

FIG.1

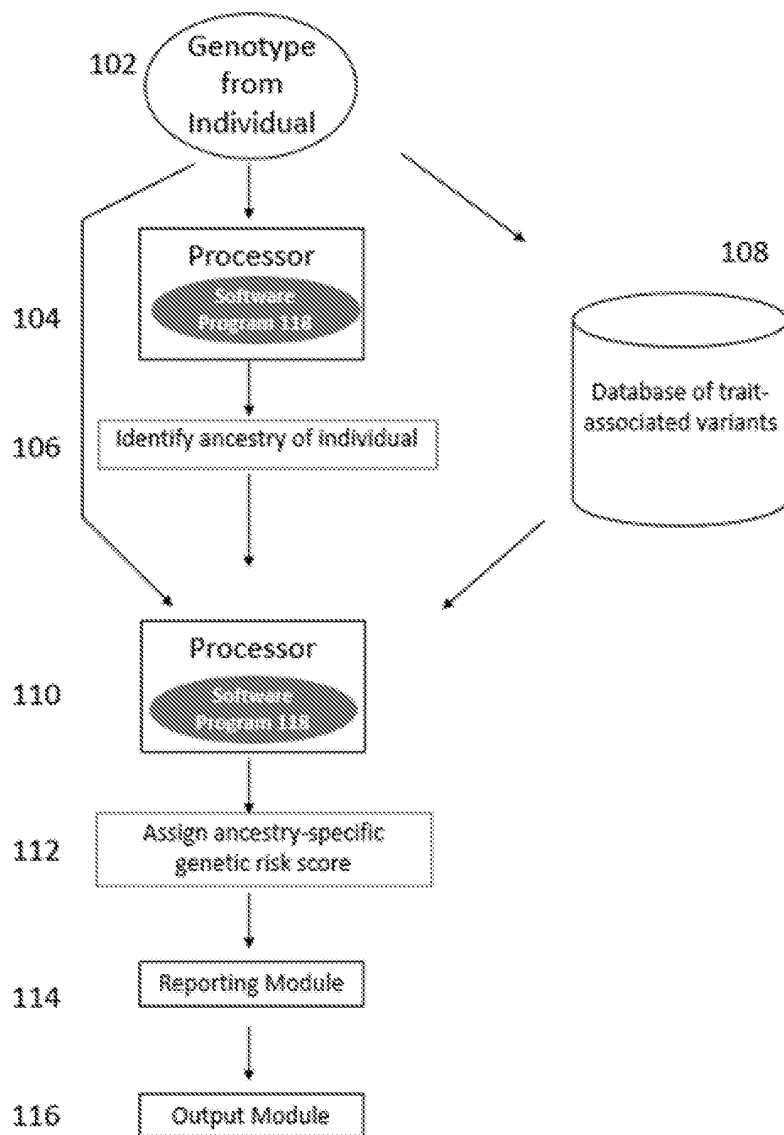


FIG. 2

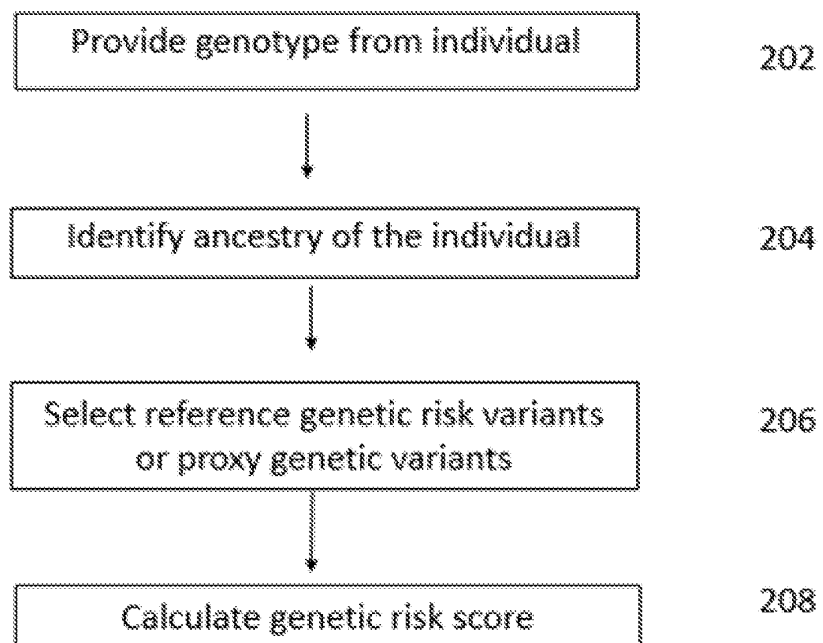


FIG. 3

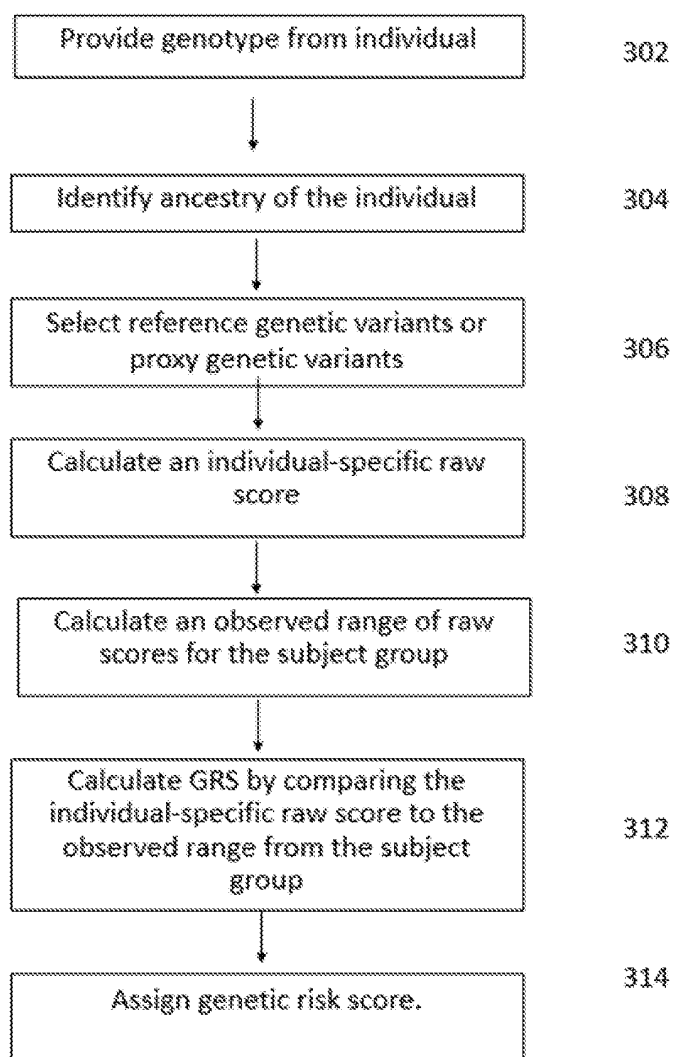


FIG. 4

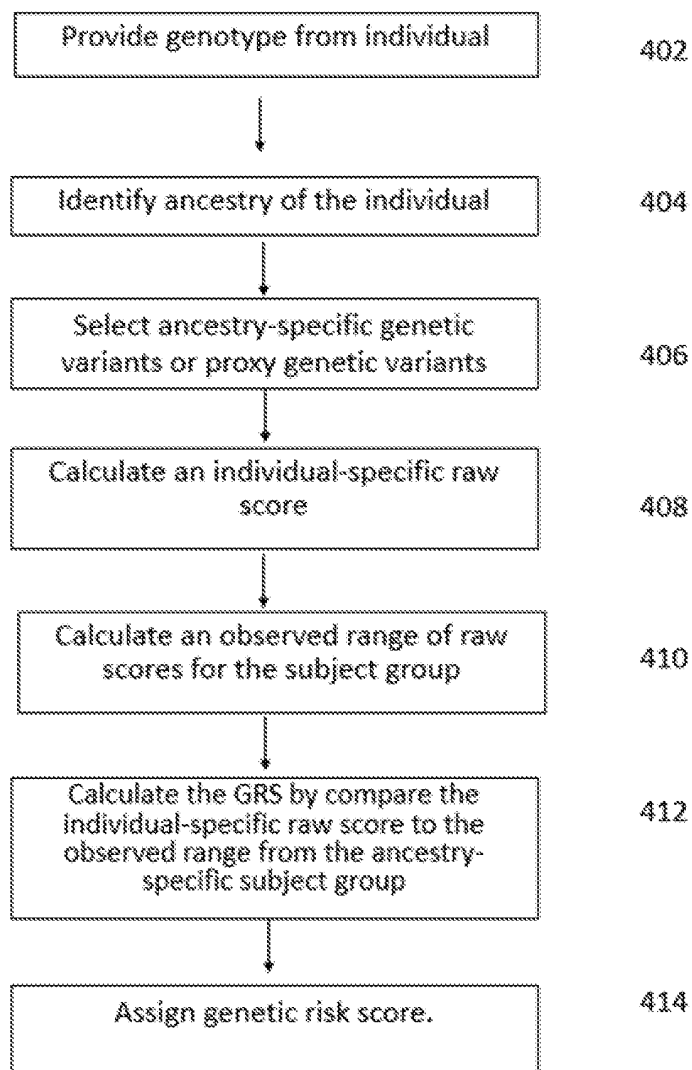


FIG. 5

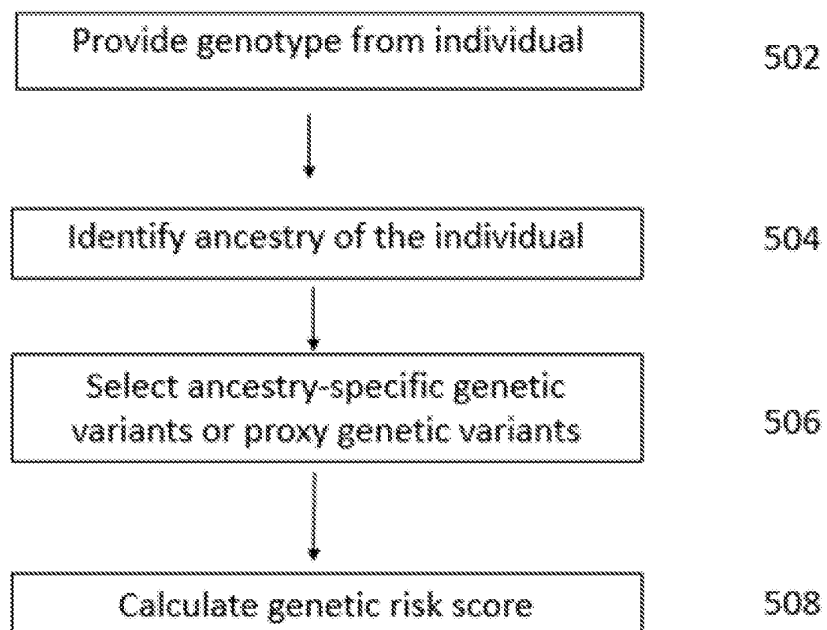


FIG. 6A



FIG. 6B

Potential for Obesity



Genes Tested

FTO, PPARG, MAFF,
PROX1, NCAR, BMP2,
CHUK3, LIPIN2... (398)

Your percentile score



Your score falls within the 90th percentile of the population.

Assessment Summary

HIGH

Your genetic variation shows a higher predisposition towards obesity. Try to pay more attention to healthier eating, and extended exercise regimes compared to the average person.

