

# PureGenomics®

Personalized Report for Jennifer Howard

**Green** = Optional Foundational Support

**Yellow** / **Red** = Highly Recommended Nutritional Support

**Grey** = No genotype exists for this SNP

## Methylation SNPs

Gene	SNP	What this SNP means	Diet & Lifestyle Recommendations*	Pure Encapsulations® Products
<b>CBS</b>	<b>C699T</b>	Higher conversion of homocysteine to cystathionine	No recommendations.	PureGenomics® Multivitamin†
<b>COMT</b>	<b>V158M</b>	Reduced detoxification of catecholamines and estrogen	No recommendations.	PureGenomics® Multivitamin†
<b>FUT2</b>	<b>G772A</b>	Modified risk of low B <sub>12</sub> status; potential for lower intestinal microbial diversity	You may need a vitamin B12 supplement. Your health care provider will determine the dose that is right for you.	B <sub>12</sub> 5000 liquid and PureGenomics® Multivitamin†
<b>MTHFR</b>	<b>A1298C</b>	Reduced ability to activate folates to 5-MTHF	No recommendations.	PureGenomics® Multivitamin†
<b>MTHFR</b>	<b>C677T</b>	Reduced ability to activate folates to 5-MTHF	Eat plenty of green, leafy vegetables, which provide folate in a form the body can use. Discuss supplement options with your health care provider.	Folate 1000 and PureGenomics® Multivitamin†
<b>MTR</b>	<b>A2756G</b>	Potential B <sub>12</sub> depletion	No recommendations.	PureGenomics® Multivitamin†

<p><b>MTRR</b></p>	<p><b>A66G</b></p>	<p>Slower regeneration of B<sub>12</sub></p>	<p>You may need a vitamin B12 supplement. Your health care provider will determine which product and what dose is right for you.</p>	<p>Methylcobalamin and PureGenomics<sup>®</sup> Multivitamin<sup>†</sup></p>
<p><b>TCN2</b></p>	<p><b>C766G</b></p>	<p>Delivery of B<sub>12</sub> to cells may be limited</p>	<p>You may need a vitamin B12 supplement. Your health care provider will determine which product and what dose is right for you.</p>	<p>B<sub>12</sub> 5000 liquid and PureGenomics<sup>®</sup> Multivitamin<sup>†</sup></p>

\*Consult your health care provider for specific nutritional supplement recommendations.

## Vitamin SNPs

Gene	SNP	What this SNP means	Diet & Lifestyle Recommendations*	Pure Encapsulations® Products
BCMO1	A379V	Reduced ability to convert dietary beta-carotene to active vitamin A	No recommendations.	PureGenomics® Multivitamin†
BCMO1	R267S	Reduced ability to convert dietary beta-carotene to active vitamin A	Ensure adequate intake of vitamin A. If you do not eat foods like organ meats, eggs, cod liver oil and dairy products, your health care provider may recommend a supplement.	Vitamin A + Carotenoids
GC		Delivery of D <sub>3</sub> to cells may be limited	No recommendations.	PureGenomics® Multivitamin†

\*Consult your health care provider for specific nutritional supplement recommendations.

## Detoxification and Antioxidant Defenses

Gene	SNP	What this SNP means	Diet & Lifestyle Recommendations*	Pure Encapsulations® Products
GPx1P1	Pro198Leu	Reduced ability to conjugate certain toxins with glutathione	No recommendations.	No recommendations
GSTP1	I105V	Reduced ability to conjugate certain toxins with glutathione	No recommendations.	No recommendations
SOD2	VAL16ALA	Alters the distribution of the SOD2 enzyme (cytosolic vs. mitochondrial), which compromises antioxidant defenses	No recommendations.	Astaxanthin, DIM Detox, Ascorbic Acid or Buffered Ascorbic Acid (powder or capsules)

\*Consult your health care provider for specific nutritional supplement recommendations.

## Metabolism & Weight Management SNPs

Gene	What this SNP means	Diet & Lifestyle Recommendations*	Pure Encapsulations® Products
<b>ADIPOQ</b>	This SNP is associated with low blood levels of adiponectin, a hormone that maintains healthy glucose and lipid metabolism. This relationship has been demonstrated in Caucasians of European descent. Its relevance to other ethnic groups populations has not been established.	<ul style="list-style-type: none"> <li>• Exercise regularly and adjust daily caloric intake to reach or maintain a healthy weight</li> <li>• Several studies indicate that the Mediterranean diet supports healthy adiponectin levels</li> <li>• Ensure adequate omega-3 intake through food or supplementation</li> </ul>	EPA/DHA Essentials, Metabolic Xtra
<b>APOA2</b>	This SNP is associated with increased food intake and weight gain. Homozygous carriers are prone to weight gain when saturated fat intake is high.	No recommendations	No recommendations
<b>FADS1</b>	Reduced ability to convert omega-3 fatty acid precursors (linolenic acid from flaxseed oil and other plant sources) to active omega-3 fatty acids (EPA and DHA).	Ensure adequate intake of omega-3 fatty acids from cold-water fish or fish oil. Plant sources of omega-3 precursors, such as nuts, seeds and seed oils, may not provide optimal support.	EPA/DHA Essentials

