Sample report

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Nutrition Report

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Food recommendation

Beef liver

A B12

Milk, dairy, egg

A B12 D Folate

Citrus fruit and berries

A C Folate

Green leafy vegetables

(such as spinach and broccoli)

A C E Folate

Vegetable oils

A E D

These results are based on your genetic score and questionnaire score

Vitamin	Genetic score	Questionnaire score
A	Normal intake	Normal intake
B12	Borderline	High need
C	High need	Normal intake
D	Normal intake	High need
E	Borderline	Normal intake
Folate	High need	High need

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Sample report

Vitamin A is the name of a group of fat-soluble vitamins. There are two major types of vitamin A; Retinol and carotenes. Th best sources to get retinoid is animal products and for carotenes the best sources are fruits and vegetables. Your body relies on vitamin A for healthy maintenance of the heart, kidneys, lungs, and eyes. Vitamin A works with Zinc, vitamin C and E.

- Boosts immune system
- Supports eyes and vision health
- Helps sustain a healthy skin
- Regulates cell growth and formation of many organs

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Sample report

Your result

Questionnaire score

Normal intake = 0

High need ≥ 2

According to your survey answers, you would be suggested to set the corresponding vitamins intake to

- “high need” – indicating that you might need to take higher than recommended daily allowance.
- “normal” – indicating that the normal recommended daily allowance is enough for you.

- Dry skin, eczema and other skin problems
- Dandruff or dry scalp
- Frequent colds and infections
- Reduced night vision

- Dry skin, eczema and other skin problems
- Dandruff or dry scalp
- Frequent colds and infections
- Reduced night vision

Genetic score

Normal intake = 0

Borderline ≤ 1

High need ≥ 2

For each vitamin, we analyse a set of associated genes and calculate genetic scores. Based on the score, you would be suggested to set the corresponding vitamins intake to

- “high need” – indicating that you might need to take higher than recommended daily allowance.
- “borderline” – indicating that you might need to take slightly higher than recommended daily allowance.
- “normal” – indicating that the normal recommended daily allowance is enough for you.

Genes and SNPs

Gene	rs ID	0	1	2
BCO1 I	rs12934922	CC	AC	**AA**
BCO1 II	rs7501331	TC	CC	**TT**

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Sample report

Vitamin A food

Sweet potato, baked in skin

1 whole **1403mcg**

Beef liver

3 ounces **6582mcg**

Spinach, frozen, boiled

½ cup **573mcg**

Carrots, raw

½ cup **459mcg**

Pumpkin pie, commercially prepared

1 piece **488mcg**

Food	Serving	mcg RAE per serving
Sweet potato, baked in skin	1 whole	1403
Beef liver	3 ounces	6 582
Spinach, frozen, boiled	½ cup	573
Carrots, raw	½ cup	459
Pumpkin pie, commercially prepared	1 piece	488
Cantaloupe, raw	½ cup	135
Peppers, sweet, red, raw	½ cup	117
Mangos, raw	1 whole	112
Apricots, dried, sulfured	10 halves	63
Broccoli, boiled	½ cup	60
Tomato juice, canned	½ cup	42
Milk	1 cup	149
Egg, hard boiled	1 large	75
Yogurt, plain, low fat	1 cup	32

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Sample report

Vitamin B12 is a water-soluble vitamin that plays a critical role in many body functions including your brain and nervous system. This vitamin is a cofactor for many other substances. Insufficient vitamin B12 can impact epigenetic pathways (such as conversion of homocysteine to methionine and synthesis of the methyl donor SAMe). Vitamin B12 works best with other B vitamins and folate.

- Boosts overall energy
- Improves brain function
- Reduces fatigue
- Supports the microbiome and digestion

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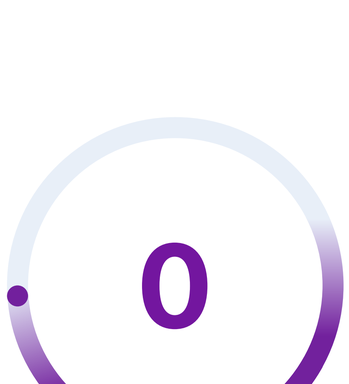
Sample report

Your result

Questionnaire score



Normal intake	**= 0**
High need	≥ 2

According to your survey answers, you would be suggested to set the corresponding vitamins intake to

