

dnaPower

POWER OVER YOUR HEALTH



YOUR **summaryPower** RESULTS

Your Personal DNA Results

Congratulations on making the decision to take Power over your Health!

Your personalized DNA results contain information unique to **your body**, giving you the power to make informed decisions about your health.

WHY DNA IS IMPORTANT

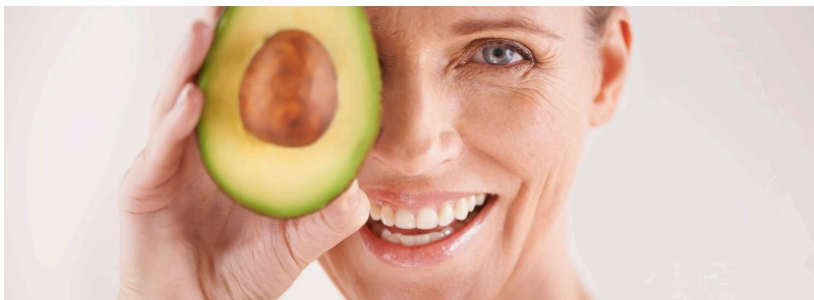
DNA is our personal biological roadmap. It guides the development and functioning of our bodies. DNA sequences, known as genes, contain genetic markers that differ among people. dnaPower's genetic testing zeros in on specific genes and genetic markers that have been scientifically proven to impact health, nutrition, fitness, and disease and that may vary between people.

HOW GENETIC VARIATIONS CAN IMPACT YOUR HEALTH

Hereditary and environmental factors can cause genetic variations or mutations in your DNA. Some mutations have minimal effects, while others may alter a gene in such a way that its function is changed or lost. When this occurs, there is a risk that your gene may not function at an optimum level.

HOW YOUR DNA RESULTS CAN HELP YOU

Your dnaPower results provide a snapshot of selected genetic variations that have been proven through scientific studies to impact your health. By knowing your genetic variations, you can learn where you may be predisposed to good or poor health related traits. By understanding this information, you can take proactive steps to enhance your wellbeing. The good news is that through healthy diet, nutrition and exercise, you can change or improve how your DNA functions.



RELIABLE RESULTS

dnaPower uses a state of the art Agena MassArray genotyping platform to provide greater than 99.7% accuracy in the genes and SNPs (Single Nucleotide Polymorphisms) that we test. We test genetic sites that identify the most common DNA markers scientifically studied and proven to be associated with certain conditions. We report on genes that have a high incidence relationship. It is important to note that DNA research is constantly evolving. There may be variations related to a condition that are yet to be discovered and may in future improve on the accuracy and thoroughness of the results.

MAXIMIZING YOUR RESULTS

Knowledge is power. We encourage you to use your dnaPower results to understand potential impacts to your health and to take positive action. We recommend consulting a qualified health practitioner to gain further insight and advice for a program specific to you.

How To Read Your Summary Report

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 dietPower Action Plan

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READING YOUR GENETIC COMPOSITION GRAPH



Your personal results are represented in a genetic composition graph.

Green is Good. Indicates the percentage of gene(s) or SNPs tested that are normal. With good health decisions, your gene(s) should function properly.

Red is Poor. Indicates there are variations in the gene(s) or SNPs that have potential to impact your health. This is a possible area of risk. Take proactive action to look after your health.

In your report, focus on areas that are 50% red or more as this is where you are more likely to experience issues over time.

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 |
|-------------------------|---|----------------------------------|
| DIET MANAGEMENT | | |
| Carbohydrate | <i>Your ability to process carbohydrates in your diet</i> | 70% Normal Genes, 30% Variations |
| Insulin | <i>Your ability to regulate blood sugar through insulin</i> | 69% Normal Genes, 31% Variations |
| HDL Cholesterol | <i>How well you regulate HDL cholesterol</i> | 80% Normal Genes, 20% Variations |
| LDL Cholesterol | <i>How well you regulate LDL cholesterol</i> | 62% Normal Genes, 38% Variations |
| Dietary Unsaturated Fat | <i>Your ability to metabolize unsaturated fats in your diet</i> | 87% Normal Genes, 13% Variations |
| Dietary Saturated Fat | <i>How well you metabolize saturated fats in your diet</i> | 50% Normal Genes, 50% Variations |
| Stored Body Fat | <i>How well your body burns stored fats</i> | 100% Normal Genes |
| Protein Need | <i>Your need for a normal amount of dietary protein</i> | 50% Normal Genes, 50% Variations |
| Protein Weight Response | <i>Your weight response to a high protein diet</i> | 100% Normal Genes |
| WEIGHT RESPONSE | | |
| Body Mass Index | <i>Your ability to regulate your body mass index</i> | 90% Normal Genes, 10% Variations |

