

HEALTH

PANEL

PHYSIOTHERAPY AND SPORTS

Name: Sample

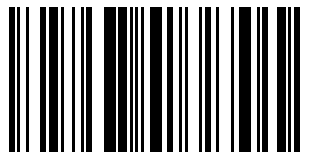
Age:

Gender: M

Report Date: 15/05/2025

Prescriber:

Health Insurance:



Sample

WARNING

The values of the results of genetic tests are not diagnostic, but show trends that are influenced by physiological, pathological conditions, use of medications and other personal conditions of the examinee.

Only your clinician is able to correctly interpret these results and to prescribe the most appropriate treatment for you, and the company is not responsible for any treatment based on the results.

If necessary, our science team is available to discuss the results with the attending clinician upon request.

The genetic test

The genetic examination is the most current and advanced technological leap in the health area, mainly for the clinical area because DNA is the true Instruction Manual for the individual.

The exam shows conditions, determined by genetics, that may or may not develop at some point in life, as in DNA, all individual needs, susceptibilities and psycho-behavioral and structural characteristics are determined with high precision, functional and reactive that an individual has and will have throughout his life.

Today science considers Epigenetics, a term that encompasses countless factors such as the state and emotional relationships, nutrition, physical activity and environmental factors, among others, as of fundamental value for development (expression), or not (silencing), of these conditions.

Hence the importance of genetic examination. It allows each person to know what their tendencies are and thus be able to work epigenetically to prevent them from developing (genetic silencing), thus maintaining their Health, Vitality, Beauty and Longevity.

The information found in the DNA, which determines the individual differences and the conditions analyzed in the exams, are called Polymorphisms (SNPs). In each condition our exam can find and analyze up to several dozen polymorphisms.

The current level of our technology, allows the high level of precision and reliability of our exams in the fundamental aspects for a genetic exam.





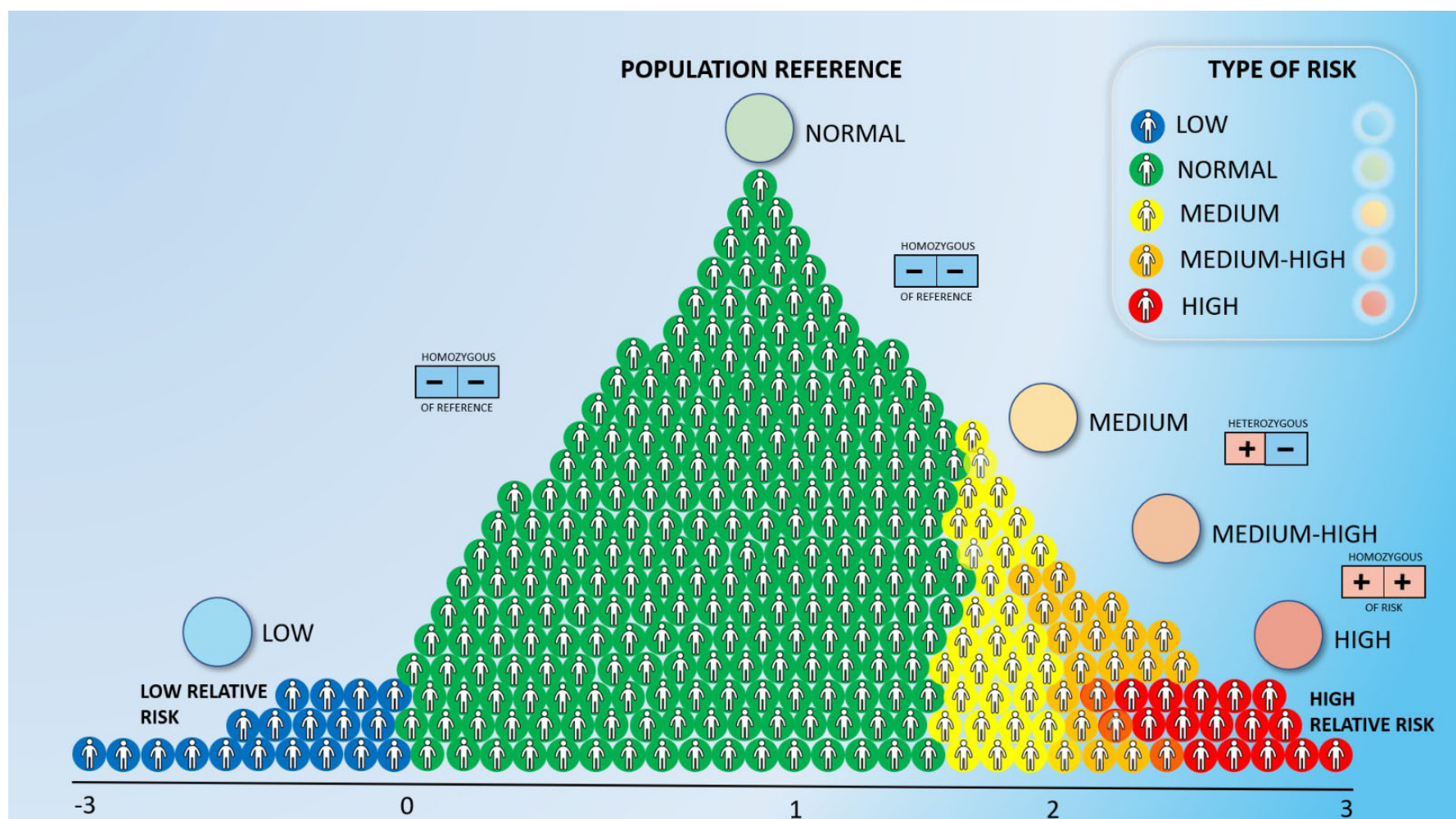
How to interpret the exam:

FIRST PART

The analyzed genetic CONDITIONS are grouped into CATEGORIES.

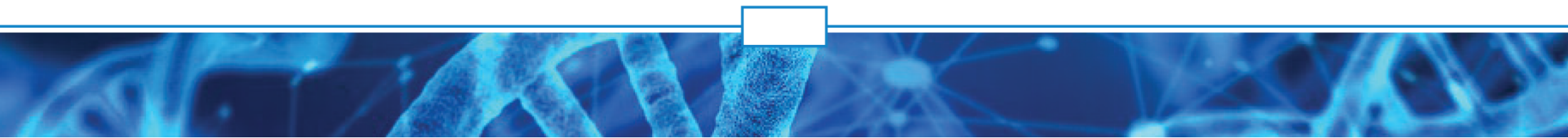
Each CONDITION is presented according to its MAGNITUDE. That is, what is the genetic susceptibility (intensity or possibility) of the analyzed condition to express itself (happen).

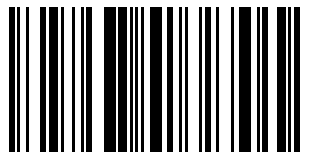
- If the susceptibility is TOO HIGH, a RED dot will appear
- If the susceptibility is HIGH, an ORANGE dot will appear
- If the susceptibility is AVERAGE, a YELLOW dot will appear
- If the susceptibility is NORMAL a GREEN dot will appear
- If the susceptibility is LOW, a BLUE dot will appear
- If the condition is not identified GRAY dot



PART TWO

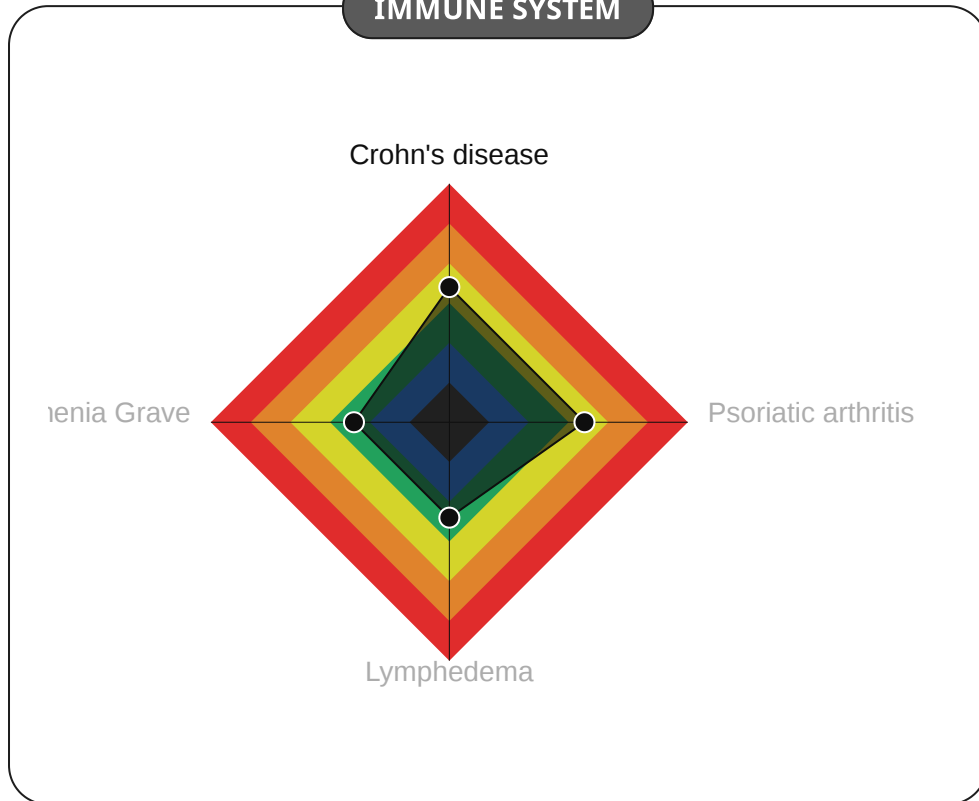
In the second part the CATEGORIES and CONDITIONS are shown again in more detail and presenting the analyzed genes



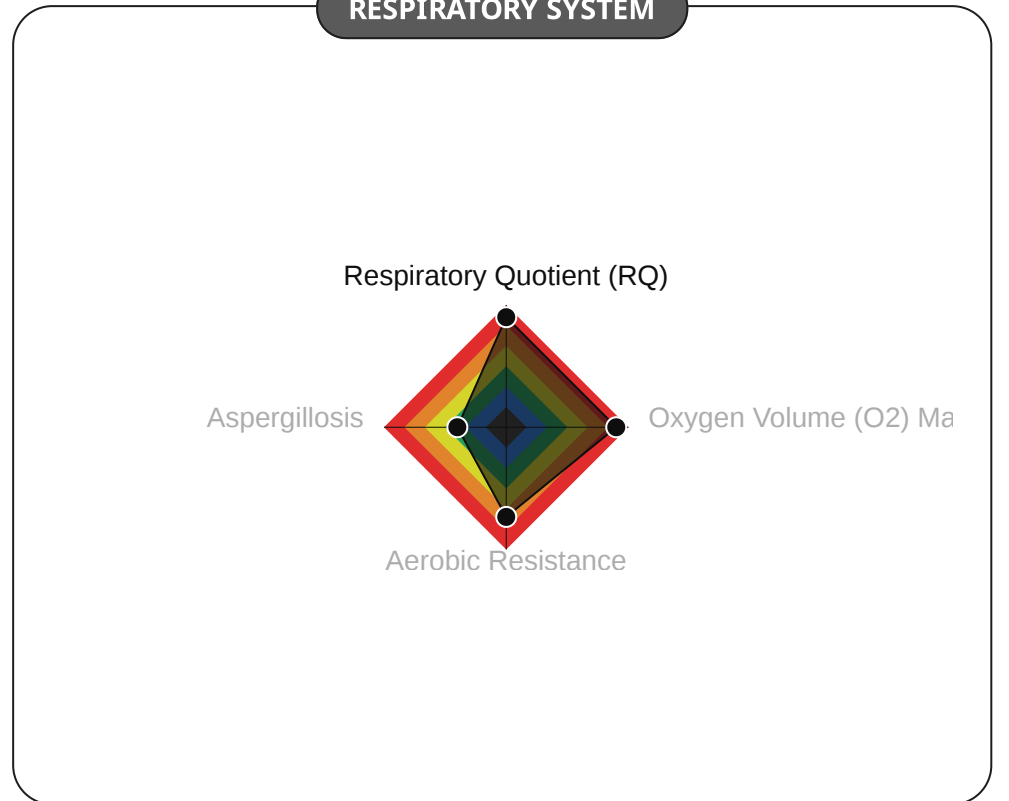


MOST RELEVANT CONDITIONS BY CATEGORY

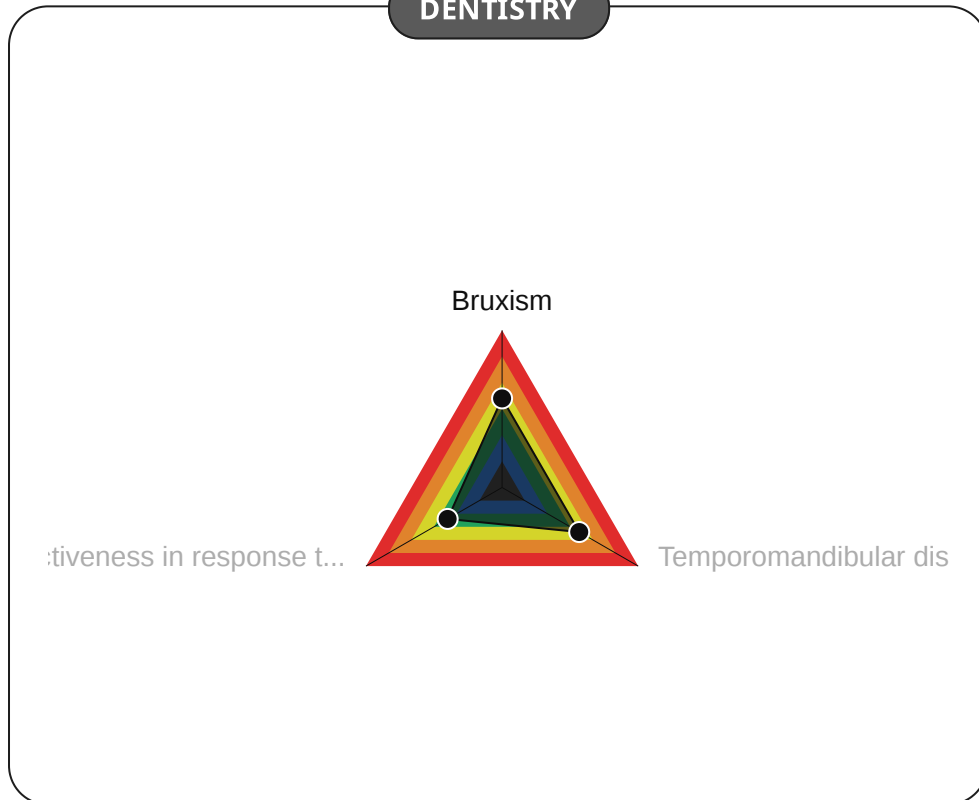
IMMUNE SYSTEM



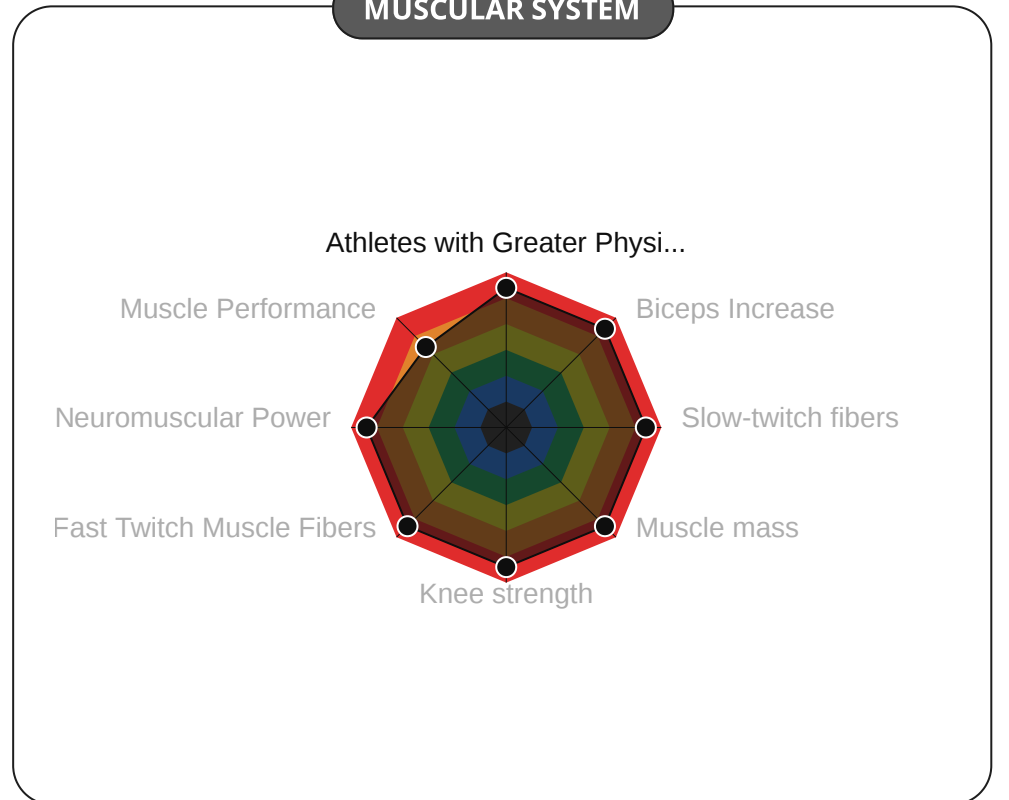
RESPIRATORY SYSTEM



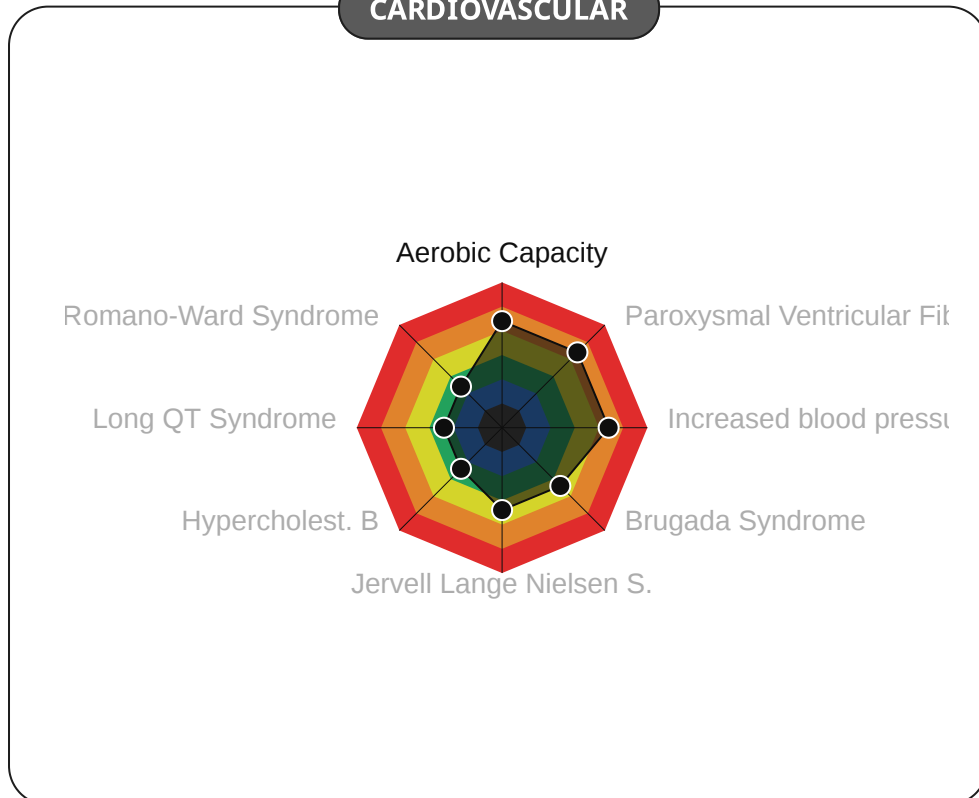
DENTISTRY



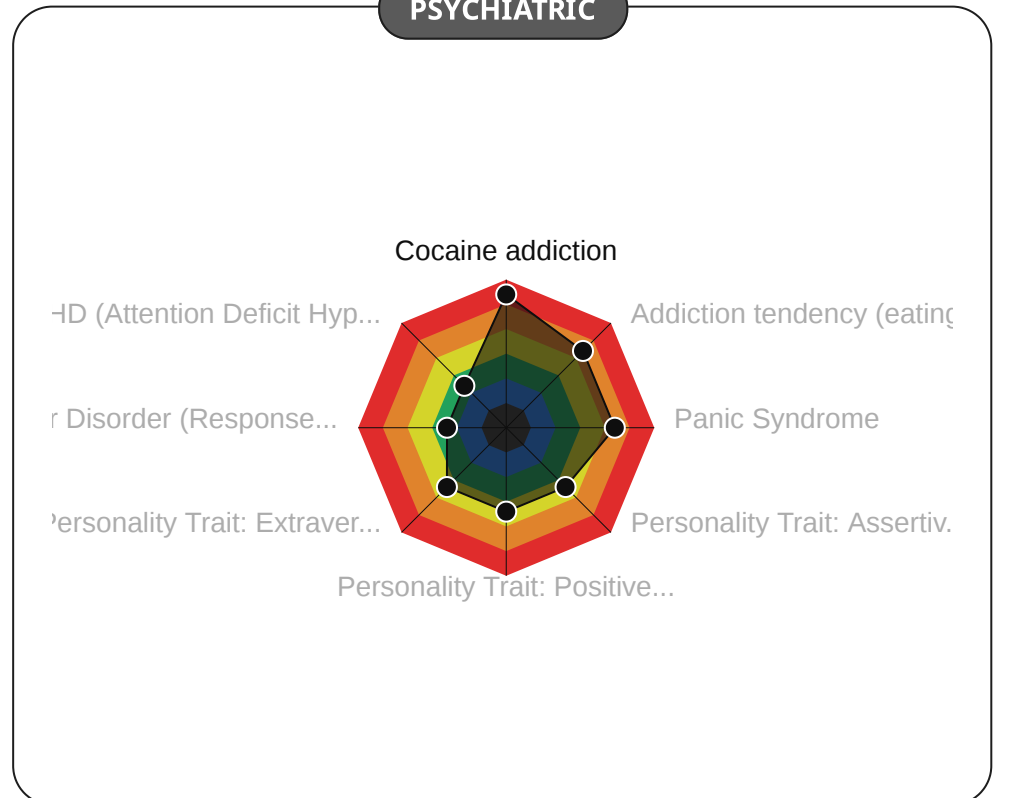
MUSCULAR SYSTEM

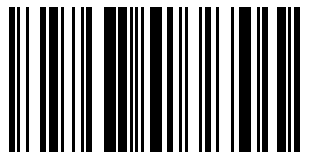


CARDIOVASCULAR



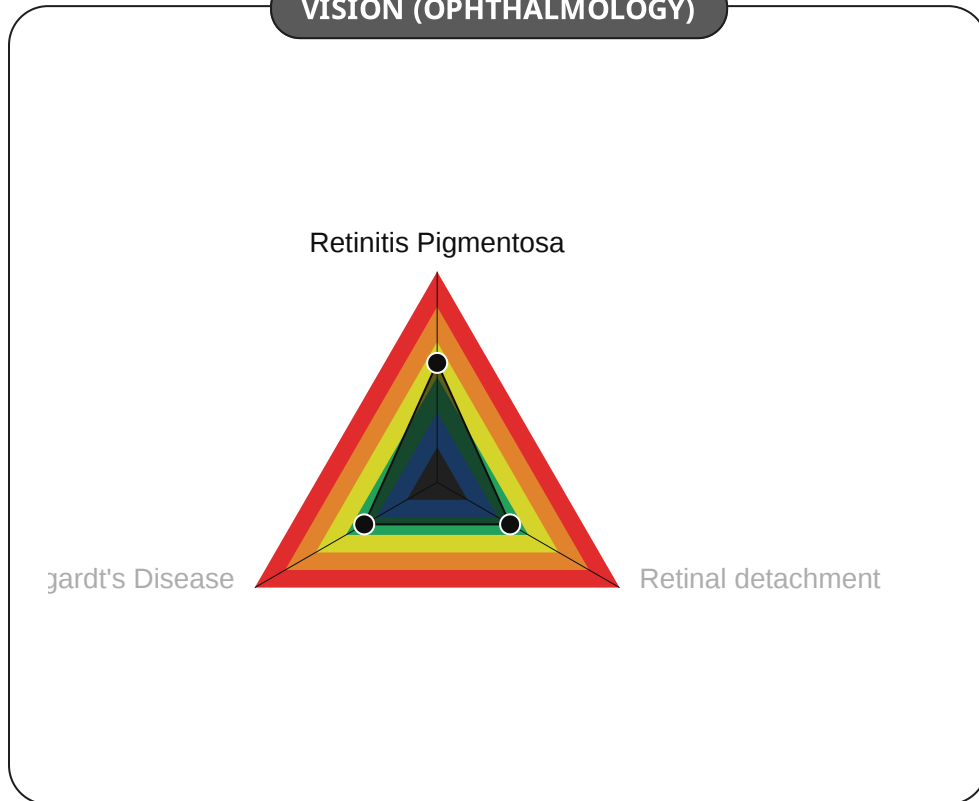
PSYCHIATRIC



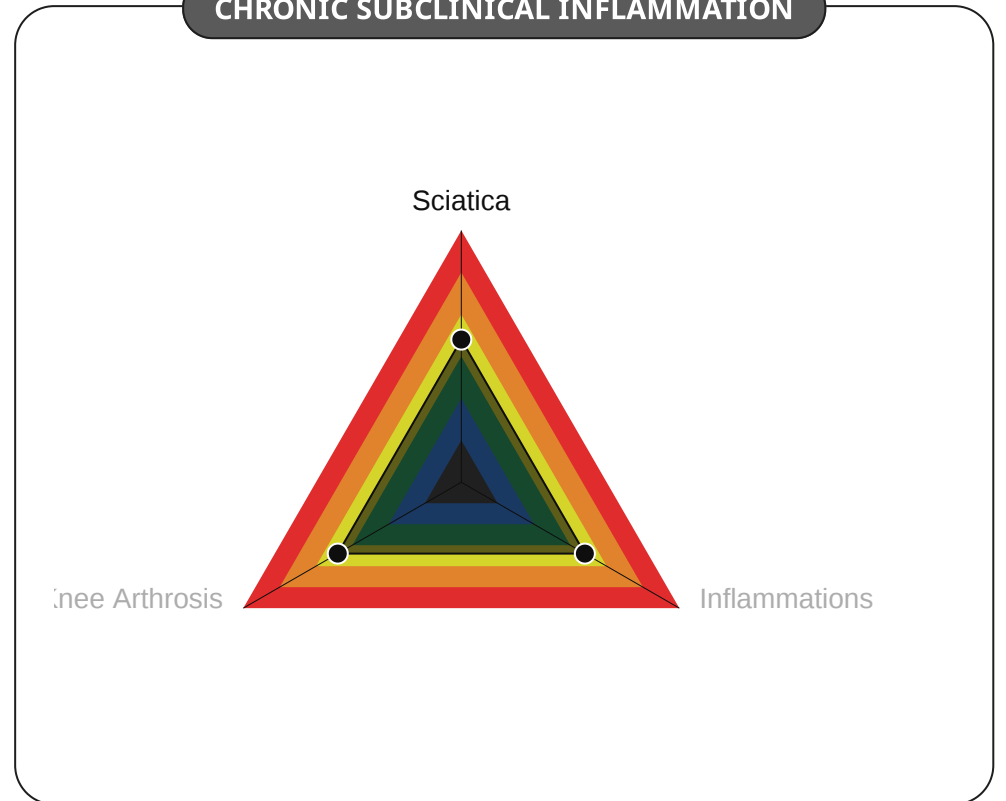


MOST RELEVANT CONDITIONS BY CATEGORY

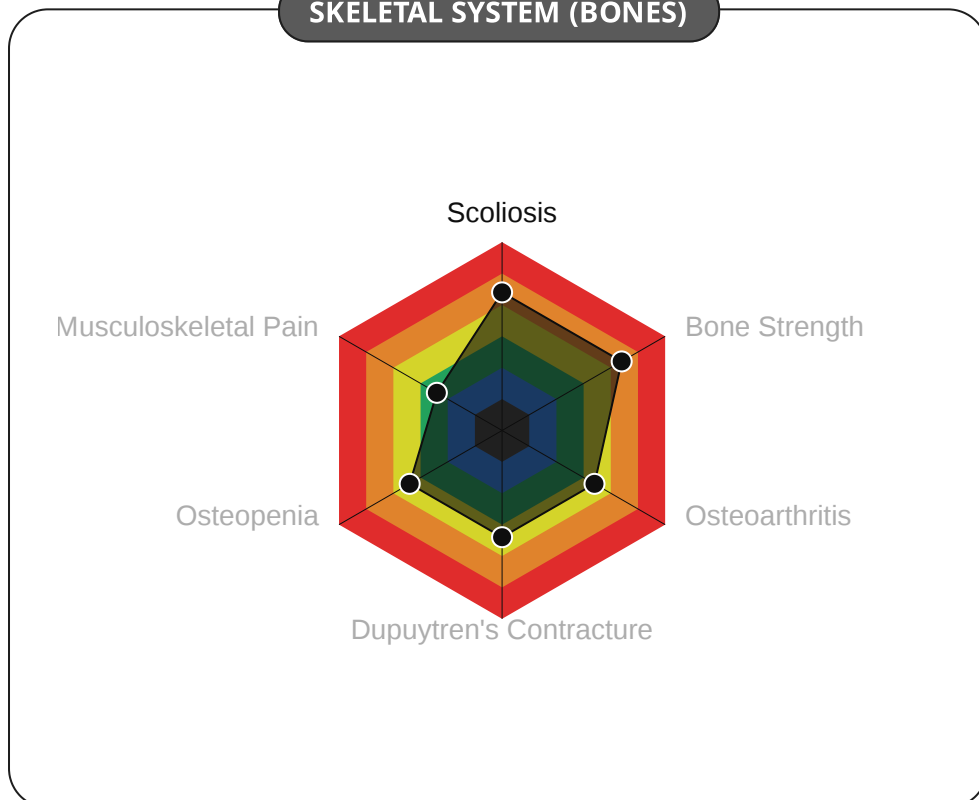
VISION (OPHTHALMOLOGY)



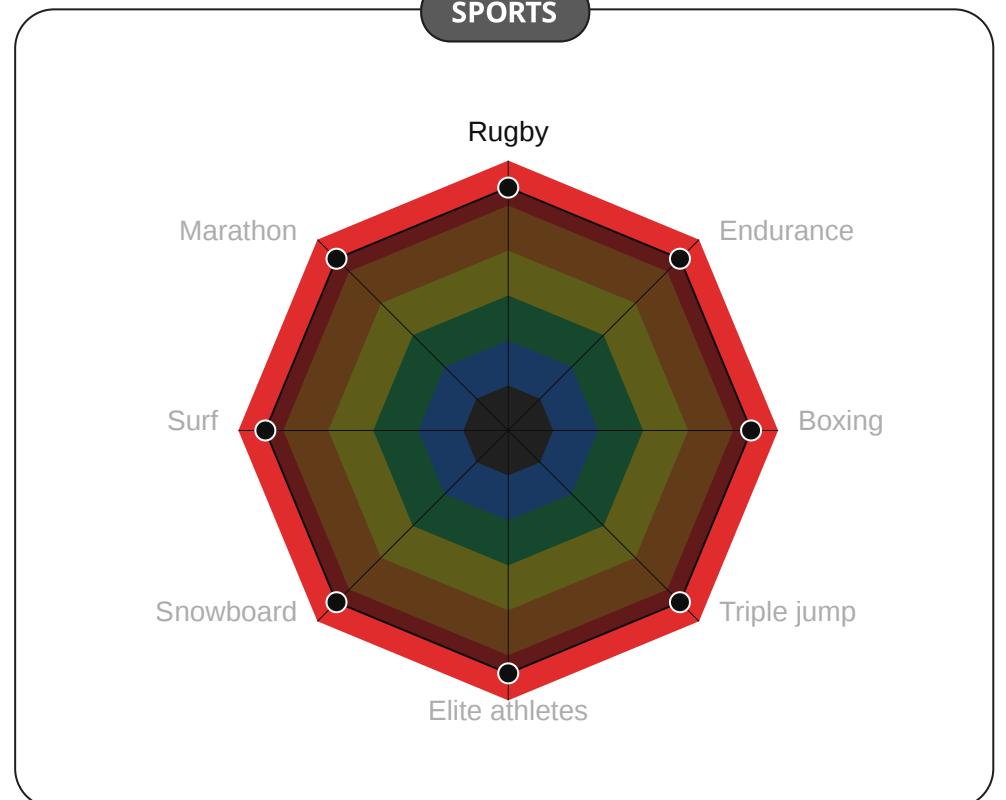
CHRONIC SUBCLINICAL INFLAMMATION



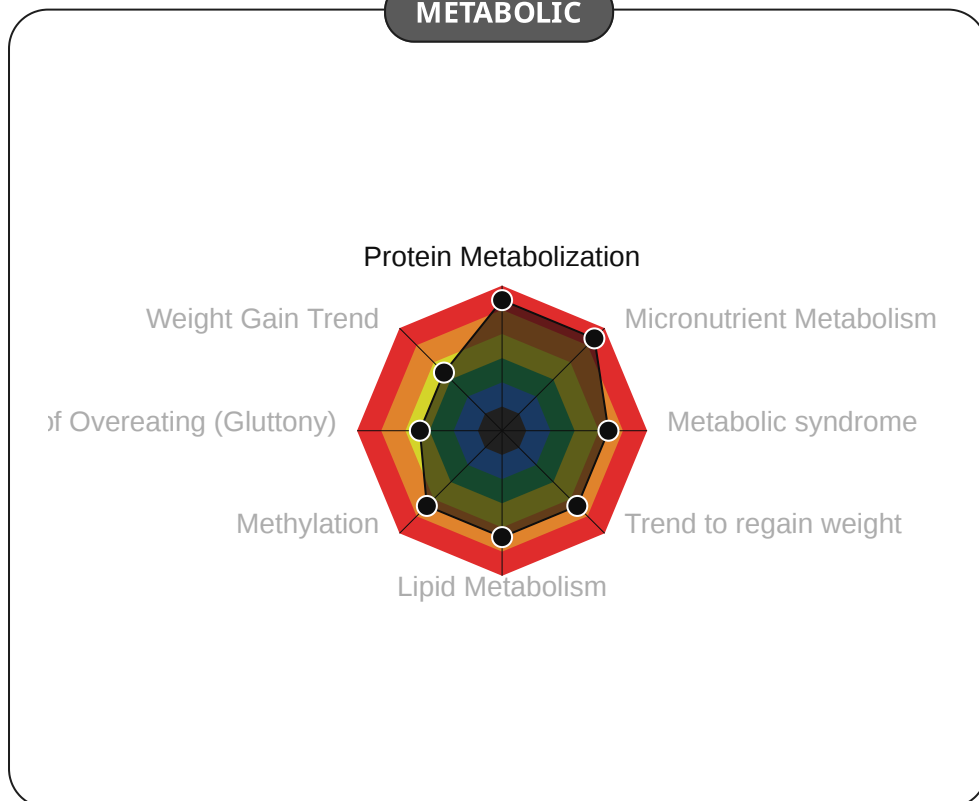
SKELETAL SYSTEM (BONES)



