Fagron NutriGen™

Professional Nutrigenomic Advice

· **Brief Results Report**

Patient report

Disclaimer

The content of this report is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical or nutritional condition, food list or food suplements/complements recommendations. Before proceeding with your nutritional or dietary modifications, please read this report carefully and consult your specialist.

Patient name	Demo1
Date of birth	01-01-1971
Sample code	NUT09624AA
Doctor's name	DOCTOR DEMO
Reception date	17-06-2021
Results date	28-07-2021

How to read and use the Fagron NutriGen™ patient's report

1. Important genetic results

Summary of the categories where your genes have an important impact on your health and weight. For each category presented, we show you the final score for your own predisposition to have an impact on it and a brief description of what this means.

2. Recommended diet type

In case of following a weight loss intervention, we depict here our recommendation on the type of diet that will be optimal for you to succeed in your strategy. You will get a score showing the percentage of efficiency. The graph reads red for low efficiency and green for high efficiency.

3. Intolerance risk

Here you can find how high is your genetic risk of intolerance to specific products (lactose, alcohol, gluten, caffeine and fructose) that might shape your future diet. Legend reads from green (low risk of intolerance) to red (high risk of intolerance).

4. Vitamin and mineral deficiency risk

This section shows your predisposition to suffer from deficiency in vitamins and minerals, based in your genetic profile, allowing to elaborate a plan on your supplementation needs. Legend reads from green (low risk of intolerance) to red (high risk of intolerance).

5. The best food supplements

This section includes an overview of the recommended supplements, distributed in 3 phases to ensure the supply of all your nutritional needs in the future. Your doctor or health specialist will set the duration of each phase for you based on your clinical condition and treatment evolution.
· Phase 1 – Detox: Detoxification of parasites and pinworms, intestinal dysbiosis and cellular oxidative state.
· Phase 2 – Restructuring: Cell and tissue restructuring at all levels and covering of mineral, vitamin and trace element deficiencies according to the diagnose of patient's needs.
· Phase 3 – Supplementation: Supplementation and recovery of the optimal state at all levels: cellular, tissue, immune, bone-muscular, psycho-neuronal and endocrine.

6. Top 5 food categories

Made from your genetic and health/behaviour data. List of the 5 best foods you can eat per category, to help you with a hands-on list of foods for you. Food is suggested from the results of the test performed by Fagron and professional nutritionists.

7. Distribution of daily intake of foods

In this graph you can visualize the optimal proportion of fats, proteins and healthy carbohydrates intake on a daily basis, based in your genetic profile.

8. Physical activity

This section shows the expected benefits of exercise in improving your cholesterol HDL levels and reducing body fat according to your genetic results. The graph reads from green (high benefits expected) to red (low benefits expected).

9. Recommended calories

Our recommendation for your daily calorie intake, inferred from your BMI and gender. This calculation is a suggestion, always consult with your nutritionist or healthcare specialist and follow their indications to maximize a healthy weight loss.

10. Complete genetic results

This table includes a complete description of all the analysed SNPs within the Fagron NutriGen™ both at gene and SNP level, your genetic variant and the risk it confers to each category of our test.

Efficacies

01 Important genetic results

17.78%

Fat metabolism
Highly negative fat burning capacity. It would be recommended to greatly decrease the fat intake.

26.06%

Efficacy of exercise
Low-medium efficacy of exercise to reduce body fat and regulate cholesterol levels. Intensive dietary interventions may be the best option.

36.43%

Morphological genetics in overweight predisposition
Medium-high genetic predisposition to being overweight. In case of overweight or obesity, it is caused mainly by inherited genetics. Following the recommendations of this DNA analysis will improve outcomes.

40.4%

Behavioural genetics in food intake
Medium-high dysregulation of food intake behaviour. High predisposition to being overweight. Strategies to improve satiety should be considered.

62.29%

Carbohydrate metabolism
Moderate carbohydrate metabolism dysregulation. Carbohydrate intake may not be the main reason for being overweight or obese.

