Genoplan

My Book

Genoplan's genetic analysis results are not to be used for medical diagnostic purposes.
This report is best used as a reference for disease prediction and lifestyle improvement.

Content.

Serial Key
CAAC-THRM-XXZY

Name
Jacob Lee

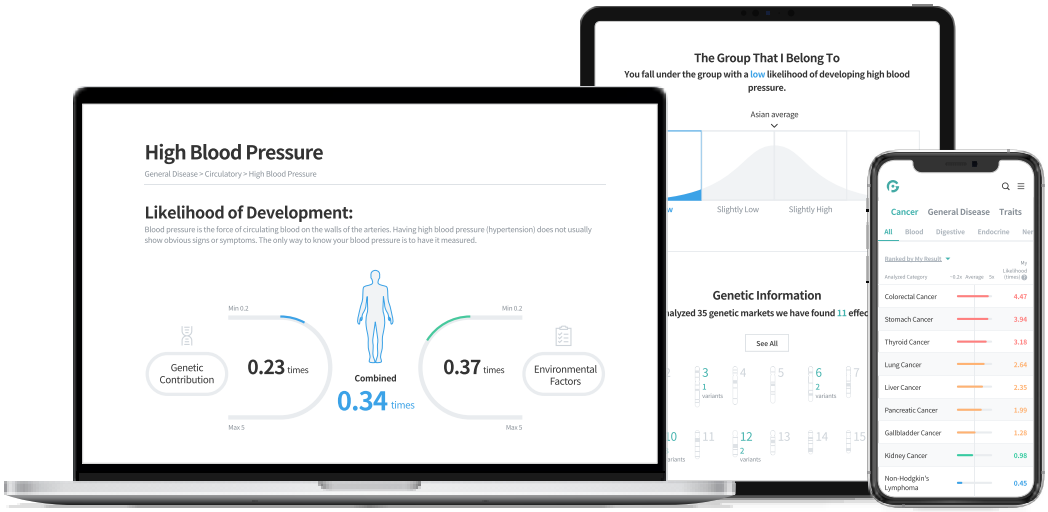
Issue Date
2020-06-04

This report was last updated
on 2021-01-23.
Analysis results may change if there are new updates after this date.

www.genoplan.com

Login to your DNA

You can explore deeper and broader of You through Genoplan.



Easy to connect whenever and wherever you want.

View your results via various devices
such as PC, Tablet PC, mobile phone, and etc.

Connect to more Possibilities.

You can view up to 500 reports with detailed genetic analyses that reflect the latest research results.

How to access your test report via QR code

1. Open your smartphone's camera application.
2. Scan QR code on your smartphone camera.
3. When your camera recognizes the QR code, proceed onto Genoplan website.
(Based on your smartphone model, you might be automatically taken to the website.)
4. Login and view your report.

*Depending on your smartphone's operating system, it may not recognize the QR code.

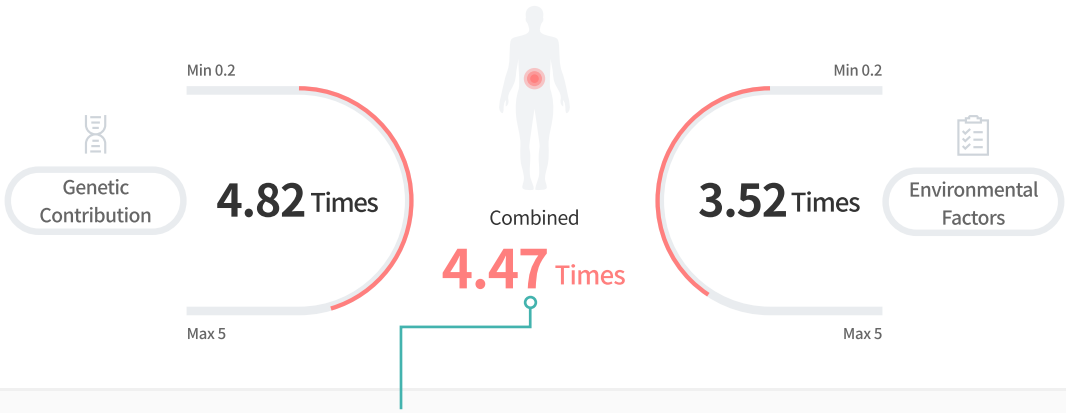
How to Read This Report.

Guide to Colors and Numbers

Cancer/General Diseases	Good	Slightly good	Slightly poor	Poor
Traits	Favorable	Slightly favorable	Slightly unfavorable	Unfavorable

- Your results are divided into 4 levels.
- Easily interpret your results through these four color levels.
- Colored levels do not apply to reports with no specific advantage or disadvantage (e.g. Red wine preference).

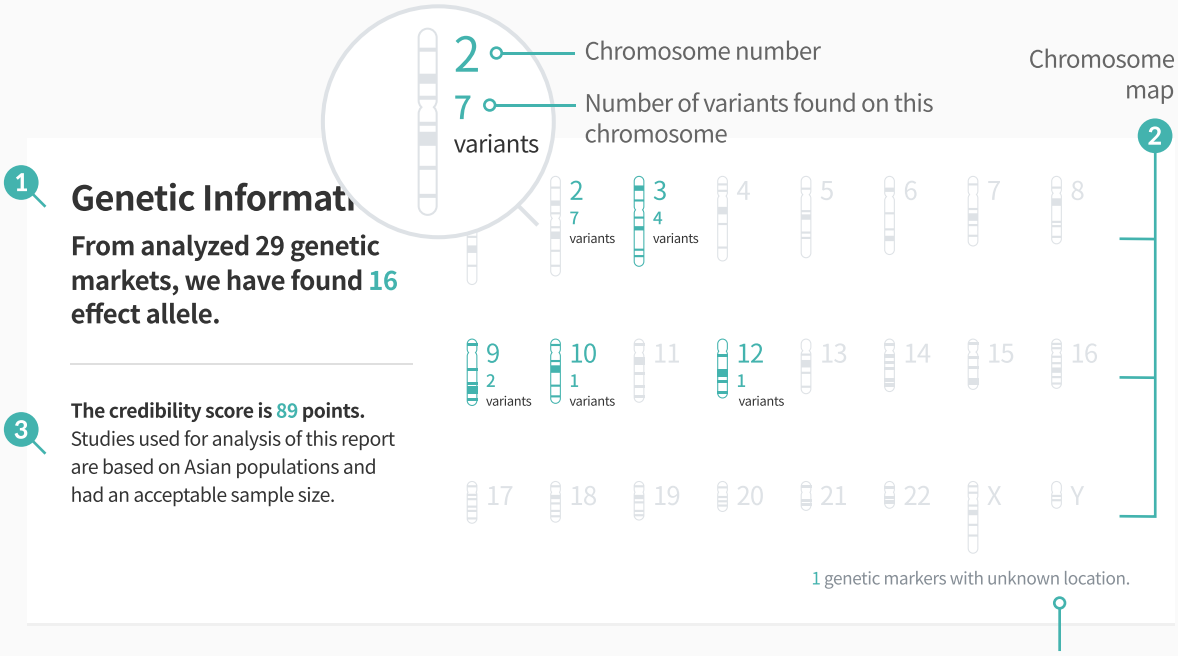
Guide to Likelihood Score



- In this example, 4.47 times is your likelihood score.
- It means that you are 4.47 times more likely to develop this condition compared to the population average.
- This score considers both genetic and Environmental Factors and is available for Cancer and some General Disease reports.
- Reports where there is insufficient statistical data in the research studies are marked “score unavailable.”

- Results on this page is an example and might differ from your results.

Guide to Genetic Information



1 Number of genetic markers

- Total number of genetic markers that each report tested for, and number of genetic variants (effect alleles) found are shown.
- Likelihood score increases with a larger number of genetic variants.

2 Chromosome map

Human genome consists of 2 sets of 23 chromosomes, giving each chromosome a partner. For ease of understanding, only one set is shown. Chromosome number and number of genetic variants found on the chromosome are indicated next to each chromosome.

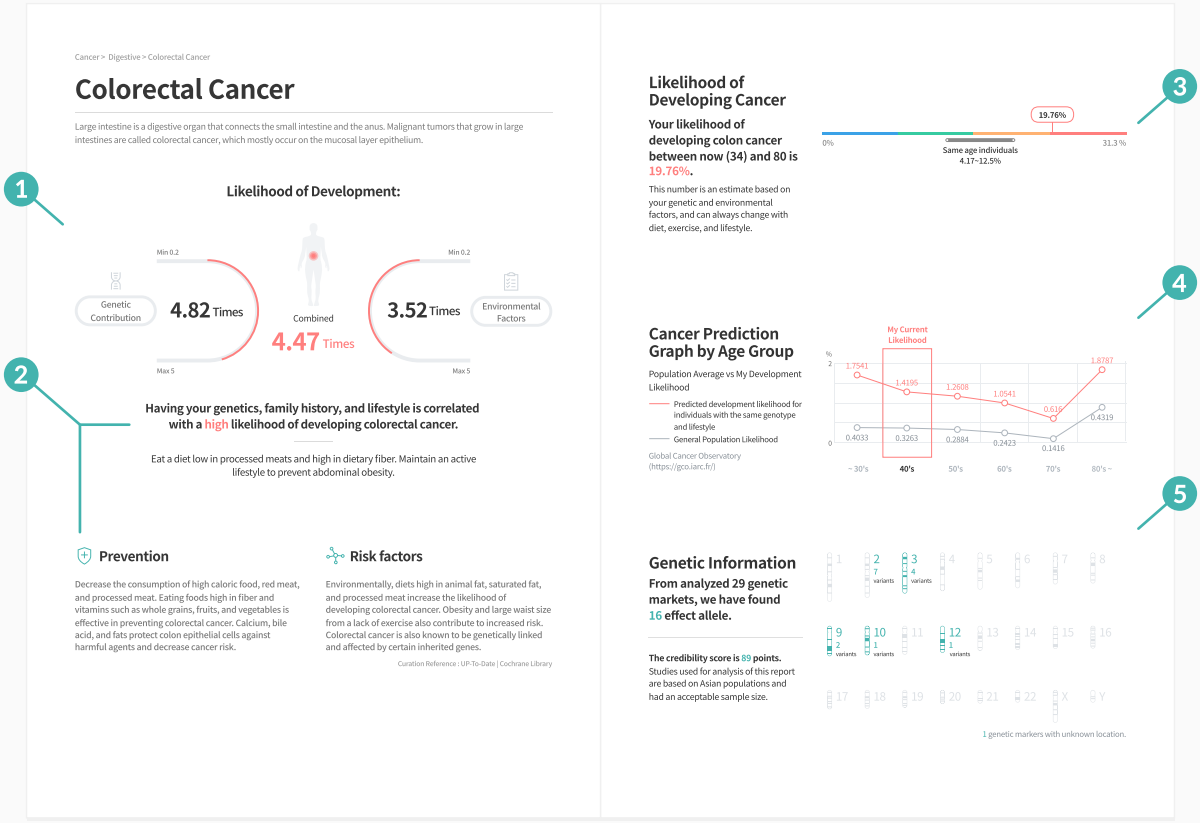
3 Credibility score

It is a score that describes how well the selected markers describe the corresponding report. Based on race and size of population studied in the referenced research articles, its is calculated using an algorithm developed at Genoplan and the max score is 100.

- Results on this page is an example and might differ from your results.

How to Read

Cancer Report

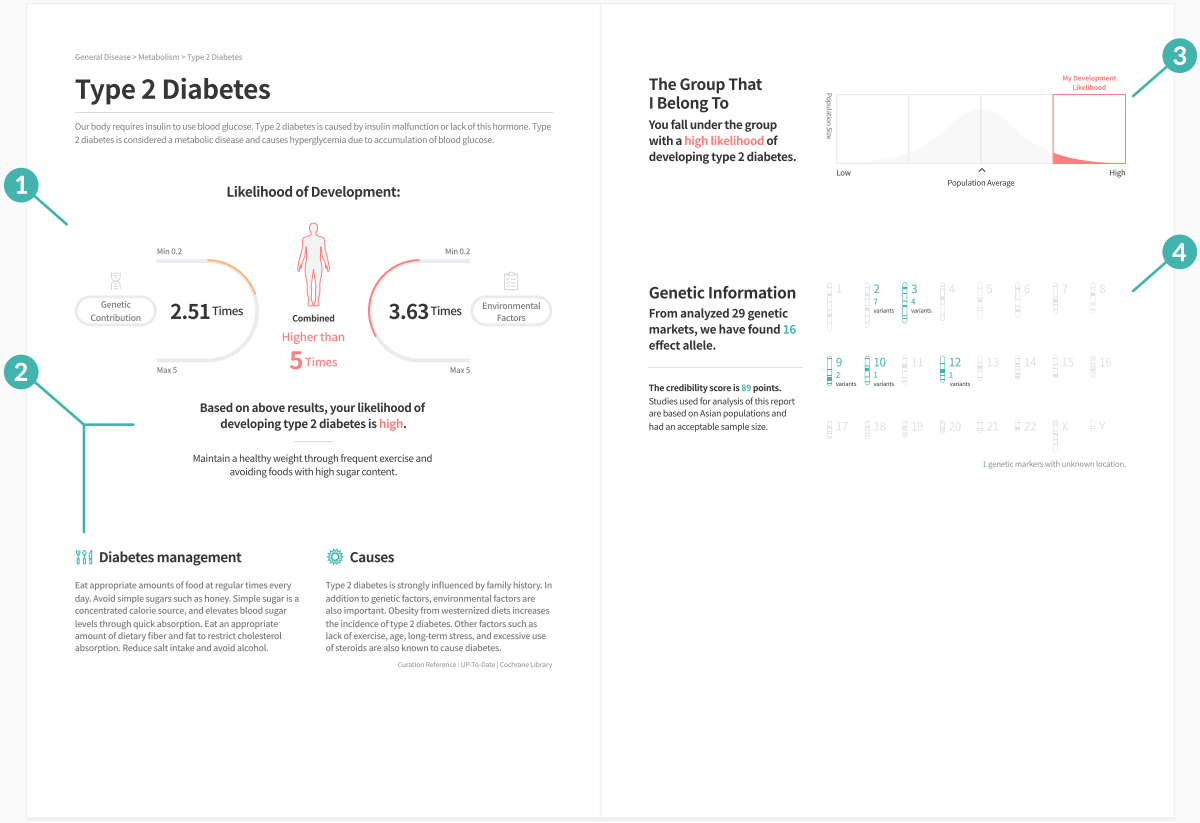


1 **Likelihood score**	This section shows your overall likelihood of a cancer and individual genetic and non-genetic likelihood scores.
2 **Explanation and lifestyle tips**	This section includes interpretation and/or explanation of the above results and provides lifestyle tips regarding each report.
3 **Likelihood of developing cancer**	This graph shows your cumulative likelihood (%) of developing a specific cancer between now and age 80, given that your lifestyle does not change.
4 **Cancer prediction graph**	This graph compares your predicted likelihood (%) with the global average, by age group.
5 **Genetic Information**	This section informs about each report's credibility, and number and location of the analyzed genetic markers.

- Results on this page is an example and might differ from your results.

How to Read

General Diseases Report

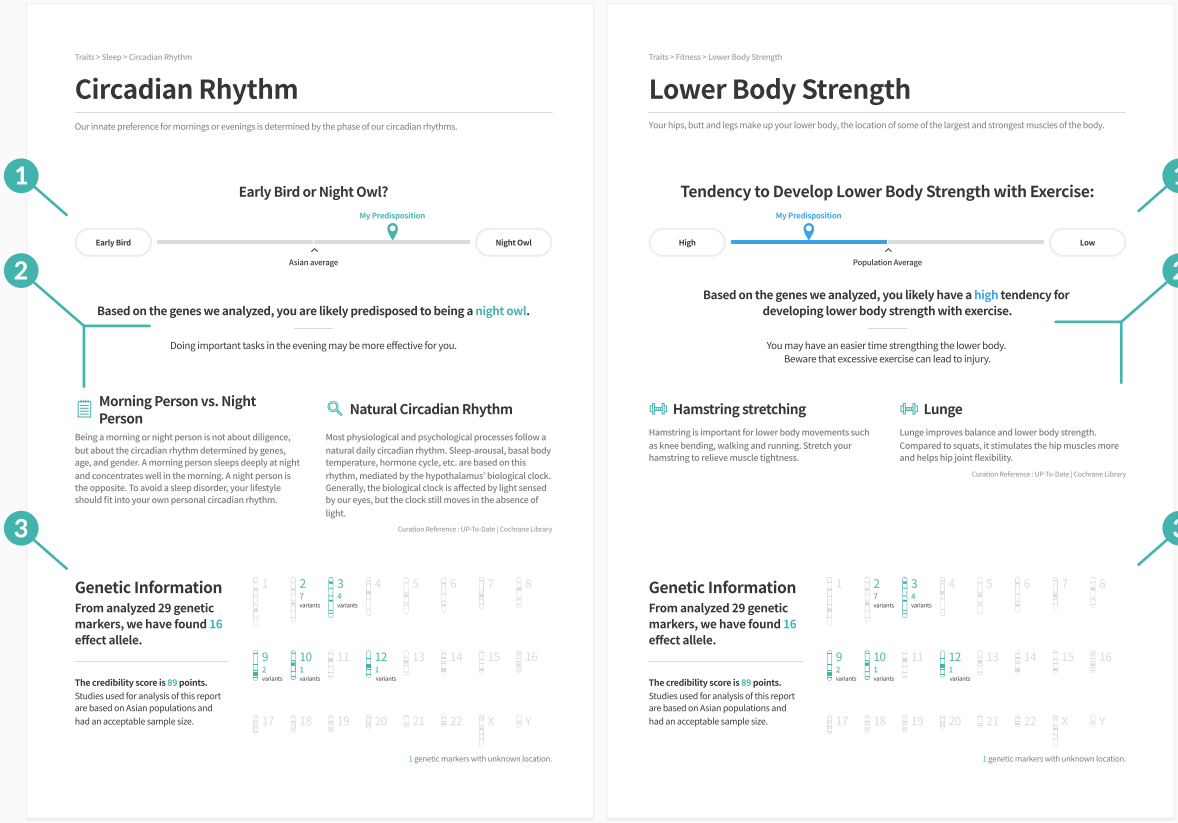


1 Likelihood score	This section shows your overall likelihood of a cancer and individual genetic and non-genetic likelihood scores.
2 Explanation and lifestyle tips	You may have higher likelihood score depending on the number of genetic variants you have.
3 Group that I belong to	This shows your position on a distribution graph of all analyzed persons, divided into 4 groups.
4 Genetic Information	This section informs about each report's credibility, and number and location of the analyzed genetic markers.

- Results on this page is an example and might differ from your results.

How to Read

Traits



1 My result	This section shows your traits based on the genetic test results.
2 Explanation and lifestyle tips	This section includes interpretation and/or explanation of the above results and provides lifestyle tips regarding each report.
3 Genetic Information	This section informs about each report's credibility, and number and location of the analyzed genetic markers.

Precaution when interpreting results

Traits > Biomarker	Reports informing about levels do not reveal your actual levels, but rather your genetic tendencies.
Traits > Drug Response	Drug response reports do not test your actual response, but rather your genetic tendencies.
Traits > Nutrition	Nutrition reports show your genetic predisposition and not the actual concentration in blood.

- Results on this page is an example and might differ from your results.

