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SCIENCE BASED NUTRITION

SAMPLE REPORT

NUTRIGENETIC REPORT

N/A

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NAME: N/A

INFLAMMATORY PATHWAYS

Fenton 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:	TARGETING:
L-Theanine & EGCG (green tea)	iNOS support
Vitamin D	CYP27B1 gene
Dandelion	Fatty acids support, glucuronidation phase II detox
Resveratrol (berries, nuts)	Mitochondria, fatty acids & NAD(P)+ support
Alpha Lipoic Acid (organ meats)	Hydrogen peroxide clearance, mitochondria & heme support
Luteolin (apio, parsley)	Hydrogen peroxide clearance, RAAS, NAD(P)+ support
Iodine	TPO gene
Turmeric	iNOS & glutathione conjugation support
B-vitamins (liver, beans, nuts)	Multiple pathways
Pantethine	Mitochondria & fatty acids support

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