



NourishRX

***"Nourish"** your body with key
vitamins and minerals.*



FitDNARX
Unlock the power of your genetic code
www.FitDNARX.com

Created for:

Michael Kummer

Welcome to Your NourishRX Personal Report

NourishRX Personal Report

June 17, 2019

Congratulations!

You are about to receive insights about your body that, up until now, have never been available. The science of the human body only recently evolved enough to allow scientists to identify and analyze a person's DNA. We not only provide you with a roadmap of your specific genes, but give direction on how you can potentially optimize your health and well-being with this knowledge.

We spend a lifetime trying to learn more about ourselves, especially how our body works and how our health is affected by our habits and behaviors. Traditionally, we have learned what works and what doesn't through trial and error. But experience alone doesn't always give us the information we need.

This report will provide you with results that can affect the way your body functions. Your report includes an analysis of your genotype for certain key genes that are related to micronutrient (vitamins and minerals) tendencies.

What is Genetic Testing?

Genetic testing utilizes a physical specimen from the body (saliva, blood, or other tissues) to reveal information about a person's chromosomes or their genes. In addition to identifying key genes, information is evaluated about areas on each gene that may differ between people. These areas are known as single nucleotide polymorphisms (SNPs). We use the term genotype to describe the outcome of your individual genetic tests.

How Are Your Results Determined?

We provide a genetic analysis that indicates which gene combinations you have in each category. You will receive a rating based on our calculated score for each trait in a category. Some categories only have one gene associated with that trait; other categories have several genes associated with that trait. Our calculated score reflects the potential combined influences from one or more genes.

There is a tendency to view genotype results as a definitive diagnosis and to assume that you absolutely have certain traits, when this is not what a genetic analysis measures. Your results only suggest that there is a greater or lesser chance that you may exhibit certain traits or responses.

Why Is Your Genotype Important?

To empower you with the best genetic testing knowledge possible, we have established stringent criteria for studies that we use to help us evaluate the potential impact of your genotype for each gene tested. We select the largest and most scientifically valid genome-wide association studies to calculate a score for the different genes or gene combinations for all genes tested. Your results indicate which gene combinations you have in each category, and you receive a rating for each trait in a category. The studies we used as the basis for our recommendations are available for reference in this report.

Personalized medicine, or individualized advice based on a person's genetic profile, is still in its infancy, because there is still much to be understood about genes and their interactions with each other and other influences such as diet, exercise and the environment. Genetic research is a relatively new field and many new discoveries are being made every day. We will maintain a continually updated research database, with analyses that will be modified as new and better research becomes available.

On the following pages, you will see a summary of your results, followed by a detailed explanation and success strategy. You can't change your genes. But you can control the diet and lifestyle behaviors that influence those genes and take steps starting today to minimize genes that may cause undesirable outcomes and to maximize your health and wellness genetic potential.

REPORT SUMMARY



VITAMINS



MINERALS

REPORT SUMMARY



VITAMINS

Vitamin A Tendency	NORMAL	BCM01
Vitamin B6 Tendency	LOW	NBPF3
Vitamin B9 – Folate Tendency	NORMAL	MTHFR
Vitamin B12 Tendency	LOW	FUT2
Vitamin C Tendency	NORMAL	SLC23A1
Vitamin D Tendency	BELOW AVERAGE	GC, NADSYN1, CYP2R1
Vitamin E Tendency	NORMAL	ZPR1, SCARB1, CYP4F2
Dietary Choline Levels	INCREASED	PEMT



MINERALS

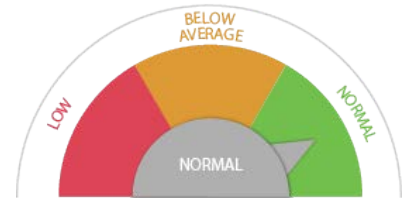
Calcium Tendency	BELOW AVERAGE	CASR, DGKD, GCKR, LINC00709, CARS, LOC105370176, CYP24A1
Copper Tendency	BELOW AVERAGE	SMIM1, SELENBP1
Iron Tendency	ABOVE AVERAGE	TRF2, HFE, HFE, TMPRSS6
Magnesium Tendency	NORMAL	MUC1, SHROOM3, TRPM6, DCDC5, ATP2B1, MECOM
Phosphorus Tendency	NORMAL	ALPL, CSTA, IHPK3, PDE7B, C12orf4, IP6K3
Selenium Tendency	NORMAL	DMGDH
Zinc Tendency	ABOVE AVERAGE	CA1, PPCDC, LINC01420



VITAMIN A TENDENCY

WHAT YOUR GENES SAY ABOUT YOU:

Our analysis indicates that your genetic profile exhibits a **NORMAL** ability to process vitamin A from a beta-carotene supplement. Your score reflects the fact that, for the gene investigated, your genotype showed few, if any, of the allele combinations that showed a diminished response to converting high doses of beta carotene from a supplement into its more active form.



Your genetic profile indicates
that your response is **NORMAL**.

This suggests that your ability to convert high doses of beta-carotene from a supplement into an active form of Vitamin A is unlikely to be reduced.

This means that if you take a beta-carotene supplement, your ability to convert the nutrient into an active form of vitamin A is not likely to be reduced. It is unclear what this genotype suggests about converting beta-carotene from food sources, however.

SUCCESS STRATEGIES

Vitamin A is needed for good vision and needs may increase in women who are pregnant or lactating. It is easy to get vitamin A in foods, and the plant forms of beta-carotene also act as a free-radical fighting antioxidant. Based on this result, it appears that you are unlikely to have problems converting beta-carotene into the active form of vitamin A. But do make sure to get enough beta-carotene and/or vitamin A from foods you eat.

RELATED GENES / SNPS

BCM01

The gene and its associated SNPs that are included in this category have been shown to have statistically significant associations with a person's blood levels of Vitamin A. Vitamin A promotes good vision, is involved in protein synthesis that affects skin and membrane tissues, and helps support reproduction and growth. The nutrient is found in plant foods in its precursor forms such as beta-carotene. Beta-carotene is converted by the body into different active forms of Vitamin A: retinol, retinal and retinoic acid. Animal foods, such as meat and dairy, provide the retinol form of Vitamin A.

It is rare to overconsume beta-carotene in plant foods to reach toxic levels. However, it is possible to consume toxic levels of Vitamin A from organ meats or fortified foods. Pregnant women are advised to eat liver no more than once every two weeks.

Vitamin A in the form of beta-carotene is found in foods such as vegetables,



VITAMINS

VITAMIN A TENDENCY

especially leafy greens like spinach and orange foods such as carrots, sweet potatoes, apricots, mango and cantaloupe, as well as in the retinol form in dairy and in organ meats like liver.



VITAMIN A-RICH FOODS TO INCLUDE IN YOUR DIET:

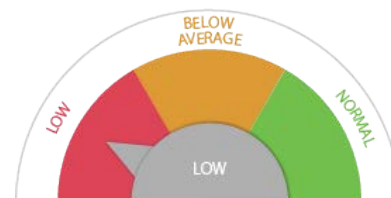
Broccoli, Swiss chard, collard greens, kale, carrots, butternut squash, apricots, goat's cheese, liver, tuna.