● Normal Genes ● Variations

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| AREA TESTED | TELLS YOU (Risk Potential) | YOUR GENETIC COMPOSITION RESULTS |
|----------------------------------|--|----------------------------------|
| FOOD TOLERANCES | | |
| Alcohol | <i>How well your body metabolizes alcohol</i> | 100% |
| Caffeine | <i>How well your body processes caffeine</i> | 50% Variations |
| Gluten | <i>Your normal risk for gluten sensitivity</i> | 62% Normal Genes, 38% Variations |
| Lactose | <i>How well your body digests lactose from dairy products</i> | 100% Variations |
| Salt | <i>How well you metabolize salt</i> | 50% Normal Genes, 50% Variations |
| Sugar Craving | <i>Your ability to resist sugar cravings and sweet foods</i> | 50% Normal Genes, 50% Variations |
| FOOD TASTE AND PREFERENCE | | |
| Caffeine Preference | <i>Your preference to consume a normal amount of caffeine</i> | 100% Normal Genes |
| Carbohydrate Preference | <i>Your preference to consume a normal amount of carbohydrates</i> | 100% Normal Genes |
| Fat Preference | <i>Your preference to consume a normal amount of fats</i> | 100% Normal Genes |
| Protein Preference | <i>Your preference to consume a normal amount of protein</i> | 100% Normal Genes |
| Bitter Taste | <i>Your ability to taste bitter flavours and foods</i> | 100% Variations |
| Salt Taste | <i>Your ability to taste salt and salty foods</i> | 17% Normal Genes, 83% Variations |
| Sweet Taste | <i>Your ability to taste sweet flavours and foods</i> | 100% Normal Genes |
| Smoking Behaviour | <i>Your ability to respond normally to nicotine</i> | 75% Normal Genes, 25% Variations |

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| AREA TESTED | TELLS YOU (Risk Potential) | YOUR GENETIC COMPOSITION RESULTS |
|-----------------------------------|--|---------------------------------------|
| VITAMINS & SUPPLEMENTS | | |
| Vitamin A | <i>How well you convert vitamin A for healthy growth and immune response</i> | 100% |
| Vitamin B2 (Riboflavin) | <i>Your need for vitamin B2 for health, development, and management of cardiovascular risk</i> | 100% |
| Vitamin B6 | <i>How well you process vitamin B6 for macronutrient metabolism</i> | 50% (Normal Genes) / 50% (Variations) |
| Vitamin B9 (Folate) | <i>How well you process folate for cell growth and healthy red blood cells</i> | 50% (Normal Genes) / 50% (Variations) |
| Vitamin B12 | <i>How well you process vitamin B12 for healthy nerve and blood cells</i> | 67% (Normal Genes) / 33% (Variations) |
| Vitamin C | <i>How well you process vitamin C for growth and development</i> | 70% (Normal Genes) / 30% (Variations) |
| Vitamin D | <i>How well you process vitamin D to support calcium absorption and cell growth</i> | 62% (Normal Genes) / 38% (Variations) |
| Vitamin E | <i>How well you convert vitamin E for antioxidant and anti-aging benefits</i> | 100% |
| Calcium | <i>How well your body absorbs calcium for bones, teeth and muscles</i> | 67% (Normal Genes) / 33% (Variations) |
| Choline | <i>How much dietary choline your body requires for your brain and nervous system</i> | 100% |
| Iodine | <i>How well your body transports iodine to support thyroid function</i> | 100% |
| Iron Deficiency | <i>How well your body absorbs iron for red blood cells to carry oxygen</i> | 50% (Normal Genes) / 50% (Variations) |

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| AREA TESTED | TELLS YOU (Risk Potential) | YOUR GENETIC COMPOSITION RESULTS |
|--------------------|--|----------------------------------|
| Iron Overload | <i>How well your body regulates iron for red blood cells to carry oxygen</i> | |
| Magnesium | <i>How much dietary magnesium your body requires for health</i> | |
| Omega-3 Fatty Acid | <i>Your need for beneficial omega-3 fatty acid for metabolism, brain health and reducing disease</i> | |
| Zinc | <i>How well you process zinc for antiviral and inflammatory response</i> | |

● 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

DIET MANAGEMENT



Dietary Saturated Fat

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.