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- Dry skin, eczema and other skin problems
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- Dry skin, eczema and other skin problems
- Dandruff or dry scalp

Genetic score

Normal intake	= 0
Borderline	**≤ 1**
High need	≥ 2

For each vitamin, we analyse a set of associated genes and calculate genetic scores. Based on the score, you would be suggested to set the corresponding vitamins intake to

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Genes and SNPs

Gene	rs ID	0	1	2
FUT2 I	rs601338	**AA**	AG	GG
FUT2 II	rs602662	AA	**AG**	GG
MTRR A66G	rs1801394	**AA**	AG	GG
MTHFR 1298C	rs1801131	**AA**	AC	CC
MTHFR 677T	rs1801133	**CC**	CT	TT
TCN2	rs1801198	**CC**	CG	GG

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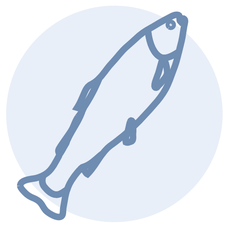
Sample report

Vitamin B12 food

Liver, beef, cooked

1 tablespoon **70,7meg**

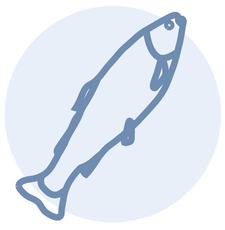


Trout, rainbow, wild, cooked

3 ounce **5,4meg**

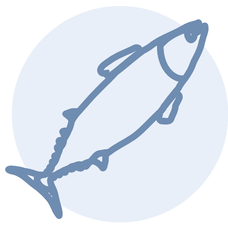
Salmon, sockeye, cooked

1 ounce **4,8meg**



Trout, rainbow, farmed, cooked

1 tablespoon **2,5meg**



Tuna fish, light, canned in water

1 ounce **3,5meg**

Food	Serving	Micrograms (meg)
Liver, beef, cooked	3 ounces	70,7
Trout, rainbow, wild, cooked	3 ounces	5,4
Salmon, sockeye, cooked	3 ounces	4,8
Trout, rainbow, farmed, cooked	3 ounces	3,5
Tuna fish, light, canned in water	3 ounces	2,5
Haddock, cooked	3 ounces	1,8
Breakfast cereals, fortified with 25% of the DV for vitamin B 12	1 serving	1,5
Beef, top sirloin, broiled	3 ounces	1,4
Milk	1 cup	1,2
Yogurt, fruit	8 ounces	1,1
Cheese	1 ounce	0,9
Egg, whole, hard boiled	1 large	0,6
Chicken, breast meat, roasted	3 ounces	3 ounces

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Sample report

Vitamin C

Vitamin C is a water-soluble vitamin that plays an important role in many biological functions. Human body is unable to produce vitamin C, so it is crucial to get it by consuming enough fruit and vegetables. Vitamin C works with vitamins B to produce energy and vitamin E as an antioxidant.

Essential for collagen synthesis (healthy gum, soft tissues and skin)

Potent antioxidant that fights free radicals

Essential for neurotransmitter and hormone synthesis (healthy brain and nerve function)

Enhances nutrients (such as Iron) metabolism

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Sample report

Your result

Questionnaire score

Normal intake = 0

High need ≥ 2

According to your survey answers, you would be suggested to set the corresponding vitamins intake to

- “high need” – indicating that you might need to take higher than recommended daily allowance.
- “normal” – indicating that the normal recommended daily allowance is enough for you.

Genetic score

Normal intake = 0

Borderline ≤ 1

High need ≥ 2

For each vitamin, we analyse a set of associated genes and calculate genetic scores. Based on the score, you would be suggested to set the corresponding vitamins intake to

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Genes and SNPs

Gene	rs ID	0	1	2
SLC23A1 I	rs33972313	**GG**	AG	AA
SLC23A1 II	rs11950646	**AA**	AG	GG
SLC23A2 I	rs6053005	**TT**	CT	CC
SLC23A2 II	rs6133175	**GG**	AG	AA