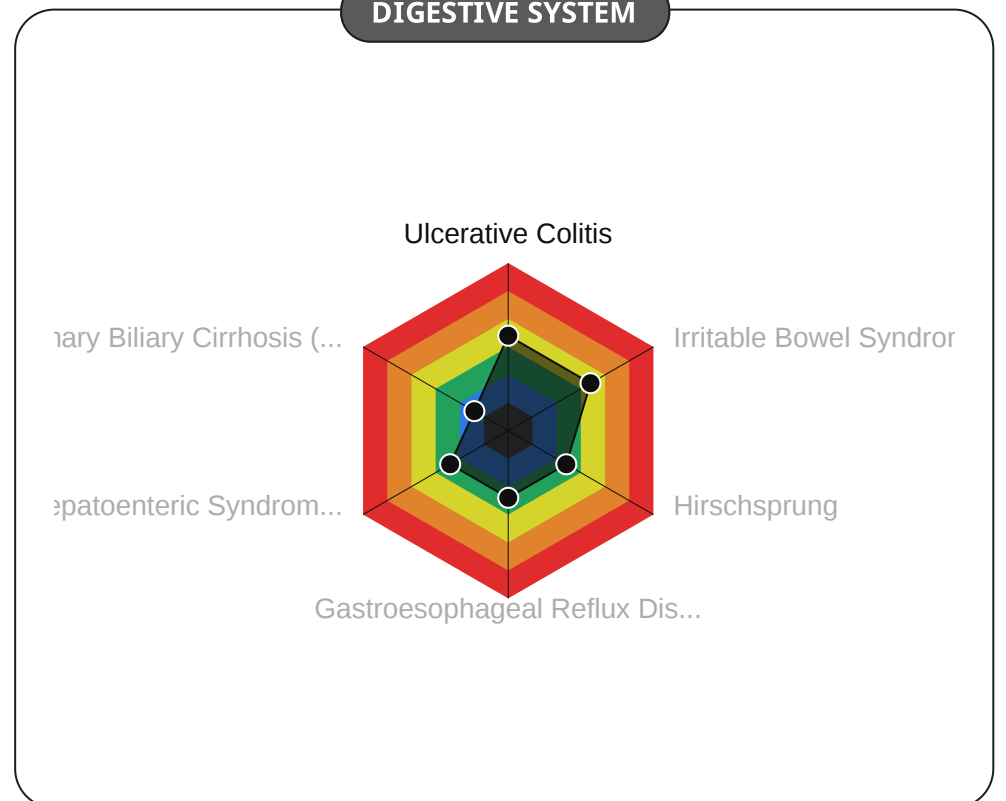
SPORTS

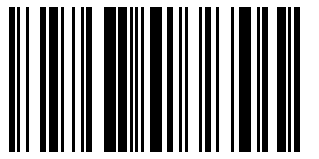


METABOLIC



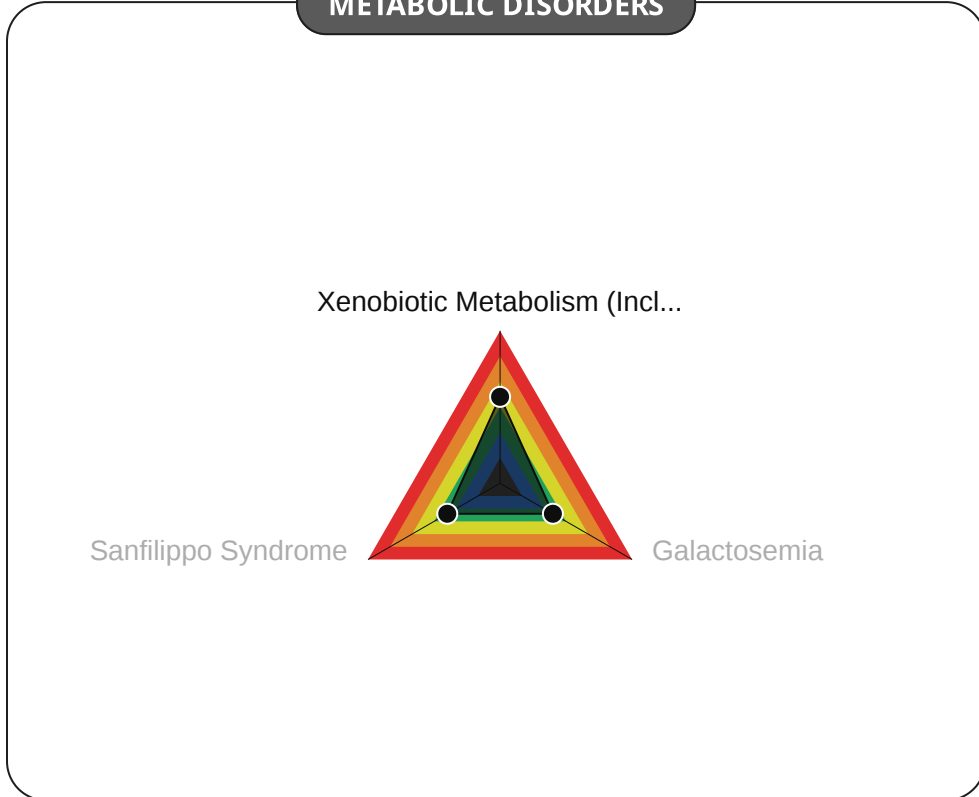
DIGESTIVE SYSTEM



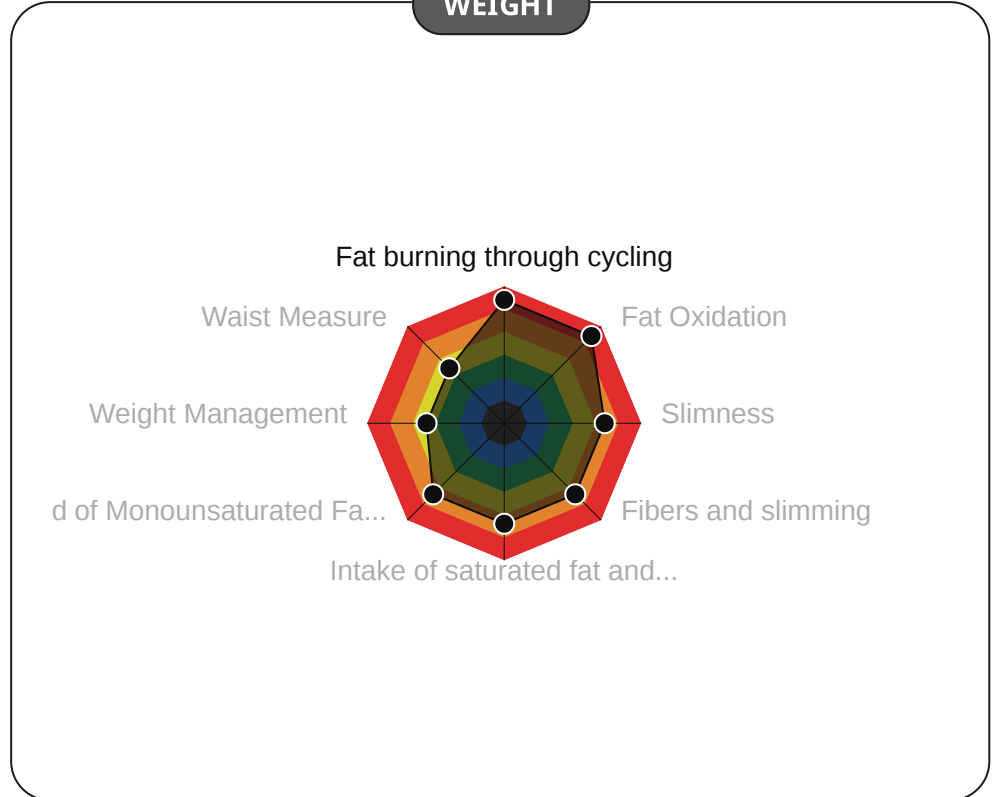


MOST RELEVANT CONDITIONS BY CATEGORY

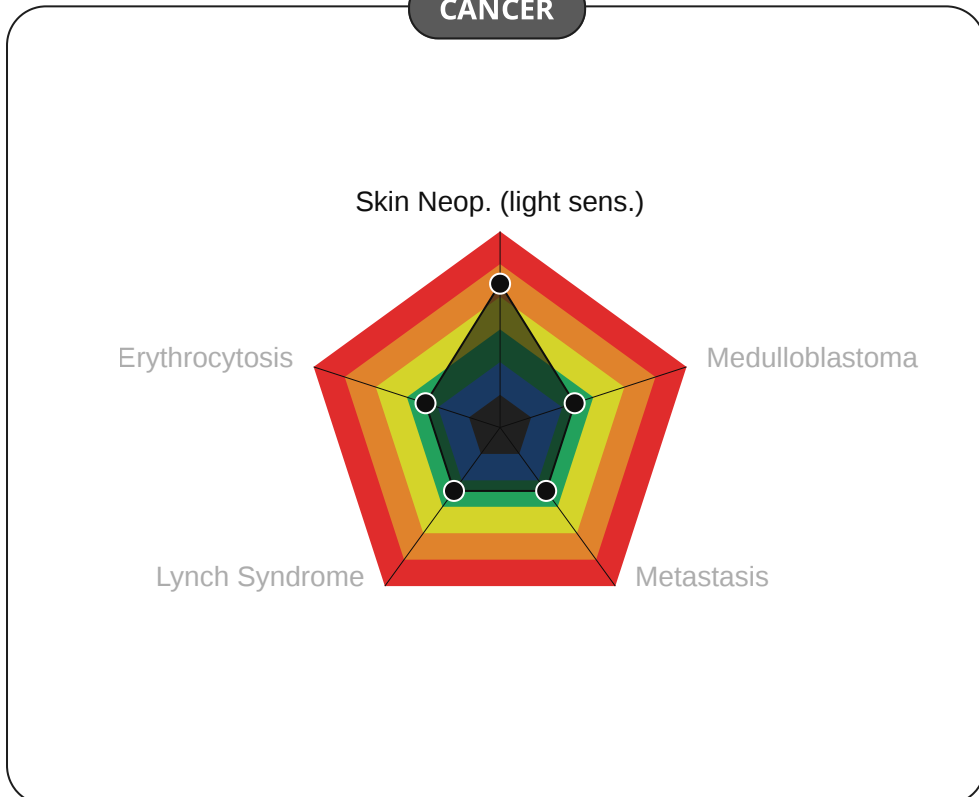
METABOLIC DISORDERS



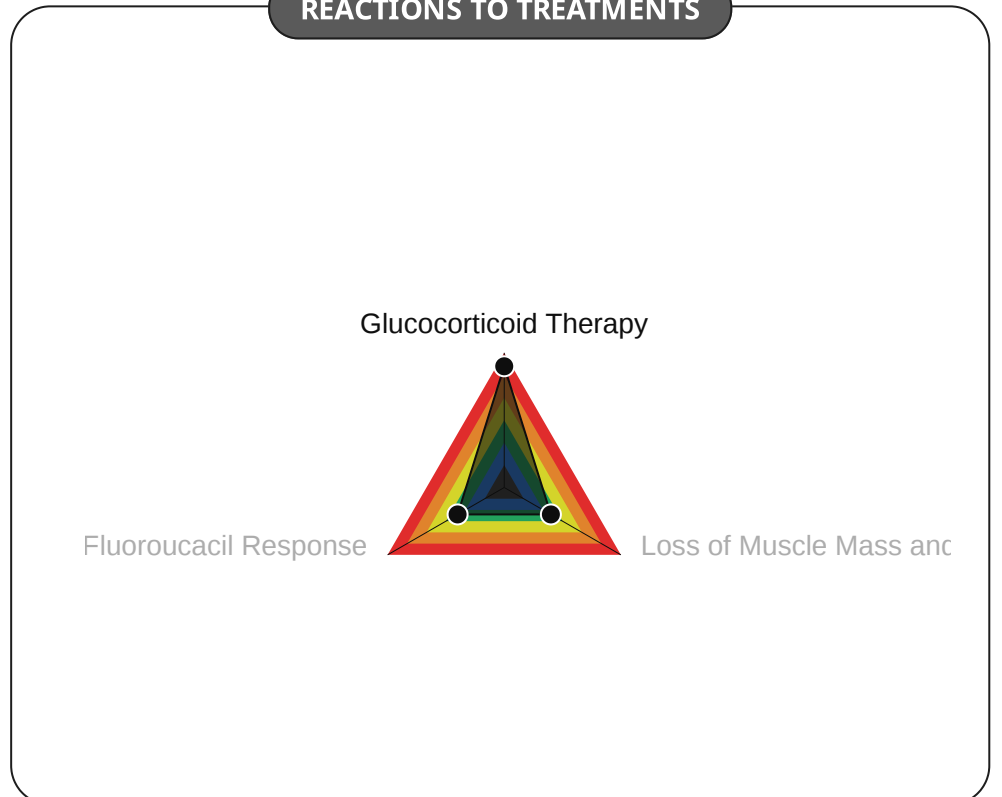
WEIGHT



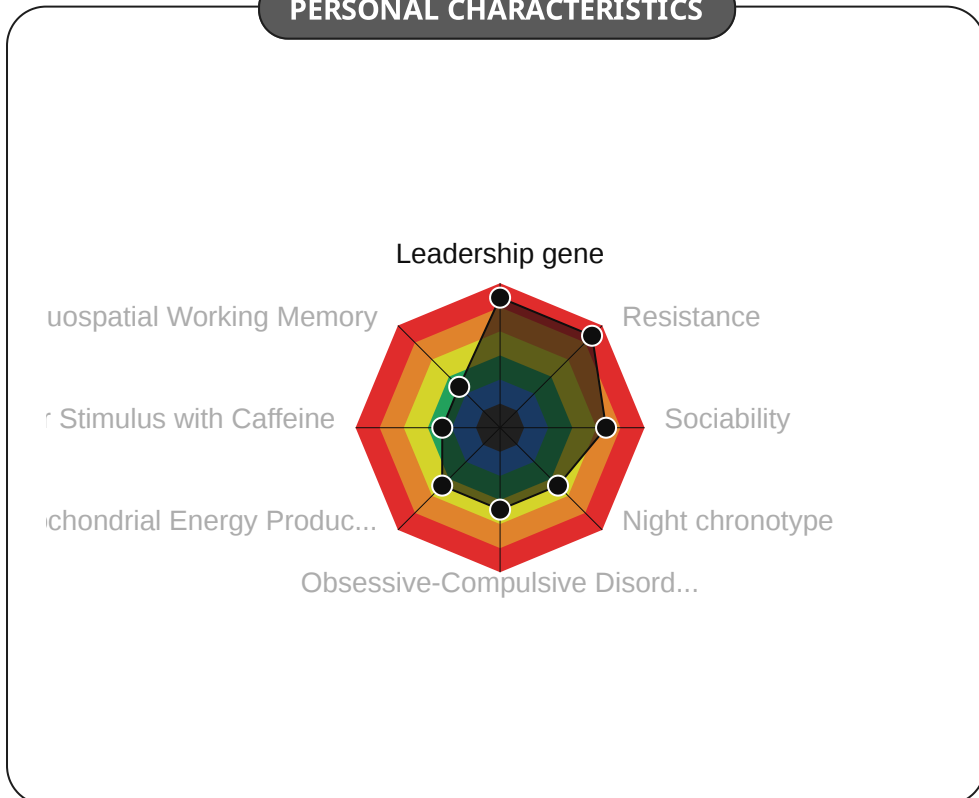
CANCER



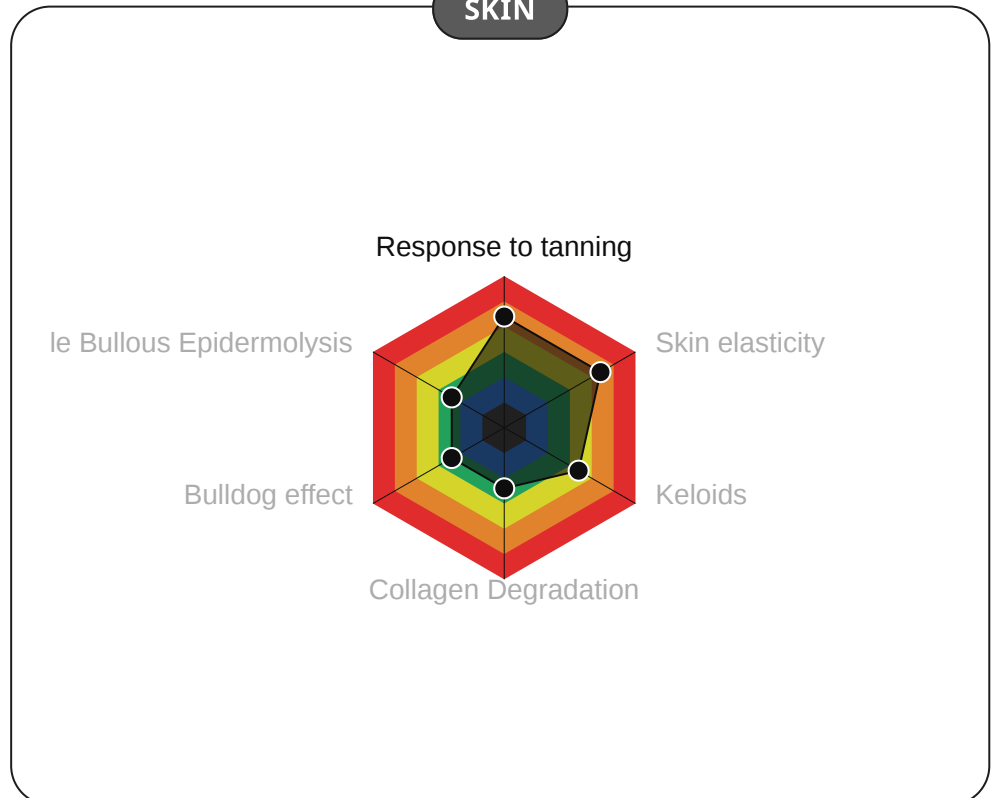
REACTIONS TO TREATMENTS

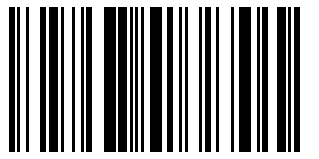


PERSONAL CHARACTERISTICS



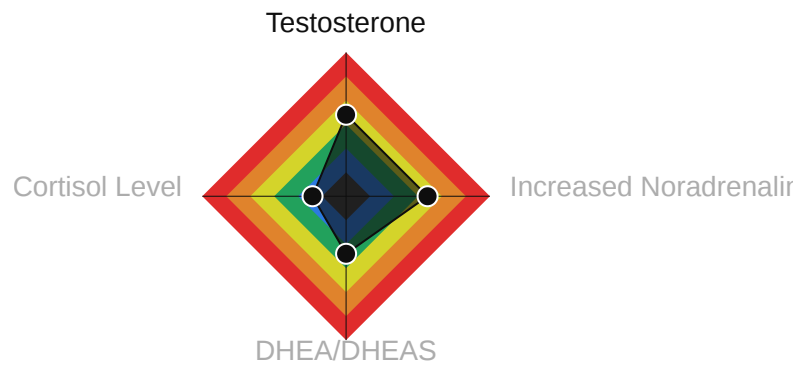
SKIN



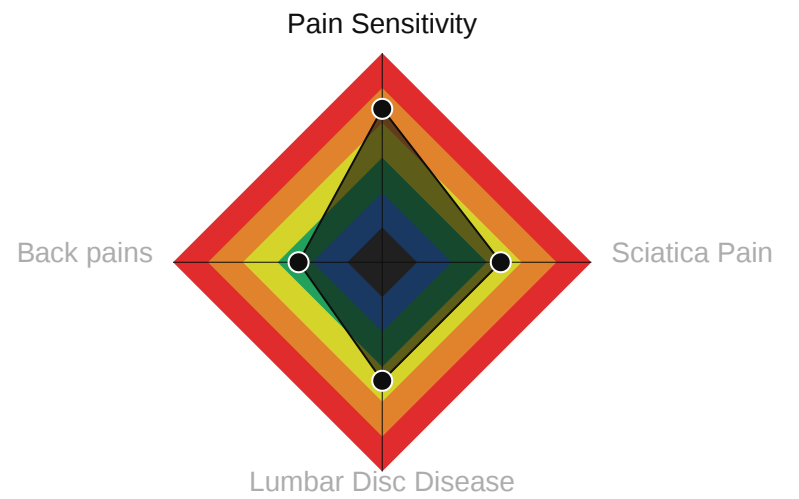


MOST RELEVANT CONDITIONS BY CATEGORY

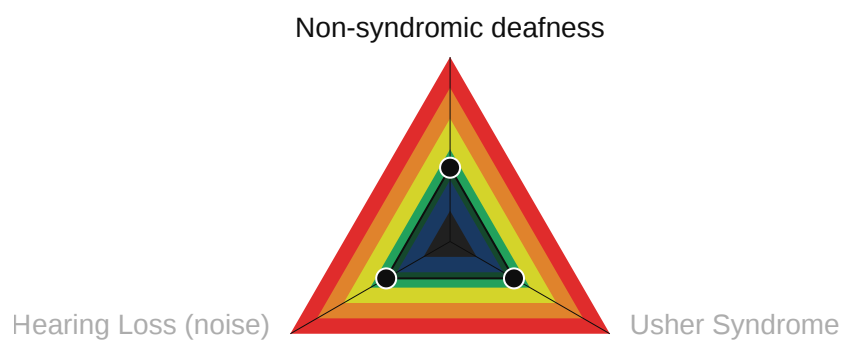
HORMONES



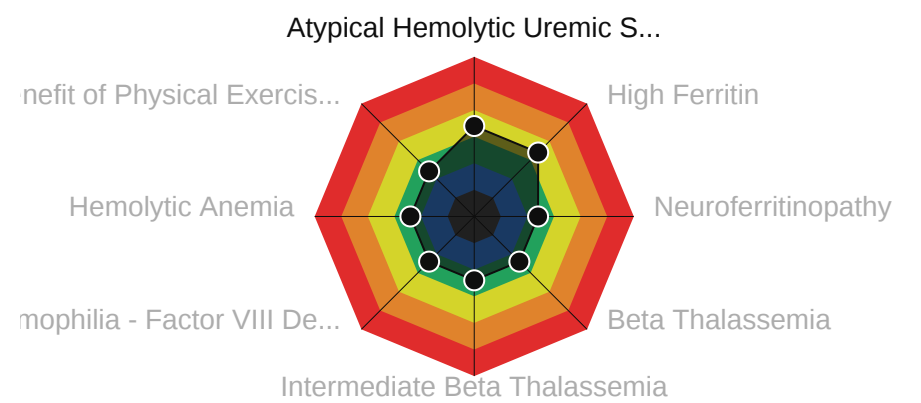
PAINS



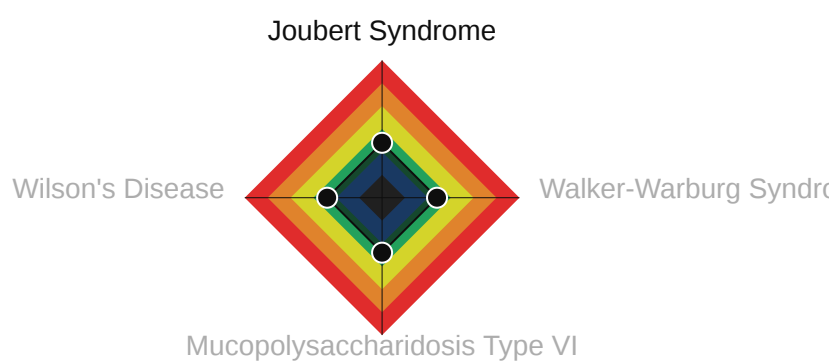
AUDITORY SYSTEM



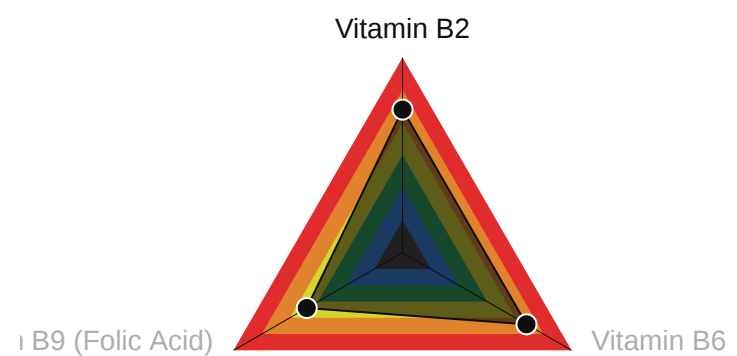
HEMATOLOGIC SYSTEM

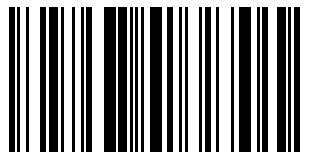


GENETIC DISEASES



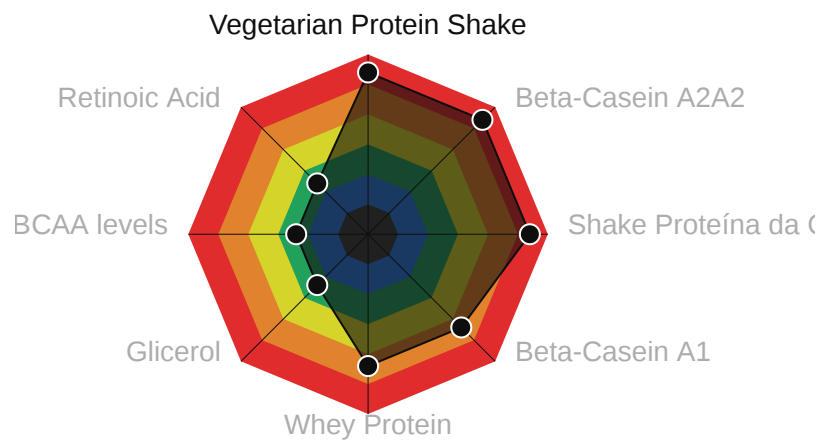
VITAMINS



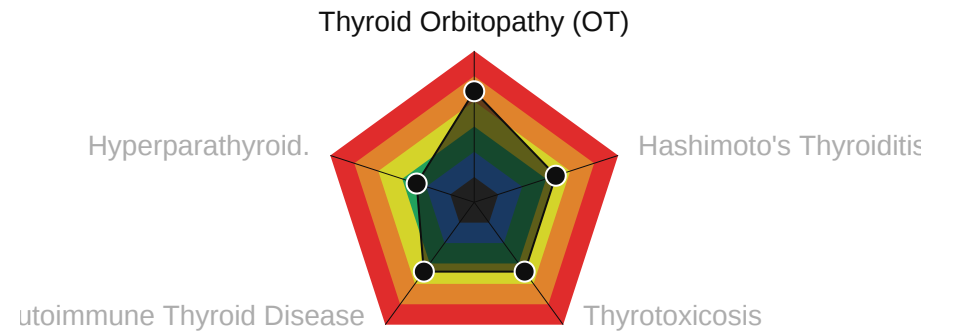


MOST RELEVANT CONDITIONS BY CATEGORY

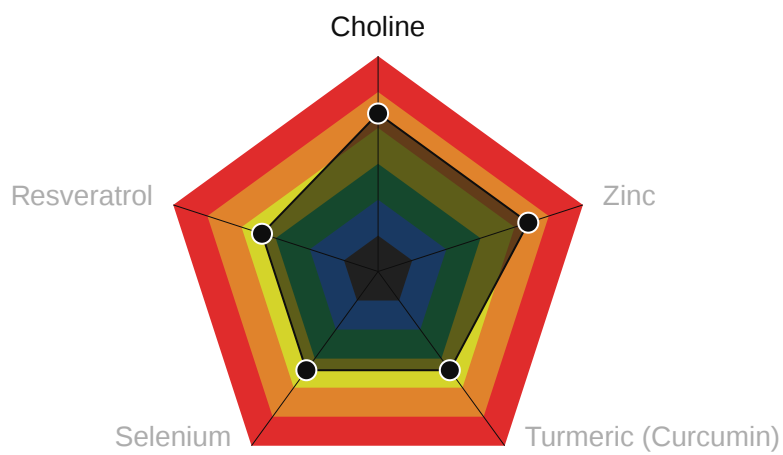
ANTIOXIDANTS / SUPPLEMENTS



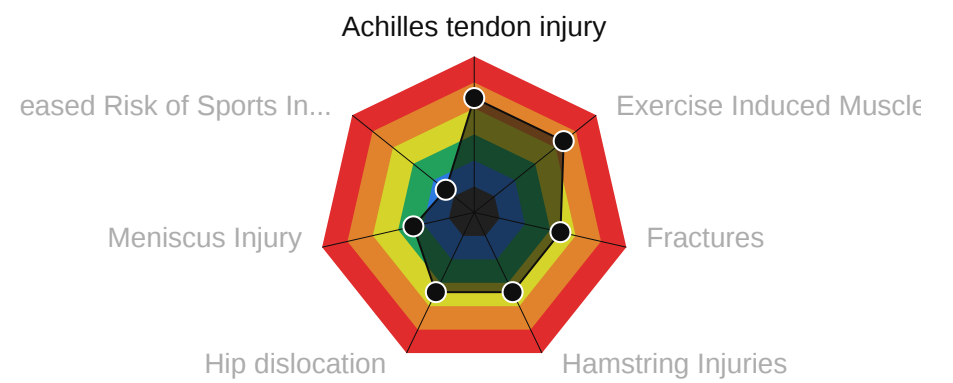
ENDOCRINE SYSTEM



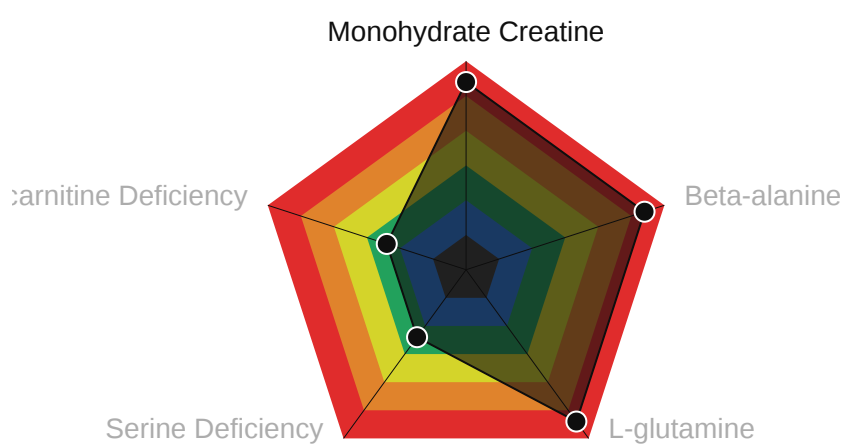
NEED FOR NUTRIENTS

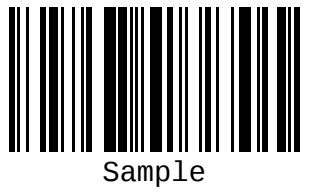


INJURIES



AMINO ACIDS





SUMMARY OF RESULTS

Aging

Aging (quality)	15	-	-	4	+	-	1	+	+	● NORMAL
Facial Age and Appearance (greater aging)	6	-	-	2	+	-	0	+	+	● NORMAL

Allergies

Egg White Allergy	3	-	-	1	+	-	1	+	+	● HIGH
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Amino acids

Monohydrate Creatine	0	-	-	2	+	-	0	+	+	● HIGH
Beta-alanine	2	-	-	0	+	-	1	+	+	● HIGH
L-glutamine	1	-	-	5	+	-	1	+	+	● HIGH
Serine Deficiency	4	-	-	0	+	-	0	+	+	● NORMAL
L-carnitine Deficiency	1	-	-	0	+	-	0	+	+	● NORMAL

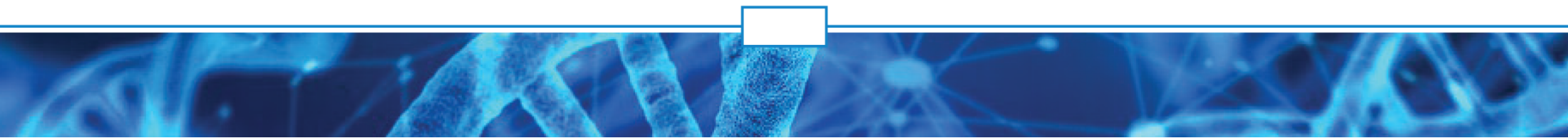
Antioxidants / Supplements

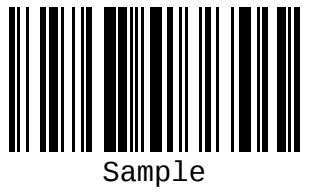
Vegetarian Protein Shake	2	-	-	1	+	-	2	+	+	● HIGH
Beta-Casein A2A2	2	-	-	0	+	-	1	+	+	● HIGH
Shake Proteína da Carne	4	-	-	2	+	-	1	+	+	● HIGH
Beta-Casein A1	2	-	-	2	+	-	3	+	+	● MEDIUM-HIGH
Whey Protein	5	-	-	0	+	-	1	+	+	● MEDIUM-HIGH
Glicerol	3	-	-	0	+	-	0	+	+	● NORMAL
BCAA levels	2	-	-	0	+	-	0	+	+	● NORMAL
Retinoic Acid	2	-	-	0	+	-	0	+	+	● NORMAL

Auditory system

Non-syndromic deafness	5	-	-	1	+	-	0	+	+	● NORMAL
Usher Syndrome	1	-	-	0	+	-	0	+	+	● NORMAL
Hearing Loss (noise)	1	-	-	0	+	-	0	+	+	● NORMAL

Behavioral Changes





Impulsivity 1 - - 6 + - 2 + + ● HIGH

Social Anxiety Disorder (Social Phobia) 1 - - 0 + - 0 + + ● MEDIUM

Behaviors

Motivation to Exercise 0 - - 1 + - 0 + + ● HIGH

Cancer

Skin Neoplasm (light sensitivity) 0 - - 2 + - 0 + + ● MEDIUM-HIGH

Medulloblastoma 8 - - 0 + - 0 + + ● NORMAL

Metastasis 2 - - 1 + - 0 + + ● NORMAL

Lynch Syndrome 13 - - 0 + - 0 + + ● NORMAL

Erythrocytosis 2 - - 0 + - 0 + + ● NORMAL

Cardiovascular

Aerobic Capacity 5 - - 0 + - 1 + + ● MEDIUM-HIGH

Paroxysmal Ventricular Fibrillation 1 - - 1 + - 0 + + ● MEDIUM-HIGH

Increased blood pressure during exercise 0 - - 1 + - 0 + + ● MEDIUM-HIGH

Brugada Syndrome 3 - - 2 + - 0 + + ● MEDIUM

Jervell and Lange-Nielsen Syndrome 0 - - 1 + - 0 + + ● MEDIUM

Hypercholesterolemia (Type B) 5 - - 0 + - 1 + + ● NORMAL

Long QT Syndrome 6 - - 2 + - 0 + + ● NORMAL

Romano-Ward Syndrome 4 - - 1 + - 0 + + ● NORMAL

Non-compacted Cardiomyopathy (Left Ventricle) 2 - - 0 + - 0 + + ● NORMAL

Ventricular Tachycardia 7 - - 0 + - 0 + + ● NORMAL

Wolff-Parkinson-White Syndrome 3 - - 0 + - 0 + + ● NORMAL

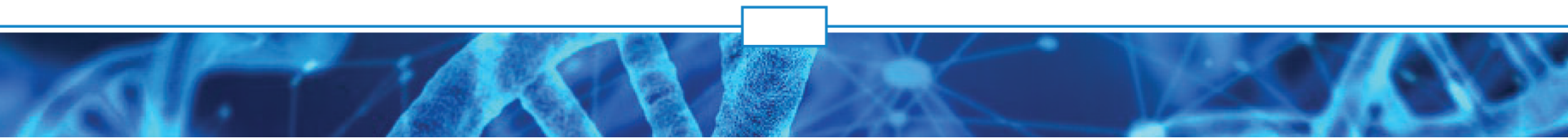
Familial Hypertrophic Cardiomyopathy 9 - - 0 + - 0 + + ● NORMAL

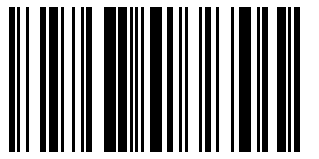
Short QT syndrome 0 - - 1 + - 0 + + ● NORMAL

Cardiac Capacity 1 - - 0 + - 0 + + ● LOW

Cardiovascular and Cerebrovascular

Hypertension 10 - - 6 + - 3 + + ● MEDIUM





Chronic Subclinical Inflammation

Sciatica	1	-	-	0	+	-	1	+	+	● MEDIUM
Inflammations	15	-	-	9	+	-	3	+	+	● MEDIUM
Arthrosis of the Knee	4	-	-	0	+	-	1	+	+	● MEDIUM

Clopidogrel

Response to Clopidogrel	5	-	-	0	+	-	0	+	+	● NORMAL
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Dentistry

Bruxism	1	-	-	1	+	-	1	+	+	● MEDIUM
Temporomandibular disorder	2	-	-	1	+	-	0	+	+	● MEDIUM
Effectiveness in response to bisphosphonates	0	-	-	1	+	-	0	+	+	● NORMAL

Digestive system

Ulcerative Colitis	13	-	-	12	+	-	3	+	+	● MEDIUM
Irritable Bowel Syndrome	2	-	-	0	+	-	1	+	+	● MEDIUM
Hirschsprung's Disease (HD)	9	-	-	1	+	-	0	+	+	● NORMAL
Gastroesophageal Reflux Disease	4	-	-	0	+	-	0	+	+	● NORMAL
Trichohepatoenteric Syndrome (THE)	3	-	-	0	+	-	0	+	+	● NORMAL
Primary Biliary Cirrhosis (CBP)	2	-	-	0	+	-	0	+	+	● LOW

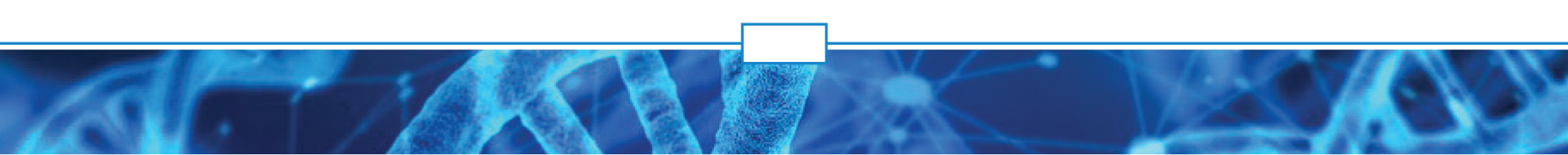
Endocrine system

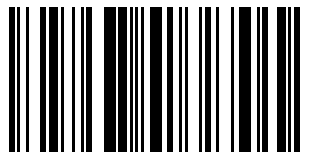
Thyroid Orbitopathy (OT)	0	-	-	0	+	-	1	+	+	● MEDIUM-HIGH
Hashimoto's Thyroiditis	6	-	-	1	+	-	0	+	+	● MEDIUM
Thyrotoxicosis	1	-	-	0	+	-	1	+	+	● MEDIUM
Autoimmune Thyroid Disease	4	-	-	0	+	-	1	+	+	● MEDIUM
Hyperparathyroidism	2	-	-	0	+	-	0	+	+	● NORMAL

Fatty acids

Arachidonic Acid Deficiency	2	-	-	0	+	-	0	+	+	● NORMAL
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Genetic diseases





Joubert Syndrome	1	-	-	0	+	-	0	+	+	● NORMAL
Walker-Warburg Syndrome	3	-	-	0	+	-	0	+	+	● NORMAL
Mucopolysaccharidosis Type VI	10	-	-	0	+	-	0	+	+	● NORMAL
Wilson's Disease	64	-	-	0	+	-	0	+	+	● NORMAL

Hematologic system

Atypical Hemolytic Uremic Syndrome (aHUS)	4	-	-	2	+	-	1	+	+	● MEDIUM
High Ferritin	4	-	-	1	+	-	2	+	+	● MEDIUM
Neuroferritinopathy	0	-	-	1	+	-	0	+	+	● NORMAL
Beta Thalassemia	19	-	-	1	+	-	0	+	+	● NORMAL
Intermediate Beta Thalassemia	1	-	-	0	+	-	0	+	+	● NORMAL
Hemophilia - Factor VIII Deficiency	1	-	-	0	+	-	0	+	+	● NORMAL
Hemolytic Anemia	18	-	-	0	+	-	0	+	+	● NORMAL
Benefit of Physical Exercise for HDL	1	-	-	0	+	-	0	+	+	● NORMAL

Hereditary diseases

Pompe disease	2	-	-	0	+	-	0	+	+	● NORMAL
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Hormones

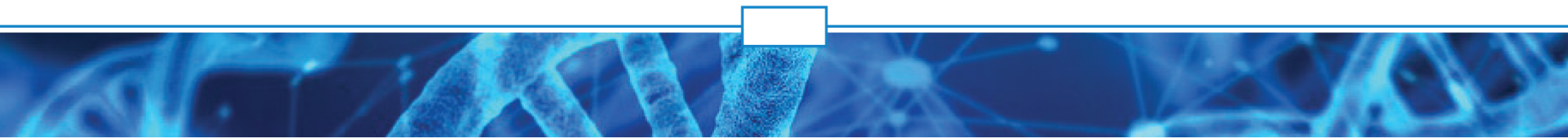
Testosterone	5	-	-	1	+	-	2	+	+	● MEDIUM
Increased Noradrenaline Level During Exercise	0	-	-	1	+	-	0	+	+	● MEDIUM
DHEA/DHEAS	6	-	-	2	+	-	0	+	+	● NORMAL
Cortisol Level	4	-	-	1	+	-	0	+	+	● LOW

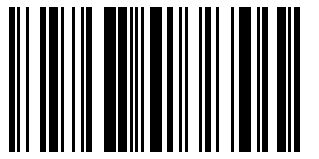
Immune system

Crohn's disease	20	-	-	11	+	-	1	+	+	● MEDIUM
Psoriatic arthritis	2	-	-	0	+	-	0	+	+	● MEDIUM
Lymphedema	1	-	-	0	+	-	0	+	+	● NORMAL
Myasthenia Grave	4	-	-	0	+	-	0	+	+	● NORMAL

Injuries

Achilles tendon injury	3	-	-	0	+	-	1	+	+	● MEDIUM-HIGH
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Exercise Induced Muscle Damage	2	-	-	1	+	-	1	+	+	MEDIUM-HIGH
Fractures	1	-	-	4	+	-	0	+	+	MEDIUM
Hamstring Injuries	1	-	-	1	+	-	1	+	+	MEDIUM
Hip dislocation	2	-	-	0	+	-	0	+	+	MEDIUM
Meniscus Injury	1	-	-	0	+	-	0	+	+	NORMAL
Increased Risk of Sports Injuries	2	-	-	0	+	-	0	+	+	LOW

Instability

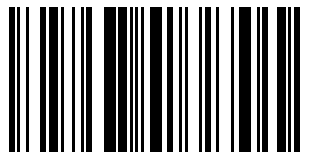
Explorative Behavior	0	-	-	0	+	-	1	+	+	MEDIUM-HIGH
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Metabolic

Protein Metabolization	0	-	-	1	+	-	0	+	+	HIGH
Micronutrient Metabolism	3	-	-	0	+	-	2	+	+	HIGH
Metabolic syndrome	4	-	-	2	+	-	3	+	+	MEDIUM-HIGH
Trend to regain weight	3	-	-	3	+	-	2	+	+	MEDIUM-HIGH
Lipid Metabolism	33	-	-	15	+	-	8	+	+	MEDIUM-HIGH
Methylation	18	-	-	10	+	-	4	+	+	MEDIUM-HIGH
Trend of Overeating (Gluttony)	34	-	-	14	+	-	7	+	+	MEDIUM
Weight Gain Trend	38	-	-	16	+	-	7	+	+	MEDIUM
Caffeine Metabolization	2	-	-	2	+	-	0	+	+	MEDIUM
Resting Metabolism	1	-	-	2	+	-	0	+	+	MEDIUM
Leptin receptor polymorphism	0	-	-	1	+	-	0	+	+	MEDIUM
Greater Insulin Sensitivity with Physical Exercise	0	-	-	1	+	-	0	+	+	NORMAL
Celiac disease	15	-	-	0	+	-	0	+	+	NORMAL
Glucose-6-Phosphate Dehydrogenase (G6PD) Deficiency	52	-	-	0	+	-	0	+	+	NORMAL
Mitochondrial Complex Deficiency 1	1	-	-	0	+	-	0	+	+	NORMAL
Resting Metabolic Rate	1	-	-	1	+	-	0	+	+	LOW
Improving Insulin Sensitivity with Physical Exercise	1	-	-	2	+	-	0	+	+	LOW

Metabolic disorders

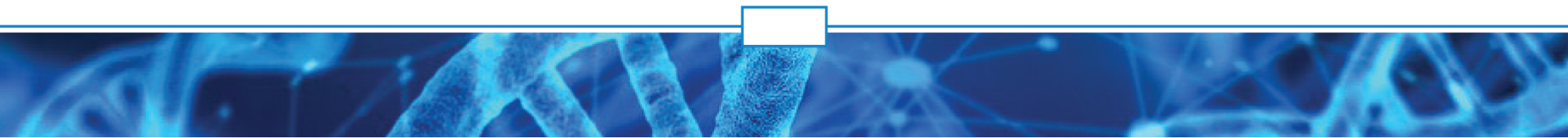
Xenobiotic Metabolism (Including Caffeine and P-450)	1	-	-	1	+	-	0	+	+	MEDIUM
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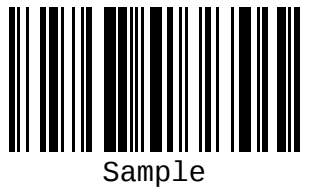


Galactosemia	24	- -	0 + -	0 + +	● NORMAL
Sanfilippo Syndrome	15	- -	0 + -	0 + +	● NORMAL

Muscular system

Athletes with Greater Physical Strength	0	- -	1 + -	1 + +	● HIGH
Biceps Increase	0	- -	1 + -	1 + +	● HIGH
Slow-twitch fibers	1	- -	0 + -	1 + +	● HIGH
Muscle mass	0	- -	1 + -	2 + +	● HIGH
Knee strength	1	- -	1 + -	2 + +	● HIGH
Fast Twitch Muscle Fibers	0	- -	0 + -	1 + +	● HIGH
Neuromuscular Power	3	- -	2 + -	4 + +	● HIGH
Muscle Performance	0	- -	1 + -	0 + +	● MEDIUM-HIGH
Lactate Accumulation (High Intensity Circuit)	0	- -	1 + -	0 + +	● MEDIUM-HIGH
Muscle strength	4	- -	2 + -	3 + +	● MEDIUM-HIGH
Hard Person Syndrome	4	- -	0 + -	1 + +	● MEDIUM-HIGH
Sarcopenia	0	- -	2 + -	1 + +	● MEDIUM-HIGH
Muscle Performance (Angiotensin II)	0	- -	1 + -	0 + +	● MEDIUM-HIGH
Quadriceps Muscle Strength	1	- -	1 + -	1 + +	● MEDIUM-HIGH
Transversal Physiological Area of the Quadriceps	0	- -	1 + -	0 + +	● MEDIUM
Rotator Cuff Tendinitis (Tennis Shoulder)	1	- -	0 + -	0 + +	● MEDIUM
Increased Exercise Recovery Time	1	- -	1 + -	0 + +	● MEDIUM
Contraction of Skeletal Muscle Fibers	0	- -	2 + -	0 + +	● NORMAL
Muscle stiffness	1	- -	1 + -	0 + +	● NORMAL
Muscle cramps	5	- -	0 + -	0 + +	● NORMAL
Vestibular Dysfunction	1	- -	0 + -	0 + +	● NORMAL
McArdle's disease	1	- -	0 + -	0 + +	● NORMAL
Refsum Disease	2	- -	0 + -	0 + +	● NORMAL
Gait Instability	1	- -	0 + -	0 + +	● NORMAL
Melas Syndrome	2	- -	0 + -	0 + +	● NORMAL
Achilles Tendinopathy Risk	0	- -	1 + -	0 + +	● NORMAL





Emery-Dreifuss Muscular Dystrophy	2	-	-	0	+	-	0	+	+	● NORMAL
Muscle Weakness After Exercise	1	-	-	1	+	-	0	+	+	● NORMAL
Muscle growth	2	-	-	1	+	-	0	+	+	● NORMAL
Increased Maximum Force Production	1	-	-	0	+	-	0	+	+	● NORMAL
Vastus Lateral Muscle	1	-	-	1	+	-	0	+	+	● NORMAL
Hand Grip Strength	3	-	-	1	+	-	0	+	+	● NORMAL
Ligament Strength	2	-	-	0	+	-	0	+	+	● NORMAL
Energy Spending	1	-	-	0	+	-	0	+	+	● NORMAL
Malignant Hyperthermia	2	-	-	0	+	-	0	+	+	● NORMAL
Explosive Strength	1	-	-	0	+	-	0	+	+	● NORMAL
Myostatin K153R	1	-	-	0	+	-	0	+	+	● NORMAL

Need for Nutrients

Choline	2	-	-	7	+	-	1	+	+	● MEDIUM-HIGH
Zinc	48	-	-	24	+	-	23	+	+	● MEDIUM-HIGH
Turmeric (Curcumin)	1	-	-	1	+	-	0	+	+	● MEDIUM
Selenium	121	-	-	25	+	-	16	+	+	● MEDIUM
Resveratrol	39	-	-	8	+	-	2	+	+	● MEDIUM

Neurodegenerative diseases

Alzheimer's disease	33	-	-	10	+	-	0	+	+	● NORMAL
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Neurological

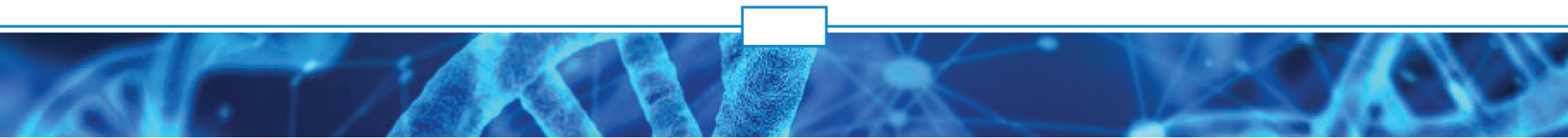
Motor coordination	0	-	-	1	+	-	0	+	+	● MEDIUM
Sleep Quality	5	-	-	0	+	-	0	+	+	● NORMAL

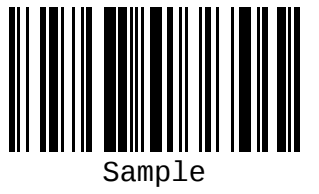
Oxidation

Oxidative stress	17	-	-	8	+	-	3	+	+	● MEDIUM
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Pains

















Pain Sensitivity	0	-	-	2	+	-	1	+	+	● MEDIUM-HIGH
Sciatica Pain	2	-	-	2	+	-	1	+	+	● MEDIUM





Lumbar Disc Disease	0	-	-	1	+	-	0	+	+	 MEDIUM
Back pains	1	-	-	0	+	-	0	+	+	 NORMAL

Personal characteristics

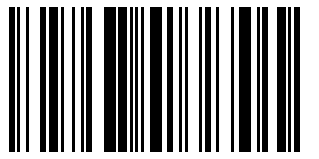
Leadership gene	0	-	-	0	+	-	1	+	+	 HIGH
Resistance	3	-	-	0	+	-	2	+	+	 HIGH
Sociability	4	-	-	1	+	-	3	+	+	 MEDIUM-HIGH
Night chronotype	1	-	-	1	+	-	0	+	+	 MEDIUM
Obsessive-Compulsive Disorder (OCD)	0	-	-	1	+	-	1	+	+	 MEDIUM
Mitochondrial Energy Production	19	-	-	3	+	-	2	+	+	 MEDIUM
Greater Stimulus with Caffeine	2	-	-	1	+	-	0	+	+	 NORMAL
Visuospatial Working Memory	2	-	-	1	+	-	0	+	+	 NORMAL
Trend to Blond Hair	1	-	-	0	+	-	0	+	+	 NORMAL
Tendency to sleep late	1	-	-	0	+	-	0	+	+	 NORMAL
Memory (verbal)	1	-	-	0	+	-	0	+	+	 NORMAL
Higher Temperature During Exercise	1	-	-	0	+	-	0	+	+	 NORMAL
Morning Chronotype	0	-	-	1	+	-	0	+	+	 NORMAL
Withdrawal Symptoms in Alcoholism	0	-	-	2	+	-	0	+	+	 LOW
Manual dexterity	1	-	-	0	+	-	0	+	+	 LOW
Susceptibility to Bacteria	1	-	-	0	+	-	0	+	+	 LOW

Provocative

Challenging behavior	2	-	-	0	+	-	0	+	+	 NORMAL
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Psychiatric

Cocaine addiction	2	-	-	0	+	-	1	+	+	 HIGH
Addiction tendency (eating, gambling, alcohol, smoking)	3	-	-	2	+	-	0	+	+	 MEDIUM-HIGH
Panic Syndrome	1	-	-	4	+	-	1	+	+	 MEDIUM-HIGH
Personality Trait: Assertiveness	0	-	-	1	+	-	0	+	+	 MEDIUM
Personality Trait: Positive Emotions	0	-	-	1	+	-	0	+	+	 MEDIUM
Personality Trait: Extraversion	0	-	-	1	+	-	0	+	+	 MEDIUM
Bipolar Disorder (Response to Lithium Treatment)	2	-	-	0	+	-	0	+	+	 NORMAL



ADHD (Attention Deficit Hyperactivity Disorder)	7	-	-	5	+	-	0	+	+	● NORMAL
Cataplexy and Narcolepsy (sleep)	1	-	-	0	+	-	0	+	+	● NORMAL
Late dyskinesia	0	-	-	1	+	-	0	+	+	● NORMAL
Motion sickness	5	-	-	0	+	-	0	+	+	● LOW

Reactions to Treatments

Glucocorticoid Therapy	0	-	-	0	+	-	1	+	+	● HIGH
Loss of Muscle Mass and Energy in Muscles with the use of Statins (Simvastatin, Rosuvastatin, etc.)	1	-	-	0	+	-	0	+	+	● NORMAL
Fluorouracil Response	1	-	-	0	+	-	0	+	+	● NORMAL

Reasons for Conflict

Difficulties in Dealing with Criticism	5	-	-	2	+	-	4	+	+	● MEDIUM-HIGH
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Respiratory system

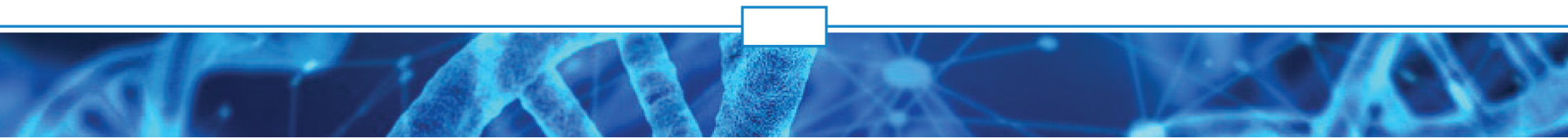
Respiratory Quotient (RQ)	1	-	-	0	+	-	1	+	+	● HIGH
Oxygen Volume (O2) Max (VO2 Max)	0	-	-	1	+	-	2	+	+	● HIGH
Aerobic Resistance	10	-	-	2	+	-	3	+	+	● MEDIUM-HIGH
Aspergillosis	1	-	-	0	+	-	0	+	+	● NORMAL

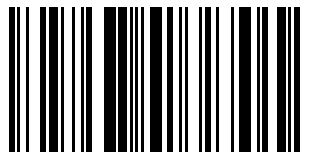
Skeletal system (bones)

Scoliosis	0	-	-	1	+	-	0	+	+	● MEDIUM-HIGH
Bone Strength	0	-	-	1	+	-	0	+	+	● MEDIUM-HIGH
Osteoarthritis	9	-	-	3	+	-	1	+	+	● MEDIUM
Dupuytren's Contracture	1	-	-	2	+	-	1	+	+	● MEDIUM
Osteopenia	0	-	-	1	+	-	0	+	+	● MEDIUM
Musculoskeletal Pain	1	-	-	2	+	-	0	+	+	● NORMAL

Skin

Response to tanning	3	-	-	2	+	-	1	+	+	● MEDIUM-HIGH
Skin elasticity	0	-	-	0	+	-	1	+	+	● MEDIUM-HIGH


























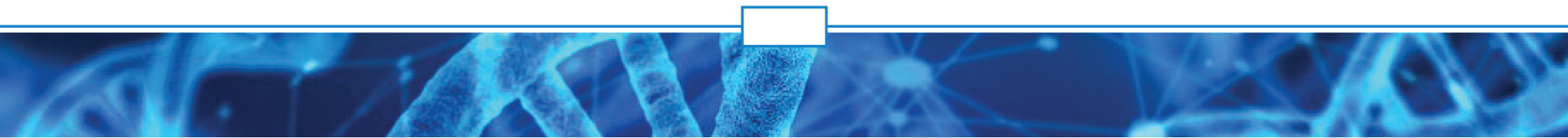
Keloids	3	-	-	2	+	-	0	+	+	 MEDIUM
Collagen Degradation	206	-	-	7	+	-	9	+	+	 NORMAL
Bulldog effect	206	-	-	6	+	-	9	+	+	 NORMAL
Simple Bullous Epidermolysis	1	-	-	0	+	-	0	+	+	 NORMAL

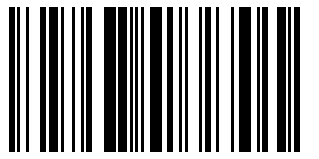
Sleep

Fragmented sleep	1	-	-	0	+	-	0	+	+	 NORMAL
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Sports

Rugby	0	-	-	0	+	-	1	+	+	 HIGH
Endurance	0	-	-	2	+	-	2	+	+	 HIGH
Boxing	2	-	-	2	+	-	3	+	+	 HIGH
Triple jump	0	-	-	1	+	-	1	+	+	 HIGH
Elite athletes	1	-	-	5	+	-	2	+	+	 HIGH
Snowboard	2	-	-	0	+	-	1	+	+	 HIGH
Surf	1	-	-	1	+	-	1	+	+	 HIGH
Marathon	0	-	-	2	+	-	1	+	+	 HIGH
Tennis	1	-	-	1	+	-	3	+	+	 HIGH
Ski	2	-	-	1	+	-	2	+	+	 HIGH
Swimming	2	-	-	1	+	-	1	+	+	 HIGH
Combat	2	-	-	1	+	-	1	+	+	 HIGH
Long Distance Swimmers	2	-	-	1	+	-	1	+	+	 HIGH
Power Athletes	2	-	-	2	+	-	2	+	+	 HIGH
Cycling	2	-	-	2	+	-	1	+	+	 HIGH
Improved Heart Rate with Training	0	-	-	0	+	-	1	+	+	 MEDIUM-HIGH
Greater respiratory gains with exercise	0	-	-	0	+	-	1	+	+	 MEDIUM-HIGH
Football (Soccer)	20	-	-	13	+	-	11	+	+	 MEDIUM-HIGH
Wakeboard	5	-	-	2	+	-	4	+	+	 MEDIUM-HIGH
Windsurfing	5	-	-	3	+	-	4	+	+	 MEDIUM-HIGH
Runner with more Speed than Endurance	0	-	-	1	+	-	0	+	+	 MEDIUM-HIGH





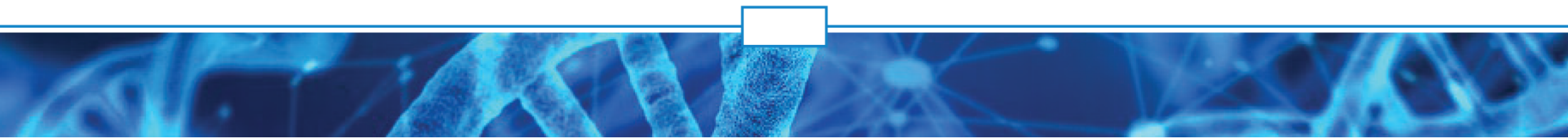
Race 5,000/10,000	0	-	-	1	+	-	0	+	+	MEDIUM-HIGH
Dance	0	-	-	1	+	-	0	+	+	MEDIUM-HIGH
Risk Sports	0	-	-	1	+	-	0	+	+	MEDIUM-HIGH
Basketball	13	-	-	8	+	-	5	+	+	MEDIUM-HIGH
Volley	39	-	-	14	+	-	9	+	+	MEDIUM
Skydiving	1	-	-	1	+	-	0	+	+	MEDIUM
Paragliding	1	-	-	1	+	-	0	+	+	MEDIUM
Weightlifting	1	-	-	2	+	-	0	+	+	MEDIUM
Cross Country	1	-	-	2	+	-	0	+	+	MEDIUM
Baseball	0	-	-	1	+	-	0	+	+	MEDIUM
Football (American)	0	-	-	1	+	-	0	+	+	MEDIUM
Climbing	2	-	-	1	+	-	0	+	+	MEDIUM
MMA	5	-	-	3	+	-	0	+	+	MEDIUM
Greater Benefit of Aerobic Exercise for Vascular Function	0	-	-	1	+	-	0	+	+	MEDIUM
Triathlon	1	-	-	1	+	-	0	+	+	MEDIUM
Runner with more endurance than speed	0	-	-	1	+	-	0	+	+	NORMAL
100/200/400m race	0	-	-	1	+	-	0	+	+	NORMAL
Hockey	1	-	-	0	+	-	0	+	+	NORMAL
Mountain Bike	1	-	-	0	+	-	0	+	+	NORMAL
Judo	1	-	-	1	+	-	0	+	+	NORMAL
Trend to Exercise During Leisure	0	-	-	1	+	-	0	+	+	LOW

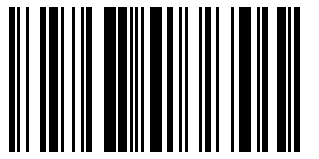
Urinary system

Progression to renal failure in IgA nephropathy	0	-	-	1	+	-	0	+	+	MEDIUM-HIGH
Renal dysplasia	4	-	-	1	+	-	0	+	+	MEDIUM




Vision (Ophthalmology)

Retinitis Pigmentosa	3	-	-	0	+	-	1	+	+	MEDIUM
Retinal detachment	2	-	-	0	+	-	0	+	+	NORMAL
Stargardt's Disease	2	-	-	0	+	-	0	+	+	NORMAL
















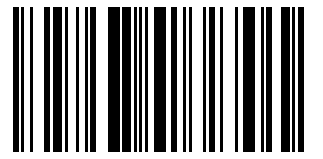
Vitamins

Vitamin B2	7	-	-	2	+	-	1	+	+	 MEDIUM-HIGH
Vitamin B6	40	-	-	16	+	-	16	+	+	 MEDIUM-HIGH
Vitamin B9 (Folic Acid)	31	-	-	8	+	-	15	+	+	 MEDIUM

Weight

Fat burning through cycling	1	-	-	0	+	-	2	+	+	 HIGH
Fat Oxidation	1	-	-	2	+	-	1	+	+	 HIGH
Slimness	0	-	-	0	+	-	1	+	+	 MEDIUM-HIGH
Fibers and slimming	1	-	-	2	+	-	0	+	+	 MEDIUM-HIGH
Intake of saturated fat and increased body fat	25	-	-	18	+	-	7	+	+	 MEDIUM-HIGH
Trend of Monounsaturated Fat Intake and Weight Gain	32	-	-	14	+	-	8	+	+	 MEDIUM-HIGH
Weight Management	1	-	-	0	+	-	1	+	+	 MEDIUM
Waist Measure	11	-	-	13	+	-	3	+	+	 MEDIUM
Benefit of Physical Exercise for Weight Loss	2	-	-	2	+	-	0	+	+	 MEDIUM
Decrease in body mass after training	2	-	-	0	+	-	0	+	+	 NORMAL
Body fat	2	-	-	0	+	-	0	+	+	 NORMAL





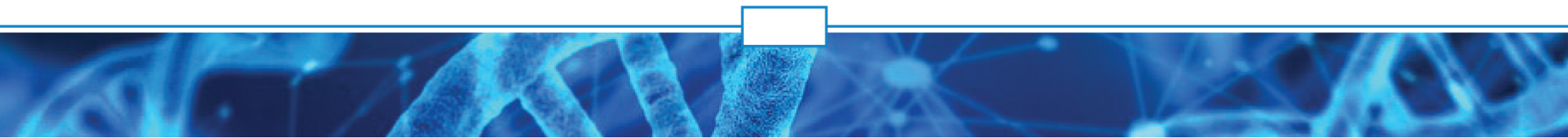
Aging

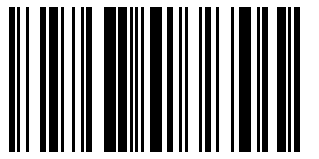
Aging (quality)



Aging, in human beings, is the process of wearing out the body. Results in orange and/or red indicate greater aging.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
APOB	rs676210	GG+	A,T	- -	●
APOB	rs1367117	GG+	A	- -	●
B3GALT1	rs13020412	AA+	G	- -	●
CDKN2A	rs3731249	GG-	A,G,T	- -	●
CETP	rs5882	AG+	A	+ -	●
CFH	rs1061147	AC+	C	+ -	●
DEF8	rs4268748	TT+	C	- -	●
ERI1	rs96621	CC+	C	- -	●
HDAC4	rs3791406	CT+	C	+ -	●
INTERGENIC	rs9287638	AC+	A	+ -	●
INTERGENIC	rs12661968	CC+	C	+ +	●
IRF4	rs12203592	CC+	T	- -	●
KL	rs9536314	TT+	A,G	- -	●
MC1R	rs1805005	GG+	T	- -	●
MC1R	rs1805007	CC+	A,G,T	- -	●
MC1R	rs1805008	CC+	T	- -	●
MC1R	rs1805009	GG+	A,C	- -	●
PPARG	rs17036170	GG+	A	- -	●
SLC45A2	rs185146	CC+	T	- -	●
UCP2	rs660339	CC-	T	- -	●





















Facial Age and Appearance (greater aging)

 NORMAL

Physical appearance. Tendency to look younger, taking into account age and other aging factors. Result in red and orange indicates greater aging.











Gene	RSID	Genotype	Minor Allele	Alteration	Result
CETP	rs5882	AG+	A		
FANCA	rs12931267	GG-	G		
KL	rs9536314	TT+	A,G		
MC1R	rs1805005	GG+	T		
MC1R	rs1805007	CC+	A,G,T		
MC1R	rs1805008	CC+	T		
MC1R	rs1805009	GG+	A,C		
TERC	rs12696304	CG+	G		

Allergies

Egg White Allergy

 HIGH

Egg allergy happens when the immune system identifies the egg white proteins as a foreign body, triggering an allergic reaction.

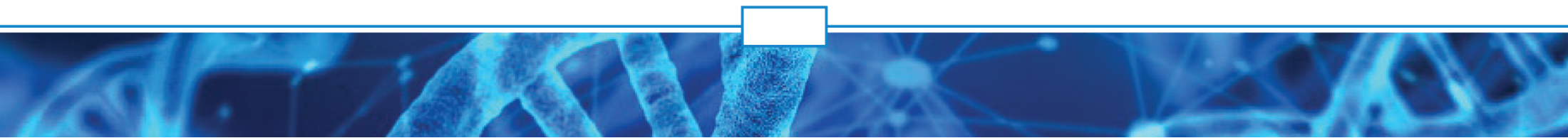
Gene	RSID	Genotype	Minor Allele	Alteration	Result
ABCB11	rs497692	AG-	C		
ABCB11	rs16823014	GG+	A		
ERCC4	rs1800067	GG+	A		
INTERGENIC	rs6498482	TT+	C		
ITIH6	rs5961136	GG+	G		

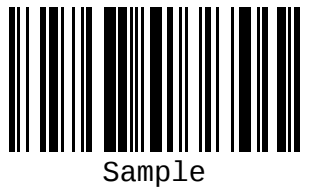
Dermographism

 UNDEFINED

Dermographism is a type of skin allergy, characterized by the appearance of swelling after a stimulus caused by a scratch or contact on the skin, which may be accompanied by itching and redness in the surrounding region.

Amino acids





Monohydrate Creatine



Creatine improves overall performance, increases muscle mass, strength, and endurance performance. When it comes time to train, if your muscles have been saturated with creatine, they will use the stored creatine to provide fuel for your body - giving you the ability to maximize your output during training.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
ACTN3	rs1815739	CT+	T	+ -	●
CNTF	rs1800169	AG+	A	+ -	●

Beta-alanine



Beta-alanine is a non-essential amino acid that is produced naturally in the body. Beta-alanine aids in the production of carnosine. That's a compound that plays a role in muscle endurance in high-intensity exercise.

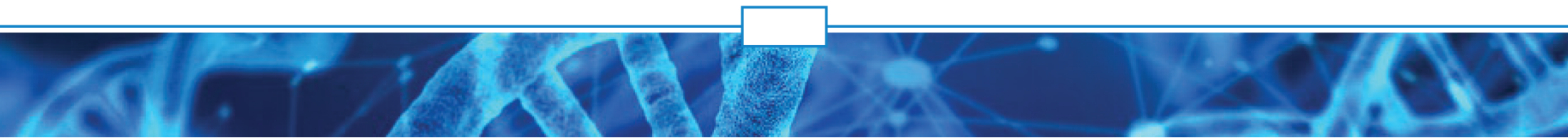
Gene	RSID	Genotype	Minor Allele	Alteration	Result
ADRB2	rs1800888	CC+	T	+ +	●
AMPD1	rs17602729	CC-	A	- -	●
PPARD	rs2267668	AA+	A,C	- -	●

L-glutamine



Glutamine is the most abundant amino acid in our bodies. It works to support many healthy functions, including: Making proteins for muscle tissue. Fueling cells that protect our intestines. Supporting immune system cells.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
COL1A1	rs72645357	GG-	T	+ +	●
COL3A1	rs1800255	AG+	A	+ -	●
EPHX1	rs2234922	AA+	G,T	- -	●
MMP3	rs679620	AG-	C	+ -	●
OPRM1	rs1799971	AG+	G	+ -	●
SOD3	rs1799895	CG+	G	+ -	●
SPRYD4	rs7302925	AG+	A	+ -	●













Serine Deficiency

 NORMAL



Serine is a constituent amino acid of proteins (amino acid chains), which is not essential in the human diet, as it can be synthesized from other compounds. Its deficiency includes a group of inborn errors of metabolism in which there is a defect in this amino acid due to an alteration in its synthesis, preferentially affecting the nervous system. Serine also aids in the production of antibodies and immunoglobulin, molecules essential for maintaining a healthy immune system. Although in small amounts, to synthesize tryptophan, serine is required along with vitamins such as folic acid, vitamin B3 and vitamin B6. Tryptophan is, in turn, a precursor of serotonin, which regulates the mood and mood. It performs other functions related to the maintenance of skin hydration, synthesis of compounds such as porphyrin, creatine and purines. It is necessary for fat metabolism, correct functioning of cell replication, muscle development and is essential for the correct functioning of the immune system.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
PHGDH	rs478093	GG+	G		
PHGDH	rs121907987	GG+	A		
PHGDH	rs121907988	GG+	A		
PHGDH	rs267606949	CC+	A,G,T		

L-carnitine Deficiency

 NORMAL

L-carnitine deficiency can cause muscle necrosis, myoglobinuria, lipid storage myopathy, hypoglycemia, liver fat and hyperammonemia with muscle pain, fatigue, confusion and cardiomyopathy.