Full reports

Analysis results of 470 All Categories.

Please Note

- Development likelihood higher than average is colored red or orange, and lower than average is colored green or blue.
- Color indication is not applied for results with no specific advantage or disadvantage.
- Reports that cannot be calculated are marked as 'No results'.

Full reports

Cancer > Respiratory

Report Title	My Likelihood vs Population Avg (times)	My Likelihood
Lung Cancer	5	0.7146%
Pharyngeal Cancer	3.31	0.2134%
Laryngeal Cancer	4.08	0.1203%

Cancer > Digestive

Report Title	My Likelihood vs Population Avg (times)	My Likelihood
Colorectal Cancer	5	0.7295%
Pancreatic Cancer	1.23	0.0351%
Oral Cancer	0.8	0.0648%
Stomach Cancer	0.6	0.0588%
Esophageal Cancer	1.6	0.1016%
Gallbladder Cancer	1.2	0.0123%
Liver Cancer	0.61	0.0969%

Cancer > Blood

Report Title	My Likelihood vs Population Avg (times)	My Likelihood
Multiple Myeloma	4.87	0.0589%
Hodgkin's Lymphoma	2.44	0.0317%
Chronic Myeloid Leukemia	0.99	0.0421%
Chronic Lymphocytic Leukemia	3.3	0.0363%
Non-Hodgkin's Lymphoma	1.25	0.0787%
Acute Lymphoblastic Leukemia	0.68	0.0364%

Cancer > Urogenital

Report Title	My Likelihood vs Population Avg (times)	My Likelihood
Testicular Cancer	2.08	0.0572%
Bladder Cancer	1.28	0.0422%
Prostate Cancer	1.68	0.0554%
Kidney Cancer	1.18	0.0643%

Full reports

Cancer > Skin

Report Title	My Likelihood vs Population Avg (times)	My Likelihood
Basal Cell Carcinoma	1.77	0.0496%

Report Title	My Likelihood vs Population Avg (times)	My Likelihood
Melanoma	0.68	0.0201%

Cancer > Endocrine

Report Title	My Likelihood vs Population Avg (times)	My Likelihood
Thyroid Cancer	1.63	0.0929%

Report Title	My Likelihood vs Population Avg (times)	My Likelihood

Cancer > Male

Report Title	My Likelihood vs Population Avg (times)	My Likelihood
Male Breast Cancer	1.4	0.0028%

Report Title	My Likelihood vs Population Avg (times)	My Likelihood

Cancer > Nervous System

Report Title	My Likelihood vs Population Avg (times)	My Likelihood
Meningioma	0.85	0.0387%

Report Title	My Likelihood vs Population Avg (times)	My Likelihood
Glioma	0.62	0.0282%

General Diseases > Metabolism

Report Title	My Likelihood vs Population Avg (times)	
Gout Likelihood of Joint Pain and Swelling:	5	High
Hepatitis C Cirrhosis Likelihood of Liver Cirrhosis From Hepatitis C:	3.27	High
IgA Nephropathy Likelihood of IgA Accumulation in Kidney:	2	Slightly High
Pituitary Adenoma Likelihood of Pituitary Adenoma:	1.36	Slightly High
NAFLD Likelihood of Nonalcoholic Fatty Liver Disease:	1.17	Slightly High
Nephrotic Syndrome Likelihood of High Protein Excretion in Urine:	1.04	Slightly High

Report Title	My Likelihood vs Population Avg (times)	
Primary Biliary Cholangitis Likelihood of Developing Bile Duct Damage:	3.43	High
Graves' Disease Likelihood of Developing Overactive Thyroid:	2.92	Slightly High
Diabetic Kidney Disease Likelihood of Kidney Disease From Diabetes:	1.54	Slightly High
Kidney Stone Likelihood of Mineral Deposit in Kidney:	1.34	Slightly High
Diabetic Retinopathy Likelihood of Retinal Damage Due to Diabetes:	1.17	Slightly High
Gluten Sensitivity Likely Degree of Gluten Sensitivity:	1.01	Slightly High

Full reports

General Diseases > Metabolism

Report Title	My Likelihood vs Population Avg (times)	
Hyperlipidemia Likelihood of Lipid & Cholesterol Accumulation:	0.89	Slightly Low
Hypothyroidism Likelihood of Developing an Underactive Thyroid:	0.76	Slightly Low
Type 2 Diabetes Likelihood of Development:	0.64	Slightly Low
Chronic Kidney Disease Likelihood of Kidney Function Deteriorating:	0.46	Slightly Low
Chronic Hepatitis C Likelihood of Developing Long-term Hepatitis C:	0.45	Slightly Low

Report Title	My Likelihood vs Population Avg (times)	
Obesity Likelihood of Becoming Obese:	0.88	Slightly Low
Autoimmune Hepatitis Likelihood of Development:	0.71	Slightly Low
Type 1 Diabetes Likelihood of Development:	0.47	Slightly Low
Alcoholic Liver Cirrhosis Likelihood of Liver Cirrhosis From Drinking:	0.45	Slightly Low

General Diseases > Circulatory

Report Title	My Likelihood vs Population Avg (times)	
Atrial Fibrillation Likelihood of Developing Abnormal Heart Rhythm:	1.84	Slightly High
Coronary Artery Calcification Likelihood of Coronary Arteries Hardening:	1.24	Slightly High
Drug-resistant High BP Likelihood of Resistance to High BP Drugs:	1.04	Slightly High
Dilated Cardiomyopathy Likelihood of Heart's Ventricle Weakening:	1.02	Slightly High
Aortic Valve Calcification Likelihood of Aortic Valve Narrowing:	0.99	Slightly Low
Raynaud's Syndrome LIkelihood of Extremities Turning Pale:	0.96	Slightly Low
Nocturnal High Blood Pressure Likelihood of High Blood Pressure at Nighttime:	0.89	Slightly Low
Abdominal Aortic Aneurysm Likelihood of Abdominal Aorta Enlarging:	0.74	Slightly Low
High BP Due to Salt Intake Likelihood of High BP From Salt Intake:	0.49	Slightly Low

Report Title	My Likelihood vs Population Avg (times)	
Myocardial Infarction Likelihood of Heart Attack Occurring:	1.26	Slightly High
Sudden Cardiac Arrest Likelihood of Occurring:	1.11	Slightly High
Varicose Veins Likelihood of Enlarged Veins in Legs:	1.04	Slightly High
Aortic Dissection Likelihood of Aorta's Inner Layer Tearing:	1.01	Slightly High
Atherosclerosis Likelihood of Plaque Building Up in Arteries:	0.96	Slightly Low
Pulse Pressure Likely Difference Between Two BP Values:	0.9	Slightly Low
High Blood Pressure Likelihood of Development:	0.86	Slightly Low
Heart Failure Likelihood of Occurring:	0.61	Slightly Low
Angina Likelihood of Feeling Chest Pain or Discomfort:	0.44	Slightly Low

General Diseases > Digestive

Report Title	My Likelihood vs Population Avg (times)	
Alcoholic Chronic Pancreatitis Likelihood of Chronic Pancreatitis From Alcohol:	2.99	Slightly High
Crohn's Disease Likelihood of Digestive Tract Inflammation:	1.99	Slightly High

Report Title	My Likelihood vs Population Avg (times)	
Gastritis Likelihood of Stomach Lining Inflammation:	2.74	Slightly High
Eosinophilic Esophagitis Likelihood of Eosinophil Buildup in Esophagus:	1.45	Slightly High

Full reports

General Diseases > Digestive

Report Title	My Likelihood vs Population Avg (times)	
Celiac Disease Likelihood of Immune Response to Gluten Intake:	1.2	Slightly High
Barrett's Esophagus Likelihood of Development:	1.12	Slightly High
Ulcerative Colitis Likelihood of Colon Inflammation and Ulcers:	0.99	Slightly Low
Gallstones Likelihood of Hard Deposits in Gallbladder:	0.95	Slightly Low
Indigestion Tendency to Feel Full or Bloated:	0.68	Slightly Low

Report Title	My Likelihood vs Population Avg (times)	
Duodenal Ulcer Likelihood of Ulcer in Small Intestine:	1.15	Slightly High
Acid Reflux Disease Likelihood of Experiencing Heartburn:	1.04	Slightly High
Lactose Intolerance Likelihood of Lactose Digestive Inability:	0.99	Slightly Low
Irritable Bowel Syndrome Likelihood of Development:	0.91	Slightly Low
Collagenous Colitis Likelihood of Developing Colon Inflammation:	0.2	Low

General Diseases > Respiratory

Report Title	My Likelihood vs Population Avg (times)	
COPD Likelihood of Developing COPD:	1.66	Slightly High
Aging Lung Function Degree of Lung Function Declining From Aging:	1.18	Slightly High
Silicosis Likelihood of Silica Dust Accumulation in Lungs:	1.01	Slightly High
AHR Likelihood of Having Airway Hyperresponsiveness:	0.9	Slightly Low
Chronic Rhinosinusitis Likelihood of Development:	0.66	Slightly Low

Report Title	My Likelihood vs Population Avg (times)	
Interstitial Lung Disease Likelihood of Developing Scarring of The Lungs:	1.34	Slightly High
Asthma Likelihood of Airway Swelling and Narrowing:	1.17	Slightly High
Allergic Rhinitis Likelihood of Development:	0.96	Slightly Low
Chronic Mucus Hypersecretion Likelihood of Development:	0.68	Slightly Low
Response to Fine Dust Likelihood of Inflammation Due to Fine Dust:	0.56	Slightly Low

General Diseases > Brain

Report Title	My Likelihood vs Population Avg (times)	
Alzheimer's Disease Likelihood of Brain Cells Degenerating:	5	High
Frontotemporal Dementia Likelihood of Development:	2.64	Slightly High
Cerebral Ischemia Likelihood of Cerebral Ischemia Occurring:	1.52	Slightly High
Stroke Likelihood of Stroke Occuring:	1.04	Slightly High
Corticobasal Degeneration Likelihood of Development:	0.89	Slightly Low
Parkinson's Disease Likelihood of Development:	0.85	Slightly Low

Report Title	My Likelihood vs Population Avg (times)	
Amyotrophic Lateral Sclerosis Likelihood of Losing Muscle Control:	4.81	High
Lewy Body Dementia Likelihood of Lewy Bodies Depositing in Brain:	2.06	Slightly High
Small Vessel Stroke Likelihood of Stroke From Small Vessel Disease:	1.1	Slightly High
Cerebral Aneurysm Likelihood of Brain Blood Vessel Ballooning:	0.95	Slightly Low
Cerebral Hemorrhage Likelihood of Arterial Bleeding in Brain:	0.86	Slightly Low
Onset Age of FTD Likely Age of Frontotemporal Dementia Onset:	0.66	Slightly Late

Full reports

General Diseases > Brain

Report Title	My Likelihood vs Population Avg (times)	
Moyamoya Disease Likelihood of Artery Blockage in Brain:	0.43	Slightly Low

General Diseases > Nervous System

Report Title	My Likelihood vs Population Avg (times)	
Multiple Sclerosis Likelihood of Development:	3.56	High
Restless Leg Syndrome Likelihood of Development:	1.32	Slightly High
Cervical Dystonia Likelihood of Development:	1.12	Slightly High
Headache Likelihood of Headaches Occurring:	0.95	Slightly Low
Guillain-Barré Syndrome Likelihood of Peripheral Nervous System Damage:	0.67	Slightly Low
Tremor Likelihood of Body Parts Moving Uncontrollably:	0.64	Slightly Low

Report Title	My Likelihood vs Population Avg (times)	
Polymyositis Likelihood of Muscle Weakening and Inflammation:	1.46	Slightly High
Epilepsy - Generalized Seizure Likelihood of Development:	1.3	Slightly High
Epilepsy - Partial Seizure Likelihood of Development:	0.97	Slightly Low
Migraine Likelihood of Having Throbbing Headache:	0.84	Slightly Low
Myasthenia Gravis Likelihood of Skeletal Muscles Weakening:	0.65	Slightly Low
Cluster Headache Likelihood of Extreme Headaches Occurring:	0.54	Slightly Low

General Diseases > Skeletal

Report Title	My Likelihood vs Population Avg (times)	
Rheumatoid Arthritis Likelihood of Developing Joint Inflammation:	5	High
Idiopathic ONFH Likelihood of Development:	1.17	Slightly High
Scoliosis Likelihood of Developing a Curved Spine:	1.12	Slightly High
Chronic Back Pain Likelihood of Chronic Back Pain Occurring:	1.06	Slightly High
Spinal Disc Herniation Likelihood of Occurring:	0.91	Slightly Low
Paget's Disease Likelihood of Certain Bones Becoming Fragile:	0.69	Slightly Low
OPLL Likelihood of Developmenet:	0.56	Slightly Low

Report Title	My Likelihood vs Population Avg (times)	
Osteoarthritis Likelihood of Developing Arthritis From Aging:	1.38	Slightly High
Bunions Likelihood of Developing Bunions:	1.17	Slightly High
Ankylosing Spondylitis Likelihood of Spine Becoming Stiff:	1.12	Slightly High
Psoriatic Arthritis Likelihood of Development Due to Psoriasis:	0.92	Slightly Low
Osteoporosis Likelihood of Developing Weak and Brittle Bones:	0.8	Slightly Low
Temporomandibular Arthrosis Likelihood of Developing Arthrosis in Jaw Joint:	0.65	Slightly Low

Full reports

General Diseases > Immune System

Report Title	My Likelihood vs Population Avg (times)	
Shrimp Allergy Likelihood of Development:	5	High
Food Allergy Likelihood of Allergy to Certain Foods:	1.78	Slightly High
Behcet's Disease Likelihood of Blood Vessel Inflammation:	1.24	Slightly High
Pollen Allergy Likelihood of Allergy to Pollen Exposure:	1.16	Slightly High
Selective IgA Deficiency Likelihood of Developing Low IgA Antibody Level:	1.09	Slightly High
Egg Allergy Likelihood of Development:	0.92	Slightly Low
Sjogren's Syndrome Likelihood of Developing Dry Eyes and Mouth:	0.61	Slightly Low

Report Title	My Likelihood vs Population Avg (times)	
Peanut Allergy Likelihood of Development:	1.94	Slightly High
Peach Allergy Likelihood of Development:	1.49	Slightly High
Sarcoidosis Likelihood of Inflammatory Cell Growth:	1.17	Slightly High
GPA Likelihood of Granulomatosis with Polyangitis:	1.16	Slightly High
Sun Allergy Likelihood of Allergy to Sun Exposure:	1.02	Slightly High
Vogt-Koyanagi-Harada Disease Likelihood of Melanocyte Inflammation:	0.77	Slightly Low
Systemic Lupus Erythematosus Likelihood of Development:	0.53	Slightly Low

General Diseases > Blood

Report Title	My Likelihood vs Population Avg (times)	
Thrombosis Likelihood of Developing Blood Clot:	1.53	Slightly High
ANCA Vasculitis Likelihood of Development:	1.46	Slightly High
Iron Deficiency Anemia Likelihood of Anemia Due to Insufficient Iron:	1.15	Slightly High

Report Title	My Likelihood vs Population Avg (times)	
Amyloidosis Likelihood of Amyloid Buildup in Organs:	1.5	Slightly High
Venous Thromboembolism Likelihood of Blood Clot in Deep Vein:	1.39	Slightly High
Peripheral Vascular Disease Likelihood of Peripheral Blood Vessel Narrowing:	0.81	Slightly Low

General Diseases > Skin

Report Title	My Likelihood vs Population Avg (times)	
Psoriasis Likelihood of Development:	1.7	Slightly High
Dupuytren's Contracture Likelihood of Fingers Becoming Bent and Stiff:	1.39	Slightly High
Nickel Contact Dermatitis Likelihood of Skin Dermatitis From Nickel:	1.02	Slightly High
Atopic Dermatitis Likelihood of Development:	0.72	Slightly Low

Report Title	My Likelihood vs Population Avg (times)	
Systemic Sclerosis Likelihood of Developoing Hardened Skin:	1.57	Slightly High
Vitiligo Likelihood of Losing Skin Color in Blotches:	1.21	Slightly High
Dermatomyositis Likelihood of Muscle Inflammation and Weakness:	0.96	Slightly Low
Keloid Likelihood of Scar Tissue After Skin Injury:	0.52	Slightly Low

Full reports

General Diseases > Eye/Ear/Mouth

Report Title	My Likelihood vs Population Avg (times)	
Exfoliation Syndrome Likelihood of Fibrillar Protein Buildup in Eye:	2.98	Slightly High
Astigmatism Likelihood of Imperfection in Eye Curvature:	1.57	Slightly High
Keratoconus Likelihood of The Cornea Forming a Cone Shape:	1.44	Slightly High
Angle-closure Glaucoma Likelihood of Eye and Headache from Glaucoma:	1.29	Slightly High
Open Angle Glaucoma Likelihood of Glaucoma From Eye Fluid Blockage:	1.1	Slightly High
Stomatitis Susceptibility to Stomatitis:	1.04	Slightly High
Macular Degeneration Likelihood of The Eye's Macula Degenerating:	0.99	Slightly Low
Birdshot Uveitis Likelihood of Oval-shaped Spots in Retina:	0.92	Slightly Low
Cataract Likelihood of Developing Clouded Vision:	0.77	Slightly Low
Dental Caries (Cavity) Likelihood of Development:	0.65	Slightly Low

Report Title	My Likelihood vs Population Avg (times)	
Periodontal Disease Likelihood of Development:	1.61	Slightly High
Rhegmatogenous Retinal Detachment Likelihood of Detachment From Underlying Tissue:	1.48	Slightly High
Normal Tension Glaucoma Likelihood of Glaucoma From High Eye Pressure:	1.41	Slightly High
Nearsightedness (Myopia) Likelihood of Development:	1.26	Slightly High
Otosclerosis Likelihood of Development:	1.06	Slightly High
Farsightedness (Hyperopia) Likelihood of Development:	0.99	Slightly Low
Dry Eye Syndrome Likelihood of Development:	0.99	Slightly Low
Hyperacusis Likelihood of Development:	0.87	Slightly Low
Hearing Loss Likelihood of Development:	0.69	Slightly Low
Wisdom Tooth Likelihood of Growing Wisdom Teeth:	0.6	Slightly Low

General Diseases > Sex

Report Title	My Likelihood vs Population Avg (times)	
Inguinal Hernia Likelihood of Intestine Bulging into Groin Area:	1.09	Slightly High
Erectile Dysfunction Likelihood of Development:	0.99	Slightly Low

Report Title	My Likelihood vs Population Avg (times)	
Benign Prostatic Hyperplasia Likelihood of Developing an Enlarged Prostate:	1.06	Slightly High
Azoospermia Likelihood of Having Absence of Sperm:	0.4	Slightly Low

General Diseases > Infection

Report Title	My Likelihood vs Population Avg (times)	
Helicobacter pylori Infection Susceptibility to Helicobacter pylori Infection:	5	High
Aspergillus Infection Susceptibility to Aspergillus Infection:	2.68	Slightly High
Tuberculosis Infection Susceptibility to Tuberculosis Infection:	1.12	Slightly High
Candida Infection Susceptibility to Candida Yeast Infection:	0.99	Slightly Low

