Empowering your practice and patients

Nutrition Genome 2.0 is the latest version of the Nutrition Genome Report with new, exciting features that will transform your practice and patient's health.

What's New?

- The new analysis calculates gene combinations based on weighted value and cumulative value to give you the highest accuracy per result.
- Report modules utilize priority sliders for you to quickly skim the results to find the highest priorities
- Clicking "Learn More" on every report module allows you to get quick facts and recommendations for the highest priorities
- An Immune Support section has been added that has curated the latest research on virus and bacterial susceptibility.
- Every report can be customized based on sex and race under the Profile section.



Home

A My Patients

Profile

Report Status

📋 My Health Report 🛛 -

Macronutrient Metabolism

Toxin Sensitivity

- Mental Health & Cognitive Performance
- Immune Support
- Cardiovascular Health & Athletic Performance
- DNA Protection & Repair
- Methylation (Energy)
- Hormone Support
- Personalized Bloodwork
- My Genotypes
- 🖬 My Clinical Research Summary 🕂
- 📜 Shop
- Download Report
- Download My Genotypes
- Download Txt File

How to navigate the report

My Health Report: The new navigation of the Nutrition Genome Report is now found under the My Health Report tab. Here you will find eight targeted sections including Macronutrient Metabolism, Toxin Sensitivity, Mental Health and Cognitive Performance, Immune Support, Cardiovascular Health and Athletic Performance, DNA Protection and Repair, Methylation, and Hormone Support.

These sections contain a total of over 200 genetic data points represented by easy to skim visual graphs that make spotting priorities fast and easy.

You'll also find our Strengths and Weaknesses recap section as well as the Personalized Grocery List.

Personalized Bloodwork: The bloodwork section can be found at the bottom of My Health Report.

My Clinical Research Summary: Here you will find the Detailed Results section, including all the indepth peer-reviewed research and clinically signifiant genotypes.

Download Report: Download a PDF version of the Nutrition Genome Report (currently being rebuilt and will I launch in two weeks).

Download Gene List: Download a PDF version of the personalized genotypes.

Download Text (txt) File: Download the raw DNA data file.

Log out

Macronutrient Metabolism

The Macronutrient Metabolism section allows you to quickly assess protein, fat, carbohydrate and fiber metabolism, as well as multiple bonus sections to customize your patient's diet.

Click **Learn More** on any module to get quick facts and personalized recommendations including top food groups and daily intake ranges.



Macronutrient Metabolism

Is your patient a farmer or a hunter-gatherer in terms of ancestral diet type? This can tell you a lot about how to design the foundation of each individual's diet. You'll also notice the patient's APOE status displayed in the top left hand corner of this module.

Our Micronutrient Requirements report module factors in gene combinations throughout the entire analysis to make spotting priorities fast and easy. Click the "i" button next to each micronutrient to get daily intake ranges and top food groups.

We also include phytonutrient requirements, caffeine metabolism, and lactose tolerance. This gives you one of the most comprehensive and scientific dietary panels for your patients within minutes.



Toxin Sensitivity

The Toxin Sensitivity section is incredibly comprehensive, utilizing numerous gene combinations to determine priorities for protection and detoxification of heavy metals and environmental toxins.

Click the "Learn More" buttons under each section for your patient's action plan to improve detoxification.





Mental Health & Cognitive Performance

The Mental Health and Cognitive Performance section breaks down baseline neurotransmitter function, stress, sleep, exercise requirements and brain repair to ensure cognitive balance and longevity.



Warrior or Strategist (COMT)					
Stress Resiliance	WARRIOR	HYBRID (BOTH)	STRATEGIST		
Stress Management					
Stress Peception					
AVERAGE	MEDIUM PRIORITY		HIGH PRIORITY		
Weight Training and Stress Relief					
AVERAGE	MEDIUM PRIORITY		HIGH PRIORITY		
Sleep Optimization					
Sleep Duration Requirement LEARN MORE	AVERAGE	INCREASED NEED			
Caffeine Sleep Disturbance	AVERAGE	INCREASED NEED			
REM Sleep LEARN MORE	AVERAGE	INCREASED NEED			

Immune Support

The Immune Support section is new to the Nutrition Genome Report. We have curated the latest nutrigenomic research related to COVID-19 and organized it here to spot susceptibility, severity, and dietary priorities for optimal immune function.

In addition, we have added modules for genes related to the microbiome, and their role in susceptibility to certain bacteria and viruses.





Cardiovascular Health & Athletic Performance

The Cardiovascular section contains an extremely detailed panel to quickly spot the highest priorities for a healthy heart, including numerous clinically researched recommendations under **Learn More**.

For athletes, we include an Exercise Performance section to speed recovery, prevent susceptible injuries, and improve overall performance.





DNA Protection & Repair

The DNA Protection and Repair section expands on our previous version and goes deeper with more complex genetic combination algorithms to determine a higher weighted value for priorities. These include levels of glutathione, catalase, and superoxide dismutase, and sensitivity to reduced DNA repair from damage to the lungs, skin, colon, eyes, thyroid, pancreas, and bladder.

This section will be especially important when understanding individual genetic weaknesses and how to put cancer prevention strategies in place.



Methylation

Methylation is the process of transferring methyl groups (CH3) to DNA, turning switches off and on which change the gene expression but not the sequence. It is the cornerstone for healthy gene expression related to stress levels, energy, mood, fertility, detoxification, cancer, and immunity.

