

dnaPower

POWER OVER YOUR HEALTH



YOUR **dietPower** RESULTS

Personal DNA Report for:

Private and Confidential

YOUR dietPower SUMMARY

Your personal report covers your genetic composition for results related to diet, nutrition, supplements and weight management. The results give you an indication of your predisposition to the health factors tested. Your genetics are your blueprint. You can enhance and improve your health outcomes through diet, fitness and environment.

AREA TESTED	TELLS YOU (Risk Potential)	YOUR GENETIC COMPOSITION RESULTS	PAGE
DIET MANAGEMENT			
Carbohydrate	<i>Your ability to process carbohydrates in your diet</i>	<div style="width: 80%;">80%</div> <div style="width: 20%;">20%</div>	11
Insulin	<i>Your ability to regulate blood sugar through insulin</i>	<div style="width: 75%;">75%</div> <div style="width: 25%;">25%</div>	12
HDL Cholesterol	<i>How well you regulate HDL cholesterol</i>	<div style="width: 80%;">80%</div> <div style="width: 20%;">20%</div>	13
LDL Cholesterol	<i>How well you regulate LDL cholesterol</i>	<div style="width: 90%;">90%</div> <div style="width: 10%;">10%</div>	14
Dietary Unsaturated Fat	<i>Your ability to metabolize unsaturated fats in your diet</i>	<div style="width: 100%;">100%</div>	15
Dietary Saturated Fat	<i>How well you metabolize saturated fats in your diet</i>	<div style="width: 17%;">17%</div> <div style="width: 83%;">83%</div>	16
Stored Body Fat	<i>How well your body burns stored fats</i>	<div style="width: 87%;">87%</div> <div style="width: 13%;">13%</div>	17
Protein Need	<i>Your need for a normal amount of dietary protein</i>	<div style="width: 50%;">50%</div> <div style="width: 50%;">50%</div>	18
Protein Weight Response	<i>Your weight response to a high protein diet</i>	<div style="width: 100%;">100%</div>	19
WEIGHT RESPONSE			
Body Mass Index	<i>Your ability to regulate your body mass index</i>	<div style="width: 40%;">40%</div> <div style="width: 60%;">60%</div>	21

● Normal Genes ● Variations

YOUR dietPower ACTION PLAN

Your personal DNA results provide valuable insights into your body based on your unique genetic code. This is a suggested dietPower Action Plan based on your personal DNA results. We have provided you with Action Tips that may help support your DNA and health.

The areas below are where you have higher genetic variations (>50% red in the Genetic Composition graphs). This increases your risk potential in that area over time. By taking action to support your health in these areas and managing lifestyle factors such as diet, exercise, sleep, stress and environmental factors, you increase the opportunity for your genes to function optimally.

AREA TESTED	ACTION TIPS	PAGE
DIET MANAGEMENT		
 Dietary Saturated Fat	<i>Avoid eating a diet high in saturated fats and focus instead on healthier unsaturated fats such as flaxseed oil, hemp seeds, leafy greens, walnuts and chia seeds. Reduce dairy and fatty meats, and particularly avoid processed and prepared foods as they have a higher likelihood of contributing to weight gain. Focus on eating a balanced healthy diet and exercising regularly.</i>	16
 Protein Need	<i>Consider eating smaller, more frequent amounts of proteins which are easier for your body to digest including plant-based proteins such as beans, lentils, peas and quinoa as well as fish, cottage cheese, eggs, protein powders, nuts, seeds, and sea vegetables.</i>	18
FOOD TOLERANCES		
 Lactose	<i>Consider reducing or avoiding milk and dairy products and using dairy alternatives made from coconut, cashew, almonds, rice or soy. High variations can contribute to weight gain and inflammation over time.</i>	26
 Salt	<i>Limit your salt intake and increase the regularity of exercise. If you choose to use salt, opt for Himalayan, Celtic, or unrefined high mineral sea salt.</i>	27

» Additional Tips are available throughout the report. Focus on areas where you have high red variations.

» These Action Tips are based on your genetic predisposition only. They are intended to support better health. They are not an indication of a problem and do not take into account where your health may be today.

» Consult with a healthcare practitioner before embarking on any major lifestyle changes.