VITAMIN B6 TENDENCY

WHAT YOUR GENES SAY ABOUT YOU:

Our analysis indicates that your genetic response is **LOW**. Your score reflects the fact that your genotype showed the most unfavorable allele combination. This means there is a risk that your blood levels of B6 may be lower than normal. Keep in mind that increased risk does not mean that your blood levels are low. You can only know this by requesting a blood test from your physician or other healthcare provider.



Your genetic profile indicates
that your response is **LOW**.

indicating that you are at risk for having low levels of Vitamin B6. Check your status by asking your doctor for a blood test. Eat enough B6-rich foods and supplement if you are low.

SUCCESS STRATEGIES

Since you are at risk for having lower levels of Vitamin B6 in your blood, it is especially important that you get adequate amounts of this nutrient in your diet. Monitor your intake by keeping a food log and using a dietary app to obtain a nutrient analysis to see how much Vitamin B6 you consume. It's a good idea to keep a food log periodically, especially if you go through periods in life where you are aware that you may not be eating properly.

If your blood tests show low levels, you may wish to take a Vitamin B6 supplement. Be sure to avoid high doses, as they can cause nerve damage.

RELATED GENES / SNPS

NBPF3

The gene and its associated SNPs included in this category have been shown to have statistically significant associations with a person's blood levels of Vitamin B6. In one large study, people who carried the most unfavorable pairs of genes, or alleles had lower levels of Vitamin B6.

Vitamin B6 is important for nerve cell function, energy metabolism and the production of hormones, such as serotonin and epinephrine. Low levels of B6 are also linked to higher levels of homocysteine, which increases heart disease risk. B6 is found in many foods including grains, legumes, vegetables, milk, eggs, fish, lean meat and flour products.



VITAMINS

VITAMIN B6 TENDENCY



VITAMIN B6-RICH FOODS TO INCLUDE IN YOUR DIET:

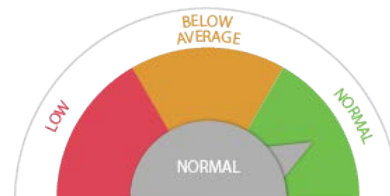
Pistachios, pinto beans, wheat germ,
bananas, watermelon,
carrots, spinach, peas, squash,
potatoes, avocados, yellowfin tuna,
sunflower seeds.



VITAMIN B9 – FOLATE TENDENCY

WHAT YOUR GENES SAY ABOUT YOU:

Our analysis indicates that your genetic profile is **NORMAL**. It appears that you are likely to have normal blood levels of folate. This suggests that you may not have to worry about increased heart disease risk from higher levels of homocysteine.



Your genetic profile indicates that your response is **NORMAL**.

You appear to be likely to have normal blood levels of folate. To make sure you get enough, make sure to eat plenty of whole plant foods every day.

SUCCESS STRATEGIES

- All women should ensure they get enough folate in their diet. You will get folate that is added to whole grains in cereals and breads, but you should also eat other food sources of folate. The foods highest in folate include legumes, fruits and vegetables, especially greens.
- Smoking can also decrease folate levels. You may need to consume more through food and/or supplements if you smoke — or better yet, quit smoking!
- If you eat few vegetables and fruits, your folate intake and blood levels may be low, despite having a more favorable genotype. You may wish to ask your doctor to assess your levels of serum folate with a blood test.

RELATED GENES / SNPs

MTHFR

This gene and its associated SNPs have been shown to have significant associations with a person's folate, or vitamin B9, status. Folate plays many important roles in the body, including acting as a coenzyme in DNA creation and in energy metabolism reactions. Folate also plays a role in biochemical processes that affect the metabolism of an amino acid, homocysteine. One SNP associated with this gene is associated with enzyme activity that can lead to higher levels of homocysteine. Since homocysteine is a risk factor for heart disease, high levels may be of concern. In child-bearing women, getting sufficient amounts of folate is important because low levels can lead to neural tube birth defects. As a public health measure, grains are fortified with folate to ensure that women of childbearing age get enough. Low levels of folate can also lead to anemia.

In studies on this gene, people who carried the most unfavorable pairs of genes, or alleles, had only a 10%-20% efficiency



VITAMINS

VITAMIN B9 – FOLATE TENDENCY

at processing folate. And those with the below average allele had a 60% efficiency at processing folate. People with more of the unfavorable alleles are more likely to have high homocysteine and low Vitamin B12 levels. Poor ability to process folate may be fairly common: Around 53% of women appear to have these unfavorable genotypes.



FOLATE-RICH FOODS TO INCLUDE IN YOUR DIET:

Lentils, pinto beans, asparagus and broccoli are excellent sources of folate.



VITAMIN B12 TENDENCY

WHAT YOUR GENES SAY ABOUT YOU:

Our analysis indicates that your genetic response is **LOW**. Your score reflects the fact that your genotype showed a higher risk allele combination. This suggests that you may have a chance of having blood levels of Vitamin B12 that are at the low end of the acceptable range. This does not mean that you are likely to be deficient, but even levels at the low end of the normal range have been associated with subclinical symptoms.



Your genetic profile indicates that your response is **LOW**.

This suggests that your blood levels of Vitamin B12 may be at the low end of the acceptable range. Ask your doctor to check your Vitamin B12 levels and get them checked on a regular basis. If your levels are low, in addition to getting more Vitamin B12 through foods, you may wish to supplement.

Since Vitamin B12 is stored in the body and is also recycled for reuse, it can take several years before deficiency symptoms may appear.

SUCCESS STRATEGIES

Since you may be at risk of having lower Vitamin B12 levels, it is recommended to speak to your doctor about getting periodic blood tests to monitor your levels of Vitamin B12, as well as a related test for methyl malonic acid (MMA.)

Monitor your intake with a food log using a dietary app that will give you a nutrient analysis of what you eat. If your intake appears to be low, you may wish to supplement or include more fortified foods, especially if you are a vegan.

A blood test can assess how well nutrients from food and supplements are absorbed. If absorption is impaired, your blood levels may still be low despite

RELATED GENES / SNPS

FUT2

The gene and associated SNPs included in this category have been shown to have significant associations with a person's blood levels of Vitamin B12. In one large study, those women who carried the most unfavorable pairs of genes, or alleles, had slightly lower levels of Vitamin B12, although they were in the acceptable, but low, end of the range. Around 70% of people have genotypes that suggest they may be at risk for having blood levels of B12 that are at the lower end of the normal range. There are several reasons why blood levels of B12 can be low. Some people do not get enough in their diet and so they are simply not getting enough of the nutrient. Some other people get enough, but do not absorb it efficiently. A small percentage of people over 50 or those who have had gastrointestinal surgery or GI disorders such as Crohn's disease may also have reduced abilities to absorb it.

Vitamin B12 is important for many processes in the body, including red blood



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VITAMIN B12 TENDENCY

an adequate intake. If absorption may be a problem, it is often recommended to bypass the digestive system with either under-the-tongue tablets that are absorbed into the mouth, or injections or a nasal gel which are both available by prescription.



VITAMIN B12-RICH FOODS TO INCLUDE IN YOUR DIET:

Lean meat, seafood, dairy products, eggs, fortified nutritional yeast, fortified plant milks.

cell formation, neurological function and cognitive performance. Deficiencies of B12 can cause pernicious anemia, and is also associated with high levels of homocysteine, which may impair arteries and increase risk of heart disease. There is some evidence that subclinical symptoms may be associated with being in the low end of the normal range.