Exercise Recommendations



Perform at least **5 hours of physical activity per week**, with 3 of those hours being properly designed strength training. Split the remaining hour into three or four 20-30 min sessions of cardiovascular exercise or interval training.

Dietary & Supplement Recommendations



Avoid extreme diets to lose weight, as these are often unsustainable in the long term, and you will often end up putting on more weight than before you started. A good starting point for weight loss is by having your daily calorie intake equal about 24 to 26 times your bodyweight in kilograms. For example, a 70kg man with a sedentary job would eat about 1,750 calories per day.

Lifestyle Recommendations



Increase non-exercise physical activity, such as walking more, active recreational activities, housework, washing car, gardening.

FIG. 6C

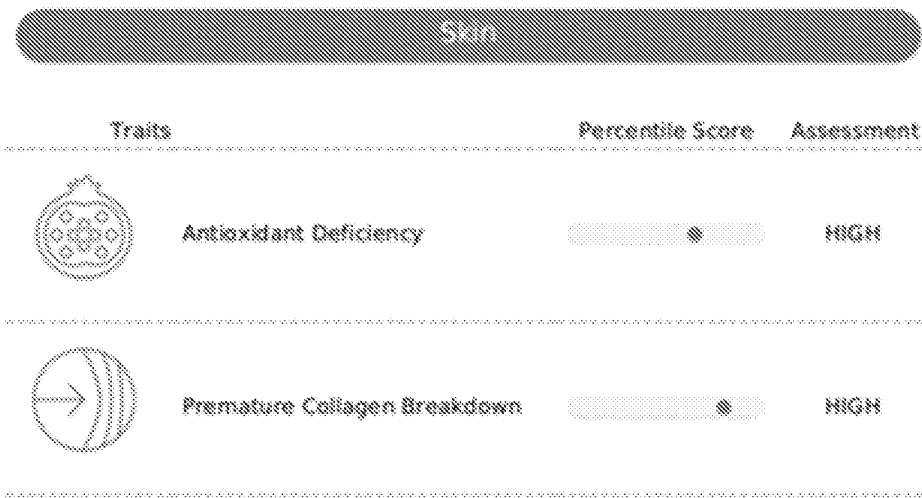


FIG. 6D

Antioxidant Deficiency



Genes Tested

SOD2, CAT, NFE2L3,
NQO1, GPX1

Your percentile score

 Your score falls within the 70th percentile of the population.

Assessment Summary

HIGH

Your skin antioxidant defence may be compromised, making your skin more sensitive to toxins and chemicals in the environment. This may result in increased oxidative damage, and premature aging.