Carbohydrate



YOUR ABILITY TO PROCESS CARBOHYDRATES IN YOUR DIET

Your body metabolizes dietary carbohydrates as its first source of fuel. They are the most important source of energy for your body. Your digestive system changes carbohydrates into glucose (blood sugar). Your body uses this sugar as energy for cells, tissues and organs. Carbohydrates are often considered simple (like sugars) or complex (fiber, vitamins and starches). Complex carbohydrates with a lower glycemic load help maintain a consistent, low blood glucose level and offer many health benefits.

Variations in this gene panel may result in increased sensitivity to dietary carbohydrates, which can lead to an increased tendency to weight gain, particularly abdominal fat, as well as lower success rates with weight loss regimens. Variations have also been linked to a greater risk of obesity, insulin resistance, metabolic syndrome, type 2 diabetes, and cardiovascular disease.

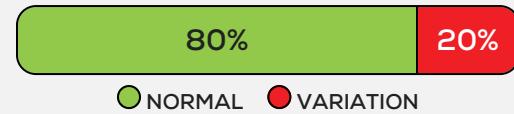


TIPS TO TAKE POWER OVER YOUR HEALTH

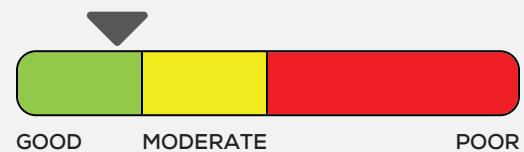
If you have variations in this panel, you may want to consider the following to improve your health:

- » Quality matters: emphasize fibre rich whole fruits, vegetables, grains, lentils and legumes.
- » Reduce or eliminate processed carbohydrates as it is more likely to contribute to weight and health issues.
- » Consider a low glycemic or lower carb diet.
- » Avoid added sugar as it has low nutritional value and high calories.
- » Increase strength activity and exercise to help regulate blood sugar levels and reduce the risk of diabetes.
- » Use green tea and apple cider vinegar to help regulate the conversion of carbohydrates to glucose.

YOUR GENETIC COMPOSITION %



YOUR GENE FUNCTION



► Your genes in this panel are functional. Studies have linked this to a greater tolerance for carbohydrates in the diet, and a decreased risk of metabolic syndrome, obesity, and type 2 diabetes. However, diet can have an impact on weight even with functional genes. You may wish to eat foods with a lower glycemic load to help maintain your health.

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POWER OVER YOUR HEALTH



YOUR **fitPower** RESULTS

Personal DNA Report for:

Private and Confidential



YOUR fitPower SUMMARY

Your fitPower report provides you with your personal DNA results related to fitness - power and endurance activities, injury prevention and recovery, and exercise performance. The genetic composition results indicate your risk potential based on the number of normal and mutated genes. By making smart diet and fitness decisions, tailored to your genetic makeup, you can ensure you achieve maximum health.

AREA TESTED	TELLS YOU (Risk Potential)	YOUR GENETIC COMPOSITION RESULTS	PAGE
POWER AND ENDURANCE			
Endurance Activity	<i>How suited you are for endurance activities</i>	<div style="width: 71%;">71%</div> <div style="width: 29%;">29%</div>	9
Power and Sprint Activity	<i>How suited you are for power, sprint and high-intensity activities</i>	<div style="width: 44%;">44%</div> <div style="width: 56%;">56%</div>	10
INJURY AND RECOVERY			
Ligament Strength	<i>How well your body maintains healthy ligaments</i>	<div style="width: 100%;">100%</div>	12
Tendon Strength	<i>How well your body maintains healthy tendons</i>	<div style="width: 71%;">71%</div> <div style="width: 29%;">29%</div>	13
Muscle Strength	<i>How predisposed you are for muscle strength and tone</i>	<div style="width: 62%;">62%</div> <div style="width: 38%;">38%</div>	14
Muscle Repair	<i>How well your muscles build and repair from physical activity</i>	<div style="width: 70%;">70%</div> <div style="width: 30%;">30%</div>	15
EXERCISE PERFORMANCE			
Blood Pressure	<i>How well your body regulates blood pressure</i>	<div style="width: 50%;">50%</div> <div style="width: 50%;">50%</div>	17
Energy Availability	<i>How well you utilize energy during exercise</i>	<div style="width: 100%;">100%</div>	18
Energy Metabolism	<i>How well you break down nutrients during exercise</i>	<div style="width: 83%;">83%</div> <div style="width: 17%;">17%</div>	19
Oxygen Uptake	<i>How well you manage oxygen during exercise</i>	<div style="width: 86%;">86%</div> <div style="width: 14%;">14%</div>	20