Vitamin B12 is produced by microorganisms found in soil and water, and in both the guts of animals and humans. In the modern world, highly-sanitized food processing systems have eliminated many naturally-occurring sources of B12-providing bacteria in plant products. So B12 is typically obtained from animal foods such as meat, or fortified foods such as dairy and plant milks or breakfast cereals. Certain mushrooms and seaweed may provide some B12, but are not considered to be reliable sources.

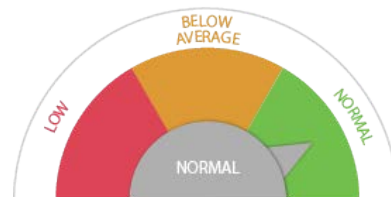


VITAMINS

VITAMIN C TENDENCY

WHAT YOUR GENES SAY ABOUT YOU:

Our analysis indicates that your genetic profile suggests that you are likely to have **NORMAL** levels of Vitamin C. Your score reflects the fact that for the gene investigated, your genotype did not show the unfavorable allele combinations. This means that if you consume enough Vitamin C in the foods you eat, blood levels of L-ascorbic acid should be in the normal range. If you smoke, however, you may deplete some of your Vitamin C and may need more.



Your genetic profile indicates that your response is **NORMAL**.

If you eat enough Vitamin C-rich foods, you should have normal levels in your blood.



RELATED GENES / SNPS

SLC23A1

The gene and associated SNP included in this category has been shown to have statistically significant associations with a person's blood levels of L-ascorbic acid, or Vitamin C. Those people who carried more unfavorable pairs of genes, or alleles, were more likely to have lower blood levels of the nutrient.

Vitamin C is a nutrient that has many functions in the body, including acting as an antioxidant, and is needed for skin and membrane tissues. Low levels have also been associated with diseases such as heart disease and cancer. Vitamin C also helps with the absorption of iron. The nutrient must be obtained from foods since the human body cannot make its own, as some other animals can. Vitamin C can be found in citrus fruits, but is also in many fruits, vegetables and legumes.

SUCCESS STRATEGIES

- To ensure your body gets the Vitamin C it needs, make sure to include a wide variety of plant foods, including citrus in your diet.
- If you wish to supplement with Vitamin C, avoid very high doses because they can cause diarrhea and gastro-intestinal distress.



VITAMIN C-RICH FOODS TO INCLUDE IN YOUR DIET:

Broccoli, red bell peppers, kiwi fruit, Brussels sprouts, strawberries, oranges, watermelon, pinto beans.



VITAMIN D TENDENCY

WHAT YOUR GENES SAY ABOUT YOU:

Our analysis indicates that your genetic response is **BELOW AVERAGE**. Your score reflects the fact that for the genes investigated, your genotype showed some of the unfavorable allele combinations. This means you have a risk of having low levels of Vitamin D. You will not know your actual levels, however, unless you obtain a blood test.



Your genetic profile indicates that your response is **BELOW AVERAGE**.

so your levels of Vitamin D may be low and possibly deficient. Get your blood tested for Vitamin D. If your levels are low, increase your sun exposure and add more Vitamin D-rich foods or supplements.

SUCCESS STRATEGIES

- Get tested! Even though you may be at risk of having low Vitamin D levels, you will not know if you do unless you get a blood test from your doctor.
- Expose yourself to the sun on most days of the week for at least 10 to 15 minutes (30 to 50 minutes if you have naturally dark skin). Spend more time outdoors in winter months, or if you live in northern latitudes.
- If you are deficient in Vitamin D, do a nutrient analysis to determine how much Vitamin D you consume, then eat more foods that contain Vitamin D.
- If you are low, you may wish to take a Vitamin D supplement. Avoid overly-high doses, unless by prescription through your doctor, as they may cause adverse effects.

RELATED GENES / SNPS

GC, NADSYN1, CYP2R1

The genes and their associated SNPs that are included in this category have been shown to have statistically significant associations with a person's blood levels of Vitamin D (which is actually a hormone). One study found that several SNPs linked to low levels of Vitamin D were from genes that may play a role in the Vitamin D conversion and delivery process. Those people who carried unfavorable pairs of genes, or alleles, had a higher risk of low levels of Vitamin D, and those who carried several unfavorable SNPs had a much higher chance of being deficient in Vitamin D.

Vitamin D has been proven in research to be crucial for bone health. Low levels of Vitamin D have been associated with a variety of health conditions, including heart disease, diabetes, depression and cancer.

A blood test from your doctor can determine your blood levels of Vitamin D. Vitamin D is primarily produced by the body from exposure to ultraviolet rays from



VITAMINS

VITAMIN D TENDENCY



VITAMIN D-RICH FOODS TO INCLUDE IN YOUR DIET:

Salmon, mackerel, sardines, egg yolks, fortified almond, soy or other plant milk, fortified dairy milk.

sunlight, and this is considered to be the optimal source since Vitamin D generated by the body lasts longer in the body than Vitamin D taken in supplement form. Your levels are likely to be higher if you live in the southern latitudes and during the summer. However, it is not uncommon for people with lots of exposure to the sun to still have low levels of Vitamin D. In general, only 10 to 15 minutes of sun exposure to bare skin per day during the summer months is needed for a Caucasian to produce the Vitamin D he or she needs. Darker skinned people will need to spend 2-5 times more time in the sun. Since Vitamin D is stored in the body, stores can be built up during warmer months and may compensate for less sun exposure during winter months.

Vitamin D can be obtained through foods such as oily fish and egg yolks, as well as fortified dairy and plant milks, and fortified cereals. Vitamin D can also be taken in supplements. If you test low and choose to take a Vitamin D supplement, be careful of taking higher doses because there can be adverse effects.

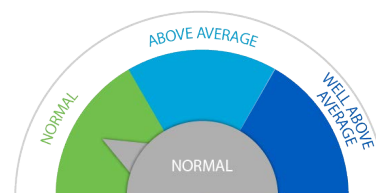


VITAMINS

VITAMIN E TENDENCY

WHAT YOUR GENES SAY ABOUT YOU:

Our analysis indicates that your genetic profile exhibits characteristics that make you likely to have **NORMAL** vitamin E levels. That's good because this micronutrient helps make red blood cells, boosts immunity, and is a powerful antioxidant that provides protection against serious chronic diseases such as heart disease and cancer. Because research shows that many Americans may fall short of the 15 milligrams Daily Recommended Value for vitamin E, it's important that you eat a diet that includes vitamin-E rich foods to get the amount you need for optimum health benefits. This is especially important if you tend to watch your fat intake.



RELATED GENES / SNPS

ZPR1, SCARB1, CYP4F2

Your genetic profile indicates that your response is **NORMAL**.

Your genetic profile indicates that you are likely to have NORMAL blood levels of vitamin E. That does not mean that you are immune to having lower than optimum levels of this powerful antioxidant, however. So it's important to ensure you include vitamin-E rich foods in your diet every day.

The genes and their associated SNPs included in this category have been shown to have significant associations with a person's serum vitamin E (alpha-tocopherol) levels.

Vitamin E is a fat-soluble vitamin that helps your body make red blood cells and acts as a potent antioxidant, protecting your cells from free radical damage and helping prevent chronic diseases such as heart disease, diabetes, and cancer. Vitamin E exists in many forms. Alpha-tocopherol is the form we use as humans.