62.47%

Lipid metabolism
Moderately affected lipid metabolism. Cholesterol and triglyceride levels should be reasonably normal on a balanced diet.

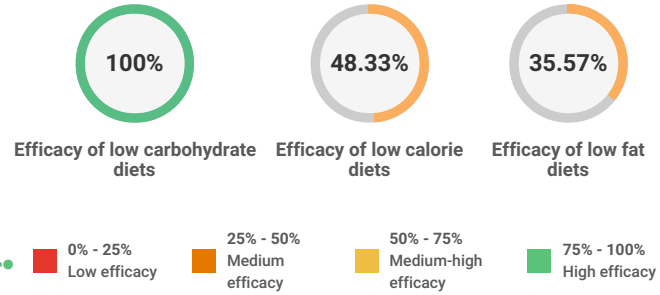
73.19%

Detoxification imbalances
Slightly reduced detoxification capacities. Try to decrease toxin exposure and intake.

84.22%

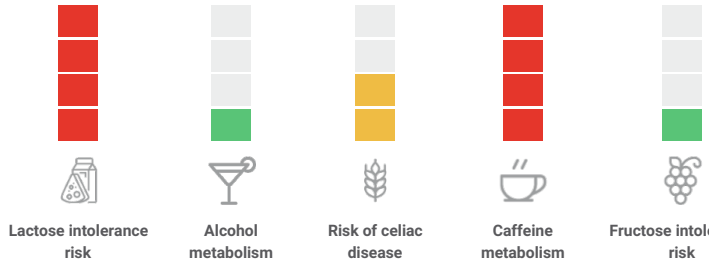
Flavour sensitivities
Normal or average flavour sensitivity.

02 Matching Diet Type



Risks

03 Intolerances risk



04 Vitamin and Mineral deficiency risk

VITAMINS	MINERALS
Vitamin A	Calcium malabsorption risk
Vitamin B6	Predisposition to dysregulated calcium levels
Vitamin B9 (folate)	Risk of iron overload
Vitamin B12	Risk of low iron plasma levels
Vitamin C	Predisposition to dysregulated magnesium levels
Vitamin D	Predisposition to dysregulated selenium levels
Vitamin E	Sodium sensitivity

Low risk · Medium risk · Medium to high risk · High risk

Supplements

05 The best food supplements

CLEANING PHASE
- Magnesium
- Vitamin C
- Resveratrol
- Papain
- Methionine
- Quercetina
- Lysine
- Taurine

RESTRUCTURING PHASE
- Magnesium
- Biotin
- Imuno TF
- Glucosamine
- Resveratrol
- Vitamin B12
- Vitamin B9 (Methylfolate)
- Vitamin B6

SUPPLEMENTATION PHASE
- Magnesium
- Vitamin E
- Biotin
- Vitamin A
- Oxitriptan
- Valerian dry extract
- Resveratrol
- Vitamin B12

*These recommendations are based only in the analysis of your genetic test. Always seek the advice of your physician or other qualified health specialist before proceeding with any nutritional or dietary modifications.

Food categories

06 Top 5 according to your needs 1/2

Vegetables
- Turnip greens
- Spinach, boiled
- Chicory
- Red pepper
- Red cabbage, boiled

Legumes and derivatives
- Lentil, boiled
- Pinto bean, steeped, boiled
- Broad bean, dried, steeped, boiled
- Chickpea, canned
- Pea, frozen, boiled

Fruits and derivatives
- Raspberry
- Chayote
- Strawberry
- Lime
- Quince

Cereals and derivates
- Quinoa
- Corn starch
- Barley
- Rye
- Barley flour

Fish and derivatives
- Tuna
- Cod
- Halibut
- Monkfish, grilled
- Tuna, baked

Meats and derivatives
- Turkey, breast, without skin, grilled
- Cured beef
- Liver, pork
- Turkey
- Chicken luncheon meat

Nuts and seeds
- Sunflower seeds
- Lupin
- Hazelnut
- Peanut, toasted, salted
- Sunflower seeds, peeled, with salt

Shellfish and derivatives
- Cuttlefish
- Crab
- Octopus, boiled
- Clams
- Cockles

Eggs and derivatives
- Egg, chicken, yolk
- Egg, duck
- Egg, quail
- Egg, chicken, white
- Egg, chicken, poached

Milk and derivatives
- Milk, lactose free, reduced fat (1%)
- Almond milk
- Soy Yoghurt
- Cream cheese spread, fat free
- Greek yoghurt, plain

06 Top 5 not recommended 2/2

Vegetables
- It is not necessary to avoid specific foods. Follow your healthcare professional's recommendations.