Report Title	My Likelihood vs Population Avg (times)	
Coronavirus (SARS-CoV) Infection Susceptibility to Coronavirus (SARS) Infection:	2.87	Slightly High
Staph. aureus Infection Susceptibility to Staph. aureus Infection:	1.8	Slightly High
Mumps Infection Susceptibility to Mumps Infection:	1.03	Slightly High
Shingles Infection Susceptibility to Shingles Infection:	0.81	Slightly Low

Full reports

General Diseases > Infection

Report Title	My Likelihood vs Population Avg (times)	
Hansen's Disease Susceptibility to Hansen's Disease:	0.8	Slightly Low
Severity of Coronavirus (SARS-CoV) Symptoms Likely Severity of Coronavirus (SARS) Symptoms:	0.6	Slightly Mild
EBV Antibody Response Susceptibility to Epstein Barr Virus Infection:	Score unavailable	Slightly Low

Report Title	My Likelihood vs Population Avg (times)	
Dengue Virus Infection Susceptibility to Dengue Virus Infection:	0.63	Slightly Low
AIDS Progression Likely AIDS Progression Rate With HIV Infection:	Score unavailable	Slightly Slow

General Diseases > Mental Health

Report Title	My Likelihood vs Population Avg (times)	
Bipolar Disorder Likelihood of Developing Extreme Mood Swings:	5	High
Depression Likelihood of Development:	1.34	Slightly High
Anorexia Nervosa Likelihood of Severely Restricting Food Intake:	0.99	Slightly Low
Panic Disorder Likelihood of Having Panic Attacks:	0.92	Slightly Low
Schizophrenia Likelihood of Development:	0.78	Slightly Low
Eating Disorder Likelihood of Unhealthy Eating Behavior:	0.75	Slightly Low

Report Title	My Likelihood vs Population Avg (times)	
Obsessive-compulsive Disorder Likelihood of Repeating a Certain Behavior:	3	Slightly High
Chronic Fatigue Syndrome Likelihood of Development:	1.01	Slightly High
Age and Cognitive Function Likely Decline of Cognitive Ability From Aging:	0.99	Slightly Low
Autism Likelihood of Development:	0.91	Slightly Low
Tourette Syndrome Likelihood of Having Uncontrollable Tics:	0.78	Slightly Low
ADHD Likelihood of Developing ADHD:	0.71	Slightly Low

Traits > Weight Management

Report Title	My Predisposition
Resting Metabolic Rate Energy Consumption During Rest	High
Waist to Hip Ratio Indicator of Obesity	Low
Lower Body Obesity Likelihood of Fat Accumulation in Lower Body:	Low
Cellulite Formation Likelihood of Dimply Skin Forming:	Low
Snacking Frequency Likely Frequency of Eating Snacks:	Low
Yo-Yo Effect Likelihood of Regaining Lost Weight:	Low
High Fat Diet Likely Response to High Fat Diet:	Good

Report Title	My Predisposition
Lean Body Mass Likely Lean Body Mass:	High
Abdominal Obesity Likelihood of Abdominal Fat Accumulating:	Low
Leptin Level Indicator of Appetite Control	High
Appetite Control Likely Ability to Tolerate Hunger:	Good
Bulimia Nervosa Likelihood of Overeating Before Vomiting:	Low
Calorie Restriction Diet Likely Response to Calorie Restriction Diet:	Good
High Protein Diet Likely Response to High Protein Diet:	Good

Full reports

Traits > Nutrition

Report Title	My Predisposition
Fat Level Indicator of Fat Metabolism	Low
Stearate Level Indicator of Stearate Metabolism	High
EPA Level Indicator of EPA Metabolism	High
Gamma-Linolenic Acid Level Indicator of Gamma-Linolenic Acid Metabolism	Low
Arachidonic Acid Level Indicator of Arachidonic Acid Metabolism	Low
Oleic Acid Level Indicator of Oleic Acid Metabolism	Low
Vitamin A Level Indicator of Vitamin A Metabolism	High
Folate Level Indicator of Folate Metabolism	High
Vitamin C Level Indicator of Vitamin C Metabolism	High
Vitamin E Level Indicator of Vitamin E Metabolism	High
Calcium Level Indicator of Calcium Metabolism	Low
Zinc Level Indicator of Zinc Metabolism	High
Phosphorous Level Indicator of Phosphorus Metabolism	Low
Betaine Level Indicator of Betaine Metabolism	High
Selenium Level Indicator of Selenium Metabolism	High
Unsaturated Fat Triglyceride Reduction From Unsaturated Fat:	High
Colorectal Cancer and Meat Colorectal Cancer From Eating Processed Meat:	High

Report Title	My Predisposition
Saturated Fat Level Indicator of Saturated Fat Metabolism	Low
DHA Level Indicator of DHA Metabolism	Low
Alpha-Linolenic Acid Level Indicator of Alpha-Linolenic Acid Metabolism	High
Linoleic Acid Level Indicator of Linolenic Acid Metabolism	High
Palmitoleic Acid Level Indicator of Palmitoleic Acid Metabolism	Low
Trans Fat Level Indicator of Trans Fat Metabolism	Low
Vitamin B6 Level Indicator of Vitamin B6 Metabolism	High
Vitamin B12 Level Indicator of Vitamin B12 Metabolism	High
Vitamin D Level Indicator of Vitamin D Metabolism	High
Vitamin K Level Indicator of Vitamin K Metabolism	High
Iron Level Indicator of Iron Metabolism	High
Magnesium Level Indicator of Magnesium Metabolism	Low
Potassium Level Indicator of Potassium Metabolism	High
Coenzyme Q10 Level Indicator of Coenzyme Q10 Metabolism	High
Arginine Level Indicator of Arginine Metabolism	Low
Lutein and Zeaxanthin Likely Response to Lutein and Zeaxanthin:	Good
Trp / Phe Metabolism Likely Ability of Blood Tryptophan / Phenylalanine Metabolism:	High

Traits > Metabolism

Report Title	My Predisposition
Triglyceride Level Index for Heart Health	High
HDL Cholesterol Level Likely HDL Cholesterol Level:	Low

Report Title	My Predisposition
LDL Cholesterol Level Likely LDL Cholesterol Level:	Low
Alcohol Metabolism Likely Ability to Metabolize Alcohol:	Good

Full reports

Traits > Metabolism

Report Title	My Predisposition
Nicotine Metabolism Likely Ability to Metabolize Nicotine:	Good
Antioxidation Likely Ability to Remove Reactive Oxygen:	Poor
Insulin Resistance Likelihood of Losing Blood Glucose Regulation:	High

Report Title	My Predisposition
Caffeine Metabolism Likely Ability to Metabolize Caffeine:	Good
Postural Hypotension Likelihood of Low BP Occurring When Standing Up:	Low

Traits > Skin Care

Report Title	My Predisposition
Skin Hydration Likely Ability to Retain Skin Moisture:	Good
Crow's Feet Likelihood of Developing Crow's Feet:	Low
Glycation and Aging Likely Rate of Skin Aging From Eating Sugar:	Slow
Stretch Marks Likelihood of Development:	Low
Freckles and Age Spots Likelihood of Developing Freckles or Age Spots:	Low
Response to Sun Tanning Likelihood of Tanning Easily:	Low

Report Title	My Predisposition
Skin Elasticity Likely Ability to Maintain Elastic Skin:	Good
Photoaging Likely Rate of Skin Aging From UV Rays:	Slow
Acne Likelihood of Development:	Low
Skin Pigmentation Likelihood of Developing Darker Skin Spots:	Low
Skin Tone Likelihood of Naturally Light Skin Tone:	HIgh

Traits > Sleep

Report Title	My Predisposition
Deep Sleep Likely Abiilty to Sleep Deeply:	Good
Obstructive Sleep Apnea Likelihood of Breathing Issue During Sleep:	High
Narcolepsy Likelihood of Development:	High
Excessive Sleepiness Likelihood of Feeling Sleepy All Day:	Low
Circadian Rhythm Early Bird or Night Owl?	Early Bird

Report Title	My Predisposition
Sleep Latency Likely Time You Require to Fall Asleep:	Long
Insomnia Likelihood of Having Insomnia:	Low
Hypersomnia Likelihood of Development:	High
Daytime Nap Likelihood of Taking Daytime Naps or Breaks:	Low

Full reports

Traits > Hair Loss

Report Title	My Predisposition
Androgenetic Alopecia Likelihood of Patterned Hair Loss:	High
Hair Thickness Likely Thickness of Hair:	Thick

Report Title	My Predisposition
Spot Baldness Likelihood of Development:	High
Response to Finasteride Likely Effect of Finasteride:	Good

Traits > Fitness

Report Title	My Predisposition
Muscular Growth Tendency to Develop Muscle:	High
Grip Likely Grip Strength:	Strong
Muscular Endurance Tendency to Develop Muscular Endurance:	High
Heart Rate Recovery Likely Heart Rate Recovery After Exercising:	Slow
Rotator Cuff Injury Likelihood of Injury:	Low
Achilles Tendon Injury Likelihood of Injury:	Low

Report Title	My Predisposition
Lower Body Strength Tendency to Develop Lower Body Strength:	High
Explosive Strength Likely Muscle Strength and Power:	Stronger
Cardiovascular Endurance Likely Maximum Oxygen Uptake:	Good
Flexibility Likely Flexibility of Joints and Muscles:	Flexible
ACL Injury Likelihood of Anterior Cruciate Ligament Injury:	Low
Ankle Injury Likelihood of Injury:	Low

Traits > Sense

Report Title	My Predisposition
Sweetness Sensitivity Likely Sensitivity to Sweet Tastes:	Sensitive
Saltiness Sensitivity Likely Sensitivity to Salty Tastes:	Sensitive
White Wine Preference Likely Preference of White Wine:	Not Prefer
Absolute Pitch How Likely Am I to Having Absolute Pitch?	Need Effort
Drink Smell Sensitivity Likely Sensitivity to Drink Smell:	Sensitive
Fear of Pain Likelihood of Being Fearful of Pain:	Low

Report Title	My Predisposition
Bitterness Sensitivity Likely Sensitivity to Bitter Tastes:	Sensitive
Red Wine Preference Likely Preference of Red Wine:	Not Prefer
Cilantro Preference What is My Likely Preference to Cilantro?	Prefer
Smell Detection Ability Likely Odor Detection Ability:	Sensitive
Sensitivity to Asparagus Smell Likely Sensitivity to Asparagus Smell in Urine:	Sensitive

Full reports

Traits > Interest

Report Title	My Predisposition
Skipping Breakfast Do I Tend to Skip Breakfast?	Skip
Protein Consumption Frequency Likely Protein Consumption Frequency:	Frequent
Telomere Length and Aging Cellular Aging Based on Telomere Length	Shorter
Alcohol Consumption Frequency Likely Drinking Frequency:	Infrequent
Hippocampus Volume Indicator of Memory Ability	Larger
Mosquito Bite Swelling How Much Do My Mosquito Bites Swell?	Swell More
Endorphin Level Likelihood of My Natural Endorphin Level?	High
Motion Sickness Do I Tend to Get Motion Sickness in Car Rides?	More Likely
Emotion Detection Likely Ability of My Emotion Detection:	Poor
Photic Sneeze Reflex Do I Sneeze When Exposed to a Bright Light?	Unlikely to Sneeze
Active Lifestyle Inclination Towards Being Physically Active:	Less Active
Visuospatial Short Term Memory Am I Good at Remembering Visual Info?	Good
Aging and Memory Will I Have Good Memory Even When I'm Old?	Poor
Mathematical Confidence Do I Have Confidence in Math?	High
Persistence Do I Tend to Persevere Through Difficulties?	Low
Extraversion Are You a Social Butterfly?	More Likely
Agreeableness Am I a Generally Sociable Person?	More Likely
Risk Taking Tendencies Am I an Adventurer?	More Likely
Risk Aversion Personality Do I Avoid Risks and Uncertainties?	Less Likely
Psychological Resilience How Resilient Am I?	High

Report Title	My Predisposition
Dairy Consumption Frequency Likely Dairy Consumption Frequency:	Frequent
Living Longer Than 90 Likelihood of Living Longer than 90 Years:	Higher
Alcohol Flush Reaction Turning Red with Alcohol Consumption:	Unlikely to Flush
Cerebral Cortex Volume Indicator of Cognitive Performance	Larger
Mosquito Bite Itchiness How Itchy Are My Mosquito Bites?	More Itchy
Mosquito Bite Frequency Would I Get More Mosquito Bites Than Others?	Infrequent
Reflexive Response Speed Likely Speed of My Reflexes:	Faster
Hypnosis Susceptibility How Easily Can I Be Hypnotized?	More Likely
Obsessive Cleaning How Tolerant Am I to Dirty Surroundings?	Tolerant
Sedentary Lifestyle Do You Enjoy Having a Sendentary Lifestyle?	Do not Enjoy
Short Term Number Memory Am I Good at Remembering Numbers?	Good
Long-Term Memory Am I Good at Storing Info for a Long TIme?	Good
Exercise and Memory Improvement Would Exercise Improve My Memory?	Mildly Improve
Reading Comprehension Skills Can I Comprehend Information Well?	Good
Creativity Am I a Creative Person?	High
Openness to Experience Do I Accept Change With an Open Mind?	Less Likely
Conscientiousness Am I Responsible and Hard Working?	More Likely
Solitary Personality Am I a Lone Wolf?	Less Likely
Reward Dependency Am I Sensitive to How Others Judge Me?	Less Likely
Health Literacy Can I Understand Health Information Well?	High

Full reports

Traits > **Biomarker**

Report Title	My Predisposition
Albumin : Globulin Ratio Indicator of Protein Synthesis Function in Liver	High
ALT Level Indicator of Liver Disease	Low
Bilirubin Level Indicator of Liver Disease	Low
Albumin:Creatinine Ratio Indicator of Kidney Disease	Low
GFR Indicator of Kidney Function	High
Plasma Renin Activity Indicator of Blood Pressure Abnormality	Low
Resistin Level Indicator of Metabolic Syndrome	Low
Lipase Level Indicator of Pancreatic Disease	Low
Aortic Root Diameter Indicator of Aorta's Condition:	Low
PAI-1 Level Index for Cardiovascular Disease Risk	Low
Lp-PLA2 Level Index for Cardiovascular Disease Risk	Low
OPG Level Index for Cardiovascular Disease Risk	Low
Heart Rate Likely Heart Beats Per Minute:	Low
QRS Interval Indicator of Heart Disease	Short
FVC Indicator of Lung Functionality	High
FEV1/FVC Ratio Indicator of Lung Functionality	High
IgM Level Indicator of Immune System Health	Low
CRP Level Indicator of Immune System Health	Low
Calcineurin Level Indicator of Immune System Health	Low
Eosinophil Count Indicator of Immune System Health	Low
Erythrocyte Count Indicator of Anemia and Iron Nutrition	High
Ferritin Level Indicator of Anemia and Iron Nutrition	High

Report Title	My Predisposition
ALP Level Indicator of Liver Disease	Low
GGT Level Indicator of Liver Disease	Low
Thyroid Hormone Level Indicator of Thyroid Function	Low
BUN Level Indicator of Kidney Function	Low
SDMA Level Indicator of Kidney Function	Low
Homocysteine Level Risk Factor of Cardiovascular Disease	Low
Adiponectin Level Indicator of Obesity and Diabetes	High
Parathyroid Hormone Level Indicator or Calcium Homeostasis:	Low
Troponin T Level Indicator of Cardiomyocyte Damage	Low
ST2 Level Index for Cardiovascular Disease Risk	Low
VIP Level Index for Cardiovascular Disease Risk	Low
Retinal Vessel Thickness Index for Cardiovascular Disease Risk	Thin
PR Interval Indicator of Heart Disease	Short
QT Interval Indicator of Heart Disease	Short
FEV Indicator of Lung Functionality	Large
IgG Level Indicator of Immune System Health	Low
IL-18 Level Indicator of Immune System Health	Low
Complement C3, C4 Levels Indicator of Immune System Health	High
Monocyte Count Indicator of Immune System Health	Low
Erythrocyte Sedimentation Rate Indicator of Immune System Health	Low
Hemoglobin Level Indicator of Anemia and Iron Nutrition	High
Hematocrit Level Indicator of Anemia and Iron Nutrition	High

Full reports

Traits > Biomarker

Report Title	My Predisposition
Platelet Count Index of Blood Coagulation Function	High
Prothrombin Time Index of Blood Coagulation Function	Short
Fibrinogen Level Index of Blood Coagulation Function	Low
D-dimer Level Indicator of Thrombosis Risk	Low
Optic Disc Area Risk Factor for Glaucoma	Small
Corneal Curvature Likely Curvature of Cornea:	Flatter
FSH Level Likely FSH (Follicle Stimulating Hormone) Level:	Low
AFP Level Cancer Risk Factor	Low
CEA Level Cancer Risk Factor	Low
5-HIAA Level Cancer Risk Factor	Low

Report Title	My Predisposition
Mean Platelet Volume Index of Blood Coagulation Function	High
APTT Index of Blood Coagulation Function	Short
Protein C Level Index of Blood Coagulation Function	High
Intraocular Pressure Likelihood of Intraocular Pressure Increasing:	Low
Corneal Thickness LIkely Thickness of Cornea:	Thick
Visual Axial Length Likely Distance From Cornea to Retina:	Short
Testosterone Level Likely Testosterone Level:	Low
CA19-9 Level Cancer Risk Factor	Low
PSA Level Prostate Cancer Risk Factor	Low

Traits > Drug Response

Report Title	My Predisposition
Alcohol Use Disorder Likelihood of Withdrawal and Addiction Symptoms:	Low
Alcohol and Nicotine Co-dependence Likelihood of Alcohol & Nicotine Co-dependence:	Low
Response to Sunitinib Likely Response to Sunitinib Anticancer Drugs:	Good
Response to Platinum-Based Drugs Likely Response for NSCLC Treatment:	Good
Response to Hydrochlorothiazide Likely Response for Treating High BP:	Good
Response to Dobutamine LIkely Response to Heart Stimulant:	Good
Response to Repaglinide Likely Response to Antidiabetic Drugs:	Good
Response to Statin (1) Likely Response for Lowering Lipid Levels:	Good
Response to Warfarin Likely Response for Inhibiting Blood Clotting:	Good

Report Title	My Predisposition
Nicotine Dependence Likelihood of Withdrawal and Addiction Symptoms:	High
Caffeine Dependence Likelihood of Withdrawal and Addiction Symptoms:	Low
Response to Cetuximab Likely Response for Colorectal Cancer Treatment:	Low
Response to Metoprolol Likely Response for Treating Angina:	Good
Response to Irbesartan Likely Response for Hypertension Treatment:	Low
Response to Metformin Likely Response for Lowering Blood Sugar Level:	Good
Response to Sulfonylurea Likely Response for Lowering Blood Glucose:	Low
Response to Statin (2) Likely Response for Increasing HDL Levels:	Good
Response to Clopidogrel Likely Response for Antiplatelet Therapy:	Good