Diseases that interfere with fat absorption, such as Crohn's disease and cystic fibrosis, may lead to vitamin E deficiencies, but otherwise vitamin E deficiency in healthy individuals without underlying health conditions is rare. That's not to say that we all get adequate amounts of this vital nutrient, however. Though national surveys are mixed, some have found that most Americans miss the minimum RDA of 15

SUCCESS STRATEGIES

Some national surveys show that the majority of Americans fail to get the recommended amount of vitamin E every day. Though you are likely to have average levels of this essential antioxidant, that doesn't mean you're getting as much as you could or should to help keep you healthy and protect against disease. The following strategies will help ensure you get the daily dose of vitamin E you need.

Eat more nuts and seeds. One of the easiest ways to get all the vitamin E you need is eating more nuts, seeds, and nut and seed butters and spreads. Just a handful of almonds delivers more than a third of your daily recommended dose of 15 milligrams. This may partly explain why research on more than 76,000 men and women found that eating more nuts was associated with lower death rate from all causes, including cancer and heart disease.



VITAMINS

VITAMIN E TENDENCY

Drizzle your green leafy veggies with olive oil. Cooked spinach and broccoli are good sources of vitamin E, but the vitamin isn't absorbed very well without some fat. Drizzle olive oil—another good vitamin E source—over your sides and salads to increase your antioxidant absorption. Or eat them with sliced avocado, which also is a good source of both healthy fat and vitamin E.

Eat whole grain foods. Wheat germ is one of the best natural sources of vitamin E. Few people actually eat wheat germ, but you can get the vitamin E from wheat by choosing whole grain foods, as opposed to refined grains, which have up to 90 percent of their vitamin E stripped out in processing.



VITAMIN E-RICH FOODS TO INCLUDE IN YOUR DIET:

Almonds, spinach, sweet potato, avocado, wheat germ, palm oil, sunflower seeds

milligrams (22.4 IU), with the average American getting half that amount, especially if they restrict fat—an important vitamin E source—in their diet.

Because there are only a few foods—notably nuts and seeds—that are rich in vitamin E, people concerned with getting enough of this antioxidant often choose to take vitamin E supplements. The research on vitamin E supplementation, however, is equivocal. One study of nearly 40,000 women followed for 10 years found that women taking 600 IU of natural vitamin E supplements had a 24 percent reduction in cardiovascular deaths. Another study of almost 15,000 men, however, found that those taking 400 IU of synthetic alpha-tocopherol not only saw no benefit, but also had a significantly higher risk of stroke. Other evidence indicates that high-dose supplements may also increase the risk for prostate cancer. (Taking vitamin E supplements is also not advised if you take other blood thinners as it increases risk for bleeding.)

Though diet is the primary factor that influences your serum vitamin E levels, research indicates that your genes also may have some influence. Some individuals also appear to be genetically more responsive to vitamin E supplementation than others. Since some research has linked taking high doses of vitamin E supplements to higher risks of the same diseases they're intended to prevent, knowing your genotype may be beneficial. Our analysis investigated which genotype for these genes was present in your DNA. Your rating of **NORMAL**, **ABOVE AVERAGE**, or **WELL ABOVE AVERAGE** reflects your likelihood of having normal or high blood serum levels of vitamin E.



VITAMINS

DIETARY CHOLINE TENDENCY

WHAT YOUR GENES SAY ABOUT YOU:

Our analysis indicates that your genetic profile exhibits characteristics that give you an **INCREASED** sensitivity to low choline intake. That means you are significantly more likely to experience organ dysfunction like fatty liver and/or muscle damage in response to eating a diet that is low in choline. Surveys show many adults, especially older adults, fall short in their choline intake. Because of your genetic predisposition, it's particularly important that you avoid low choline levels by increasing your intake of choline-rich foods. Since animal foods are the primary source in the US diet, pay especially close attention to this nutrient if you follow a vegetarian or vegan diet.



Your genetic profile indicate that you have an **INCREASED** sensitivity to a low-choline diet.

Since you are more likely to suffer organ dysfunction and muscle damage should your choline intake fall below recommended levels, you should make it a priority to eat plenty of choline-rich foods for optimum cell, nerve and organ function.

SUCCESS STRATEGIES

We all create a small amount of choline as part of our normal metabolism. But you also need to eat foods with this essential nutrient to get adequate amounts for healthy cell, nerve, organ and muscle function. As someone who is genetically inclined to be very sensitive to the effects of a low-choline diet, it's particularly important that you seek out choline-rich foods.

Build a better breakfast. Your morning meal is an easy place to rack up substantial amounts of choline. Two eggs (147 mg each) and a cup of milk (38 mg per 8 oz) deliver 332 mgs of this essential nutrient. As a reminder, the US Dietary Guidelines lifted the limits on dietary cholesterol, so you can eat your omelet guilt free.

RELATED GENES / SNPs

PEMT

This gene and its associated SNPs that are included in this category have been shown to have significant associations with a person's sensitivity to low choline levels in their diet.

Choline is an essential nutrient that your body uses to keep cells and nerves working properly. It is particularly important for maintaining liver, muscle and brain function. It plays an important role in fetal brain development and for preventing neural tube birth defects.

The Institute of Medicine recommends 425 mg (women) to 550 mg (men) of choline per day. Pregnant women need 450 mg a day. Choline is found in many foods, but is most prevalent in animal foods like eggs, liver, fish and meats. Low levels of choline can lead to organ dysfunction, particularly fatty liver, and muscle damage.



VITAMINS

DIETARY CHOLINE TENDENCY

Be more mindful if you don't eat meat. If you're a strict vegetarian or vegan, you may be at a higher risk for low dietary choline. Soymilk provides 57 mg per cup and is a good source. Other choline-rich foods to include in your diet are fortified grain products, quinoa, peanut butter, pistachios, tofu, broccoli, Brussels sprouts and wheat germ.

Consider a supplement. If your diet runs low in choline-rich foods, you may want to consider taking a choline supplement to ensure you reach your adequate intake.



DIETARY CHOLINE-RICH FOODS TO INCLUDE IN YOUR DIET:

Egg, beef, shrimp, scallop, salmon, beef liver, chicken, cauliflower, cabbage

A study published in 2009 in Nutrition Reviews reported that the average choline intake among men and women is below Adequate Intake. Women appear most likely to fall short. Though some people will not develop adverse symptoms from eating a low choline diet, certain genetic variations (specifically carrying the C allele, especially being homozygous or carrying identical CC alleles) make you far more susceptible to organ dysfunction and muscle damage if you fall below the advised amounts. Research suggests that up to 75 percent of the population may have DNA configurations that level them susceptible to choline deficiency. This effect is particularly pronounced in women, particularly post-menopausal women, as estrogen appears to exert protective effects.

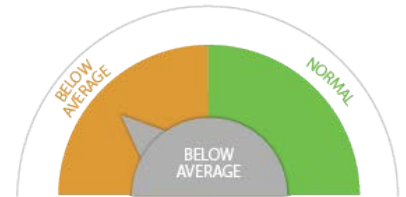
Our analysis investigated which genotype for this gene was present in your DNA. Your rating of **NORMAL**, **SLIGHTLY INCREASED** or **INCREASED** reflects the degree to which you are susceptible to organ dysfunction and muscle damage in response to having low dietary intake of choline.