Legumes and derivatives
- It is not necessary to avoid specific foods. Follow your healthcare professional's recommendations.

Fruits and derivatives
- It is not necessary to avoid specific foods. Follow your healthcare professional's recommendations.

Cereals and derivates
- Wheat cereal, chocolate flavored, cooked
- Milk bread
- Pasta, filled with meat, boiled
- Puff pastry
- Raisin pudding

Fish and derivatives
- It is not necessary to avoid specific foods. Follow your healthcare professional's recommendations.

Meats and derivatives
- Sausage, fresh

Nuts and seeds
- It is not necessary to avoid specific foods. Follow your healthcare professional's recommendations.

Shellfish and derivatives
- It is not necessary to avoid specific foods. Follow your healthcare professional's recommendations.

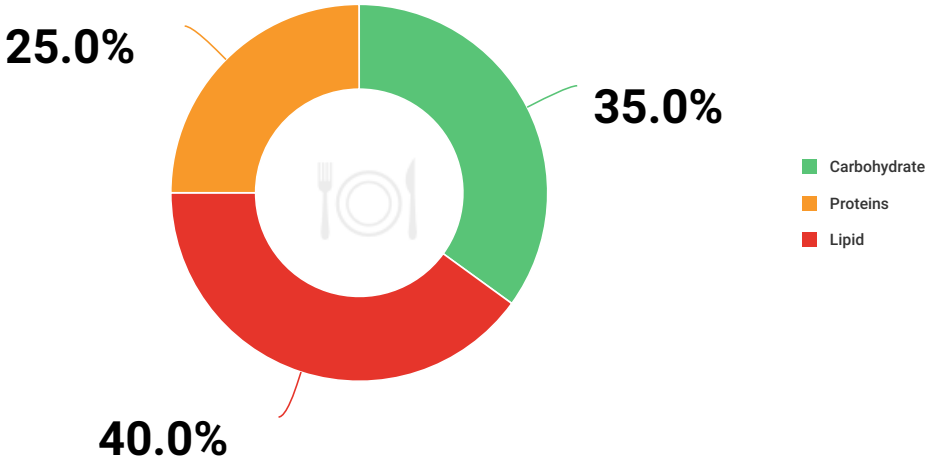
Eggs and derivatives
- Egg, scrambled, with butter

Milk and derivatives
- Kefir
- Milk, skimmed, pasteurized
- Milk, semi-skimmed, pasteurized
- Cottage cheese
- Yoghurt, skimmed, vanilla flavour

*These recommendations are based only in the analysis of your genetic test. Always seek the advice of your physician or other qualified health specialist before proceeding with any nutritional or dietary modifications.

Daily food intake

07 Distribution according to your results



ABOUT

From the results obtained in the analysis, **your dietary habits** and your general information, our genetic and nutritionist adviser team have determined a **personalized plan** with **nutritional** and **dietetic** recommendations.

1. Make the 3 main meals of the day and in their hours
2. Make 2 small snacks of fruit and nuts according to recommendations: 11am - 5pm
3. Drink natural water 1.5 - 2 l / day before and between main meals

Physical activity

08 According to your results

0%

Benefits from endurance exercise for improving HDL levels

Exercise alone will not be enough for cholesterol regulation.

52.11%

Exercise to reduce body fat

An exercise strategy may be a good option for weight loss. Exercise 2-3 times per week at medium-high intensity will be beneficial for slimming. Also introduce some diet restrictions.

