

# 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

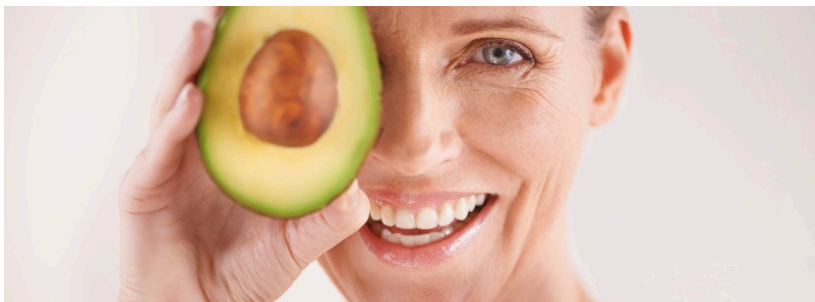
Your dnaPower results provide a snapshot of selected genetic variations that have been proven through scientific studies to impact your health. By knowing your genetic variations, you can learn where you may be predisposed to good or poor health related traits. By understanding this information, you 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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## READING YOUR GENETIC COMPOSITION GRAPH



Your personal results are represented in a genetic composition graph.










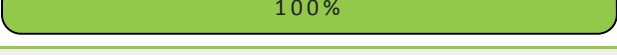

**Green is Good.** Indicates the percentage of gene(s) or SNPs tested that are normal. With good health decisions, your gene(s) should function properly.

**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>	
Starch	<i>Your ability to produce salivary amylase to digest starch</i>	
Insulin	<i>Your ability to regulate blood sugar through insulin</i>	
HDL Cholesterol	<i>How well you regulate HDL cholesterol</i>	
LDL Cholesterol	<i>How well you regulate LDL cholesterol</i>	
Dietary Unsaturated Fat	<i>Your ability to metabolize unsaturated fats in your diet</i>	
Dietary Saturated Fat	<i>How well you metabolize saturated fats in your diet</i>	
Stored Body Fat	<i>How well your body burns stored fats</i>	
Protein Need	<i>Your need for a normal amount of dietary protein</i>	
Protein Weight Response	<i>Your weight response to a high protein diet</i>	
WEIGHT RESPONSE		
Body Mass Index	<i>Your ability to regulate your body mass index</i>	

● 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>	100%
Gluten	<i>Your normal risk for gluten sensitivity</i>	62% 38%
Lactose	<i>How well your body digests lactose from dairy products</i>	50% 50%
Peanut Sensitivity	<i>Your risk for peanut sensitivity</i>	50% 50%
Salt	<i>How well you metabolize salt</i>	62% 38%
Sugar Craving	<i>Your ability to resist sugar cravings and sweet foods</i>	75% 25%
FOOD TASTE AND PREFERENCE		
Caffeine Preference	<i>Your preference to consume a normal amount of caffeine</i>	75% 25%
Carbohydrate Preference	<i>Your preference to consume a normal amount of carbohydrates</i>	100%
Fat Preference	<i>Your preference to consume a normal amount of fats</i>	100%
Protein Preference	<i>Your preference to consume a normal amount of protein</i>	100%
Bitter Taste	<i>Your ability to taste bitter flavours and foods</i>	100%
Salt Taste	<i>Your ability to taste salt and salty foods</i>	50% 50%
Sweet Taste	<i>Your ability to taste sweet flavours and foods</i>	100%

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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>	
Vitamin B2 (Riboflavin)	<i>Your need for vitamin B2 for health, development, and management of cardiovascular risk</i>	
Vitamin B6	<i>How well you process vitamin B6 for macronutrient metabolism</i>	
Vitamin B9 (Folate)	<i>How well you process folate for cell growth and healthy red blood cells</i>	
Vitamin B12	<i>How well you process vitamin B12 for healthy nerve and blood cells</i>	
Vitamin C	<i>How well you process vitamin C for growth and development</i>	
Vitamin D	<i>How well you process vitamin D to support calcium absorption and cell growth</i>	
Vitamin E	<i>How well you convert vitamin E for antioxidant and anti-aging benefits</i>	
Vitamin K	<i>How well you process vitamin K for coagulation and neural protection</i>	
Calcium	<i>How well your body absorbs calcium for bones, teeth and muscles</i>	
Choline	<i>How much dietary choline your body requires for your brain and nervous system</i>	
Iodine	<i>How well your body transports iodine to support thyroid function</i>	