CALCIUM TENDENCY

WHAT YOUR GENES SAY ABOUT YOU:

Our analysis indicates that your genetic profile exhibits characteristics that make you likely to have **BELOW AVERAGE** blood levels of calcium. That means you are at risk for having inadequate amounts of calcium circulating in your bloodstream, so your body will be more likely to pull what it needs for healthy cellular function from your bones. That's bad because it can lead to osteoporosis—a condition of brittle bones—over time. Be sure to get at least 1,000 mg (men) to 1,200 mg (women) of calcium a day through a vitamin and mineral rich diet and practice bone-building lifestyle behaviors.



Your genetic profile indicates that you are inclined to have **BELOW AVERAGE** blood levels of calcium.

You can help keep your skeleton strong by eating a bone-building diet, getting regular exercise and practicing other skeleton saving behaviors.

SUCCESS STRATEGIES

Our bones naturally weaken some with age, so it's particularly important that you support your system with what it needs to maintain healthy calcium levels and to keep your skeleton strong.

Eat dairy and calcium rich foods. Dairy foods like milk, cheese and yogurt are excellent sources of calcium, which is why the US Dietary Guidelines recommend three servings of dairy a day to get your daily recommended amount. If you don't like or eat dairy, canned fish like salmon and sardines are excellent sources as are tofu, almonds, beans and fortified alternative milk products. Dark leafy greens like kale and spinach are also high in calcium, but these plant sources of calcium contain compounds that bind to calcium and make it harder to absorb, so they shouldn't be your primary source.

Get enough vitamin D. Calcium doesn't build bones without the assistance of

RELATED GENES / SNPs

CASR, DGKD, GCKR, LINC00709, CARS, LOC105370176, CYP24A1

The genes and their associated SNPs that are included in this category have been shown to have significant associations with a person's blood calcium levels.

Calcium is the most plentiful mineral in the human body and is used by nearly every cell in the body. It's well known that the mineral is essential for maintaining skeletal and dental health, as your bones and teeth are where the lion's share of calcium is stored. Calcium also is required for nerve function, muscle contraction, hormone release and heart health.

Your body keeps the amount of calcium circulating in your bloodstream within a certain range to allow all your specific cells to have what they need to perform their jobs. When those levels dip below that range, your body pulls what it needs from your skeleton. Over time that leads to weakened bones.



MINERALS

CALCIUM TENDENCY

vitamin D. Low calcium levels and low vitamin D levels often go hand in hand. So be sure to get enough of this essential nutrient. Fortified dairy and fatty fish are excellent sources. Also consider taking a vitamin D supplement of 2,000 IUs, which is well within the safe range.

Ramp up your intake of vitamin K. This little talked about vitamin plays an important role in calcium regulation and bone formation. Vitamin K must be present for Vitamin D to be absorbed. Low levels of vitamin K have been linked to low bone density. Eating just one serving of lettuce or other vitamin K-rich leafy green vegetables may cut the risk of hip fracture in half, according to the Harvard Nurses' Health Study. Just one serving of broccoli, Brussels sprouts or dark leafy greens delivers the 90 to 120 micrograms you need.

Consider a supplement. Calcium supplements are a source of research controversy. Some studies report that they are not useful for preventing fractures and may be linked to increase risk for heart disease. If you are concerned that you're not getting enough calcium in your diet, see your physician and get a blood serum nutrient test to find out if your levels are low. If you choose to supplement, stick to 500 mg to 600 mg a day, so as not to exceed the recommended daily amount.

Build your bones. Your bones need some stress to get the signal to grow. Activities that include a little impact such as walking, jogging and tennis as well as activities that make your muscles work hard (which in turn stresses your bones) such as gardening help keep them strong. Strength training two or three days a week has also been shown in studies to build and maintain bone density. Numerous studies have found that even people with low and very low bone density see significant bone density gains—improving about 1 percent a year—in their spine and hips, which are the areas affected most by osteoporosis, when they participate in a regular a strength training routine.

Cut out the cola. The research is still equivocal, but there's compelling evidence that drinking too much cola can weaken your bones because the high levels of phosphorous it contains alters your calcium/phosphorous balance in an unfavorable direction. The Framingham Osteoporosis study found that women who reported drinking cola every day had lower bone mineral density than woman who said they drank it less than once a month.

Your calcium levels are influenced by your diet, how well your intestines absorb the calcium you take in, levels of phosphate in the body, your vitamin D levels and by levels of certain hormones like parathyroid hormone, calcitonin and estrogen.

Emerging research also shows that your genotype may influence blood calcium levels. In one very large study of 39,400 men and women, researchers found variations in these genes had a significant impact on blood calcium levels, which echoes findings from previous animal research as well as a study of 1,747 twins that estimated heritability to be 33 percent for blood serum calcium levels.

Our analysis investigated which genotype for these genes was present in your DNA. Your rating of **NORMAL** or **BELOW AVERAGE** reflects whether or not your genotypes included those that increased your risk for low blood calcium levels.



CALCIUM-RICH FOODS TO INCLUDE IN YOUR DIET:

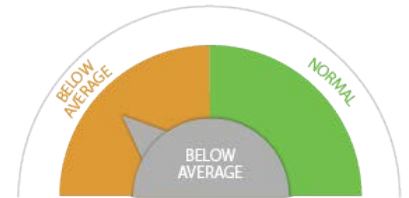
Raw milk, almonds, okra, broccoli, cheese, kale, yogurt



COPPER TENDENCY

WHAT YOUR GENES SAY ABOUT YOU:

Our analysis indicates that your genetic profile exhibits characteristics that make you likely to have a **BELOW AVERAGE** blood copper level. It's important to maintain a healthy level of this essential mineral as it plays a key role in red blood cell production, immunity and the formation of collagen, which is necessary for maintaining healthy bones and connective tissues. Fortunately, there are many ways to boost your intake of copper to get the daily 900 micrograms you need to achieve and maintain healthy blood levels. The upper limit before copper becomes toxic is quite high, so even if you get a bit more from food, that's okay.



Your genetic profile indicates that you are likely to have a **BELOW AVERAGE** blood level of copper.

You can boost your blood levels by taking steps to get and maintain more copper in your diet by eating a diet rich in copper and adopting other healthy lifestyle habits that will ensure you obtain adequate amounts of this essential mineral.

SUCCESS STRATEGIES

Many people do not get the optimum amount of copper in their daily diet. It's particularly important for your genotype to seek out foods that are rich in copper to maintain healthy levels.

Eat more copper heavy hitters. Good sources of copper include: Shellfish such as oysters, clams, mussels, crab and lobster Mushrooms Tree nuts such as cashews, pecans, almonds, and macadamia nuts Legumes such as navy beans, peanuts, lentils, and soybeans Fortified cereals and whole grains Dark leafy greens Potatoes and sweet potatoes Dried fruit Cocoa and semi-sweetened chocolate

Cook with copper.* Additional copper can come from boiling water in a copper kettle and cooking with copper cookware.

RELATED GENES / SNPs

SMIM1, SELENBP1

The genes and their associated SNPs that are included in this category have been shown to have significant associations with a person's blood copper levels.