Gene	RSID	Genotype	Minor Allele	Alteration	Result
SLC22A5	rs72552725	AA+	G		

Antioxidants / Supplements

Vegetarian Protein Shake

 HIGH

Plant-based protein powders and shakes can fit into an overall healthy diet; however, the ideal goal is to first consume a variety of plant-based proteins from whole foods to meet the primary needs and then to supplement with plant-based protein powders when needed







Gene	RSID	Genotype	Minor Allele	Alteration	Result
FTO	rs9939609	AT+	A		
MCM6	rs182549	TT+	T		
MCM6	rs4988235	CC-	C		
PPARG	rs1801282	GG+	C		
TRIM63	rs2275950	AA-	C,G		



Beta-Casein A2A2

 HIGH















Compared with milk containing only A2 β -casein, the consumption of milk containing both β -casein types was associated with significantly greater PD3 symptoms; higher concentrations of inflammation-related biomarkers and β -casomorphin-7; longer gastrointestinal transit times and lower levels of short-chain fatty acids; and increased response time and error rate on the SCIT. Consumption of milk containing both β -casein types was associated with worsening of PD3 symptoms relative to baseline in lactose tolerant and lactose intolerant subjects. Consumption of milk containing only A2 β -casein did not aggravate PD3 symptoms relative to baseline (i.e., after washout of dairy products) in lactose tolerant and intolerant subjects. Consumption of milk containing A1 β -casein was associated with increased gastrointestinal inflammation, worsening of PD3 symptoms, delayed transit, and decreased cognitive processing speed and accuracy. Because elimination of A1 β -casein attenuated these effects, some symptoms of lactose intolerance may stem from inflammation it triggers, and can be avoided by consuming milk containing only the A2 type of beta casein.

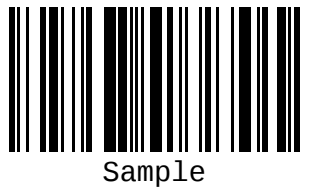
Gene	RSID	Genotype	Minor Allele	Alteration	Result
INTERGENIC	rs17616434	TT+	C		
PPARD	rs2267668	AA+	A,C		
STAT6	rs1059513	AA-	T		

Shake Proteína da Carne

 HIGH

Os suplementos à base de proteína da carne são extraídos da carne vermelha. Oferecem todos os benefícios encontrados na proteína de origem animal, porém sem as gorduras que a acompanham. Possuem rápida absorção, assim como o whey protein hidrolisado, e é uma excelente alternativa para pessoas que apresentam intolerância à lactose.















Gene	RSID	Genotype	Minor Allele	Alteration	Result
FTO	rs1558902	AT+	A		
FTO	rs9939609	AT+	A		
MCM6	rs182549	TT+	T		
MCM6	rs4988235	CC-	C		
NAT2	rs1801279	GG+	A		
PPARD	rs2016520	AA-	T		
SLC22A2	rs8177517	AA-	C,G		



Beta-Casein A1

 MEDIUM-HIGH

The β -casein from cow's milk has 209 amino acids, and the variations A1 and A2 differ only by one amino acid at position 67 [as can be seen in the following figure]. All female mammals, including humans, goats, buffaloes, mares and camels, produce only β -casein A2, but because of a genetic mutation that occurred approximately 10,000 years ago, some cows started to produce β -casein A1. For this reason, β -casein A2 is called "natural" casein. This small change may seem harmless, but it is enough to alter the molecule's digestion and lead to other consequences. When digestive enzymes interact with the β -casein A1 molecule, it is broken, precisely at position 67, releasing a seven-amino acid peptide, BCM-7. The presence of proline instead of histidine in the A2 variant prevents the hydrolysis of the peptide bond between residues 66a and 67a in β -casein A2 and inhibits the production of BCM-7. Casein and its derivatives, particularly BCM-7, have been shown to exert a variety of effects on gastrointestinal function, including reducing the frequency and amplitude of intestinal contractions and increasing mucus secretion. Given the complexity of these effects, it is reasonable to expect that the symptoms exhibited will vary greatly between individuals. Not all cows produce both types of casein. In fact, there are three possible genotypes: the A1A1 genotype determines that the animal produces only β -casein A1; cows with the A2A2 genotype produce only the A2 type; and cows with the A1A2 genotype produce both types. The type of β -casein produced is totally dependent on the genetics of each animal, and the same genes may also be present in breeding bulls. Consumption of milk containing A1 β -casein was associated with increased gastrointestinal inflammation, worsening of Post dairy digestion discomfort (PD3) symptoms, delayed transit, and decreased cognitive processing speed and accuracy. Because elimination of A1 β -casein attenuated these effects, some symptoms of lactose intolerance may stem from inflammation it triggers, and can be avoided by consuming milk containing only the A2 type of beta casein.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
ERAP1	rs1363907	AG+	A		
IL-6R	rs2228145	AC+	C,T		
INTERGENIC	rs17616434	TT+	C		
MCM6	rs182549	TT+	T		
MCM6	rs4988235	CC-	C		
NFE2L2	rs6721961	GG+	C,G		
NOD2	rs2066844	CC+	T		





Whey Protein



Milk is made of two proteins, casein and whey. Whey protein can be separated from the casein in milk or formed as a by-product of cheese making. Whey protein is considered a complete protein as it contains all 9 essential amino acids. It is low in lactose content.

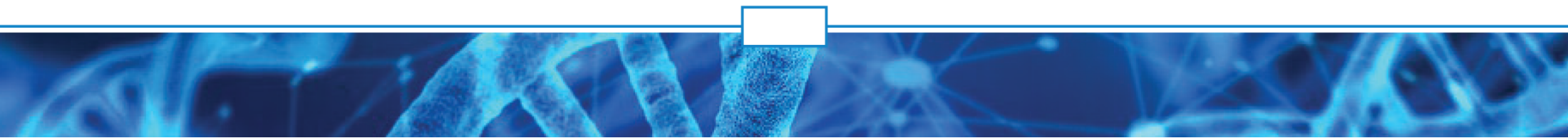
Gene	RSID	Genotype	Minor Allele	Alteration	Result
INTERGENIC	rs17616434	TT+	C	- -	●
MCM6	rs182549	TT+	T	- -	●
MCM6	rs4988235	CC-	C	+ +	●
PPARD	rs2016520	AA-	T	- -	●
PPARD	rs2267668	AA+	A,C	- -	●
TRIM63	rs2275950	AA-	C,G	- -	●

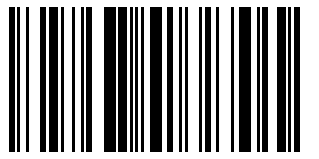
Glicerol



O glicerol tem fortes propriedades osmóticas, o que significa que atrai e se liga a grandes quantidades de fluidos, como a água. Ao atrair mais fluido nos vasos sanguíneos e nos músculos, o glicerol aumenta o volume dos músculos. Para combater a desidratação durante o exercício, o glicerol proporciona um ganho de hidratação muito benéfico: aumenta a retenção de água em quase 50%. Ao ajudar os atletas a permanecerem melhor hidratados, o glicerol combate os distúrbios digestivos que reduzem o desempenho atlético e degradam a integridade da sua saúde.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
PPARD	rs2016520	AA-	T	- -	●
PPARD	rs2267668	AA+	A,C	- -	●
TRIM63	rs2275950	AA-	C,G	- -	●









BCAA levels

 NORMAL





A branched-chain amino acid (BCAA) is an amino acid having an aliphatic side-chain with a branch (a central carbon atom bound to three or more carbon atoms). Among the proteinogenic amino acids, there are three BCAAs: leucine, isoleucine, and valine. Non-proteinogenic BCAAs include 2-aminoisobutyric acid, Leucine, Isoleucine, Valine. The three proteinogenic BCAAs are among the nine essential amino acids for humans, accounting for 35% of the essential amino acids in muscle proteins and 40% of the preformed amino acids required by mammals. Synthesis for BCAAs occurs in all locations of plants, within the plastids of the cell, as determined by presence of mRNAs which encode for enzymes in the metabolic pathway. BCAAs fill several metabolic and physiologic roles. Metabolically, BCAAs promote protein synthesis and turnover, signaling pathways, and metabolism of glucose. Oxidation of BCAAs may increase fatty acid oxidation and play a role in obesity. Physiologically, BCAAs take on roles in the immune system and in brain function. BCAAs are broken down effectively by dehydrogenase and decarboxylase enzymes expressed by immune cells, and are required for lymphocyte growth and proliferation and cytotoxic T lymphocyte activity. Lastly, BCAAs share the same transport protein into the brain with aromatic amino acids (Trp, Tyr, and Phe). Once in the brain BCAAs may have a role in protein synthesis, synthesis of neurotransmitters, and production of energy.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
AMPD1	rs17602729	CC-	A		
BCKDHA	rs45500792	TT+	G		

Retinoic Acid

 NORMAL

Variant G rs2241057 catabolizes retinoic acid with significantly greater efficiency, indicating that rs2241057 is functional and suggesting reduced availability of retinol in tissues from individuals with the minor variant. Retinoic acid has powerful biological effects that can treat and prevent atherosclerosis. Red or orange result indicates reduced availability.

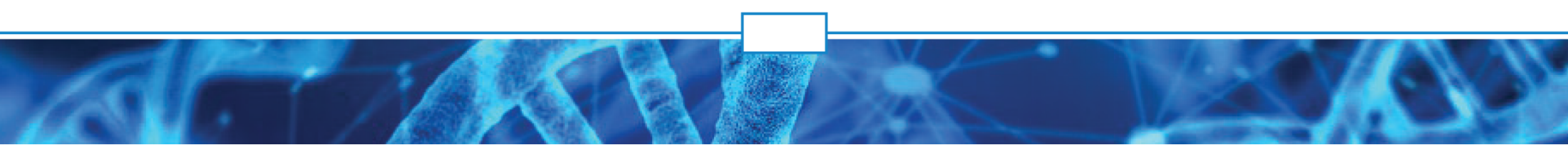
Gene	RSID	Genotype	Minor Allele	Alteration	Result
ALDH1A2	rs3204689	CC-	G		
CYP26B1	rs2241057	TT-	G		

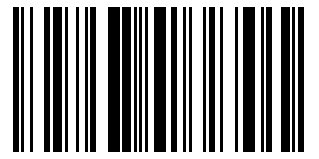
Leucine Absorption

 UNDEFINED

Leucine is one of the amino acids encoded by the genetic code and is therefore one of the components of proteins in living beings. Leucine is one of the 20 amino acids that cells in the human body use to synthesize proteins, but it does not produce it. It plays important roles in increasing proteins and acts as an energy source during physical exercises, increasing endurance and reducing fatigue. It is part of the branched chain, together with isoleucine and valine, is found abundantly in meat and legumes (soy and beans), with an average concentration of 1g / 100g and 3g / 100g, respectively.

Auditory system

















Non-syndromic deafness

 NORMAL



Syndromic deafness is associated with specific symptoms other than deafness.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
COCH	rs28938175	CC+	T		
GJB2	rs28931595	GG-	A,G,T		
INTERGENIC	rs726640	CC-	A,T		
KCNE1	rs1805127	AG-	A,C,G		
KCNQ4	rs28937588	GG+	A,T		
WFS1	rs28937893	GG+	A,C		

Usher Syndrome

 NORMAL



Set of genetic diseases (autosomal recessive) characterized by the presence of sensorineural hearing loss, with or without vestibular dysfunction

Gene	RSID	Genotype	Minor Allele	Alteration	Result
WHRN	rs2274159	AA+	G		

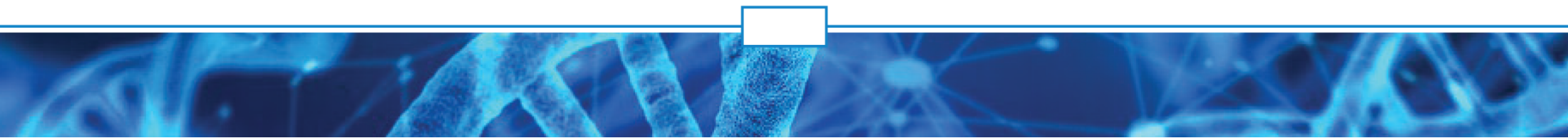
Hearing Loss (noise)

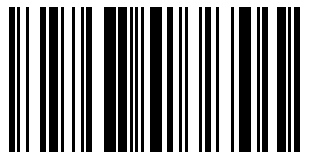
 NORMAL

Hearing loss happens gradually when we are exposed to noise.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
HSP70-HOM	rs2227956	TT-	A,C,T		

Behavioral Changes























Impulsivity

 HIGH



In psychology, impulsiveness is an impulse or tendency to act, in which the behavior has little or no prior thought or reflection. Impulsiveness, therefore, often leads to risky behavior.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
ANKK1	rs1800497	CT-	A		
BDNF	rs6265	AG-	T		
COMT	rs4680	AG+	A		
HTR1A	rs6295	CC-	G		
HTR1B	rs13212041	TT+	T		
HTR2A	rs6311	CT+	C		
HTR2A	rs6313	CT-	A		
NRXN3	rs11624704	CC+	C		
OPRM1	rs1799971	AG+	G		

Social Anxiety Disorder (Social Phobia)

 MEDIUM

It is an anxiety disorder described in the DSM-IV, characterized by manifestations of alarm, nervous tension, fear and discomfort triggered by exposure to social assessment.



Gene	RSID	Genotype	Minor Allele	Alteration	Result
RGS2	rs4606	CC+	G		

Behaviors

Motivation to Exercise

 HIGH

Encouragement to perform physical activities and exercise.

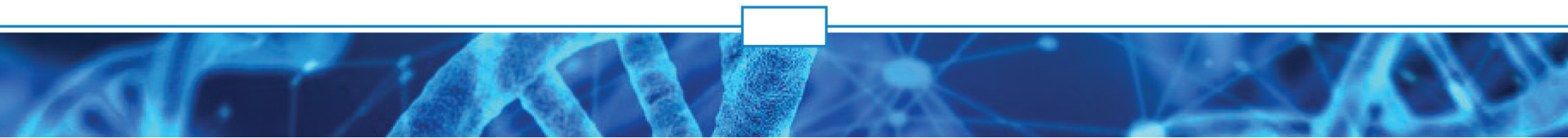
Gene	RSID	Genotype	Minor Allele	Alteration	Result
BDNF	rs6265	AG-	T		

Sports Behavior

 UNDEFINED

Sports Behavior

Benefits





Greater Resistance to Stress

 UNDEFINED





It indicates having greater resistance to stress, that is, people who are less stressed. Results in red means beneficial.

Cancer

Skin Neoplasm (light sensitivity)

 MEDIUM-HIGH

















Exposure to light increasing the risk of Skin Cancer, taking into account the incidence of UV (ultraviolet) rays

Gene	RSID	Genotype	Minor Allele	Alteration	Result
ASIP	rs1015362	AG-	T		
ASIP	rs4911414	GT+	G		

Medulloblastoma

 NORMAL







It is a cancer of the cerebellum, which grows rapidly, is not very invasive and is more common in children. It originates in the most primitive neurological cells of the medulla of the cerebellum.

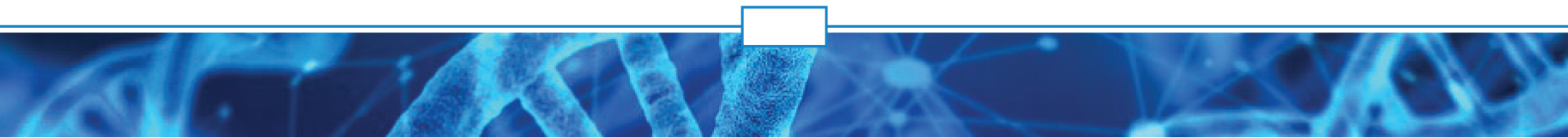
Gene	RSID	Genotype	Minor Allele	Alteration	Result
BRCA2	rs28897756	GG+	A		
BRCA2	rs80358785	CC+	A,G		
NRAS	rs121434596	GG-	A,G,T		
TP53	rs11540652	GG-	T		
TP53	rs28934576	GG-	A,G,T		
TP53	rs121912651	CC-	A		
TP53	rs121912657	GG-	A		
WRN	rs17847577	CC+	T		

Metastasis

 NORMAL

Metastasis is the formation of a new tumor lesion from another. It can be considered the fact that a tumor has spread to other cells and organs.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
AKT1	rs3803304	CG-	G		
FGFR4	rs351855	CC-	A		
PDK1	rs11686903	CC+	T		































Lynch Syndrome

 NORMAL





Also called hereditary colorectal cancer (autosomal dominant transmission) non-polypoid, it is a type of hereditary cancer of the digestive tract, which affects especially the colon and rectum, representing 3% to 5% of cancer cases in these two locations. Endometrial cancer is the extracolonic neoplasm most frequently associated with Lynch II syndrome, with a cumulative risk of 42% at 80 years of age. In addition, the cumulative risk for the development of other extracolonic tumors, such as cancers of the stomach, ovaries, and biliary and urinary tracts (19%, 9%, 18% and 10%, respectively), is greater than the expected at random. It is estimated that in families with Lynch I syndrome, 40% have mutations in MSH2 and 30% in MLH1 (2). More than 100 mutations have been described in MSH2, predominantly substitutions and small deletions

Gene	RSID	Genotype	Minor Allele	Alteration	Result
MLH1	rs11541859	GG+	T		
MLH1	rs63750726	CC+	T		
MLH1	rs111052004	TT+	A		
MLH1	rs193922370	GG+	T		
MLH1	rs267607702	II+	D		
MLH1	rs267607706	CC+	G		
MLH1	rs267607709	GG+	A		
MLH1	rs267607710	GG+	C		
MLH1	rs267607712	AA+	T		
MLH3	rs28756990	GG-	A,T		
MSH2	rs4987188	GG+	A,T		
MSH2	rs63750875	GG+	C		
MSH6	rs2020912	TT+	C,G		

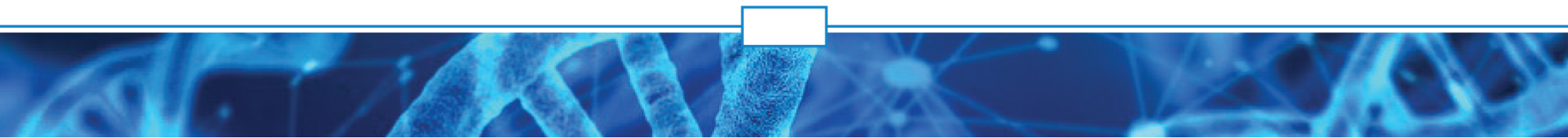
Erythrocytosis

 NORMAL

Erythrocytosis is when you have more red blood cells than normal. Red blood cells are also called erythrocytes. Red blood cells carry oxygen throughout your body and remove carbon dioxide from your body. Your bone marrow (the tissue inside your bones) makes red blood cells and releases them into your bloodstream.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
VHL	rs28940298	CC+	T		
VHL	rs104893830	GG+	C,T		

Cardiovascular





Aerobic Capacity



Potential that the individual has to produce body energy through oxygen. Orange or red result indicates greater aerobic capacity. Results in red means beneficial.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
ADRB2	rs1042713	GG+	A	- -	●
ADRB2	rs1800888	CC+	T	- -	●
GABPB1	rs7181866	AA+	G	- -	●
PPARA	rs4253778	GG+	C,T	+ +	●
VEGFA	rs3024994	CC+	T	- -	●
VEGFA	rs3025039	CC+	T	- -	●

Paroxysmal Ventricular Fibrillation



Uniform and fast heart rate (from 160 to 220 beats per minute), which starts and ends suddenly and originates in cardiac tissues outside the ventricles

Gene	RSID	Genotype	Minor Allele	Alteration	Result
SCN5A	rs1805124	AG-	T	+ -	●
SCN5A	rs7626962	GG+	A,T	- -	●

Increased blood pressure during exercise



Increased blood pressure during exercise

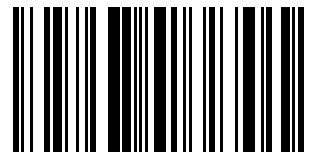
Gene	RSID	Genotype	Minor Allele	Alteration	Result
FTO	rs9941349	CT+	T	+ -	●

Brugada Syndrome



It is an inherited arrhythmia (autosomal dominant) that predisposes to ventricular arrhythmias that can be fatal.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
KCNE3	rs2270676	CT-	G	+ -	●
SCN5A	rs1805124	AG-	T	+ -	●
SCN5A	rs7626962	GG+	A,T	- -	●
SCN5A	rs28937318	GG-	A,T	- -	●
TRPM4	rs172149856	GG+	A	- -	●



Jervell and Lange-Nielsen Syndrome



It is a type of long QT syndrome that causes the heart muscle to repolarize more slowly than usual. The disorder also usually occurs with hearing loss. It is known that mutations in genes KCNE1 and KCNQ1 are responsible for this disorder. These genes are responsible for the production of proteins that act in the formation of cell channels found in the plasma membrane of cells, through which potassium ions are transported out of the cell, an essential factor for the maintenance of normal ear and cardiac muscle functions. Clinical manifestations include: Ventricular tachycardia; Ventricular fibrillation; Iron deficiency anemia; Elevated gastrin levels; Hearing loss; Syncopal episodes, especially during periods of stress, fear and exercise. Only symptomatic treatment is done. Cochlear implant can be used to treat hearing loss, beta-blockers treat long QT interval, implantable cardioverter defibrillator is recommended for patients with a history of cardiac arrest and/or lack of response to other forms of treatment. Standard treatment for iron deficiency anemia is also provided.

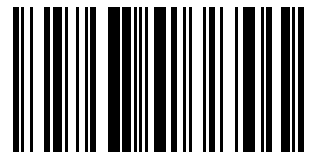
Gene	RSID	Genotype	Minor Allele	Alteration	Result
KCNE1	rs1805127	AG-	A,C,G	+ -	●

Hypercholesterolemia (Type B)



Increased blood cholesterol concentration. It is a form of hyperlipidemia (high blood lipids) and hyperlipoproteinemia (high blood lipoproteins).

















Gene	RSID	Genotype	Minor Allele	Alteration	Result
APOB	rs5742904	GG-	A,T	- -	●
APOB	rs12713559	CC-	A	- -	●
INSIG2	rs7566605	CC+	C	+ +	●
LDLR	rs28941776	GG+	A,T	- -	●
LDLR	rs28942081	GG+	A,T	- -	●
LDLR	rs28942082	GG+	A,C,T	- -	●



Long QT Syndrome

 NORMAL











A heart rhythm disorder that can cause rapid, chaotic heartbeats.

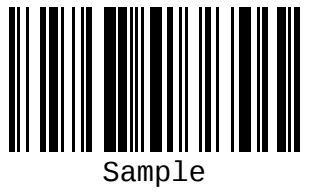
Gene	RSID	Genotype	Minor Allele	Alteration	Result
KCNE1	rs1805127	AG-	A,C,G		
KCNE2	rs2234916	AA+	G		
KCNQ1	rs12720459	CC+	A,G,T		
KCNQ1	rs17215500	CC+	G,T		
KCNQ1	rs17221854	CC+	T		
KCNQ1	rs120074190	GG+	A		
NOS1AP	rs10494366	GT+	G		
SCN5A	rs7626962	GG+	A,T		

Romano-Ward Syndrome

 NORMAL

Romano-Ward syndrome (RWS) is an autosomal dominant variant of long QT syndrome, characterized by episodes of syncope and electrocardiographic anomalies (QT interval prolongation, and T-wave anomalies and torsade de pointes (TdP) ventricular tachycardia). Most patients develop symptoms during exercise or in response to stress or emotional disturbances; symptoms rarely occur at rest or during sleep. Syncopal episodes are caused by TdP, a polymorphic ventricular tachycardia. TdP often degenerates into ventricular fibrillation and can lead to cardiac arrest or sudden death. Diagnosis is based on typical electrocardiographic findings, clinical manifestations, and family history. Molecular diagnosis should always be performed in patients with a clinically suspected diagnosis. It should also be performed on affected family members with normal/limit QT intervals to identify people at risk of sudden death. Disease control and treatment: The following pathologies should be considered: catecholaminergic polymorphic ventricular tachycardia (PVBt), orthostatic hypotension, hypertrophic cardiomyopathy, Jervell and Lange-Nielsen syndrome and other forms of LQTS, Brugada syndrome, as well as vasovagal syncope, tachycardia ventricular, drug-induced LQTS and epilepsy. Beta-adrenergic blockers represent the therapy of first choice in symptomatic patients. Whenever syncope episodes occur despite full-dose beta-blocker therapy, left-sided cardiac sympathetic denervation (LCSD) should be considered and implemented whenever possible.





Gene	RSID	Genotype	Minor Allele	Alteration	Result
KCNE1	rs1805127	AG-	A,C,G		
KCNH2	rs9333649	GG-	A,C,T		
KCNH2	rs28928904	TT-	A,C,G		
KCNH2	rs189014161	GG+	A,C		
SCN5A	rs7626962	GG+	A,T		



Non-compacted Cardiomyopathy (Left Ventricle)

 NORMAL















Isolated non-compacted cardiomyopathy is a rare disease that probably appears in the embryonic period, with intrauterine arrest of myocardial compaction in early fetal development, and that determines prominent myocardial trabeculations with deep intertrabecular recesses and myocardial thickening in two distinct layers

Gene	RSID	Genotype	Minor Allele	Alteration	Result
MYBPC3	rs11570112	CC-	A,C		
TNNT2	rs4523540	TT+	A,C		

Ventricular Tachycardia

 NORMAL







Ventricular tachycardia (VT) is a rapid heart rhythm that occurs in one of your heart's ventricles. It looks like a small electrical circuit that runs in a circle. In a ventricular tachycardia, the heart beats each turn in the circuit at frequencies of 150 to 250 bpm. A special type of ventricular tachycardia is called right ventricular outflow tract tachycardia or RVOT tachycardia. This rhythm occurs in the part of the heart where blood flows from the right ventricle to the lungs. As the heart beats faster, it pumps less blood, and there is not enough time for it to fill with blood between beats. If this rapid heartbeat continues, the brain and body may not receive enough blood and oxygen.

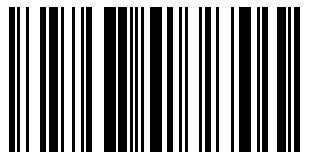
Gene	RSID	Genotype	Minor Allele	Alteration	Result
CASQ2	rs146664754	GG+	C		
INTERGENIC	rs11970286	CC+	T		
RYR2	rs34967813	AA+	G		
RYR2	rs121918597	CC+	T		
RYR2	rs186906598	GG+	A		
RYR2	rs200236750	CC+	T		
RYR2	rs397516510	GG+	A		

Wolff-Parkinson-White Syndrome

 NORMAL

Wolff-Parkinson-White (WPW) syndrome is a relatively common heart condition that causes the heart to beat abnormally fast for periods of time. The cause is an extra electrical connection in the heart. This problem with the heart is present at birth (congenital), although symptoms may not develop until later in life.



















Gene	RSID	Genotype	Minor Allele	Alteration	Result
NODAL	rs121909283	GG-	T		
PRKAG2	rs121908987	GG-	T		
PRKAG2	rs121908990	CC-	G		



Familial Hypertrophic Cardiomyopathy

 NORMAL



Hypertrophic cardiomyopathy (HCM) is the most common type of genetic heart disease. It is characterized by thickening of the heart muscle (myocardium), making it more difficult for the heart to pump blood.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
GLA	rs28935197	AA-			
GLA	rs104894845	GG-			
MYBPC3	rs375882485	GG+	A		
MYH7	rs3218713	GG-	T		
MYH7	rs3218714	CC-	A,C		
PLN	rs111033560	TT+	G		
PRKAG2	rs28938173	CC-	T		
PRKAG2	rs121908987	GG-	T		
TNNT2	rs4523540	TT+	A,C		

Short QT syndrome

 NORMAL



Hereditary cardiac channelopathy characterized by an abnormally short QT interval and an increased risk of atrial and ventricular arrhythmias.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
NOS1AP	rs10494366	GT+	G		

Cardiac Capacity

 LOW

Heart rate is the speed of the heart cycle as measured by the number of heart contractions per minute.

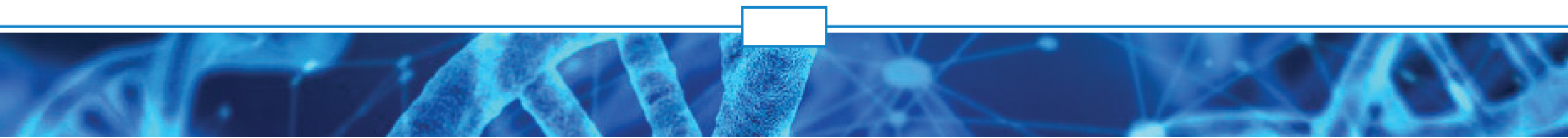
Gene	RSID	Genotype	Minor Allele	Alteration	Result
NOS3	rs2070744	TT+	T		

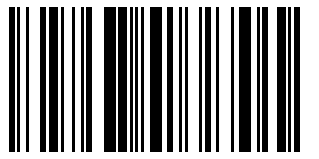
Atrioventricular Septal Defect (DSAV)

 UNDEFINED

Atrioventricular Septal Defect (AVDS) In the normal heart, there are four cardiac chambers (2 atria and 2 ventricles), and between the right atrium and right ventricle there is the tricuspid valve and between the left atrium and the left ventricle there is the miter valve

Cardiovascular and Cerebrovascular





Hypertension



Also called High Blood Pressure, it is a condition in which the force of the blood against the wall of the arteries is too great.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
ACE	rs4343	GG+	A	++	●
ADD1	rs4961	GT+	A,T	+ -	●
AGT	rs699	CT-	G	+ -	●
AGT	rs5051	CT+	T	+ -	●
AGTR1	rs5186	AA+	C	- -	●
APOE4	rs429358	TT+	C	- -	●
CNNM2	rs11191548	TT+		++	●
CYP11B2	rs1799998	TT-	G	- -	●
CYP17A1	rs1004467	TT-		++	●
EDN1	rs5370	GT+	T	+ -	●
GRK4	rs1024323	GG-	T	- -	●
GRK4	rs2960306	GG+	T	- -	●
NEDD4L	rs3865418	CT+	C	+ -	●
NEDD4L	rs4149601	GG+	A	- -	●
NOS3	rs1799983	GG+	T	- -	●
NOS3	rs1800779	AA+	G	- -	●
STK39	rs6749447	TT+	G	- -	●
TRPM6	rs11144134	TT+	C	- -	●
UMOD	rs13333226	AG+	A	+ -	●

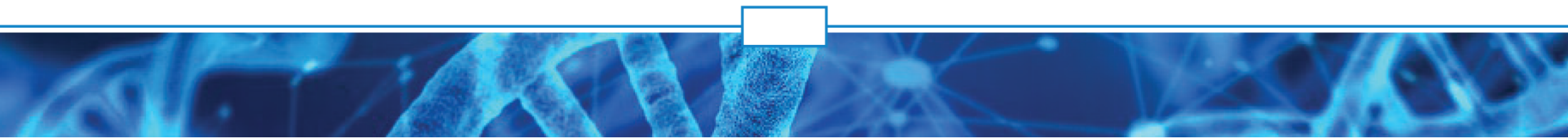
Chronic Subclinical Inflammation

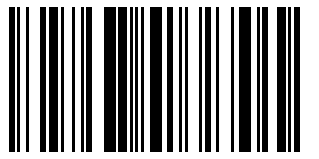
Sciatica



Pain radiating along the sciatic nerve, which runs down one or both legs from the lower back.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
IL-6	rs1800795	GG+	G	++	●
IL-6	rs1800796	CC+	C	- -	●



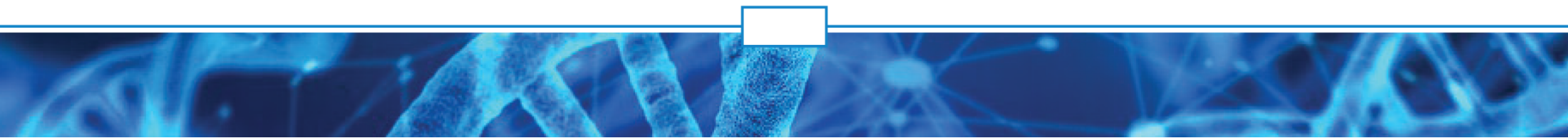


Inflammations



It is the body's reaction to an infection or tissue injury.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
CAT	rs1001179	GG-	T	- -	●
GPX1	rs1050450	CC-	A	- -	●
IL-10	rs1800872	CC-	G	- -	●
IL-10	rs1800896	AG-	C	+ -	●
IL-10	rs3024505	CC-	A	- -	●
IL-17A	rs2275913	AG+	A	+ -	●
IL-18	rs187238	GG-	G	+ +	●
IL-1B	rs16944	AG+	G	+ -	●
IL-1B	rs1143623	CG-	G	+ -	●
IL-1B	rs1143627	CT-	A	+ -	●
IL-1B	rs1143634	CC-	A	- -	●
IL-1RN	rs4251961	CC+	C	+ +	●
IL-6	rs1800795	GG+	G	+ +	●
IL-6	rs1800796	CC+	C	- -	●
IL-6	rs1800797	GG+	G	- -	●
IL-6R	rs2228145	AC+	C,T	+ -	●
LPA	rs3798220	TT+	C	- -	●
LPA	rs10455872	AA+	G	- -	●
NFE2L2	rs6721961	GG+	C,G	- -	●
NOS3	rs1799983	GG+	T	- -	●
NQO1	rs1800566	CT-	A	+ -	●
PACERR	rs689466	AA-	C	- -	●
PON1	rs662	AG-	C	+ -	●
SELE	rs5361	AA-	G	- -	●
TLR4	rs4986790	AG+	G,T	+ -	●
TNF	rs361525	GG+	A	- -	●
TNF	rs1800629	GG+	A	- -	●















Arthrosis of the Knee

 MEDIUM

Arthrosis is an inflammatory and degenerative disease of the body's joints (joints), marked by the wear of the cartilage that line the bone ends, causing pain and possibly leading to deformities. The joints most affected by arthrosis are those that support weight, such as the spine, hips and knees. Knee pain is usually the first symptom of osteoarthritis. This pain is progressive in nature. It is accentuated with physical activity (steps, going up and down stairs, contact sports and repetitive movements) and is directly proportional to excess weight.











Gene	RSID	Genotype	Minor Allele	Alteration	Result
COL6A4P1	rs7639618	CC+	T		
GDF5	rs143383	CC-	A		
IL-1RN	rs9005	GG+	A		
IL-1RN	rs419598	TT+	C		
MCF2L	rs11842874	AA+	G		

Clopidogrel

Response to Clopidogrel

 NORMAL

Clopidogrel is a drug in the antiplatelet group that is used to treat and prevent arterial thrombosis.







Gene	RSID	Genotype	Minor Allele	Alteration	Result
CYP2C19	rs4986893	GG+	A		
CYP2C19	rs6413438	CC+	T		
CYP2C19	rs12248560	CC+	A,T		
CYP2C19	rs41291556	TT+	C		
CYP2C19	rs56337013	CC+	T		

Dentistry

Bruxism

 MEDIUM

Bruxism is the habit of pressing and grinding your teeth during sleep, whether or not you produce sounds.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
DRD1	rs686	AA+	A,C,T		
DRD3	rs6280	CC+	T		
HTR2A	rs6313	CT-	A		

Name: Sample

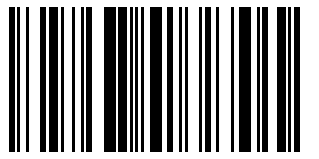
Age:

Gender: M

Report Date: 15/05/2025

Prescriber:

Health Insurance:











Sample

Temporomandibular disorder

 MEDIUM




Pain and impaired mobility of the jaw joint and surrounding muscles.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
APOL3	rs80575	TT+	A,T	 	
ESR1	rs1643821	CT-	A	 	
ESRRB	rs10132091	CC+	A,C,G	 	

Effectiveness in response to bisphosphonates

 NORMAL

Good response to bisphosphonate use. Among antiresorptive drugs, bisphosphonates occupy a prominent position for being able to increase bone mass.

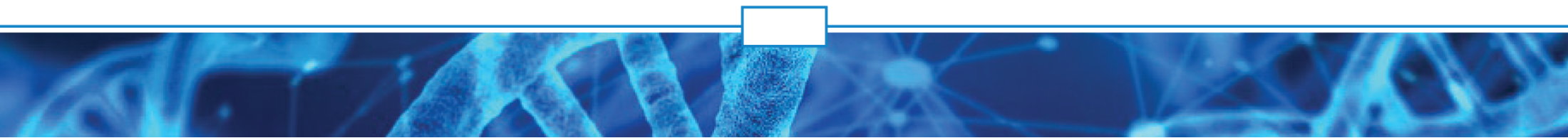
Gene	RSID	Genotype	Minor Allele	Alteration	Result
FDPS	rs2297480	AC-	G	 	

Inflammatory and infectious endocarditis

 UNDEFINED

Acute and recurrent inflammatory disease that typically develops within one to five weeks after infection with group A beta-hemolytic streptococci (usually pharyngitis)

Digestive system








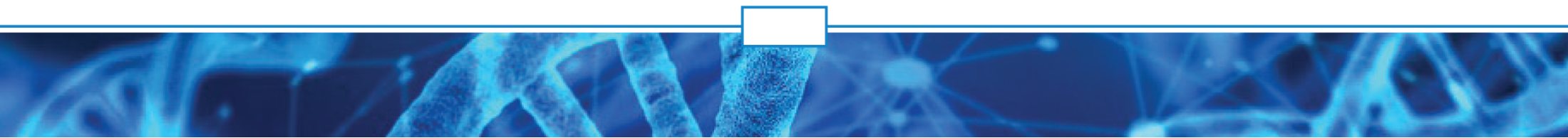


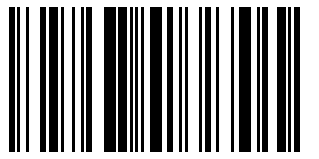
Ulcerative Colitis

 MEDIUM

Inflammatory bowel disease affecting the colon. Orange or red indicates a higher risk of developing the disease. Ulcerative colitis affects the innermost lining of your large intestine (colon) and rectum. Symptoms usually develop over time, rather than suddenly. Abnormal immune response, genetics, microbiome, and environmental factors all contribute to ulcerative colitis. Research suggests that ulcerative colitis could be triggered by an interaction between a virus or bacterial infection in the colon and the body's immune response.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
ABCB1	rs3213619	CT-	G		
ABCB1	rs10248420	AA+	G,T		
CD226	rs763361	CT+	A,C		
CFB	rs4151667	TT+	A		
IL-10	rs3024493	GG-	A		
IL-10	rs3024505	CC-	A		
IL-10RA	rs3135932	AA+	G		
IL-1B	rs1143634	CC-	A		
IL-23R	rs1004819	CT-	A		
IL-23R	rs2201841	CC-	G,T		
IL-23R	rs7530511	CC+	A,C		
IL-23R	rs10889677	AA+	A		
IL-23R	rs11209026	GG+	A		
IL-23R	rs11209032	AG+	A		
IL-23R	rs11465804	TT+	G		
IL-23R	rs11805303	CT+	T		
IL-7R	rs1494555	CT-	A		
IL-7R	rs1494558	AG-	C		
IL-7R	rs3194051	AG+	G		
IL-7R	rs6897932	CC+	T		
IRF5	rs10488631	TT+	C		
KIAA1109	rs13119723	AA+	G		
MMEL1	rs6667605	CT+	T		
NR5A2	rs3790844	CC-	C,G		
PTPN2	rs1893217	CT-	G		
TCF4	rs613872	TT+	T		
TCF4	rs1452787	AG+	A		
TCF4	rs9960767	AC+	C,G		











Irritable Bowel Syndrome

 MEDIUM





















A group of symptoms including abdominal pain and changes in bowel movement pattern, without any evidence of underlying injury.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
CNR1	rs806378	GG-	T		
TNF	rs1800629	GG+	A		
TNFSF15	rs4263839	GG+	G		

Hirschsprung's Disease (HD)

 NORMAL









In Hirschsprung's disease, a part of the large intestine lacks the nerve network that controls the organ's rhythmic contractions.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
DPYD	rs1801266	CC-	A		
DPYD	rs1801267	GG-	T		
DPYD	rs1801268	GG-	A		
DPYD	rs3918290	GG-	G,T		
ECE1	rs3026906	CC-	A		
EDN3	rs11570255	GG+	A,T		
EDNRB	rs5352	GG-	T		
RET	rs1800858	GG+	C,G		
RET	rs3026785	TT+	C		
RET	rs17158558	CT+	T		

Gastroesophageal Reflux Disease

 NORMAL

Digestive disease in which acid from the stomach or bile flows back into the esophagus, causing irritation in the lining of the food tube.







Gene	RSID	Genotype	Minor Allele	Alteration	Result
CYP2C19	rs12248560	CC+	A,T		
CYP2C19	rs55640102	AA+	C,T		
CYP2C19	rs72552267	GG+	A		
CYP2C19	rs72558186	TT+	A,C		



Trichohepatoenteric Syndrome (THE)

 NORMAL





It consists of a severe congenital enteropathy that manifests as intractable diarrhea, manifesting itself in childhood.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
SKIV2L	rs2734331	TT-	G		
TTC37	rs200067423	GG+	A		
TTC37	rs534237033	CC+	T		

Primary Biliary Cirrhosis (CBP)

 LOW

Primary Biliary Cirrhosis (PBC) is an autoimmune, cholestatic and inflammatory liver disease. The disease is characterized by autoimmune destruction of the intrahepatic bile ducts and cholestasis. The process develops with portal inflammation and progressive fibrosis until cirrhosis results. A hereditary component is seen in primary biliary cirrhosis. Antimitochondria antibodies are found in up to 10% of first-degree relatives of patients with primary biliary cirrhosis and it is estimated that 4% to 6% of these patients have a first-degree relative affected by the disease. The disease mainly affects females (95% of cases), mainly between 40 and 60 years old.



Gene	RSID	Genotype	Minor Allele	Alteration	Result
RNF7	rs16851720	AA+	C		
TNFSF15	rs4979462	CC+	T		

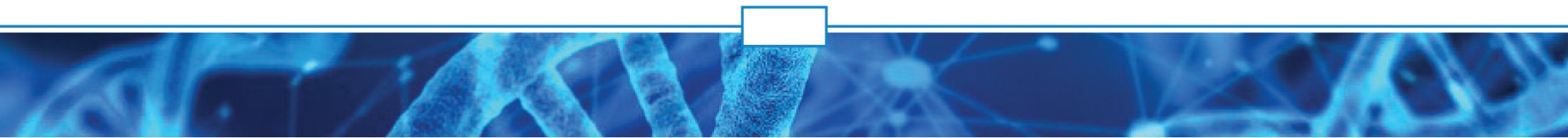
Endocrine system

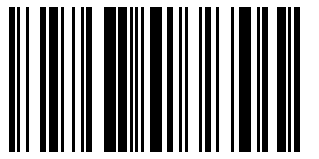
Thyroid Orbitopathy (OT)

 MEDIUM-HIGH

Orbital inflammatory disease of autoimmune origin, usually associated with altered thyroid function

Gene	RSID	Genotype	Minor Allele	Alteration	Result
CTLA4	rs231775	AA+	G		



















Hashimoto's Thyroiditis

 MEDIUM





Hashimoto's thyroiditis, also known as chronic lymphocytic thyroiditis and Hashimoto's disease, is an autoimmune disease in which the thyroid gland is gradually destroyed. Early on, symptoms may not be noticed. Over time, the thyroid may enlarge, forming a painless goiter.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
CTLA4	rs231775	AA+	G		
CTLA4	rs231775	AA+	G		
CTLA4	rs733618	AA-	C		
CTLA4	rs3087243	AA+	G		
IL-1B	rs16944	AG+	G		
MTNR1B	rs1387153	TT+	C,T		
PTPN22	rs2476601	GG+	G		

Thyrotoxicosis

 MEDIUM











Thyrotoxicosis means an excess of thyroid hormone in the body. Having this condition also means that you have a low level of thyroid-stimulating hormone, TSH, in your bloodstream, because the pituitary feels that you have "enough" thyroid hormone. If you are thyrotoxic, you may feel nervous or irritable because all your body functions are speeding up. Hyperthyroidism, also known as an overactive thyroid, is the most common cause of thyrotoxicosis and occurs when the thyroid gland overproduces thyroid hormone.

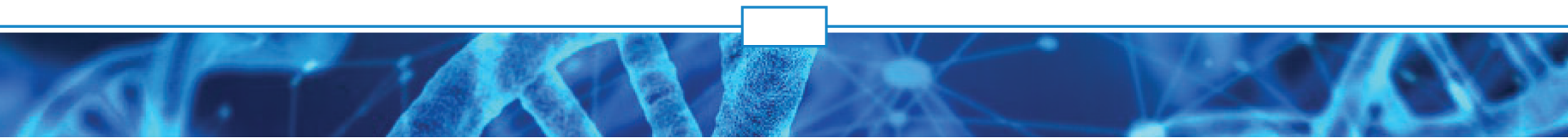
Gene	RSID	Genotype	Minor Allele	Alteration	Result
CTLA4	rs231775	AA+	G		
MTNR1B	rs1387153	TT+	C,T		

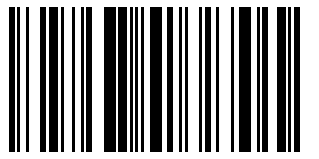
Autoimmune Thyroid Disease

 MEDIUM

Predisposition to autoimmune thyroid disease, whether Graves' or Hashimoto's disease.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
ABO	rs657152	GG-	T		
CTLA4	rs231775	AA+	G		
DIO1	rs2235544	CC+	A,T		
MTNR1B	rs1387153	TT+	C,T		
NFIA	rs334699	GG+	G		









Hyperparathyroidism

 NORMAL

Tendency to excessive production of parathormone.





Gene	RSID	Genotype	Minor Allele	Alteration	Result
CASR	rs28936684	GG+	A,T		
PTH	rs6256	CC-	A,T		

Fatty acids

Arachidonic Acid Deficiency

 NORMAL

Arachidonic acid (AA) is an essential fatty acid of the omega-6 family. It plays an important role in muscle building and helps manage body fat thermogenesis. It serves as a regulator of core protein synthesis (muscle growth).

Gene	RSID	Genotype	Minor Allele	Alteration	Result
FADS2	rs174570	CC+	T		
MYRF	rs174537	GG+	T		

General

Canoeing

 UNDEFINED



Canoeing

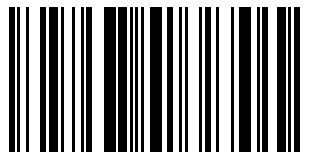
Genetic diseases

Joubert Syndrome

 NORMAL

Joubert syndrome has an autosomal recessive inheritance and its main clinical features are hypotonia, ataxia, mental retardation, abnormal eye movements and changes in respiratory rhythm starting in the first months of life (periods of tachypnea alternating with apnea). The most characteristic radiological findings are elongation and narrowing of the pontomesencephalic junction, deepening of the interpeduncular fossa, thickening and horizontalization of the superior cerebellar peduncles, hypoplasia of the vermis, and incomplete fusion of the median vermis region that arises with an upper sagittal cleft.







Gene	RSID	Genotype	Minor Allele	Alteration	Result
TMEM216	rs201108965	GG+			



Walker-Warburg Syndrome























Walker-Warburg syndrome is a rare congenital autosomal recessive muscular dystrophy, manifested by the central nervous system with ocular malformations and possible involvement of several systems.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
FKRP	rs28937900	CC+			
FKRP	rs886044183	GG+			
FKTN	rs746763506	CC+			

Mucopolysaccharidosis Type VI



Mucopolysaccharidosis type VI, also known as mucopolysaccharidosis type VI, is related to Hurler's syndrome and multiple sulfatase deficiency, and has symptoms such as joint stiffness.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
ARSB	rs118203938	GG-	A		
ARSB	rs118203941	GG-	A		
ARSB	rs118203942	GG-	A		
ARSB	rs118203943	AA-	G		
ARSB	rs118203944	AA-	C		
ARSB	rs201101343	TT+	C		
ARSB	rs397514441	TT-	A		
ARSB	rs398123125	GG-	T		
ARSB	rs431905495	GG-	C		
ARSB	rs727503809	GG-	A		



















































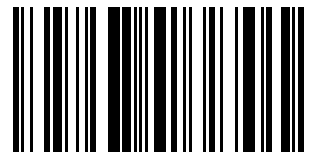


Wilson's Disease

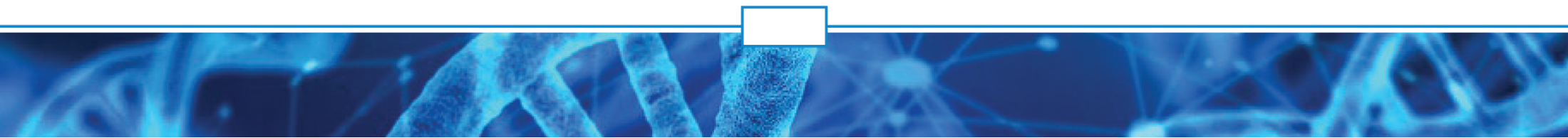
 NORMAL

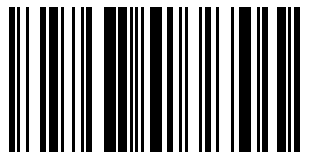
Wilson's disease is an inherited disorder in which excessive amounts of copper build up in the body, particularly in the liver, brain, and eyes. The signs and symptoms of Wilson's disease usually appear between the ages of 6 and 45, but usually begin in adolescence. Features of this condition include a combination of liver disease and neurological and psychiatric problems. Liver disease is typically the initial feature of Wilson's disease in affected children and young adults; individuals diagnosed at an older age usually have no symptoms of liver problems, although they may have very mild liver disease. Signs and symptoms of liver disease include yellowing of the skin or whites of the eyes (jaundice), fatigue, loss of appetite, and abdominal swelling. Nervous system or psychiatric problems are often the initial features in individuals diagnosed in adulthood and usually occur in young adults with Wilson's disease. Signs and symptoms of these problems can include clumsiness, tremors, difficulty walking, speech problems, impaired thinking ability, depression, anxiety, and mood swings.






Gene	RSID	Genotype	Minor Allele	Alteration	Result
ATP7B	rs28942074	GG-	A,T		
ATP7B	rs28942075	GG-	A		
ATP7B	rs28942076	GG-	A		
ATP7B	rs41292782	GG+	A		
ATP7B	rs60431989	AA+	G		
ATP7B	rs60986317	GG+	A		
ATP7B	rs72552255	CC-	T		
ATP7B	rs72552285	GG-	A		
ATP7B	rs74085882	TT+	C		
ATP7B	rs121907990	AA-	G		
ATP7B	rs121907992	GG-	A		
ATP7B	rs121907993	CC-	G		
ATP7B	rs121907994	CC-	T		
ATP7B	rs121907996	GG-	A		
ATP7B	rs121907997	CC-	G		
ATP7B	rs121907999	CC-	T		
ATP7B	rs121908000	TT-	C		
ATP7B	rs121908001	GG-	A		
ATP7B	rs137853279	GG-	A		
ATP7B	rs137853280	GG-	A		
ATP7B	rs137853283	GG-	A		
ATP7B	rs137853284	CC-	G		
ATP7B	rs137853285	GG-	A		
ATP7B	rs138427376	AA+	G		



ATP7B	rs184388696	CC+	T	[-]	●
ATP7B	rs184868522	AA+	G	[-]	●
ATP7B	rs186924074	AA+	G	[-]	●
ATP7B	rs191312027	CC+	A	[-]	●
ATP7B	rs193922102	TT-	C	[-]	●
ATP7B	rs193922103	AA-	G	[-]	●
ATP7B	rs193922104	TT-	C	[-]	●
ATP7B	rs193922107	CC-	T	[-]	●
ATP7B	rs193922108	GG-	T	[-]	●
ATP7B	rs193922109	CC-	T	[-]	●
ATP7B	rs193922110	GG-	A	[-]	●
ATP7B	rs201038679	GG+	A	[-]	●
ATP7B	rs201497300	CC+	T	[-]	●
ATP7B	rs201738967	TT+	C	[-]	●
ATP7B	rs367956522	TT+	C	[-]	●
ATP7B	rs369488210	TT+	A	[-]	●
ATP7B	rs371840514	GG+	A	[-]	●
ATP7B	rs372436901	TT+	C	[-]	●
ATP7B	rs374094065	TT+	G	[-]	●
ATP7B	rs398123137	TT-	A	[-]	●
ATP7B	rs572147914	GG+	A	[-]	●
ATP7B	rs587783306	GG-	A	[-]	●
ATP7B	rs587783307	AA-	C	[-]	●
ATP7B	rs587783317	GG-	A	[-]	●
ATP7B	rs587783318	GG-	A	[-]	●
ATP7B	rs746485916	GG+	A	[-]	●
ATP7B	rs749085322	TT+	C	[-]	●
ATP7B	rs749472361	GG+	A	[-]	●
ATP7B	rs1057516305	GG-	T	[-]	●
ATP7B	rs1057516380	CC-	A	[-]	●
ATP7B	rs1057516425	GG-	A	[-]	●
ATP7B	rs1057516479	CC-	T	[-]	●
ATP7B	rs1057516516	AA-	T	[-]	●
ATP7B	rs1057516844	CC-	T	[-]	●
ATP7B	rs1057517024	AA-	G	[-]	●





ATP7B	rs1057517233	AA-	G		
ATP7B	rs1057517310	GG-	T		
ATP7B	rs1057517351	GG-	T		
ATP7B	rs1057518867	GG-	A		
ATP7B	rs1057520235	TT-	C		

Sudden Death Syndrome

 UNDEFINED















Internationally known by the acronym SIDS (sudden infant death syndrom) is the unexpected death of children under one year of age.