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AREA TESTED	TELLS YOU (Risk Potential)	YOUR GENETIC COMPOSITION RESULTS
Iron Deficiency	<i>How well your body absorbs iron for red blood cells to carry oxygen</i>	<div>62 % 38 %</div>
Iron Overload	<i>How well your body regulates iron for red blood cells to carry oxygen</i>	<div>100 %</div>
Magnesium	<i>How much dietary magnesium your body requires for health</i>	<div>33 % 67 %</div>
Omega-3 Fatty Acid	<i>Your need for beneficial omega-3 fatty acid for metabolism, brain health and reducing disease</i>	<div>30 % 70 %</div>
Zinc	<i>How well you process zinc for antiviral and inflammatory response</i>	<div>75 % 25 %</div>

● 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



#### Carbohydrate

*With higher variations in this area, consider a low glycemic or lower carb diet. Focus on whole fruits, vegetables, grains, beans, lentils and legumes. Reduce or eliminate processed carbohydrates as it is more likely to contribute to weight and health issues.*



#### Protein Need

*Consume adequate protein based on your activity level, age, and genetics. Diversify protein sources such as fish, chicken, eggs, dairy, legumes, nuts, grains, and sea vegetables. For plant-based diets, combine complementary proteins (e.g., grains with legumes) and include options like soy, lentils, quinoa, spirulina, and protein powders to meet daily needs.*

- » 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.
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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.



Peanut Sensitivity

If you experience symptoms of peanut allergy seek medical attention. If you have severe eczema, egg allergy, or both you may wish to seek out allergy testing for peanut allergy with a health care professional.

## VITAMINS &amp; SUPPLEMENTS



Vitamin B2 (Riboflavin)

Increase your consumption of healthy dietary sources of vitamin B2 which include vegetables (especially mushrooms and spinach), brewer's yeast, cereal grains, cheese, eggs, fish and almonds. Consider taking vitamin B2 in a methylated vitamin B complex.



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 B12

Increase your consumption of foods high in vitamin B12 such as lean meat, fish, eggs, dairy, and fortified nutritional yeast. Consider supplementation with a methylated B12 vitamin.



Iodine

Include iodine rich foods in your diet such as sea vegetables like kelp, seafood, fish, eggs, yogurt and milk. Bread may also provide small quantities of iodine.



Magnesium

Include healthy dietary sources of magnesium. Dietary sources of magnesium include legumes (especially soy beans, black beans and peanuts), whole grains, vegetables (especially spinach and chard), seeds and nuts (especially pumpkin seeds and almonds).


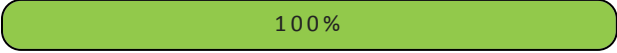








Omega-3 Fatty Acid

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.

# 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>	 75 % 25 %
Detoxification Phase 2 - Conjugation	<i>How efficiently your body neutralizes drugs, hormones and various toxins into water soluble substances for elimination</i>	 100 %
Detoxification Phase 2 - Acetylation	<i>How efficiently your body catalyzes acetylation reactions to detoxify harmful carcinogens</i>	 80 % 20 %
Detoxification Phase 2 - Methylation	<i>How efficiently your body metabolizes dopamine, epinephrine (adrenalin), norepinephrine (noradrenaline), and estrogen</i>	 50 % 50 %
Detoxification Phase 2 - Oxidative Protection	<i>How efficiently your antioxidant enzymes can protect you against reactive oxygen species</i>	 50 % 50 %
HORMONE HEALTH		
Biosynthesis of Androgens and Estrogens	<i>How effectively your body regulates sex steroids, androgen and estrogen</i>	 50 % 50 %
Phase 1 - Metabolism of Estrogens	<i>Your body's ability to metabolize estrogen</i>	 100 %
Phase 2 - Elimination of Estrogen Metabolites	<i>Your body's ability to eliminate estrogen and estrogen metabolites</i>	 50 % 50 %

● 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>	
Inflammatory Tumour Response	<i>How effectively your immune system fights acute inflammatory diseases</i>	
METHYLATION		
Methylation - MTHFR	<i>How effectively you metabolize folate into its active form</i>	
Methylation - SHMT1	<i>How effectively you convert folate and regulate homocysteine</i>	
Methylation - MTR	<i>How efficiently you transform homocysteine into methionine with folate and B12</i>	
Methylation - MTRR	<i>How efficiently you regenerate B12 for methionine synthesis</i>	
Methylation – AHCY	<i>How well you recycle methyl groups for energy, mood, and detox</i>	
Methylation - FUT2	<i>How effectively you absorb B12 for healthy methylation</i>	
Methylation - TCN2	<i>How effectively you transport B12 to cells for use in methylation</i>	