Full reports

Traits > Drug Response

Report Title	My Predisposition
Response to Methotrexate Likely Response to Rheumatoid Arthritis Drugs:	Good
Response to Sulfasalazine Likely Response to Rheumatoid Arthritis Drugs:	Good
Response to Tocilizumab Likely Response to Rheumatoid Arthritis Drugs:	Low
Response to Lamotrigine Likely Response to Epilepsy Treatment:	Good
Response to Allopurinol Likely Response for Treating Gout:	Good
Response toTamsulosin Likely Response for Prostatic Hyperplasia:	Good
Response to Tacrolimus Likely Response for Immunosuppression:	Good
Response to Hepatitis B Vaccine Likely Response to Hepatitis B Vaccine:	Good
Response to Olanzapine Likely Response to Schizophrenia Treatment:	Good
Response to Lithium Treatment Likely Response for Treating Bipolar Disorder:	Good
Bevacizumab-Induced High BP Likelihood of Drug Side Effect:	High
Irinotecan-Induced Neutropenia Likelihood of Drug Side Effect:	Low
Methotrexate-Induced Stomach Pain Likelihood of Drug Side Effect:	Low
ACE Inhibitor-Induced Coughing Likelihood of Drug Side Effect:	Low
Apixaban-Induced Kidney Dysfunction Likelihood of Drug Side Effect:	Low
NSAID-Induced Bowel Disorder Likelihood of Drug Side Effect:	Low
Aspirin-Induced Asthma Likelihood of Drug Side Effect:	High
Thiopurine-Induced Hair Loss Likelihood of Drug Side Effect:	Low
AIDS Treatment-Induced Side Effect Likelihood of Drug Side Effect:	Low
Antidepressant-Induced SD Likelihood of Drug Side Effect:	Low
Antipsychotic-Induced Agranulocytosis Likelihood of Drug Side Effect:	Low

Report Title	My Predisposition
Response to Rituximab Likely Response to Rheumatoid Arthritis Drugs:	Good
Response to TNF Inhibitors Likely Response for Rheumatoid Arthritis:	Good
Response to Interferon Beta Likely Response for Treating Multiple Sclerosis:	Good
Response to Valproic Acid Likely Response to Epilepsy Treatment:	Good
Response to Inhaled Corticosteroid Likely Response for Treating Asthma:	Good
Response to Opioid Analgesics Likely Response to Opioid Analgesics:	Good
Response to Ribavirin Likely Response for Treating Hepatitis C:	Good
Response to Whooping Cough Vaccine Likelihood of Forming Antibodies:	Good
Response to Antidepressants Likely Response to SSRI for Treating Depression:	Good
Response to Venlafaxine Likely Response for Treating Anxiety Disorder:	Good
Irinotecan-Induced Diarrhea Likelihood of Drug Side Effect:	High
Fluorouracil-Induced Leukopenia Likelihood of Drug Side Effect:	High
Vincristine-Induced Nerve Damage Likelihood of Drug Side Effect:	Low
Simvastatin-Induced Muscle Pain Likelihood of Drug Side Effect:	Low
Antithyroid-Induced Agranulocytosis Likelihood of Drug Side Effect:	Low
NSAID-Induced Angioedema and Hives Likelihood of Drug Side Effect:	Low
Acetaminophen-Induced Liver Toxicity Likelihood of Drug Side Effect:	Low
Thiopurine-Induced Leukopenia Likelihood of Drug Side Effect:	Low
Interferon-Induced Depression Likelihood of Drug Side Effect:	High
Antipsychotic-Induced Weight Gain Likelihood of Drug Side Effect:	High

Key reports

Analysis results of 79 key categories

General Diseases 1

High Blood Pressure

Traits 78

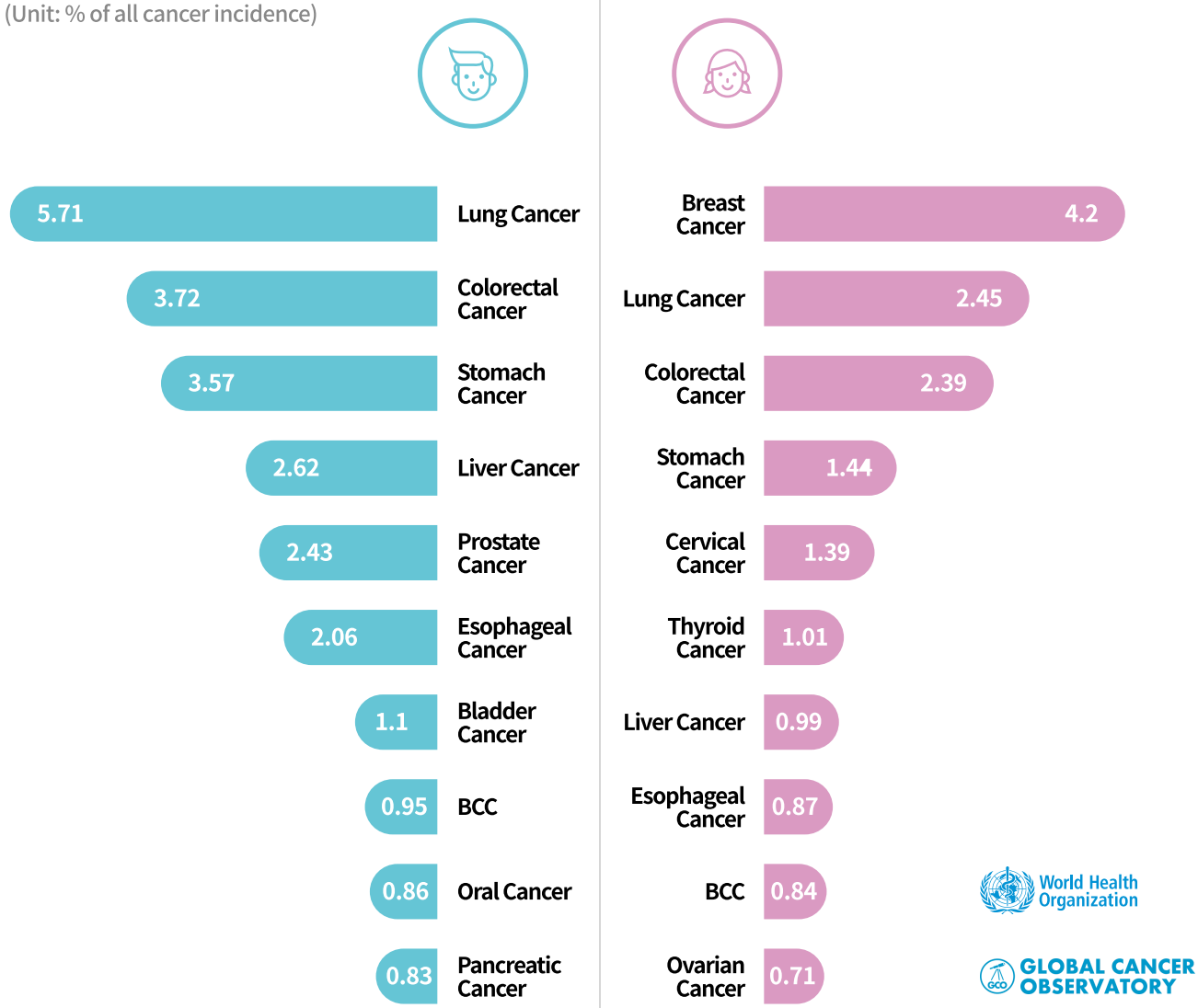
Resting Metabolic Rate
Lean Body Mass
Waist to Hip Ratio
Abdominal Obesity
Lower Body Obesity
Leptin Level
Cellulite Formation
Appetite Control
Snacking Frequency
Yo-Yo Effect
Calorie Restriction Diet
High Fat Diet
High Protein Diet
Fat Level
Saturated Fat Level
Stearate Level
DHA Level
EPA Level
Alpha-Linolenic Acid Level
Gamma-Linolenic Acid Level and 58more

Please Note

- Development likelihood higher than average is colored red or orange, and lower than average is colored green or blue.
- Color indication is not applied for results with no specific advantage or disadvantage.
- Reports that cannot be calculated are marked as 'No results'.

Cancer Incidence Rates.

Of all the new cancer incidents in 2018, the top 5 cancer types for men and women were:
Male – lung, colorectal, stomach, liver, and prostate cancer.
Female – breast, lung, colorectal, stomach, and cervical cancer.
(Statistics based on 2018 cumulative cancer incidence between ages 30 and 80)



Based on current knowledge, avoiding key risk factors could prevent between 30% and 50% of cancer deaths. These factors include avoiding tobacco products, decreasing alcohol consumption, exercising regularly, maintaining a healthy body weight, and being careful of infection that can increase cancer risk (reference: World Health Organization).

Results in this report consider both genetic and non-genetic (environmental, lifestyle) factors and present a combined risk score for specific diseases and traits. By knowing this information, individuals can make lifestyle adjustments according to their results and decrease likelihood of developing diseases.

General Diseases

Ranked by My Result

Report Title	~0.2 times	Average	5~ times	My Likelihood vs Population Avg (times)
High Blood Pressure Likelihood of Development:				0.86 Slightly Low

Traits

Sorted by Category

Report Title	My Predisposition
Resting Metabolic Rate Energy Consumption During Rest	High
Lean Body Mass Likely Lean Body Mass:	High
Waist to Hip Ratio Indicator of Obesity	Low
Abdominal Obesity Likelihood of Abdominal Fat Accumulating:	Low
Lower Body Obesity Likelihood of Fat Accumulation in Lower Body:	Low
Leptin Level Indicator of Appetite Control	High
Cellulite Formation Likelihood of Dimply Skin Forming:	Low
Appetite Control Likely Ability to Tolerate Hunger:	Good
Snacking Frequency Likely Frequency of Eating Snacks:	Low
Yo-Yo Effect Likelihood of Regaining Lost Weight:	Low
Calorie Restriction Diet Likely Response to Calorie Restriction Diet:	Good
High Fat Diet Likely Response to High Fat Diet:	Good
High Protein Diet Likely Response to High Protein Diet:	Good
Fat Level Indicator of Fat Metabolism	Low
Saturated Fat Level Indicator of Saturated Fat Metabolism	Low
Stearate Level Indicator of Stearate Metabolism	High
DHA Level Indicator of DHA Metabolism	Low
EPA Level Indicator of EPA Metabolism	High
Alpha-Linolenic Acid Level Indicator of Alpha-Linolenic Acid Metabolism	High

Traits

Sorted by Category

Report Title	My Predisposition
Gamma-Linolenic Acid Level Indicator of Gamma-Linolenic Acid Metabolism	Low
Linoleic Acid Level Indicator of Linolenic Acid Metabolism	High
Arachidonic Acid Level Indicator of Arachidonic Acid Metabolism	Low
Palmitoleic Acid Level Indicator of Palmitoleic Acid Metabolism	Low
Oleic Acid Level Indicator of Oleic Acid Metabolism	Low
Trans Fat Level Indicator of Trans Fat Metabolism	Low
Vitamin A Level Indicator of Vitamin A Metabolism	High
Vitamin B6 Level Indicator of Vitamin B6 Metabolism	High
Folate Level Indicator of Folate Metabolism	High
Vitamin B12 Level Indicator of Vitamin B12 Metabolism	High
Vitamin C Level Indicator of Vitamin C Metabolism	High
Vitamin D Level Indicator of Vitamin D Metabolism	High
Vitamin E Level Indicator of Vitamin E Metabolism	High
Vitamin K Level Indicator of Vitamin K Metabolism	High
Calcium Level Indicator of Calcium Metabolism	Low
Iron Level Indicator of Iron Metabolism	High
Zinc Level Indicator of Zinc Metabolism	High
Magnesium Level Indicator of Magnesium Metabolism	Low
Phosphorous Level Indicator of Phosphorus Metabolism	Low

Traits

Sorted by Category

Report Title	My Predisposition
Potassium Level Indicator of Potassium Metabolism	High
Betaine Level Indicator of Betaine Metabolism	High
Coenzyme Q10 Level Indicator of Coenzyme Q10 Metabolism	High
Selenium Level Indicator of Selenium Metabolism	High
Arginine Level Indicator of Arginine Metabolism	Low
Unsaturated Fat Triglyceride Reduction From Unsaturated Fat:	High
Lutein and Zeaxanthin Likely Response to Lutein and Zeaxanthin:	Good
Trp / Phe Metabolism Likely Ability of Blood Tryptophan / Phenylalanine Metabolism:	High
Triglyceride Level Index for Heart Health	High
LDL Cholesterol Level Likely LDL Cholesterol Level:	Low
HDL Cholesterol Level Likely HDL Cholesterol Level:	Low
Alcohol Metabolism Likely Ability to Metabolize Alcohol:	Good
Nicotine Metabolism Likely Ability to Metabolize Nicotine:	Good
Caffeine Metabolism Likely Ability to Metabolize Caffeine:	Good
Antioxidation Likely Ability to Remove Reactive Oxygen:	Poor
Postural Hypotension Likelihood of Low BP Occurring When Standing Up:	Low
Insulin Resistance Likelihood of Losing Blood Glucose Regulation:	High
Glycation and Aging Likely Rate of Skin Aging From Eating Sugar:	Slow
Deep Sleep Likely Abiilty to Sleep Deeply:	Good

Traits

Sorted by Category

Report Title	My Predisposition
Sleep Latency Likely Time You Require to Fall Asleep:	Long
Obstructive Sleep Apnea Likelihood of Breathing Issue During Sleep:	High
Insomnia Likelihood of Having Insomnia:	Low
Narcolepsy Likelihood of Development:	High
Hypersomnia Likelihood of Development:	High
Excessive Sleepiness Likelihood of Feeling Sleepy All Day:	Low
Daytime Nap Likelihood of Taking Daytime Naps or Breaks:	Low
Circadian Rhythm Early Bird or Night Owl?	Early Bird
Muscular Growth Tendency to Develop Muscle:	High
Lower Body Strength Tendency to Develop Lower Body Strength:	High
Grip Likely Grip Strength:	Strong
Explosive Strength Likely Muscle Strength and Power:	Stronger
Muscular Endurance Tendency to Develop Muscular Endurance:	High
Cardiovascular Endurance Likely Maximum Oxygen Uptake:	Good
Heart Rate Recovery Likely Heart Rate Recovery After Exercising:	Slow
Flexibility Likely Flexibility of Joints and Muscles:	Flexible
Rotator Cuff Injury Likelihood of Injury:	Low
ACL Injury Likelihood of Anterior Cruciate Ligament Injury:	Low
Achilles Tendon Injury Likelihood of Injury:	Low

Traits

Sorted by Category

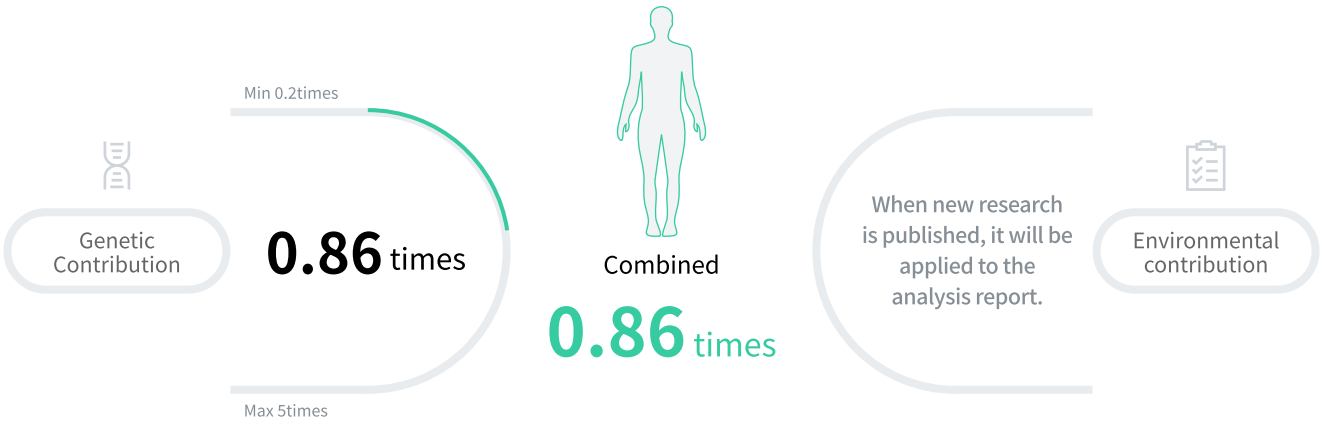
Report Title	My Predisposition
Ankle Injury Likelihood of Injury:	Low
Apixaban-Induced Kidney Dysfunction Likelihood of Drug Side Effect:	Low

Memo

High Blood Pressure

Blood pressure is the force that circulating blood exerts on the arterial walls. High blood pressure is when systolic blood pressure is over 140 mmHg, and diastolic blood pressure is over 90 mmHg, damaging blood vessels.

Likelihood of Development:



Based on above results, your likelihood of developing high blood pressure is slightly low.

Even if your risk is low, it is still a good idea to limit alcohol and maintain a healthy body weight.

Dietary guide

Excessive salt ingestion is a major cause of high blood pressure. Having a low-salt eating habit is recommended. Avoid cholesterol-containing foods and eat fresh vegetables and fruits. As your weight increases, blood pressure also increases, and this can lead to various vascular diseases. Hence weight control is important!

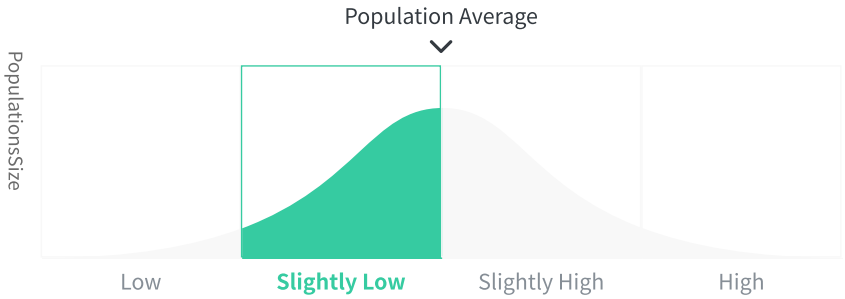
Lifestyle guide

Overworking and excessive stress increases blood pressure, so make sure to get sleep and rest if you are tired. 30 minutes per day, 3~4 times a week of consistent exercises is recommended rather than a single intensive work out. Intense outdoor exercises in cold weather can also increase blood pressure.

UP-To-Date, Cochrane Library

The Group That I Belong To

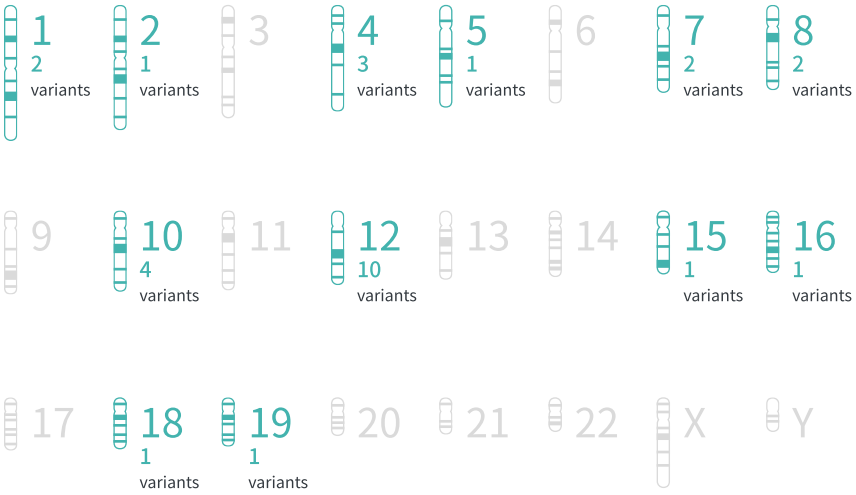
You fall under the group with a slightly low likelihood of developing high blood pressure.