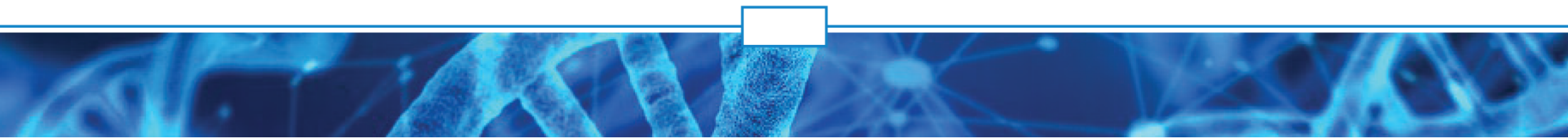
Hematologic system

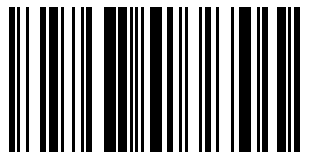
Atypical Hemolytic Uremic Syndrome (aHUS)

 MEDIUM

It is a rare, serious, systemic and fatal disease, with a negative evolution. aHUS affects children and adults and is associated with thrombotic microangiopathy (THA).

Gene	RSID	Genotype	Minor Allele	Alteration	Result
CD46	rs35366573	CC+	T		
CFB	rs4151667	TT+	A		
CFH	rs800292	CC-	A		
CFH	rs1061147	AC+	C		
CFH	rs1061170	CT+	T		
THBD	rs3176123	AA-	G		
THBD	rs3176126	CC-	A		





High Ferritin



Ferritin dosage is very common in the practice of medical nutrition and sports medicine. This is because, in addition to being an inflammatory marker, it is a key protein in the metabolism of iron in the body, being able to convert Fe^{2+} into Fe^{3+} , sequestering large amounts of this metal in the circulation. The sequestered iron is stored inside the protein contained in the tissues and prevents the oxidative damage caused by free iron. Ferritin is an intracellular protein located mainly in the cytoplasm. Small amounts of this protein can be found in plasma. Therefore, it is used in the clinic as a classic marker of iron stores. Orange or red result indicates high ferritin.

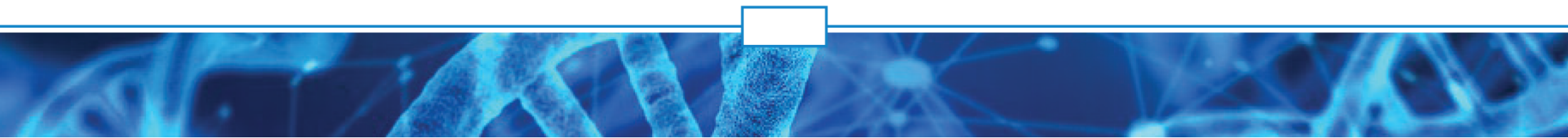
Gene	RSID	Genotype	Minor Allele	Alteration	Result
BTBD9	rs3923809	GG+	G	++	●
HFE	rs1799945	CC+	G	--	●
HFE	rs1800730	AA+	T	--	●
INTERGENIC	rs6077060	CC+	T	--	●
SLC17A1	rs17342717	CC+	T	--	●
TMPRSS6	rs4820268	AG+	A	+ -	●
USF2	rs10405246	AA+	G	++	●

Neuroferritinopathy



Also called Basal Ganglia Disease, it is caused by the abnormal accumulation of iron in the brain. People with the disease have difficulty controlling their movements, but they do not have any symptoms of dementia. Some of the symptoms of "neuroferritinopathy", in fact, are similar to Huntington's Disease or Parkinson's Disease, but the biggest difference is that its patients show no changes in their reasoning ability.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
FTL	rs2230267	CT+	C	+ -	●












































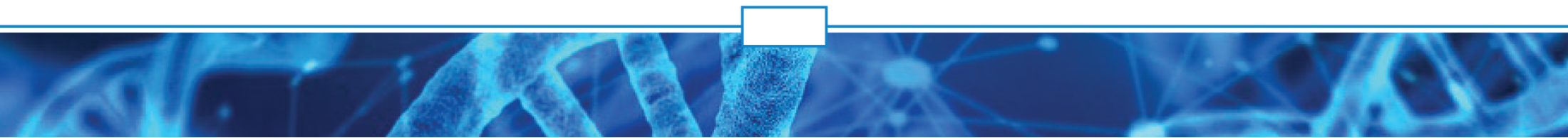


Beta Thalassemia

 NORMAL

Beta Thalassemia is a blood disorder that reduces the production of hemoglobin. Hemoglobin is the iron-containing protein in red blood cells that carries oxygen to cells throughout the body. In people with beta thalassemia, low hemoglobin levels lead to a lack of oxygen in many parts of the body. Affected individuals also lack red blood cells (anemia), which can cause pale skin, weakness, fatigue, and more serious complications. People with beta thalassemia are at increased risk of developing abnormal blood clots. Beta thalassemia is classified into two types depending on the severity of symptoms: thalassemia major (also known as Cooley's anemia) and thalassemia intermedia. Of the two types, thalassemia major is more severe. The signs and symptoms of thalassemia major appear in the first 2 years of life. Children develop life-threatening anemia. They do not gain weight and grow at the expected rate (inability to thrive) and may develop yellowing of the skin and whites of the eyes (jaundice). Affected individuals may have an enlarged spleen, liver, and heart, and their bones may be deformed. Some teenagers with extensive experience with thalassemia have delayed puberty. Many people with thalassemia major have symptoms so severe that they need frequent blood transfusions to replenish their red blood cell supply. Over time, an influx of iron-containing hemoglobin from chronic blood transfusions can lead to the accumulation of iron in the body, resulting in liver, heart, and hormone problems. Thalassemia intermedia is milder than thalassemia major. The signs and symptoms of thalassemia intermedia appear in early childhood or later in life.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
HBB	rs334	AA-	C		
HBB	rs1135071	GG-	C		
HBB	rs11549407	CC-	A		
HBB	rs33913413	CC-	A		
HBB	rs33913712	GG-	A		
HBB	rs33914668	AA-	C		
HBB	rs33914944	GG-	C		
HBB	rs33915217	GG-	T		
HBB	rs33919821	GG-	A		
HBB	rs33921821	CC-	A		
HBB	rs33929459	GG-	A		
HBB	rs33930165	GG-	A		
HBB	rs33930385	GG-	C		
HBB	rs33931746	AA-	C,G		
HBB	rs33945777	GG-	T		
HBB	rs34598529	AA-	C		
HBB	rs34690599	CC-	C		
HBB	rs35004220	GG-	T		
HBB	rs35724775	TT-	G,T		
HBS1L-MYB	rs9376092	AC+	A,C	 	



Name: Sample

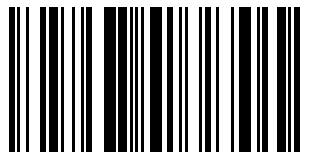
Age:

Gender: M

Report Date: 15/05/2025

Prescriber:

Health Insurance:





Sample

Intermediate Beta Thalassemia

 NORMAL



Thalassemia, or Mediterranean anemia, is an inherited blood disorder that affects a person's ability to produce hemoglobin, the pigment in red blood cells that carries oxygen to all tissues and organs in the body.

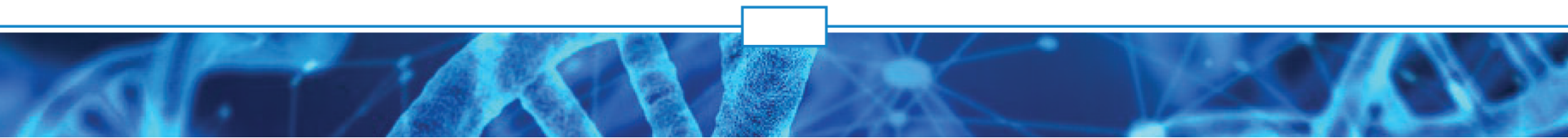
Gene	RSID	Genotype	Minor Allele	Alteration	Result
HBB	rs34598529	AA-	C		

Hemophilia - Factor VIII Deficiency

 NORMAL

Hemophilia is a genetic-hereditary disease that is characterized by a disorder in the blood clotting mechanism and manifests itself almost exclusively in males. There are two types of hemophilia: A and B. Hemophilia A is due to a deficiency in blood clotting factor VIII, and hemophilia B is due to a deficiency in factor IX.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
PTGS1	rs3842787	CC+	T		









































Hemolytic Anemia

 NORMAL



Hemolytic anemia is a disorder in which red blood cells are destroyed faster than they can be produced. The destruction of red blood cells is called hemolysis. Red blood cells carry oxygen to all parts of the body. If you have a lower than normal amount of red blood cells, you have anemia.

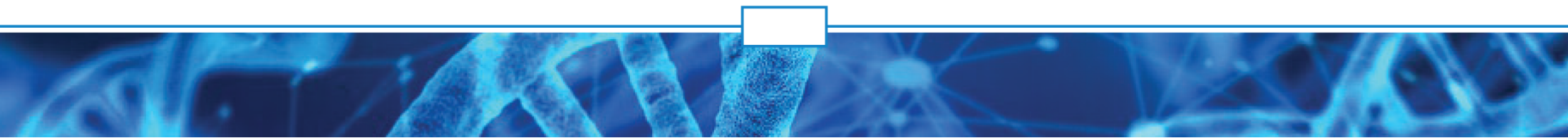
Gene	RSID	Genotype	Minor Allele	Alteration	Result
G6PD	rs1050829	AA-	C		
G6PD	rs5030868	CC-			
G6PD	rs137852313	GG-			
G6PD	rs137852314	GG-			
G6PD	rs137852315	GG-			
G6PD	rs137852316	GG-			
G6PD	rs137852317	GG-			
G6PD	rs137852318	GG-			
G6PD	rs137852319	TT-			
G6PD	rs137852320	AA-			
G6PD	rs137852321	GG-			
G6PD	rs137852322	TT-			
G6PD	rs137852323	GG-			
G6PD	rs137852324	GG-			
G6PD	rs137852326	GG-			
G6PD	rs137852331	AA-			
G6PD	rs267606835	CC-			
SLC4A1	rs2072081	CC-	T		

Benefit of Physical Exercise for HDL

 NORMAL

Exercise positively modifies the level of HDL, the good cholesterol, and the increase is proportional to the amount spent during the practice. As an example, 12 weeks of moderate exercise can increase HDL levels. Overall, the combination of exercise and diet has benefits for body composition and greater effects on HDL. Physical training alone can increase HDL, but to a lesser extent than when there is associated body fat loss. It is important to emphasize that the decrease in the risk of developing heart disease is more related to the increase in HDL, either by increasing the energy spent during exercise, by increasing the intensity or by the execution time, in addition to the reduction in body fat.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
PPARD	rs2016520	AA-	T		





Blood Tipo (Kell)

 UNDEFINED





No description

Hereditary diseases

Pompe disease

 NORMAL

What is Pompe disease? It is a rare inherited neuromuscular disorder that causes progressive muscle weakness. It is caused by a deficiency of the enzyme GAA (acid alpha-glucosidase), the lack of which causes an excessive accumulation of glycogen, the main energy reserve found in the liver and muscles.

















Gene	RSID	Genotype	Minor Allele	Alteration	Result
GAA	rs28940868	CC+			
GAA	rs386834236	TT+			

Hormones

Testosterone

 MEDIUM

Testosterone is the main male sex hormone and an anabolic steroid. In humans and male animals, testosterone plays a key role in the development of male reproductive tissues such as the testes and prostate, as well as the promotion of secondary sexual characteristics such as increased muscle mass, bone growth and maturation, and growth of body hair. In addition, testosterone is involved in health, well-being and the prevention of osteoporosis. Insufficient testosterone levels in men can lead to abnormalities, including frailty and bone loss. Its decrease can lead to fatigue, memory loss, hair loss, muscular dystrophy, irritability, depression and obesity, in addition to increasing the susceptibility to diabetes, osteoporosis and cardiovascular disease.



Gene	RSID	Genotype	Minor Allele	Alteration	Result
CYP17A1	rs6162	GG+	A		
CYP19A1	rs700518	AA-	C		
FAM9B	rs5934505	CC+	G		
FSHR	rs6166	AG-	T		
HSD17B3	rs9409407	GG+	T		
SHBG	rs6258	CC+	T		
SHBG	rs727428	AA-	T		
SHBG	rs12150660	GG+	T		



Increased Noradrenaline Level During Exercise

 MEDIUM

















Carriers of the G allele of the rs1799971 polymorphism showed an increase in the level of norepinephrine (norepinephrine) during physical exercise.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
OPRM1	rs1799971	AG+	G		

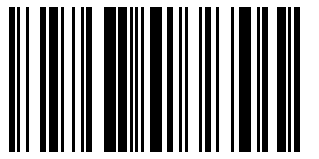
DHEA/DHEAS

 NORMAL

Popularly known as the "youth hormone", dehydroepiandrosterone (DHEA) and its sulfated form, dehydroepiandrosterone sulfate (DHEA-S), are the most abundant steroids in our circulation. However, its natural production declines from the age of 20 onwards, after reaching the maximum level of concentration. This fact has been increasing the number of supporters of antiaging hormone therapy, motivating studies on the importance of this hormone and the risks of its excess in our body. Both DHEA-S and DHEA are produced mainly in the adrenal glands from cholesterol and very important hormonal precursors, especially estrogens and testosterone. In addition to acting as a substrate for other hormones, some scientific evidence indicates that DHEA also plays more roles in our bodies. Recent studies show that higher physiological levels of DHEA have been associated with greater well-being, better fitness, and greater muscle strength. There is also evidence of the effects of DHEA on bone density, as well as its anti-inflammatory and immune system effects. DHEA is the main precursor of human sex steroid synthesis and is inactivated by sulfonation into DHEAS. A previous genome-wide association study linked the single nucleotide polymorphism (SNP) rs2637125, located near the coding region of DHEA sulfotransferase, SULT2A1, to serum DHEAS concentrations.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
ARPC1A	rs740160	CC+	T		
BCL2L11	rs6738028	CG+	G		
HHEX	rs5015480	TT+	T		
INTERGENIC	rs2497306	GT-	C,T		
SHBG	rs1799941	GG+	A		
SULT2A1	rs182420	AA-	C		
SULT2A1	rs2637125	GG+	A		
TRIM4	rs17277546	GG+	A		















Cortisol Level

 LOW

Research shows a clear relationship between obesity, increased cortisol (stress hormone) and depression. The incidence of depression is quite high, but it often manifests itself in an unconventional way, making diagnosis difficult, especially in women. It can appear in the form of binge eating or obesity and not through the common, which is loss of appetite and weight loss. Or through insomnia and fibromyalgia (with pain throughout the body), or migraine, among other examples. You still don't know which came first. Whether depression elevates cortisol or cortisol is elevated in depression. The hypothalamus, the pituitary gland (the body's mother gland), both located "in the brain", are responsible for the production of cortisol through the adrenal gland. In the face of everyday stress situations, these glands constitute the hypothalamic-pituitary-adrenal axis, responsible for a healthy response to stress or for the formation of the unhealthy "cascade" of stress-depression-obesity. Although cortisol is a beneficial hormone, it can be produced beyond conventional needs causing us to get sick. Thus, excess cortisol would routinely be able to produce negative effects similar to the side effects of corticosteroid medications, those routinely used for arthritis and asthma, causing what we call Cushing's Syndrome, in which full moon faces predominate " (chubby and rounded, associated with abdominal fat). For the treatment of this hormonal change, specific antidepressants (related to the neurotransmitter serotonin) seem to positively increase the expression (action) of cortisol in the brain, which would then be beneficial, as it would reduce the excitation of this axis and also the production of cortisol by the supra gland - renal relieving cardiac risk.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
DGKH	rs1170109	GG+	T		
FKBP5	rs1360780	CC+	A,C		
HSD11B1	rs846910	GG+	A		
HTR2C	rs6318	GG+	G,T		
OXTR	rs53576	AG+	A		

Growth Hormone Response

 UNDEFINED

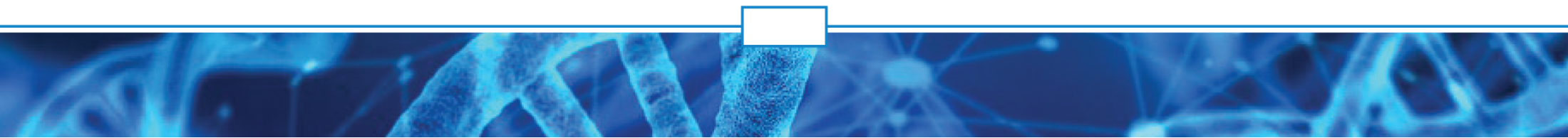
This hormone can be responsible for great benefits, but it can also be a disaster for the body. The difference depends on the indication and the dose. Administering the correct dose of GH is not easy and requires constant monitoring.

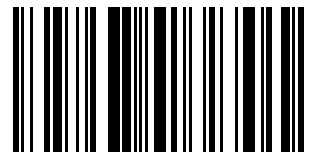
Suppression of the secretion of luteinizing hormone due to anabolics

 UNDEFINED

When bloodstream testosterone levels are low, the pituitary gland is stimulated to release LH. As the levels of testosterone increase, it will act on the pituitary through a negative feedback loop and inhibit the release of GnRH and LH consequently.

Immune system
















































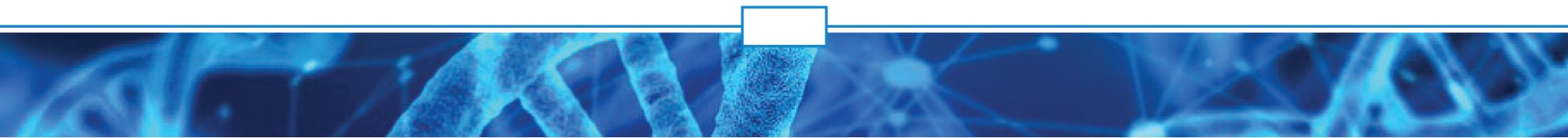


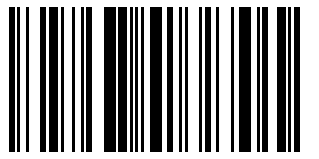
Crohn's disease




 MEDIUM

Crohn's Disease is a serious inflammatory disease of the gastrointestinal tract. It predominantly affects the lower part of the small intestine (ileum) and large intestine (colon), but it can affect any part of the gastrointestinal tract.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
ABCB1	rs3213619	CT-	G		
ATG16L1	rs2241880	TT-	G		
ATG16L1	rs10210302	CC+	A,T		
C21ORF33	rs762421	AA+	G		
CDKAL1	rs6908425	CT+	C		
FGFR1OP	rs2301436	GG-	A		
FUT2	rs504963	CC-	A		
FUT2	rs602662	GG+	G		
IL-10	rs3024505	CC-	A		
IL-23R	rs1004819	CT-	A		
IL-23R	rs11209026	GG+	A		
IL-23R	rs11805303	CT+	T		
INTERGENIC	rs1551398	CT-	A		
INTERGENIC	rs9286879	GG+	G		
INTERGENIC	rs9348876	CC+	G,T		
INTERGENIC	rs10758669	AA+	C		
INTERGENIC	rs10761659	GG+	G		
INTERGENIC	rs17234657	TT+	G		
IRGM	rs7714584	AA+	G		
JAZF1	rs864745	AG-	G		
KIAA1109	rs6822844	GG+	T		
LACC1	rs3764147	AG+	G		
LINC00824	rs6651252	CT+	C		
NOD2	rs2066844	CC+	T		
NOD2	rs2066845	GG+	C,T		
PTPN2	rs1893217	CT-	G		
PTPN2	rs2542151	GT+	T		
SBNO2	rs2024092	GG+	A		
SLC22A4	rs1050152	CC+	T		
TCF7L2	rs3814570	CT+	T		









TNF	rs1800629	GG+	A		
ZNF365	rs7076156	GG+	C,G		

Psoriatic arthritis





A form of arthritis that affects some people who have psoriasis skin disease.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
CARD14	rs11652075	CC+	T		
IL-12B	rs3212227	AA-	G		

Lymphedema











Lymphedema is an accumulation of lymph in the body's tissues, which is nothing more than a fluid originating from the blood, composed of water, proteins, fats and residues from cells that circulate in lymphatic vessels and transport the white blood cells, which are responsible for the defense of our organism.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
FLT4	rs121909657	GG-	T		

Myasthenia Grave



Weakness and rapid fatigue of muscles that are under voluntary control.

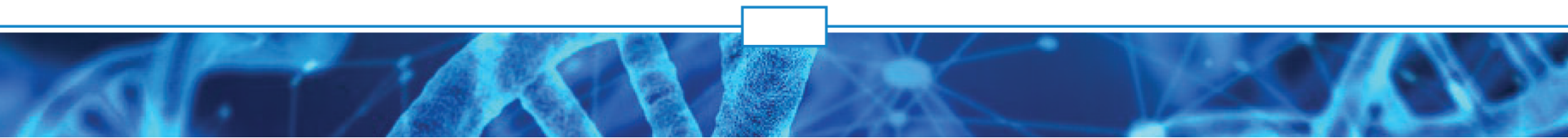
Gene	RSID	Genotype	Minor Allele	Alteration	Result
CTLA4	rs733618	AA-	C		
IL-1B	rs1143634	CC-	A		
INTERGENIC	rs3130544	CC+	A		
MUSK	rs578430	GG+	T		

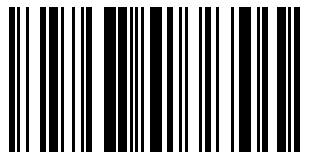
Autoimmune Lymphoproliferative Syndrome (ALPS)



Autoimmune lymphoproliferative syndrome (ALPS) is a rare genetic disorder caused by a defect in lymphocyte apoptosis. Patients present in the first decade of life with persistent benign adenomegaly, splenomegaly, autoimmune cytopenias, increased propensity for lymphomas, and expansion of a specific lymphocyte subpopulation called DNT cells (CD3+CD4-CD8-). A heterozygous germline mutation affecting the gene encoding the FAS membrane protein is described in most patients with ALPS, although somatic mutations in the same gene and other genetic alterations in FASLG, CASP8, CASP10, NRAS, KRAS and PRKCD may account for a minority of cases where one group remains without a genetic diagnosis.

Injuries





Achilles tendon injury



Achilles tendon (heel) rupture is an injury that affects the back of the leg and most commonly occurs in people who play impact sports. The injury is usually followed by extreme pain and an inability to use the lower half of the leg, even for walking.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
COL12A1	rs240736	AA+	G	++	●
COL5A1	rs12722	CC+	T	--	●
GDF5	rs143383	CC-	A	--	●
TNC	rs2104772	TT+	A	--	●

Exercise Induced Muscle Damage



Exercise-induced muscle damage (EIDM) in humans occurs when the individual performs unusual, very intense, or long-lasting exercises. Orange or red result indicates slower DMIE recovery.

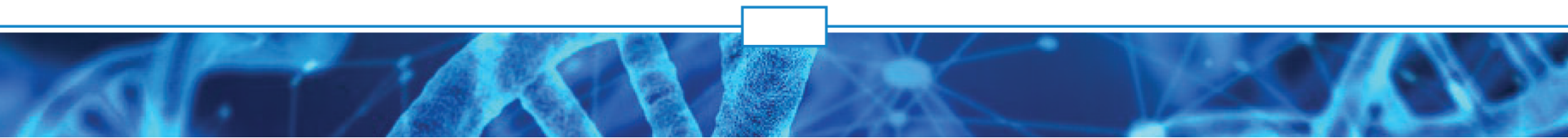
Gene	RSID	Genotype	Minor Allele	Alteration	Result
COL5A1	rs12722	CC+	T	--	●
ESR1	rs2234693	CT+	A,T	+ -	●
HIF1A	rs11549465	CC+	T	++	●
TNC	rs2104772	TT+	A	--	●

Fractures



Greater or lesser ease in having fractures.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
CALCR	rs1801197	CT-	G	+ -	●
ESR1	rs2234693	CT+	A,T	+ -	●
ESR1	rs9340799	AG+	G	+ -	●
ITGB3	rs5918	TT+	C	--	●
P2RX7	rs3751143	AC+	C	+ -	●








Hamstring Injuries

 MEDIUM





Hamstrings are a group of muscles located in the posterior thigh area, at the back of the lower limbs. This musculature is mainly responsible for the movements of hip extension and knee flexion, and crosses both joints.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
MMP3	rs679620	AG-	C		
NOS3	rs2070744	TT+	T		
TNC	rs2104772	TT+	A		

Hip dislocation

 MEDIUM



Hip dislocation is a displacement of the bones of the hip joint, where the acetabulum and femur meet.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
GDF5	rs143383	CC-	A		
GDF5	rs143384	CC-	A		

Meniscus Injury

 NORMAL





The meniscus is a cartilage structure present in the knee that serves to protect the knees when there is an impact or a blow directly to the knee or leg, for example. This cartilage is very prone to injury in athletes, overweight people, people with arthritis, osteoarthritis, or any other condition that affects the knee joint.

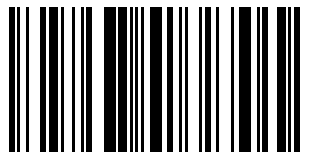
Gene	RSID	Genotype	Minor Allele	Alteration	Result
GDF5	rs143383	CC-	A		

Increased Risk of Sports Injuries

 LOW

One study investigated the association between the MCT1 rs1049434 polymorphism and indirect muscle injuries in elite soccer players. Elite Italian male soccer players (age = 19.2 ± 5.3 years) were recruited from a first-league soccer club participating in the Italian National Soccer Championship. Participants with the MCT1 AA genotype demonstrate significantly higher injury incidents compared to participants with the TT genotype.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
COL5A1	rs12722	CC+	T		
SOX15	rs4227	TT+	T		



Best Recovery after Injury



The A allele of the rs5745678 polymorphism and the C allele of the rs5755697 polymorphism of the HIF gene are related to better recovery after injury.

Sports-Related Musculoskeletal Injuries



These are injuries that affect muscles, bones, ligaments, menisci, joint capsules and others, axial skeleton, spine and upper and lower limbs.

Probability of Muscle Injuries



Some people are more likely to be injured.

Shoulder Shift



Shoulder dislocations account for about half of major joint dislocations. The shoulder dislocation can be anterior, posterior or inferior.

Ligament Rupture



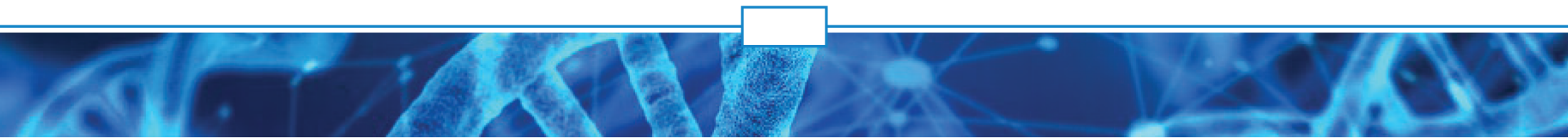
Ligaments have the function of joining two or more bones and protecting the body's joints. They are formed by a very resistant fibrous tissue, but with little elasticity. These two characteristics make it, in the first place, it resists your needs very well, but in cases of greater demand — like a sprain — it breaks down. A very common injury in sports practice is the rupture of the cruciate ligaments, precisely due to a sprain. It happens when our foot is firmly on the floor and the leg is rotated sharply. The ligament, responsible precisely for containing this movement, cannot bear the weight of the body and breaks.

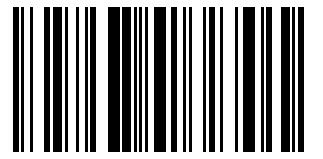
Anterior Cruciate Ligament Injury (ACL)



An anterior cruciate ligament injury occurs when the anterior cruciate ligament (ACL) is either stretched, partially torn, or completely torn. The most common injury is a complete tear. Symptoms include pain, a popping sound during injury, instability of the knee, and joint swelling.

Instability





Explorative Behavior



Behavior associated with people who are always looking for new experiences in the most diverse areas of life.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
DRD4	rs1800955	CC+	C,G	++	●

Metabolic

Protein Metabolization



Proteins degraded in the digestive process result in amino acids, which are absorbed by the epithelial cells of the small intestine, transported to the bloodstream and distributed to different tissues. Amino acids are fundamental in protein synthesis and are precursors of all non-protein nitrogenous compounds, such as the nitrogenous bases of nucleotides, and amines and their derivatives, such as histamine and adrenaline. It is estimated that in a healthy adult human being there is a turnover of approximately 400g of protein per day. About 300g can be reused, while the remaining 100g are discarded. Living beings are not able to store stores of amino acids or proteins and, therefore, daily protein intake is necessary. The rise in the plasma level of amino acids, as well as glucose, stimulates the β cells of the endocrine pancreas to secrete insulin. This hormone stimulates the uptake of amino acids by muscle and liver, in addition to activating the enzymatic apparatus responsible for protein synthesis.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
FTO	rs9939609	AT+	A	+ -	●

Micronutrient Metabolism



Speed that the body carries out the metabolism of multiple micronutrients. Note that results indicate that the individual has a better micronutrient metabolism.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
DLAT	rs2303436	AA-	T	++	●
ENO3	rs238238	AA+	G	--	●
MTNR1B	rs10830963	GG+	G	++	●
PCK1	rs8192708	AA+	G	--	●
SLC2A9	rs3733591	GG-	T	--	●



Metabolic syndrome



Metabolic syndrome is based on insulin resistance, which is a process that happens due to weight gain, but it can also start with type 2 diabetes. The most common cause is weight gain, which leads to increased blood pressure, the development of type 2 diabetes and changes in triglycerides and cholesterol. Result in orange or red indicates a greater tendency to metabolic syndrome.

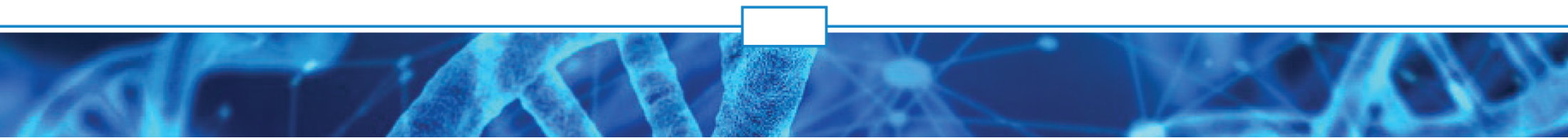
Gene	RSID	Genotype	Minor Allele	Alteration	Result
ADRB2	rs1042713	GG+	A	++	●
ADRB2	rs1042714	GG+	C,T	++	●
APOB	rs512535	AG-	C	+ -	●
CD36	rs1761667	GG+	A	++	●
FTO	rs8050136	AC+	A	+ -	●
GHRL	rs34911341	CC+	T	- -	●
MC4R	rs2229616	GG-	C	- -	●
NOS3	rs1799983	GG+	T	- -	●
NOS3	rs2070744	TT+	T	- -	●

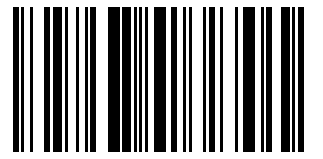
Trend to regain weight



Indication in orange or red indicates it is easier to regain weight after losing weight.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
ADIPOQ	rs17300539	AG+	A	+ -	●
ADRB2	rs1042713	GG+	A	++	●
BDNF	rs6265	AG-	T	+ -	●
FTO	rs3751812	GT+	T	+ -	●
FTO	rs16945088	AA+	G	- -	●
INTERGENIC	rs2815752	TT-	A	- -	●
LEP	rs2071045	TT+	C	- -	●
LEP	rs4731426	GG+	A,C,T	++	●




















































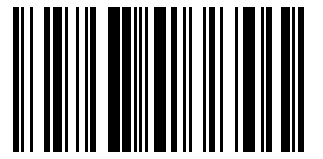


Lipid Metabolism

 MEDIUM-HIGH

Speed that the body carries out the metabolism of fats. In orange or red indicates slower metabolism, negative characteristic.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
ACE	rs4343	GG+	A		
ANKK1	rs1800497	CT-	A		
APOA5	rs662799	AA+	T		
APOA5	rs3135506	GG+	C		
ARMC4	rs587777047	AA+	C		
ARMC4	rs587777049	GG+	T		
BICC1	rs11006263	AA+	G		
CCDC77	rs1048466	GG+	A,C		
CD46	rs35366573	CC+	T		
CDCA3	rs5443	CC+	T		
CYP2E1	rs2031920	CC+	T		
CYP2E1	rs2070672	AA+	G		
CYP2E1	rs72559710	GG+	A,C,T		
DOCK8	rs192864327	GG+	C,T		
FAM71F1	rs6971091	GG+	A		
FTO	rs1121980	CT-	A,C		
FTO	rs1421085	CT+	C		
FTO	rs9939609	AT+	A		
FTO	rs121918214	GG+	A		
GPC5	rs2352028	CC+	G,T		
IL-1B	rs1143634	CC-	A		
INSIG2	rs7566605	CC+	C		
KIF6	rs9380880	GG+	A		
LEPR	rs1137101	AG+	G		
LIPC	rs261332	AG+	G		
LIPC	rs1800588	CT+	T		
LPP	rs1152846	AG-	C		
MC4R	rs10871777	AG+	G		
NAT2	rs1208	AA+	G		
NAT2	rs1041983	TT+	T		



NAT2	rs1799929	CC+	T	- -	●
NAT2	rs1801279	GG+	A	- -	●
NAT2	rs1801280	TT+	C	- -	●
NAT2	rs1805158	CC+	A,T	- -	●
PCDH9	rs17081231	AA+	G	- -	●
PCSK1	rs6232	AG-	C	+ -	●
PFKP	rs6602024	AG+	A	+ -	●
PLIN1	rs894160	AG-	T	+ -	●
PON1	rs662	AG-	C	+ -	●
PPARG	rs1801282	GG+	C	+ +	●
PPARG	rs3856806	TT+	T	+ +	●
PPARGC1A	rs8192678	GG-	T	- -	●
PTPRD	rs1975197	TT-	A	+ +	●
RYR2	rs1057517873	AA+	G	- -	●
SLC22A2	rs316019	GG-	C	- -	●
SLC22A2	rs8177507	GG-	G,T	- -	●
SLC22A2	rs8177516	CC-	A,T	- -	●
SLC22A2	rs8177517	AA-	C,G	- -	●
SLC29A3	rs121912583	GG+	A	- -	●
TCF4	rs613872	TT+	T	- -	●
TCF4	rs9960767	AC+	C,G	+ -	●
TMEM18	rs6548238	CC+	C	- -	●
TRAPPC9	rs267607137	CC-	A	- -	●
UGT2B7	rs12233719	GG+	A,C,T	- -	●
UNC13A	rs12608932	CC+	C	+ +	●
WDR11-AS1	rs4783244	GT+	T	+ -	●





Methylation



Methylation reactions are involved in numerous vital processes, such as neurotransmitter synthesis, detoxification reactions, epigenetic DNA marking, cell membrane phospholipid biosynthesis and others. Therefore, its efficiency is vital.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
AHCY	rs819147	CT+	C	+ -	●
AHCY-19	rs819171	CT+	T	+ -	●
BHMT-02	rs567754	CC+	T	- -	●
CBS	rs234706	GG+	A	- -	●
CBS	rs2298758	GG+	A,C	- -	●
CBS	rs2851391	CC+	C	- -	●
COMT	rs4633	CT+	T	+ -	●
COMT	rs769224	GG+	A	- -	●
DAO	rs2070586	GG+	A	- -	●
FOLR2	rs651933	AG+	A	+ -	●
FOLR3	rs7925545	AA+	G	- -	●
G6PD	rs1050829	AA-	C	- -	●
GAD1	rs701492	CC+	T	- -	●
GAD1	rs2241165	AG-	T	+ -	●
HLA-DRB1	rs9267649	GG+	A	+ +	●
IL-6	rs1800796	CC+	C	+ +	●
MTHFD1	rs1076991	AA-	C,G	- -	●
MTHFD1	rs2236225	CT-	A	+ -	●
MTHFD1L	rs11754661	GG+	A,T	- -	●
MTHFD1L	rs17349743	TT+	C	- -	●
MTHFR	rs1476413	AA-	G,T	+ +	●
MTHFR	rs1801131	CC-	G	+ +	●
MTR	rs1805087	AA+	G	- -	●
MTRR	rs10380	CC+	T	- -	●
MTRR	rs162036	AA+	G	- -	●
MTRR	rs1532268	AG-	A	+ -	●
MTRR	rs1801394	AG+	G	+ -	●
MTRR	rs2287780	CC+	T	- -	●
NOS2	rs2297518	GG+	A	- -	●

Name: Sample

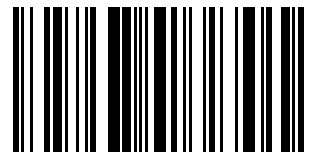
Age:

Gender: M

Report Date: 15/05/2025

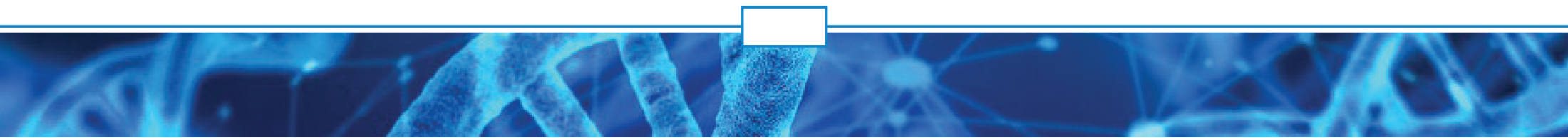
Prescriber:

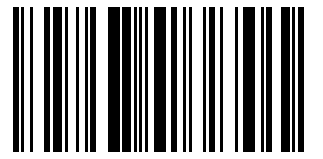
Health Insurance:



Sample

PEMT	rs4244593	AA-	A,G	- -	●
SOD3	rs2855262	CT+	C	+ -	●
VDR	rs731236	CT-	G	+ -	●

































































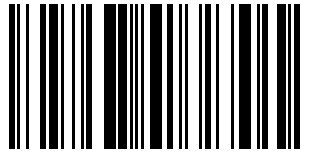


Trend of Overeating (Gluttony)

 MEDIUM

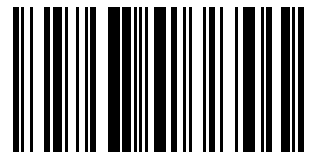
Usually associated with anxiety or emotional events, orange or red indicates greater propensity.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
ANKK1	rs1800497	CT-	A		
ARMC4	rs587777047	AA+	C		
ARMC4	rs587777049	GG+	T		
BICC1	rs11006263	AA+	G		
CCDC77	rs1048466	GG+	A,C		
CD46	rs35366573	CC+	T		
CDCA3	rs5443	CC+	T		
CYP2E1	rs2031920	CC+	T		
CYP2E1	rs2070672	AA+	G		
CYP2E1	rs72559710	GG+	A,C,T		
DOCK8	rs192864327	GG+	C,T		
FAM71F1	rs6971091	GG+	A		
FTO	rs1121980	CT-	A,C		
FTO	rs1421085	CT+	C		
FTO	rs9939609	AT+	A		
FTO	rs17817449	GT+	A,G		
FTO	rs121918214	GG+	A		
GPC5	rs2352028	CC+	G,T		
IL-1B	rs1143634	CC-	A		
INSIG2	rs7566605	CC+	C		
KIF6	rs9380880	GG+	A		
LEPR	rs1137101	AG+	G		
LIPC	rs261332	AG+	G		
LIPC	rs1800588	CT+	T		
LPP	rs1152846	AG-	C		
MAOA	rs909525	GG-	T		
MC4R	rs10871777	AG+	G		
NAT2	rs1208	AA+	G		
NAT2	rs1041983	TT+	T		
NAT2	rs1799929	CC+	T		
NAT2	rs1801279	GG+	A		



NAT2	rs1801280	TT+	C	- -	●
NAT2	rs1805158	CC+	A,T	- -	●
NGF	rs6330	CC-	A	- -	●
NMB	rs1051168	GG+	C,T	- -	●
PCDH9	rs17081231	AA+	G	- -	●
PCSK1	rs6232	AG-	C	+ -	●
PFKP	rs6602024	AG+	A	+ -	●
PPARG	rs3856806	TT+	T	+ +	●
PTPRD	rs1975197	TT-	A	+ +	●
RYR2	rs1057517873	AA+	G	- -	●
SLC22A2	rs316019	GG-	C	- -	●
SLC22A2	rs8177507	GG-	G,T	- -	●
SLC22A2	rs8177516	CC-	A,T	- -	●
SLC22A2	rs8177517	AA-	C,G	- -	●
SLC29A3	rs121912583	GG+	A	- -	●
TAS2R38	rs1726866	TT-	A	- -	●
TCF4	rs613872	TT+	T	- -	●
TCF4	rs9960767	AC+	C,G	+ -	●
TMEM18	rs6548238	CC+	C	- -	●
TPH2	rs4570625	GG+	G	- -	●
TRAPPC9	rs267607137	CC-	A	- -	●
UGT2B7	rs12233719	GG+	A,C,T	- -	●
UNC13A	rs12608932	CC+	C	+ +	●
WDR11-AS1	rs4783244	GT+	T	+ -	●

































































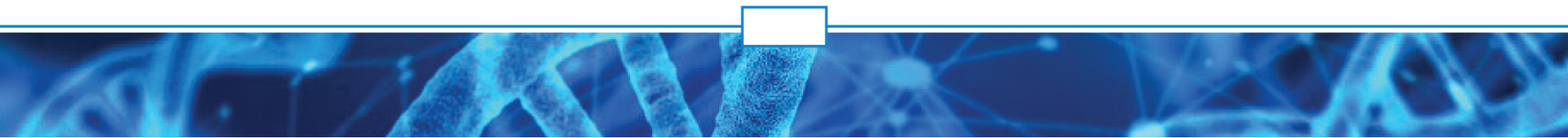


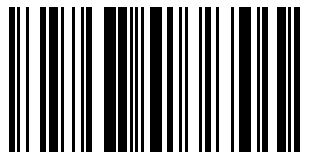
Weight Gain Trend

 MEDIUM

Usually be linked to genetics or improper diet.

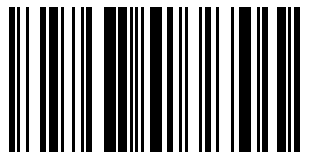
Gene	RSID	Genotype	Minor Allele	Alteration	Result
ADIPOQ	rs266729	CC+	A,G,T		
ADIPOQ	rs121917815	CC+	T		
ADRB2	rs1042714	GG+	C,T		
ANKK1	rs1800497	CT-	A		
ARMC4	rs587777047	AA+	C		
ARMC4	rs587777049	GG+	T		
BICC1	rs11006263	AA+	G		
CCDC77	rs1048466	GG+	A,C		
CD46	rs35366573	CC+	T		
CDCA3	rs5443	CC+	T		
CYP2E1	rs2031920	CC+	T		
CYP2E1	rs2070672	AA+	G		
CYP2E1	rs72559710	GG+	A,C,T		
DOCK8	rs192864327	GG+	C,T		
FAM71F1	rs6971091	GG+	A		
FTO	rs1121980	CT-	A,C		
FTO	rs1421085	CT+	C		
FTO	rs9939609	AT+	A		
FTO	rs17817449	GT+	A,G		
FTO	rs121918214	GG+	A		
GPC5	rs2352028	CC+	G,T		
IL-1B	rs1143634	CC-	A		
INSIG2	rs7566605	CC+	C		
KIF6	rs9380880	GG+	A		
LEP	rs10244329	TT+	T		
LEPR	rs1137101	AG+	G		
LIPC	rs261332	AG+	G		
LIPC	rs1800588	CT+	T		
LPP	rs1152846	AG-	C		
MC4R	rs10871777	AG+	G		
MC4R	rs17782313	CT+	C		





MTCH2	rs10838738	GG+	G	- -	●
NAT2	rs1208	AA+	G	- -	●
NAT2	rs1041983	TT+	T	+ +	●
NAT2	rs1799929	CC+	T	- -	●
NAT2	rs1801279	GG+	A	- -	●
NAT2	rs1801280	TT+	C	- -	●
NAT2	rs1805158	CC+	A,T	- -	●
NEGR1	rs12141391	CC+	A	- -	●
PCDH9	rs17081231	AA+	G	- -	●
PCSK1	rs6232	AG-	C	+ -	●
PFKP	rs6602024	AG+	A	+ -	●
PPARG	rs3856806	TT+	T	+ +	●
PTPRD	rs1975197	TT-	A	+ +	●
RYR2	rs1057517873	AA+	G	- -	●
SEC16B	rs10913469	CT+	C	+ -	●
SH2B1	rs7498665	AA+	G,T	- -	●
SLC22A2	rs316019	GG-	C	- -	●
SLC22A2	rs8177507	GG-	G,T	- -	●
SLC22A2	rs8177516	CC-	A,T	- -	●
SLC22A2	rs8177517	AA-	C,G	- -	●
SLC29A3	rs121912583	GG+	A	- -	●
TCF4	rs613872	TT+	T	- -	●
TCF4	rs9960767	AC+	C,G	+ -	●
TMEM18	rs1320333	GG-	T	- -	●
TMEM18	rs6548238	CC+	C	- -	●
TRAPPC9	rs267607137	CC-	A	- -	●
UCP2	rs660339	CC-	T	- -	●
UGT2B7	rs12233719	GG+	A,C,T	- -	●
UNC13A	rs12608932	CC+	C	+ +	●
WDR11-AS1	rs4783244	GT+	T	+ -	●













Caffeine Metabolization

 MEDIUM







Analysis of a set of genes involved in caffeine metabolism. Indicates whether this metabolism is more or less efficient. Indication in orange or red indicates faster metabolism, and thus, less effect, with smaller doses of it. Results in red is beneficial.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
AHR	rs6968865	AT+	T		
CYP1A1	rs2470893	GG-	T		
CYP1A1	rs2472297	CC+	T		
CYP1A2	rs762551	AC+	C		

Resting Metabolism

 MEDIUM



Resting metabolism corresponds to burning up to 75% of what you consume daily. The remaining 25% is spent on food digestion and daily activities, including exercise. In other words, the organs (liver, heart, kidney, brain, lung, etc) and muscles that burn most of the energy in the food we eat are the ones who burn. So if the resting metabolism slows down for some reason, and the calorie intake doesn't change, it's almost certain that we're going to get fat, that is, we're going to store the unused energy in fat cells ("fat" cells).

Gene	RSID	Genotype	Minor Allele	Alteration	Result
CRY2	rs11605924	CC+	C		
LEPR	rs1805094	CG+	C		
LEPR	rs2025804	AG+	A		

Leptin receptor polymorphism

 MEDIUM



Leptin can increase energy expenditure through sympathetic nerve stimulation. The tissue action of leptin is through its binding with its receptor.

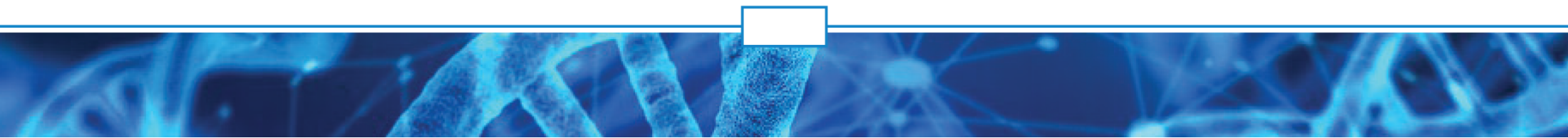
Gene	RSID	Genotype	Minor Allele	Alteration	Result
LEPR	rs1137101	AG+	G		

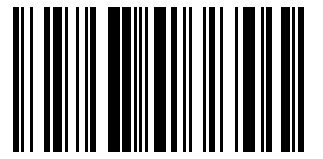
Greater Insulin Sensitivity with Physical Exercise

 NORMAL

Result in orange or red indicates having greater insulin sensitivity when playing physical sports.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
LIPC	rs1800588	CT+	T		

































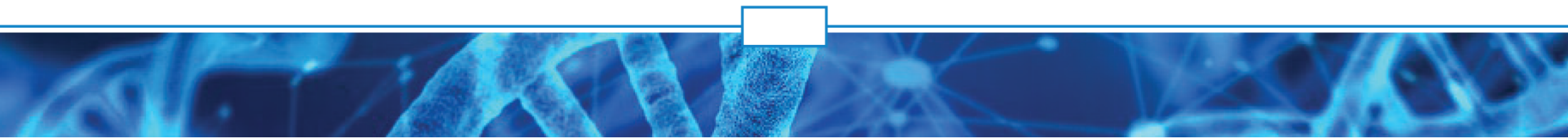


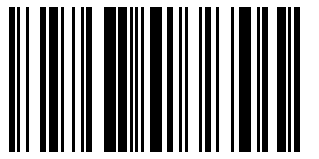
Celiac disease

 NORMAL

Immune reaction to ingestion of gluten, a protein found in wheat, barley and rye. Celiac disease is strongly influenced by genetics, depending on a part of the DNA sequence called the HLA locus (human leukocyte antigen). There are many HLA sequence variants, but only two sequence variants called DQ2.5 (T allele in rs2187668) and DQ8 (C allele in rs7454108) can form inflammatory complexes with gliadin peptides. About 90% of celiac patients carry the DQ2.5 variant, and the remaining 10% produce the DQ8 variant. If you don't carry either of these two variants, it is virtually impossible to develop celiac disease.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
ABL2	rs2816216	TT-	G		
ATXN2	rs653178	AA-	C,T		
CCR3	rs6441961	CC+	C		
CTLA4	rs231775	AA+	G		
HLA	rs4713586	TT-	G		
HLA-DPA1	rs2301226	GG+	A		
HLA-DQA1	rs2187668	GG-	A,G,T		
HLA-DQB1	rs7454108	TT+	C		
HLA-DQB1	rs7775228	TT+	C		
HLA-DRA	rs2395182	TT+	T		
IL-18RAP	rs917997	AA-	A,C		
KIAA1109	rs6822844	GG+	T		
KIAA1109	rs13119723	AA+	G		
MYO9B	rs2305764	TT-	A		
SH2B3	rs3184504	CC+	A,C,G		










































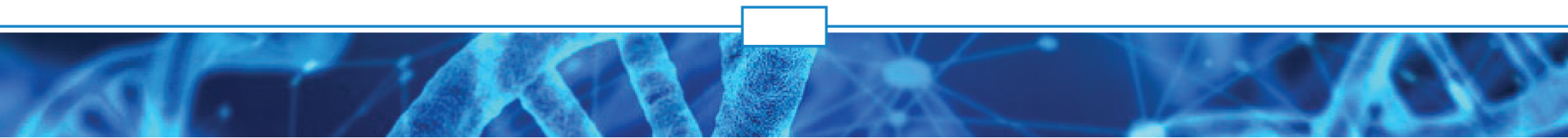


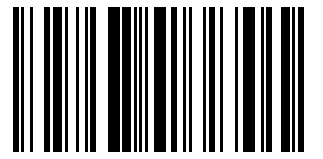
Glucose-6-Phosphate Dehydrogenase (G6PD) Deficiency














































 NORMAL

A condition that causes red blood cells to break down in response to certain medications, infections, or other stressors.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
G6PD	rs762516	CC+			
G6PD	rs1050757	GG-	G		
G6PD	rs1050828	GG-	T		
G6PD	rs1050829	AA-	C		
G6PD	rs5030868	CC-			
G6PD	rs5030869	GG-	A		
G6PD	rs5030872	AA-	T		
G6PD	rs72554664	GG-	A		
G6PD	rs72554665	GG-	A		
G6PD	rs76645461	TT-	C		
G6PD	rs76723693	TT-	C		
G6PD	rs78365220	TT-	C		
G6PD	rs78478128	GG+	C		
G6PD	rs137852313	GG-			
G6PD	rs137852314	GG-			
G6PD	rs137852315	GG-			
G6PD	rs137852316	GG-			
G6PD	rs137852317	GG-			
G6PD	rs137852318	GG-			
G6PD	rs137852319	TT-			
G6PD	rs137852320	AA-			
G6PD	rs137852321	GG-			
G6PD	rs137852322	TT-			
G6PD	rs137852323	GG-			
G6PD	rs137852324	GG-			
G6PD	rs137852325	GG-	A		
G6PD	rs137852326	GG-			
G6PD	rs137852327	GG-	A		
G6PD	rs137852328	GG-	A		







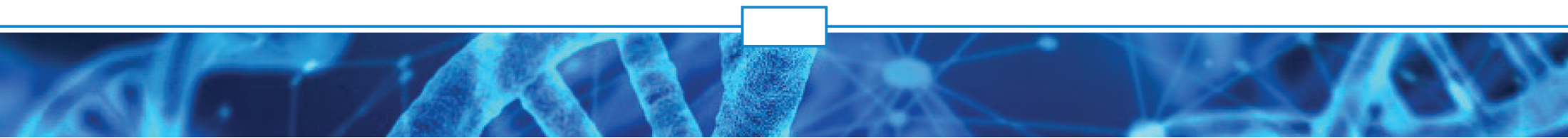
G6PD	rs137852329	CC-	A		
G6PD	rs137852330	CC-	T		
G6PD	rs137852331	AA-			
G6PD	rs137852332	GG-	A		
G6PD	rs137852333	CC-	T		
G6PD	rs137852334	CC-	T		
G6PD	rs137852335	GG-	C		
G6PD	rs137852336	GG-	A		
G6PD	rs137852337	GG-	A		
G6PD	rs137852339	GG-	A		
G6PD	rs137852340	AA-	G		
G6PD	rs137852342	CC-	T		
G6PD	rs137852343	TT-	C		
G6PD	rs137852344	CC-	G		
G6PD	rs137852345	CC-	T		
G6PD	rs137852346	GG-	A		
G6PD	rs137852347	TT-	C		
G6PD	rs137852348	CC-	G		
G6PD	rs137852349	TT-	C		
G6PD	rs267606835	CC-			
G6PD	rs267606836	CC-	T		
G6PD	rs398123546	CC-	T		
G6PD	rs398123552	AA+	G		

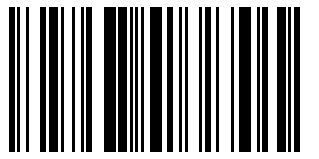
Mitochondrial Complex Deficiency 1



Mitochondrial complex I deficiency is a deficiency (deficiency) of a protein complex called complex I or a loss of its function. Complex I is found in cell structures called mitochondria, which convert food energy into a form that cells can use. Complex I is the first of five mitochondrial complexes that carry out a multistep process called oxidative phosphorylation, through which cells obtain much of their energy. Deficiency of mitochondrial complex I can cause a wide variety of signs and symptoms that affect many organs and systems in the body, particularly the nervous system, heart, and muscles used for movement (skeletal muscles). These signs and symptoms can appear at any time from birth to adulthood.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
MTFMT	rs201431517	GG+			











Resting Metabolic Rate

 LOW

Resting metabolic rate (often referred to as basal metabolism) represents about 70% of total energy expenditure and refers to the calories expended by the body to maintain basic resting functions such as heart rate, breathing, body temperature control, etc. Orange or red result indicates lower resting metabolism.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
CRY2	rs11605924	CC+	C	 	
LEPR	rs1805094	CG+	C	 	

Improving Insulin Sensitivity with Physical Exercise

 LOW

Result in orange or red indicates benefit of physical exercise to improve insulin resistance.