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AREA TESTED	ACTION TIPS
DETOXIFICATION	
 Detoxification Phase 2 - Methylation	<p><i>Maintain adequate magnesium intake. Foods high in magnesium include pumpkin seeds, spinach and chard, avocado, banana, yogurt or kefir and dark chocolate. Include vitamin C rich foods like citrus (tangerines and oranges) as well as strawberries and bell peppers. Have adequate intake of foods containing folate, include dark leafy greens, mushrooms, oranges, whole grains and cereals in your diet.</i></p>
 Detoxification Phase 2 - Oxidative Protection	<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>

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

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## 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 2 - Elimination of Estrogen Metabolites

*To help eliminate estrogen and estrogen metabolites, consider a diet rich in antioxidants, vitamin B complex and manganese. Avoid exposure to radiation and carcinogens.*

## INFLAMMATION RESPONSE



Inflammatory Immune Response

*You are at a higher risk of ongoing or chronic inflammation. Boost your immune response by including vitamin C rich, turmeric, garlic and onion, berries and fish oil in your diet. Engage in physical activity to boost IL6 performance.*



## YOUR healthPower ACTION PLAN

## AREA TESTED

## ACTION TIPS

## METHYLATION



MTRR Methylation - MTRR

*Include healthy sources of vitamin B12 such as eggs, sardines, clams, fortified nutritional yeast, grass-fed meat, and dairy to support methylation. Ensure adequate intake of zinc by eating shellfish, seeds, and legumes like lentils, chickpeas, and beans. Consider supplementing with a B-complex that includes methylated B12 (methylcobalamin) to help maintain active B12 levels. Good digestion is key for absorbing B12, so speak with your healthcare provider if you have digestive issues or are over age 50, as absorption may decline with age. Testing your vitamin B12 and homocysteine levels can help guide your next steps.*

Methylation – AHCY

*Focus on a nutrient-rich diet that includes foods such as eggs, turkey, beets, spinach, quinoa, and sunflower seeds. Ensure adequate intake of methylated B vitamins—especially B6, B12 (as methylcobalamin), and folate (as 5-MTHF)—which are essential cofactors. Support liver detoxification with cruciferous vegetables (broccoli, kale, Brussels sprouts), and consider liver-supporting herbs like milk thistle or dandelion root. Limit alcohol, processed foods, and exposure to environmental toxins to reduce methylation demands. Regular exercise, good sleep and reduced stress keep your metabolism running smoothly. If you're symptomatic or have MTHFR variations, talk to a healthcare provider about testing homocysteine levels and consider supplements such as SAMe or creatine.*



FUT2 Methylation - FUT2

*Support your FUT2 gene by eating plenty of vitamin B12-rich foods like eggs, clams, sardines, salmon, nutritional yeast, grass-fed meat, and dairy. Consider methylated or sublingual B12 supplements to improve absorption. Keep your gut healthy with a high-fiber diet and fermented foods like yogurt, kefir, and sauerkraut. Since B12 absorption can decline with age or digestive issues, talk to your healthcare provider about testing your B12 and homocysteine levels to ensure your body is using B12 effectively.*



TCN2 Methylation - TCN2

*Include plenty of vitamin B12-rich foods in your diet, such as eggs, clams, sardines, salmon, nutritional yeast, grass-fed meat, and dairy products. You may benefit from supplementing with methylated B12 (methylcobalamin) or hydroxocobalamin, to improve cellular uptake. Since B12 transport happens after absorption, also focus on maintaining good digestive health—especially if you're over 50 or have conditions like gastritis or low stomach acid, which can reduce intrinsic factor production. Consider speaking with your healthcare provider about testing your homocysteine and B12 levels, even if your blood B12 is normal, to ensure your cells are getting what they need.*