Low benefit | Medium benefit | Medium-high benefit | High benefit

Calories

Recommended calories 09

Normoweight

1500-2000 Kcal/day

*These recommendations are based only in the analysis of your genetic test. Always seek the advice of your physician or other qualified health specialist before proceeding with any nutritional or dietary modifications.

Genetic results

10 Complete genetic results table

GENETIC RISK	MARKER	LOCUS	YOUR VARIANT	YOUR RESULT
Genetic risk of overweight/obesity	MC4R-1	rs2229616	CC	
	SH2B1-2	rs7498665	AA	
	FTO-1	rs9939609	AT	
	FTO-2	rs1121980	AG	
	MC4R-2	rs17700633	GA	
Risk of rebound weight gain	ADIPOQ	rs17300539	GG	
Risk of increased BMI	MC4R-3	rs12970134	AA	
	MC4R-4	rs17782313	CC	
	SH2B1-1	rs4788102	GG	
Basal metabolic rate (burn calories at rest)	FABP2	rs1799883	CT	
	LEPR-4	rs2025804	AA	
Weight loss capability during diet interventions	ACSL5	rs2419621	CT	
Appetite and anxiety risk	COMT	rs4680	AG	
	NMB	rs1051168	GG	
	DRD2-1	rs1800497	AG	
	MC4R-1	rs2229616	CC	
	DRD2-2	rs6277	AA	
Satiety: Feeling Full	FTO-1	rs9939609	AT	
Benefits from endurance exercise for improving HDL levels	PPARD	rs2016520	TT	
Exercise to reduce body fat	FTO-1	rs9939609	AT	
	FTO-2	rs1121980	AG	
	LIPC	rs1800588	CC	
	LEP	rs7799039	AG	

GENETIC RISK	MARKER	LOCUS	YOUR VARIANT	YOUR RESULT
Response to monosunsaturated fats (MUFAs)	ADIPOQ	rs17300539	GG	
Response to polyunsaturated fats (PUFAs)	PPAR-Y	rs1801282	CG	
	FADS1	rs174547	CT	
Response to fat intake to improve the HDL levels	LIPC	rs1800588	CC	
Capability to digest starchy food	AMY1-AMY2	rs11577390	CC	
	AMY1	rs4244372	TT	
Refined carbohydrate sensitivity	FABP2	rs1799883	CT	
Carbohydrates and HDL levels predisposition	KCTD10	rs10850219	GG	
Carbohydrates and LDL levels	MMAB	rs2241201	CC	
Predisposition to reduced HDL levels	APOA5	rs662799	AA	
	CETP	rs5883	CC	
Predisposition to increased levels of triglycerides	PPAR-Y	rs1801282	CG	

Indications

Negative effect | Medium effect | Positive effect

*These recommendations are based only in the analysis of your genetic test. Always seek the advice of your physician or other qualified health specialist before proceeding with any nutritional or dietary modifications.

Genetic results

10 Complete genetic results table

GENETIC RISK	MARKER	LOCUS	YOUR VARIANT	YOUR RESULT
Predisposition to increased oxidation of LDL	APOB-2	rs676210	AA	
Risk of increased cholesterol LDL levels	CELSR2	rs12740374	GT	
	HNF1A	rs2650000	CC	
	LDLR	rs6511720	GG	
	ABCG8	rs6544713	CC	
Risk of unbalanced Triglycerides/HDL ratio	HMGCR	rs3846663	TT	
Risk of increased glucose levels in plasma after fasting	PLIN1	rs2289487	CT	
	GHSR	rs490683	GG	
Risk of insulin resistance	PPAR-Y	rs1801282	CG	
	ADIPOQ	rs17300539	GG	
	TCF7L2-2	rs7903146	CC	
	FTO-1	rs9939609	AT	
	FTO-2	rs1121980	AG	
Risk of Type-II diabetes	PPAR-Y	rs1801282	CG	
	PLIN1	rs2289487	CT	
	TCF7L2-2	rs7903146	CC	
	FTO-1	rs9939609	AT	
	MC4R-2	rs17700633	GA	
	CDKN2A/B	rs10811661	CT	
	KCNQ1	rs2237892	CC	
	CDKN2A, CDKN2B	rs2383208	AG	
	CDKAL1	rs7756992	AG	
	TCF7L2-1	rs7901695	TT	
Bitter taste sensitivity	TAS2R38-1	rs1726866	AG	
	TAS2R38-2	rs713598	CG	
Salt sensitivity	ACE	rs4343	AG	
Sweet flavour preference	SLC2A2	rs5400	GG	