Gene	RSID	Genotype	Minor Allele	Alteration	Result
LIPC	rs261332	AG+	G	 	
LIPC	rs1800588	CT+	T	 	
PPM1K	rs1440581	AA-	A,C	 	

Metabolic disorders

Xenobiotic Metabolism (Including Caffeine and P-450)

 MEDIUM

The metabolism of xenobiotics is carried out by liver enzymes in several steps: the xenobiotic is initially activated by oxidation, reduction, hydrolysis or hydration; it is then conjugated to molecules such as sulfate, glucuronate or glutathione, and is subsequently excreted in bile or urine.

















































Gene	RSID	Genotype	Minor Allele	Alteration	Result
CYP1A2	rs762551	AC+	C	 	
CYP1A2	rs56107638	GG+	A,C	 	

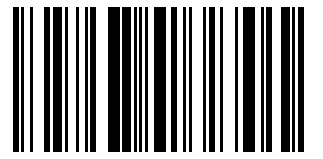


Galactosemia

 NORMAL

Life-threatening metabolic disease beginning in the neonatal period. Babies often develop feeding difficulties, lethargy, and severe liver disease. Epidemiology The global prevalence is unknown, but the estimated annual incidence is 1/40,000 to 1/60,000 in Western countries. The disorder appears to be more common in the Caucasian population than in other ethnic groups, but numbers in other populations may be underestimated. Males and females are equally affected. Clinical description When ingesting breast milk or lactose-containing formula, babies develop feeding problems, failure to thrive and signs of liver damage (jaundice, tendency to bleed, hypoglycaemia). In the absence of adequate treatment (galactose restriction), sepsis (E-coli) and neonatal death can occur. Despite adequate treatment, long-term complications appear, including cognitive impairment, motor deficits, ovarian dysfunction with reduced fertility in women and reduced bone density. Male fertility has not been fully studied.































Gene	RSID	Genotype	Minor Allele	Alteration	Result
GALT	rs2070074	AA+	G		
GALT	rs2070075	CC+	G,T		
GALT	rs111033634	CC+	T		
GALT	rs111033645	CC+	T		
GALT	rs111033652	CC+	T		
GALT	rs111033656	CC+	A		
GALT	rs111033658	CC+	T		
GALT	rs111033661	AA+	G		
GALT	rs111033665	GG+	A		
GALT	rs111033666	TT+	C		
GALT	rs111033667	AA+	C		
GALT	rs111033669	AA+	G		
GALT	rs111033670	GG+	A		
GALT	rs111033686	CC+	T		
GALT	rs111033690	CC+	G		
GALT	rs111033693	CC+	G		
GALT	rs111033694	GG+	A		
GALT	rs111033695	TT+	A		
GALT	rs111033715	TT+	C		
GALT	rs111033722	CC+	A		
GALT	rs111033725	CC+	T		
GALT	rs111033728	TT+	C		
GALT	rs111033735	GG+	A		
GALT	rs111033737	CC+	T		



Sanfilippo Syndrome

 NORMAL

Metabolic disorder, genetic, autosomal recessive, characterized by the absence of mucopolysaccharides III, which are responsible for breaking the long chains of glycosaminoglycans (GAGs).





Gene	RSID	Genotype	Minor Allele	Alteration	Result
IDS	rs113993946	GG-			
IDS	rs113993955	TT-	C		
IDS	rs193302910	GG-			
IDS	rs193302911	CC-			
IDS	rs199422227	CC-			
SGSH	rs7503034	CC+	G,T		
SGSH	rs104894635	GG-	A		
SGSH	rs104894636	CC-			
SGSH	rs104894638	GG-	A		
SGSH	rs104894639	GG-	A		
SGSH	rs104894640	GG-	A		
SGSH	rs104894641	GG-	A		
SGSH	rs104894642	CC-	T		
SGSH	rs138504221	AA+	G		
SGSH	rs143947056	GG+	A		

Muscular system

Athletes with Greater Physical Strength

 HIGH

World-class endurance male athletes, with greater physical endurance, have the ADRB3 gene mutation. Endurance activities are aerobic exercise such as cycling and running. This type of practice can result in fatigue and its occurrence is delayed with carbohydrates that must be ingested before, during and after the activity. Fatigue is the result of a decrease in the levels of liver and muscle glycogen in the body, thanks to the significant intensity of work, its continuity and prolongation. It seeks to increase muscle and liver glycogen and blood glucose by eating carbohydrates before exercise.





Gene	RSID	Genotype	Minor Allele	Alteration	Result
ADRB3	rs4994	CT-	G		
NR1H3	rs7120118	TT+	C		



Biceps Increase

 HIGH





The biceps is an important muscle that is present in two parts of the body: biceps brachii muscle (located in the arm) and biceps femoris muscle (located in the leg, thigh). However, it is noteworthy that the use of the term biceps is more common to refer to the important muscle of the arm. It is usually the most worked muscle in gyms.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
ACTN3	rs1815739	CT+	T		
TRIM63	rs2275950	AA-	C,G		

Slow-twitch fibers

 HIGH







Slow-twitch fibers are characterized by high fatigue resistance and a longer duration of contraction, but lower maximum force and velocity of contraction. ... These fibers are called hybrid fibers. The expression of each of the myosin isoforms is determined by fiber innervation.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
AGTR2	rs11091046	AA+	C		
PPARA	rs4253778	GG+	C,T		

Muscle mass

 HIGH









Muscle mass is also known as lean mass. Our body is made up of water, lean mass and fat mass. It is these components that give us weight when we step on the scale, but each one of them indicates different aspects. A person, when stepping on the scale, may have gained weight. This does not mean that you gained weight, that is, that you accumulated fat. On the contrary, you may have burned fat and acquired muscle mass, which is also heavy, but is healthy for the body.

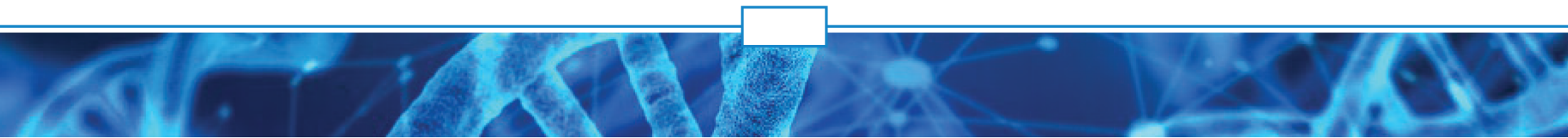
Gene	RSID	Genotype	Minor Allele	Alteration	Result
BDNF	rs6265	AG-	T		
IGFBP3	rs3110697	GG+	A		
TRIM63	rs2275950	AA-	C,G		

Knee strength

 HIGH

Indicates the susceptibility to greater or lesser strength of the knee.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
ACVR1B	rs2854464	AA+	C,G		
DNMT3L	rs7354779	TT+	C		
MTRR	rs7703033	GG+	A		
VDR	rs7975232	AC+	A		







Fast Twitch Muscle Fibers

 HIGH



















Fast-twitch fibers have a low amount of myoglobin – and therefore also low oxygen content – and for this reason they are not red or reddish, but rather clear. They are also described as white muscle fibers.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
AGTR2	rs11091046	AA+	C		

Neuromuscular Power

 HIGH



Neuromuscular Potency is the ability of the muscle to respond to a stimulus coming from the brain (neuro-brain-muscle communication). The ability of the neuromuscular system to generate maximum power is affected by a variety of interrelated factors. Maximal muscle strength is defined and limited by the force-velocity relationship and affected by the length-tension relationship.

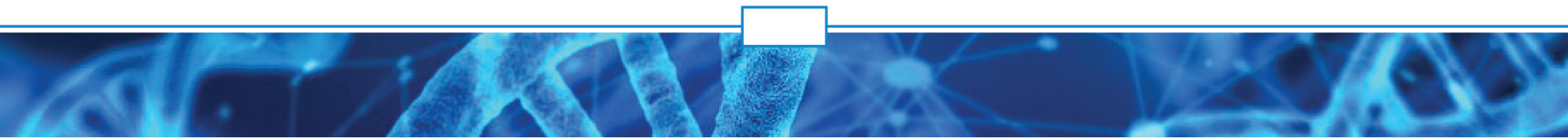
Gene	RSID	Genotype	Minor Allele	Alteration	Result
ACTN3	rs1815739	CT+	T		
AGT	rs699	CT-	G		
AMPD1	rs17602729	CC-	A		
FAAH	rs324420	CC+	A		
HIF1A	rs11549465	CC+	T		
IL-6	rs1800795	GG+	G		
NOS3	rs1799983	GG+	T		
NOS3	rs2070744	TT+	T		
PPARA	rs4253778	GG+	C,T		

Muscle Performance

 MEDIUM-HIGH

Better muscle performance. The graph in red and orange colors indicates better muscle performance.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
ACTN3	rs1815739	CT+	T		





Lactate Accumulation (High Intensity Circuit)



Increased blood lactate accumulation during high-intensity circuitry. Lactate is produced by the body after the burning of glucose (glycolysis) to provide energy without the presence of oxygen (lactic anaerobic metabolism). In long-term physical activities, the oxygen supply is not always sufficient. The body seeks this energy from alternative sources, producing lactate. The accumulation of this substance in the muscles can generate hyperacidity, which causes pain and discomfort right after exercise. Thus, the determination of the blood lactate concentration allows the indirect assessment of the metabolic acidosis of exercise, being one of the diagnostic tools used by exercise physiology. Orange or red result indicates greater lactate accumulation.

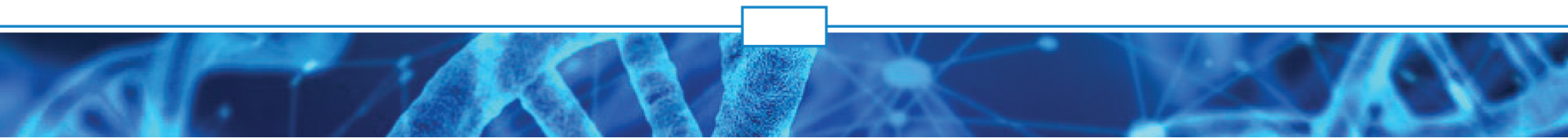
Gene	RSID	Genotype	Minor Allele	Alteration	Result
OPRM1	rs1799971	AG+	G	+ -	●

Muscle strength



It can be defined as the amount of tension that a muscle or muscle group can generate within a specific movement pattern and with a given movement speed. Result in orange or red indicates greater muscle strength.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
ACTN3	rs1815739	CT+	T	+ -	●
ACVR1B	rs2854464	AA+	C,G	+ +	●
AGT	rs699	CT-	G	+ -	●
HIF1A	rs11549465	CC+	T	- -	●
IL-6	rs1800795	GG+	G	+ +	●
MSTN	rs1805086	AA-	C	- -	●
NOS3	rs1799983	GG+	T	- -	●
NOS3	rs2070744	TT+	T	+ +	●
PPARA	rs4253778	GG+	C,T	- -	●





Hard Person Syndrome



The rigid person syndrome, also called Moersch-Woltmann syndrome, or even the rigid man syndrome, is defined as a condition characterized by persistent spasms, involving several different muscles, especially those of the lower limbs and trunk. This condition usually appears between 40 and 60 years of age, initially presenting itself as intermittent spasms that evolve and become continuous. It has been observed that emotional stress can lead to spasms. In addition to the latter, environmental stimuli such as voluntary or passive movements and auditory stimulation can also trigger spasms. Treatment is palliative, involving the use of muscle relaxants (such as benzodiazepines) that enhance the action of GABA. As the disorder evolves, this treatment becomes ineffective. Some professionals in the field recommend immunosuppressive treatments, plasmapheresis, or intravenous administration of immunoglobulin. Use of the monoclonal antibody rituximab showed lasting remission. In another case, improvement was observed with the use of propofol. Another important form of treatment is physical therapy, which can considerably help to minimize muscle spasms.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
GAD2	rs992990	CC+	A,G	- -	●
GLRA1	rs116474260	CC+	T	- -	●
SELENON	rs121908185	GG+	A	- -	●
SLC6A5	rs121908494	AA+	G	- -	●
TOR1A	rs1801968	GG-	G,T	+ +	●

Sarcopenia



Sarcopenia é o processo natural e progressivo de perda de massa muscular (músculos), característico do envelhecimento. A força muscular atinge o vigor máximo antes dos 30 anos.

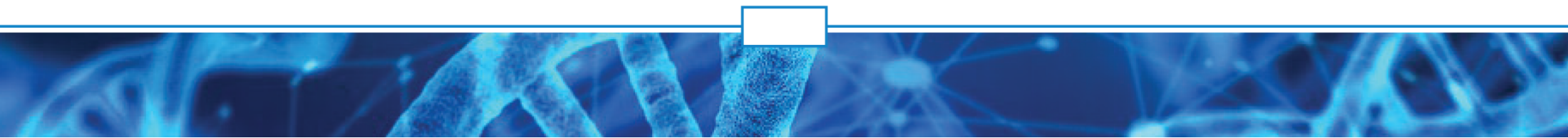
Gene	RSID	Genotype	Minor Allele	Alteration	Result
ESR1	rs4870044	CT+	T	+ -	●
FTO	rs9939609	AT+	A	+ -	●
NOS3	rs1799983	GG+	T	+ +	●

Muscle Performance (Angiotensin II)



Studies have shown that different genotypes for ACE (Angiotensin-Converting Enzyme) may be related to diseases, physical abilities and athletic performance. Studies with athletes have shown increased cardiorespiratory capacity or muscle strength to be associated with ACE polymorphism.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
AGT	rs699	CT-	G	+ -	●





Quadriceps Muscle Strength



The quadriceps (quadriceps) femoral muscle is a four-headed thigh muscle that covers the femur almost completely. It is one of the strongest muscles in the human body (physiological cross-sectional area > 150 cm²). The quadriceps, the large muscles in front of the thighs, are responsible for extending the leg (kicking and passing the ball). The quadriceps of an ordinary person are already slightly stronger than the hamstrings, but in a soccer player, the difference in muscle strength is greater because the quadriceps are more used. If there is a major imbalance, it can result in injury and pain for the player. The best way to avoid this is to make sure that you are training your entire leg. This means doing similar amounts of exercises that focus on each muscle group. An example of this would be: Squats for the glutes and quadriceps, Hip Raises for the hind legs and Calf Raises for the calves. By following your training plan with the Freeletics Training Coach, you ensure that each muscle group in the leg is being worked on effectively and specifically at the same time.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
AGT	rs699	CT-	G	+ -	●
COL5A1	rs12722	CC+	T	+ +	●
MSTN	rs1805086	AA-	C	- -	●

Transversal Physiological Area of the Quadriceps



Theoretical sum of the areas of all muscle fibers.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
AGT	rs699	CT-	G	+ -	●

Rotator Cuff Tendinitis (Tennis Shoulder)



Rotator cuff tendonitis is an injury to the tendons that are part of a group of four muscles located in the shoulder that help stabilize the shoulder. The rotator cuff is a muscle group that works, for example, when you raise your arms over your head or pull an item toward you.

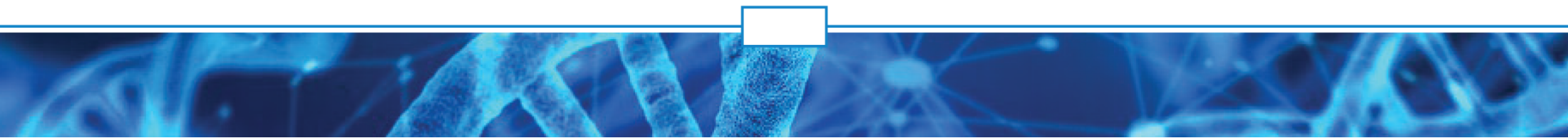
Gene	RSID	Genotype	Minor Allele	Alteration	Result
ESRRB	rs10132091	CC+	A,C,G	- -	●

Increased Exercise Recovery Time



This damage can be transient, lasting minutes, hours or even several days after training or competition (BARNETT, 2006), and is the result of post-exercise metabolic disorders, in which recovery depends on the restoration of muscle glycogen stores, the which usually occurs within 24 hours of exercise.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
AMPD1	rs17602729	CC-	A	- -	●
SOD2	rs4880	CT-	G	+ -	●









Contraction of Skeletal Muscle Fibers

 NORMAL





Skeletal muscle fibers contain from several hundred to several thousand myofibrils. Each myofibril in turn contains, arranged side by side, about 3000 myosin filaments and about 3000 actin filaments, both responsible for muscle contraction. Results on the right correspond to slower contractions and on the left, faster contractions.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
ACTN3	rs1815739	CT+	T		
CNTF	rs1800169	AG+	A		

Muscle stiffness

 NORMAL











Muscle stiffness is a symptom that occurs when muscles cannot move quickly without being accompanied by pain and/or spasm. If the person moves too quickly, they may experience sharp pain and possibly spasm. It most often occurs in the muscles behind the neck, near the shoulder and hips.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
DMD	rs370644567	AA+	G		
ESR1	rs2234693	CT+	A,T		

Muscle cramps

 NORMAL



Cramps are involuntary and painful contractions of a muscle or muscle group. They affect only the striated musculature and mainly affect the posterior muscles of the leg. A cramp can start during physical activity, at rest and even during sleep.

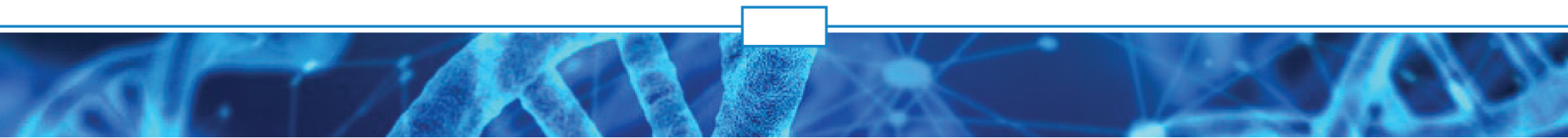
Gene	RSID	Genotype	Minor Allele	Alteration	Result
AMPD1	rs17602729	CC-	A		
CYP24A1	rs114368325	GG+	A,C		
MYF6	rs28928909	GG+	T		
PGAM2	rs10250779	GG-	A,G,T		
PYGM	rs764313717	TT+	C		

Vestibular Dysfunction

 NORMAL

It is a problem that affects the vestibular organ, located inside each ear, responsible for stabilizing vision during head movement and balance. Just like adults, babies and children can also suffer from the dysfunction.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
NOS3	rs1799983	GG+	T		







McArdle's disease

 NORMAL





The treatment for McArdle's disease, which is a genetic problem that causes the appearance of intense muscle cramps when exercising, should be guided by an orthopedist and a physiotherapist to adapt the type and intensity of physical activities to the symptoms presented.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
PYGM	rs764313717	TT+	C		

Refsum Disease

 NORMAL



Refsum disease is a rare genetic disorder that belongs to the leukodystrophies group, characterized by the presence of weakness or numbness in the hands and feet (peripheral neuropathy).

Gene	RSID	Genotype	Minor Allele	Alteration	Result
PHYH	rs104894173	GG-	T		
PHYH	rs104894174	GG-	T		

Gait Instability

 NORMAL





Also known as Gait Apraxia, it is a neurological disorder that is characterized by loss of the ability to perform precise movements and gestures, despite the patient having the will and physical ability to perform them. Apraxia leads to reduced conditions to perform some types of movements – although the individual maintains the motor capacity, sensory function and understanding of the required task intact. This disease leads to problems with the use of objects (for example, brushing the hair) and in performing known motor acts (eg, waving goodbye).

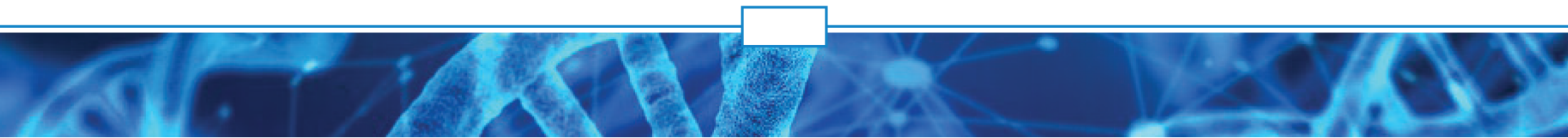
Gene	RSID	Genotype	Minor Allele	Alteration	Result
VPS13B	rs386834070	CC+	T		

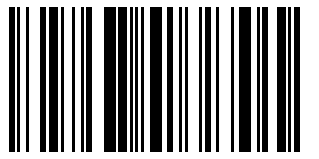
Melas Syndrome

 NORMAL

Melas Syndrome (Myopathy, Encephalopia, Lactic Acidosis and Stroke-like episodes) is a progressive multisystem disease, of maternal inheritance, caused by mutations in mitochondrial DNA. It is estimated that in Europe 1 in every 6,250 people have one of the possible mutations. Renal involvement occurs in about 5% of patients, and this involvement may be tubular, glomerular or interstitial.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
INTERGENIC	rs118203885	GG+	A		
INTERGENIC	rs199474657	AA+	G		








Achilles Tendinopathy Risk

 NORMAL







It is the condition in which there is inflammation or degeneration of the Achilles tendon, with swelling and pain.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
MMP3	rs679620	AG-	C	 	

Emery-Dreifuss Muscular Dystrophy

 NORMAL







Emery-Dreifuss muscular dystrophy (EDMD) is characterized by muscle weakness and atrophy, with early tendon contractures and cardiomyopathies.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
LMNA	rs57520892	GG+		 	
LMNA	rs149339264	CC+		 	

Muscle Weakness After Exercise

 NORMAL










Muscle weakness, also known as adynamia or asthenia, is common after heavy physical exertion. For example, after participating in a marathon or exercising excessively in the gym, or after repeating the same task/action for a long time, among other causes.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
ADRB3	rs4994	CT-	G	 	
PPARGC1A	rs8192678	GG-	T	 	

Muscle growth

 NORMAL

Muscle growth occurs when cells receive a new stimulus, generating microlesions. The response to these injuries is the increase in healing substances, such as sarcoplasm. It is during this process that there is an increase in protein synthesis, giving the muscle a greater volume. The body makes a biological effort to repair the damage caused to the fibers. As soon as the muscle is injured, there is a fusion of the satellite cells with the muscle fibers, which will result in hypertrophy.



Gene	RSID	Genotype	Minor Allele	Alteration	Result
ACTN3	rs1815739	CT+	T	 	
ACVR1B	rs2854464	AA+	C,G	 	
MSTN	rs1805086	AA-	C	 	



Increased Maximum Force Production

 NORMAL





It is the greatest muscle strength a student/athlete can develop. Generally, to quantitatively assess this type of strength, maximum repetition protocols such as 1RM are used. This assessment format makes the maximum force represent the greatest available strength that the neuromuscular system can mobilize through a maximum voluntary contraction.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
IGF1	rs7136446	TT+	C		

Vastus Lateral Muscle

 NORMAL









The quadriceps muscle performs the knee extension movement and the rectus femoris muscle performs the hip flexion movement. The vastus medial performs medial rotation and the vastus lateralis, lateral rotation.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
AGT	rs699	CT-	G		
PPARA	rs4253778	GG+	C,T		

Hand Grip Strength

 NORMAL





Strength of hands. Grip strength tests are commonly used to assess patients with upper extremity disorders, before and after therapeutic procedures. These tests are simple to administer and, when properly performed, can provide objective information that contributes to the analysis of hand function.

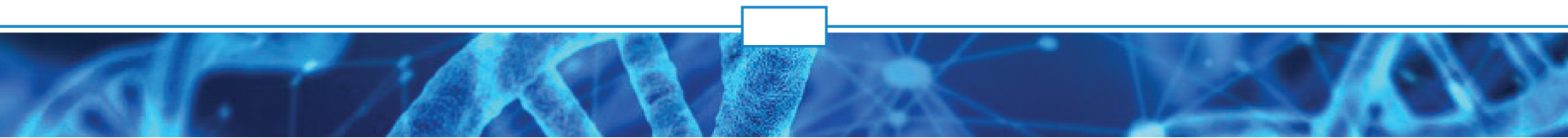
Gene	RSID	Genotype	Minor Allele	Alteration	Result
LRPPRC	rs119466000	CC-	A		
MGMT	rs12917	CC+	T		
MSTN	rs1805086	AA-	C		
VDR	rs7975232	AC+	A		

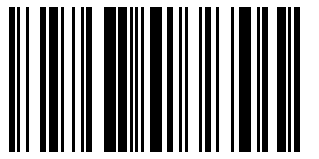
Ligament Strength

 NORMAL

Ligament strength, greater thrust and advantage in some movements.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
COL5A1	rs61735045	GG+	A		
MSTN	rs1805086	AA-	C		








Energy Spending

 NORMAL







Higher Energy Expenditure

Gene	RSID	Genotype	Minor Allele	Alteration	Result
UCP2	rs659366	CC+	T	 	

Malignant Hyperthermia

 NORMAL




Malignant hyperthermia is an inherited, latent, potentially serious muscle disease of autosomal dominant inheritance, characterized by a hypermetabolic response after exposure to inhaled anesthetics such as halothane, enflurane, isoflurane or exposure to a specific muscle relaxant named succinylcholine.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
RYR1	rs111888148	GG+	A	 	
RYR1	rs112563513	GG+	A	 	

Explosive Strength

 NORMAL




Explosive strength is the ability to exert maximal force in minimal time. Explosive strength, on the other hand, is generating maximum force in minimal time. Examples are the kettlebell ballistics and Olympic weightlifting. This can be viewed as moving a heavy weight as fast as possible

Gene	RSID	Genotype	Minor Allele	Alteration	Result
MSTN	rs1805086	AA-	C	 	

Myostatin K153R

 NORMAL

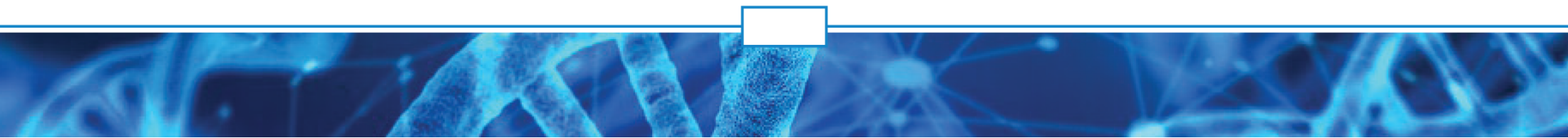
The K153R polymorphism, Rs1805086, is associated with peak power and longevity.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
MSTN	rs1805086	AA-	C	 	

Waist Muscular Dystrophy

 UNDEFINED

Waist-type Muscular Dystrophy (Erb) is a neuromuscular disease of genetic origin where 90% of cases are due to an autosomal recessive inheritance and about 10% of cases due to an autosomal dominant inheritance. It received this name in the 1950s to designate dystrophies characterized by weakness predominantly in the pelvic and scapular girdle, and which differed from the already known dystrophies linked to the X chromosome (Duchenne and Becker) and the facio-scapulohumeral dystrophy.



Name: Sample

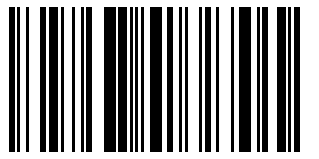
Age:

Gender: M

Report Date: 15/05/2025

Prescriber:

Health Insurance:



Sample

Tendon Contractures

UNDEFINED

A muscle contracture occurs when the muscle contracts incorrectly and does not return to its normal state of relaxation, in response to an overload of continued effort exerted on a muscle or tendon, which they are not used to.

Tendon reflex

UNDEFINED

It is due to the interruption of the pathway leading to muscle sensitivity.

Muscle Damage Protection

UNDEFINED

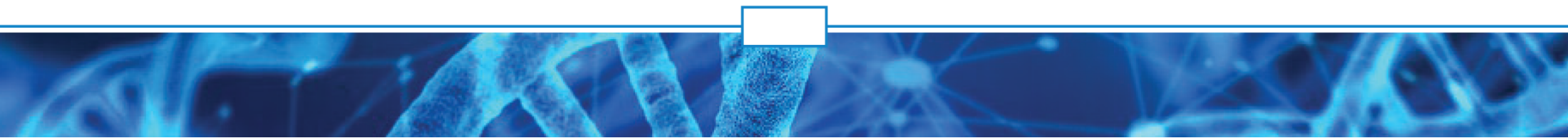
Studies show that the C allele of the ESR1 rs2234693 polymorphism has a greater protective effect against muscle damage than the T allele, since it reduces muscle stiffness.

Muscular Dystrophy - Congenital Dystroglycanopathy

UNDEFINED

Congenital muscular dystrophies form a heterogeneous group of muscle diseases clinically characterized by the presence of neonatal hypotonia, delay in motor development, variable degree of joint contractures and possible association with abnormalities in the central nervous system or eyes.

Need for Nutrients

























Choline

 MEDIUM-HIGH

Helps in the maintenance of the brain and liver. Choline is one of the B-complex vitamins. Choline's two main functions involve the brain. It is important for the formation of the neurotransmitter acetylcholine, which indirectly regulates memory.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
CHAT	rs2177369	CT-	G		
CHAT	rs3810950	AG+	A		
CHKB	rs10791957	AC+	C		
FMO3	rs2266782	AG+	A		
MTHFD1	rs2236225	CT-	A		
MTHFD1L	rs6922269	AG+	A		
MTHFD1L	rs17349743	TT+	C		
PEMT	rs7946	CT+	T		
PEMT	rs4244593	AA-	A,G		
PEMT	rs4646406	AA-	A		



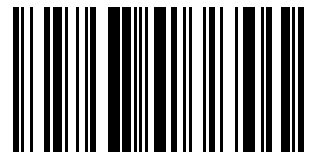


Zinc

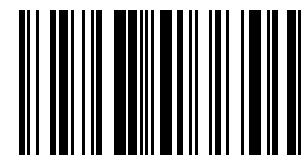


Zinc enables several biochemical functions, as it is a component of numerous enzymes, including alcohol dehydrogenase, superoxide dismutase, carbonic anhydrase, alkaline phosphatase and central nervous system enzymes.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
ABCA1	rs1883025	GG-	T	- -	●
ABCB1	rs2032583	TT-	G	+ +	●
ABCB1	rs2235015	GG-	A,T	+ +	●
ABCB1	rs2235040	GG-	A,G,T	+ +	●
ABCB1	rs2235067	GG-	T	+ +	●
ABCB1	rs3213619	CT-	G	+ -	●
ABCB1	rs4148739	AA-	C	+ +	●
ABCB1	rs10248420	AA+	G,T	+ +	●
ABCB1	rs11983225	TT+	C	+ +	●
ACP7	rs472265	GG+	G	+ +	●
ADA	rs73598374	GG-	A,G,T	- -	●
ADCY5	rs11708067	AG+	G	+ -	●
ADIPOQ	rs17366743	TT+	C	- -	●
ADORA2A	rs5751876	TT+	C	+ +	●
ALDH2	rs671	GG+	A	+ +	●
ATM	rs664143	CC-	G,T	- -	●
BCO1	rs12934922	TT+	G,T	- -	●
BDNF	rs6265	AG-	T	+ -	●
CA1	rs1532423	CT-	A	+ -	●
CAPN10	rs3792267	GG+	A	- -	●
CDKN1A	rs1801270	CC+	A,T	- -	●
CDKN2A	rs10811661	TT+	T	+ +	●
CFH	rs1061170	CT+	T	+ -	●
CHRM2	rs324650	TT+	A	- -	●
CHRM2	rs1824024	TT-	A	- -	●
CLOCK	rs1801260	TT-	G	- -	●
CLPTM1L	rs401681	CT+	T	+ -	●
CTLA4	rs231775	AA+	G	+ +	●
CYP1A1	rs1800031	TT-	G	- -	●



CYP1A1	rs41279188	CC-	A,T	- -	●
CYP1A1	rs72547509	TT-	G,T	- -	●
CYP1B1	rs1056836	CC-	C	- -	●
CYP2E1	rs2070673	TT+	T	- -	●
CYP3A4	rs2740574	AA-	T	- -	●
CYP3A5	rs776746	AG-	C	+ -	●
DIRC3	rs966423	CC+	G,T	+ +	●
DPYD	rs1801266	CC-	A	- -	●
DPYD	rs1801267	GG-	T	- -	●
DPYD	rs1801268	GG-	A	- -	●
E2F3	rs1570155	AG+	A,T	+ -	●
EPHX1	rs1051740	CC+	C	+ +	●
FASLG	rs763110	CT+	T	+ -	●
FKBP5	rs1360780	CC+	A,C	- -	●
FTO	rs1121980	CT-	A,C	+ -	●
G6PD	rs1050828	GG-	T	- -	●
GAD1	rs701492	CC+	T	- -	●
GAD1	rs2241165	AG-	T	+ -	●
GCK	rs4607517	GG+	A,C	- -	●
GPHN	rs104894470	CC+	T	- -	●
GPX1	rs1050450	CC-	A	- -	●
GSTP1	rs1695	AA+	G	- -	●
HLA-DRA	rs3135391	CC-	A	- -	●
HLA-DRB1	rs660895	AA+	G	- -	●
HTR2A	rs6314	CC-	A	+ +	●
HTR2A	rs1328674	GG-	C,G	- -	●
HTR2C	rs3813929	CC+	G,T	- -	●
HTRA1	rs11200638	GG+	A	- -	●
IGF2BP2	rs4402960	GG+	T	- -	●
IL-1B	rs16944	AG+	G	+ -	●
INSIG2	rs7566605	CC+	C	+ +	●
INTERGENIC	rs791595	GG+	G	- -	●
INTERGENIC	rs1545843	AG+	A	+ -	●
INTERGENIC	rs7923837	AG+	A,T	+ -	●
IRS1	rs2943641	CC+	C	- -	●



KCNJ11	rs5215	CC+	T	- -	●
KCNJ11	rs5219	TT+	T	+ +	●
KCNQ1	rs2283228	AA+	C	- -	●
KCNQ1	rs104894252	GG+	A,C	- -	●
LEPR	rs1137101	AG+	G	+ -	●
MAOA	rs909525	GG-	T	+ +	●
MTHFR	rs1476413	AA-	G,T	+ +	●
MTHFR	rs1801131	CC-	G	+ +	●
MTNR1B	rs10830963	GG+	G	+ +	●
MTRR	rs1801394	AG+	G	+ -	●
NAF1	rs7675998	GG+	G,T	- -	●
NBDY	rs4826508	CC+	T	- -	●
OXTR	rs237899	AG+	A,C	+ -	●
OXTR	rs2254298	GG+	A	- -	●
PAX4	rs2233580	GG-	T	- -	●
PPARG	rs1801282	GG+	C	+ +	●
PPCDC	rs2120019	CT+	C	+ -	●
PTEN	rs121909229	GG+	A,C,T	- -	●
PTEN	rs121909232	CC+	G	- -	●
RNASEL	rs3738579	TT-	G	+ +	●
SLC30A8	rs13266634	CT+	A,T	+ -	●
SLC39A6	rs1050631	CC-	A	- -	●
SOD3	rs1799895	CG+	G	+ -	●
SOD3	rs2855262	CT+	C	+ -	●
STAT4	rs10181656	CC+	C	- -	●
TCF7L2	rs7903146	CT+	G,T	+ -	●
TCF7L2	rs12255372	GT+	T	+ -	●
TERT	rs2736098	AG-	T	+ -	●
TRIB3	rs2295490	AA+	G,T	- -	●
XPC	rs2228000	CC-	A	- -	●
XRCC1	rs1799782	CC-	A	- -	●



Name: Sample

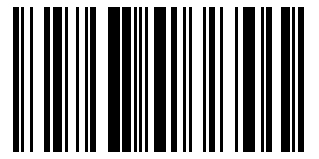
Age:

Gender: M

Report Date: 15/05/2025

Prescriber:

Health Insurance:









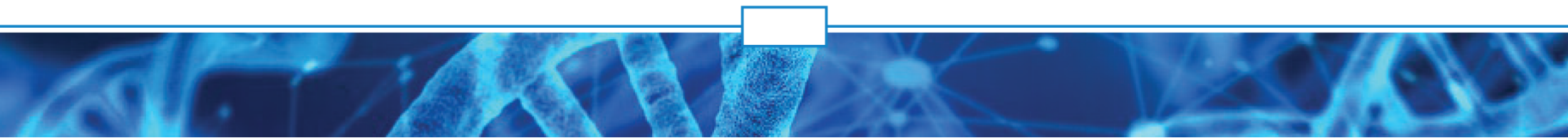
Sample

Turmeric (Curcumin)

 MEDIUM

Benefit from regular turmeric intake, by stimulating the endogenous antioxidant system, and stimulating DNA repair.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
BIN1	rs744373	TT-	G	 	
SOD3	rs1799895	CG+	G	 	









































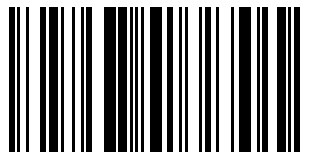


Selenium

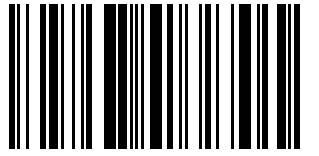
 MEDIUM

Results in orange or red indicate the susceptibility to the need for selenium. It plays a critical role in metabolism and thyroid function and helps protect your body from damage caused by oxidative stress. What's more, selenium may help boost your immune system, slow age-related mental decline, and even reduce your risk of heart disease.

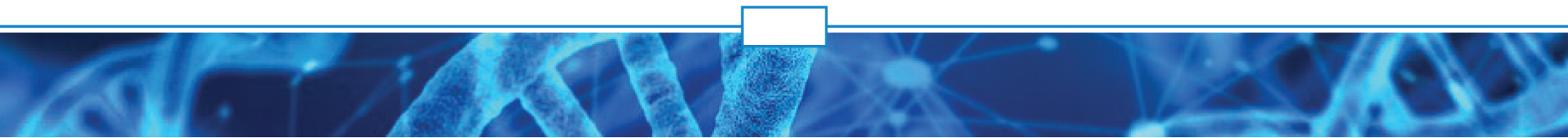
Gene	RSID	Genotype	Minor Allele	Alteration	Result
A2M	rs669	AA-	C		
ABCA1	rs1883025	GG-	T		
ABCA7	rs3764650	GG+	G		
ABCA7	rs115550680	AA+	G		
ABCB1	rs3213619	CT-	G		
ACE	rs4343	GG+	A		
ADD1	rs4961	GT+	A,T		
ADH1C	rs283413	GG-	A,T		
ADRB2	rs1800888	CC+	T		
ALDH2	rs671	GG+	A		
APOC1	rs4420638	AA+	G		
APOE	rs7412	CC+	T		
APOE4	rs429358	TT+	C		
ATM	rs664143	CC-	G,T		
ATP2B1	rs2681472	TT-	G		
BAG3	rs2234962	TT+	C		
BCO1	rs12934922	TT+	G,T		
BDNF	rs6265	AG-	T		
BIN1	rs744373	TT-	G		
BRAP	rs3782886	AA-	C		
BTD	rs104893686	TT+	G		
BTD	rs104893687	CC+	T		
C1ORF106	rs7522462	GG+	A		
CCL2	rs1024611	CC-	G		
CD2AP	rs9349407	GG+	C		
CD2AP	rs10948363	AA+	G		
CD58	rs12044852	CC+	A		
CD86	rs9282641	GG+	A		
CDH13	rs8055236	GG+	A,C,T		

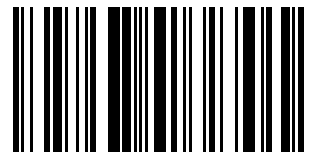


CDKN1A	rs1801270	CC+	A,T	- -	●
CDKN2B-AS1	rs1063192	TT-	A,T	- -	●
CDKN2B-AS1	rs10757272	CC+	T	- -	●
CDKN2B-AS1	rs10757274	AA+	G	- -	●
CETP	rs5882	AG+	A	+ -	●
CETP	rs2303790	AA+	G	- -	●
CLPTM1L	rs401681	CT+	T	+ -	●
CLSTN2	rs17411949	CC+	T	- -	●
CLU	rs11136000	CC+	C	- -	●
CPS1	rs1047891	AC+	A	+ -	●
CR1	rs3818361	CC-	G	- -	●
CR1	rs6656401	GG+	G,T	- -	●
CTC1	rs3027247	TT-	C	- -	●
CTLA4	rs231775	AA+	G	+ +	●
CYP1A1	rs1800031	TT-	G	- -	●
CYP1A1	rs41279188	CC-	A,T	- -	●
CYP1A1	rs72547509	TT-	G,T	- -	●
CYP1B1	rs1056836	CC-	C	- -	●
CYP24A1	rs2296241	GG+	A	- -	●
CYP24A1	rs6068816	CC+	T	- -	●
CYP2E1	rs2070673	TT+	T	- -	●
CYP3A4	rs2740574	AA-	T	- -	●
CYP3A5	rs776746	AG-	C	+ -	●
DBC1	rs10984447	AG+	G	+ -	●
DIO1	rs2235544	CC+	A,T	- -	●
DIO1	rs11206244	CC+	T	- -	●
DIRC3	rs966423	CC+	G,T	+ +	●
DLEU1	rs2762051	CC+	T	- -	●
DLG2	rs17148090	AA+	C,G	- -	●
DMD	rs1800278	AA-	C	- -	●
DMD	rs1801187	GG-	T	- -	●
DMD	rs104894788	GG-	T	- -	●
DMGDH	rs921943	GG-	T	- -	●
DNAJC5B	rs13279522	TT+	C	- -	●
DPYD	rs1801266	CC-	A	- -	●

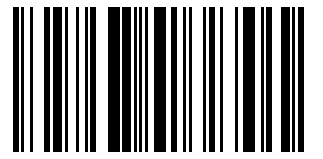


DPYD	rs1801267	GG-	T	- -	●
DPYD	rs1801268	GG-	A	- -	●
DSG2	rs2230234	AA+	G,T	- -	●
E2F3	rs1570155	AG+	A,T	+ -	●
EPHX1	rs1051740	CC+	C	+ +	●
EPHX1	rs2234922	AA+	G,T	- -	●
F12	rs1801020	CT-	G	+ -	●
FAM47E	rs6812193	CC+	T	- -	●
FASLG	rs763110	CT+	T	+ -	●
FGF7	rs4338740	TT+	C	- -	●
FMN2	rs17672135	TT+	C	+ +	●
G6PD	rs1050828	GG-	T	- -	●
GCKR	rs1260326	CT+	C	+ -	●
GOLM1	rs7019241	CC+	G,T	- -	●
GOLM1	rs10868366	GG+	T	- -	●
GPX1	rs1050450	CC-	A	- -	●
GSTP1	rs1695	AA+	G	- -	●
HLA	rs2517532	CT-	G	+ -	●
HLA-DRA	rs3135391	CC-	A	- -	●
HLA-DRB1	rs660895	AA+	G	- -	●
HLA-DRB1	rs3135388	CC-	A	- -	●
IL-6	rs1800795	GG+	G	+ +	●
IL-7R	rs6897932	CC+	T	+ +	●
INTERGENIC	rs501120	AG-	C	+ -	●
INTERGENIC	rs679582	GG+	G	- -	●
INTERGENIC	rs1333049	GG+	C	- -	●
INTERGENIC	rs2383207	AA+	G	- -	●
INTERGENIC	rs10162002	GG+	A	- -	●
INTERGENIC	rs10757278	AA+	G	- -	●
INTERGENIC	rs13192841	AG+	A	+ -	●
ITGB3	rs5918	TT+	C	- -	●
IYD	rs121918139	TT+	C	- -	●
KCNE1	rs1805127	AG-	A,C,G	+ -	●
KCNE2	rs2234916	AA+	G	- -	●
KL	rs9536314	TT+	A,G	- -	●





LDLR	rs688	CC+	T	- -	●
LRP6	rs2160525	GG+	G	- -	●
LRP8	rs5174	GG-	T	- -	●
LRRK2	rs11564148	TT+	A	- -	●
LRRK2	rs34637584	GG+	A	- -	●
LRRK2	rs34778348	GG+	A	- -	●
LTA	rs1799724	CT+	T	+ -	●
MAOA	rs909525	GG-	T	+ +	●
MAOA	rs1137070	TT+	C	- -	●
MAOB	rs1799836	AA-	A,C	+ +	●
MAPT	rs393152	AA+	G	- -	●
MC1R	rs1805008	CC+	T	- -	●
MCCC1	rs10513789	TT+	G	- -	●
MS4A6A	rs610932	AC-	G	+ -	●
MTHFD1	rs1076991	AA-	C,G	- -	●
MTHFD1L	rs6922269	AG+	A	+ -	●
MTHFD1L	rs11754661	GG+	A,T	- -	●
MTHFD1L	rs17349743	TT+	C	- -	●
MTHFR	rs1476413	AA-	G,T	+ +	●
MTHFR	rs1801131	CC-	G	+ +	●
MTRR	rs1801394	AG+	G	+ -	●
MYBPC3	rs11570112	CC-	A,C	- -	●
NAF1	rs7675998	GG+	G,T	- -	●
NFE2L2	rs35652124	CC+	C	- -	●
NPPA	rs5065	AA+	G	- -	●
PCK1	rs8192708	AA+	G	- -	●
PDE8B	rs4704397	AA+	A	+ +	●
PHTF1	rs6679677	CC+	A	- -	●
PICALM	rs3851179	GG-	C	- -	●
PICALM	rs10792832	GG+	G	- -	●
PLD3	rs145999145	GG+	A	- -	●
PLPP3	rs17114036	AA+	G	- -	●
PPP1R3B	rs3748140	GG-	T	- -	●
PPP1R3B	rs9987289	GG+	G	- -	●
PRRC2C	rs2421847	AA+	G	- -	●



PSEN1	rs63749824	CC+	G,T	- -	●
PSEN2	rs63750197	CC+	T	- -	●
PSRC1	rs599839	AG+	A,C	+ -	●
PTEN	rs121909229	GG+	A,C,T	- -	●
PTEN	rs121909232	CC+	G	- -	●
RAB25	rs34372695	CC+	G,T	- -	●
RNASEL	rs3738579	TT-	G	+ +	●
RPS6KB1	rs630923	CC+	A	- -	●
RYR2	rs34967813	AA+	G	- -	●
SH2B3	rs3184504	CC+	A,C,G	- -	●
SLC39A6	rs1050631	CC-	A	- -	●
SMAD3	rs17228212	TT+	C	- -	●
SNCA	rs356219	AA+	G	- -	●
STAT4	rs10181656	CC+	C	- -	●
TERT	rs2736098	AG-	T	+ -	●
TG	rs35301433	AA+	G	- -	●
TLR4	rs4986790	AG+	G,T	+ -	●
TLR4	rs4986791	CC+	T	- -	●
TMPO	rs17028450	CC+	T	- -	●
TNF	rs1800629	GG+	A	- -	●
TNFSF14	rs344560	GG-	C	- -	●
TNFSF14	rs2291667	CC-	A	- -	●
TNFSF4	rs1234313	AG+	G	+ -	●
TNFSF4	rs3861950	CT+	C	+ -	●
TREM2	rs75932628	CC+	A,T	- -	●
VAV3	rs4915077	TT+	C	- -	●
XPC	rs2228000	CC-	A	- -	●
XRCC1	rs1799782	CC-	A	- -	●



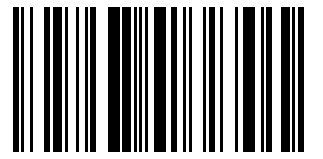


Resveratrol



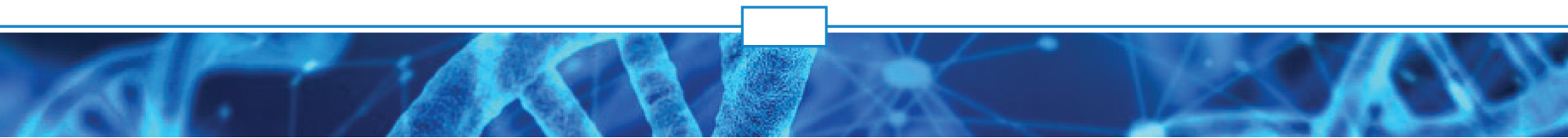
Resveratrol is a polyphenol found mainly in the skin and seeds of red or black grapes - that's why it is present in wine and red grape juice. In addition, blueberries, cranberries, cocoa and peanuts also contain the compound. Studies show several benefits of the compound, such as being anti-inflammatory, cardioprotective, hepatoprotective, helping to prevent diabetes, helping with weight loss, among other points. In terms of skin, what interests us a lot is the fact that the compound is an antioxidant and has a protective action against ultraviolet radiation.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
ABCA1	rs1883025	GG-	T	- -	●
ABCG8	rs6544713	CC+	C	- -	●
APOC1	rs4420638	AA+	G	- -	●
APOE	rs7412	CC+	T	- -	●
AR	rs5031002	GG+	A	- -	●
B3GALT1	rs13020412	AA+	G	- -	●
BRCA2	rs4942486	CT+	C	+ -	●
CASC17	rs1859962	GT+	T	+ -	●
CASC21	rs16902104	CC+	G,T	- -	●
CASC8	rs1447295	CC+	C,T	- -	●
CASC8	rs6983267	GG+	T	+ +	●
CDH1	rs16260	CC+	A	- -	●
CHEK2	rs17879961	TT-	C,G	- -	●
CPS1	rs1047891	AC+	A	+ -	●
CR1L	rs4844614	GT+	T	+ -	●
CYP24A1	rs2296241	GG+	A	- -	●
CYP3A4	rs2740574	AA-	T	- -	●
CYP3A4	rs55785340	AA+	G	- -	●
DAB2IP	rs1571801	CC-	T	- -	●
DNAH11	rs12670798	TT+	C	- -	●
ELAC2	rs4792311	GG+	A,C	- -	●
ERI1	rs96621	CC+	C	- -	●
FABP2	rs1799883	GG-	A,C,G	- -	●
FADS2	rs174570	CC+	T	- -	●
FGFR4	rs351855	CC-	A	- -	●
GPX1	rs1050450	CC-	A	- -	●
HNF1A	rs2650000	GT-	A	+ -	●
IL-10	rs1800896	AG-	C	+ -	●



INTERGENIC	rs7965399	TT+	A,C	- -	●
INTERGENIC	rs10505483	GG-	T	- -	●
INTERGENIC	rs10896449	AG+	G	+ -	●
INTERGENIC	rs12661968	CC+	C	+ +	●
IRF4	rs12203592	CC+	T	- -	●
JAZF1	rs10486567	GG+	A	- -	●
KLF6	rs3750861	CC+	T	- -	●
LDLR	rs6511720	GG+	T	- -	●
MC1R	rs1805005	GG+	T	- -	●
MC1R	rs1805007	CC+	A,G,T	- -	●
MC1R	rs1805008	CC+	T	- -	●
MC1R	rs1805009	GG+	A,C	- -	●
MGMT	rs2308327	AA+	G	- -	●
NAF1	rs7675998	GG+	G,T	- -	●
OR4A46P	rs7395662	GG+	A	- -	●
PCIF1	rs7679	TT+	C	- -	●
SLC45A2	rs185146	CC+	T	- -	●
TCF2	rs4430796	GG+	G	- -	●
TCF7L2	rs12255372	GT+	T	+ -	●
XRCC1	rs25489	GG-	G,T	- -	●
ZNF827	rs13149290	CC+	T	- -	●

Neurodegenerative diseases
















































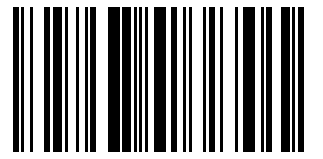


Alzheimer's disease

 NORMAL

Progressive disease that destroys memory and other important mental functions. As we age, our brains change and we may occasionally have difficulty remembering details. However, Alzheimer's disease and other dementias cause memory loss and other symptoms significant enough to interfere with people's daily lives. These symptoms are not natural to aging. Not all memory loss is caused by Alzheimer's. In addition to memory loss, Alzheimer's symptoms include: Problems completing tasks that were once easy; Difficulties in solving problems; Changes in mood or personality; distancing from friends and family; Problems with communication, both written and spoken; Confusion about places, people and events; Visual changes such as problems understanding images.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
A2M	rs669	AA-	C		
ABCA7	rs3764650	GG+	G		
ABCA7	rs115550680	AA+	G		
APOC1	rs4420638	AA+	G		
APOE	rs7412	CC+	T		
APOE	rs405509	AC-	G		
APOE4	rs429358	TT+	C		
APP	rs63750066	GG-	T		
BDNF	rs6265	AG-	T		
BIN1	rs744373	TT-	G		
CD2AP	rs9349407	GG+	C		
CD2AP	rs10948363	AA+	G		
CETP	rs5882	AG+	A		
CHAT	rs2177369	CT-	G		
CHAT	rs3810950	AG+	A		
CLU	rs11136000	CC+	C		
CPS1	rs1047891	AC+	A		
CR1	rs3818361	CC-	G		
CR1	rs6656401	GG+	G,T		
CTSD	rs17571	CC-	A		
GCKR	rs1260326	CT+	C		
GOLM1	rs7019241	CC+	G,T		
GOLM1	rs10868366	GG+	T		
IL-1B	rs1143634	CC-	A		
IL-6	rs1800795	GG+	G		
LDLR	rs688	CC+	T		



LRP6	rs2160525	GG+	G	- -	●
LTA	rs1799724	CT+	T	+ -	●
MS4A6A	rs610932	AC-	G	+ -	●
PCK1	rs8192708	AA+	G	- -	●
PICALM	rs3851179	GG-	C	- -	●
PICALM	rs10792832	GG+	G	- -	●
PLD3	rs145999145	GG+	A	- -	●
PPP1R3B	rs3748140	GG-	T	- -	●
PPP1R3B	rs9987289	GG+	G	- -	●
PRRC2C	rs2421847	AA+	G	- -	●
PSEN1	rs661	GG+	A,T	- -	●
PSEN1	rs63749824	CC+	G,T	- -	●
PSEN2	rs63750197	CC+	T	- -	●
TF	rs1049296	CT+	T	+ -	●
TFAM	rs1937	GG+	C	- -	●
TOMM40	rs2075650	AA+	G	- -	●
TREM2	rs75932628	CC+	A,T	- -	●

Frontotemporal Lobar Degeneration

● UNDEFINED

The term frontotemporal dementia refers to a clinical syndrome characterized by progressive behavioral changes associated with atrophy of the frontal lobes and anterior portions of the temporal lobes.