Skincare Recommendations

Antioxidant-rich skin care products enhance the effect of your skin's own antioxidants. Ingredients to look out for include alpha lipoic acid, vitamin C, vitamin E, and CoQ10. Green, black, or white tea are abundant in free radical scavenging polyphenols.

Combining your antioxidant day cream with a zinc or titanium based sunscreen offers strong protection against premature signs of aging, such as wrinkles, pigmentation, and dull complexion. Using antioxidants in your night cream promotes cellular repair and healing.



Dietary & Supplement Recommendations

Manganese is a component of superoxide dismutase (SOD), one of the body's most powerful antioxidant enzymes. This makes it a vital mineral for protection against free radical damage. Boost your antioxidant levels by eating manganese rich foods such as oats, brown rice, green leafy vegetables, beans and grains.



Lifestyle Recommendations

Drinking herbal teas such as peppermint, sage and rosemary is also a great way to enhance antioxidant activity.

FIG. 6E

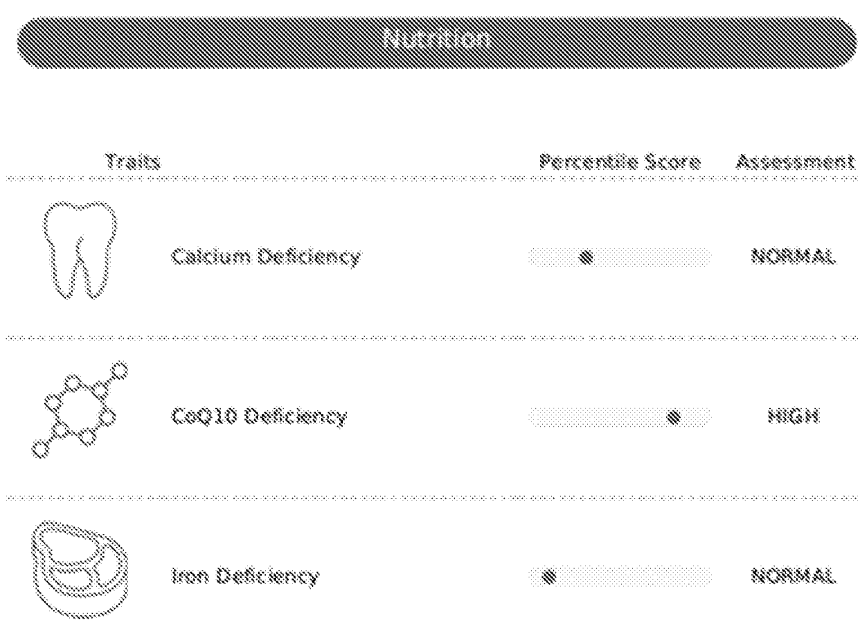


FIG. 6F

Impaired Satiety



Genes Tested

LEPR

Your percentile score

Your score falls within the 95th percentile of the population.

Assessment Summary

HIGH

Your genetic predisposition score for this trait indicates a tendency for impaired satiety, or a lack of feeling satisfied or full after eating.



Dietary & Supplement Recommendations

Dietary fibre from vegetables, fruits, wholegrains, legumes, increases the satiety factor. The high water content and fibre in vegetables and fruits provides bulk and promotes fullness. High **protein** foods e.g. dairy products, legumes and eggs also boost satiety and improve appetite control. Adding too much **fibre** too quickly can cause bloating, so increase your fibre intake gradually. This helps the bacterial in your intestines to adapt to the change.

Practise mindful eating by taking time to eat and be satisfied with your foods. Avoid eating on the go or in front of the television or computer. In addition, you may want to develop strategies like sitting down for a meal, slowing down when eating, chewing your food more and use smaller plates.

FIG. 7C

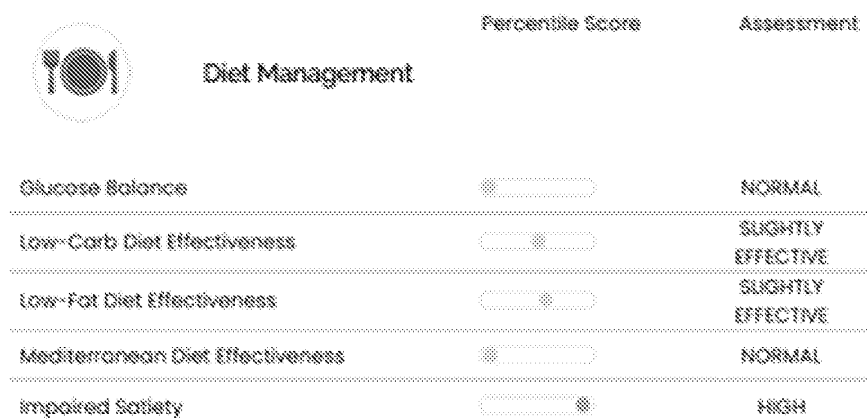


FIG. 7D

