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SCIENCE BASED NUTRITION



NUTRIGENETIC REPORT



FIRST NAME
LAST NAME

NUTRIGENETIC REPORT



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NAME: FIRST & LAST NAME

RECOMMENDATIONS

COMPOUNDS
TO MINIMIZE:

Oxalates

**Inflammatory
triggers**

Sugar

Various drugs

**Turmeric, passion
flower, B9, B12**

BECAUSE OF:

Variation in SPP1 gene

Variation in HRH4 gene

Variation in FUT2 gene

Mephenytoin, benzo(a)pyrene, taxol -
variation in CYP2C8 gene

Variation in MAOB gene

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FOR QUESTIONS: INFO@NUTRIFIX-HEALTH.COM



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RECOMMENDATIONS

TOP 10 COMPOUNDS	FOOD SOURCES	QUANTITIES FREQUENCY	HUMAN EFFECT MATRIX & TARGET
RESVERATROL	Red wine, choco	300 mg /alt. day	Low; 9 studies on cancer, cognition, CVD and metabolism
GRAPE SEED EXTRACT	grape seeds	400 mg /alt. day	Med; 14 studies on CVD, diabetes, metabolism; 95% proanthocyanidins
COQ10	organ meats, fatty fish, nuts & seeds	200 mg /alt. day	Low; 74 studies on metabolic health, physical performance and other
LUTEOLIN	celery, parsley, broccoli	50 mg /alt. day	N/A; may prevent oxidative stress
QUERCETIN	onions, apples, capers	500 mg /alt. day	Med; 9 studies on oxidation, stress response, immunity, metabolism etc
ELLAGIC ACID (90%)	pomegranate	200 mg /alt. day	N/A; studies on IBS, PCOS, diabetes, CVD, cancer
RIBOFLAVIN (B2)	organs, almonds, cheese, roe, yolk	15 mg /alt. day	Med; 30 studies on cardiovascular health, metabolism, inflammation
ROSEMARY EXTRACT	rosemary	200 mg /alt. day	Low; 3 studies on immunity
GARLIC (1% ALLICIN)	garlic	600 mg /alt. day	Med; 240 studies on CVD, immunity, metabolism, cancer
R-ALA	Organ meats, spinach, broccoli	300 mg /alt. day	Med; 23 studies on diabetes, CVD, pain and immunity



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INFLAMMATORY PATHWAYS

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

- Overall varied genes:
 - ATOX1: delivers copper from the cytosol to transporters ATP7A and ATP7B for SOD
 - PRDX2: reduces hydrogen peroxide; recharges via Trx
- Key SNPs varied:
 - none significant

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

- Overall varied genes:
 - none significant
- Key SNPs varied:
 - NOS1: ubiquitously expressed, with high level of expression in skeletal muscle
 - SLC19A1: transporter involved in the regulation of intracellular folate concentrations
 - DHFR: converts dihydrofolate into tetrahydrofolate & helps recycle BH2 to BH4

Glutamate: pathway related to glutamate metabolism

- Overall varied genes:
 - TSC1: growth inhibitory protein thought to play a role in the stabilization of tuberin
 - PSAT1: the major source of glutamine-dependent α -ketoglutarate
- Key SNPs varied:
 - none significant

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

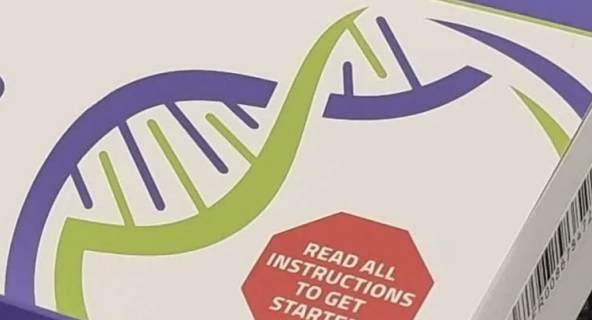
- Overall varied genes:
 - HNMT: degrades histamine via methylation; 1 hetero upregulation
- Key SNPs varied:
 - MCM6: influences LCT gene to continue producing lactase; 2 homo SNPs
 - MAOB: degrades benzylamine, phenylethylamine (PEA), methylhistamine after HNMT
 - HRH4: predominantly in haematopoietic cells; role in inflammation & allergy resp.
 - SPP1: cytokine which attaches osteoclasts to bone matrix; key in oxalate breakdown
 - FUT2: related to intestinal bacteria's functions in immunity and glucose regulation

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Supporting Wellness
through Science and Nutrition
DNA Saliva Collection Kit

YOUR
FUNCTIONAL GENOMICS™



**READ ALL
INSTRUCTIONS
TO GET
STARTED!**



IMPORTANT: You **MUST REGISTER** the barcode on this box online **BEFORE** mailing back your sample. Your practitioner will provide information for your client portal account. Register kit on www.functionalgenomicanalysis.com. Details inside.



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ADDITIONAL ADVICE

Further recommended testing:

- Key:
 - blood: (methyl)histamine (HNMT, MAOB), GFR (SLC13A1), lipids panel (CYP27C1), bile acids (SLCO1A2, ABCC3), SHBG & progesterone (SHBG), B7 & B5 & ALA (SLC5A6), insulin → HOMA-IR (SLC30A8), B9 (SLC19A1, DHFR), B12 (TCN3, FUT2)
 - Metabolomix+ w. Fatty Acids add-on (CYP4F12, ALOX5), for catecholamines (MAOB)
 - Urine: bile acids (SLCO1A2, ABCC3)
 - Complete Dutch Hormone Test: (SLCO2B1, UGT2B15, CYP27C1, SHBG)
 - Hair Metals Test: Cu (ATOX1), Mg (SLC41A2), Se (SEPP1), Zn (SLC30A8)
- Ideal to do in order to fine-tune recommendations:
 - Viome: microbiome (FUT2)

Other areas to explore in order to complement your customized nutrition journey:

- For real-time feedback on your health status, **track your biometrics**:
 - Sleep, nervous and circulatory systems, via devices like the Oura ring
 - Breathing and oxygenation rates, via a pulse oxymeter
- **regular exercise** is an important pillar of a healthy lifestyle. Depending on preferences and limitations, regimens may vary, but a mix of low intensity cardio, high intensity cardio (also known as HIIT) and resistance training is desirable, once you have a solid structural basis
- **flexibility and mindfulness** are top-down control and feedback mechanisms that influence to a long extent health and wellbeing. Exploring some form of personal development, where you stay present and postpone gratification is also essential
- depending on hormonal metabolic make-up and tolerance, a form of a **fasting** regimen is ideally implemented. It can vary from a mild 14-10. schedule to longer bouts of going without food
- If you are interested to optimize these very important parts of your health, we can refer you to one of the experts we know in each of these areas

Regarding food in general, there are some basic principles that we believe anyone should follow and for your convenience we included them below:

- **avoid anti-nutrients**: soak overnight your legumes and cereals before cooking them and blanch foods like spinach, swiss chard or beets
 - **keep sugars to a bare minimum**: focus on low glicemic index foods anytime you can
 - **buy locally produced or organic foods**: sourcing quality is paramount
 - to minimize pesticide exposure, **soak and wash fruits and vegetable in water with vinegar**
 - **avoid vegetable oils**, as they are pro-inflammatory
 - **watch out for your gluten intake**, even if your gluten related genes are not an issue
- Also starting from mid 2023, you will be able to order your customized meal plans, prepared with love and scientific care, from NutriFix. Stay tuned!

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