Copper is an often overlooked essential mineral that helps your body absorb iron and form red blood cells, maintains immunity, assists with energy production and helps keep bones, connective tissues, nerves and blood vessels healthy. The recommended daily amount is 900 micrograms a day. Copper is toxic in very high doses and toxicity is most often associated with a rare condition called Wilson's disease. Chronically low copper levels can pave the way for heart disease, poor bone and joint health and low immunity. Marginal to low levels of copper may occur with too much zinc supplementation (popular in the prevention and treatment of colds), dietary deficiencies and in some cases because of genetic influences.



MINERALS

COPPER TENDENCY

Take a multivitamin. A standard daily multivitamin will provide about 25 percent of your daily copper needs.

Avoid high doses of iron, zinc and vitamin C. Taking high doses of zinc and vitamin C for colds as people sometimes do isn't recommended if you trend toward low blood levels of copper. Research suggests that 50 mg a day of zinc and 1500 mg a day of vitamin C can interfere with copper absorption, as can high levels of iron.



COPPER-RICH FOODS TO INCLUDE IN YOUR DIET:

Dried apricots, dark chocolate, mushrooms, turnip greens, asparagus

In one widespread analysis of more than 12,000 adults, genetic variations accounted for 5 percent of variation in blood copper levels. That's a small percentage, but can be significant when considering a trace mineral. Surveys also suggest that while true deficiency isn't common, many people don't get enough copper in their diet and taking high amounts of zinc, iron or vitamin C can cause an unfavorable copper blood levels.

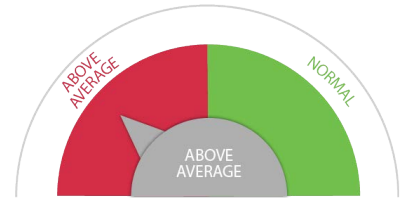
Our analysis investigated which genotype for these genes was present in your DNA. Your rating of **NORMAL** or **BELOW AVERAGE** reflects whether your genotype included those that carried a risk for having low levels of this essential mineral.



IRON TENDENCY

WHAT YOUR GENES SAY ABOUT YOU:

Our analysis indicates that your genetic profile exhibits characteristics that make you likely to have **ABOVE AVERAGE** blood iron levels, a condition known as hemochromatosis, or iron overload from too much iron absorption and storage. That may be a cause for concern as high iron levels have been linked to a wide array of diseases including heart disease, cancer, diabetes, infections, arthritis and neurodegenerative disorders. In one study published in the journal *Circulation*, scientists found that men with genetic mutations that cause slightly elevated iron levels had a 2.3 fold increase in heart attack risk. Other research has found that women carrying the same high iron absorption and storage genetic predisposition were also at a higher risk for heart disease. Older adults, particularly Caucasians, should be particularly mindful of this genetic predisposition, as research shows they may already be at risk for storing excessive amounts of iron. Among the 1,106 white adults ages 67 to 96 in the Framingham Heart Study, 13 percent had high iron stores.



Your genetic profile indicates that you are likely to have **ABOVE AVERAGE** blood iron levels – a hereditary condition called hemochromatosis.

This can be cause for concern because iron overload is hard on your organs and has been linked to a long list of chronic conditions and diseases. It's important to pay attention to your iron levels and iron intake, especially if you eat a lot of foods, such as meat, poultry and fish, that are rich in easily absorbed heme iron.

SUCCESS STRATEGIES

Even mild forms of hemochromatosis can be harmful, especially long term. Your physician can screen your iron levels with a series of blood tests that measure your hemoglobin and hematocrit levels, as well as your serum iron (the amount of iron in your blood); serum ferritin (the amount of the protein that helps store iron), and transferrin levels (total iron-binding capacity). Your doctor can work with you on strategies, such as chelation therapy, to keep your iron levels in check. Here are some diet and lifestyle modifications that may help as well.

RELATED GENES / SNPs

TRF2, HFE, HFE, TMPRSS6

The genes and their associated SNPs included in this category have been shown to have significant associations with a person's blood iron levels.

Iron is a well-known essential nutrient that most of us associate with energy. That's because along with regulating cell growth and other metabolic functions, iron is vital for producing hemoglobin, a protein your red blood cells use to deliver oxygen throughout your body. Without enough oxygen, all your metabolic functions suffer. On the flipside, too much iron is toxic and can be equally, if not more damaging than having too little and may cause organ damage and raise your risk for diabetes, heart attack, neurodegenerative conditions like Alzheimer's and cancer. Many factors influence your iron levels including diet, gender, age, and activity level. In premenopausal women, the primary cause of iron deficiency is heavy



MINERALS

IRON TENDENCY

Lean toward meatless meals. Animal foods are not only some of the best sources of iron, but also contain the most easily absorbed type of iron—heme iron. Plant foods, on the other hand, contain nonheme iron, which is less bioavailable in the body. If you're genetically predisposed to iron overload, eat meat more sparingly.

Avoid ironware. Cast iron pots and pans leech a lot of the mineral into your food as you cook. Choose other types of non-iron based cookware instead.

Give blood. Donating blood not only helps save other lives, it could help improve your health and extend yours if you are prone to high levels of iron. Becoming a regular blood donor can be an easy way to lower and control your levels of iron. If you have high iron, talk to your doctor about this option.



IRON-RICH FOODS TO INCLUDE IN YOUR DIET:

Spirulina, liver, grass-fed beef, lentils, dark chocolate, sardines, black beans, pistachios, raisins

menstrual bleeding as blood loss means iron loss. High levels of physical activity—especially if it's particularly long and/or strenuous also may lead to a decline in iron levels, especially in women. Vegans and vegetarians also may be at risk for low iron levels, as the iron in plant-based foods (nonheme iron) is harder for the body to absorb than iron from animal sources (heme iron). Older adults, again especially women, generally need less iron to maintain healthy stores than men.

Your genes also may play a role, particularly in the tendency for above normal iron levels. Research has found that certain gene mutations may impact how much iron your body absorbs and recycles, creating borderline or high levels of iron in circulation. At the extreme end is a genetic disorder called hemochromatosis, which occurs in about 10 percent of white people of Northern European ancestry. People with this condition absorb three to four times as much iron from food as those without these genetic mutations. Other mutations can leave you susceptible to a more mild form of hemochromatosis, leading to accumulating slightly higher than average stores of iron.

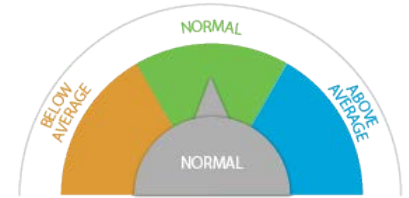
Our analysis investigated which genotype for these genes was present in your DNA. Your rating of **NORMAL** or **ABOVE AVERAGE** reflects whether your genotype included those alleles that were found to lead to a tendency of having normal or high levels of this essential mineral.



MAGNESIUM TENDENCY

WHAT YOUR GENES SAY ABOUT YOU:

Our analysis indicates that your genetic profile exhibits characteristics that make you likely to have a **NORMAL** blood magnesium level. That's good news because magnesium plays an essential role in hundreds of biochemical processes including regulating blood sugar, blood pressure, muscle contraction and heart rhythm. As we age, our body's ability to absorb magnesium decreases, so it's important to eat plenty of magnesium-rich foods to maintain healthy levels of this essential mineral.