Genetic information

From analyzed 55genetic markets, we have found 29 effect allele.

The credibility score is 81 points. because studies used for the analysis of this test item's genes are based on a big sample size.

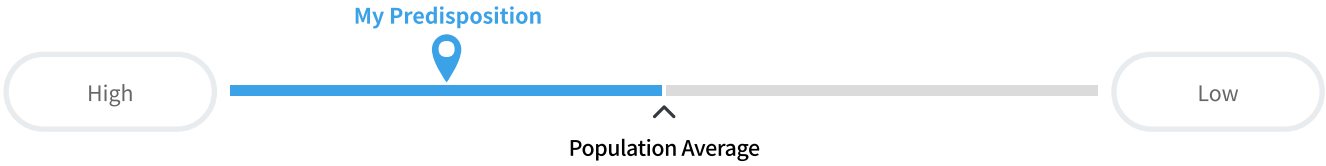


0 genetic markers with unknown location.

Resting Metabolic Rate

Resting metabolic rate (RMR) is the rate at which your body burns energy when it is at complete rest. From the RMR, you can determine your daily calorie needs.

Energy Consumption During Rest



Based on the genes we analyzed, you are likely predisposed to having a slightly high resting metabolic rate.

Even with this positive result, it is still important to eat a balanced diet and do weight lifting exercises.

Balanced meals

It is important to have a balanced diet of essential nutrients. Make sure to include grain, meat, vegetable, fruit, and dairy into each meal.

Squat

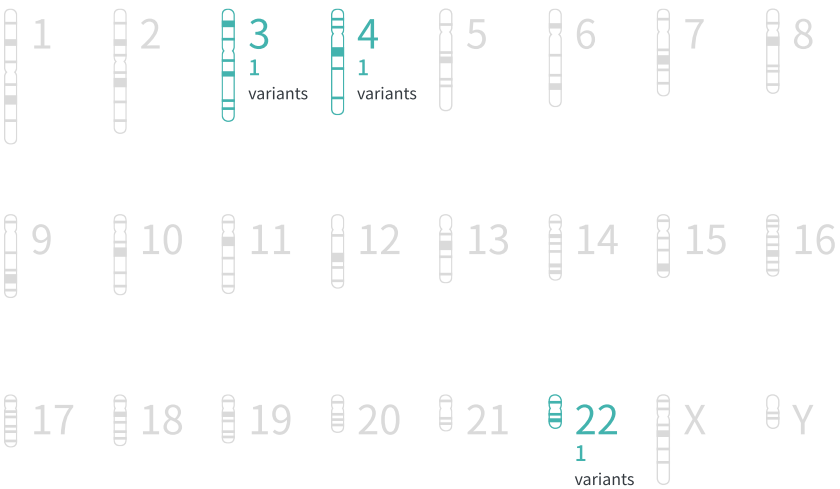
Increasing muscle mass increases basal metabolic rate. Squat 3 sets of 8~12 reps a day. It is good to increase by 2 reps each day.

UP-To-Date, Cochrane Library

Genetic information

From analyzed 9genetic markets, we have found 3 effect allele.

The credibility score is 53 points. because studies used for the analysis of this test item's genes are based on a small sample size.



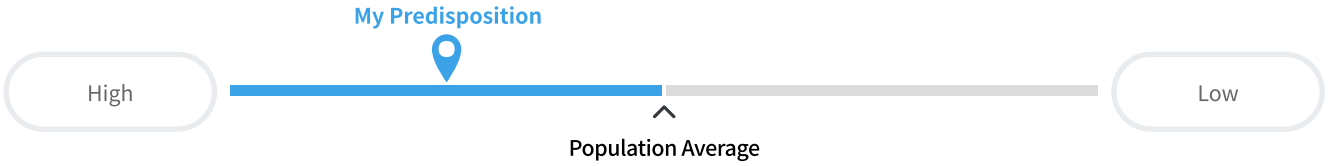
0 genetic markers with unknown location.

This genetic test was conducted at Genoplan Japan Inc. (#209 Fias, 4-1 Kyudai Shinmachi, Nishi-Ku, Fukuoka City, Japan)

Lean Body Mass

Lean body mass, or fat-free mass, is a component of body composition calculated by subtracting body fat weight from total body weight.

Likely Lean Body Mass:



Based on the genes we analyzed, you are likely predisposed to having a high lean body mass.

Even if you have a positive predisposition, it is still important to consume high quality protein and exercise regularly to increase muscle mass.

Vitamin B6 and protein

A high-protein diet for building muscle requires vitamin B6. Consume vitamin B6 through bananas, brown rice, garlic, etc.

Plank

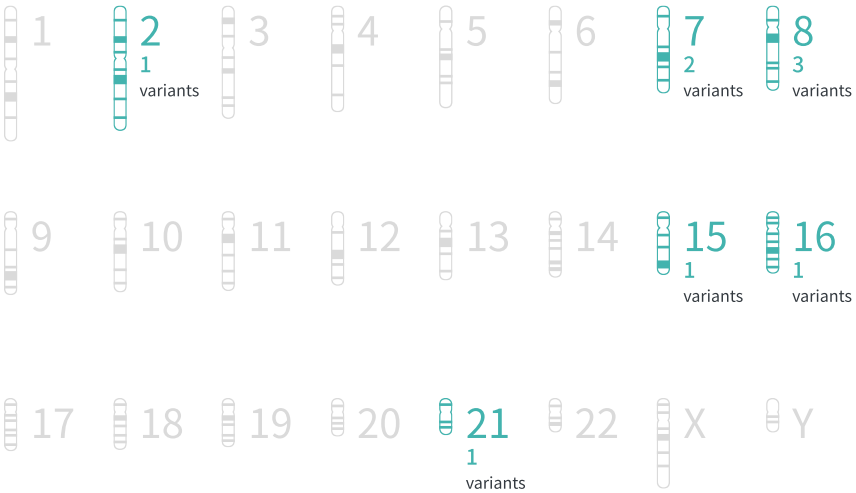
Laying on your stomach, make a bridge using elbows and feet. Straighten your body and work to increase the duration of this position.

UP-To-Date, Cochrane Library

Genetic information

From analyzed 25genetic markets, we have found 9 effect allele.

The credibility score is 74 points. because studies used for the analysis of this test item's genes are based on an acceptable sample size.

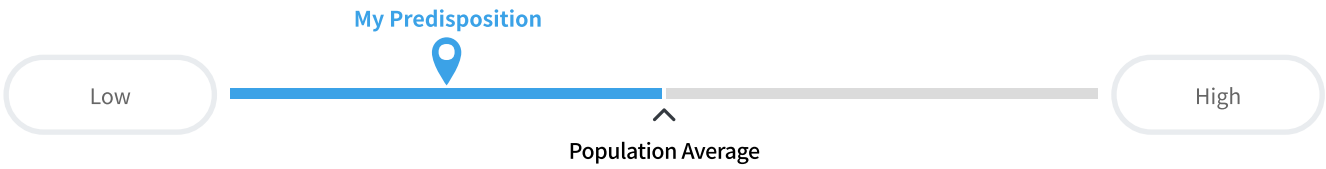


0 genetic markers with unknown location.

Waist to Hip Ratio

Waist-to-hip ratio is one of several measurements your doctor can use to see if you're overweight, and if that excess weight is putting your health at risk.

Indicator of Obesity



Based on the genes we analyzed, you are likely predisposed to having a low waist to hip ratio.

Although your likelihood is low, be concious of your body weight and make regular exercise a habit.

Limit your alcohol

Foods eaten with excessive drinking are caloric and increase risk for abdominal obesity. Limit to 2 and 1 drinks for men and women.

Abdominal exercise

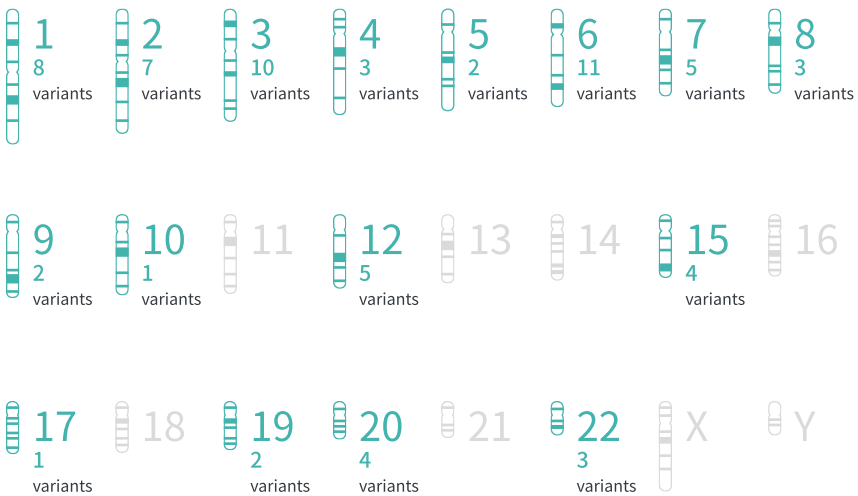
Sit properly, straighten your spine, and tilt your upper body backwards for 8~10 seconds. Repeat this 5 times to strengthen your abdomen.

UP-To-Date, Cochrane Library

Genetic information

From analyzed 104genetic markets, we have found 71 effect allele.

The credibility score is 85 points. because studies used for the analysis of this test item's genes are based on a big sample size.



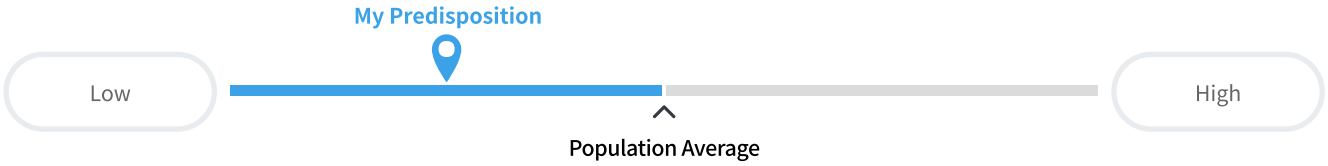
0 genetic markers with unknown location.

This genetic test was conducted at Genoplan Japan Inc. (#209 Fias, 4-1 Kyudai Shinmachi, Nishi-Ku, Fukuoka City, Japan)

Abdominal Obesity

Although overall obesity confers a significant threat to health, the distribution of body fat is crucial in determining this threat. Abdominal fat accumulation is strongly associated with an increased risk of type 2 diabetes and cardiovascular disease.

Likelihood of Abdominal Fat Accumulating:



Based on the genes we analyzed, your likelihood of developing abdominal obesity is low.

Lower your risk even further by having a physically active lifestyle.

Tea

Have a cup of warm tea. Green, pu'er, and mate tea are rich in catechins and tannins which help reduce abdominal fat.

Cycling

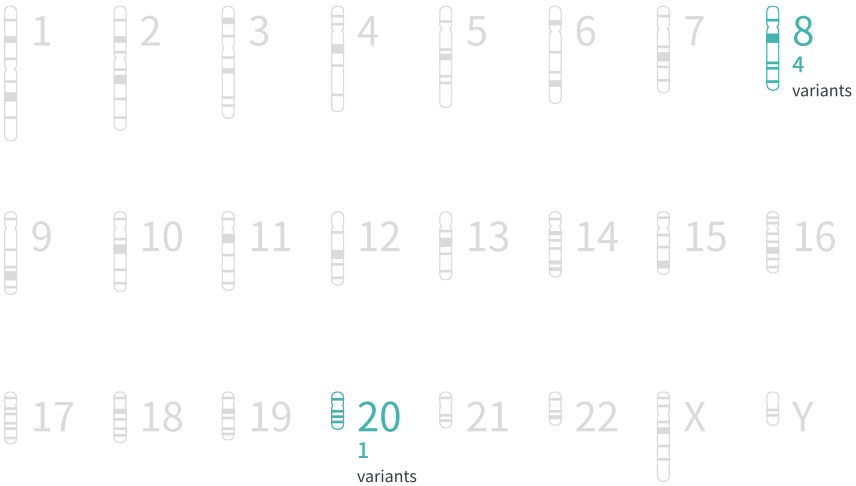
Abdominal fat responds rapidly to exercise. 40~60 minutes of daily cycling can burn calories effectively and reduce abdominal fat.

UP-To-Date, Cochrane Library

Genetic information

From analyzed 7genetic markets, we have found 5 effect allele.

The credibility score is 69 points.
because studies used for the analysis of this test item's genes are based on an acceptable sample size.

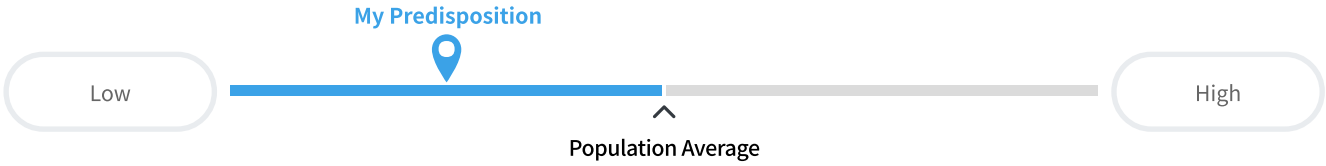


0 genetic markers with unknown location.

Lower Body Obesity

Accumulation of fat in the areas below the waist can lead to lower body obesity. It can be corrected with the right exercise and posture.

Likelihood of Fat Accumulation in Lower Body:



Based on the genes we analyzed, your likelihood of developing lower body obesity is low.

Try exercises such as squats and lunges to maintain a lean and healthy lower body.

Overly provocative foods

Try to avoid overly provocative and salty foods. They are often high in calories and can interrupt with your diet by raising your appetite.

Lower body blood circulation

Avoid eating salty foods and take foot or lower-body baths to encourage blood circulation. Evening leg massage can also loosen your muscles.

UP-To-Date, Cochrane Library

Genetic information

From analyzed 3 genetic markets, we have found no effect allele.

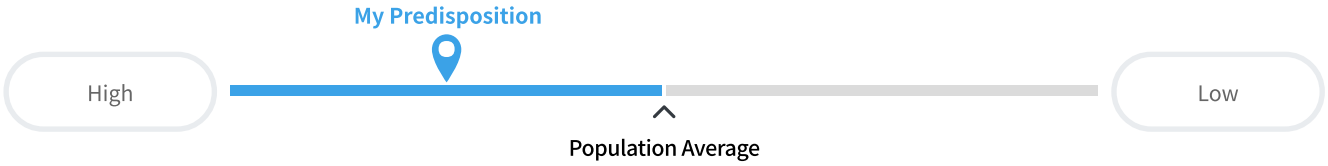
The credibility score is 75 points. because studies used for the analysis of this test item's genes are based on an acceptable sample size.

0 genetic markers with unknown location.

Leptin Level

Leptin is an appetite suppressing hormone secreted by fat cells. It tells the brain that the body has enough reserve, so appetite does not increase.

Indicator of Appetite Control



Based on the genes we analyzed, you are likely predisposed to have a high leptin level.

You may find it easier to control your appetite, but it is still important to avoid overeating by sticking to a regular eating schedule.

Cinnamon tea

Add 30 g of cinnamon into 1 L of water, boil for more than 20 minutes, and enjoy after a meal. It reduces appetite and fat in blood vessels.

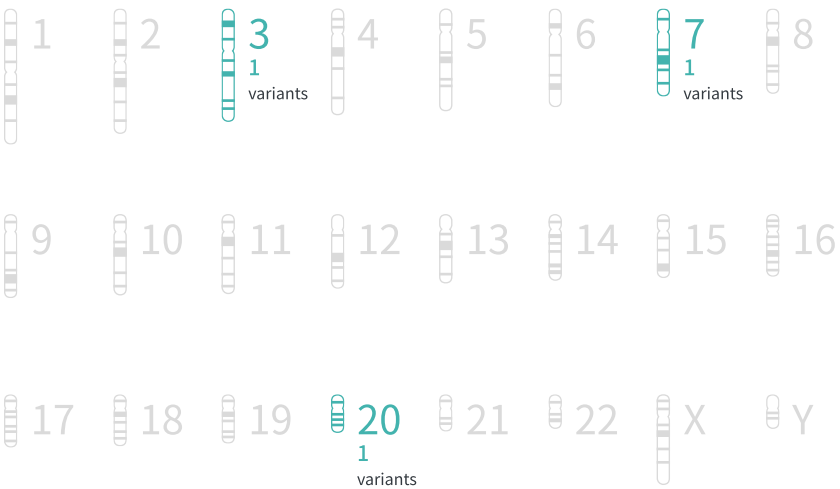
No quitting

Exercise regularly for two weeks or more. Continuing any exercise for this amount of time reduces leptin resistance and helps hormone function.

UP-To-Date, Cochrane Library

Genetic information

From analyzed 4genetic markets, we have found 3 effect allele.



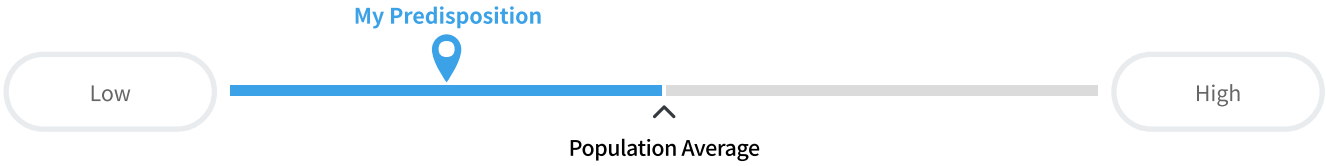
0 genetic markers with unknown location.

The credibility score is 81 points.
because studies used for the analysis of this test item's genes are based on a big sample size.

Cellulite Formation

Cellulite is a condition where the skin looks dimpled and lumpy. It occurs when fat deposits push through the connective tissue beneath the skin.

Likelihood of Dimply Skin Forming:



According to the genes we analyzed, your cellulite formatiom is likely low.

It is still a good idea to drink enough water to facilitate blood circulation.

Hydration

Sufficient hydration prevents waste from binding to fat and ultimately cellulite accumulation. Drink 8~10 cups of warm water every day.

Plie squat

Standing with your feet pelvis-width apart, squat down keeping your knees behind your toes. Perform 3 sets of 15~20 reps per day.

UP-To-Date, Cochrane Library

Genetic information

From analyzed 5genetic markets, we have found 1 effect allele.

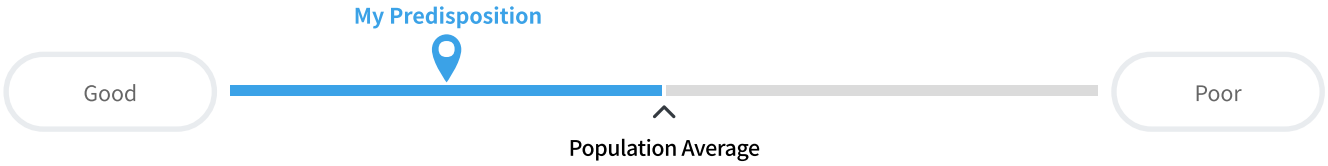
The credibility score is 50 points. because studies used for the analysis of this test item's genes are based on a very small sample size.

0 genetic markers with unknown location.

Appetite Control

The ability to not give in to hunger is a psychological warfare. There is also a genetic and biological side to it.

Likely Ability to Tolerate Hunger:



According to the genes we analyzed, your likely ability to tolerate hunger is good.