<p style="text-align: center;"><b>FTO</b></p>	<p>Genetic predisposition to a higher body weight and body fat percentage. This is due, in part, to increased appetite and diminished satiety after meals. Carriers may be more likely to lose weight through diet and lifestyle modifications than non-carriers.</p>	<ul style="list-style-type: none"> <li>• Increase protein intake</li> <li>• Consume a whole food based diet with an emphasis on colorful fruits and vegetables. The Mediterranean diet may reduce the impact of the FTO SNP on metabolic health.</li> <li>• Get adequate sleep, which helps to reduce cravings</li> <li>• Exercise regularly</li> </ul>	<p>PureLean Protein Blend, PureLean Ultra, XanthiTrim, Consider the PureLean® Protocol for comprehensive weight management support†*</p>
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\*Consult your health care provider for specific nutritional supplement recommendations.

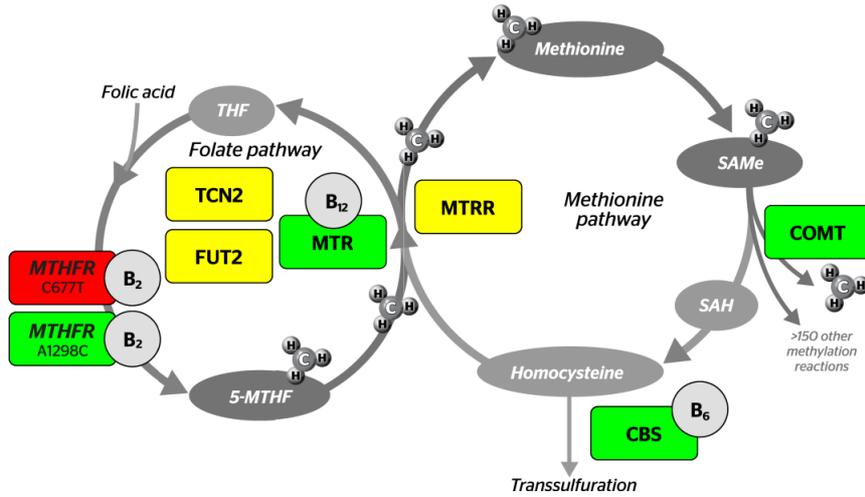
## Cognition & Mental Health

Gene	SNP	What this SNP means	Diet & Lifestyle Recommendations*	Pure Encapsulations® Products
BDNF	V66M	Associated with deficits in BDNF production. BDNF is important for maintaining mood and cognitive function.	No recommendations	No recommendations
COMT	V158M	Val allele: Lower dopamine levels due to faster degradation. Met allele: Higher dopamine levels due to slower degradation.	Consume adequate protein, which provides amino acid precursors of dopamine and other neurotransmitters. Exercise may also help to support daily cognitive function, alertness and mood.	DopaPlus, Rhodiola Rosea
DRD2	C957T	Lower dopamine levels, impaired response to dopamine; associated with memory impairment particularly in older individuals	Consume a diet high in protein, fiber, whole grains, vegetables, and fruits. Emphasize lean meats, poultry, eggs and fish as protein sources, which are rich sources of amino acid precursors of dopamine and other neurotransmitters. Your health care provider will determine whether a supplement is right for you. Talk to your doctor if you use antipsychotic agents, as this SNP may alter the way you respond to these medications.	I-Tyrosine, DopaPlus
MTHFR	A1298C	Reduced ability to activate folates to 5-MTHF	No recommendations.	PureGenomics® Multivitamin†
MTHFR	C677T	Reduced ability to activate folates to 5-MTHF	Eat plenty of green, leafy vegetables, which provide folate in a form the body can use. Discuss supplement options with your health care provider.	Folate 1000 and PureGenomics® Multivitamin†

<p style="text-align: center;"><b>TPH2</b></p>	<p style="text-align: center;"><b>G703T</b></p>	<p>This enzyme converts tryptophan to 5-HTP, the precursor of serotonin, which maintains emotional well-being.</p>	<p>Your diet should emphasize fruits, vegetables, fiber, and adequate protein, all of which provide essential nutrients and phytochemicals that support emotional wellness. Emphasize lean meats and poultry as protein sources, which are rich sources of tryptophan, a precursor of serotonin. Your health care provider may recommend a supplement if other factors indicate the need for mood support.</p>	<p>5-HTP, SeroPlus</p>
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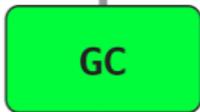
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## Methylation Pathway



### Vitamin D

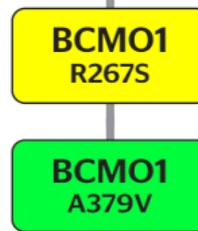
Vitamin D<sub>3</sub> from diet and supplements