Protein Need

Ensure adequate protein in your diet. Focus on balanced macronutrients, with an emphasis on whole foods such as lean proteins, healthy fats, vegetables and fruits. For optimal health, consume multiple protein sources that provide a balanced amino acid profile. This may include fish, chicken, eggs, dairy (depending on your DNA profile), legumes/beans, nuts, grains and sea vegetables. To attain a complete amino acid profile on a plant-based diet, it is important to combine grains with legumes, nuts with legumes, or grains with nuts.

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YOUR dietPower ACTION PLAN

AREA TESTED

ACTION TIPS

FOOD TOLERANCES



Caffeine

Lower your daily intake of caffeine to two or less cups a day as it may breakdown slowly for you and have a greater impact on your body.



Lactose

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.



Salt

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.



Sugar Craving

Replace high sugar foods and drinks with healthier options such as fruit. Increase your fibre intake to help balance your blood sugar with foods such as nuts, beans and legumes. Maintain adequate magnesium intake with pumpkin seeds, spinach and chard, avocado, banana, yogurt or kefir. Ensure you drink enough water and participate in relaxing exercises to regulate cortisol levels and decrease stress.

YOUR dietPower ACTION PLAN


AREA TESTED

ACTION TIPS

VITAMINS & SUPPLEMENTS

 Vitamin B6

Increase your consumption of good dietary sources of vitamin B6 such as vegetables (especially spinach, bell peppers and cauliflower), bananas, walnuts, cereal grains, legumes, sweet potatoes, sunflower seeds, eggs, fish, fortified nutritional yeast and wheat germ.

 Vitamin B9 (Folate)

Include dark leafy greens (spinach, kale, beet greens, chard, asparagus and broccoli), mushrooms, oranges, whole grains and cereals in your diet. Consume raw or lightly cooked, the naturally occurring folate in these foods can be destroyed by heat. Consider supplementation with a methylated B9 or a vitamin B complex.

 Choline

Include healthy dietary sources of choline which is found primarily in animal-based products such as meat, poultry, fish, dairy products, and eggs. If you follow a vegetarian diet, cruciferous vegetables including brussels sprouts, broccoli, and cauliflower and beans including soy and kidney are also rich in choline. Other dietary sources of choline include nuts, seeds, and whole grains. If you cannot maintain adequate choline through dietary sources, consider supplementing with bioavailable alpha GPC choline.

 Iron Deficiency

Include good sources of dietary iron in your diet such as beans, peas, lentils and dark leafy greens as well as meat, fish and poultry.

 Omega-3 Fatty Acid

Increase your intake of omega-3 rich food including sustainable, wild, salmon, herring, mackerel, sardines, avocado, walnuts, flax, hemp and chia seeds, and high-quality spirulina, free of contaminants. Consider taking an omega-3 fish oil or algae supplement.

 Zinc

Increase your consumption of foods high in zinc including beans, nuts, cashews, pumpkin seeds, whole grains, dairy, oysters, crab, lobster and grass-fed beef. Consider zinc supplementation if you follow a vegetarian or vegan diet.

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 |
|---|---|----------------------------------|
| DETOXIFICATION | | |
| Detoxification Phase 1 - Activation | <i>How efficiently your body manages oxidation</i> | |
| Detoxification Phase 2 - Conjugation | <i>How efficiently your body neutralizes drugs, hormones and various toxins into water soluble substances for elimination</i> | |
| Detoxification Phase 2 - Acetylation | <i>How efficiently your body catalyzes acetylation reactions to detoxify harmful carcinogens</i> | |
| Detoxification Phase 2 - Methylation | <i>How efficiently your body metabolizes dopamine, epinephrine (adrenalin), norepinephrine (noradrenaline), and estrogen</i> | |
| Detoxification Phase 2 - Oxidative Protection | <i>How efficiently your antioxidant enzymes can protect you against reactive oxygen species</i> | |
| HORMONE HEALTH | | |
| Biosynthesis of Androgens and Estrogens | <i>How effectively your body regulates sex steroids, androgen and estrogen</i> | |
| Phase 1 - Metabolism of Estrogens | <i>Your body's ability to metabolize estrogen</i> | |
| Phase 2 - Elimination of Estrogen Metabolites | <i>Your body's ability to eliminate estrogen and estrogen metabolites</i> | |