Your genetic profile indicates that you are likely to have **NORMAL** blood levels of magnesium.

You can maintain those healthy blood levels of this essential mineral by eating plenty of magnesium-rich foods and avoiding those that deplete it.

SUCCESS STRATEGIES

Maintain healthy blood magnesium levels by including magnesium-rich foods in your daily diet. Good sources include dark leafy greens, nuts and seeds, fatty fish, avocado, beans, whole grains, yogurt, soy foods and bananas. If you like dark chocolate, you're in luck. One 2-ounce chunk delivers about a quarter of your daily needs. Drink alcohol and coffee in moderation, as both of those can lower magnesium levels by blocking absorption and increasing excretion. Also, skip the soda. Sugary sodas are also linked to lowered magnesium levels.

Though too much magnesium from your diet doesn't pose a problem because your kidneys simply eliminate it in your urine, it is possible to overdo it from supplements and other sources. Overuse of laxatives or antacids can lead to high levels, which can cause diarrhea, nausea and abdominal cramping.

RELATED GENES / SNPs

MUC1, SHROOM3, TRPM6, DCDC5, ATP2B1, MDS1

The genes and their associated SNPs that are included in this category have been shown to have significant associations with a person's blood magnesium levels.

Magnesium doesn't get much attention in mainstream nutrition circles, but it should. The mineral plays a critical role in blood sugar control, muscle contractions and heart rhythm and is involved in more than 300 biochemical reactions in your body.

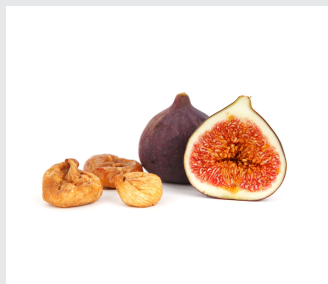
Some medical experts have recently dubbed magnesium deficiency the "invisible deficiency" because it's very difficult to pinpoint as the most common symptoms such as fatigue and muscle cramping are common side effects of many conditions. It's also very common. Studies show that only about a quarter of US adults get the 320 mg (women) to 420 mg (men) they need.

Though only about 1 percent of your magnesium is found in your blood, low



MINERALS

MAGNESIUM TENDENCY



MAGNESIUM-RICH FOODS TO INCLUDE IN YOUR DIET:

Spinach, pumpkin seeds, yogurt,
almonds, black beans, figs, banana,
black beans

serum magnesium levels have been associated with multiple chronic diseases such as diabetes, heart disease and high blood pressure. Though low magnesium is generally a condition that occurs over time due to habitually low magnesium intake, high intakes of alcohol, soda and caffeine, and/or taking medications that interfere with its absorption can also cause levels to dip. There's also a genetic influence. Research shows that serum magnesium concentrations are about 27% heritable.

In one study of 15,366 men and women, researchers identified six generariations that were associated with blood magnesium levels. These findings echoed those of another study that found these gene associations in both Caucasian and African American populations. The effects were most pronounced in post-menopausal women and/or people with low insulin levels.

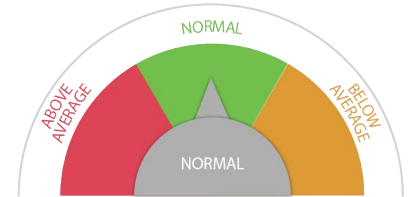
Our analysis investigated which genotype for these genes was present in your DNA. Your rating of **BELOW AVERAGE**, **NORMAL** or **ABOVE AVERAGE** reflects whether your genotype included those that carried a risk of having low levels of this essential mineral or whether you were likely to have adequate levels.



PHOSPHORUS TENDENCY

WHAT YOUR GENES SAY ABOUT YOU:

Our analysis indicates that your genetic profile exhibits characteristics that make you likely to have an **NORMAL** serum phosphorus levels. That's good news because this essential, unsung mineral plays a key role in nearly every energy-producing metabolic process—including keeping your organs functioning—as well as building strong bones and teeth. Continue eating a healthy, varied diet to get the 700 milligrams that you need each day for optimum healthy function.



Your genetic profile indicates that you are likely to have **NORMAL** blood serum levels of phosphorus.

You can maintain those healthy mineral levels by eating plenty of phosphorus rich whole foods.

SUCCESS STRATEGIES

Maintaining healthy blood serum phosphorus levels is as easy as eating a well-rounded diet. Generally speaking, if you're getting enough protein in your diet, you're getting enough phosphorus. Meat, milk, and fish are excellent sources. Vegans and vegetarians still can get ample amounts by consuming a diet rich in whole grains, cereals and plant-based protein foods such as dried beans, peas, nuts, pumpkin seeds and peanut butter.

Because the mineral is so ubiquitous in the typical diet, dietary phosphorus deficiency is rare. Be mindful, however, if you take very high doses of supplemental calcium, as that can interfere with the absorption of phosphorus. This is generally not a concern, but could pose a problem if you consume a very restricted diet as well.

RELATED GENES / SNPs

ALPL, CSTA, IHPK3, PDE7B, C12orf4, IP6K3

The genes and their associated SNPs included in this category have been shown to have significant associations with a person's serum phosphorus levels.

Though it's a mineral that doesn't get much media attention, phosphorus is essential for survival. In fact, phosphorus is found in every cell of your body, makes up 1 percent of your total weight, and is second only to calcium in its abundance in the human body. The most visible evidence of phosphorus' role in your health is your teeth and bones, which the mineral helps form and maintain. It is also essential for energy production. It activates energy-producing B-vitamins and helps the body make ATP, a molecule you use to store energy. It's vital for healthy heart, kidney, muscle, and nerve function.

Your body works to maintain a normal, healthy range of phosphorus—2.5 to 4.5 milligrams per deciliter in your blood (though lab ranges can vary).



MINERALS

PHOSPHORUS TENDENCY



PHOSPHORUS-RICH FOODS TO INCLUDE IN YOUR DIET:

Seeds, cheese, fish, shellfish, nuts,
pork, beef and veal, low fat dairy

What you don't store in your bones gets excreted through your urine. Most people fall within that normal range, but depending on your diet and certain health conditions such as diabetes, heavy alcohol intake, and/or eating disorders, phosphorus deficiency or excess can occur—both of which can have serious health consequences. Even within the normal range, having higher amounts of phosphorus also can pose some health risks, particularly heart disease.

Emerging research also shows that your genotype may influence your serum phosphorus levels. One large-scale study of more than 16,000 men and women found that variations in these key genes had a significant impact on your serum phosphorus levels.

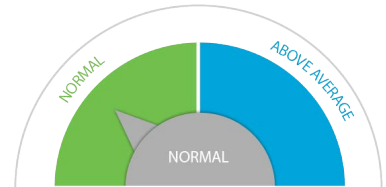
Our analysis investigated which genotype for these genes was present in your DNA. Your rating of **BELOW AVERAGE**, **NORMAL** or **ABOVE AVERAGE** reflects whether your genotype included those alleles that carry a risk of having low or high levels of this essential mineral or whether you were likely to have adequate levels.



SELENIUM TENDENCY

WHAT YOUR GENES SAY ABOUT YOU:

Our analysis indicates that your genetic profile exhibits characteristics that give you **NORMAL** blood selenium levels. That means that, like the majority of Americans, you likely have an adequate, healthy intake of this essential mineral. That's good news because selenium is necessary for strong immunity, cellular function, reproductive health and thyroid hormone production.



