration with healthcare professionals to improve your overall wellness. This information may help you better understand your health and adopt habits that align with your genetic profile. Understanding your genetic profile empowers you to take a proactive role in your health management, focusing on preventive measures and personalized wellness strategies.

?

Will my genetic results change over time?

Your genetic code itself does not change over time, but our understanding of genetics and the implications of specific genetic variants continues to evolve. Scientific advancements may lead to new insights that could impact how we interpret your genetic data in the future. For this reason, it may be beneficial to revisit your genetic information periodically as new research and updates become available.

?

How accurate are the results?

The accuracy of genetic testing depends on several factors, including the quality of the sample provided and the technology used for analysis. Our genotyping and polygenic risk scoring methods are based on validated scientific research and industry standards. However, it is important to note that no genetic test can provide a complete prediction of health outcomes. Genetic predispositions are only one of many factors that contribute to overall health.

?

Does having a high polygenic risk score mean I will develop the condition?

No, a high polygenic risk score indicates a higher genetic predisposition, but it does not guarantee that you will develop the condition. Many factors, including lifestyle, environment, and other health conditions, contribute to whether or not a person will develop a specific health trait or condition. It is important to work with your healthcare provider to understand the implications of your polygenic risk scores in the context of your overall health.

?

What should I do if my results show a high genetic risk for a condition?

If your results indicate a high genetic risk for a particular condition, it is important to discuss this with your healthcare provider. They can help you understand what the results mean and what steps you can take to manage your risk. In many cases, lifestyle modifications and regular health screenings can help mitigate the risk of developing a condition. Your healthcare provider can help guide you in making informed decisions that promote your long-term health.

?

What does 5'→3' mean?

It shows the natural direction in which DNA is read — from the 5' end (start) to the 3' end (finish). This is the way enzymes that copy or read DNA normally work.

?

Why is DNA direction (5'→3' or 3'→5') important?

DNA has two complementary strands running in opposite directions. All genes are read only in the 5'→3' direction, so indicating direction helps identify which strand a gene belongs to and how it's read during genetic analysis.

?

What does it mean if my gene is on the 3'→5' strand?

It means the gene is located on the reverse (complementary) strand of DNA. In this case, the displayed genotype represents the reverse complement of the reference sequence — a technical notation difference that doesn't affect biological meaning.

⚠ Disclaimer

The information contained in this report is for educational and informational purposes only. It is not intended for clinical or diagnostic use. This report does not provide medical advice, diagnosis, or treatment. Always seek the guidance of your healthcare provider with any questions you may have regarding a medical condition or changes to your health regimen. This report should never be used to make decisions about your health without consulting a healthcare professional. Genetic predispositions are only one piece of the puzzle—environmental and lifestyle factors, such as diet, exercise, and stress, also play a significant role in determining your health outcomes. The results provided in this report are based on current scientific knowledge, which is constantly evolving, and should be interpreted with caution and in the context of a broader health assessment by a healthcare professional.