

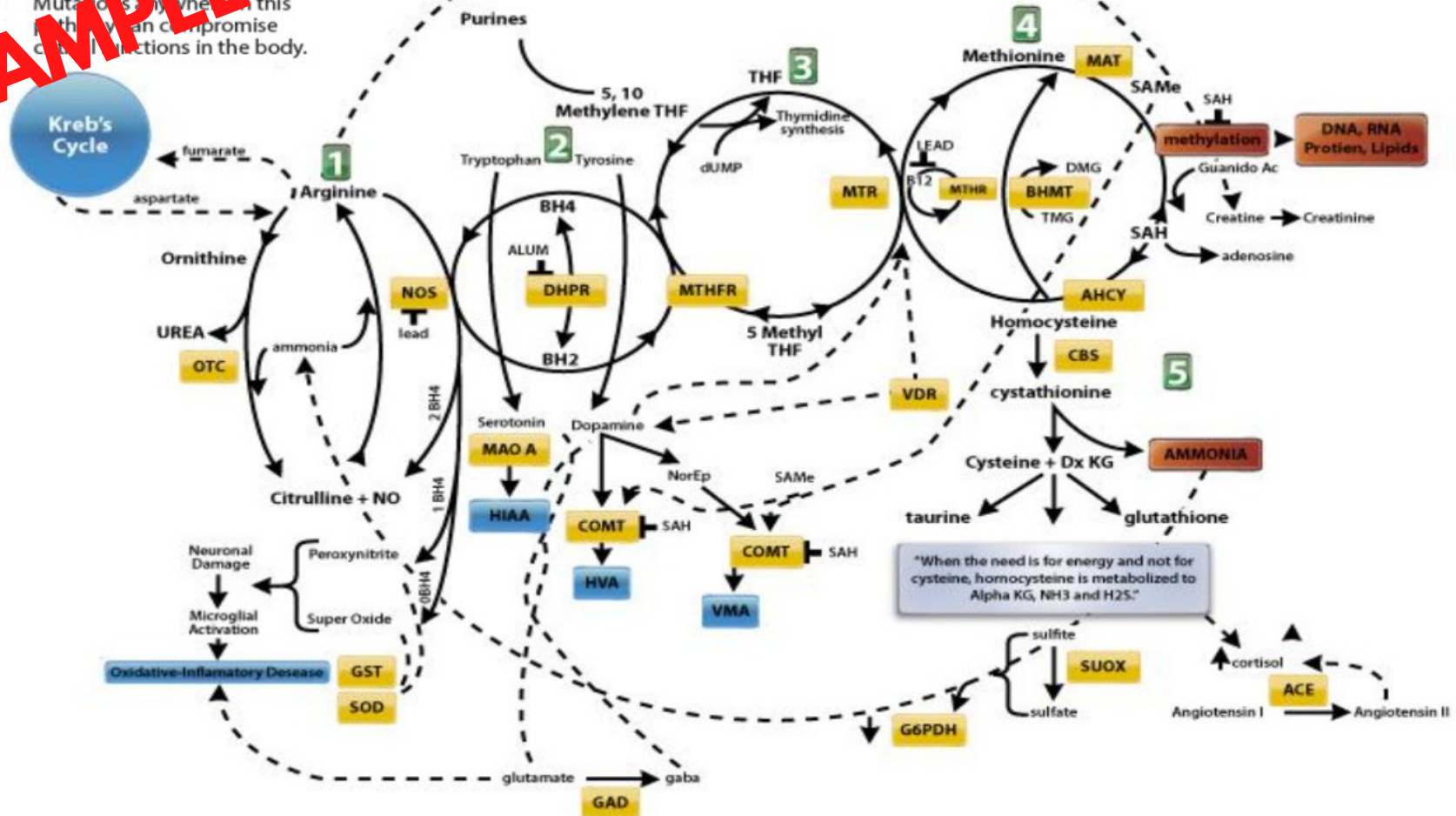
METHYLATION MAP

Methylation Pathway Cycles

- 1 Urea Cycle
- 2 Neurotransmitter (BH4) Cycle
- 3 Folate cycle
- 4 Methionine (Methylation) Cycle
- 5 Transsulfuration Cycle

Mutations anywhere in this pathway can compromise cellular functions in the body.

