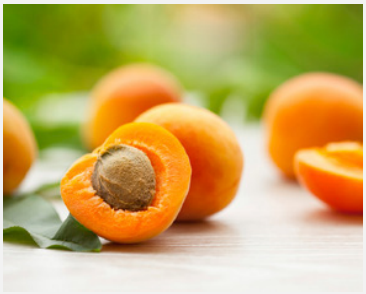
dnaPower

POWER OVER YOUR HEALTH



YOUR dietPower RESULTS

Personal DNA Report for:

Private and Confidential

YOUR dietPower SUMMARY

Your personal report covers your genetic composition for results related to diet, nutrition, supplements and weight management. The results give you an indication of your predisposition to the health factors tested. Your genetics are your blueprint. You can enhance and improve your health outcomes through diet, fitness and environment.

AREA TESTED	TELLS YOU (Risk Potential)	YOUR GENETIC COMPOSITION RESULTS	PAGE
DIET MANAGEMENT			
Carbohydrate	*Your ability to process carbohydrates in your diet*	80% / 20%	11
Insulin	*Your ability to regulate blood sugar through insulin*	75% / 25%	12
HDL Cholesterol	*How well you regulate HDL cholesterol*	80% / 20%	13
LDL Cholesterol	*How well you regulate LDL cholesterol*	90% / 10%	14
Dietary Unsaturated Fat	*Your ability to metabolize unsaturated fats in your diet*	100%	15
Dietary Saturated Fat	*How well you metabolize saturated fats in your diet*	17% / 83%	16
Stored Body Fat	*How well your body burns stored fats*	87% / 13%	17
Protein Need	*Your need for a normal amount of dietary protein*	50% / 50%	18
Protein Weight Response	*Your weight response to a high protein diet*	100%	19
WEIGHT RESPONSE			
Body Mass Index	*Your ability to regulate your body mass index*	40% / 60%	21

Normal Genes Variations

YOUR dietPower ACTION PLAN

Your personal DNA results provide valuable insights into your body based on your unique genetic code.
This is a suggested dietPower Action Plan based on your personal DNA results. We have provided you with Action Tips that may help support your DNA and health.

The areas below are where you have higher genetic variations (>50% red in the Genetic Composition graphs). This increases your risk potential in that area over time. By taking action to support your health in these areas and managing lifestyle factors such as diet, exercise, sleep, stress and environmental factors, you increase the opportunity for your genes to function optimally.

AREA TESTED	ACTION TIPS	PAGE
DIET MANAGEMENT		
Dietary Saturated Fat	*Avoid eating a diet high in saturated fats and focus instead on healthier unsaturated fats such as flaxseed oil, hemp seeds, leafy greens, walnuts and chia seeds. Reduce dairy and fatty meats, and particularly avoid processed and prepared foods as they have a higher likelihood of contributing to weight gain. Focus on eating a balanced healthy diet and exercising regularly.*	16
Protein Need	*Consider eating smaller, more frequent amounts of proteins which are easier for your body to digest including plant-based proteins such as beans, lentils, peas and quinoa as well as fish, cottage cheese, eggs, protein powders, nuts, seeds, and sea vegetables.*	18
FOOD TOLERANCES		
Lactose	*Consider reducing or avoiding milk and dairy products and using dairy alternatives made from coconut, cashew, almonds, rice or soy. High variations can contribute to weight gain and inflammation over time.*	26
Salt	*Limit your salt intake and increase the regularity of exercise. If you choose to use salt, opt for Himalayan, Celtic, or unrefined high mineral sea salt.*	27

» Additional Tips are available throughout the report. Focus on areas where you have high red variations.

» These Action Tips are based on your genetic predisposition only. They are intended to support better health. They are not an indication of a problem and do not take into account where your health may be today.

» Consult with a healthcare practitioner before embarking on any major lifestyle changes.

Carbohydrate

YOUR ABILITY TO PROCESS CARBOHYDRATES IN YOUR DIET

Your body metabolizes dietary carbohydrates as its first source of fuel. They are the most important source of energy for your body. Your digestive system changes carbohydrates into glucose (blood sugar). Your body uses this sugar as energy for cells, tissues and organs. Carbohydrates are often considered simple (like sugars) or complex (fiber, vitamins and starches). Complex carbohydrates with a lower glycemic load help maintain a consistent, low blood glucose level and offer many health benefits.

Variations in this gene panel may result in increased sensitivity to dietary carbohydrates, which can lead to an increased tendency to weight gain, particularly abdominal fat, as well as lower success rates with weight loss regimens. Variations have also been linked to a greater risk of obesity, insulin resistance, metabolic syndrome, type 2 diabetes, and cardiovascular disease.

TIPS TO TAKE POWER OVER YOUR HEALTH

If you have variations in this panel, you may want to consider the following to improve your health:

» Quality matters: emphasize fibre rich whole fruits, vegetables, grains, lentils and legumes.

» Reduce or eliminate processed carbohydrates as it is more likely to contribute to weight and health issues.

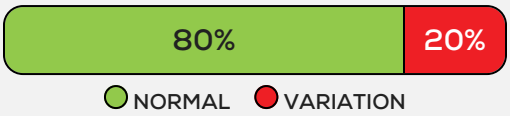
» Consider a low glycemic or lower carb diet.

» Avoid added sugar as it has low nutritional value and high calories.

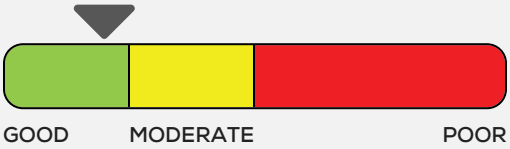
» Increase strength activity and exercise to help regulate blood sugar levels and reduce the risk of diabetes.

» Use green tea and apple cider vinegar to help regulate the conversion of carbohydrates to glucose.

YOUR GENETIC COMPOSITION %



YOUR GENE FUNCTION



Your genes in this panel are functional. Studies have linked this to a greater tolerance for carbohydrates in the diet, and a decreased risk of metabolic syndrome, obesity, and type 2 diabetes. However, diet can have an impact on weight even with functional genes. You may wish to eat foods with a lower glycemic load to help maintain your health.