Even though you may have high tolerance for hunger, try your best to avoid overeating and binge eating.

Dietary fiber

Dietary fiber passes through the GI tract and absorbs water to expand in size. In helps to make you feel full for longer periods of time.

Squat

With your feet shoulder-width apart, bend your knees like sitting on a transparent chair, then stand up. Repeat 15~20 times per set, 3 sets.

UP-To-Date, Cochrane Library

Genetic information

From analyzed 1genetic markets, we have found 1 effect allele.

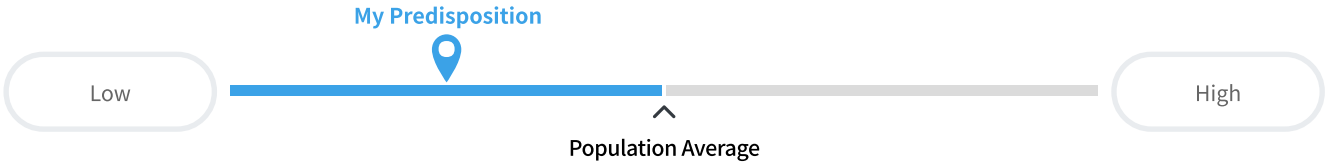
The credibility score is 55 points. because studies used for the analysis of this test item's genes are based on a small sample size.

0 genetic markers with unknown location.

Snacking Frequency

Some say snacking is a habit brought on by social needs. While some also say it could be physiological, behavioral, or even genetic. Whatever the reason may be, be sure to snack in a healthy way.

Likely Frequency of Eating Snacks:



Based on your genetics, you likely have a low frequency of eating snacks.

When you want to eat a snack, try choosing a healthy fruit or vegetable instead of processed foods high in calories.

Sweet potato

Sweet potatoes are rich in dietary fiber and beta carotene, making them a healthy snack. However, be careful of their high caloric content.

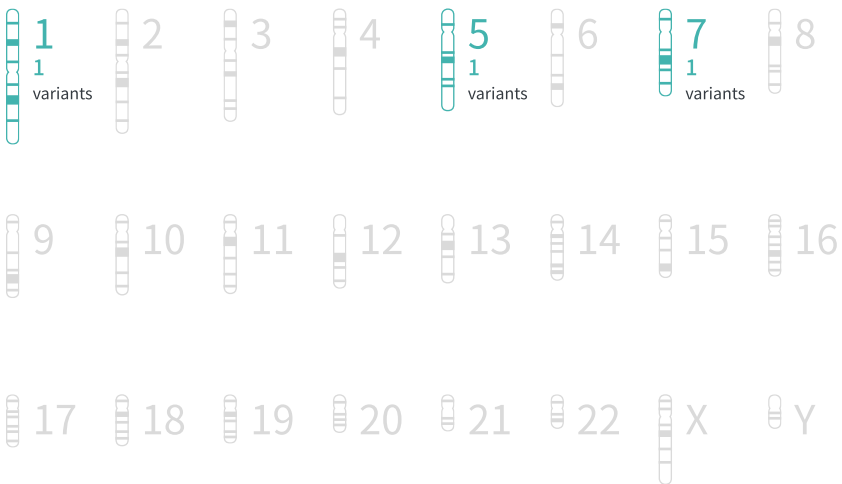
Yoga for suppressing appetite

Sit with your legs fully extended and your back straight. While breathing out, slowly lower your upper body. Hold this for 20~30 seconds.

UP-To-Date, Cochrane Library

Genetic information

From analyzed 8genetic markets, we have found 3 effect allele.



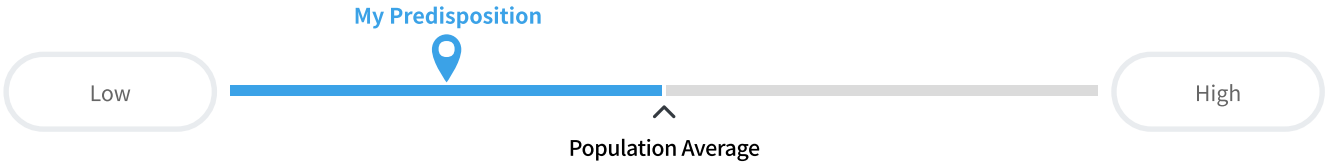
The credibility score is 95 points.
because studies used for the analysis of this test item's genes are based on a big sample size.

0 genetic markers with unknown location.

Yo-Yo Effect

Yo-yo effect is a term used to explain the cyclical loss and gain of weight when a person goes on and off a diet.

Likelihood of Regaining Lost Weight:



Based on the genes we analyzed, your likelihood of regaining lost weight is low.

Although your innate likelihood is low, it is a good idea to lead an active lifestyle and prevent regaining weight.

Adequate carbohydrate intake

Reducing carbohydrates drastically can result in protein damage and incomplete fatty acid oxidation. Try eating brown rice with each meal.

Diverse exercise routine

To alleviate boredom, circulate your exercise among 10 minutes of running machine, cycling, and stair stepper.

UP-To-Date, Cochrane Library

Genetic information

From analyzed 4genetic markets, we have found 2 effect allele.

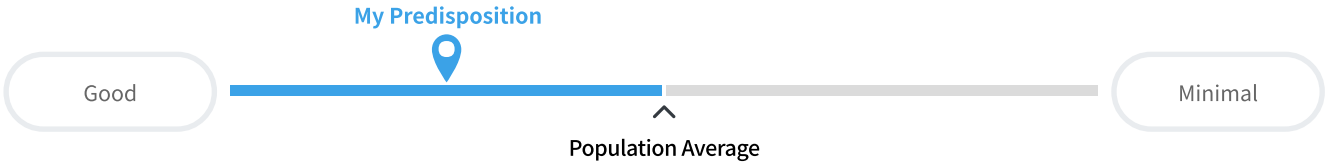
The credibility score is 50 points. because studies used for the analysis of this test item's genes are based on a very small sample size.

0 genetic markers with unknown location.

Calorie Restriction Diet

Calorie restriction means reducing average daily caloric intake below what is typical or habitual, without malnutrition or deprivation of essential nutrients.

Likely Response to Calorie Restriction Diet:



Based on the genes we analyzed, you are likely predisposed to have a good response to calorie restriction diet.

Even with this positive result, combining diet with exercise can still give you more effective weight loss.

Konjac

Konjac has almost no calories and is very filling, making it ideal for dieting. It expands in the stomach, which helps with bowel movements.

Walking 30 minutes daily

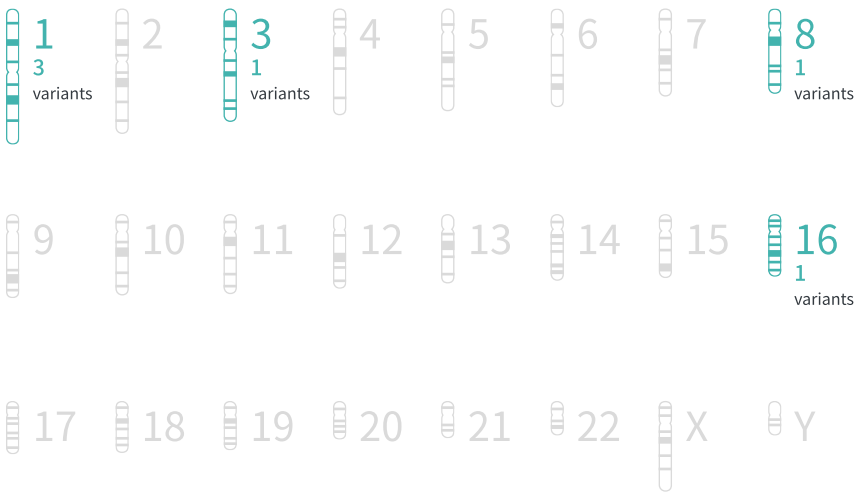
You can prevent obesity just by lightly walking every day. If you are already obese, 1-hour of speed walking every day is recommended.

UP-To-Date, Cochrane Library

Genetic information

From analyzed 7genetic markets, we have found 6 effect allele.

The credibility score is 51 points. because studies used for the analysis of this test item's genes are based on a small sample size.



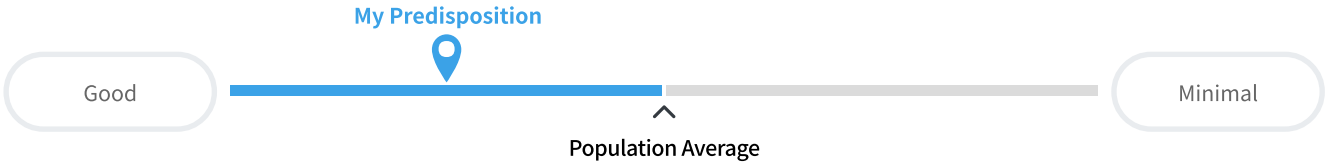
0 genetic markers with unknown location.

This genetic test was conducted at Genoplan Japan Inc. (#209 Fias, 4-1 Kyudai Shinmachi, Nishi-Ku, Fukuoka City, Japan)

High Fat Diet

A high fat diet requires indepth understanding and vigorous management. When done right, it could offer health benefits to certain people.

Likely Response to High Fat Diet:



Based on the genes we analyzed, your weight loss response to high fat diets is likely good.

Although your response is positive, you may see even better results by combining both healthy fat intake and exercise.

Proper carbohydrate intake

Since carbohydrate is the brain's main energy source, eliminating it can be dangerous. Eat high-quality food rich in dietary fiber.

Lunge

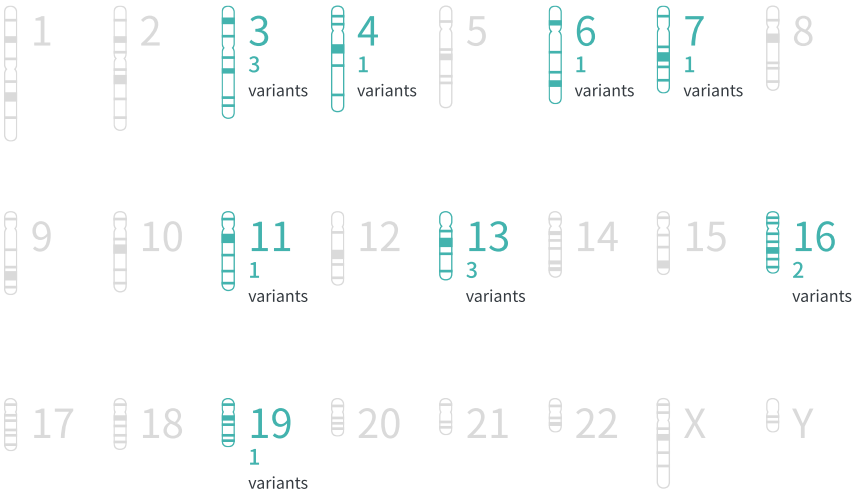
Stand with one foot shoulder-width forward. Bend the forward knee and stand back up. Perform 3 sets, 15~20 reps each.

UP-To-Date, Cochrane Library

Genetic information

From analyzed 21genetic markets, we have found 13 effect allele.

The credibility score is 67 points. because studies used for the analysis of this test item's genes are based on an acceptable sample size.

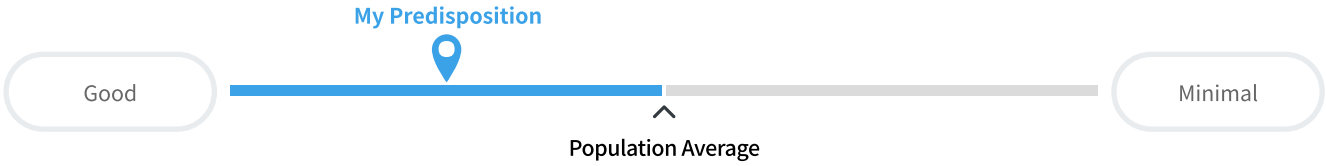


0 genetic markers with unknown location.

High Protein Diet

A high protein diet is a type of weight loss plan that emphasizes consumption of high-protein-containing foods.

Likely Response to High Protein Diet:



Your genetics indicate that your weight loss response to high protein diets is likely good.

In addition to eating a high-protein diet, doing weight lifting exercises may give better results.

Protein from vegetables

Meat contains protein necessary for our body, but its high fat content is not healthy. Try eating nuts to consume vegetable protein.

Lower abdomen

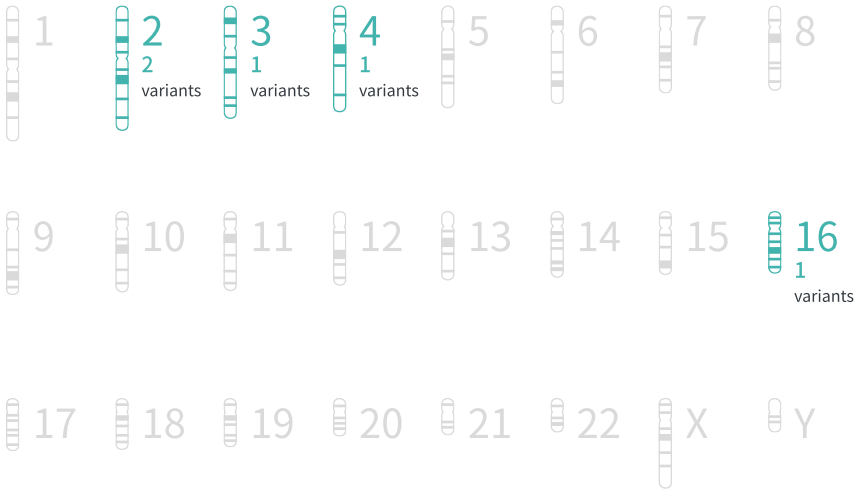
Lying flat on your back, do multiple dry coughs and feel your abdomen flex. Core exercises help to strengthen the center of your body.

UP-To-Date, Cochrane Library

Genetic information

From analyzed 6genetic markets, we have found 5 effect allele.

The credibility score is 50 points. because studies used for the analysis of this test item's genes are based on a very small sample size.

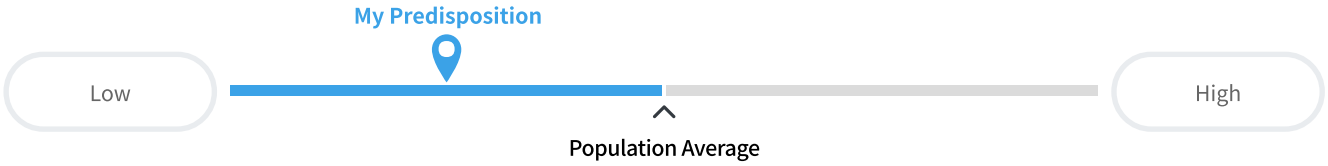


0 genetic markers with unknown location.

Fat Level

Fat is one of the 3 essential nutrients the body require to function, along with carbohydrate and protein. It is the largest energy source and constituent of our cells.

Indicator of Fat Metabolism



Based on the genes we analyzed, you are likely predisposed to have a low fat level in blood.

Use this result only as a reference since this test does not measure actual levels. Consume the recommended daily amount to avoid excess or deficiency.

White meat

Compared to red meats such as beef and pork, white meats such as chicken and duck contain less saturated fat.

Interval training

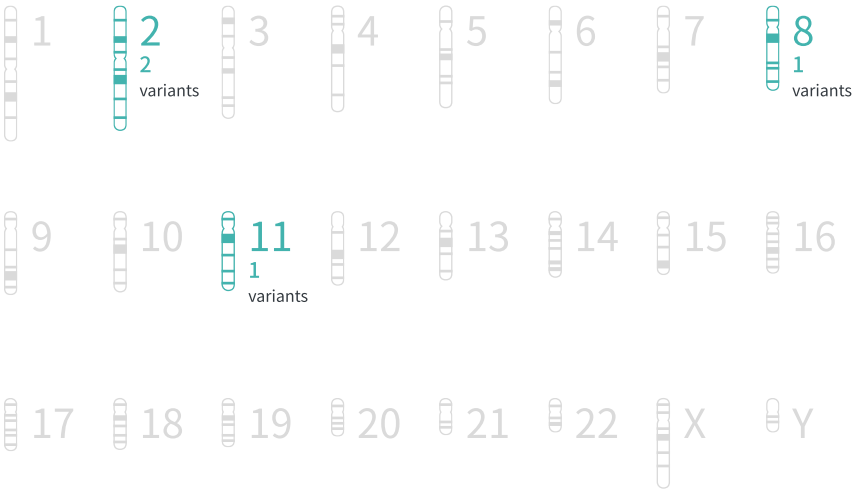
Perform workouts with alternating intensities to burn fat. Sprint for 1 minute and then jog for 1~2 minutes. Repeat this 10 times.

UP-To-Date, Cochrane Library

Genetic information

From analyzed 8genetic markets, we have found 4 effect allele.

The credibility score is 50 points. because studies used for the analysis of this test item's genes are based on a very small sample size.

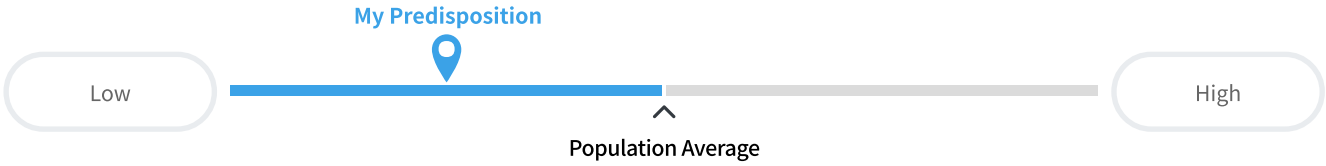


0 genetic markers with unknown location.

Saturated Fat Level

A type of fat containing a high proportion of fatty acid molecules without double bonds, considered to be less healthy than unsaturated fat. They are typically solid at room temperature.

Indicator of Saturated Fat Metabolism



Based on the genes we analyzed, you are likely predisposed to have a low saturated fat level in blood.

Use this result as a reference only since this test does not measure actual levels. Consume the recommended daily amount to avoid excess or deficiency.

Trimming your meat

Remove the visible saturated fats before eating your meat. When cooking soups, cool it once to remove the hardened fat on the surface.

Aerobics and Zumba

Aerobics and zumba allow you to burn fat listening to exciting music. Try doing these exercises 3 times per week, 30 minutes each.

UP-To-Date, Cochrane Library

Genetic information

From analyzed 17genetic markets, we have found 7 effect allele.

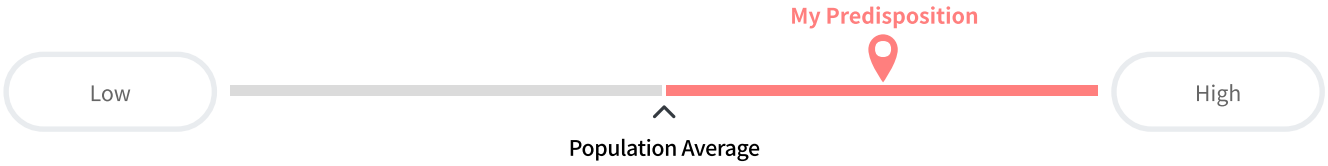
The credibility score is 73 points.
because studies used for the analysis of this test item's genes are based on an acceptable sample size.

0 genetic markers with unknown location.

Stearate Level

Stearic acid is a common saturated fatty acid abundant in animal fat. Cocoa butter and shea butter are also high in stearic acid.