Frontotemporal dementia

● UNDEFINED

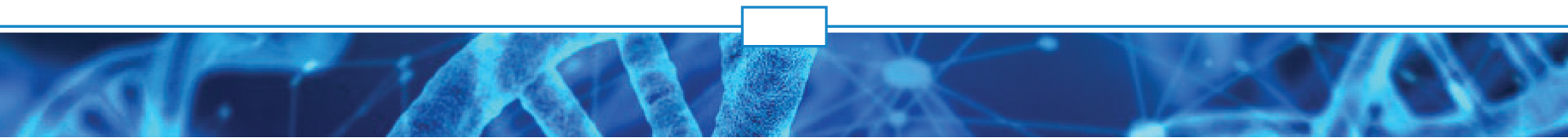
DFT is the name given to the type of dementia in which degeneration of one or both of the frontal and temporal lobes of the brain occurs. The frontal lobes (left and right) regulate mood, behavior, judgment and self-control.

Mental health

● UNDEFINED

Mental health is a term used to describe a level of cognitive or emotional quality of life or the absence of mental illness.

Neurological







Motor coordination

 MEDIUM











Motor coordination is the ability and ability to more efficiently use skeletal muscles (large muscles), resulting in a more efficient overall action in agility, speed and energy.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
DRD2	rs1076560	AC+	A		

Sleep Quality

 NORMAL

Sleep quality can be related to the environment, clinical conditions and also the genetic tendency of each individual.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
CACNA1C	rs2302729	CC+	C		
FGF12	rs9836672	CC+	T		
INTERGENIC	rs17071124	AA+	G		
MTNR1B	rs10830964	CC+	T		
TRPM6	rs11144134	TT+	C		

Apnea

 UNDEFINED

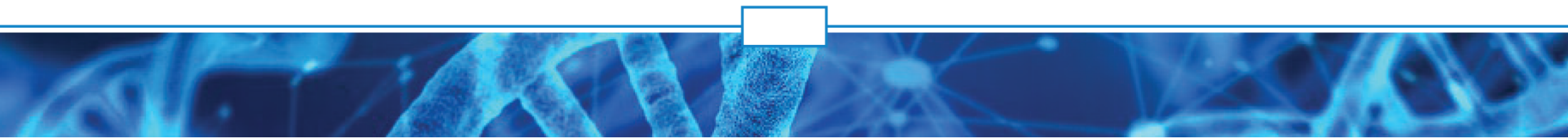
Apnea is a disorder characterized by repetitive episodes of pauses in breathing or periods of shallow breathing during sleep. Breaks can occur several times a night and often cause oxygen desaturation, interfering with sleep quality. Presents risk of cardiac arrest.

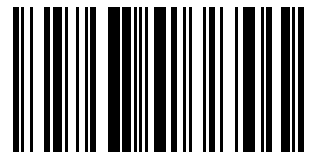
Mental decline with age

 UNDEFINED

The brain begins to age much earlier than expected.

Oxidation









Oxidative stress

 MEDIUM

Evaluation of a set of genes associated with the functioning of the reduction and oxidation (redox) system as a whole. Orange or red indicates poorer functioning, that is, greater risk of oxidative stress.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
ADA	rs73598374	GG-	A,G,T		
ATF1	rs11169571	CT+	C		
CAT	rs1001179	GG-	T		
CBS	rs234706	GG+	A		
CBS	rs2851391	CC+	C		
EPHX1	rs1051740	CC+	C		
EPHX1	rs2234922	AA+	G,T		
G6PD	rs1050829	AA-	C		
G6PD	rs2230037	TT-	G		
GPX1	rs3448	CT+	T		
GPX1	rs1050450	CC-	A		
GSR	rs2978663	TT+	T		
GSTM1	rs366631	TT-	G		
GSTP1	rs1695	AA+	G		
GSTP1	rs1138272	CC+	T		
HFE	rs1799945	CC+	G		
HFE	rs1800562	GG+	A		
IL-6	rs1800795	GG+	G		
LCT	rs2322659	TT+	C		
LTA	rs909253	CT-	G,T		
NQO1	rs1800566	CT-	A		
SOD1	rs1041740	CC+	T		
SOD2	rs4880	CT-	G		
SOD3	rs1799895	CG+	G		
SOD3	rs2855262	CT+	C		
TLR4	rs4986790	AG+	G,T		
TNF	rs1800629	GG+	A		
ZNF648	rs10911021	TT+	C		

Pains





Pain Sensitivity



Pain sensitivity

Gene	RSID	Genotype	Minor Allele	Alteration	Result
COMT	rs4680	AG+	A	+ -	●
COMT	rs4818	CC+	G,T	+ +	●
OPRM1	rs1799971	AG+	G	+ -	●

Sciatica Pain



The main causes of radiculopathy are herniated discs and spondyloarthrosis, which is occurring in the joints between vertebrae; other causes are spinal instability (spondylolisthesis), trauma to the spine and, more rarely, tumor, stroke, etc. Spondyloarthrosis is one of the main components of spine aging, which can lead to root and / or spinal compression due to the proliferation of bone and ligament tissue; the result of this process is a progressive narrowing (stenosis) of the space (s) between the spine and / or of the root foramina (foraminopathy) in the spine.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
COMT	rs4680	AG+	A	+ -	●
IL-1A	rs1800587	CC-	A,C	- -	●
IL-6	rs1800795	GG+	G	+ +	●
IL-6	rs1800796	CC+	C	- -	●
OPRM1	rs1799971	AG+	G	+ -	●

Lumbar Disc Disease



It occurs when part of an intervertebral disc leaves its normal position and compresses the nerve roots that branch from the spinal cord and emerge from the spinal column.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
CHST3	rs4148941	AC+	A	+ -	●

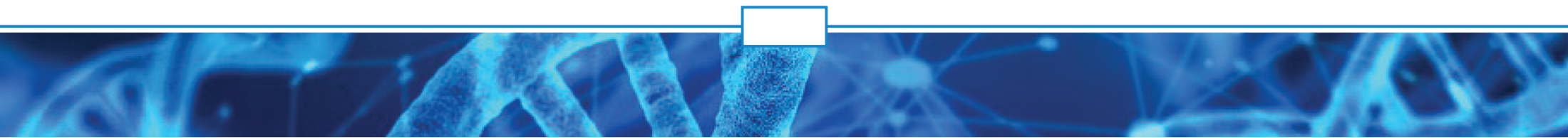
Back pains



There are several causes, risk factors and ways to prevent back pain. Back pain can originate in the spine, muscles, nerves or from other structures.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
SERPINA6	rs941601	GG-	T	- -	●

Personal characteristics







Leadership gene

 HIGH











A 2013 article titled "Born to Lead? A Study of Genetic Association and Leadership Role Design Leadership," conducted a GWAS study and concluded that occupation of leadership roles is associated with the rs4950 marker, a SNP in the gene of the neuronal acetylcholine receptor (CHRN3). Individuals with the rs4950 (T;T) genotype (as directed in the dbSNP) are statistically more likely to occupy leading positions compared to rs4950 (C;T) or (C;C) individuals.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
CHRN3	rs4950	TT-	A,C		

Resistance

 HIGH

















It is the practice of exercises done over a longer period of time and with more rest. Less force is used. In modalities that require carrying weight, such as weight training, you work with 50% to 80% of the person's capacity. However, the number of repetitions and sets is higher. They are ideal for weight loss and fitness maintenance. For those who want to lose weight, exercises with longer duration (bicycle, treadmill) are the most indicated. Cautions: Exposing the body to too long a duration of exercise can cause fiber damage even more serious than excess in burst exercises. Pay attention to limits. At the sign of excessive fatigue, discontinue practice.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
ADRB2	rs1042713	GG+	A		
GABPB1	rs7181866	AA+	G		
NR1H3	rs7120118	TT+	C		
PPARA	rs4253778	GG+	C,T		
PPARGC1A	rs8192678	GG-	T		

Sociability

 MEDIUM-HIGH

Sociability is the characteristic that a person presents, that is, one who naturally tends to live better in society. Indicates how easy it is to make friends and keep them. Results in red indicate it is the more difficult to socialize.





Gene	RSID	Genotype	Minor Allele	Alteration	Result
CDH13	rs8056579	GG+			
CDH23	rs17635977	AA+			
CLOCK	rs1801260	TT-	G		
CLOCK	rs6832769	AA+	G		
OXTR	rs1042778	GG+	T		
OXTR	rs2254298	GG+	A		
OXTR	rs13316193	TT+	C		
PER3	rs228697	CG+	G		



Night chronotype

 MEDIUM





Nocturnal or afternoon chronotype: the peak occurs much later, at 6 am. They are those people who do better at night, but need to prolong their rest until early morning. Sleep time is usually between 3:00 and 11:00. It corresponds to 25% of individuals. Result in orange or red indicates a tendency to have the night chronotype.

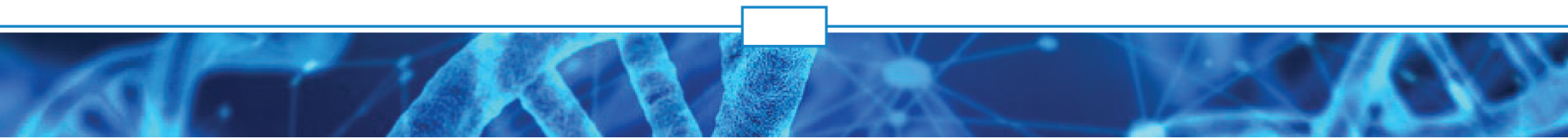
Gene	RSID	Genotype	Minor Allele	Alteration	Result
NR1D1	rs12941497	GG+	A		
PER3	rs228697	CG+	G		

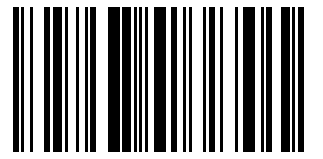
Obsessive-Compulsive Disorder (OCD)

 MEDIUM

Excessive thoughts (obsessions) that lead to repetitive behaviors (compulsions).

Gene	RSID	Genotype	Minor Allele	Alteration	Result
ANKK1	rs1800497	CT-	A		
TPH2	rs4570625	GG+	G		





















































Mitochondrial Energy Production

 MEDIUM

It refers to the general efficiency of mitochondrial energy production processes, considering multiple interacting genes.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
ADRB3	rs4994	CT-	G		
AMPD1	rs17602729	CC-	A		
AMPD1	rs35859650	GG+	A		
AMPD1	rs121912682	GG-	G,T		
ATP5G3	rs36089250	TT+	C		
CLOCK	rs1801260	TT-	G		
DMD	rs104894787	CC-	A		
DMD	rs104894788	GG-	T		
GPC5	rs2352028	CC+	G,T		
MMP3	rs679620	AG-	C		
MSTN	rs1805086	AA-	C		
MTHFR	rs1476413	AA-	G,T		
MTHFR	rs17367504	GG+	G		
NDUFS8	rs999571	CC-	A		
NOS3	rs1799983	GG+	T		
NOS3	rs2070744	TT+	T		
NRG1	rs6994992	CT+	A,T		
NRG1	rs10503887	GG+	A,T		
PPARD	rs2016520	AA-	T		
PPARG	rs121909244	CC+	A,T		
PPARGC1A	rs8192678	GG-	T		
SUCLA2	rs121908538	CC-	A		
TPK1	rs371271054	TT+	C		
UCP2	rs660339	CC-	T		





Greater Stimulus with Caffeine



Individuals with this polymorphism are more stimulated with caffeine.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
ADORA2A	rs5751876	TT+	C	- -	●
CYP1A2	rs762551	AC+	C	+ -	●
MTNR1B	rs10830964	CC+	T	- -	●

Visuospatial Working Memory



The visuospatial storage area stores visual and spatial information. It can be used, for example, to construct and manipulate visual images and to represent mind maps. It is also beneficial for strategic organization and sports such as football and basketball.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
CACNA1C	rs1006737	GG+	A	- -	●
NRG1	rs6994992	CT+	A,T	+ -	●
SLC6A3	rs2617605	AA-	C	- -	●

Trend to Blond Hair



Lighter hair tones.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
TYR	rs1393350	GG+	A	- -	●

Tendency to sleep late



Persistent problems sleeping and staying asleep. Indication in red and orange indicate greater predisposition.

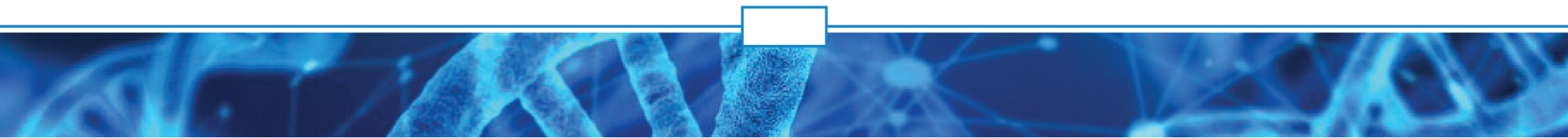
Gene	RSID	Genotype	Minor Allele	Alteration	Result
CLOCK	rs1801260	TT-	G	- -	●

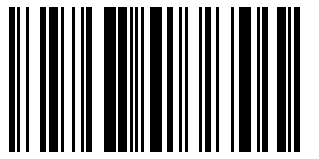
Memory (verbal)



Also known as short-term auditory memory, which we use, for example, when listening, speaking and writing.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
TNF	rs361525	GG+	A	- -	●







Higher Temperature During Exercise

 NORMAL



Individuals with the AG and AA alleles of the 2253206 polymorphism have a higher temperature during physical exercise.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
CREB1	rs2253206	GG+	G		

Morning Chronotype

 NORMAL





Morning Chronotype: Peak melatonin production occurs before midnight. These are individuals who need to go to bed early and are most active in the early hours of the day. In general, they sleep between 10 pm and 6 am. According to the International Melatonin Institute 25% of the population is morning. Result in orange or red indicates a greater tendency to the morning chronotype. Results in red could be beneficial

Gene	RSID	Genotype	Minor Allele	Alteration	Result
PER3	rs228697	CG+	G		

Withdrawal Symptoms in Alcoholism

 LOW



Symptoms that occur when someone stops using alcohol after a long period of binge drinking.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
SLC6A3	rs27048	CT+	A,G,T		
SLC6A3	rs27072	CT+	A,T		

Manual dexterity

 LOW



Manual dexterity is the ability of the hands and fingers to make coordinated movements. It indicates people with better motor skills and aptitude for manual work, such as sewing, painting, crafts, technical assembly and surgeries. It also relates to sports that require the use of hands.

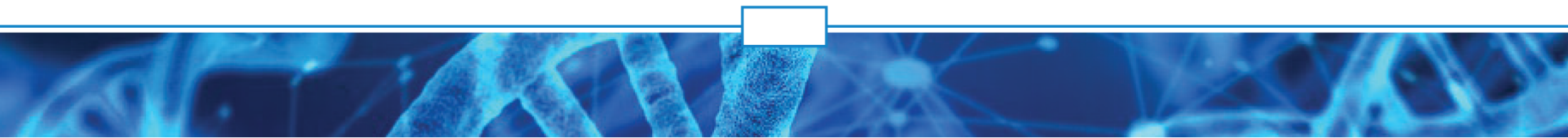
Gene	RSID	Genotype	Minor Allele	Alteration	Result
PCSK6	rs7182874	TT+	C		

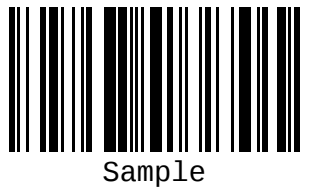
Susceptibility to Bacteria

 LOW

The susceptibility to bacteria is associated with genetic problems

Gene	RSID	Genotype	Minor Allele	Alteration	Result
TIRAP	rs8177374	TT+	T		





Personality

UNDEFINED

Personality is the set of psychological characteristics that determine the patterns of thinking, feeling and acting, that is, the personal and social individuality of someone

Odor Sensitivity

UNDEFINED

Sensitivity to smells

Cocaine-generated paranoia

UNDEFINED

Effect caused by cocaine use. The graph opposite indicates the genetic predisposition to be more susceptible to this condition.

Attention deficit

UNDEFINED

This designation refers to the presentation of the disorder where symptoms of hyperactivity and/or impulsivity are not present.

Devotion to work

UNDEFINED

It is characteristic of people who are extremely dedicated to work, as well as self-disciplined and punctual. This profile also indicates dedicated students.

Marijuana addiction (Cannabis)

UNDEFINED

Addiction to marijuana caused by its overuse.

Insensitivity to Pain

UNDEFINED

Reduced or absent response to painful stimuli.

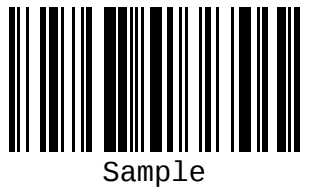
Increased Probability of Fatigue

UNDEFINED

Fatigue is the name given to a symptom that is characterized by a feeling of weariness, tiredness and lack of energy.

Provocative









Challenging behavior

 NORMAL

Defiant Behavior (unrelated to Oppositional Defiant Disorder) is characterized by antisocial behaviors such as disobedience, defiant posture, and hostility. The individual has difficulties to follow rules and recognize his mistakes, resenting more than usual when he is contradicted.







Gene	RSID	Genotype	Minor Allele	Alteration	Result
CLOCK	rs1801260	TT-	G		
CLOCK	rs6832769	AA+	G		

Psychiatric

Cocaine addiction

 HIGH











Cocaine is a fast addictive drug. The graph on the side indicates the genetic predisposition to have a greater chance of dependence.

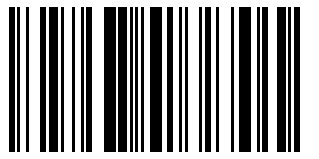
Gene	RSID	Genotype	Minor Allele	Alteration	Result
CHRNA5	rs16969968	GG+	A		
FAAH	rs324420	CC+	A		
OPRD1	rs12749204	GG+	G		

Addiction tendency (eating, gambling, alcohol, smoking)

 MEDIUM-HIGH

Genetics might influence the tendency to addictions.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
ANKK1	rs1800497	CT-	A		
DRD2	rs1799978	AA-	C		
DRD2	rs4648317	CC-	A		
DRD2	rs12364283	AA+	G		
OPRM1	rs1799971	AG+	G		



Panic Syndrome



Panic syndrome is a type of anxiety disorder in which unexpected bouts of despair and intense fear that something bad will happen occur, even if there is no reason for it or signs of impending danger.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
ADORA2A	rs5751876	TT+	C	+ +	●
BDNF	rs6265	AG-	T	+ -	●
GHRL	rs4684677	TT+	T	- -	●
HTR2A	rs6311	CT+	C	+ -	●
HTR2A	rs6313	CT-	A	+ -	●
HTR2A	rs3742278	AG+	G	+ -	●

Personality Trait: Assertiveness



Assertiveness is a behavioral posture towards people and everyday situations. It is not tied to what is right or wrong; it is linked to the way we expose and defend our positions.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
ZNF285B	rs644148	GT+	T	+ -	●

Personality Trait: Positive Emotions



The main positive emotions are love and joy, which motivate the individual and generate a large amount of dopamine and serotonin, neurotransmitters responsible for feelings of happiness and well-being. They directly impact people's motivation, willingness and productivity, acting as fuel for individuals.

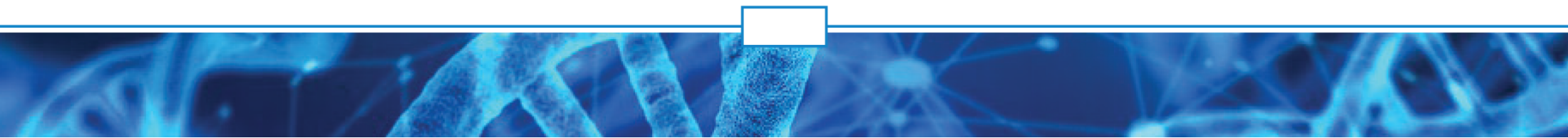
Gene	RSID	Genotype	Minor Allele	Alteration	Result
ZNF285B	rs644148	GT+	T	+ -	●

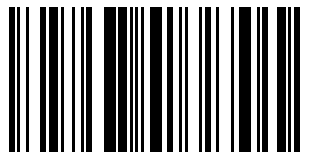
Personality Trait: Extraversion



Extroverts are people who are often leaders, work well in groups, and prefer to be with others than to be alone. Other personality traits often associated with extraversion include optimism. People who are extroverts prefer to have company and tend to have lots of friends.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
ZNF285B	rs644148	GT+	T	+ -	●









Bipolar Disorder (Response to Lithium Treatment)

 NORMAL

























Efficient or not effective response to the disorder associated with mood changes when treated with lithium.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
GADL1	rs17026688	CC+	T		
NTRK2	rs1387923	GG+	G		

ADHD (Attention Deficit Hyperactivity Disorder)

 NORMAL



Chronic disease that includes attention deficit, hyperactivity and impulsivity.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
ANKK1	rs1800497	CT-	A		
BDNF	rs6265	AG-	T		
BDNF	rs11030104	AG+	G		
CLOCK	rs1801260	TT-	G		
DBH	rs1611115	TT+	C		
DRD4	rs1800955	CC+	C,G		
HTR2A	rs6314	CC-	A		
HTR2A	rs7984966	TT+	A,C		
MTHFR	rs1801131	CC-	G		
SLC6A2	rs3785143	CC+	T		
SLC6A3	rs27048	CT+	A,G,T		
SLC6A3	rs27072	CT+	A,T		

Cataplexy and Narcolepsy (sleep)

 NORMAL



A chronic sleep disorder that causes excessive daytime sleepiness.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
EIF3G	rs2305795	GG+	A,C		

Late dyskinesia

 NORMAL

A condition that affects the nervous system and manifests itself through involuntary movements, also known as tics. It is often caused by long-term use of some psychiatric medications.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
ANKK1	rs1800497	CT-	A		



Motion sickness

● LOW

Illness caused by movement while traveling.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
AGA	rs121964904	GG-	G	- -	●
AGA	rs121964908	CC-	A	- -	●
KCNQ1	rs2237892	CC+	T	- -	●
MAP2K5	rs1026732	AA+	A	- -	●
PVRL3	rs79006549	AA+	C,G	- -	●

Personality Trait: Conscientiousness

● UNDEFINED

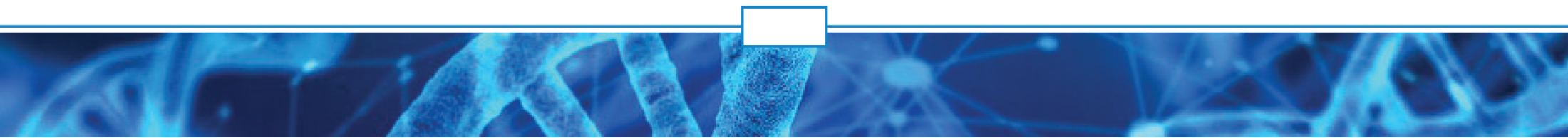
Conscientiousness is a dimension that can be described as the tendency to control impulses and act in a socially acceptable way. These are features that facilitate the achievement of personal goals and objectives. People in this group stand out in their ability to follow rules, plan and organize effectively, being persistent, ambitious, disciplined, reliable, predictable and energetic. They are prone to excel in leadership positions and to pursue their goals with determination. However, people with low conscientiousness are more likely to be impetuous or impulsive.

Disinhibition

● UNDEFINED

People with this characteristic tend to be more communicative, have greater confidence in expressing themselves, more resourcefulness, resourcefulness, fearlessness, are more expansive and sociable.

Reactions to Treatments







Glucocorticoid Therapy

 HIGH



Glucocorticoids are the primary anti-inflammatory therapy for asthma, but their effects are characterized by some interindividual variability that might have a genetic basis. Studies aimed to determine the relationship between pulmonary function change and the variant of the glucocorticoid-induced transcript 1 (GLCCI1) gene in patients with asthma receiving long-term ICS treatment, the association of GLCCI1 genotypes and the level of GLCCI1 expression and cytokines production. Individuals homozygous of SNP rs37973 for the wild-type allele who had a percent FEV1 change greater than 5% were more common than individuals homozygous for the rare allele. Patients with the A allele, the GLCCI1 expression was enhanced upon administration of low-dose dexamethasone; however, GG homozygotes required high-dose dexamethasone to achieve enhanced GLCCI1 expression. Furthermore, the levels of some cytokines were significantly reduced after glucocorticoid treatment in individuals with the AA and AG genotypes. The genetic variant rs37973 GG in GLCCI1 is associated with poorer clinical therapeutic response to inhaled glucocorticoids in asthma tested population. Results in red or orange indicate poorer clinical therapeutic response.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
GLCCI1	rs37973	GG+	A,C		

Loss of Muscle Mass and Energy in Muscles with the use of Statins (Simvastatin, Rosuvastatin, etc.)

 NORMAL



Statins are very effective at lowering cholesterol, but their action can affect that of other important substances. One of the side effects is the loss of muscle mass, an effect that, in addition to being undesirable, can also generate muscle pain and weakness. Statins are the name of a group of drugs that have the function of stopping the production of cholesterol in the liver. Statins have a steroid structure and act on the enzyme HGM-CoA reductase, the enzyme that produces cholesterol. Its continued use, despite the benefits in relation to high LDL, can decrease lean mass. About 5% to 10% of patients develop myopathy (injury / loss of muscle mass), clinically characterized by muscle pain, weakness and/or cramps.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
SLCO1B1	rs4149056	TT+	C		

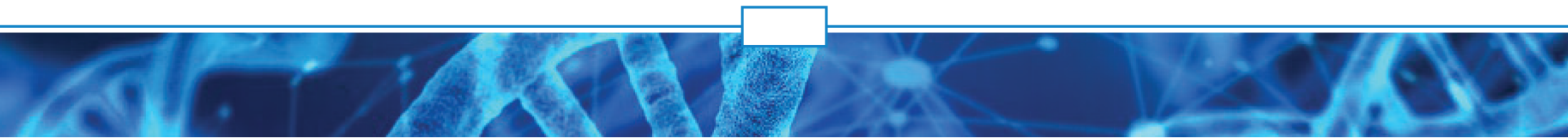
Fluorouracil Response

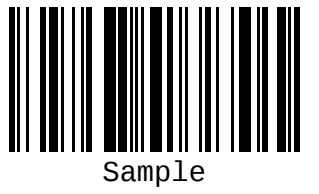
 NORMAL

It is an antitumor agent widely used in the treatment of several types of cancers.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
DPYD	rs3918290	GG-	G,T		

Reasons for Conflict



























Difficulties in Dealing with Criticism

 MEDIUM-HIGH

Being sensitive to criticism is a common trait for many people and requires skills. Some people use criticism in a positive way to improve or in a negative way that can lower their self-esteem and cause stress, anger or even aggression.





Gene	RSID	Genotype	Minor Allele	Alteration	Result
CHADL	rs9611519	CC+	T		
CLOCK	rs1801260	TT-	G		
CLOCK	rs6832769	AA+	G		
DBH	rs1611115	TT+	C		
FAM86B3P	rs2945232	CC+	C		
INTERGENIC	rs6047641	GG+	A,G		
INTERGENIC	rs10456089	GG+	A		
PTPRF	rs2039528	AG+	G		
SNAP25	rs362584	AG+	A		
TMEM16D	rs1849710	CC+	C		
XKR6	rs6981523	CC+	T		

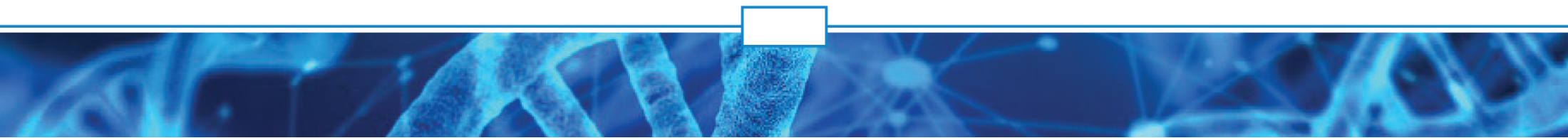
Respiratory system

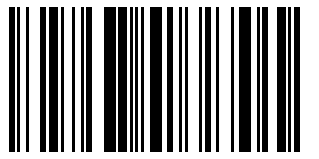
Respiratory Quotient (RQ)

 HIGH

Respiratory quotient, also known as the respiratory ratio (RQ), is defined as the volume of carbon dioxide released over the volume of oxygen absorbed during respiration. It is a dimensionless number used in a calculation for basal metabolic rate when estimated from carbon dioxide production to oxygen absorption. Results in orange or red indicate higher Respiratory Quotient.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
CRY2	rs11605924	CC+	C		
MTNR1B	rs10830963	GG+	G		





Oxygen Volume (O2) Max (VO2 Max)



VO2 Max is the expression defined as the maximum volume of oxygen that our body captures, transports and uses for energy production. Through its measurement it is possible to predict the level of cardiorespiratory fitness of each person, the oxidative metabolic capacity during exercise, capacity to work in occupational activities and also to prescribe physical exercise. It is a complete physiological measure, as it allows the analysis of the cardiovascular, respiratory and muscular systems, thus, the more each system is trained together, the better the body will respond to situations of effort.

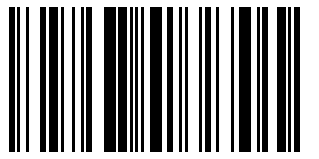
Gene	RSID	Genotype	Minor Allele	Alteration	Result
ACSL1	rs6552828	AA+	G	++	●
CREB1	rs2253206	GG+	G	++	●
CRP	rs1205	CT+	T	+ -	●

Aerobic Resistance



It is the ability of a person to develop an effort of low or medium intensity for a long time. A person with good aerobic endurance can tolerate the fatigue that exercise causes, therefore maintaining the pace and intensity for a considerable amount of time.



Gene	RSID	Genotype	Minor Allele	Alteration	Result
ADRB2	rs1042713	GG+	A	--	●
ADRB2	rs1800888	CC+	T	--	●
ADRB3	rs4994	CT-	G	+ -	●
AMPD1	rs17602729	CC-	A	++	●
CDCA3	rs5443	CC+	T	--	●
GABPB1	rs7181866	AA+	G	--	●
HFE	rs1799945	CC+	G	--	●
KCNJ11	rs5219	TT+	T	--	●
NOS3	rs1799983	GG+	T	--	●
PPARA	rs4253778	GG+	C,T	++	●
PPARD	rs2016520	AA-	T	--	●
PPARD	rs2267668	AA+	A,C	++	●
VEGFA	rs2010963	CG+	G	+ -	●
VEGFA	rs3024994	CC+	T	--	●
VEGFA	rs3025039	CC+	T	--	●



Aspergillosis

 NORMAL

Aspergillosis is an infectious disease caused by the fungus *Aspergillus* sp., which mainly affects the lungs. Usually, this condition is benign, but it plays an important role in systemic malignant infections, as is the case of patients with AIDS.



Gene	RSID	Genotype	Minor Allele	Alteration	Result
CLEC7A	rs16910526	TT-	C,G		

Skeletal system (bones)

Scoliosis

 MEDIUM-HIGH



Lateral curvature of the spine.

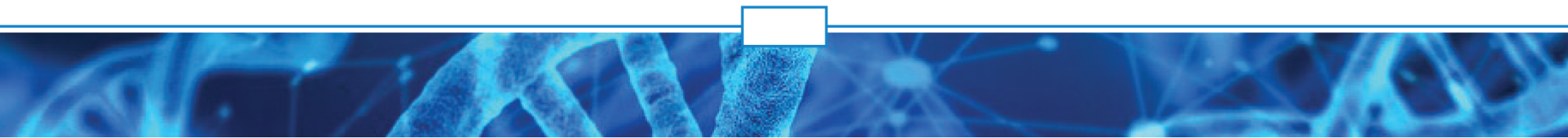
Gene	RSID	Genotype	Minor Allele	Alteration	Result
LBX1	rs11190870	CT+	A,C		

Bone Strength

 MEDIUM-HIGH

The variant C allele of SNP rs3751143 was associated with less bone strength (SSI), periosteal circumference, total and cortical area. The known cellular function of rs3751143 makes the present findings unsurprising. Homozygosity for the C allele has been shown to cause a complete loss of receptor function, whereas heterozygotes have half of the receptor functionality. Our data are in line with studies conducted in vitro, showing the C allele of rs3751143 to be associated with osteoclast apoptosis, reduced pore formation and a reduction in pro-inflammatory cytokine secretion. In vivo, the C allele has been associated with lower hip BMD and a greater risk of fracture in elderly participants, and stress fracture prevalence in military personal and elite athletes.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
P2RX7	rs3751143	AC+	C		































Osteoarthritis

 MEDIUM









A type of arthritis that occurs when the flexible tissue at the ends of the Skeletal System (bones) wears down.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
COG5	rs3815148	AA+	C		
COL6A4P1	rs7639618	CC+	T		
DIO2	rs225014	CT+	C		
FTO	rs1121980	CT-	A,C		
FTO	rs121918214	GG+	A		
GDF5	rs143383	CC-	A		
HLA-DQB1	rs7775228	TT+	C		
IL-1B	rs16944	AG+	G		
IL-1RN	rs9005	GG+	A		
IL-1RN	rs419598	TT+	C		
IL-6	rs1800796	CC+	C		
IL-6	rs1800797	GG+	G		
MCF2L	rs11842874	AA+	G		

Dupuytren's Contracture

 MEDIUM



Dupuytren's disease, also called Dupuytren's syndrome, is defined as a fibroproliferative disease that affects the palmar fascia, characterized by degeneration of elastic fibers, thickening and hyalinization of the collagen fiber bundle, with formation of nodules in the region. palmar, close to the ring or little finger.

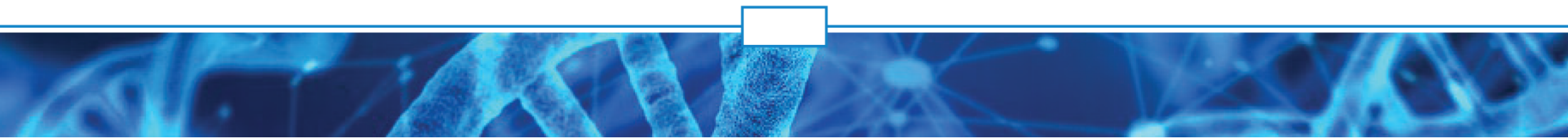
Gene	RSID	Genotype	Minor Allele	Alteration	Result
EPDR1	rs16879765	CC+	T		
LINC01592	rs2912522	AG+	A		
WNT2	rs4730775	CT+	T		
ZBTB40	rs7524102	GG+	G		

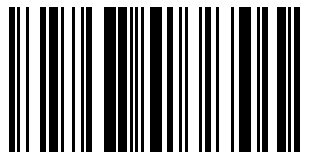
Osteopenia

 MEDIUM

Osteopenia is a decrease in bone mass. This is a warning sign that your bones are getting weaker. If left untreated, osteopenia can progress to osteoporosis, which is characterized by severe loss of bone mass, with a risk of fractures.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
CD40	rs1883832	CT+	C		





Musculoskeletal Pain

● NORMAL

Musculoskeletal pain arises from repetitive strain, overuse, and work-related disorders, which lead to pain in adjacent bones, joints, muscles, or structures. Pain can be focal or diffuse, acute or chronic, with low back pain being the most common example of the latter. Diagnoses include peripheral neuropathies, medial or lateral epicondylitis/tendinitis, rotator cuff tendinitis, biceps or wrist tendinitis, myositis, myalgia, osteoarthritis, cervical distension, and low back pain.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
ADRB2	rs1042717	AG+	A,C	+ -	●
ADRB2	rs2400707	AG+	G,T	+ -	●
SERPINA6	rs941601	GG-	T	- -	●

Contracture of lower limb joints

● UNDEFINED

Contracture is the limitation of movement in a joint, which is well defined during a clinical examination. Depending on the pathology that has spread to a certain type of tissue, contractures can be arthrogenic, myogenic, dermatogenic, neurogenic, mixed, etc. A joint contracture is basically a justifiable restriction on the joint. It can be due to several reasons: violation of the configuration of the joint, changes in the scar, pain, muscle disorders, genetics, disturbances in nerve regulation and for any possible damage to the joint. The relevance of the pathology will depend on the location and degree of limit movement of the contracture. In general, the most clinically relevant are contractures of the large and medium joints of the limbs: knee, ankle, hip, elbow and shoulder. Of which we can say that the most common are: ankle, knee and elbow.

Femoral Head Avascular Necrosis

● UNDEFINED

Avascular necrosis of the femoral head, familial form (ANFH), is a severe, disabling disease characterized by progressive groin pain, staggering gait, leg length discrepancy, subchondral bone collapse, limitation of hip function and eventual degeneration of the hip joint requiring total hip arthroplasty.

Carpal tunnel syndrome

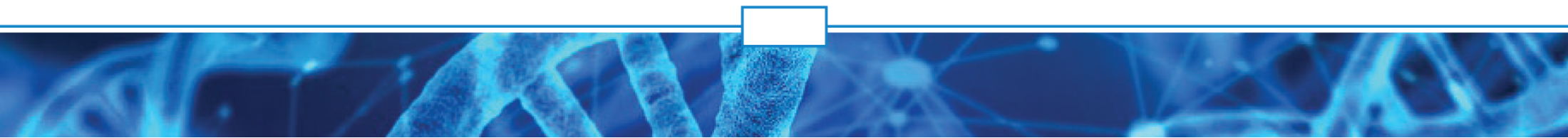
● UNDEFINED

Peripheral neuropathy resulting from compression of the median nerve when it passes through a channel located in the wrist called the carpal tunnel. More common in women aged 30 to 60 years and can be bilateral in 50-60% of cases.

Degenerative Lumbar Disc Disease

● UNDEFINED

As discs lose their water content due to disease or age, they lose height, bringing the vertebrae closer together. As a result, the nerve openings in the spine become narrower. When this happens, the discs also don't absorb impacts, especially when you walk, run or jump. Wear, poor posture, and incorrect body movement can also weaken the disc, causing disc degeneration.





Intervertebral Disc Disease



When subjected to stress or trauma, the discs can swell, compressing the surrounding structures and causing various symptoms. This condition corresponds to a herniated disc. Disc diseases are a common cause of pain in the adult population but are relatively rare in the younger sporting population. This type of illness may or may not be associated with sciatica (pain that radiates along the leg). The most common disc diseases are degenerative diseases, ruptured discs and sciatica.

Osteophytosis



Osteophytosis is a pathology characterized by the abnormal growth of bone tissue around an articulation of the vertebrae whose intervertebral disc, which should act as a buffer between the bones, is compromised.

Elbow Flexion Contracture



The normal elbow has a range of 150°, with normal extension (stretching) of 0° and flexion (bending) of 150°, with variations between individuals. In addition to the extension/flexion movement, the elbow may also lose forearm rotational movements.

Hip Osteoarthritis



Sometimes called "wear and tear" arthritis, osteoarthritis is a common condition that many people develop during middle age or later. It can occur in any joint in the body, but most often develops in weight-bearing joints such as the hip and knee. Hip osteoarthritis causes pain and stiffness. It can make it difficult to perform daily activities such as bending over to tie a shoe, getting up from a chair, or taking a short walk.

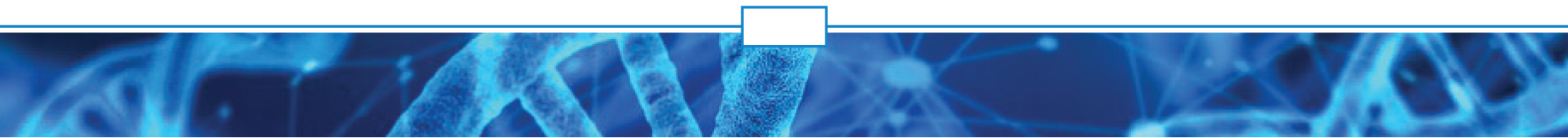
Skin

Response to tanning



It refers to how each skin reacts to tanning. The graph on the side indicates greater response to tanning with orange and red colors.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
ASIP	rs1015362	AG-	T	+ -	●
ASIP	rs4911414	GT+	G	+ -	●
GRM5	rs10831496	GG+	A	- -	●
INTERGENIC	rs966321	AA-	T	- -	●
PIGU	rs910873	GG+	A,C	- -	●
SLC24A5	rs1426654	AA+	G,T	+ +	●







Skin elasticity

 MEDIUM-HIGH











The property of skin that, when exposed to pressure, has the ability to return to its original state in a relatively acceptable period of time. This is made possible by two substances: elastin and collagen. That's why our skin is a viscoelastic medium. Elasticity parameters vary according to the area of the body and the person's age, because over the years the dermis produces less elastin and collagen.

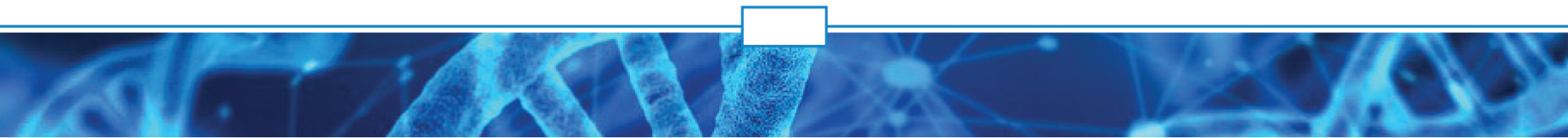
Gene	RSID	Genotype	Minor Allele	Alteration	Result
IL-6	rs1800795	GG+	G		

Keloids

 MEDIUM

It occurs when there is an overgrowth of scar tissue at the site of a healed wound or surgery. Keloids are formed by raised lesions, usually red and can occur in any area of the skin.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
BPESC1	rs940187	GG-	C		
HYAL1	rs11130248	AA+	G		
INTERGENIC	rs873549	AG-	T		
INTERGENIC	rs1511412	GG+	G,T		
NEDD4	rs8032158	CT+	A,C		































































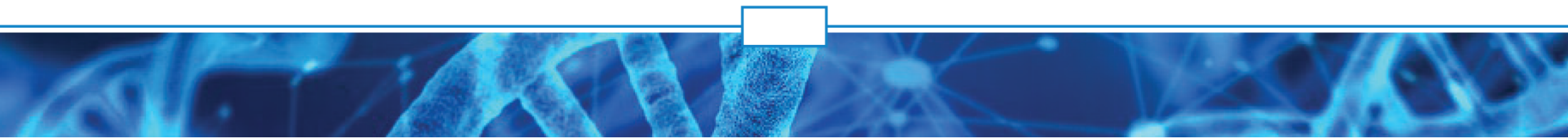


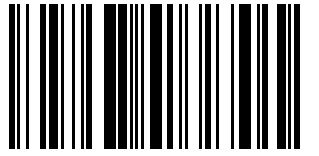
Collagen Degradation

 NORMAL

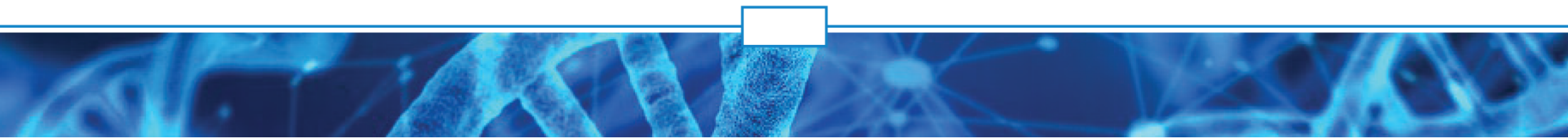
In orange or red indicates the presence of polymorphisms associated with increased collagen degradation.