Your genetic profile indicates that you are likely to have **NORMAL** blood levels of selenium.

You can maintain healthy, adequate levels of this essential mineral by eating a diet rich in whole, unrefined foods.

SUCCESS STRATEGIES

According to the National Health and Nutrition Examination Survey (NHANES), the average daily selenium intake among Americans is 108.5 mcg. So most of us get more than enough and supplements aren't recommended.

Eating a diet high in refined foods can level you with lower than average selenium levels, because selenium is destroyed in processing. So be sure to fill our plate with whole foods whenever possible. Rich sources of selenium include fish, shellfish and seafood like tuna, shrimp, sardines, salmon, mushrooms, asparagus, poultry, tofu, eggs, grains, sunflower seeds, spinach, cabbage, milk and Brazil nuts (which you should only eat occasionally because they're extremely high in selenium).

RELATED GENES / SNPs

DMGDH

The gene and its associated SNPs that are included in this category have been shown to have significant associations with a person's blood levels of selenium.

Selenium is an essential mineral that plays multiple roles in maintaining good health. It works as an antioxidant with other nutrients such as vitamin E in the body to fend off free radical damage; it is vital to immune system function, male fertility and sperm health, and thyroid hormone metabolism.

Low levels of selenium have been shown to increase your risk for auto-immune disorders such as thyroid disease and psoriasis, infections and maybe even certain cancers.

Selenium is found across the dietary spectrum from seafood and meat to grains (and grain-based foods) and nuts, seeds and leafy greens. Adults need about 55 micrograms of the mineral a day and



MINERALS

SELENIUM TENDENCY



SELENIUM-RICH FOODS TO INCLUDE IN YOUR DIET:

Brazil nuts, yellowfin tuna, halibut, sardines, grass-fed beef, turkey, beef liver

most Americans get enough through a balanced diet. Selenium is found in the soil. So how much you get from your food depends on the mineral content of the soil in which the plants you, and the animals you eat, are grown. Selenium is destroyed in food processing, so eating a diet high in refined foods can put you at risk for lower selenium levels. Blood selenium levels also are influenced by genetic factors.

In one widespread analysis of more than 12,000 adults, genetic variations accounted for four percent of variation in blood selenium levels with minor alleles at this SNP increasing the average blood levels. That's a small percentage, but can be significant when considering a trace mineral. It's also possible to have too much of a good thing. Selenium is toxic in very high doses, which can cause GI distress, fatigue, hair loss and fingernail discoloration

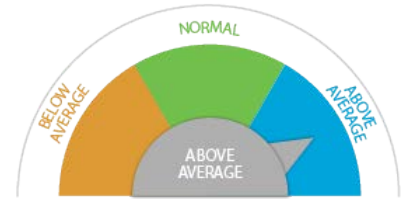
Our analysis investigated which genotype for this gene was present in your DNA. Your rating of **NORMAL** or **ABOVE AVERAGE** reflects the selenium levels that are likely to be present in your blood.



ZINC TENDENCY

WHAT YOUR GENES SAY ABOUT YOU:

Our analysis indicates that your genetic profile exhibits characteristics that give you the likelihood of having **ABOVE AVERAGE** blood zinc levels. Research shows that people with healthy adequate levels of this essential mineral are better able to fend off diseases like colds and viral infections, and are less susceptible to chronic diseases like heart disease and diabetes than those with low levels, so that's good news. Of course, your genes don't automatically guarantee that you will have healthy zinc levels if your diet falls short. So continue eating zinc rich foods on a daily basis.



Your genetic profile indicates that you are likely to have **ABOVE AVERAGE** blood levels of zinc.

You can take advantage of your favorable genetic tendencies by eating a diet that contains foods rich in zinc to get the 8 to 11 mg of zinc you need each day to maintain healthy cellular function and strong immunity.

SUCCESS STRATEGIES

As someone who is genetically inclined to have above average blood zinc levels, there's no need to worry about taking supplemental zinc. Pay closer attention to your intake of zinc-rich foods if you're over 60, however. Data from the National Health and Nutrition Examination Survey found that 35 to 45 percent of older adults fell below recommended levels of this essential mineral.

Good food sources include oysters, crab, lobster, pork, chicken, yogurt, baked beans, cashews, oatmeal, milk, kidney beans, almonds, chickpeas and fortified grains.

Be mindful of your zinc intake if you're a vegetarian or vegan. The zinc in plant foods is harder for the body to absorb, so some experts suggest that people

RELATED GENES / SNPs

CA1, PPCDC, LINC01420

The genes and their associated SNPs that are included in this category have all been shown to have significant associations with a person's blood levels of zinc.

Zinc is an essential trace element that plays a key role in immune function, protein synthesis, wound healing, insulin function, reproduction, thyroid function, blood clotting, growth, taste, vision and smell. After iron, it's the most common mineral in the body and is found in every cell.

You don't need much zinc to perform all these functions. The recommended dietary allowance for adults is just 8 mg (women) to 11 mg (men). But you do need zinc in your daily diet because the body doesn't store it.

Zinc deficiency hinders immune function and has been associated with cardiovascular disease and diabetes.



MINERALS

ZINC TENDENCY

who don't eat animal products aim for 50% more zinc than the recommended daily allowance just to be sure the body gets what it needs.



ZINC-RICH FOODS TO INCLUDE IN YOUR DIET:

Lamb, pumpkin seeds, chickpeas, cashews, mushrooms, spinach, yogurt

Though outright deficiency is uncommon in industrialized countries like America, there is evidence that relative zinc deficiency and marginal zinc levels may be somewhat common among certain populations, particularly among older people as well as vegetarians, since red meat and poultry provide the majority of zinc in the American diet and zinc from plant sources is slightly harder for the body to absorb. Taking too much zinc, which can happen when people supplement the mineral—a popular practice for staving off cold infections—can cause toxicity, which results in nausea, vomiting, GI distress, loss of appetite and headaches.

Genetics can influence a person's zinc blood levels. In one widespread analysis of more than 12,000 adults, genetic variations accounted for 8 percent of the variation in blood zinc levels. Our analysis investigated which genotype for these genes was present in your DNA. Your rating of **BELOW AVERAGE**, **NORMAL** or **ABOVE AVERAGE** reflects the zinc levels that are likely to be present in your blood.

LINKS TO RELATED STUDIES:

VITAMIN A TENDENCY

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Two common single nucleotide polymorphisms in the gene encoding beta-carotene 15,15'-monooxygenase alter beta-carotene metabolism in female volunteers.

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VITAMIN B6 TENDENCY

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VITAMIN B9 – FOLATE TENDENCY

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VITAMIN B12 TENDENCY

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Common variants of FUT2 are associated with plasma vitamin B12 levels.

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VITAMIN C TENDENCY

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<http://www.ncbi.nlm.nih.gov/pubmed/?term=20519558>

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LINKS TO RELATED STUDIES:

VITAMIN D TENDENCY

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Common genetic determinants of vitamin D insufficiency: a genome-wide association study .

<http://www.ncbi.nlm.nih.gov/pubmed/?term=20541252>

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VITAMIN E TENDENCY

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SELENIUM TENDENCY / ZINC TENDENCY

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