● Normal Genes ● Variations

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| AREA TESTED | TELLS YOU (Risk Potential) | YOUR GENETIC COMPOSITION RESULTS |
|------------------------------|---|----------------------------------|
| INFLAMMATION RESPONSE | | |
| Inflammatory Immune Response | <i>How effectively your immune system fights inflammation</i> | 60% 40% |
| Inflammatory Tumour Response | <i>How effectively your immune system fights acute inflammatory diseases</i> | 100% |
| METHYLATION | | |
| Methylation - FUT2 | <i>How effectively you absorb cobalamin (vitamin B12) essential for methylation</i> | 100% |
| Methylation - TCN2 | <i>How effectively you transport cobalamin (vitamin B12) essential for methylation</i> | 100% |
| Methylation - SHMT1 | <i>How effectively you convert folate (vitamin B9) derivative THF into 5,10-MTHF</i> | 100% |
| Methylation - MTHFR | <i>How effectively you metabolize folate (vitamin B9) from food into its bioactive form</i> | 100% |
| Methylation - MTR | <i>How efficiently you transform homocysteine into methionine</i> | 100% |
| Methylation - MTRR | <i>How efficiently you methylate cobalamin (vitamin B12) to methylcobalamin</i> | 100% |

Normal Genes Variations

YOUR healthPower ACTION PLAN

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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 |
|--|---|
| DETOXIFICATION | |
| <p> Detoxification Phase 1 - Activation</p> | <p><i>Eat a diet rich in antioxidants including berries and beans. Include non-starchy vegetables like brassica or cruciferous vegetables (broccoli, Brussels sprouts, cauliflower, rutabaga, turnips, kohlrabi, cabbage, collard greens, kale and mustard seed) that provide a wide variety of phytochemicals that impact detoxification and biotransformation. Include vitamin C rich foods like citrus (tangerines and oranges) as well as strawberries and bell peppers. Include high-quality, absorbable protein in your diet (eggs & whey protein) as a source of amino acids for the production of the phase 1 CYP enzymes. Consider a lipotropic to support the liver such as cysteine, methionine, choline and inositol and supplementation with vitamin C, B, magnesium and iron. Engage in regular exercise, decrease exposure to xenobiotics and xenoestrogens.</i></p> |
| <p> Detoxification Phase 2 - Oxidative Protection</p> | <p><i>Protect against oxidative stress by consuming foods rich in antioxidants such as colorful vegetables and fruits. Foods including broccoli, spinach, artichokes, berries, pecans, and turmeric are high in antioxidants. Include dietary sources of manganese, a cofactor for SOD2, found in chickpea, spinach, sweet potato and brown rice. Consider supplementation such as coenzyme Q10 and zinc to support antioxidant function. Reduce exposure to carcinogenic toxins and environmental pollutants.</i></p> |

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

YOUR healthPower ACTION PLAN

AREA TESTED

ACTION TIPS

HORMONE HEALTH



Biosynthesis of Androgens and Estrogens

Your body may have greater issues regulating sex steroids, androgen and estrogen. 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.



Phase 1 - Metabolism of Estrogens

Include non-starchy vegetables in your diet. Consider high quality proteins and antioxidant supplementation that assist in phase 1 metabolism.

METHYLATION



FUT2 Methylation - FUT2

Include healthy sources of foods rich in vitamin B12 in your diet such as eggs, sardines, clams, fortified nutritional yeast, grass-fed meat, and dairy. Consider supplementing with a methylated B vitamin complex. Fiber-rich as well as fermented and prebiotic foods can help support a diverse and healthy gut microbiome.



MTRR Methylation - MTRR

Include healthy sources of foods rich in vitamin B12 in your diet such as eggs, sardines, clams, fortified nutritional yeast, grass-fed meat, and dairy. Ensure adequate intake of trace mineral zinc found in shellfish, seeds and legumes such as lentils, chickpeas and beans. Consider supplementing with a methylated B vitamin complex.