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Sample report

Vitamin C food

Red pepper, sweet, raw

1 tablespoon **70mg**

Orange

3 ounce **70mg**

Kiwifruit

1 ounce **64mg**

Green pepper, sweet, raw

1 tablespoon **60mg**

Broccoli, cooked

1 ounce **51mg**

Food	Serving	Milligrams (mg) per serving
Red pepper, sweet, raw	34 cup	95
Orange	1 medium	70
Kiwifruit	1 medium	64
Green pepper, sweet, raw	½ cup	60
Broccoli, cooked	½ cup	51
Strawberries, fresh, sliced	½ cup	49
Brussels sprouts, cooked	½ cup	48
Grapefruit	½ medium	39
Broccoli, raw	½ cup	39
Tomato juice	½ cup	33
Cantaloupe	½ cup	29
Cabbage, cooked	½ cup	28
Cauliflower, raw	½ cup	26
Potato, baked	1 medium	17
Tomato, raw	1 medium	17
Spinach, cooked	½ cup	9
Green peas, frozen, cooked	½ cup	8

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Sample report

Vitamin D

Vitamin D is a fat-soluble vitamin that is present in only a few foods. You can get some of your vitamin D through exposure to sunlight. Ultraviolet rays from sunlight strike the uncovered skin and trigger vitamin D synthesis. Hence, sufficient exposure to sunlight is crucial.
Vitamin D works with Vitamins A, C, K and E.

Improves mood

Supports muscle growth

Supports calcium absorption (healthy bone)

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Sample report

Your result

Questionnaire score

Normal intake	= 0
High need	**≥ 2**

According to your survey answers, you would be suggested to set the corresponding vitamins intake to

- “high need” – indicating that you might need to take higher than recommended daily allowance.
- “normal” – indicating that the normal recommended daily allowance is enough for you.

- Dry skin, eczema and other skin problems
- Dandruff or dry scalp

- Dry skin, eczema and other skin problems
- Dandruff or dry scalp

Genetic score

Normal intake	= 0
Borderline	≤ 1
High need	**≥ 2**

For each vitamin, we analyse a set of associated genes and calculate genetic scores. Based on the score, you would be suggested to set the corresponding vitamins intake to

- “high need” – indicating that you might need to take higher than recommended daily allowance.
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Genes and SNPs

Gene	rs ID	0	1	2
GC	rs2282679	**GG**	TG	GG
NADSYN1	rs 12785878	AA	**GA**	AA
CYP2R1I	rs2060793	**TT**	GA	GG
CYP2R1 II	rs!993116			
CYP2R1 III	rs!0741657	**AA**	GA	GG
VDR fok	rs2228570	CC	**CT**	TT
VDR bsm	rs1544410			
VDR tag	rs731236			
VDR apal	rs7975232			

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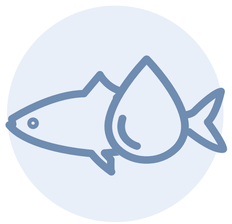
Sample report

Vitamin D food



Cod liver oil

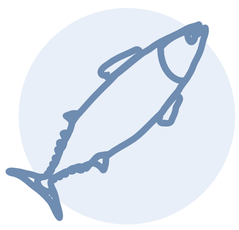
1 tablespoon **1360 IUs**

Swordfish, cooked

3 ounce **566 IUs**

Salmon (sockeye), cooked

1 ounce **447IUs**



Tuna fish, canned in water, drained

1 tablespoon **154 IUs**

Milk

1 ounce **115-124 IUs**

Food	Serving	IUs per serving
Cod liver oil	1 tablespoon	1360
Swordfish, cooked	3 ounces	566
Salmon (sockeye), cooked	3 ounces	447
Tuna fish, canned in water, drained	3 ounces	154
Milk	1 cup	115-124
Yogurt, fortified with 20% of the DV for vitamin D	6 ounces (more heavily fortified yogurts provide more of the DV)	80
Margarine, fortified	1 tablespoon	60
Sardines, canned in oil, drained	2 sardines	46
Liver, beef, cooked	3 ounces	42
Egg	1 large (vitamin D is found in yolk)	41

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Sample report

Vitamin E

Vitamin E is a fat-soluble vitamin and a potent antioxidant that protects cells from the damaging effects of free radicals from many environmental factors such as smoke and air pollution. Vitamin E works best with vitamin C and selenium.