Micronutrients such as folate, choline, betaine, B12, B6, and B2 contribute to DNA methylation as methyl donors and co-factors. The requirements and status of these micronutrients correlate with DNA methylation and offer potential preventive and therapeutic targets in pathological conditions such as cancer.

In the Methylation section of the Nutrition Genome Report, we analyze genes in the methylation cycle including MTHFR 677, MTHFR 1298, MTR, MTRR, PEMT, CBS, MTHFD1 and DHFR. This calculates where your patients have the highest need for specific methyl donors and co-factors to optimize gene expression within seconds.



Hormone Support

The Hormone Support section has been filtered based on gender and ancestry, and has been expanded with brand new sections. This allows a much more customized approach for each patient. If your patient's results aren't filtered by gender or race, remind them to go into the Profile section of their account and input their gender and race. Once they do this, their entire analysis will be customized and filtered by their specific gender and race.



Recommended Blood Work

The Recommended Blood Work section allows you to view markers that may need to be reviewed and monitored based on the genetic results.

B6	B6 levels may need to be tested	
Fasting Glucose and HbA1C	Check both fasting glucose and HbA1C	
Vitamin D	Vitamin D should be between 35-50 ng/ml. Check both 25 and 1,25-dihydroxyvitamin D	
B12	If poor B12 status is suspected, methylmalonic acid (MMA) levels may be needed to accurately assess B12 status, absorption, and requirements	

Genetic Strengths and Weaknesses Report

Genes are not your destiny - they are your blueprint. We provide a thorough overview of individual gene function across the entire report in just a few pages. Genetic Weaknesses include our targeted epigenetic recommendations for modifying gene function through changes to diet, lifestyle, and environment.

ANTIOXIDANTS AND INFLAMMATION

- Cell Protection-SOD2 You have the homozygous GG genotype for SOD2. Your mitochondria (powerhouse of the cell) may have a higher sensitivity to glyphosate, fluoridated water, chronic stress, poor sleep, and shallow breathing.
 Increase foods that contain manganese, lycopene, and vitamin C, milk thistle, mushrooms like reishi and cordyceps, and moderate exercise that encourages deep breathing.
- Glutathione-GSTM1 You have the null genotype that is associated with a higher sensitivity to benzo(a)pyrene from the burning of wood or trash, tobacco smoke, asphalt, coal, diesel exhaust, charred meat, and gas cooking. If you have the GSTM1 null and NAT2 slow acetylator combination, that may affect lung, breast, bladder, skin, colon, and kidney health. It is recommended to increase your intake of cruciferous vegetables, vitamin C, vitamin E, vitamin A, milk thistle, resveratrol, curcumin, green tea, and white tea.
- Glutathione-GSTP1 You have the heterozygous AG genotype for GSTP1 rs1695 that is associated with a higher sensitivity to mercury, cadmium, arsenic, pesticides, and air pollution for breast, prostate, urinary, esophagus, and skin health. Your GSTP1 rs1138272 genotype may increase or decrease this sensitivity. Selenium, vitamin C, milk thistle, and cruciferous vegetables all assist GSTP1 gene function; however, supplemental vitamin E as alpha-tocopherol may be inflammatory.
- **Eye Health-ARMS2** Your genotype is associated with a higher sensitivity to the negative effects of smoking on eye health.

Personalized Grocery List

This section of the report represents an expansive, actionable summary of what your patient can do right now to modify gene function based on dietary changes. The grocery list is generated based on a combination of unique gene variants that require an increased intake of vitamins, minerals, phytonutrients, amino acids, fiber, and more. *Please note that this is not a food allergy test.*

Polyphenols	Coffee, green tea, kombucha, blueberries, strawberries, rasberries, blackberries, and cacao
Choline	Pastured eggs, beef round, liver, heart, chicken, wild cod, bacon, and edamame
B6	Wild salmon, yellowfin tuna, liver, chicken breast, unfiltered fermented drinks, pistachios, avocado, sweet potatoes, and spinach
Phytoestrogens	Dark berries, beans, sourdough bread, hummus, miso soup, flax seeds (women), tahini sauce, and cruciferous vegetables

My Clinical Research Summary

Looking for all the research used to determine the results in the Nutrition Genome Report? We believe in full transparency, and you will find all of it in the Clinical Research Summary. We also include a recap of the most clinically significant genotypes used in each section of our report and reminders of the top priorities in terms of what improves and decreases specific gene function.

Bels Bels

•

What decreases your NBPF3 gene function?

Sugar, stress, high intake of alcohol and refined flour based carbohydrates, antibiotics, oral contraceptives, ACE inhibitors, antacids, proton pump inhibitors, Phenvtoin, bronchadilators

Clinical Research Summary

(II) BROWSE CLINICAL RESEARCH SUMMAR

You may require a higher intake of B6. Homozygates (CC genotype) have approximately a 290 g/mL lower vitamin B6 blood concentration than the wild-type genotype.

Vitamin B6 plays a major role in neurotransmitter health. B6 deficiency can manifest as anorexia, irritability, anxiety, depression, muscle pain, bad PMS/low progesterone, nausea, seizures, migraines, dermatitis, age related macular degeneration (with low folate and B12) and lethargy.