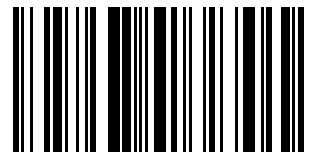
Gene	RSID	Genotype	Minor Allele	Alteration	Result
B4GALT7	rs28937869	CC+	T		
CBS	rs234706	GG+	A		
CBS	rs2298758	GG+	A,C		
COL11A1	rs2622848	CC+	C		
COL11A1	rs3753841	GG+	A		
COL11A1	rs398122828	CC+	T		
COL11A1	rs727503881	CC+	T		
COL11A2	rs2076311	AC+	A		
COL11A2	rs2855429	CC+	C		
COL11A2	rs121912945	CC+	G,T		
COL11A2	rs121912949	GG+	A,T		
COL11A2	rs121912952	GG+	T		
COL11A2	rs770888294	CC+	A,T		
COL11A2	rs786205578	AA+	G,T		
COL11A2	rs797044915	CC+	A		
COL17A1	rs805698	TT+	G,T		
COL17A1	rs1320448	GG+	G		
COL1A1	rs2269336	CC-	A,C		
COL1A1	rs2586488	GG+	G		
COL1A1	rs67507747	CC+	A,G,T		
COL1A1	rs72645328	CC+	G,T		
COL1A1	rs72645347	GG+	A		
COL1A1	rs72645353	CC+	A,T		
COL1A1	rs72648320	CC+	T		
COL1A1	rs139955975	CC+	T		
COL1A1	rs144751329	CC+	A,T		
COL1A1	rs193922140	CC+	G		
COL1A1	rs193922144	GG+	A		
COL1A1	rs193922145	GG+	A		
COL1A1	rs193922147	CC+	A,G		



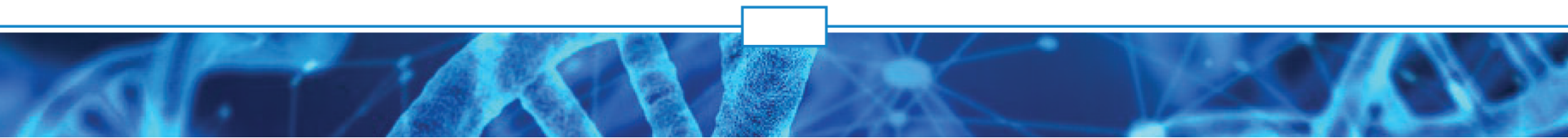


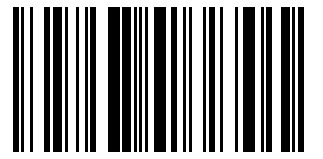
COL1A1	rs193922150	CC+	T	- -	●
COL1A1	rs193922152	TT+	C	- -	●
COL1A1	rs193922153	GG+	A	- -	●
COL1A1	rs193922155	TT+	C	- -	●
COL1A1	rs193922157	CC+	A,T	- -	●
COL1A1	rs193922158	TT+	C	- -	●
COL1A1	rs370865189	GG+	A,C,T	- -	●
COL1A2	rs42524	CC+	G	- -	●
COL1A2	rs441051	TT+	C	- -	●
COL1A2	rs1801182	TT+	C	- -	●
COL1A2	rs1801182	TT+	C	- -	●
COL1A2	rs3736638	CC+	A	- -	●
COL1A2	rs72656355	AA+	G	- -	●
COL1A2	rs72658151	GG+	A	- -	●
COL1A2	rs72658154	GG+	A	- -	●
COL1A2	rs72658161	GG+	A	- -	●
COL1A2	rs72658176	GG+	A	- -	●
COL1A2	rs72659319	GG+	A,C	- -	●
COL1A2	rs139446305	GG+	A	- -	●
COL1A2	rs193922159	CC+	A,G	- -	●
COL1A2	rs193922162	GG+	A	- -	●
COL1A2	rs193922165	GG+	A	- -	●
COL1A2	rs193922168	GG+	C	- -	●
COL1A2	rs193922173	GG+	A	- -	●
COL1A2	rs768171831	CC+	T	- -	●
COL1A2	rs786205587	GG+	A	- -	●
COL1A2	rs794727470	GG+	C	- -	●
COL1A2	rs794727669	GG+	T	- -	●
COL1A2	rs797044949	GG+	T	- -	●
COL27A1	rs946053	GT+	G	+ -	●
COL27A1	rs1249719	GG+	A	- -	●
COL27A1	rs7868992	AA+	A	+ +	●
COL27A1	rs140950220	GG+	C	- -	●
COL2A1	rs121912866	GG+	A	- -	●
COL2A1	rs121912870	CC+	T	- -	●












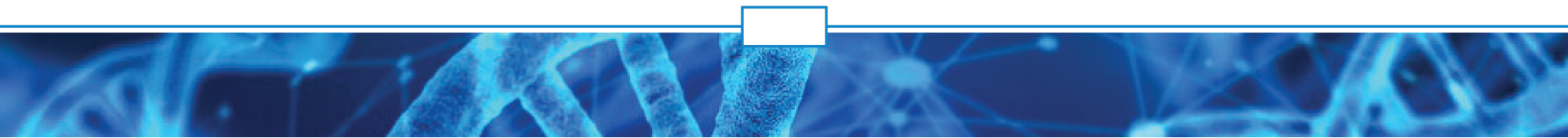


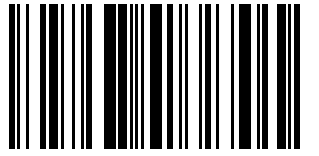
COL2A1	rs121912874	GG+	A	- -	●
COL2A1	rs121912877	CC+	T	- -	●
COL2A1	rs121912880	CC+	A,T	- -	●
COL2A1	rs121912882	GG+	A	- -	●
COL2A1	rs121912884	GG+	A	- -	●
COL2A1	rs121912885	GG+	A,T	- -	●
COL2A1	rs121912886	GG+	A,T	- -	●
COL2A1	rs727503882	CC+	G,T	- -	●
COL2A1	rs748459670	GG+	A,C	- -	●
COL2A1	rs786205477	CC+	A	- -	●
COL2A1	rs794727202	CC+	T	- -	●
COL2A1	rs794727261	GG+	T	- -	●
COL2A1	rs794727377	TT+	G	- -	●
COL2A1	rs794727438	CC+	A	- -	●
COL2A1	rs794727462	CC+	T	- -	●
COL2A1	rs794727472	CC+	A,T	- -	●
COL2A1	rs794727533	GG+	A,T	- -	●
COL2A1	rs794727546	CC+	G	- -	●
COL2A1	rs794727596	CC+	A	- -	●
COL2A1	rs794727607	GG+	A	- -	●
COL2A1	rs794727684	CC+	T	- -	●
COL2A1	rs869312907	CC+	T	- -	●
COL3A1	rs1800255	AG+	A	+ -	●
COL3A1	rs1800255	AG+	A	+ -	●
COL3A1	rs111505097	GG+	A,T	- -	●
COL3A1	rs111929073	GG+	A,C,T	- -	●
COL3A1	rs112371422	CC+	G,T	- -	●
COL3A1	rs112456072	GG+	A	- -	●
COL3A1	rs113485686	GG+	A	- -	●
COL3A1	rs113871730	GG+	A	- -	●
COL3A1	rs121912913	GG+	A,T	- -	●
COL3A1	rs121912914	GG+	A,T	- -	●
COL3A1	rs121912915	GG+	T	- -	●
COL3A1	rs121912916	GG+	A	- -	●
COL3A1	rs121912917	GG+	A,T	- -	●



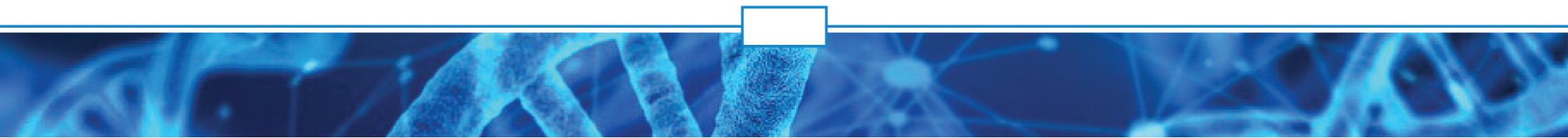


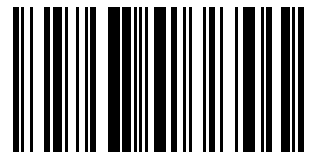
COL3A1	rs121912918	GG+	A,T		
COL3A1	rs121912919	GG+	A		
COL3A1	rs121912920	GG+	A		
COL3A1	rs121912921	GG+	A		
COL3A1	rs121912922	GG+	A,T		
COL3A1	rs121912923	GG+	A,C,T		
COL3A1	rs121912924	GG+	A		
COL3A1	rs121912925	GG+	A,T		
COL3A1	rs121912926	GG+	A,C,T		
COL3A1	rs121912927	GG+	A,T		
COL3A1	rs121912928	GG+	A		
COL3A1	rs193922176	GG+	C		
COL3A1	rs267599120	GG+	A,C		
COL3A1	rs387906557	GG+	C		
COL3A1	rs397509369	GG+	A		
COL3A1	rs397509370	GG+	A,T		
COL3A1	rs397509371	GG+	T		
COL3A1	rs397509372	GG+	A,T		
COL3A1	rs397509373	GG+	A		
COL3A1	rs397509375	TT+	A,C		
COL3A1	rs397509376	GG+	A,T		
COL3A1	rs553203474	GG+	A		
COL3A1	rs587779416	GG+	T		
COL3A1	rs587779417	GG+	A		
COL3A1	rs587779418	GG+	A		
COL3A1	rs587779419	GG+	A		
COL3A1	rs587779420	GG+	A,C		
COL3A1	rs587779421	GG+	A		
COL3A1	rs587779422	GG+	A		
COL3A1	rs587779423	TT+	A,C		
COL3A1	rs587779424	GG+	A		
COL3A1	rs587779426	TT+	A,C		
COL3A1	rs587779427	GG+	T		
COL3A1	rs587779428	GG+	T		
COL3A1	rs587779429	TT+	C		





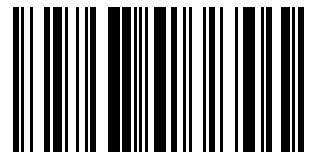
COL3A1	rs587779431	GG+	A,T	[-]	[-]	●
COL3A1	rs587779432	GG+	A	[-]	[-]	●
COL3A1	rs587779433	GG+	A,C	[-]	[-]	●
COL3A1	rs587779434	GG+	A	[-]	[-]	●
COL3A1	rs587779435	GG+	A,C	[-]	[-]	●
COL3A1	rs587779436	GG+	C	[-]	[-]	●
COL3A1	rs587779437	GG+	A	[-]	[-]	●
COL3A1	rs587779438	GG+	A	[-]	[-]	●
COL3A1	rs587779439	GG+	A	[-]	[-]	●
COL3A1	rs587779440	GG+	A,T	[-]	[-]	●
COL3A1	rs587779441	GG+	A,C	[-]	[-]	●
COL3A1	rs587779442	GG+	C	[-]	[-]	●
COL3A1	rs587779443	GG+	A,T	[-]	[-]	●
COL3A1	rs587779444	GG+	A,C,T	[-]	[-]	●
COL3A1	rs587779445	GG+	T	[-]	[-]	●
COL3A1	rs587779446	GG+	A	[-]	[-]	●
COL3A1	rs587779447	GG+	A	[-]	[-]	●
COL3A1	rs587779448	GG+	A	[-]	[-]	●
COL3A1	rs587779449	GG+	A,C	[-]	[-]	●
COL3A1	rs587779450	GG+	A,T	[-]	[-]	●
COL3A1	rs587779452	GG+	T	[-]	[-]	●
COL3A1	rs587779453	AA+	C	[-]	[-]	●
COL3A1	rs587779454	GG+	A,T	[-]	[-]	●
COL3A1	rs587779456	GG+	A	[-]	[-]	●
COL3A1	rs587779457	GG+	A,T	[-]	[-]	●
COL3A1	rs587779458	GG+	A,T	[-]	[-]	●
COL3A1	rs587779459	GG+	A,C	[-]	[-]	●
COL3A1	rs587779460	GG+	A	[-]	[-]	●
COL3A1	rs1057518075	CC+	T	[-]	[-]	●
COL3A1	rs1057518372	GG+	A	[-]	[-]	●
COL3A1	rs1057521106	CC+	A,T	[-]	[-]	●
COL3A1	rs1057521930	GG+	A,T	[-]	[-]	●
COL3A1	rs1057523593	AA+	C	[-]	[-]	●
COL3A1	rs1060500193	GG+	A	[-]	[-]	●
COL3A1	rs1085307896	GG+	A	[-]	[-]	●



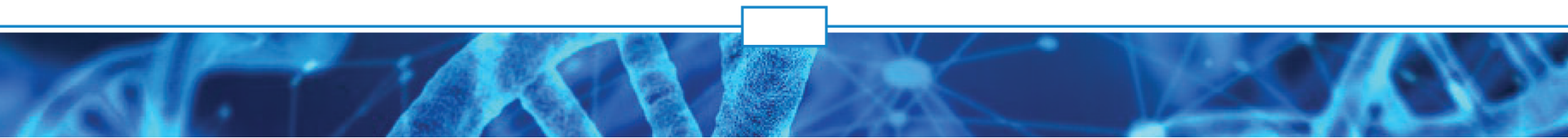


COL3A1	rs1085307964	GG+	T	- -	●
COL4A3	rs7606754	GG+	G	+ +	●
COL4A3	rs10178458	CC+	A,C	+ +	●
COL4A3	rs11677877	AA+	G	- -	●
COL4A3	rs34505188	GG+	A	- -	●
COL4A3	rs121912824	CC+	T	- -	●
COL4A3	rs121912825	CC+	G,T	- -	●
COL4A3	rs121912827	GG+	A,T	- -	●
COL4A3	rs201697532	CC+	T	- -	●
COL4A3	rs759739044	GG+	A,T	- -	●
COL4A4	rs2229813	CT+	G,T	+ -	●
COL4A4	rs2272205	TT+	C	- -	●
COL4A4	rs786205548	TT+	A	- -	●
COL4A5	rs104886096	GG+	A	- -	●
COL4A5	rs104886142	GG+	A	- -	●
COL4A6	rs769211787	AA+	C	- -	●
COL5A1	rs12722	CC+	T	- -	●
COL5A1	rs7044529	CT+	T	+ -	●
COL5A1	rs7874142	GG+	A	- -	●
COL5A1	rs61735045	GG+	A	- -	●
COL5A1	rs80338764	GG+	C	- -	●
COL5A1	rs113452150	GG+	A	- -	●
COL5A1	rs183495554	TT+	A,C	- -	●
COL5A1	rs374020067	CC+	T	- -	●
COL5A1	rs377138881	GG+	A	- -	●
COL5A1	rs387906606	CC+	T	- -	●
COL5A1	rs557361751	CC+	T	- -	●
COL5A1	rs564375308	CC+	T	- -	●
COL5A1	rs764446683	CC+	A,G,T	- -	●
COL5A1	rs765079080	TT+	G	- -	●
COL5A1	rs777625241	CC+	T	- -	●
COL5A1	rs794727114	GG+	C	- -	●
COL5A1	rs863223444	TT+	A	- -	●
COL5A1	rs863223445	GG+	A	- -	●
COL5A1	rs863223448	GG+	C	- -	●





COL5A1	rs863223452	GG+	A	- -	●
COL5A1	rs863223453	GG+	A,C	- -	●
COL5A1	rs863223454	CC+	T	- -	●
COL5A1	rs863223458	GG+	A	- -	●
COL5A1	rs863223466	GG+	A	- -	●
COL5A1	rs863223478	CC+	T	- -	●
COL5A1	rs863223483	TT+	G	- -	●
COL5A2	rs121912930	CC+	G	- -	●
COL5A2	rs747946828	CC+	A,T	- -	●
COL5A2	rs762080305	GG+	A,C	- -	●
COL5A2	rs770598613	CC+	G	- -	●
COL5A2	rs773726323	CC+	T	- -	●
COL5A2	rs779153546	CC+	T	- -	●
COL5A2	rs780495441	CC+	T	- -	●
COL5A2	rs863223491	CC+	T	- -	●
COL5A2	rs863223501	CC+	T	- -	●
MMP3	rs679620	AG-	C	+ -	●



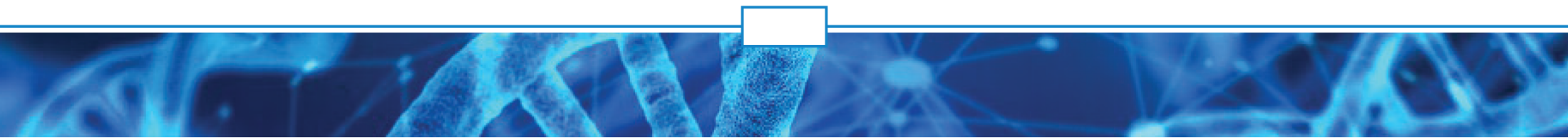


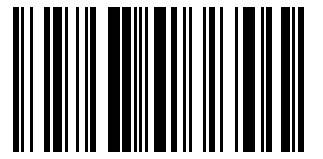
Bulldog effect

 NORMAL

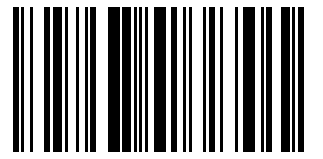
Over the years, the skin loses water and collagen, resulting in sagging. On the face, the cheek tends to be the first part affected, with the skin sagging, which gives its name to the so-called bulldog effect.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
B4GALT7	rs28937869	CC+	T	- -	●
CBS	rs234706	GG+	A	- -	●
CBS	rs2298758	GG+	A,C	- -	●
COL11A1	rs2622848	CC+	C	+ +	●
COL11A1	rs3753841	GG+	A	- -	●
COL11A1	rs398122828	CC+	T	- -	●
COL11A1	rs727503881	CC+	T	- -	●
COL11A2	rs2076311	AC+	A	+ -	●
COL11A2	rs2855429	CC+	C	+ +	●
COL11A2	rs121912945	CC+	G,T	- -	●
COL11A2	rs121912949	GG+	A,T	- -	●
COL11A2	rs121912952	GG+	T	- -	●
COL11A2	rs770888294	CC+	A,T	- -	●
COL11A2	rs786205578	AA+	G,T	- -	●
COL11A2	rs797044915	CC+	A	- -	●
COL17A1	rs805698	TT+	G,T	+ +	●
COL17A1	rs1320448	GG+	G	+ +	●
COL1A1	rs2269336	CC-	A,C	+ +	●
COL1A1	rs2586488	GG+	G	+ +	●
COL1A1	rs67507747	CC+	A,G,T	- -	●
COL1A1	rs72645328	CC+	G,T	- -	●
COL1A1	rs72645347	GG+	A	- -	●
COL1A1	rs72645353	CC+	A,T	- -	●
COL1A1	rs72648320	CC+	T	- -	●
COL1A1	rs139955975	CC+	T	- -	●
COL1A1	rs144751329	CC+	A,T	- -	●
COL1A1	rs193922140	CC+	G	- -	●
COL1A1	rs193922144	GG+	A	- -	●
COL1A1	rs193922145	GG+	A	- -	●
COL1A1	rs193922147	CC+	A,G	- -	●

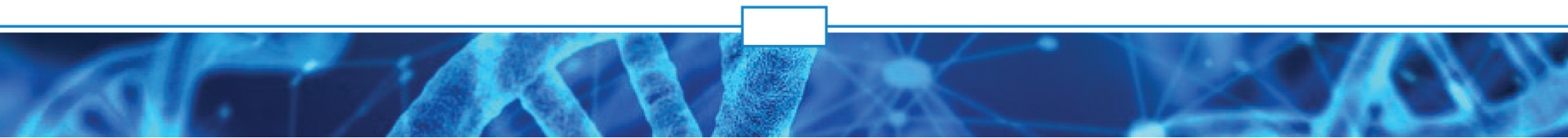


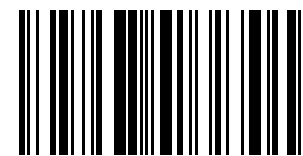




























































COL1A1	rs193922150	CC+	T	- -	●
COL1A1	rs193922152	TT+	C	- -	●
COL1A1	rs193922153	GG+	A	- -	●
COL1A1	rs193922155	TT+	C	- -	●
COL1A1	rs193922157	CC+	A,T	- -	●
COL1A1	rs193922158	TT+	C	- -	●
COL1A1	rs370865189	GG+	A,C,T	- -	●
COL1A2	rs42524	CC+	G	- -	●
COL1A2	rs441051	TT+	C	- -	●
COL1A2	rs1801182	TT+	C	- -	●
COL1A2	rs1801182	TT+	C	- -	●
COL1A2	rs3736638	CC+	A	- -	●
COL1A2	rs72656355	AA+	G	- -	●
COL1A2	rs72658151	GG+	A	- -	●
COL1A2	rs72658154	GG+	A	- -	●
COL1A2	rs72658161	GG+	A	- -	●
COL1A2	rs72658176	GG+	A	- -	●
COL1A2	rs72659319	GG+	A,C	- -	●
COL1A2	rs139446305	GG+	A	- -	●
COL1A2	rs193922159	CC+	A,G	- -	●
COL1A2	rs193922162	GG+	A	- -	●
COL1A2	rs193922165	GG+	A	- -	●
COL1A2	rs193922168	GG+	C	- -	●
COL1A2	rs193922173	GG+	A	- -	●
COL1A2	rs768171831	CC+	T	- -	●
COL1A2	rs786205587	GG+	A	- -	●
COL1A2	rs794727470	GG+	C	- -	●
COL1A2	rs794727669	GG+	T	- -	●
COL1A2	rs797044949	GG+	T	- -	●
COL27A1	rs946053	GT+	G	+ -	●
COL27A1	rs1249719	GG+	A	- -	●
COL27A1	rs7868992	AA+	A	+ +	●
COL27A1	rs140950220	GG+	C	- -	●
COL2A1	rs121912866	GG+	A	- -	●
COL2A1	rs121912870	CC+	T	- -	●

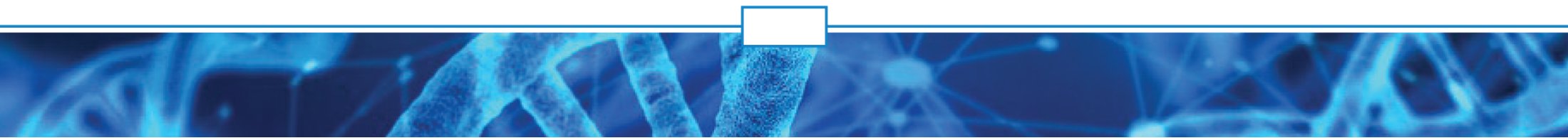


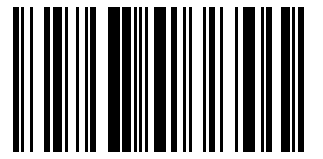
COL2A1	rs121912874	GG+	A	- -	●
COL2A1	rs121912877	CC+	T	- -	●
COL2A1	rs121912880	CC+	A,T	- -	●
COL2A1	rs121912882	GG+	A	- -	●
COL2A1	rs121912884	GG+	A	- -	●
COL2A1	rs121912885	GG+	A,T	- -	●
COL2A1	rs121912886	GG+	A,T	- -	●
COL2A1	rs727503882	CC+	G,T	- -	●
COL2A1	rs748459670	GG+	A,C	- -	●
COL2A1	rs786205477	CC+	A	- -	●
COL2A1	rs794727202	CC+	T	- -	●
COL2A1	rs794727261	GG+	T	- -	●
COL2A1	rs794727377	TT+	G	- -	●
COL2A1	rs794727438	CC+	A	- -	●
COL2A1	rs794727462	CC+	T	- -	●
COL2A1	rs794727472	CC+	A,T	- -	●
COL2A1	rs794727533	GG+	A,T	- -	●
COL2A1	rs794727546	CC+	G	- -	●
COL2A1	rs794727596	CC+	A	- -	●
COL2A1	rs794727607	GG+	A	- -	●
COL2A1	rs794727684	CC+	T	- -	●
COL2A1	rs869312907	CC+	T	- -	●
COL3A1	rs1800255	AG+	A	+ -	●
COL3A1	rs1800255	AG+	A	+ -	●
COL3A1	rs111505097	GG+	A,T	- -	●
COL3A1	rs111929073	GG+	A,C,T	- -	●
COL3A1	rs112371422	CC+	G,T	- -	●
COL3A1	rs112456072	GG+	A	- -	●
COL3A1	rs113485686	GG+	A	- -	●
COL3A1	rs113871730	GG+	A	- -	●
COL3A1	rs121912913	GG+	A,T	- -	●
COL3A1	rs121912914	GG+	A,T	- -	●
COL3A1	rs121912915	GG+	T	- -	●
COL3A1	rs121912916	GG+	A	- -	●
COL3A1	rs121912917	GG+	A,T	- -	●



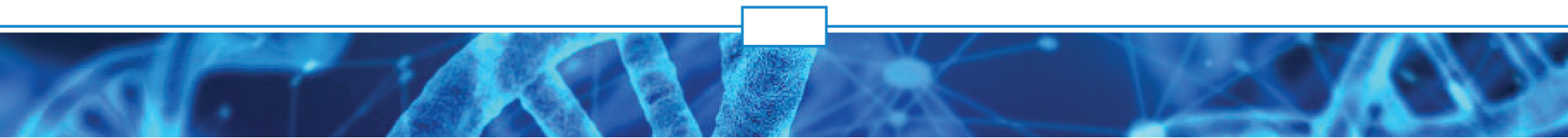


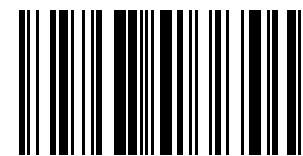
COL3A1	rs121912918	GG+	A,T		
COL3A1	rs121912919	GG+	A		
COL3A1	rs121912920	GG+	A		
COL3A1	rs121912921	GG+	A		
COL3A1	rs121912922	GG+	A,T		
COL3A1	rs121912923	GG+	A,C,T		
COL3A1	rs121912924	GG+	A		
COL3A1	rs121912925	GG+	A,T		
COL3A1	rs121912926	GG+	A,C,T		
COL3A1	rs121912927	GG+	A,T		
COL3A1	rs121912928	GG+	A		
COL3A1	rs193922176	GG+	C		
COL3A1	rs267599120	GG+	A,C		
COL3A1	rs387906557	GG+	C		
COL3A1	rs397509369	GG+	A		
COL3A1	rs397509370	GG+	A,T		
COL3A1	rs397509371	GG+	T		
COL3A1	rs397509372	GG+	A,T		
COL3A1	rs397509373	GG+	A		
COL3A1	rs397509375	TT+	A,C		
COL3A1	rs397509376	GG+	A,T		
COL3A1	rs553203474	GG+	A		
COL3A1	rs587779416	GG+	T		
COL3A1	rs587779417	GG+	A		
COL3A1	rs587779418	GG+	A		
COL3A1	rs587779419	GG+	A		
COL3A1	rs587779420	GG+	A,C		
COL3A1	rs587779421	GG+	A		
COL3A1	rs587779422	GG+	A		
COL3A1	rs587779423	TT+	A,C		
COL3A1	rs587779424	GG+	A		
COL3A1	rs587779426	TT+	A,C		
COL3A1	rs587779427	GG+	T		
COL3A1	rs587779428	GG+	T		
COL3A1	rs587779429	TT+	C		





COL3A1	rs587779431	GG+	A,T	[-]	[-]	●
COL3A1	rs587779432	GG+	A	[-]	[-]	●
COL3A1	rs587779433	GG+	A,C	[-]	[-]	●
COL3A1	rs587779434	GG+	A	[-]	[-]	●
COL3A1	rs587779435	GG+	A,C	[-]	[-]	●
COL3A1	rs587779436	GG+	C	[-]	[-]	●
COL3A1	rs587779437	GG+	A	[-]	[-]	●
COL3A1	rs587779438	GG+	A	[-]	[-]	●
COL3A1	rs587779439	GG+	A	[-]	[-]	●
COL3A1	rs587779440	GG+	A,T	[-]	[-]	●
COL3A1	rs587779441	GG+	A,C	[-]	[-]	●
COL3A1	rs587779442	GG+	C	[-]	[-]	●
COL3A1	rs587779443	GG+	A,T	[-]	[-]	●
COL3A1	rs587779444	GG+	A,C,T	[-]	[-]	●
COL3A1	rs587779445	GG+	T	[-]	[-]	●
COL3A1	rs587779446	GG+	A	[-]	[-]	●
COL3A1	rs587779447	GG+	A	[-]	[-]	●
COL3A1	rs587779448	GG+	A	[-]	[-]	●
COL3A1	rs587779449	GG+	A,C	[-]	[-]	●
COL3A1	rs587779450	GG+	A,T	[-]	[-]	●
COL3A1	rs587779452	GG+	T	[-]	[-]	●
COL3A1	rs587779453	AA+	C	[-]	[-]	●
COL3A1	rs587779454	GG+	A,T	[-]	[-]	●
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COL3A1	rs587779460	GG+	A	[-]	[-]	●
COL3A1	rs1057518075	CC+	T	[-]	[-]	●
COL3A1	rs1057518372	GG+	A	[-]	[-]	●
COL3A1	rs1057521106	CC+	A,T	[-]	[-]	●
COL3A1	rs1057521930	GG+	A,T	[-]	[-]	●
COL3A1	rs1057523593	AA+	C	[-]	[-]	●
COL3A1	rs1060500193	GG+	A	[-]	[-]	●
COL3A1	rs1085307896	GG+	A	[-]	[-]	●












COL3A1	rs1085307964	GG+	T	- -	●
COL4A3	rs7606754	GG+	G	+ +	●
COL4A3	rs10178458	CC+	A,C	+ +	●
COL4A3	rs11677877	AA+	G	- -	●
COL4A3	rs34505188	GG+	A	- -	●
COL4A3	rs121912824	CC+	T	- -	●
COL4A3	rs121912825	CC+	G,T	- -	●
COL4A3	rs121912827	GG+	A,T	- -	●
COL4A3	rs201697532	CC+	T	- -	●
COL4A3	rs759739044	GG+	A,T	- -	●
COL4A4	rs2229813	CT+	G,T	+ -	●
COL4A4	rs2272205	TT+	C	- -	●
COL4A4	rs786205548	TT+	A	- -	●
COL4A5	rs104886096	GG+	A	- -	●
COL4A5	rs104886142	GG+	A	- -	●
COL4A6	rs769211787	AA+	C	- -	●
COL5A1	rs12722	CC+	T	- -	●
COL5A1	rs7044529	CT+	T	+ -	●
COL5A1	rs7874142	GG+	A	- -	●
COL5A1	rs61735045	GG+	A	- -	●
COL5A1	rs80338764	GG+	C	- -	●
COL5A1	rs113452150	GG+	A	- -	●
COL5A1	rs183495554	TT+	A,C	- -	●
COL5A1	rs374020067	CC+	T	- -	●
COL5A1	rs377138881	GG+	A	- -	●
COL5A1	rs387906606	CC+	T	- -	●
COL5A1	rs557361751	CC+	T	- -	●
COL5A1	rs564375308	CC+	T	- -	●
COL5A1	rs764446683	CC+	A,G,T	- -	●
COL5A1	rs765079080	TT+	G	- -	●
COL5A1	rs777625241	CC+	T	- -	●
COL5A1	rs794727114	GG+	C	- -	●
COL5A1	rs863223444	TT+	A	- -	●
COL5A1	rs863223445	GG+	A	- -	●
COL5A1	rs863223448	GG+	C	- -	●







COL5A1	rs863223452	GG+	A		
COL5A1	rs863223453	GG+	A,C		
COL5A1	rs863223454	CC+	T		
COL5A1	rs863223458	GG+	A		
COL5A1	rs863223466	GG+	A		
COL5A1	rs863223478	CC+	T		
COL5A1	rs863223483	TT+	G		
COL5A2	rs121912930	CC+	G		
COL5A2	rs747946828	CC+	A,T		
COL5A2	rs762080305	GG+	A,C		
COL5A2	rs770598613	CC+	G		
COL5A2	rs773726323	CC+	T		
COL5A2	rs779153546	CC+	T		
COL5A2	rs780495441	CC+	T		
COL5A2	rs863223491	CC+	T		
COL5A2	rs863223501	CC+	T		

Simple Bullous Epidermolysis

 NORMAL

A disease of the hereditary epidermolysis bullosa (HEB) group, characterized by skin fragility, resulting in intra-epidermal blisters and erosions that occur spontaneously or after physical trauma.



Gene	RSID	Genotype	Minor Allele	Alteration	Result
KRT5	rs11170164	GG-	T		

Sleep

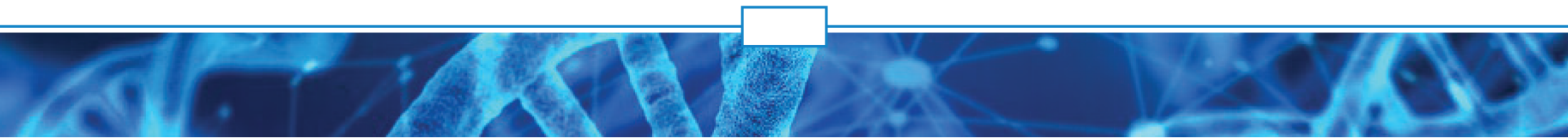
Fragmented sleep

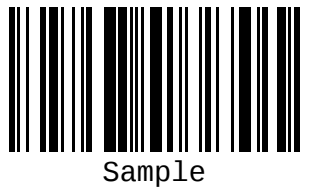
 NORMAL

Fragmented sleep are brief awakenings that can occur during the night's sleep that end up reducing deep sleep and sleep efficiency.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
FABP7	rs2279381	GG-	T		

Special features





Superior Reflexes (Best in Red)

UNDEFINED

Reaction time significantly faster than average.

Hyperflexibility

UNDEFINED

Exceptional flexibility and range of joint movement.

Increased Bone Density

UNDEFINED

Bones that are denser and stronger than normal, reducing the risk of fractures.

Superior Oxygen Utilization

UNDEFINED

More efficient use of oxygen by the body, beneficial for endurance.

Exceptional Balance

UNDEFINED

Remarkable ability to maintain control of body position when moving or remaining still.

Enhanced Muscle Repair

UNDEFINED

Muscles recover and regenerate faster after exertion or injury.

Superhuman Stamina

UNDEFINED

Ability to sustain prolonged physical or mental effort with minimal fatigue.

Extraordinary Flexibility

UNDEFINED

Significantly greater than average range of motion in joints, muscles and ligaments.

Increased Lactate Threshold

UNDEFINED

Ability to exercise at an intense pace without lactate accumulation causing fatigue.

Name: Sample

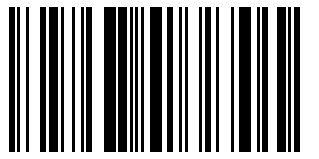
Age:

Gender: M

Report Date: 15/05/2025

Prescriber:

Health Insurance:



Sample

Superhuman Balance

UNDEFINED

Ability to recover quickly from balance disturbances or remain stable in challenging positions.

Superior Lung Capacity

UNDEFINED

Greater volume of air inhaled and used for oxygen exchange

Enhanced Recovery

UNDEFINED

Rapid return to baseline health after illness or physical exertion.

Extraordinary Leap

UNDEFINED

Ability to jump significantly higher or farther than average.

Enhanced Sprint Capability

UNDEFINED

Running at high speeds for short distances due to powerful leg muscles.

High Pain Tolerance

UNDEFINED

Ability to withstand high levels of pain without hindrance.

Superior Hand-Eye Coordination

UNDEFINED

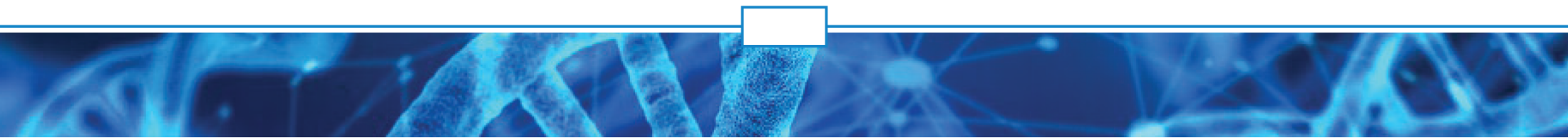
Exceptionally accurate hand-eye coordination beneficial in precision and combat sports.

Superdense Muscles

UNDEFINED

Muscles with greater density and power, contributing to overall strength.

Sports







Rugby

 HIGH









Rugby

Gene	RSID	Genotype	Minor Allele	Alteration	Result
COL5A1	rs12722	CC+	T		

Endurance

 HIGH















Resistance

Gene	RSID	Genotype	Minor Allele	Alteration	Result
ACTN3	rs1815739	CT+	T		
ADRB3	rs4994	CT-	G		
NR1H3	rs7120118	TT+	C		
PPARA	rs4253778	GG+	C,T		

Boxing

 HIGH





Boxing

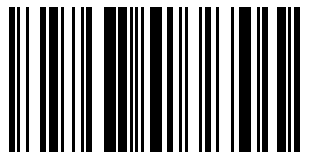
Gene	RSID	Genotype	Minor Allele	Alteration	Result
HTR1B	rs11568817	GT-	C		
HTR2C	rs3813929	CC+	G,T		
NR3C2	rs2070951	GG-	G		
OPRM1	rs1799971	AG+	G		
SLC6A2	rs2242446	TT+	T		
SLC6A3	rs6347	AA-	C		
TPH2	rs7305115	GG+	C,G,T		

Triple jump

 HIGH

Athletes with the best performance in Triple Jump.

















Gene	RSID	Genotype	Minor Allele	Alteration	Result
ACTN3	rs1815739	CT+	T		
COL5A1	rs12722	CC+	T		



Elite athletes

 HIGH







Elite athletes

Gene	RSID	Genotype	Minor Allele	Alteration	Result
ACTN3	rs1815739	CT+	T		
ADRB3	rs4994	CT-	G		
HTR1B	rs11568817	GT-	C		
NOS3	rs2070744	TT+	T		
SLC6A2	rs2242446	TT+	T		
SLC6A3	rs6347	AA-	C		
UCP3	rs1800849	CT-	A,T		
VEGFA	rs2010963	CG+	G		

Snowboard

 HIGH







Snowboard

Gene	RSID	Genotype	Minor Allele	Alteration	Result
DRD3	rs167771	GG+	A,T		
DRD4	rs1800955	CC+	C,G		
PPARD	rs2267668	AA+	A,C		

Surf

 HIGH







Surf

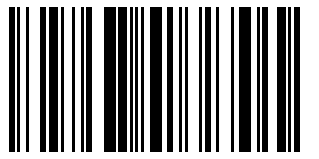
Gene	RSID	Genotype	Minor Allele	Alteration	Result
BDNF	rs6265	AG-	T		
DRD3	rs167771	GG+	A,T		
DRD4	rs1800955	CC+	C,G		

Marathon

 HIGH

Marathon











Gene	RSID	Genotype	Minor Allele	Alteration	Result
BDNF	rs6265	AG-	T		
COMT	rs4680	AG+	A		
HTR1A	rs6295	CC-	G		



Tennis

 HIGH











Tennis is a racket sport that can be played individually against a single opponent or between two teams of two players each. Each player uses a tennis racket that is strung with cord to strike a hollow rubber ball covered with felt over or around a net and into the opponent's court.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
ACE	rs4343	GG+	A		
HIF1A	rs11549465	CC+	T		
NOS3	rs1799983	GG+	T		
NOS3	rs2070744	TT+	T		
VEGFA	rs2010963	CG+	G		

Ski

 HIGH









Snow ski

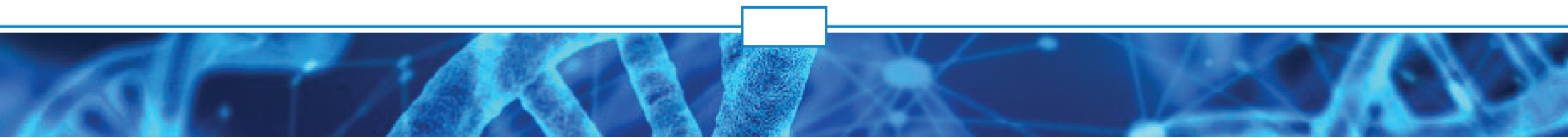
Gene	RSID	Genotype	Minor Allele	Alteration	Result
BDNF	rs6265	AG-	T		
DRD3	rs167771	GG+	A,T		
DRD4	rs1800955	CC+	C,G		
HIF1A	rs11549465	CC+	T		
PPARD	rs2267668	AA+	A,C		

Swimming

 HIGH

Swimming

Gene	RSID	Genotype	Minor Allele	Alteration	Result
COMT	rs4680	AG+	A		
NOS3	rs1799983	GG+	T		
NOS3	rs2070744	TT+	T		
STMN1	rs182455	CC-	G,T		





Combat

 HIGH

Combat Sports

Gene	RSID	Genotype	Minor Allele	Alteration	Result
GABPB1	rs7181866	AA+	G		
HTR1B	rs11568817	GT-	C		
SLC6A2	rs2242446	TT+	T		
SLC6A3	rs6347	AA-	C		

Long Distance Swimmers

 HIGH

Our results demonstrate that the T allele and the GT haplotype of the -786T / C and G894T polymorphisms can be beneficial to long-distance swimmers.

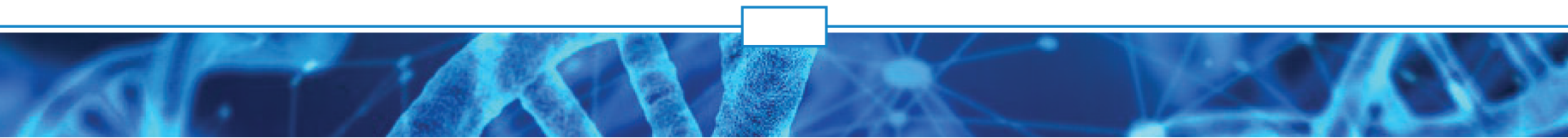
Gene	RSID	Genotype	Minor Allele	Alteration	Result
COMT	rs4680	AG+	A		
IL-6	rs1800795	GG+	G		
NOS3	rs1799983	GG+	T		
NOS3	rs2070744	TT+	T		

Power Athletes

 HIGH

Nine genetic polymorphisms were identified in the meta-analyses as having a significant association with the status of being a power athlete.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
ACE	rs4363	GG+	A		
ACTN3	rs1815739	CT+	T		
AGT	rs699	CT-	G		
IL-6	rs1800795	GG+	G		
NOS3	rs1799983	GG+	T		
NOS3	rs2070744	TT+	T		















Cycling

 HIGH



Cycling

Gene	RSID	Genotype	Minor Allele	Alteration	Result
BDNF	rs6265	AG-	T		
COMT	rs4680	AG+	A		
HFE	rs1799945	CC+	G		
HTR1A	rs6295	CC-	G		
RYR2	rs2819742	GG+	G,T		

Improved Heart Rate with Training

 MEDIUM-HIGH



Individuals with the AG and GG alleles of the rs2253206 polymorphism showed a 20% positive change when they underwent a 20-week resistance training program.

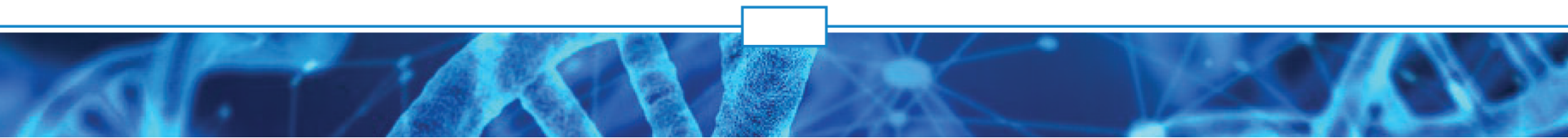
Gene	RSID	Genotype	Minor Allele	Alteration	Result
CREB1	rs2253206	GG+	G		

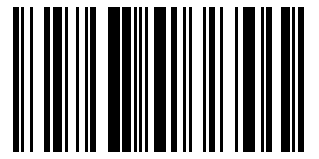
Greater respiratory gains with exercise

 MEDIUM-HIGH

After 8 weeks of training, individuals with the CG and GG genotype of the rs1800795 polymorph, showed greater gains in their VO2max.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
IL-6	rs1800795	GG+	G		

























































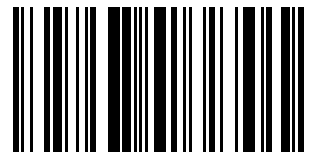


Football (Soccer)

 MEDIUM-HIGH

The C allele in PPARA rs4253778 was associated with soccer and the G allele PPARA rs4253778 was associated with elite endurance athlete status. Other polymorphisms were also found and are part of this analysis. Currently, there is a strong association between the homozygous R allele of ACTN3 and strength/potency athletic phenotypes. In addition, there is also evidence that a higher proportion of slow-twitch muscle fibers is related to the X allele genotype and elite resistance status. In one survey, Brazilian soccer players with the RR genotype performed significantly better in short distance and jumping tests compared to athletes with the RX and XX genotypes.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
ACTN3	rs1815739	CT+	T		
ACVR1B	rs2854464	AA+	C,G		
AGT	rs699	CT-	G		
AMPD1	rs17602729	CC-	A		
ANKK1	rs1800497	CT-	A		
AR	rs137852591	CC+	G		
BDNF	rs6265	AG-	T		
BDNF	rs11030104	AG+	G		
CABLES1	rs11082304	GT+	C,T		
CACNA1C	rs1006737	GG+	A		
CD79B	rs2070776	TT-	G,T		
CLOCK	rs1801260	TT-	G		
COMT	rs4680	AG+	A		
DBH	rs1611115	TT+	C		
DNAH5	rs17278234	TT+	C		
DRD2	rs1076560	AC+	A		
DRD4	rs1800955	CC+	C,G		
ESR1	rs2179922	GG+	G,T		
FAAH	rs324420	CC+	A		
HIF1A	rs11549465	CC+	T		
HTR2A	rs6314	CC-	A		
IHH	rs142036701	CC-	A		
IL-6	rs1800795	GG+	G		
INTERGENIC	rs12199332	GG+	A		
MAOA	rs6323	GG+	T		
MAOA	rs909525	GG-	T		
MAOA	rs1137070	TT+	C		



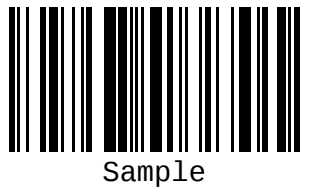
MSTN	rs1805086	AA-	C	++	●
MTHFR	rs1801131	CC-	G	++	●
NOS3	rs1799983	GG+	T	--	●
NOS3	rs2070744	TT+	T	++	●
NRG1	rs6994992	CT+	A,T	+ -	●
OXTR	rs237885	TT+	G	--	●
PCSK6	rs7182874	TT+	C	--	●
PDSS2	rs13202332	GG+	T	--	●
PPARA	rs4253778	GG+	C,T	--	●
SERPINA1	rs28929474	GG-	T	--	●
SLC6A2	rs3785143	CC+	T	--	●
SLC6A3	rs27048	CT+	A,G,T	+ -	●
SLC6A3	rs27072	CT+	A,T	+ -	●
SLC6A3	rs2617605	AA-	C	--	●
SNAP25	rs362584	AG+	A	+ -	●
TRIM4	rs17277546	GG+	A	--	●
ZNF285B	rs644148	GT+	T	+ -	●

Wakeboard

 MEDIUM-HIGH

Wakeboard

Gene	RSID	Genotype	Minor Allele	Alteration	Result
ACTN3	rs1815739	CT+	T	+ -	●
ACVR1B	rs2854464	AA+	C,G	++	●
AGT	rs699	CT-	G	+ -	●
DRD3	rs167771	GG+	A,T	--	●
DRD4	rs1800955	CC+	C,G	++	●
HIF1A	rs11549465	CC+	T	--	●
IL-6	rs1800795	GG+	G	++	●
MSTN	rs1805086	AA-	C	--	●
NOS3	rs1799983	GG+	T	--	●
NOS3	rs2070744	TT+	T	++	●
PPARA	rs4253778	GG+	C,T	--	●



Windsurfing



Windsurfing

Gene	RSID	Genotype	Minor Allele	Alteration	Result
ACTN3	rs1815739	CT+	T	+ -	●
ACVR1B	rs2854464	AA+	C,G	+ +	●
AGT	rs699	CT-	G	+ -	●
BDNF	rs6265	AG-	T	+ -	●
DRD3	rs167771	GG+	A,T	- -	●
DRD4	rs1800955	CC+	C,G	+ +	●
HIF1A	rs11549465	CC+	T	- -	●
IL-6	rs1800795	GG+	G	+ +	●
MSTN	rs1805086	AA-	C	- -	●
NOS3	rs1799983	GG+	T	- -	●
NOS3	rs2070744	TT+	T	+ +	●
PPARA	rs4253778	GG+	C,T	- -	●

Runner with more Speed than Endurance



Orange or red result indicates having more speed than endurance. If shown in green, it indicates greater resistance than speed.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
ACTN3	rs1815739	CT+	T	+ -	●

Race 5,000/10,000



Athletes with the best performance in 5,000 and 10,000 meter races

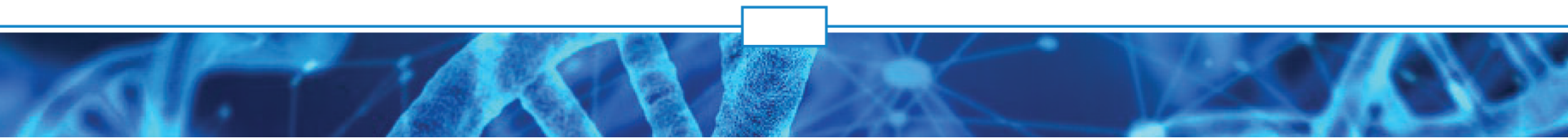
Gene	RSID	Genotype	Minor Allele	Alteration	Result
ACTN3	rs1815739	CT+	T	+ -	●

Dance



People who dance easily

Gene	RSID	Genotype	Minor Allele	Alteration	Result
HTR2A	rs6313	CT-	A	+ -	●



Name: Sample

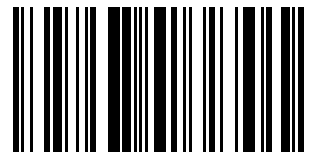
Age:

Gender: M

Report Date: 15/05/2025

Prescriber:

Health Insurance:





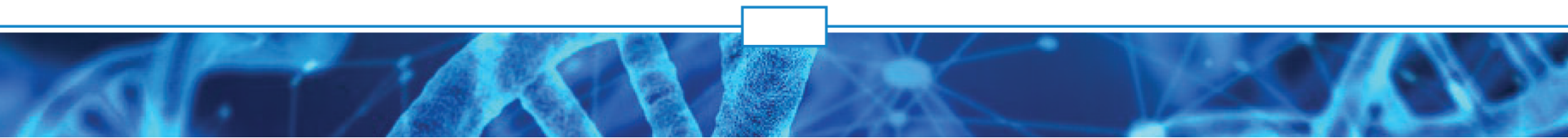
Sample

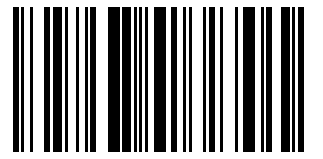
Risk Sports

 MEDIUM-HIGH

People who perform better in high-risk sports.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
BDNF	rs6265	AG-	T		













































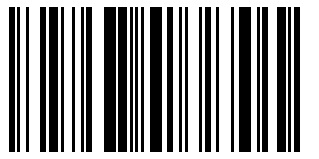
Basketball

 MEDIUM-HIGH

Best basketball performance

Gene	RSID	Genotype	Minor Allele	Alteration	Result
ACTN3	rs1815739	CT+	T		
AGT	rs699	CT-	G		
AMPD1	rs17602729	CC-	A		
AR	rs137852591	CC+	G		
CABLES1	rs11082304	GT+	C,T		
CACNA1C	rs1006737	GG+	A		
CD79B	rs2070776	TT-	G,T		
COMT	rs4680	AG+	A		
DNAH5	rs17278234	TT+	C		
DRD2	rs1076560	AC+	A		
ESR1	rs2179922	GG+	G,T		
FAAH	rs324420	CC+	A		
HIF1A	rs11549465	CC+	T		
IHH	rs142036701	CC-	A		
IL-6	rs1800795	GG+	G		
INTERGENIC	rs12199332	GG+	A		
NOS3	rs1799983	GG+	T		
NOS3	rs2070744	TT+	T		
NRG1	rs6994992	CT+	A,T		
PCSK6	rs7182874	TT+	C		
PPARA	rs4253778	GG+	C,T		
SERPINA1	rs28929474	GG-	T		
SLC6A3	rs2617605	AA-	C		
TRIM4	rs17277546	GG+	A		
VDR	rs1544410	AG-	C,T		
ZNF285B	rs644148	GT+	T		



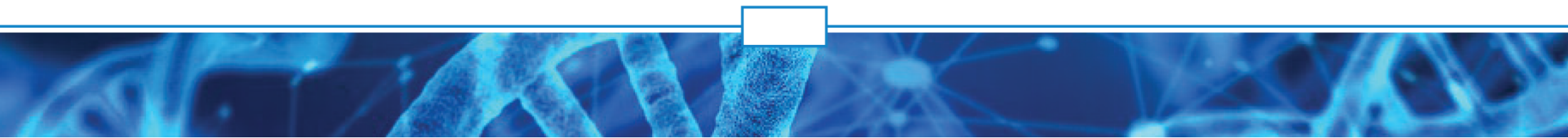


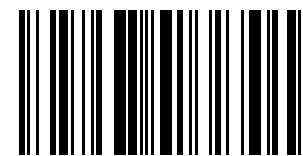
Volley

 MEDIUM

Volleyball

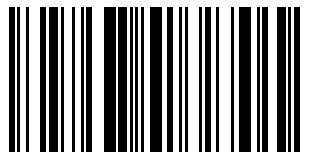
Gene	RSID	Genotype	Minor Allele	Alteration	Result
ACE	rs4341	GG+	C		
ACTN3	rs1815739	CT+	T		
ADRB1	rs1801253	CC+	C		
ADRB2	rs1042713	GG+	A		
ADRB2	rs1800888	CC+	T		
ADRB3	rs4994	CT-	G		
AGTR2	rs35474657	CC-	A		
AGTR2	rs121917810	GG+	T		
AMPD1	rs17602729	CC-	A		
ANKK1	rs1800497	CT-	A		
APOE	rs11083750	CC+	A,G,T		
AR	rs137852591	CC+	G		
BDNF	rs6265	AG-	T		
BDNF	rs11030104	AG+	G		
CABLES1	rs11082304	GT+	C,T		
CACNA1C	rs1006737	GG+	A		
CD79B	rs2070776	TT-	G,T		
CDCA3	rs5443	CC+	T		
CLOCK	rs1801260	TT-	G		
CLSTN2	rs17411949	CC+	T		
COL5A1	rs12722	CC+	T		
CRP	rs1205	CT+	T		
DBH	rs1611115	TT+	C		
DNAH5	rs17278234	TT+	C		
DRD2	rs1076560	AC+	A		
DRD4	rs1800955	CC+	C,G		
ESR1	rs2179922	GG+	G,T		
GABPB1	rs7181866	AA+	G		
GNB3	rs140263599	CC+	T		
HFE	rs1799945	CC+	G		
HFE	rs1800562	GG+	A		





HFE	rs1800730	AA+	T	- -	●
HIF1A	rs11549465	CC+	T	- -	●
HIF1A	rs11549467	GG+	A	- -	●
HTR2A	rs6314	CC-	A	- -	●
IHH	rs142036701	CC-	A	+ +	●
INTERGENIC	rs12199332	GG+	A	- -	●
KCNJ11	rs5219	TT+	T	- -	●
MTHFR	rs1801131	CC-	G	+ +	●
NOS3	rs1799983	GG+	T	- -	●
NRG1	rs6994992	CT+	A,T	+ -	●
PPARA	rs1800206	CC+	G	- -	●
PPARA	rs4253778	GG+	C,T	+ +	●
PPARD	rs2016520	AA-	T	- -	●
PPARD	rs2267668	AA+	A,C	+ +	●
SERPINA1	rs28929474	GG-	T	- -	●
SLC2A4	rs121434581	GG+	A,C	- -	●
SLC6A2	rs3785143	CC+	T	- -	●
SLC6A3	rs27048	CT+	A,G,T	+ -	●
SLC6A3	rs27072	CT+	A,T	+ -	●
SLC6A3	rs2617605	AA-	C	- -	●
SOD2	rs4880	CT-	G	+ -	●
SOD2	rs4516970	GG+	A	- -	●
SPOCK1	rs17170899	CC+	T	- -	●
TPK1	rs371271054	TT+	C	- -	●
TRIM4	rs17277546	GG+	A	- -	●
UCP2	rs660339	CC-	T	+ +	●
VDR	rs1544410	AG-	C,T	+ -	●
VEGFA	rs3024994	CC+	T	- -	●
VEGFA	rs3025039	CC+	T	- -	●
VEGFR2	rs1870377	TT+	A	- -	●
ZNF285B	rs644148	GT+	T	+ -	●









Skydiving

 MEDIUM





Best performance in skydiving

Gene	RSID	Genotype	Minor Allele	Alteration	Result
BDNF	rs6265	AG-	T		
STMN1	rs182455	CC-	G,T		

Paragliding

 MEDIUM







Paragliding

Gene	RSID	Genotype	Minor Allele	Alteration	Result
BDNF	rs6265	AG-	T		
STMN1	rs182455	CC-	G,T		

Weightlifting

 MEDIUM







Weightlifting

Gene	RSID	Genotype	Minor Allele	Alteration	Result
BDNF	rs6265	AG-	T		
COMT	rs4680	AG+	A		
STMN1	rs182455	CC-	G,T		

Cross Country

 MEDIUM



Cross Country

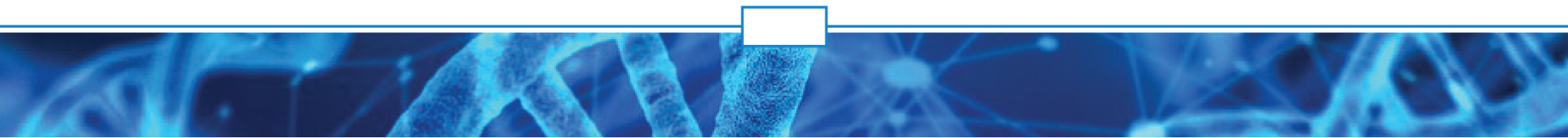
Gene	RSID	Genotype	Minor Allele	Alteration	Result
BDNF	rs6265	AG-	T		
COMT	rs4680	AG+	A		
STMN1	rs182455	CC-	G,T		

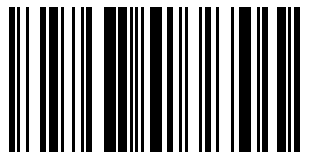
Baseball

 MEDIUM

Best performance in Baseball

Gene	RSID	Genotype	Minor Allele	Alteration	Result
COMT	rs4680	AG+	A		







Football (American)

 MEDIUM







Best performance in Football (American Football)

Gene	RSID	Genotype	Minor Allele	Alteration	Result
COMT	rs4680	AG+	A		

Climbing

 MEDIUM

















Better climbing performance.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
BDNF	rs6265	AG-	T		
MSTN	rs1805086	AA-	C		
STMN1	rs182455	CC-	G,T		

MMA

 MEDIUM



MMA combat

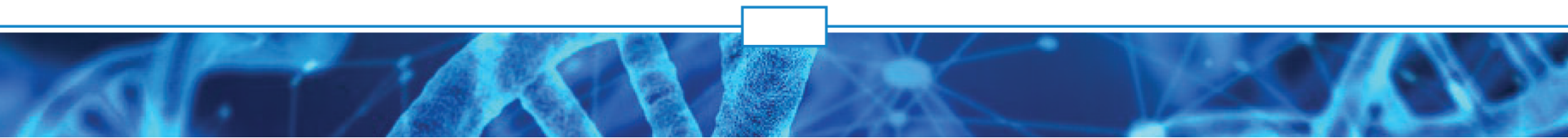
Gene	RSID	Genotype	Minor Allele	Alteration	Result
ACTN3	rs1815739	CT+	T		
GABPB1	rs7181866	AA+	G		
HTR1B	rs11568817	GT-	C		
NOS3	rs2070744	TT+	T		
OPRM1	rs1799971	AG+	G		
PPARGC1A	rs8192678	GG-	T		
SLC6A2	rs2242446	TT+	T		
SLC6A3	rs6347	AA-	C		

Greater Benefit of Aerobic Exercise for Vascular Function

 MEDIUM

Genetics are associated with greater benefits of aerobic exercise for improving vascular function. Results in orange or red indicate greater benefit from aerobic exercise. But always talk to your doctor first.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
EDN1	rs5370	GT+	T		









Triathlon

 MEDIUM



Triathlon

Gene	RSID	Genotype	Minor Allele	Alteration	Result
COMT	rs4680	AG+	A		
STMN1	rs182455	CC-	G,T		

Runner with more endurance than speed

 NORMAL



Result in orange or red indicates having greater endurance than speed in sports. If shown in green indicates less resistance and greater speed.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
ACTN3	rs1815739	CT+	T		

100/200/400m race

 NORMAL



Best performance in 100, 200 and 400 meter races

Gene	RSID	Genotype	Minor Allele	Alteration	Result
ACTN3	rs1815739	CT+	T		

Hockey

 NORMAL



Hockey

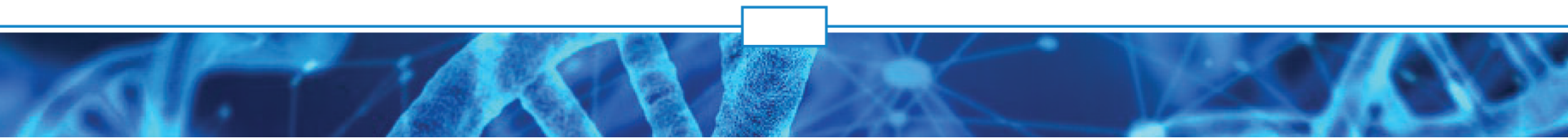
Gene	RSID	Genotype	Minor Allele	Alteration	Result
PPARA	rs4253778	GG+	C,T		

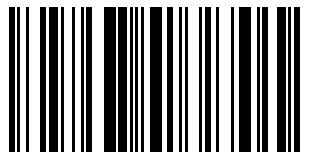
Mountain Bike

 NORMAL

Mountain Bike

Gene	RSID	Genotype	Minor Allele	Alteration	Result
STMN1	rs182455	CC-	G,T		





Judo

● NORMAL

Judo, smooth path, or path of softness, is a Japanese martial art, practiced as a combat sport and founded by Jigoro Kano in 1882. Its main goals are to strengthen the physique, mind and spirit in an integrated way, in addition to developing self-defense techniques.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
ACTN3	rs1815739	CT+	T	+ -	●
MSTN	rs1805086	AA-	C	- -	●

Trend to Exercise During Leisure

● LOW

The individual with this mutation is more likely to exercise during leisure time. They are usually practitioners of exercise and sports.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
MC4R	rs17782313	CT+	C	+ -	●

Elbow flexion contracture

● UNDEFINED

Limitation of elbow movements due to contracture of the anterior joint capsule.