Supports heart health

Improves eye health

Maintains adequate levels of other nutrients such as vitamin A

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Sample report

Your result

Questionnaire score

Normal intake = 0

High need **≥ 2**

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- Dry skin, eczema and other skin problems
- Dandruff or dry scalp
- Frequent colds and infections
- Reduced night vision

- Dry skin, eczema and other skin problems
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Genetic score

Normal intake = 0

Borderline **≤ 1**

High need ≥ 2

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Genes and SNPs

Gene	rs ID	0	1	2
GSTP1	rs1695	**AA**	AG	GG
IL10	rs1800896	GG	**AG**	AA
CYP4F2	rs2108622	**CC**	CT	TT
SCARB1	rs11057830	**GG**	AG	AA
BUD13/ZNF259/APOA5	rs964184	**CC**	CG	GG

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Sample report

Vitamin E food

Wheat germ oil

1 tablespoon **20,3mg**

Sunflower seeds, dry roasted

1 ounce **7,4mg**

Almonds, dry roasted

1 ounce **6,8mg**

Sunflower oil

1 tablespoon **5,6mg**

Hazelnuts, dry roasted

1 ounce **4,3mg**

Food	Serving	Milligrams (mg)
Wheat germ oil	1 tablespoon	20,3
Sunflower seeds, dry roasted	1 ounce	7,4
Almonds, dry roasted	1 ounce	6,8
Sunflower oil	1 tablespoon	5,6
Hazelnuts, dry roasted	1 ounce	4,3
Peanut butter	2 tablespoons	2,9
Peanuts	1 ounce	2,2
Corn oil	1 tablespoon	1,9
Spinach, boiled	34 cup	1,9
Broccoli, chopped, boiled	34 cup	1,2
Soybean oil	1 tablespoon	1,1
Kiwifruit	1 medium	1,1
Mango, sliced	34 cup	0,7
Tomato, raw	1 medium	0,7
Spinach, raw	1 cup	0,6

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Sample report

Folate

Folate (vitamin B9) is a water-soluble vitamin that is needed for optimal health. Insufficient Folate can impact epigenetic pathways (such as conversion of homocysteine to methionine and synthesis of the methyl donor SAMe).

- DNA synthesis and repair
- Metabolism of amino acids
- Cell growth
- Brain health

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Sample report

Your result

Questionnaire score

6

Normal intake = 0

High need ≥ 2

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- Dandruff or dry scalp
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- Dry skin, eczema and other skin problems
- Dandruff or dry scalp
- Frequent colds and infections
- Reduced night vision

Genetic score

6

Normal intake = 0

Borderline ≤ 1

High need ≥ 2

For each vitamin, we analyse a set of associated genes and calculate genetic scores. Based on the score, you would be suggested to set the corresponding vitamins intake to

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Genes and SNPs

Gene	rs ID	0	1	2
MTHFR	rs1801133	CC	TT	**TC**
MTHFR 1298C	rs1801131	GA	AA	**GG**
MTHFR 1298C	rs1051266	CG	GG	**CC**

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Sample report

Folate food

Brussels sprouts, frozen, boiled

½ cup **78mg**

Avocado, raw, sliced

½ cup **59mg**

Spinach, raw

1 cup **58mg**

Rice, white, medium-grain, cookedt

½ cup **54mg**

Broccoli, chopped, frozen, cooked

½ cup **52mg**

Food	Serving	Milligrams (mg) per serving
Brussels sprouts, frozen, boiled	½ cup	78
Avocado, raw, sliced	½ cup	59
Spinach, raw	1 cup	58
Rice, white, medium-grain, cookedt	½ cupt	54
Broccoli, chopped, frozen, cooked	½ cup	52
Green peas, frozen, boiled	½ cup	47
Kidney beans, canned	½ cup	46
Turnip greens, frozen, boiled	½ cup	32
Peanuts, dry roasted	1 ounce	27
Orange, fresh	1 small	29
Papaya, raw, cubed	½ cup	27
Banana	1 medium	24
Egg, whole, hard-boiled	1 large	22
Cantaloupe, raw, cubed	½ cup	17
Vegetarian baked beans, canned	½ cup	15
Fish, halibut, cooked	3 ounces	12
Milk	1 cup	12
Ground beef, 85% lean, cooked	3 ounces	7
Chicken breast, roasted	3 ounces	3