Transport and delivery to tissue

### Vitamin A

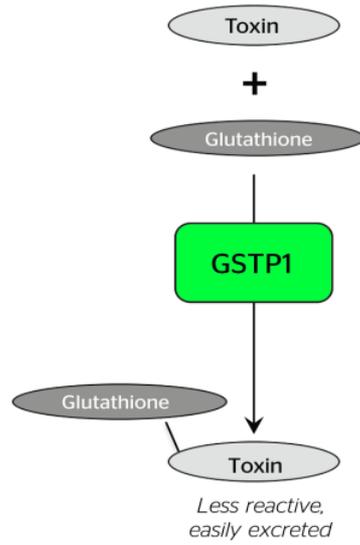
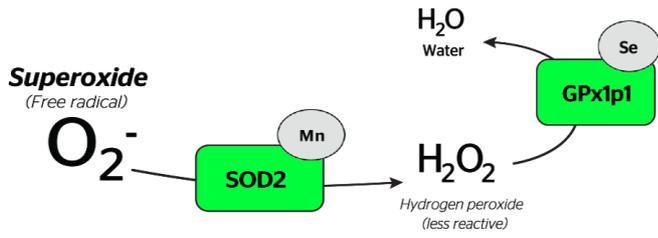
Beta-carotene



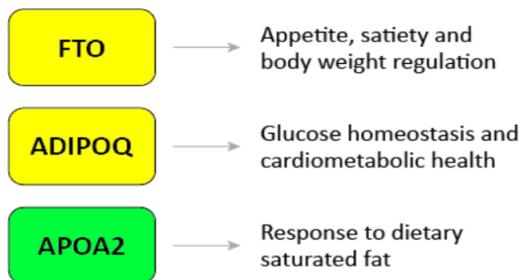
Retinal

Retinol (Vitamin A)

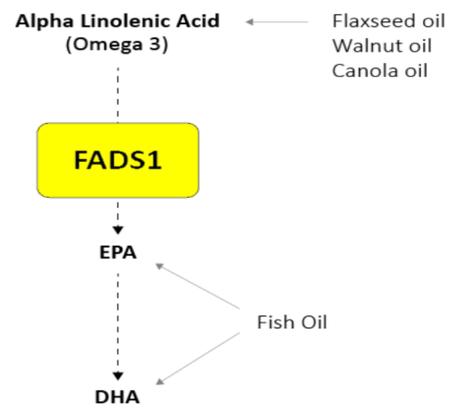
## Detoxification and Antioxidant Defenses



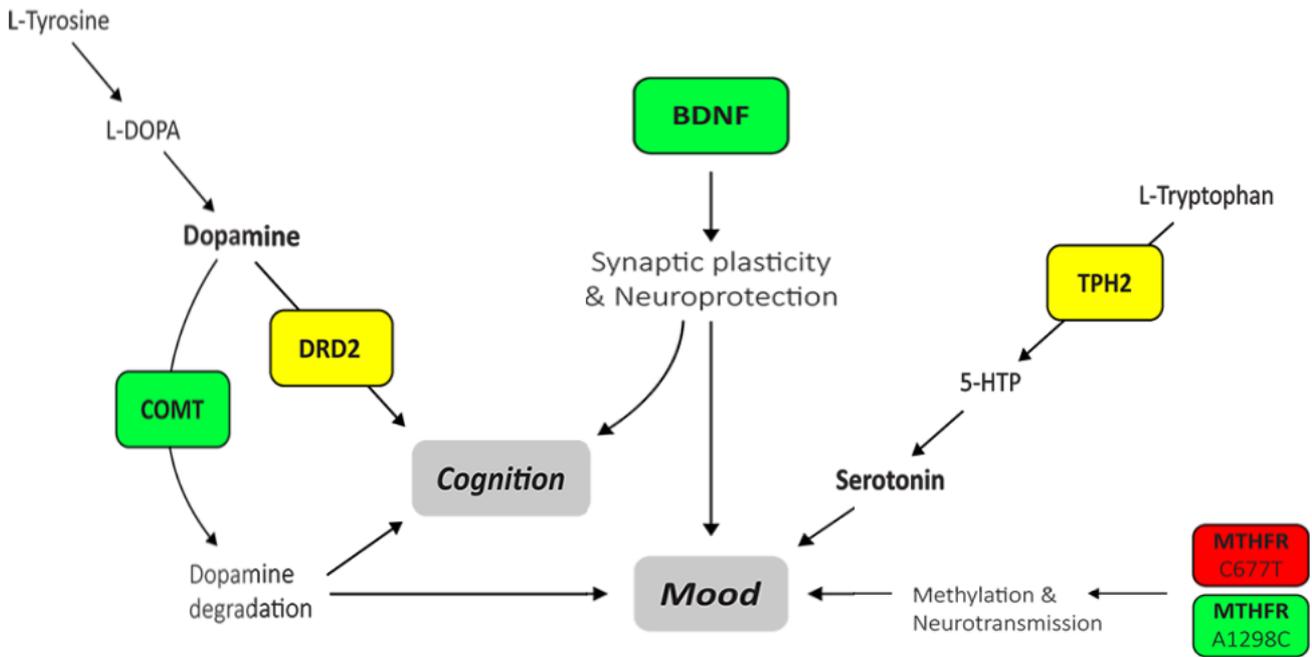
## Weight Management and Metabolic Health



## Essential Fatty Acids



## Cognition & Mental Health



\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

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