Knee flexion contracture

● UNDEFINED

Limitation of knee movement.

Tendon strength

● UNDEFINED

Strength in the tendon, formed by connective tissue, thanks to which the muscles are inserted into the Skeletal System (bones) or other organs

Running Performance

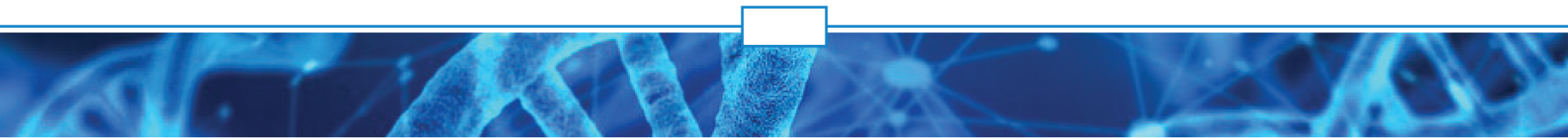
● UNDEFINED

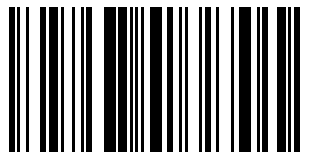
Best running performance

Ironman

● UNDEFINED

Ironman





Rowing

UNDEFINED

Rowing

Worst Motor Speed After Injury

UNDEFINED

Athletes with the C / C allele in the rs74174284 polymorphism showed worse motor speed after injury.

Muscle Damage in Low Hill Diets

UNDEFINED

Individuals who can develop muscle damage when fed a low-choline diet. Research indicates several polymorphisms of the SLC44A1 gene associated with muscle damage related to low choline.

Lung Capacity

UNDEFINED

The total volume of air that fits in the respiratory system is the total lung capacity and corresponds, in an adult, to divided or less 6.5 liters and in a child about 2 liters.

Cricket

UNDEFINED

Cricket is a bat-and-ball game played between two teams of eleven players each on a field at the centre of which is a 22-yard pitch with a wicket at each end, each comprising two bails balanced on three stumps.

Urinary system

Progression to renal failure in IgA nephropathy

MEDIUM-HIGH

IgA nephropathy (IgA) is considered one of the most frequent forms of primary glomerulopathy in adults, with wide variations in its geographic distribution. It is defined histologically by immunofluorescence microscopy, which shows the dominant or co-dominant presence of immunoglobulin A deposits in the glomerular mesangium. The most frequent form of clinical presentation is macroscopic hematuria after episodes of infection, although it may present with asymptomatic hematuria and proteinuria, and less frequently with arterial hypertension, nephrotic syndrome and renal failure. The clinical course is extremely variable, being mostly benign, although end-stage renal failure can develop slowly in 20 to 30% in 10 to 20 years.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
AGT	rs699	CT-	G	<input checked="" type="checkbox"/> <input type="checkbox"/>	<input checked="" type="radio"/>



Renal dysplasia



Dysplasia is the abnormal development of bodily organs or tissues. Renal dysplasia is a structural disorganization of the renal parenchyma during embryogenesis. While in the uterus, problems can occur during kidney formation, resulting in a multicystic dysplastic kidney (renal dysplasia).

Gene	RSID	Genotype	Minor Allele	Alteration	Result
ACE	rs4309	CC+	T	- -	●
ACE	rs4362	TT+	C	- -	●
AGT	rs699	CT-	G	+ -	●
AGT	rs4762	CC-	A	- -	●
AGTR1	rs5186	AA+	C	- -	●

Vision (Ophthalmology)

Retinitis Pigmentosa



An eye disease in which the back wall of the eye (retina) is damaged.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
ABCA4	rs1762111	TT-	G	- -	●
BEST1	rs1109748	AA+	A	+ +	●
RP1	rs446227	GG+	A	- -	●
SLC7A14	rs2276717	GG-	T	- -	●

Retinal detachment



An emergency that occurs when part of the eye (retina) detaches from the supporting tissue.

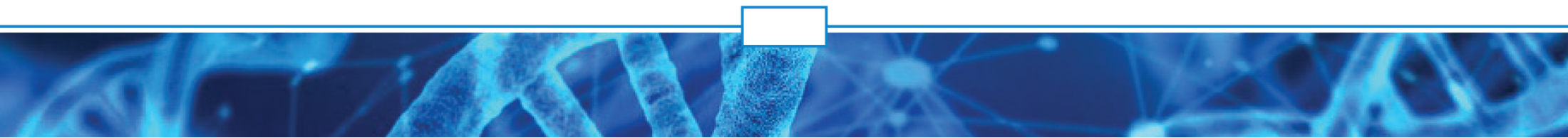
Gene	RSID	Genotype	Minor Allele	Alteration	Result
COL2A1	rs121912893	CC-	A,T	- -	●
LDB2	rs955943	GG-	T	- -	●

Stargardt's Disease



It is the most common form of congenital juvenile macular degeneration. The progressive loss of vision associated with Stargardt disease is caused by the death of photoreceptor cells in the central portion of the retina called the macula (or macula lutea).

Gene	RSID	Genotype	Minor Allele	Alteration	Result
ABCA4	rs1762111	TT-	G	- -	●
ELOVL4	rs3812153	AA-	C	- -	●



Name: Sample

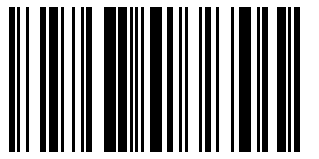
Age:

Gender: M

Report Date: 15/05/2025

Prescriber:

Health Insurance:



Sample

Corneal Keratometry

UNDEFINED

Corneal surface curvature, determining the degree of curvature of the center of the cornea.

Fuchs Dystrophy

UNDEFINED

Fuchs' dystrophy, also known as Fuchs' endothelial dystrophy, is a slowly progressive corneal disease that usually affects both eyes and is slightly more common in women.

Glaucoma (open angle)

UNDEFINED

Open Angle Glaucoma is a type of glaucoma whose main cause is increased intraocular pressure.

Hyperopia

UNDEFINED

Hyperopia, difficulty in seeing up close, occurs when the image forms behind the retina.

Early hyperopia

UNDEFINED

Vision problem where nearby objects are blurry.

Ocular Hypertension - without cupping the optic nerve

UNDEFINED

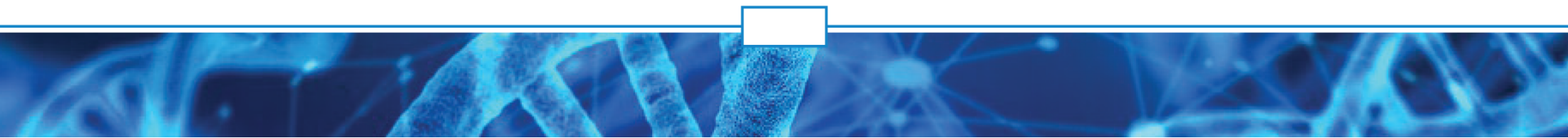
Ocular hypertension is an intraocular pressure greater than normal in the absence of optic nerve damage or visual field loss.

Diabetic retinopathy

UNDEFINED

Diabetic retinopathy (DR) is a disease that affects the small vessels of the retina, the region of the eye responsible for forming the images sent to the brain.

Vitamins



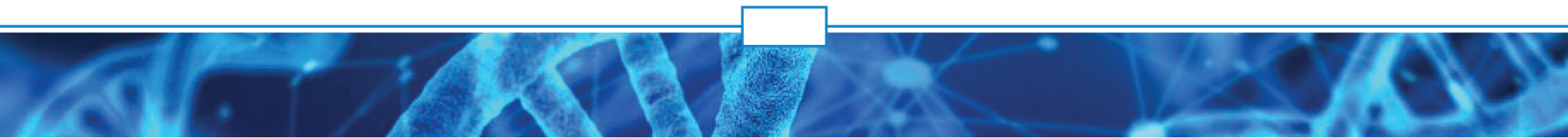


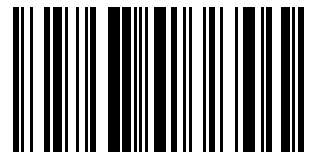
Vitamin B2



This vitamin can be found in foods such as whole grains, milk, yogurt, soy, egg and wheat germ, and its deficiency can cause various symptoms in the body.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
ETFDH	rs121964954	GG+	A	- -	●
FMO3	rs909530	CC+	T	- -	●
FMO3	rs1736557	AG+	A	+ -	●
FMO3	rs2266780	AA+	G	- -	●
FMO3	rs2266782	AG+	A	+ -	●
FMO3	rs61753344	GG+	T	- -	●
MTHFR	rs1476413	AA-	G,T	+ +	●
MTHFR	rs1801133	CC-	A	- -	●
SLC52A2	rs375088539	CC+	T	- -	●
SLC52A2	rs782345472	CC+	T	- -	●



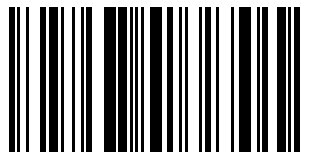


Vitamin B6



Pyridoxine promotes cell respiration and helps in protein metabolism, in addition to helping to reduce fluid retention. Indication in orange or red indicates greater need.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
ABCA1	rs1883025	GG-	T	- -	●
ABCB1	rs2032583	TT-	G	+ +	●
ABCB1	rs2235015	GG-	A,T	+ +	●
ABCB1	rs2235040	GG-	A,G,T	+ +	●
ABCB1	rs2235067	GG-	T	+ +	●
ABCB1	rs3213619	CT-	G	+ -	●
ABCB1	rs4148739	AA-	C	+ +	●
ABCB1	rs10248420	AA+	G,T	+ +	●
ABCB1	rs11983225	TT+	C	+ +	●
ADA	rs73598374	GG-	A,G,T	- -	●
ADORA2A	rs5751876	TT+	C	+ +	●
ALPL	rs1256335	TT-	G	- -	●
ALPL	rs1697421	GG-	T	- -	●
ARMS2	rs10490924	GG+	T	- -	●
BDNF	rs6265	AG-	T	+ -	●
C2	rs547154	AC-	T	+ -	●
C2	rs9332739	GG+	A,C	- -	●
C3	rs2230199	CC-	C,T	- -	●
CBS	rs2851391	CC+	C	- -	●
CBS	rs5742905	TT-	G	- -	●
CBS	rs28934891	GG-	T	- -	●
CBS	rs121964972	CC-	A	- -	●
CETP	rs5880	GG+	C	- -	●
CETP	rs5882	AG+	A	+ -	●
CETP	rs708272	CT-	A	+ -	●
CETP	rs1864163	GG+	A	- -	●
CETP	rs2303790	AA+	G	- -	●
CFB	rs4151667	TT+	A	- -	●
CFH	rs800292	CC-	A	+ +	●
CFH	rs1061147	AC+	C	+ -	●



CFH	rs1061170	CT+	T	+ -	●
CFH	rs1065489	GG+	T	- -	●
CHRM2	rs324650	TT+	A	- -	●
CHRM2	rs1824024	TT-	A	- -	●
CLOCK	rs1801260	TT-	G	- -	●
CRYBB3	rs74315490	GG+		- -	●
CX3CR1	rs3732378	GG+	A	- -	●
CX3CR1	rs3732379	CC+	T	- -	●
EPHA2	rs3754334	CC-	A	- -	●
EPHA2	rs116506614	CC+		- -	●
FKBP5	rs1360780	CC+	A,C	- -	●
GAD1	rs701492	CC+	T	- -	●
GAD1	rs2241165	AG-	T	+ -	●
GPHN	rs104894470	CC+	T	- -	●
GRIA3	rs687577	CC+	C	+ +	●
HTR2A	rs6314	CC-	A	+ +	●
HTR2A	rs1328674	GG-	C,G	- -	●
HTR2C	rs3813929	CC+	G,T	- -	●
HTRA1	rs11200638	GG+	A	- -	●
IL-1B	rs16944	AG+	G	+ -	●
INTERGENIC	rs493258	AG-	C	+ -	●
INTERGENIC	rs1545843	AG+	A	+ -	●
INTERGENIC	rs10468017	CT+	T	+ -	●
INTERGENIC	rs12678919	AA+	G	- -	●
KIAA0319	rs761100	GG-	C	- -	●
KIAA0319	rs4504469	CC+	G,T	- -	●
MAOA	rs909525	GG-	T	+ +	●
MTHFR	rs1476413	AA-	G,T	+ +	●
MTHFR	rs1801131	CC-	G	+ +	●
MTHFR	rs1801133	CC-	A	- -	●
MTRR	rs1801394	AG+	G	+ -	●
NBPF3	rs4654748	CC+	T	+ +	●
OXTR	rs237899	AG+	A,C	+ -	●
OXTR	rs2254298	GG+	A	- -	●
PITX2	rs6533526	GG+	A	- -	●



Name: Sample

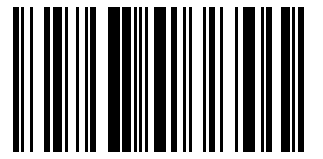
Age:

Gender: M

Report Date: 15/05/2025

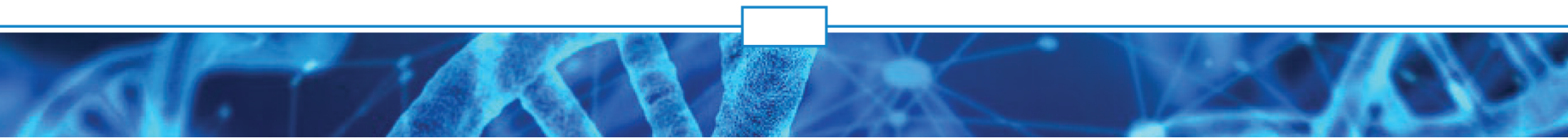
Prescriber:

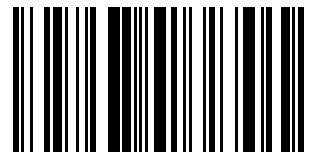
Health Insurance:



Sample

REST	rs1713985	AA-	T	- -	●
REST	rs2227902	GG+	T	- -	●
SERPINF1	rs1136287	CT+	T	+ -	●
SKIV2L	rs2734331	TT-	G	- -	●
TDP2	rs2143340	CT-	G,T	+ -	●
TLR3	rs3775291	GG-	G,T	+ +	●
VEGFA	rs3025039	CC+	T	- -	●















































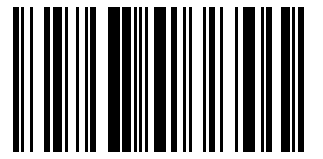
Vitamin B9 (Folic Acid)

 MEDIUM

Folic acid, folacin, pteroyl-L-glutamic acid or Vitamin B9, is a water-soluble vitamin belonging to the B complex for the formation of structural proteins and hemoglobin. Folic acid is effective in treating certain anemias; It is one of the essential components for a healthy pregnancy; Reduces risk of Alzheimer's disease; It can help prevent heart disease and stroke; It can help prevent anencephaly of fetuses in pregnancy; Helps control hypertension; Hair and Nail Loss; Improves blood insulin levels; Reduces hearing loss in the elderly.

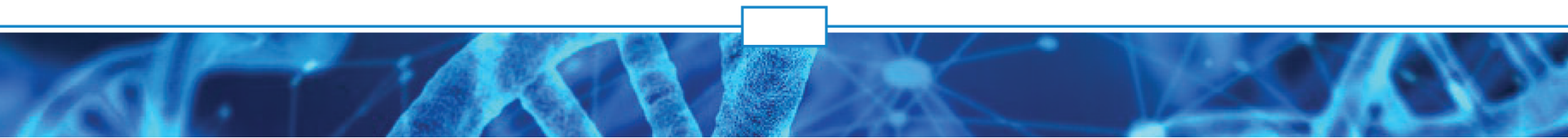
Gene	RSID	Genotype	Minor Allele	Alteration	Result
ABCB1	rs2032583	TT-	G		
ABCB1	rs2235015	GG-	A,T		
ABCB1	rs2235040	GG-	A,G,T		
ABCB1	rs2235067	GG-	T		
ABCB1	rs3213619	CT-	G		
ABCB1	rs4148739	AA-	C		
ABCB1	rs10248420	AA+	G,T		
ABCB1	rs11983225	TT+	C		
ADA	rs73598374	GG-	A,G,T		
ADORA2A	rs5751876	TT+	C		
BDNF	rs6265	AG-	T		
BTNL2	rs2076530	AA-	C		
CBS	rs234706	GG+	A		
CBS	rs28934891	GG-	T		
CHRM2	rs324650	TT+	A		
CHRM2	rs1824024	TT-	A		
CLOCK	rs1801260	TT-	G		
CTLA4	rs231775	AA+	G		
CYP24A1	rs2296241	GG+	A		
DPYD	rs1801266	CC-	A		
DPYD	rs1801267	GG-	T		
DPYD	rs1801268	GG-	A		
FKBP5	rs1360780	CC+	A,C		
FOLR3	rs7925545	AA+	G		
GPHN	rs104894470	CC+	T		
HLA-DRA	rs3135391	CC-	A		
HLA-DRB1	rs660895	AA+	G		
HTR2A	rs6314	CC-	A		

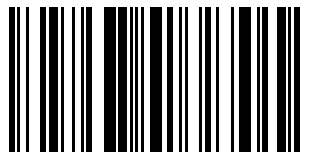




HTR2A	rs1328674	GG-	C,G	- -	●
HTR2C	rs3813929	CC+	G,T	- -	●
IL-1B	rs16944	AG+	G	+ -	●
INTERGENIC	rs1417210	TT-	A,C	- -	●
INTERGENIC	rs1545843	AG+	A	+ -	●
LPP	rs1152846	AG-	C	+ -	●
MAOA	rs909525	GG-	T	+ +	●
MGMT	rs2308327	AA+	G	- -	●
MTHFD1	rs1076991	AA-	C,G	- -	●
MTHFD1	rs2236225	CT-	A	+ -	●
MTHFR	rs1476413	AA-	G,T	+ +	●
MTHFR	rs1801131	CC-	G	+ +	●
MTHFR	rs1801133	CC-	A	- -	●
MTR	rs1805087	AA+	G	- -	●
MTRR	rs1801394	AG+	G	+ -	●
MYT1L	rs869320675	GG-	T	- -	●
NGF	rs6330	CC-	A	- -	●
OXTR	rs237899	AG+	A,C	+ -	●
OXTR	rs2254298	GG+	A	- -	●
RGS2	rs4606	CC+	G	+ +	●
RPGRIP1L	rs61747071	CC+	T	- -	●
RPGRIP1L	rs121918197	AA-	A,G	- -	●
STAT4	rs10181656	CC+	C	- -	●
TCN2	rs1801198	GG+	A,C	- -	●
TICAM1	rs2292151	CC-	A	- -	●
TPH2	rs4570625	GG+	G	+ +	●

Weight











Fat burning through cycling

 HIGH









Cycling habitually, especially at a high intensity, helps lower body fat levels, which promotes healthy weight management. Plus, you'll increase your metabolism and build muscle, which allows you to burn more calories, even while at rest.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
COLEC12	rs644435	GG+	G		
INTERGENIC	rs2727405	TT-	A		
RASEF	rs10867921	GG+	A		

Fat Oxidation

 HIGH



Fat oxidation refers to the process of breaking down fatty acids. The mode of exercise can also affect fat oxidation, with fat oxidation being higher during running than cycling. Endurance training induces a multitude of adaptations that result in increased fat oxidation. Oxidation of fatty acids occurs in multiple regions of the cell within the human body; the mitochondria, in which only Beta-oxidation occurs; the peroxisome, where alpha- and beta-oxidation occur; and omega-oxidation, which occurs in the endoplasmic reticulum.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
INTERGENIC	rs1887867	CC+	C		
KCNB1	rs6063399	AG+	A		
SMYD3	rs11800820	CC+	A,T		
UMAD1	rs12702661	AG+	A		

Slimness

 MEDIUM-HIGH







Genetic susceptibility to being a thinner person.

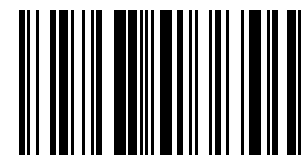
Gene	RSID	Genotype	Minor Allele	Alteration	Result
AHSG	rs4917	CC+	C		

Fibers and slimming

 MEDIUM-HIGH

Results indicate greater benefit in increasing fiber intake and achieving weight loss. Results in red is beneficial.





























































Gene	RSID	Genotype	Minor Allele	Alteration	Result
FTO	rs9930506	AG+	G		
FTO	rs121918214	GG+	A		
TCF7L2	rs7903146	CT+	G,T		

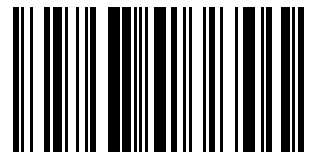


Intake of saturated fat and increased body fat

 MEDIUM-HIGH

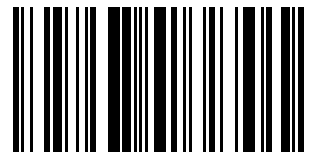
Indications in orange or red indicate a greater tendency for a diet rich in saturated fats to generate a greater accumulation of body fat.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
ANKK1	rs1800497	CT-	A		
APOA2	rs5082	CT-	A		
APOA5	rs662799	AA+	T		
APOA5	rs3135506	GG+	C		
ARMC4	rs587777047	AA+	C		
ARMC4	rs587777049	GG+	T		
BDNF	rs6265	AG-	T		
BICC1	rs11006263	AA+	G		
CCDC77	rs1048466	GG+	A,C		
CD46	rs35366573	CC+	T		
CDCA3	rs5443	CC+	T		
CEBPB-AS1	rs4253449	GG+	A		
CYP2E1	rs2031920	CC+	T		
CYP2E1	rs2070672	AA+	G		
DOCK8	rs192864327	GG+	C,T		
FABP2	rs1799883	GG-	A,C,G		
FAM71F1	rs6971091	GG+	A		
FTO	rs1121980	CT-	A,C		
FTO	rs1421085	CT+	C		
FTO	rs9939609	AT+	A		
FTO	rs121918214	GG+	A		
GPC5	rs2352028	CC+	G,T		
IL-1B	rs1143634	CC-	A		
INSIG2	rs7566605	CC+	C		
KIF6	rs9380880	GG+	A		
LEPR	rs1137101	AG+	G		
LIPC	rs261332	AG+	G		
LIPC	rs1800588	CT+	T		
LPP	rs1152846	AG-	C		
LRP1	rs1799986	CC+	T		



MC4R	rs10871777	AG+	G	+ -	●
PCDH9	rs17081231	AA+	G	- -	●
PCSK1	rs6232	AG-	C	+ -	●
PFKP	rs6602024	AG+	A	+ -	●
PPARG	rs1801282	GG+	C	+ +	●
PPARG	rs3856806	TT+	T	+ +	●
PTPRD	rs1975197	TT-	A	+ +	●
RYR2	rs1057517873	AA+	G	- -	●
SLC29A3	rs121912583	GG+	A	- -	●
STAT3	rs2293152	CG-	C	+ -	●
STAT3	rs8069645	AG+	G	+ -	●
TCF4	rs613872	TT+	T	- -	●
TCF4	rs9960767	AC+	C,G	+ -	●
TCF7L2	rs4506565	AT+	G,T	+ -	●
TMEM18	rs6548238	CC+	C	- -	●
TNF	rs361525	GG+	A	- -	●
TRAPPC9	rs267607137	CC-	A	- -	●
UGT2B7	rs12233719	GG+	A,C,T	- -	●
UNC13A	rs12608932	CC+	C	+ +	●
WDR11-AS1	rs4783244	GT+	T	+ -	●

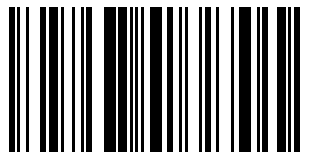




Trend of Monounsaturated Fat Intake and Weight Gain ● MEDIUM-HIGH

Usually associated with genetic problems. Indication in orange or red indicate greater trend.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
ADIPOQ	rs17300539	AG+	A	+ -	●
ANKK1	rs1800497	CT-	A	+ -	●
ARMC4	rs587777047	AA+	C	- -	●
ARMC4	rs587777049	GG+	T	- -	●
BICC1	rs11006263	AA+	G	- -	●
CCDC77	rs1048466	GG+	A,C	+ +	●
CD46	rs35366573	CC+	T	- -	●
CDCA3	rs5443	CC+	T	- -	●
CEBPB-AS1	rs4253449	GG+	A	- -	●
CYP2E1	rs2031920	CC+	T	- -	●
CYP2E1	rs2070672	AA+	G	- -	●
CYP2E1	rs72559710	GG+	A,C,T	- -	●
DOCK8	rs192864327	GG+	C,T	- -	●
FAM71F1	rs6971091	GG+	A	- -	●
FTO	rs1121980	CT-	A,C	+ -	●
FTO	rs1421085	CT+	C	+ -	●
FTO	rs9939609	AT+	A	+ -	●
FTO	rs17817449	GT+	A,G	+ -	●
FTO	rs121918214	GG+	A	- -	●
GPC5	rs2352028	CC+	G,T	- -	●
IL-1B	rs1143634	CC-	A	- -	●
INSIG2	rs7566605	CC+	C	+ +	●
KIF6	rs9380880	GG+	A	- -	●
LEPR	rs1137101	AG+	G	+ -	●
LIPC	rs261332	AG+	G	+ -	●
LIPC	rs1800588	CT+	T	+ -	●
LPP	rs1152846	AG-	C	+ -	●
MC4R	rs10871777	AG+	G	+ -	●
NAT2	rs1208	AA+	G	- -	●
NAT2	rs1041983	TT+	T	+ +	●
NAT2	rs1799929	CC+	T	- -	●



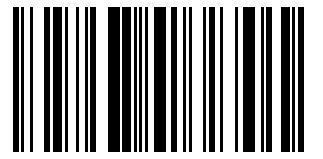
NAT2	rs1801279	GG+	A	- -	●
NAT2	rs1801280	TT+	C	- -	●
NAT2	rs1805158	CC+	A,T	- -	●
NR1D1	rs2314339	CC+	T	+ +	●
PCDH9	rs17081231	AA+	G	- -	●
PCSK1	rs6232	AG-	C	+ -	●
PPARG	rs1801282	GG+	C	+ +	●
PPARG	rs3856806	TT+	T	+ +	●
PTPRD	rs1975197	TT-	A	+ +	●
RYR2	rs1057517873	AA+	G	- -	●
SLC22A2	rs316019	GG-	C	- -	●
SLC22A2	rs8177507	GG-	G,T	- -	●
SLC22A2	rs8177516	CC-	A,T	- -	●
SLC22A2	rs8177517	AA-	C,G	- -	●
SLC29A3	rs121912583	GG+	A	- -	●
TCF4	rs613872	TT+	T	- -	●
TCF4	rs9960767	AC+	C,G	+ -	●
TMEM18	rs6548238	CC+	C	- -	●
TNF	rs361525	GG+	A	- -	●
TRAPPC9	rs267607137	CC-	A	- -	●
UGT2B7	rs12233719	GG+	A,C,T	- -	●
UNC13A	rs12608932	CC+	C	+ +	●
WDR11-AS1	rs4783244	GT+	T	+ -	●

Weight Management

● MEDIUM

It is about the care that is taken to be at the proper weight, for example, the difficulty in losing weight. Larger values on the right indicate greater difficulty in maintaining a healthy body weight.























































Gene	RSID	Genotype	Minor Allele	Alteration	Result
ADRB2	rs1042713	GG+	A	+ +	●
FABP2	rs1799883	GG-	A,C,G	- -	●



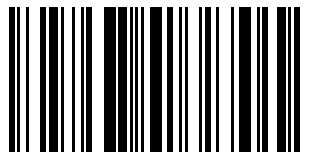
Waist Measure

 MEDIUM

Extremely important measure to check the risk that a person has of suffering from cardiovascular disease and stroke. Result in orange or red indicates a tendency to a larger waist measurement.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
ADIPOQ	rs266729	CC+	A,G,T		
APOE	rs7412	CC+	T		
C5ORF67	rs6867983	CC+	T		
ESR1	rs851982	CT+	C		
FTO	rs1558902	AT+	A		
FTO	rs9939609	AT+	A		
FTO	rs17817449	GT+	A,G		
GCKR	rs1260326	CT+	C		
HMGCR	rs17238484	GG+	T		
IL-1A	rs1800587	CC-	A,C		
IL-1B	rs1143634	CC-	A		
INTERGENIC	rs489693	AC+	A,T		
INTERGENIC	rs535043	CT-	A		
INTERGENIC	rs539901	GT+	G		
INTERGENIC	rs2083637	TT-	G		
INTERGENIC	rs2286983	CT-	A		
MC4R	rs12970134	AG+	A		
OVCH2	rs7932813	AA+	G		
PCSK1	rs6232	AG-	C		
PLIN1	rs894160	AG-	T		
PPM1L	rs9290065	TT+	T		
SH2B1	rs7498665	AA+	G,T		
SLC6A2	rs36017	GG-	A,C		
TXN	rs2301241	CC-	C		
UCP2	rs659366	CC+	T		
UCP2	rs660339	CC-	T		
UCP3	rs1800849	CT-	A,T		

















Benefit of Physical Exercise for Weight Loss

 MEDIUM







Physical activity helps anyone to lose weight and maintain body weight more easily, but for individuals with more right results, this benefit is even greater.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
ADRB2	rs1042713	GG+	A	 	
FTO	rs8050136	AC+	A	 	
FTO	rs9939609	AT+	A	 	
IL-6	rs1800795	GG+	G	 	

Decrease in body mass after training

 NORMAL







Polymorphisms rs2267668 / rs2016520 / rs1053049 (G / C / T haplotypes) exhibited less post-training body mass decrease, suggesting that these specific G / C / T haplotypes are unfavorable for achieving the desired training-induced body mass changes (exercise). Result in red or orange indicates worse decrease in body mass after exercise.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
PPARD	rs2016520	AA-	T	 	
PPARD	rs2267668	AA+	A,C	 	

Body fat

 NORMAL

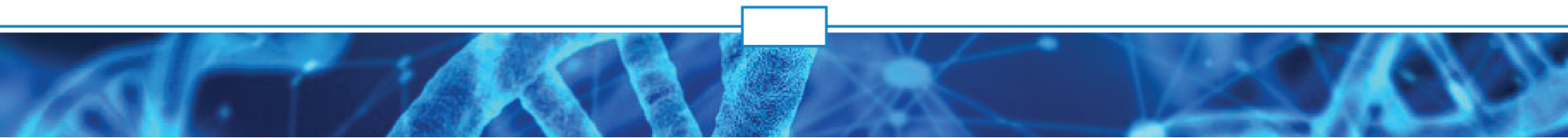
The ideal amount of body fat in men can vary between 16 and 20% and in women between 20 and 24%, but these values usually increase with age and, in most cases, it is higher in women.

Gene	RSID	Genotype	Minor Allele	Alteration	Result
IL-1RN	rs419598	TT+	C	 	
IL-1RN	rs4252041	CC+	T	 	

Weight gain with exercise

 UNDEFINED

Easier to gain muscle mass with exercises.



Name: Sample

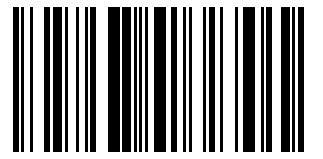
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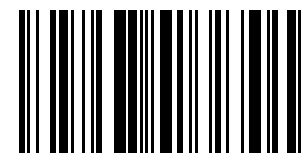
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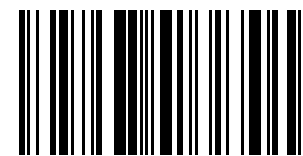
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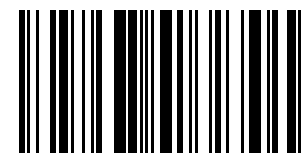
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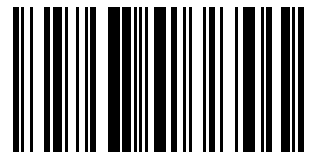
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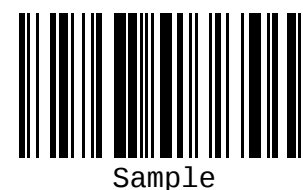
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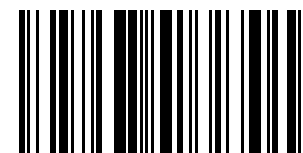
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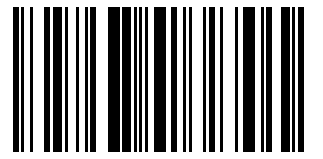
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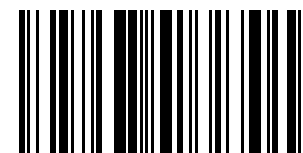
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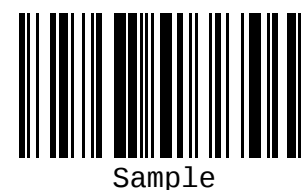
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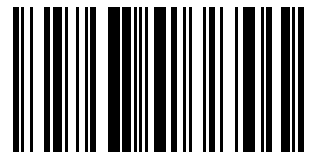
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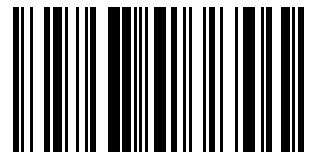
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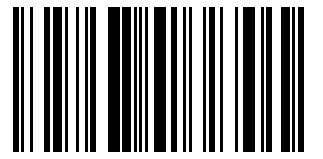
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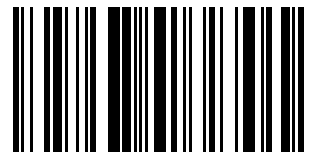
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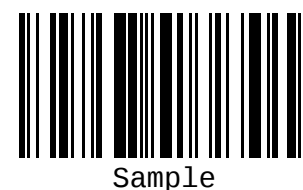
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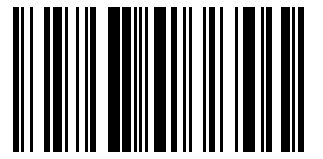
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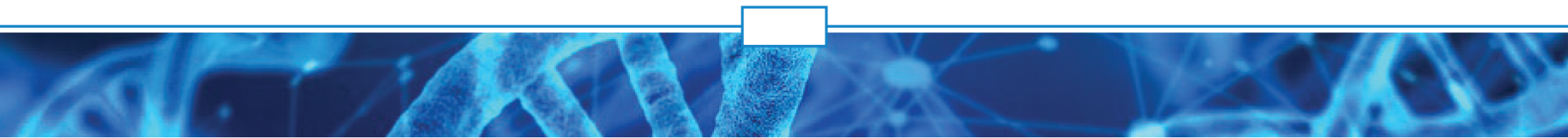
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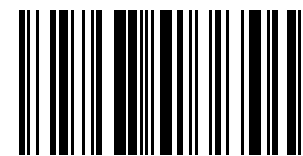
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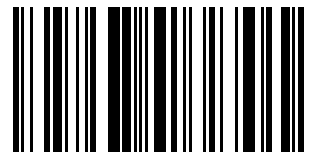
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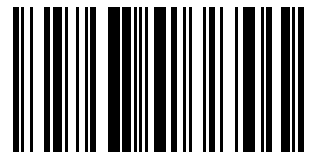
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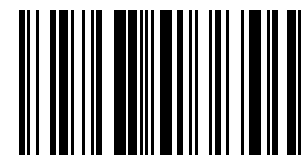
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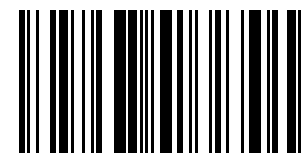
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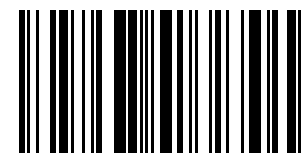
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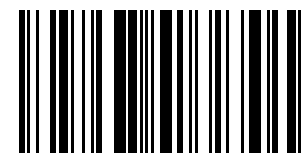
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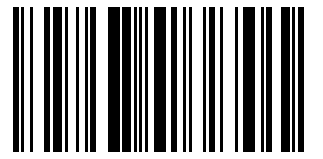
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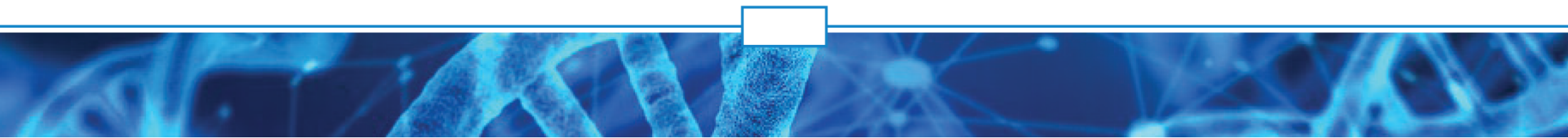
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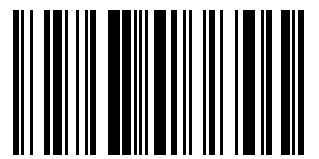
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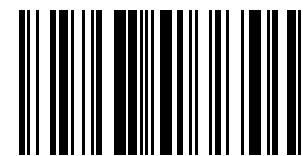
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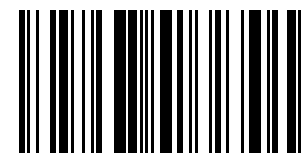
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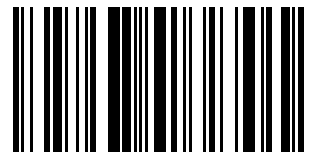
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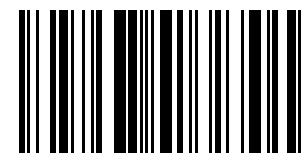
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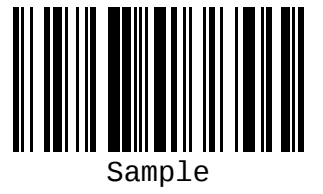
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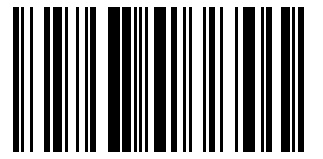
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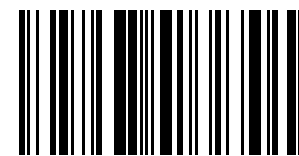
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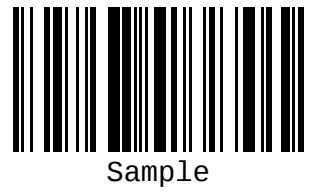
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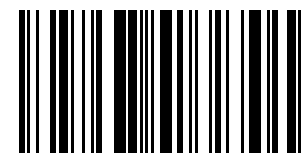
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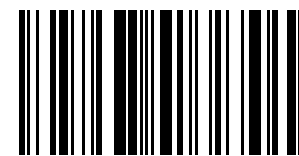
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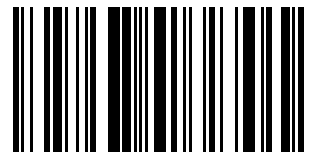
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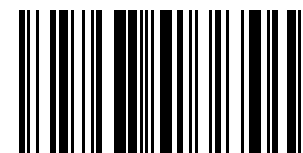
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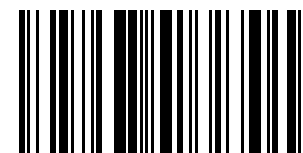
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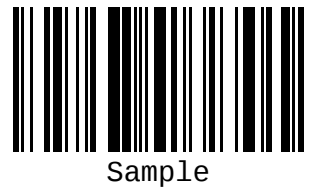
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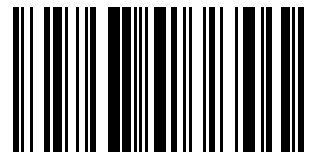
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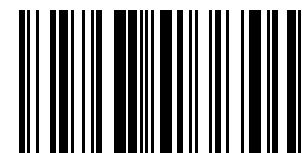
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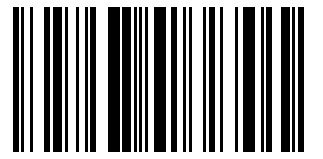
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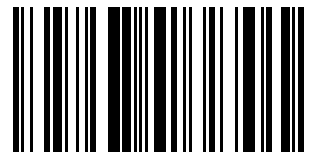
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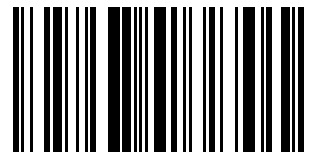
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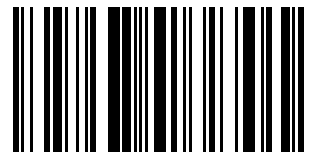
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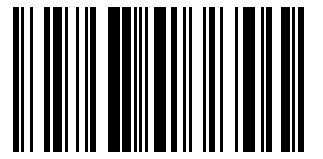
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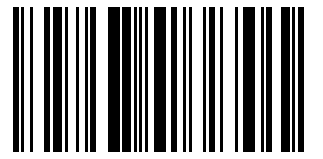
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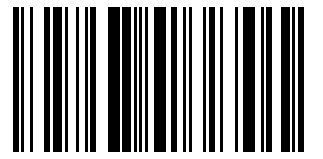
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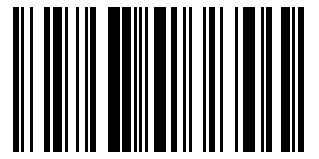
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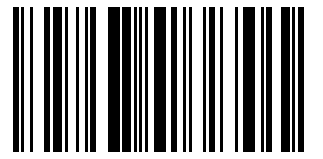
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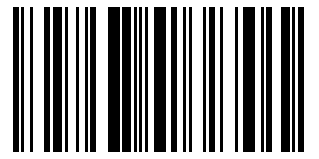
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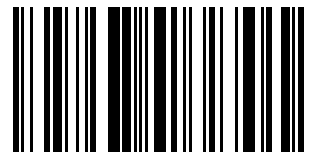
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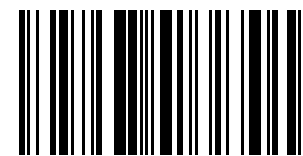
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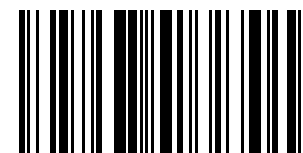
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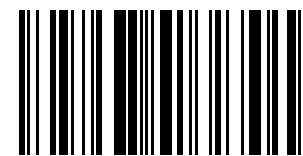
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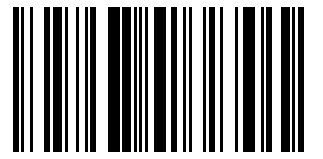
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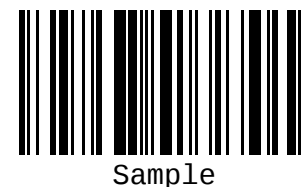
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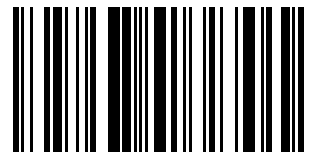
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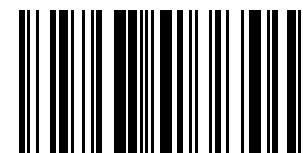
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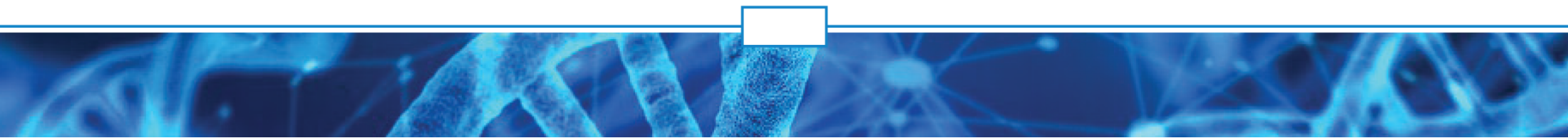
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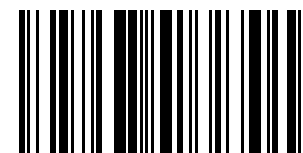
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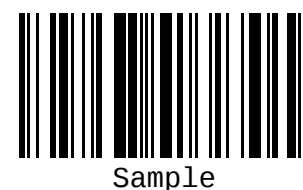
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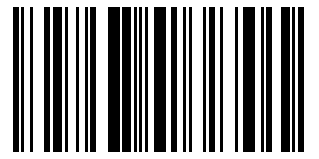
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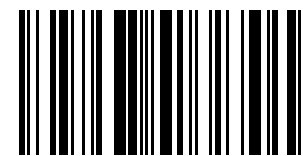
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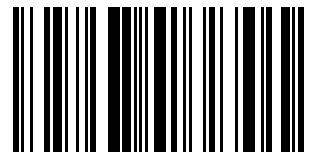
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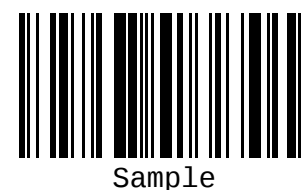
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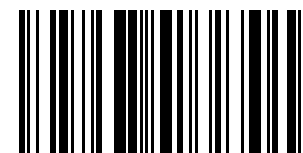
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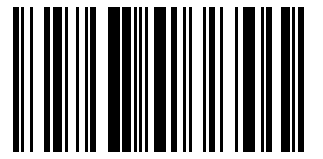
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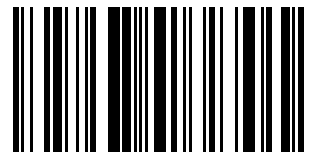
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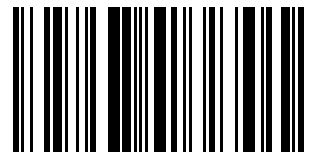
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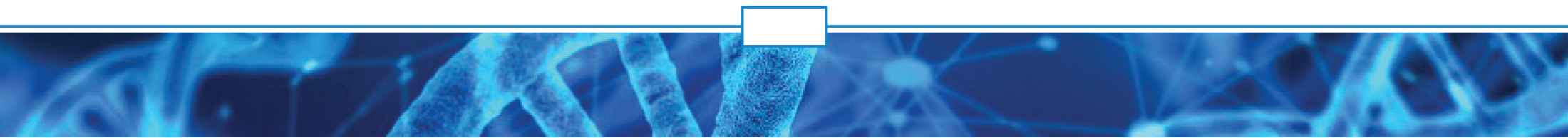


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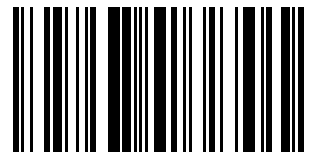
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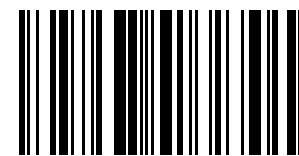
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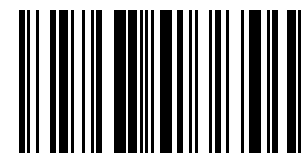
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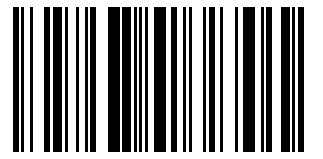
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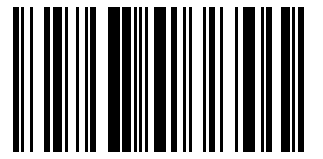
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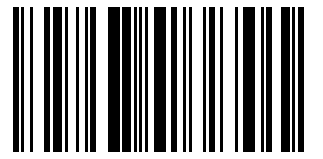
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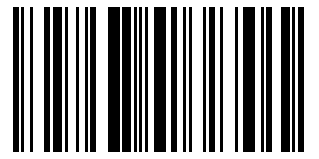
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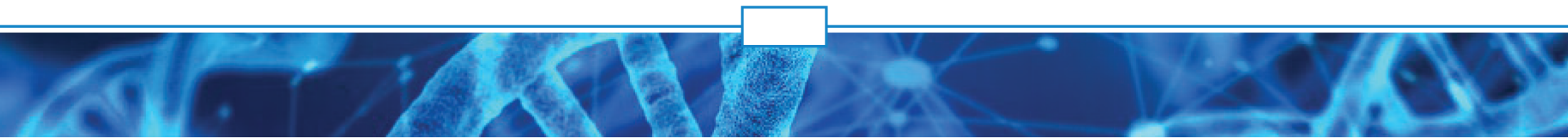
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