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 |
|-----------------------------|---|----------------------------------|
| POWER AND ENDURANCE | | |
| Endurance Activity | <i>How suited you are for endurance activities</i> | 75% Normal Genes, 25% Variations |
| Power and Sprint Activity | <i>How suited you are for power, sprint and high-intensity activities</i> | 69% Normal Genes, 31% Variations |
| INJURY AND RECOVERY | | |
| Ligament Strength | <i>How well your body maintains healthy ligaments</i> | 100% Normal Genes |
| Tendon Strength | <i>How well your body maintains healthy tendons</i> | 71% Normal Genes, 29% Variations |
| Muscle Strength | <i>How predisposed you are for muscle strength and tone</i> | 75% Normal Genes, 25% Variations |
| Muscle Repair | <i>How well your muscles build and repair from physical activity</i> | 100% Normal Genes |
| EXERCISE PERFORMANCE | | |
| Blood Pressure | <i>How well your body regulates blood pressure</i> | 70% Normal Genes, 30% Variations |
| Energy Metabolism | <i>How well you produce energy from nutrients</i> | 100% Normal Genes |
| Oxygen Uptake | <i>How well you manage oxygen during exercise</i> | 92% Normal Genes, 8% Variations |
| EXERCISE RESPONSE | | |
| Blood Sugar and Insulin | <i>How physical activity affects your ability to regulate blood sugar</i> | 92% Normal Genes, 8% Variations |
| Stroke Risk | <i>Your normal genetic risk for ischemic stroke</i> | 50% Normal Genes, 50% Variations |
| Cardiovascular Health | <i>How well your body manages cardiovascular health</i> | 75% Normal Genes, 25% Variations |

● 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

EXERCISE RESPONSE



Stroke Risk

Engage in aerobic activity with moderate intensity. Limit alcohol and sodium intake and avoid smoking.

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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 |
|------------------------|--|----------------------------------|
| MENTAL WELLNESS | | |
| Alzheimer's | <i>Your normal genetic risk of developing Alzheimer's disease</i> | |
| Compulsive Tendency | <i>Your normal genetic risk of developing compulsive tendencies</i> | |
| Concussion | <i>Your ability to recover normally from concussion</i> | |
| Cortisol | <i>Your ability to regulate cortisol levels normally</i> | |
| Depression | <i>Your normal risk of experiencing depression</i> | |
| Emotional Eating | <i>Your ability to eat normally during stressful or emotional situations</i> | |
| Parkinson's | <i>Your normal risk of developing Parkinson's disease</i> | |





● Normal Genes ● Variations

YOUR brainPower ACTION PLAN

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| AREA TESTED | ACTION TIPS |
|---|---|
| MENTAL WELLNESS | |
|  Alzheimer's | <p><i>You have a higher genetic risk of developing Alzheimer's. Studies are showing that diet plays a significant role in this. Consider a healthy, primarily plant based diet to support your brain health. Fish has been recommended as a good food for brain health (albacore tuna, salmon and trout generally have lower toxin levels). Consider taking omega 3 oil or MCT oil. Exercise your body and mind regularly.</i></p> |
|  Compulsive Tendency | <p><i>You may have a higher tendency to develop compulsive behaviour. Be cautious when taking prescribed pain killing medication. Maintain healthy relationships, and a healthy lifestyle to decrease your risk of seeking dopamine from unhealthy sources. If you are facing unwanted behaviour talk to someone who can help you, think of all the troubles this causes you, and get to know your triggers and root cause.</i></p> |
|  Concussion | <p><i>You are at risk of recovering more slowly from a concussion. Avoid activities that increase your risk of brain injury. If you suffer a concussion, seek specialized recovery care.</i></p> |
|  Cortisol | <p><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></p> |

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My personal action plan and notes:

dnaPower PRODUCTS TO MAXIMIZE YOUR HEALTH



dietPower

Power over your Diet - Diet and Weight Management



fitPower

Power over your Fitness – Fitness and Injury Prevention



healthPower

Power over your Health – Detoxification, Hormone, Inflammation, Mental Wellness, Methylation

Important: The information in this report is for informational and research purposes only. Nothing contained in this report is intended to be instruction for medical diagnosis or treatment and should neither be considered complete nor relied on to indicate a certain course of treatment for any individual. Please be aware that you may learn information that you did not anticipate. You should not rely on the information in this report to make personal, medical, legal, technical or financial decisions or use it in place of consultation or advice from a physician or other qualified health care provider. Please promptly consult your physician with all health care related questions.

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