● Normal Genes ● Variations



YOUR fitPower ACTION PLAN

Your personal DNA results provide valuable insights into your body based on your unique genetic code. This is a suggested fitPower Action Plan based on your personal DNA results. We have provided you with Action Tips that may help support your DNA and health.

The areas below are where you have higher genetic variations (>50% red in the Genetic Composition graphs). This increases your risk potential in that area over time. By taking action to support your health in these areas and managing lifestyle factors such as diet, exercise, sleep, stress and environmental factors, you increase the opportunity for your genes to function optimally.

AREA TESTED	ACTION TIPS	PAGE
POWER AND ENDURANCE		
 Power and Sprint Activity	<i>You are likely more predisposed to endurance type activities or a combination. You may get better results from engaging in jogging, swimming and other aerobic activities</i>	10
EXERCISE PERFORMANCE		
 Blood Pressure	<i>Engage in less strenuous exercise to lower your blood pressure during exercise. Have a diet low in sodium and rich in potassium. Nitric oxide supplementation can provide additional support. Check your blood pressure regularly.</i>	17

» Additional Tips are available throughout the report. Focus on areas where you have high red variations.

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Blood Pressure



HOW WELL YOUR BODY REGULATES BLOOD PRESSURE

High blood pressure, also called hypertension, means that there is too much pressure in your blood vessels. This can damage your blood vessels and cause health problems. High blood pressure usually does not cause symptoms, however, it can be dangerous if it goes undetected. It is more common in the aging population. If you are genetically prone to high blood pressure you can make proactive lifestyle choices to decrease your risks.

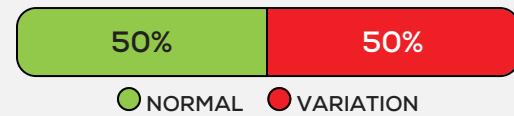


TIPS TO TAKE POWER OVER YOUR HEALTH

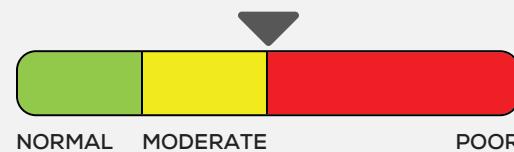
If you have variations in this panel, you may want to consider the following to enhance your fitness:

- » Manage your weight and engage in moderate exercise.
- » Decrease your intake of sodium, and increase water and foods rich in antioxidants (beta-carotene, vitamins A, C, and E).
- » Closely monitor your heart rate while exercising.
- » Avoid smoking and exposure to cigarette smoke.
- » Avoid lifestyle risk factors including excess salt, body weight, and alcohol.
- » Omega-3 rich foods and oil supplementation can be effective in preventing cardiovascular disease.

YOUR GENETIC COMPOSITION %



YOUR GENE FUNCTION



► Your variations in these genes are somewhat higher than optimal. Consider omega-3-rich foods and omega-3 supplementation. You may also benefit from a Nitric Oxide 3 (NOS-3) specific diet and lifestyle recommendations from a healthcare professional.

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POWER OVER YOUR HEALTH



YOUR **healthPower** RESULTS

Personal DNA Report for:

Private and Confidential

YOUR healthPower SUMMARY

Your personal report covers your genetic composition for results related to how well your body regulates sex hormones, detoxification, inflammation, immune response and tumour response, and methylation. The results give you an indication of your predisposition to the health factors tested. Your genetics are your blueprint. You can enhance and improve your health outcomes through diet, fitness and environment.