Indicator of Stearate Metabolism



Based on the genes we analyzed, you are likely predisposed to have a high stearate level in blood.

Use this result as a reference only since this test does not measure actual levels.Consume the recommended daily amount to avoid excess or deficiency.

Lard, a savory fat

Lard is more savory and cheaper than vegetable oil, so it is often used in restaurants. High in saturated fats, make sure to limit your consumption.

Distinguishing saturated from unsaturated fats

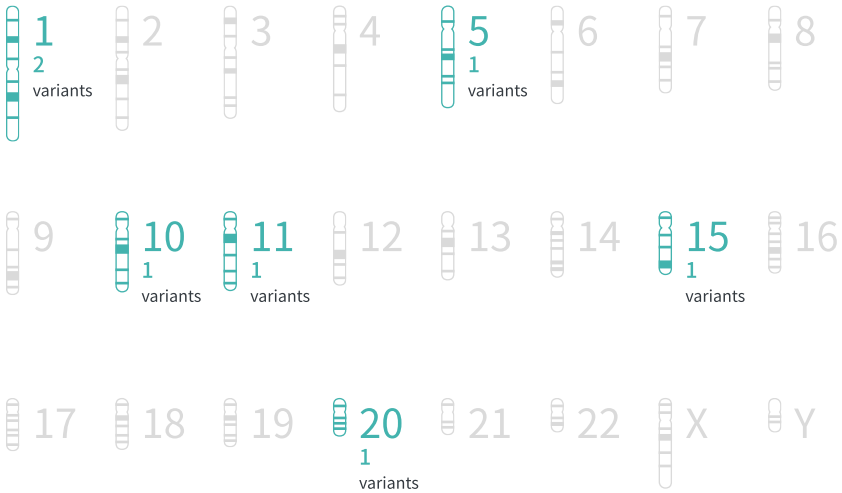
Saturated and unsaturated fats are solid and liquid at room temperature, respectively. This is visible when comparing animal and vegetable fats.

UP-To-Date, Cochrane Library

Genetic information

From analyzed 10genetic markets, we have found 7 effect allele.

The credibility score is 75 points. because studies used for the analysis of this test item's genes are based on an acceptable sample size.

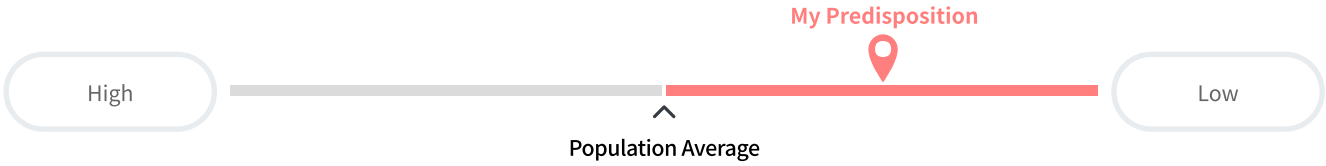


0 genetic markers with unknown location.

DHA Level

DHA is a type of omega-3 fatty acid. Your body can only make small amounts of it, so you need to consume it from food. DHA supports brain function and eye health.

Indicator of DHA Metabolism



Based on the genes we analyzed, you are likely predisposed to have a low DHA level in blood.

This may mean poor DHA metabolism, but use this result as a reference only since this test does not measure actual levels. Consume the recommended daily amount to avoid excess or deficiency.

Salmon

Salmon, often called a “super food,” is rich in DHA. Eat a decent-sized portion 1~2 times per week to prevent cardiovascular disease.

Omega-3 and exercise

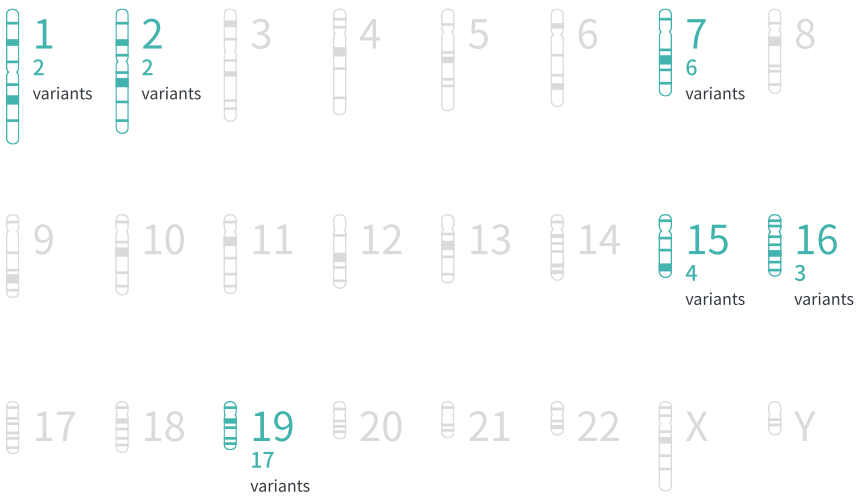
Omega-3 consumption can increase your athletic performance. It relieves inflammation and quickly transfers nerve stimulation to muscles.

UP-To-Date, Cochrane Library

Genetic information

From analyzed 60genetic markets, we have found 34 effect allele.

The credibility score is 50 points. because studies used for the analysis of this test item’s genes are based on a very small sample size.

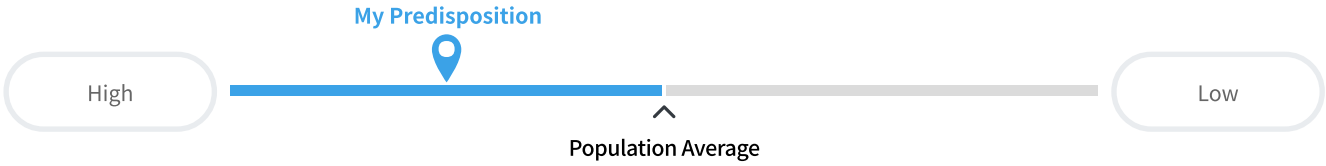


0 genetic markers with unknown location.

EPA Level

EPA is a type of omega-3 fatty acid. It plays a role in anti-inflammatory processes and is essential for proper fetal development and healthy aging.

Indicator of EPA Metabolism



Based on the genes we analyzed, you are likely predisposed to have a high oleic acid level in blood.

This may mean good EPA metabolism, but use this result only as a reference since this test does not measure actual levels. Consume the recommended daily amount to avoid excess or deficiency.

Anchovy

Anchovy is high in EPA, activating brain cells and strengthening blood vessels. Take a spoonful daily to maintain your health.

EPA is beneficial to mental health

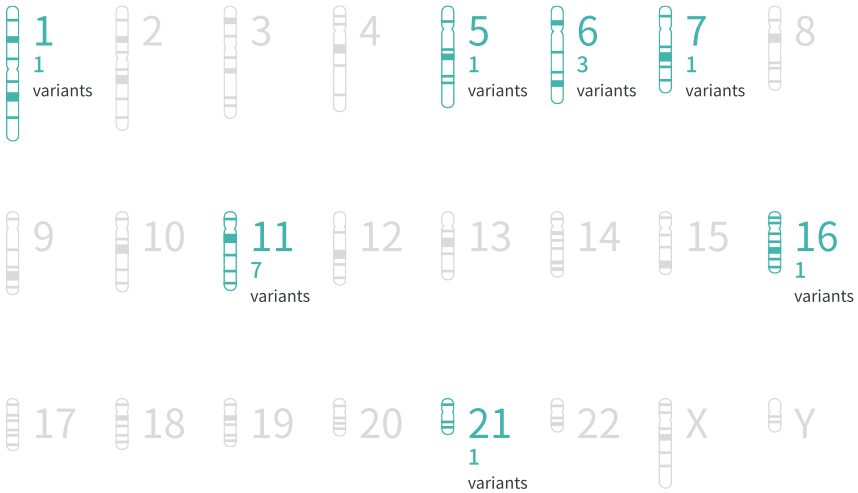
It is reported that EPA and DHA fats help with depression. They have anti-inflammatory effects in the brain, improving mental health.

UP-To-Date, Cochrane Library

Genetic information

From analyzed 22genetic markets, we have found 15 effect allele.

The credibility score is 77 points. because studies used for the analysis of this test item's genes are based on an acceptable sample size.

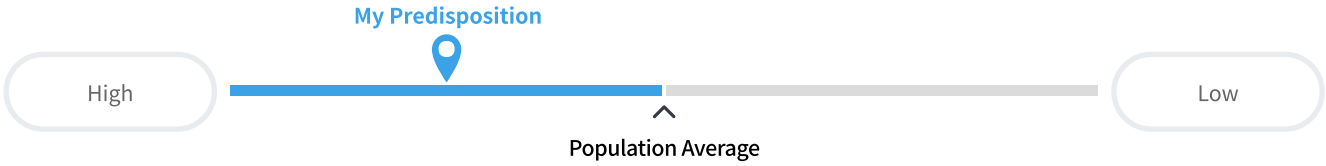


0 genetic markers with unknown location.

Alpha-Linolenic Acid Level

Alpha-linolenic acid (ALA) is a type of omega-3 fatty acid. Your body does not synthesize ALA, so it must be consumed from food. It is found in flaxseed oil, canola, soy, perilla, and walnut oils.

Indicator of Alpha-Linolenic Acid Metabolism



Based on the genes we analyzed, you are likely predisposed to have a high oleic acid level in blood.

This may mean good alpha-linolenic acid metabolism, but use this result only as a reference since this test does not measure actual levels. Consume the recommended daily amount to avoid excess or deficiency.

Canola oil

Canola oil contains about 10 times more alpha linolenic acid than olive or corn oil and is a good source of omega-3 fatty acids.

Jump roping

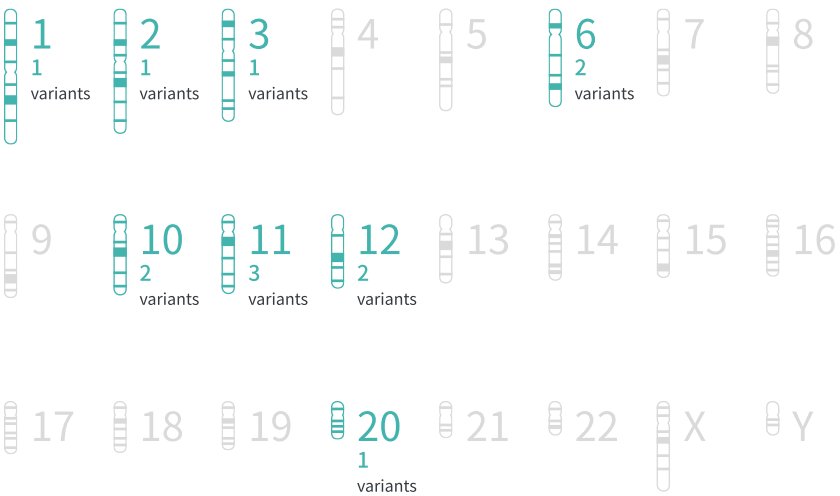
20~30 minutes of daily jump roping is recommended. Regular light exercises help reduce fatigue and inflammation in our body.

UP-To-Date, Cochrane Library

Genetic information

From analyzed 17genetic markets, we have found 13 effect allele.

The credibility score is 83 points. because studies used for the analysis of this test item's genes are based on a big sample size.

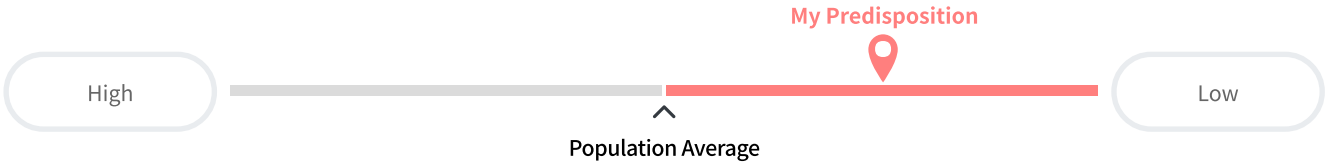


0 genetic markers with unknown location.

Gamma-Linolenic Acid Level

Gamma-linolenic acid (GLA) is an omega-6 fatty acid that is essential for lowering blood cholesterol. It also plays a role in anti-inflammatory processes.

Indicator of Gamma-Linolenic Acid Metabolism



Based on the genes we analyzed, you are likely predisposed to have a low gamma-linolenic acid level in blood.

This may mean poor gamma-linolenic acid metabolism, but use this result only as a reference since this test does not measure actual levels. Consume the recommended daily amount to avoid excess or deficiency.

Evening primrose seed oil

Evening primrose seed oil is rich in gamma-linolenic acid. It is the most common source of GLA on the market.

Prostaglandin

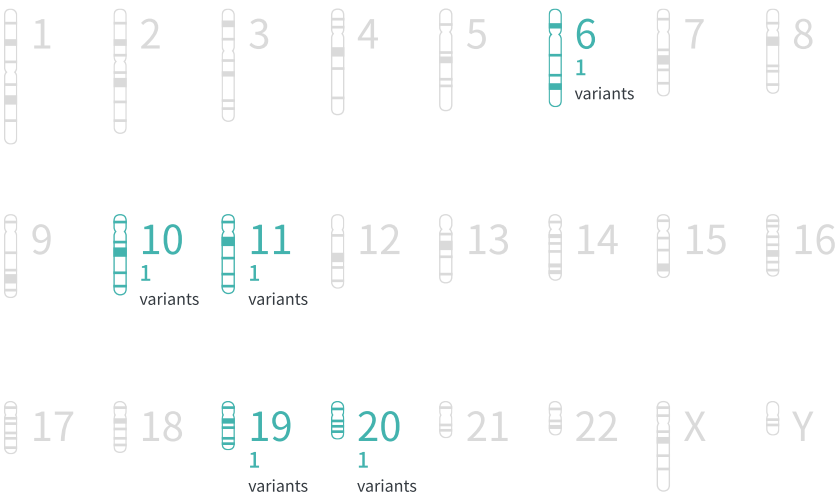
GLA makes prostaglandins, which expand capillaries to improve blood circulation and lower blood cholesterol levels.

UP-To-Date, Cochrane Library

Genetic information

From analyzed 5genetic markets, we have found 5 effect allele.

The credibility score is 83 points. because studies used for the analysis of this test item's genes are based on a big sample size.

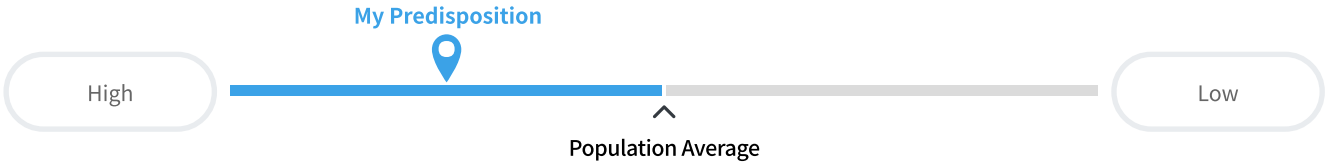


0 genetic markers with unknown location.

Linoleic Acid Level

Linoleic acid is an essential omega-6 fatty acid that must be obtain through diet. It should be consumed in a proportionate amount relative to omega-3 to maintain equilibrium.

Indicator of Linolenic Acid Metabolism



Based on the genes we analyzed, you are likely predisposed to have a high linoleic acid level in blood.

This may mean good linoleic acid metabolism, but use this result only as a reference since this test does not measure actual levels. Consume the recommended daily amount to avoid excess or deficiency.

Cooking oils rich in linoleic acid

Soybean and corn oils are rich in linoleic acid. You do not need to supplement linoleic acid since you can naturally consume it through food.

Linoleic acid functions

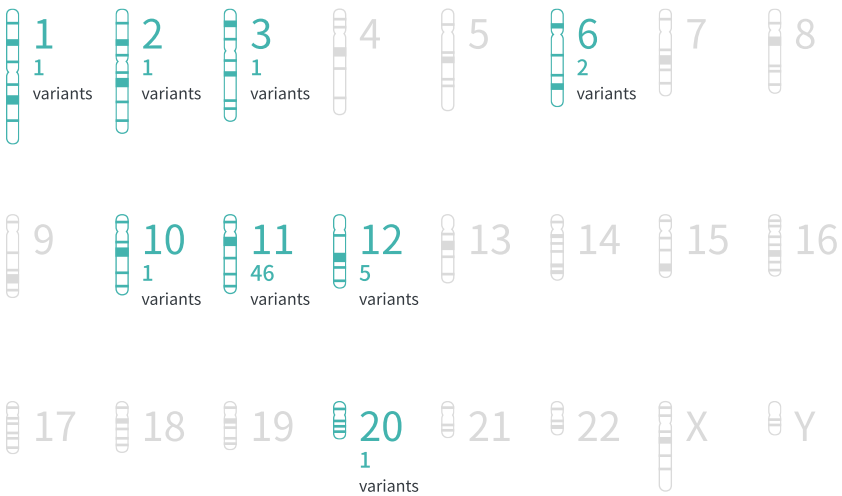
Linoleic acid is an essential nutrient for strengthening skin and hair, cholesterol metabolism, reproductive function, and tissue growth.

UP-To-Date, Cochrane Library

Genetic information

From analyzed 65genetic markets, we have found 58 effect allele.

The credibility score is 87 points. because studies used for the analysis of this test item's genes are based on a big sample size.



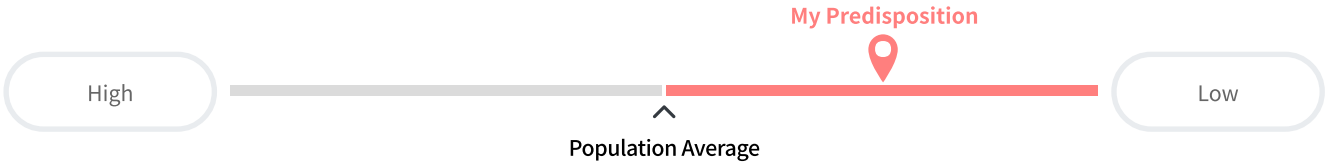
0 genetic markers with unknown location.

This genetic test was conducted at Genoplan Japan Inc. (#209 Fias, 4-1 Kyudai Shinmachi, Nishi-Ku, Fukuoka City, Japan)

Arachidonic Acid Level

Arachidonic acid (AA) is an omega-6 fatty acid that has proinflammatory and immunosupportive functions.

Indicator of Arachidonic Acid Metabolism



Based on the genes we analyzed, you are likely predisposed to have a low arachidonic acid level in blood.

This may mean poor arachidonic acid metabolism, but use this result only as a reference since this test does not measure actual levels. Consume the recommended daily amount to avoid excess or deficiency.

White meat

If arachidonic acid is a problem, choose white instead of red meat. We recommend chicken that has low saturated fat or fish, rich omega-3.

