

# PureGenomics®

## Sample Personalized Report

**Green** = Optional Foundational Support

**Yellow** / **Red** = Highly Recommended Nutritional Support

**Grey** = No genotype exists for this SNP

### Methylation SNPs

Gene	SNP	What it means	Diet & Lifestyle Recommendations*	E-Script Product Recommendations
<b>CBS</b>	rs234706 (C699T)	This SNP may affect homocysteine levels.	No recommendations.	PureGenomics® Multivitamin 60's - IMPROVED
<b>COMT</b>	rs4680 (V158M)	You may have difficulty metabolizing estrogens and certain neurotransmitters.	No recommendations.	PureGenomics® Multivitamin 60's - IMPROVED
<b>FUT2</b>	rs602662 (G772A)	This SNP may reduce risk of B12 deficiency, but it may also reduce the numbers of friendly bacteria in your digestive tract.	You may need a vitamin B12 supplement. Your health care provider will determine the dose that is right for you.	B12 5000 liquid 30 ml, PureGenomics® Multivitamin 60's - IMPROVED
<b>MTHFR</b>	rs1801131 (A1298C)	This SNP reduces the body's ability to utilize folic acid.	Eat plenty of green, leafy vegetables, which provide folate in a form the body can use. Discuss supplement options with your health care provider.	Folate 1000, PureGenomics® Multivitamin 60's - IMPROVED
<b>MTHFR</b>	rs1801133 (C677T)	This SNP reduces the body's ability to utilize folic acid.	Eat plenty of green, leafy vegetables, which provide folate in a form the body can use. Discuss supplement options with your health care provider.	Folate 1000, PureGenomics® Multivitamin 60's - IMPROVED

<b>MTR</b>	rs1805087 (A2756G)	This SNP may increase vitamin B12 requirements.	No recommendations.	PureGenomics® Multivitamin 60's - IMPROVED
<b>MTRR</b>	rs1801394 (A66G)	This SNP may increase vitamin B12 requirements.	You may need a vitamin B12 supplement. Your health care provider will determine which product and what dose is right for you.	Methylcobalamin 180's, PureGenomics® Multivitamin 60's - IMPROVED
<b>TCN2</b>	rs1801198 (C766G)	This SNP may increase vitamin B12 requirements.	No recommendations.	PureGenomics® Multivitamin 60's - IMPROVED

\*Consult your health care provider for specific nutritional supplement recommendations.

## Vitamin & Mineral SNPs

Gene	SNP	What it means	Diet & Lifestyle Recommendations*	E-Script Product Recommendations
<b>BCMO1</b>	rs7501331 (A379V)	This SNP reduces the body's ability to make vitamin A from dietary beta carotene. Vitamin A is essential for immune defenses, healthy skin night vision, and macular health.	No recommendations.	PureGenomics® Multivitamin 60's - IMPROVED
<b>BCMO1</b>	rs12934922 (R267S)	This SNP reduces the body's ability to make vitamin A from dietary beta carotene. Vitamin A is essential for immune defenses, healthy skin night vision, and macular health.	Ensure adequate intake of vitamin A. If you do not eat foods like organ meats, eggs, cod liver oil and dairy products, your health care provider may recommend a supplement.	Vitamin A + Carotenoids 90's
<b>GC</b>	rs2282679	Studies have linked this SNP with lower vitamin D levels, even with adequate dietary intake and/or sunlight exposure.	You may need extra vitamin D. Your health care provider may recommend a supplement.	Vitamin D3 1,000 iu 120's
<b>SLC23A1</b>	rs33972313	From 23andMe: Occasionally, a user's data may not allow us to determine his or her genotype confidently at a particular SNP. It is possible that future review will allow us to call the genotype, but until that time, the data does not appear.	From 23andMe: Occasionally, a user's data may not allow us to determine his or her genotype confidently at a particular SNP. It is possible that future review will allow us to call the genotype, but until that time, the data does not appear.	No recommendations are available for this SNP.

<b>SLC30A8</b>	rs11558471	The A allele may affect zinc requirements	No recommendations	No recommendations are available for this SNP.
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\*Consult your health care provider for specific nutritional supplement recommendations.