GENETIC RISK	MARKER	LOCUS	YOUR VARIANT	YOUR RESULT
Antioxidant capability	GPX1	rs1050450	GA	
	NQO1	rs1800566	AG	
	COMT	rs4680	AG	
	SOD2	rs4880	AA	
	CYP1B1	rs1056836	CC	
	CYP1A1-2	rs1048943	TT	
	GSTP1	rs1695	AG	
Calcium malabsorption risk	CYP2R1-1	rs10766197	AG	
	GC	rs2282679	TT	
Predisposition to dysregulated calcium levels	DGKD	rs1550532	GG	
	CYP24A1	rs1570669	AA	
	CASR-1	rs17251221	AA	
	CASR-2	rs1801725	GG	
	CARS	rs7481584	GG	
	GCKR	rs780094	TT	
Risk of iron overload	HFE	rs1800562	GG	
Risk of low iron plasma levels	TF-1	rs3811647	GG	
	TMPRSS6	rs4820268	AA	
	TF-2	rs8177253	CC	
Predisposition to dysregulated magnesium levels	CASR-1	rs17251221	AA	
	TRPM6	rs11144134	TT	
	SHROOM3	rs13146355	AA	
	DCDC5	rs3925584	CC	
	MUC1	rs4072037	TT	
Predisposition to dysregulated selenium levels	AGA	rs1395479	AA	
	SLC39A11	rs891684	GG	
Sodium sensitivity	ACE	rs4343	AG	
Lactose intolerance risk	MCM6-1	rs182549	CC	
	MCM6-2	rs4988235	GG	

Indications

Negative effect | Medium effect | Positive effect

*These recommendations are based only in the analysis of your genetic test. Always seek the advice of your physician or other qualified health specialist before proceeding with any nutritional or dietary modifications.

Genetic results

10 Complete genetic results table

GENETIC RISK	MARKER	LOCUS	YOUR VARIANT	YOUR RESULT
Alcohol metabolism	ALDH2	rs671	GG	
Risk of celiac disease	HLA-2	rs2395182	TT	
	HLA-4	rs4713586	AA	
	HLA-5	rs7454108	TT	
	HLA-6	rs7775228	TC	
Caffeine metabolism	CYP1A1-1	rs2470893	CT	
	CYP1A2	rs762551	CA	
Fructose intolerance risk	ALDOB-1	rs1800546	CC	
	ALDOB-2	rs76917243	GG	
Efficacy of low calorie diets	PPAR-Y	rs1801282	CG	
	ADIPOQ	rs17300539	GG	
	LEPR-1	rs1805134	CT	
	ACSL5	rs2419621	CT	
	ADRB2	rs1042714	CG	

GENETIC RISK	MARKER	LOCUS	YOUR VARIANT	YOUR RESULT
Efficacy of low carbohydrate diets	KCTD10	rs10850219	GG	
	MMAB	rs2241201	CC	
Efficacy of low fat diets	PPAR-Y	rs1801282	CG	
	GHSR	rs490683	GG	
	APOA2	rs5082	AG	
	SH2B1-2	rs7498665	AA	
	TCF7L2-2	rs7903146	CC	
	FTO-1	rs9939609	AT	

Indications

Negative effect | Medium effect | Positive effect

*These recommendations are based only in the analysis of your genetic test. Always seek the advice of your physician or other qualified health specialist before proceeding with any nutritional or dietary modifications.

Together
we create the future of personalized medicine.

Fagron genomics