AREA TESTED	TELLS YOU (Risk Potential)	YOUR GENETIC COMPOSITION RESULTS	PAGE
DETOXIFICATION			
Detoxification Phase 1 - Activation	<i>How efficiently your body manages oxidation</i>	<div style="width: 87%; background-color: #80E6AA; height: 10px; border-radius: 10px;"></div> 87% <div style="width: 13%; background-color: #F08080; height: 10px; border-radius: 10px;"></div> 13%	10
Detoxification Phase 2 - Conjugation	<i>How efficiently your body conjugates drugs, hormones and various toxins into water soluble substances for elimination</i>	<div style="width: 100%; background-color: #80E6AA; height: 10px; border-radius: 10px;"></div> 100%	12
Detoxification Phase 2 - Acetylation	<i>How efficiently your body catalyzes acetylation reactions to detoxify cancer causing carcinogens</i>	<div style="width: 100%; background-color: #80E6AA; height: 10px; border-radius: 10px;"></div> 100%	14
Detoxification Phase 2 - Methylation	<i>How efficiently your body metabolizes dopamine, epinephrine (adrenalin), norepinephrine (noradrenaline), and estrogen.</i>	<div style="width: 100%; background-color: #80E6AA; height: 10px; border-radius: 10px;"></div> 100%	15
Detoxification Phase 2 - Oxidative Protection	<i>How efficiently your antioxidant enzymes can protect you against reactive oxygen species</i>	<div style="width: 50%; background-color: #80E6AA; height: 10px; border-radius: 10px;"></div> 50% <div style="width: 50%; background-color: #F08080; height: 10px; border-radius: 10px;"></div> 50%	17
HORMONE HEALTH			
Biosynthesis of Androgens and Estrogens	<i>How effectively your body regulates sex steroids, estrogen and androgen</i>	<div style="width: 25%; background-color: #80E6AA; height: 10px; border-radius: 10px;"></div> 25% <div style="width: 75%; background-color: #F08080; height: 10px; border-radius: 10px;"></div> 75%	19
Phase 1 - Metabolism of Estrogens	<i>Your body's ability to metabolize estrogen</i>	<div style="width: 100%; background-color: #80E6AA; height: 10px; border-radius: 10px;"></div> 100%	20
Phase 2 - Elimination of Estrogen Metabolites	<i>Your body's ability to eliminate estrogen and estrogen metabolites</i>	<div style="width: 75%; background-color: #80E6AA; height: 10px; border-radius: 10px;"></div> 75% <div style="width: 25%; background-color: #F08080; height: 10px; border-radius: 10px;"></div> 25%	21

● Normal Genes ● Variations

YOUR healthPower ACTION PLAN

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AREA TESTED	ACTION TIPS	PAGE
DETOXIFICATION		
 Detoxification Phase 2 - Oxidative Protection	<i>Support your SOD2 antioxidant activity by supplementing with turmeric, manganese and foods rich in antioxidants such as berries, pecans and artichokes.</i>	17
HORMONE HEALTH		
 Biosynthesis of Androgens and Estrogens	<i>Your body may have greater issues regulating sex steroids, estrogen and androgen. Consider hormone free meat and dairy, and produce free of herbicides, pesticides and other chemicals. Use glass rather than plastic and reduce exposure to household chemicals.</i>	19

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Biosynthesis of Androgens and Estrogens



HOW EFFECTIVELY YOUR BODY REGULATES SEX STEROIDS, ESTROGEN AND ANDROGEN

The production of sex steroids, steroidogenesis, stems from cholesterol. Through the multi-step metabolism of cholesterol, progesterones, androgens and estrogens are sequentially synthesized (and androgens are metabolised).

Estrogen makes cells grow, develops the uterus, breasts, periods, pregnancy and the egg within the ovary. However, in excess it becomes toxic to the body. Too much estrogen causes cells to multiply out of control. A prolonged imbalance of estrogen to progesterone increases your cancer risk.

The following key genes, and their encoded enzymes, play critical roles in this multi-step biosynthesis and metabolism.