<h2>Detoxification SNPs</h2>				
Gene	SNP	What it means	Diet & Lifestyle Recommendations*	E-Script Product Recommendations
<b>CYP1A2</b>	rs762551 (CYP1A2*1F)	The C allele reduces enzyme function, resulting in slow metabolism of caffeine. This SNP also affects metabolism of certain toxins.	Be mindful of caffeine intake, as it may exacerbate the impact of stress on the body and interfere with sleep. Consider adaptogenic herbs for occasional fatigue. Include raw cruciferous vegetables in the diet to support detoxification. Limit grapefruit juice consumption, which further inhibits this enzyme.	Your provider has chosen not to address this SNP for you.
<b>GPx1P1</b>	rs1050450 (Pro198Leu)	Individuals with this SNP may benefit from extra selenium and higher intake of certain antioxidants.	Consume a diet rich in fruits and vegetables. Include cruciferous vegetables such as broccoli, Brussels sprouts, arugula, kale and cauliflower. Your health care provider may recommend antioxidant supplements.	DIM Detox, Nrf2 Detox, Liposomal Glutathione 30's, Ascorbic Acid 1 gram 250's, Selenium (selenomethionine) 180's
<b>GSTP1</b>	rs1695 (I105V)	This SNP may reduce the body's ability to eliminate certain toxins.	No recommendations.	No recommendations are available for this SNP.
<b>NQO1</b>	rs1800566 (C609T; Pro187Ser)	The T allele is associated with reduced enzyme activity.	No recommendations	No recommendations are available for this SNP.

<p style="text-align: center;"><b>SOD2</b></p>	<p>rs4880 (VAL16ALA)</p>	<p>Individuals with this SNP may have increased antioxidant requirements.</p>	<p>Studies suggest that higher consumption of foods rich in lycopene and other antioxidants support breast and prostate health in individuals with this genetic variation. Emphasize colorful fruits and vegetables, and include cruciferous vegetables such as broccoli, Brussels sprouts, arugula, kale and cauliflower.</p>	<p>DIM Detox, Nrf2 Detox</p>
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\*Consult your health care provider for specific nutritional supplement recommendations.

## Weight Management SNPs

Gene	SNP	What it means	Diet & Lifestyle Recommendations*	E-Script Product Recommendations
<div style="background-color: #00FF00; padding: 5px; text-align: center; color: black; font-weight: bold;">ADIPOQ</div>	rs17366568	<p>This SNP is associated with low blood levels of adiponectin, a hormone that maintains healthy glucose and lipid metabolism. This relationship has been demonstrated in Caucasians of European descent. Its relevance to other ethnic groups populations has not been established.</p>	No recommendations	No recommendations are available for this SNP.
<div style="background-color: #00FF00; padding: 5px; text-align: center; color: black; font-weight: bold;">APOA2</div>	rs5082	<p>This SNP is associated with increased food intake and weight gain. Homozygous carriers are prone to weight gain when saturated fat intake is high.</p>	No recommendations	No recommendations are available for this SNP.
<div style="background-color: #FFFF00; padding: 5px; text-align: center; color: black; font-weight: bold;">FADS</div>	rs174547	<p>Reduced ability to convert omega-3 fatty acid precursors (linolenic acid from flaxseed oil and other plant sources) to active omega-3 fatty acids (EPA and DHA).</p>	<p>Ensure adequate intake of omega-3 fatty acids from cold-water fish or fish oil. Plant sources of omega-3 precursors, such as nuts, seeds and seed oils, may not provide optimal support.</p>	<p>EPA/DHA Essentials 1,000 mg. 180's</p>

