



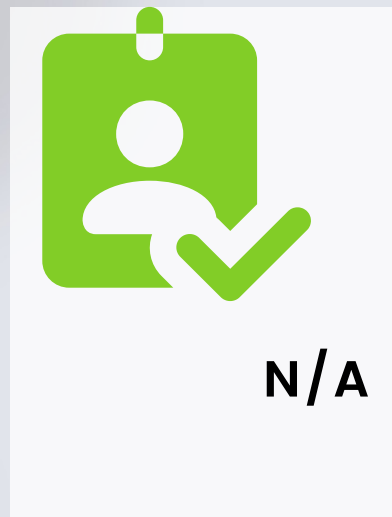
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SCIENCE BASED NUTRITION

SAMPLE REPORT



NUTRIGENETIC REPORT



N/A

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INFLAMMATORY PATHWAYS

Iron Reaction: pathway related to dysregulated iron's and copper's oxidative potential

- Overall variated genes:
 - GPX4: detoxifies H₂O₂; involved in lipid peroxidation and sperm development
- Key SNPs variated:
 - SLC40A1: produces ferroportin, the only celular iron exporter

NOS Uncoupling: pathway related to dysregulated nitric oxide (NO) production

- Overall variated genes:
 - SLC7A3: sodium-independent cationic amino acid transporter
 - SLC7A5: transports leucine, L-tryptophan, TH, xenobiotics
 - SLC7A10: high-affinity transport of D-serine and several other neutral amino acids
 - PTS: catalyses irreversible step in biosynthesis of tetrahydrobiopterin from GTP
- Key SNPs variated:
 - none significant

Glutamate: pathway related to glutamate metabolism

- Overall variated genes:
 - KRAS: oncoGTPase; increases in aminotransferases and decreases in GLUD mRNA
 - GOT2: conversion of glutamate to alpha-ketoglutarate
 - GRIN1: glycine-binding subunit of NMDA glutam. receptor; key in LTP & excitotoxicity
- Key SNPs variated:
 - DAO: potential detox role by removing accumulating D-amino acids

Gut Health: factors influencing gut health like histamine, oxalates and allergens

- Overall variated genes:
 - MAOB: degrades benzylamine, phenylethylamine (PEA), methylhistamine after HNMT
 - HRH3: neurotransmitter release, VGCCs in smooth muscle and innervates cardiovsc.
 - HRH4: predominantly in haematopoietic cells; role in inflammation & allergy resp.
- Key SNPs variated:
 - GRHPR: converts glyoxylate into glycolate & hydroxypyruvate into D-glycerate
 - HOGA1: final step in pathway of hydroxyproline, releasing glyoxylate and pyruvate

Heme Pathway & Sulfites: essential for hemoproteins & sulfite sensitivity

- Overall variated genes:
 - ALAD: catalyzes the second step in the porphyrin and heme biosynthetic pathway
 - HMBS: third enzyme of the heme biosynthetic pathway
- Key SNPs variated:
 - UROS: catalyzes fourth step of porphyrin & heme biosynthesis; ALA is cofactor
 - SUOX: sulfite to sulfate in sulfur AAs breakdown; requires heme and Mo as cofactors

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RECOMMENDATIONS

TOP 10 COMPOUNDS TO FOCUS ON:

L-Theanine & EGCG (green tea)

Vitamin D

Dandelion

Resveratrol (berries, nuts)

Alpha Lipoic Acid (organ meats)

Luteolin (apio, parsley)

Iodine

Turmeric

B-vitamins (liver, beans, nuts)

Pantethine

TARGETING:

iNOS support

CYP27B1 gene

Fatty acids support, glucuronidation phase II detox

Mitochondria, fatty acids & NAD(P)+ support

Hydrogen peroxide clearance, mitochondria & heme support

Hydrogen peroxide clearance, RAAS, NAD(P)+ support

TPO gene

iNOS & glutathione conjugation support

Multiple pathways

Mitochondria & fatty acids support



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