TIPS TO TAKE POWER OVER YOUR HEALTH

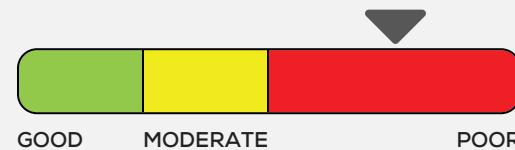
If you have variations in this panel, you may want to consider the following to improve your health:

- » Choose hormone-free, meat, dairy and wild fish.
- » Avoid produce that has been sprayed with herbicides or pesticides.
- » Use glass rather than plastic containers for food. Be sure not to heat or microwave food in plastic bags or containers.
- » Avoid bleached paper such as coffee filters, tissue paper, napkins.
- » Avoid the use of household chlorine containing bleach or use disposable gloves and open all the windows if working with chemicals.
- » Reduce use of solvents found in nail polish and nail polish remover.
- » Undergo lifestyle improvements in nutrition, exercise and stress management.
- » Follow your health care professional's schedule for checkups related to early detection of hormone related cancers.

YOUR GENETIC COMPOSITION %



YOUR GENE FUNCTION



► Your variations in these genes are high. This can lead to an imbalance of sex steroids, associated with an increased risk of hormone related diseases.

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YOUR **brainPower** RESULTS

Personal DNA Report for:

Private and Confidential

YOUR brainPower SUMMARY

Your brainPower report provides you with your personal DNA results related to genetic factors which can affect your overall mental wellness. The genetic composition results indicate your risk potential based on the number of normal and variant genes. By understanding these risk factors you can make informed choices to help achieve maximum health.

AREA TESTED	TELLS YOU (Risk Potential)	YOUR GENETIC COMPOSITION RESULTS	PAGE
MENTAL WELLNESS			
Alzheimer's	<i>Your normal genetic risk of developing Alzheimer's disease</i>		8
Concussion	<i>Your ability to recover normally from concussion</i>		10
Cortisol	<i>Your ability to regulate cortisol levels normally</i>		11
Depression	<i>Your normal risk of experiencing depression</i>		12
Parkinson's	<i>Your normal risk of developing Parkinson's disease</i>		13

● Normal Genes ● Variations

YOUR **brainPower** ACTION PLAN

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AREA TESTED	ACTION TIPS	PAGE
MENTAL WELLNESS		
 Cortisol	<i>Your body may have a stronger response to cortisol – the stress hormone. Focus on adequate sleep, good diet, moderate exercise, decreasing the stressors in your life, having fun, meditating and healthy relationships.</i>	11

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Cortisol



YOUR ABILITY TO REGULATE CORTISOL LEVELS NORMALLY

Cortisol is an essential steroid hormone sometimes known as the "stress hormone". Produced in the adrenal gland, it is essential to stress response within the body. However, cortisol has many functions in the body such as its ability to help regulate blood sugar levels and your metabolism. It also helps reduce inflammation, assist with memory formulation, control blood pressure and in women, support the developing fetus during pregnancy.

The SERPINA6 gene encodes a protein called corticosteroid-binding globulin. This protein then binds to our cortisol hormone and delivers it to other tissues when needed. Variations in corticosteroid-binding globulin affect binding affinity for cortisol and tissue delivery of cortisol. Individuals carrying variation in plasma cortisol have been associated with extreme fatigue, chronic pain, cardiovascular and psychiatric disease. These individuals may have a harder time losing weight and building muscle.

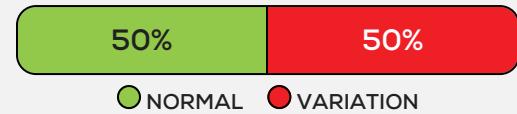


TIPS TO TAKE POWER OVER YOUR HEALTH

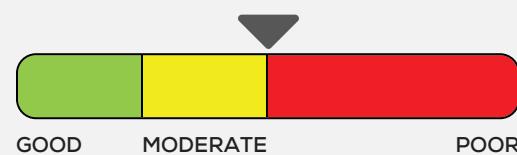
If you have a variation in this panel, you may want to consider the following to improve your health:

- » If you have symptoms related to irregular cortisol levels talk to your health care provider about getting your cortisol levels tested.
- » If your cortisol levels are irregular there are health care measures that you can take to increase your quality of life.
- » Try to increase your sleep, decrease your stress, and take up relaxing activities such as yoga and meditation.

YOUR GENETIC COMPOSITION %



YOUR GENE FUNCTION



- You have moderate variation in this gene. You have some variation in the gene that regulates cortisol "stress hormone" levels.