<p style="text-align: center;"><b>FTO</b></p>	<p>rs9939609</p>	<p>Genetic predisposition to a higher body weight and body fat percentage. This is due, in part, to increased appetite and diminished satiety after meals. Carriers may be more likely to lose weight through diet and lifestyle modifications than non-carriers.</p>	<ul style="list-style-type: none"> <li>• Increase protein intake</li> <li>• Consume a whole food based diet with an emphasis on colorful fruits and vegetables. The Mediterranean diet may reduce the impact of the FTO SNP on metabolic health.</li> <li>• Get adequate sleep, which helps to reduce cravings</li> <li>• Exercise regularly</li> </ul>	<p>XanthiTrim, PureLean<sup>®</sup> Ultra, PureLean<sup>®</sup> Protein Blend Chocolate Flavor</p>
<p style="text-align: center;"><b>MC4R</b></p>	<p>rs17782313</p>	<p>The C allele increases the production of the melanocortin 4 receptor. Carriers of the C allele are likely to have increased appetite and higher daily caloric intake, which may make weight management difficult.</p>	<p>No recommendations</p>	<p>No recommendations are available for this SNP.</p>
<p style="text-align: center;"><b>PPARG</b></p>	<p>rs1801282 (Pro12Ala)</p>	<p>The G allele is associated with reduced PPAR-gamma function. This may influence the body's utilization of lipids.</p>	<p>Mediterranean diet, higher monounsaturated fat intake and regular aerobic exercise</p>	<p>Your provider has chosen not to address this SNP for you.</p>

\*Consult your health care provider for specific nutritional supplement recommendations.

## Cognitive Health & Memory SNPs

Gene	SNP	What it means	Diet & Lifestyle Recommendations*	E-Script Product Recommendations
<b>BDNF</b>	rs6265 (V66M)	Associated with deficits in BDNF production. BDNF is important for maintaining mood and cognitive function.	No recommendations	No recommendations are available for this SNP.
<b>COMT</b>	rs4680 (V158M)	Val allele: Lower dopamine levels due to faster degradation. Met allele: Higher dopamine levels due to slower degradation.	Consume adequate protein, which provides amino acid precursors of dopamine and other neurotransmitters. Exercise may also help to support daily cognitive function, alertness and mood.	DopaPlus, Rhodiola Rosea 180's
<b>DRD2</b>	rs6277 (C957T)	Lower dopamine levels, impaired response to dopamine; associated with memory impairment particularly in older individuals	Consume a diet high in protein, fiber, whole grains, vegetables, and fruits. Emphasize lean meats, poultry, eggs and fish as protein sources, which are rich sources of amino acid precursors of dopamine and other neurotransmitters. Your health care provider will determine whether a supplement is right for you. Talk to your doctor if you use antipsychotic agents, as this SNP may alter the way you respond to these medications.	DopaPlus, L-Tyrosine 90's
<b>MTHFR</b>	rs1801131 (A1298C)	This SNP reduces the body's ability to utilize folic acid.	Eat plenty of green, leafy vegetables, which provide folate in a form the body can use. Discuss supplement options with your health care provider.	Folate 1000, PureGenomics® Multivitamin 60's - IMPROVED



<p style="text-align: center;"><b>MTHFR</b></p>	<p>rs1801133 (C677T)</p>	<p>This SNP reduces the body's ability to utilize folic acid.</p>	<p>Eat plenty of green, leafy vegetables, which provide folate in a form the body can use. Discuss supplement options with your health care provider.</p>	<p>Folate 1000, PureGenomics® Multivitamin 60's - IMPROVED</p>
<p style="text-align: center;"><b>TPH2</b></p>	<p>rs4570625 (G703T)</p>	<p>This enzyme converts tryptophan to 5-HTP, the precursor of serotonin, which maintains emotional well-being.</p>	<p>No recommendations</p>	<p>No recommendations are available for this SNP.</p>

\*Consult your health care provider for specific nutritional supplement recommendations.

## Glucose Homeostasis SNPs

Gene	SNP	What it means	Diet & Lifestyle Recommendations*	E-Script Product Recommendations
ADRA2A	rs553668	The A allele is associated with increased alpha-adrenergic receptor expression, which may affect insulin release by the pancreas.	Consider relaxation techniques, meditation or related stress management strategies.	Your provider has chosen not to address this SNP for you.
SLC30A8	rs11558471	The A allele may influence glucose homeostasis. Zinc has been shown to modify this effect.	No recommendations	No recommendations are available for this SNP.
TCF7L2	rs7903146	The T allele may influence glucose homeostasis.	No recommendations	No recommendations are available for this SNP.