## 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>	<div><div>70%</div><div>30%</div></div>
Power and Sprint Activity	<i>How suited you are for power, sprint and high-intensity activities</i>	<div><div>39%</div><div>61%</div></div>
INJURY AND RECOVERY		
Ligament Strength	<i>How well your body maintains healthy ligaments</i>	<div><div>75%</div><div>25%</div></div>
Tendon Strength	<i>How well your body maintains healthy tendons</i>	<div><div>43%</div><div>57%</div></div>
Muscle Strength	<i>How predisposed you are for muscle strength and tone</i>	<div><div>50%</div><div>50%</div></div>
Muscle Repair	<i>How well your muscles build and repair from physical activity</i>	<div><div>90%</div><div>10%</div></div>
EXERCISE PERFORMANCE		
Blood Pressure	<i>How well your body regulates blood pressure</i>	<div><div>60%</div><div>40%</div></div>
Energy Metabolism	<i>How well you produce energy from nutrients</i>	<div><div>62%</div><div>38%</div></div>
Exercise Intensity	<i>Your genetic ability to tolerate the discomfort of increased exercise intensity</i>	<div><div>100%</div><div></div></div>
Oxygen Uptake	<i>How well you manage oxygen during exercise</i>	<div><div>58%</div><div>42%</div></div>

● Normal Genes ● Variations

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AREA TESTED	TELLS YOU (Risk Potential)	YOUR GENETIC COMPOSITION RESULTS
EXERCISE RESPONSE		
Blood Sugar and Insulin	<i>How physical activity affects your ability to regulate blood sugar</i>	<div><div>75%</div><div>25%</div></div>
Stroke Risk	<i>Your normal genetic risk for ischemic stroke</i>	<div><div>50%</div><div>50%</div></div>
Cardiovascular Health	<i>How well your body manages cardiovascular health</i>	<div><div>50%</div><div>50%</div></div>

● Normal Genes ● Variations

## YOUR fitPower ACTION PLAN

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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

## POWER AND ENDURANCE



Power and Sprint Activity

*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.*

## INJURY AND RECOVERY



Tendon Strength

*Make time for warm up with full range of motion before starting your fitness routine.*



Muscle Strength

*To support muscle strength, consider muscle conditioning exercises, with lighter weights and longer sets. You may also want to consider amino acid supplementation.*

## EXERCISE RESPONSE



Stroke Risk

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



Cardiovascular Health

*Consider moderate exercise and decrease sodium in your diet. Closely monitor your cardiovascular health.*

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

# 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		
Cognitive Resilience	<i>Your genetic predisposition for cognitive resilience</i>	<div><div>75 %</div><div>25 %</div></div>
Compulsive Tendency	<i>Your normal genetic risk of developing compulsive tendencies</i>	<div><div>50 %</div><div>50 %</div></div>
Concussion	<i>Your ability to recover normally from concussion</i>	<div><div>83 %</div><div>17 %</div></div>
Cortisol	<i>Your ability to regulate cortisol levels normally</i>	<div><div>67 %</div><div>33 %</div></div>
Depression	<i>Your normal risk of experiencing depression</i>	<div><div>25 %</div><div>75 %</div></div>
Emotional Eating	<i>Your ability to eat normally during stressful or emotional situations</i>	<div><div>50 %</div><div>50 %</div></div>
Parkinson's	<i>Your normal risk of developing Parkinson's disease</i>	<div><div>100 %</div><div></div></div>
Restless Legs Syndrome	<i>Your normal genetic risk for restless legs syndrome</i>	<div><div>25 %</div><div>75 %</div></div>
Sleep-Wake Cycle	<i>Your need for a regular sleep-wake cycle</i>	<div><div>75 %</div><div>25 %</div></div>
Smoking Behaviour	<i>Your ability to respond normally to nicotine</i>	<div><div>75 %</div><div>25 %</div></div>

● Normal Genes ● Variations



# YOUR brainPower ACTION PLAN

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## AREA TESTED

## ACTION TIPS

### MENTAL WELLNESS



Compulsive Tendency

*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.*



Depression

*You may have a higher risk of experiencing depression. Focus on a healthy diet including omega-3s and folate rich foods to regulate hormones and overall health, reduce or eliminate sugar and environmental toxins, regular exercise to boost endorphins, plenty of sleep, positive routines and mindful practices.*



Emotional Eating

*You may have a higher tendency to eat when emotional or under stress. Focus on healthy foods only in your home, eat only when hungry, try to do something kind for yourself if you are feeling stress, do light exercise like a walk, yoga or mindfulness.*



Restless Legs Syndrome

*Management strategies for Restless Legs Syndrome include regular exercise, maintaining adequate Vitamin B, iron and magnesium levels, and exploring therapies like yoga or acupuncture.*

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



My personal action plan and notes:

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# dnaPower PRODUCTS TO MAXIMIZE YOUR HEALTH



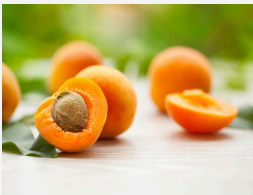
dietPower

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

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