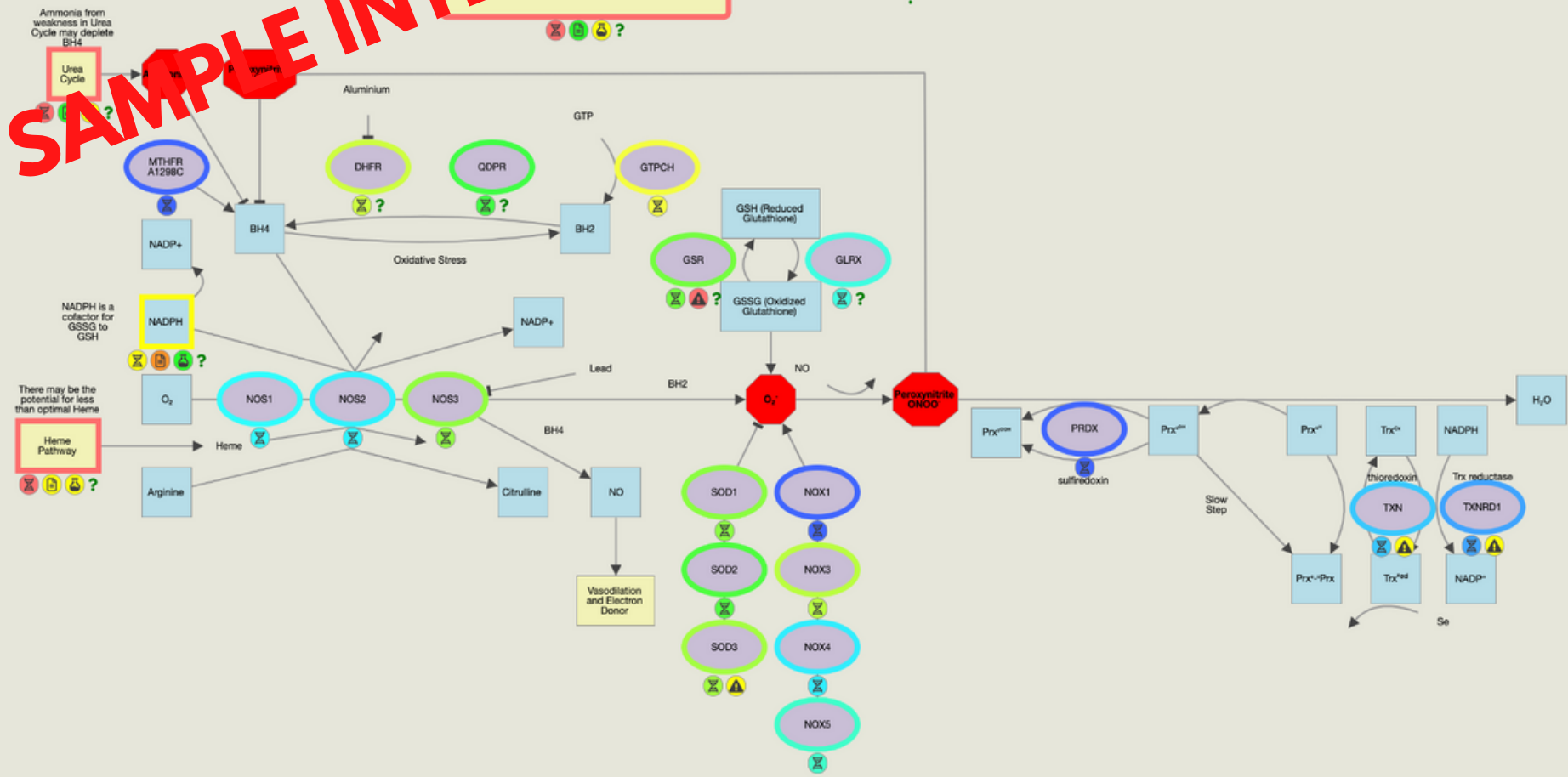
SAMPLE INTERPRETATION



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NOS uncoupling

Click for How to Support Nutritionally ?



1. On average how does your weekly physical activity look like? Mention in 2-3 lines how often you move weekly (i.e. whether you engage in walking, light cardio, HIIT, resistance training, any sports etc and how often)

1 response

2-3 times a week a light low impact workout of abt 30-40min, in the weekends walks / hikes, cycling.

2. Do you track any biometrics (sleep phases, heart rate, heart rate variability, number of steps per day etc)? If so, mention in 2-3 lines daily averages, as well as ranges and if you remarked any factors affecting the variability of these

1 response

I track my sleep
Rem and Deep on average 20-23%
HRV 50-56ms
Heart Rate Low point 48-49bpm and average 54bpm

3. Do you have any dietary restrictions? Also mention in 2-3 lines whether there are any staple foods that you consume often (include anything from fruits, to bread, to coffee, to cheese, pretty much everything) and any foods that you dislike and wouldn't consume even if recommendable

1 response

SAMPLE INTERPRETATION