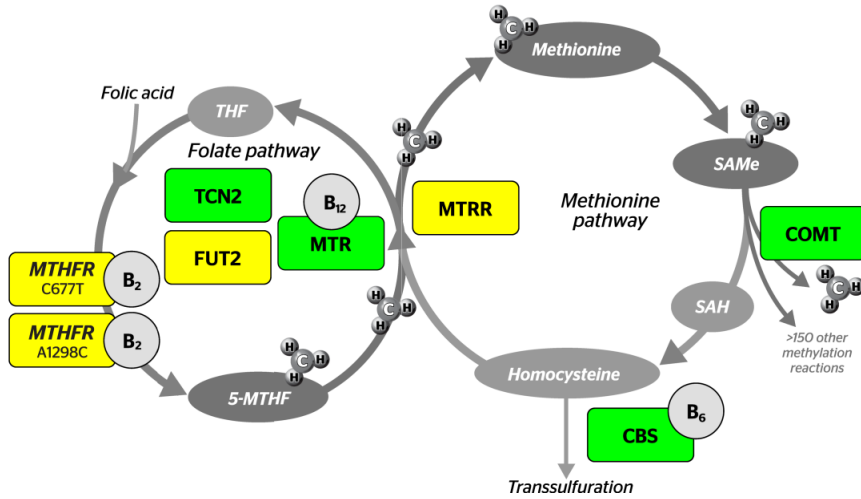
\*Consult your health care provider for specific nutritional supplement recommendations.

## Immune SNPs

Gene	SNP	What it means	Diet & Lifestyle Recommendations*	E-Script Product Recommendations
IL-6	rs1800795 (C-237G; C-174G)	The G allele is associated with increased cellular production of IL-6	Manage stress, get adequate sleep and exercise regularly	Your provider has chosen not to address this SNP for you.
SLC23A1	rs33972313	From 23andMe: Occasionally, a user's data may not allow us to determine his or her genotype confidently at a particular SNP. It is possible that future review will allow us to call the genotype, but until that time, the data does not appear.	From 23andMe: Occasionally, a user's data may not allow us to determine his or her genotype confidently at a particular SNP. It is possible that future review will allow us to call the genotype, but until that time, the data does not appear.	No recommendations are available for this SNP.
TNF-alpha	rs1800629 (A-308G)	The A allele is associated with increased TNF-expression. Some studies show higher circulating levels in A allele carriers.	Manage stress, get adequate sleep and exercise regularly. Intermittent fasting and fasting mimicking diets have been shown to moderate TNF-alpha levels. Consider these diets only under medical supervision.	Your provider has chosen not to address this SNP for you.

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## Methylation Pathway



## Vitamin D

Vitamin D<sub>3</sub> from diet and supplements

GC

Transport and delivery to tissue

## Vitamin A

Beta-carotene

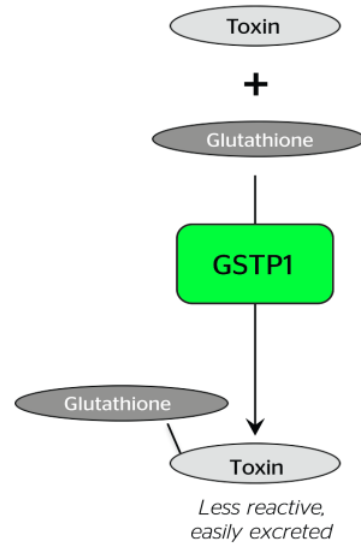
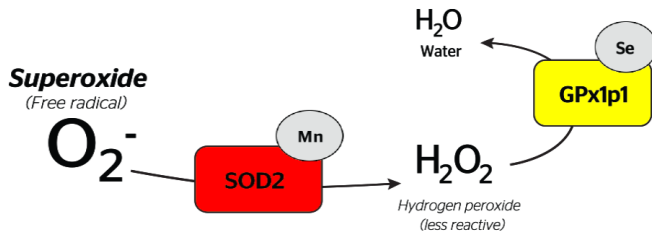
BCMO1  
R267S

BCMO1  
A379V

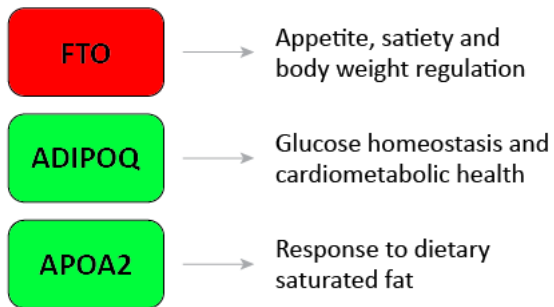
Retinal

Retinol  
(Vitamin A)

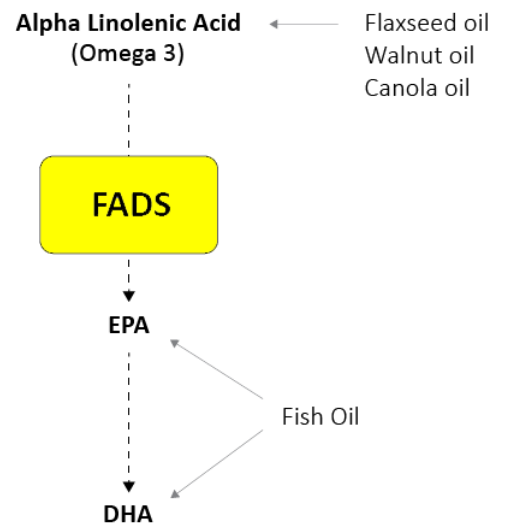
## Detox & Antioxidant



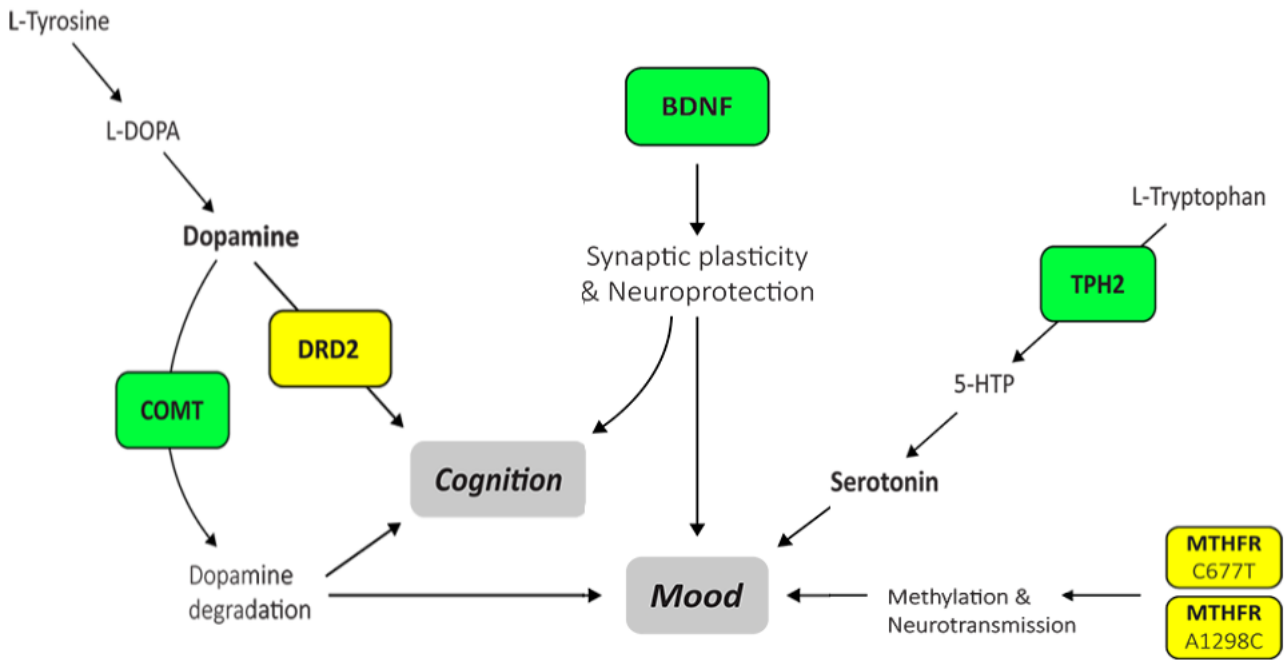
## Weight Management and Metabolic Health



## Essential Fatty Acids



# Cognitive Health & Memory



\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

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