Proper amount

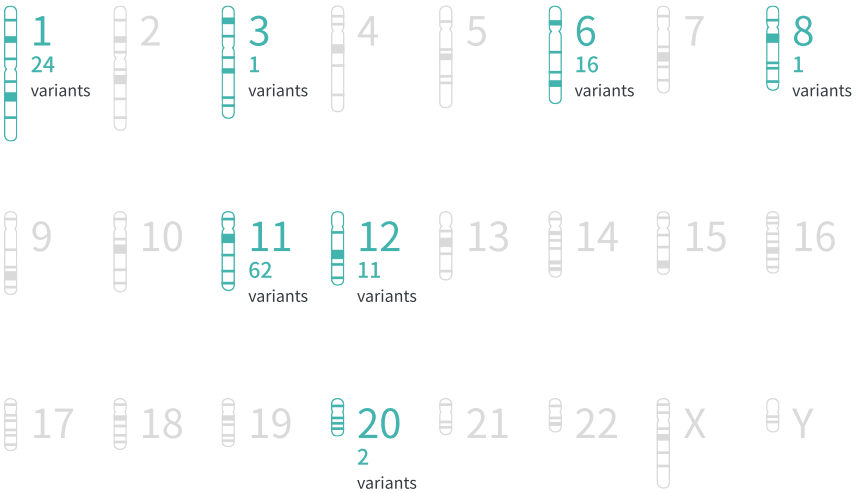
Arachidonic acid produces eicosanoids associated with inflammation. This process is protects the body against acute infection.

UP-To-Date, Cochrane Library

Genetic information

From analyzed 153genetic markets, we have found 117 effect allele.

The credibility score is 50 points. because studies used for the analysis of this test item's genes are based on a very small sample size.

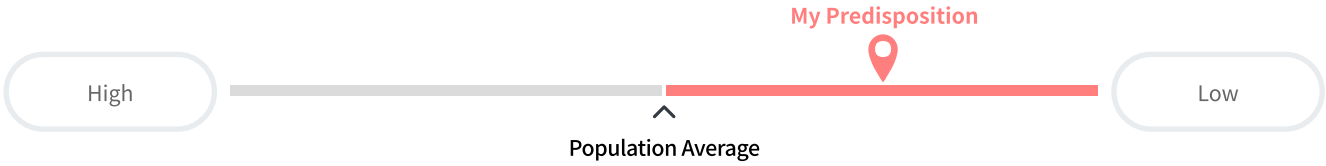


0 genetic markers with unknown location.

Palmitoleic Acid Level

Palmitoleic acid is an omega-7 monounsaturated fatty acid that has recently gained popularity due to this beneficial effects to the skin and gastrointestinal health.

Indicator of Palmitoleic Acid Metabolism



Based on the genes we analyzed, you are likely predisposed to have a low palmitoleic acid level in blood.

This may mean poor palmitoleic acid metabolism, but use this result only as a reference since this test does not measure actual levels. Consume the recommended daily amount to avoid excess or deficiency.

Nuts and dairy products

Dairy products and nuts contain an unsaturated fatty acid called palmitoleic acid. It is also present in anchovy, mackerel, and other foods.

Hemp cream

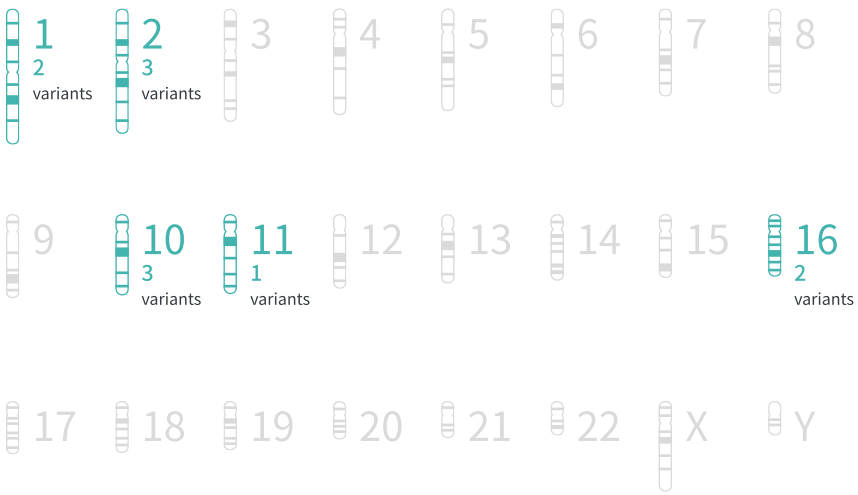
Hemp oil is known to contain palmitoleic acid and vitamin E. They help with maintaining skin moisture and improving dermatitis.

UP-To-Date, Cochrane Library

Genetic information

From analyzed 14genetic markets, we have found 11 effect allele.

The credibility score is 74 points. because studies used for the analysis of this test item's genes are based on an acceptable sample size.

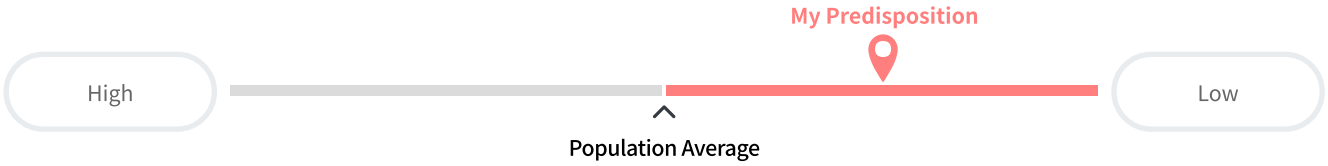


0 genetic markers with unknown location.

Oleic Acid Level

Oleic acid is a an omega-9 fatty acid that is essential in human nutrition and helps to reduce levels of bad cholesterol and the glycemic index. Olive oil is a major source.

Indicator of Oleic Acid Metabolism



Based on the genes we analyzed, you are likely predisposed to have a low oleic acid level in blood.

This may mean poor oleic acid metabolism, but use this result only as a reference since this test does not measure actual levels. Consume the recommended daily amount to avoid excess or deficiency.

Sesame oil

Sesame oil contains a lot of linoleic and oleic acids. Use it in vegetable and meat dishes to control your blood cholesterol level.

Olive oil

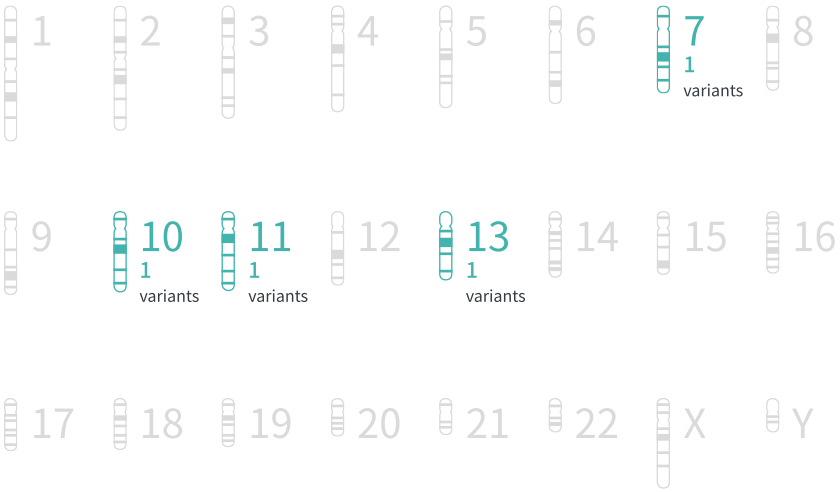
Extra virgin olive oil is the initially squeezed batch of oil and is high in oleic acid and polyphenol. Try it in salad dressing and sauces!

UP-To-Date, Cochrane Library

Genetic information

From analyzed 9genetic markets, we have found 4 effect allele.

The credibility score is 73 points. because studies used for the analysis of this test item's genes are based on an acceptable sample size.

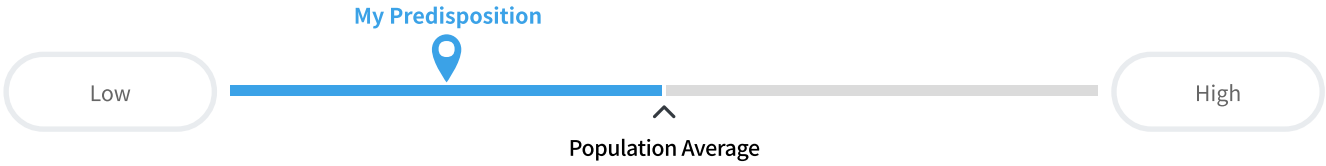


0 genetic markers with unknown location.

Trans Fat Level

Trans fats are a form of unsaturated fat associated with a number of negative health effects. It can be created artificially or found naturally in meat and dairy.

Indicator of Trans Fat Metabolism



Based on the genes we analyzed, you are likely predisposed to have a low trans fat level in blood.

It is still important to avoid overeating foods high in trans fats including processed and fried foods.

Soggy means more trans fat?

Deep frying for long periods increases trans fats, which are harmful to your body. Deep fried foods should not be stored for long periods.

Nighttime snacks and alcohol

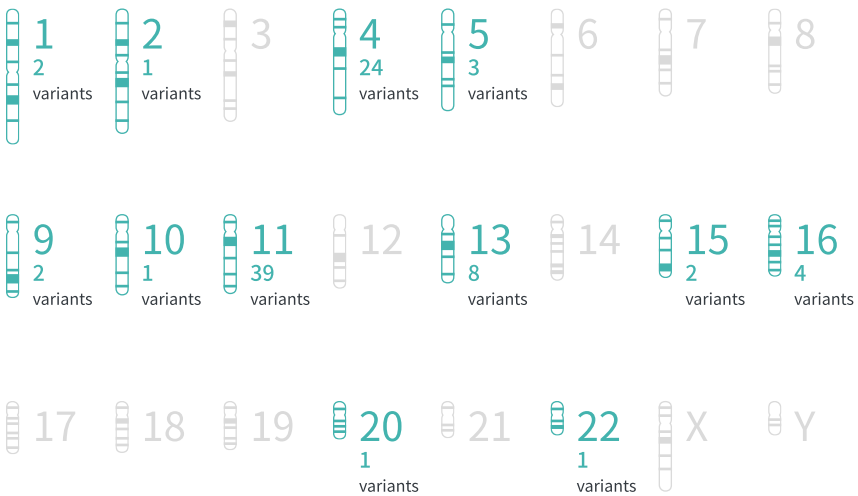
Often eaten with alcohol, pork belly and fried chicken are high in cholesterol, trans, and saturated fats. These increase risk of obesity.

UP-To-Date, Cochrane Library

Genetic information

From analyzed 105genetic markets, we have found 88 effect allele.

The credibility score is 95 points. because studies used for the analysis of this test item's genes are based on a big sample size.



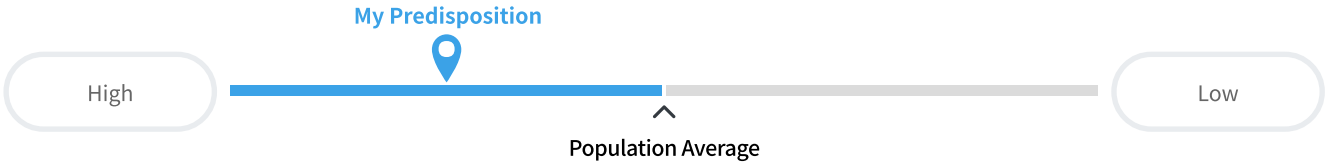
0 genetic markers with unknown location.

This genetic test was conducted at Genoplan Japan Inc. (#209 Fias, 4-1 Kyudai Shinmachi, Nishi-Ku, Fukuoka City, Japan)

Vitamin A Level

Vitamin A refers to a group of fat-soluble molecules called retinoids, which are essential for proper immune function, vision, reproduction, and cellular communication.

Indicator of Vitamin A Metabolism



Based on the genes we analyzed, you are likely predisposed to have a high vitamin A level in blood.

This may mean good vitamin A metabolism, but use this result only as a reference since this test does not measure actual levels. Consume the recommended daily amount to avoid excess or deficiency.

Retinol-rich foods

Vitamin A in the retinol form is found in animal derived foods including liver, red meat, eggs, fish, and dairy products.

Incompatibility with smoking

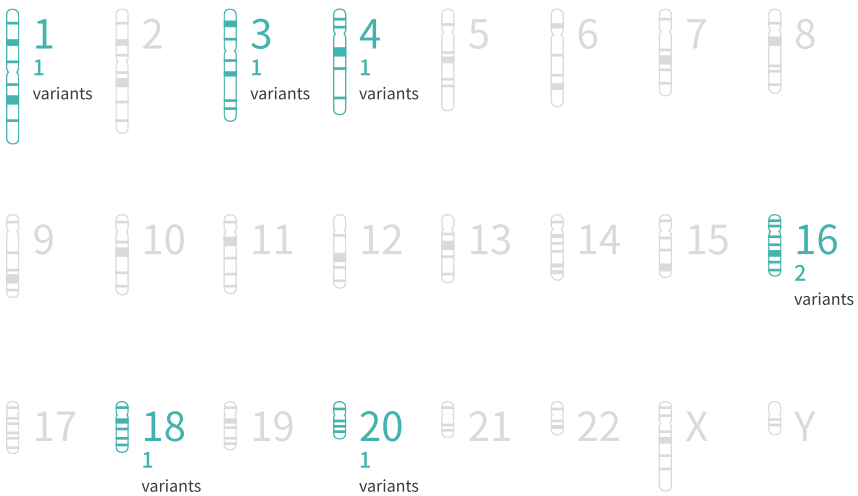
Research results suggest that vitamin A supplements increase risk of lung cancer in smokers. It is best to consume dietary vitamin A.

UP-To-Date, Cochrane Library

Genetic information

From analyzed 21genetic markets, we have found 7 effect allele.

The credibility score is 51 points. because studies used for the analysis of this test item's genes are based on a small sample size.

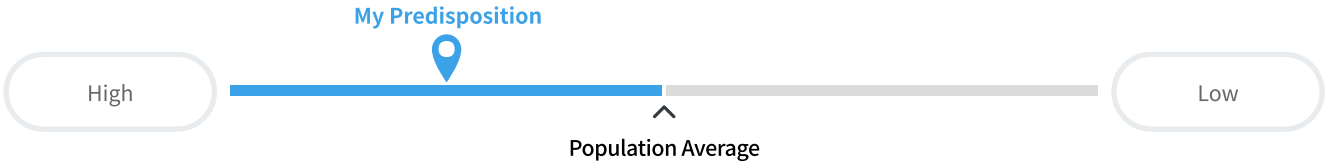


0 genetic markers with unknown location.

Vitamin B6 Level

Vitamin B6 is a water soluble vitamin that is involved in protein metabolism and neurotransmitter synthesis, making it beneficial for athletic endurance.

Indicator of Vitamin B6 Metabolism



Based on the genes we analyzed, you are likely predisposed to have a high vitamin B6 level in blood.

This may mean good vitamin B6 metabolism, but use this result only as a reference since this test does not measure actual levels. Consume the recommended daily amount to avoid excess or deficiency.

Bananas

One banana contains 20% of the daily required vitamin B6. Try to eat a banana every day by adding them to salads, shakes, and more.

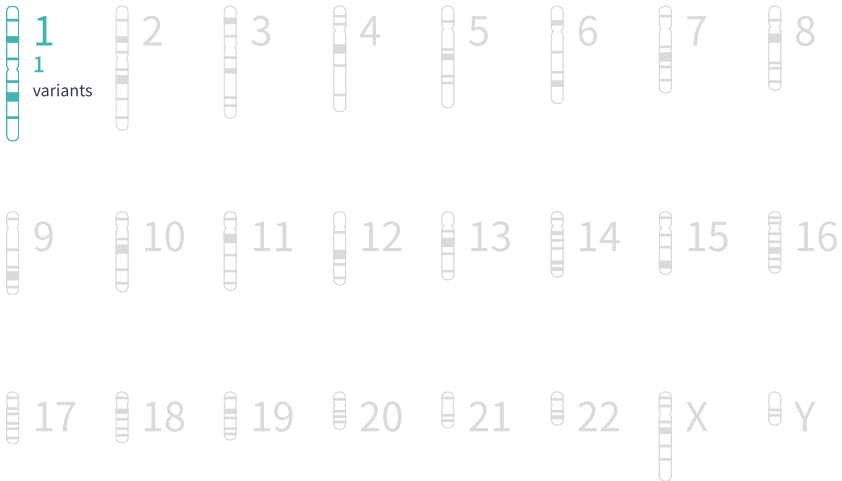
Essential for endurance

Vitamin B6 is involved in protein metabolism and neurotransmitter synthesis, making it beneficial for athletic endurance.

UP-To-Date, Cochrane Library

Genetic information

From analyzed 4genetic markets, we have found 1 effect allele.



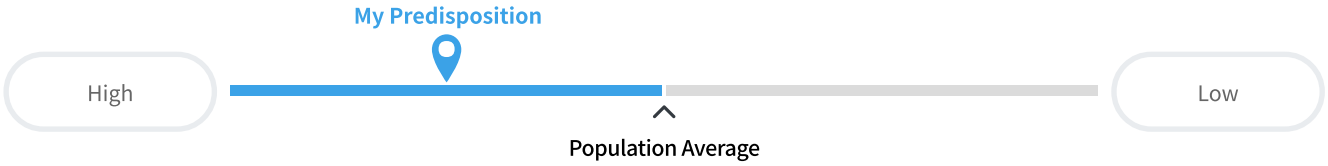
The credibility score is 74 points.
because studies used for the analysis of this test item's genes are based on an acceptable sample size.

0 genetic markers with unknown location.

Folate Level

Folate, or Vitamin B9, is needed to produce healthy red blood cells and is critical during periods of rapid growth, such as during pregnancy.

Indicator of Folate Metabolism



Based on the genes we analyzed, you are likely predisposed to have a high folate level in blood.

This may mean good folate metabolism, but use this result only as a reference since this test does not measure actual levels. Consume the recommended daily amount to avoid excess or deficiency.

Spinach

A plate of spinach contains 1/3 of folic acid needed per day. Prolonged boiling destroys folate, so lightly cook it before eating it.

Essential for exercise endurance

After exercise, consume vitamin B for muscle recovery. A lack of folate can cause anemia during exercise and low endurance.

UP-To-Date, Cochrane Library

Genetic information

From analyzed 9genetic markets, we have found 2 effect allele.

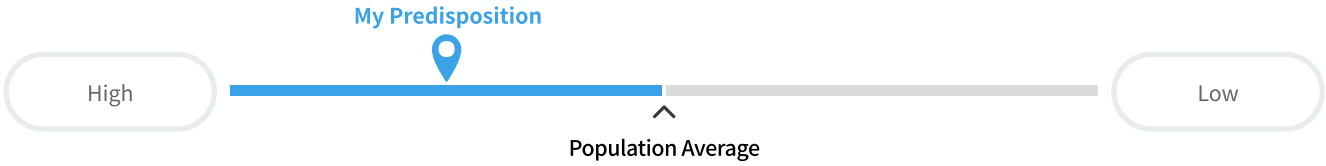
The credibility score is 55 points. because studies used for the analysis of this test item's genes are based on a small sample size.

0 genetic markers with unknown location.

Vitamin B12 Level

Vitamin B12 is a water soluble vitamin that is necessary for keeping your nerves healthy and supporting the production of DNA and red blood cells, as well as maintaining normal brain function.

Indicator of Vitamin B12 Metabolism



Based on the genes we analyzed, you are likely predisposed to have a high vitamin B12 level in blood.

This may mean good vitamin B12 metabolism, but use this result only as a reference since this test does not measure actual levels. Consume the recommended daily amount to avoid excess or deficiency.

Seafood

Vitamin B12 is abundant in seafood such as clam, oyster, mackerel, and scallop. One piece of fish or plate of shellfish per day is sufficient.

Essential for exercise endurance

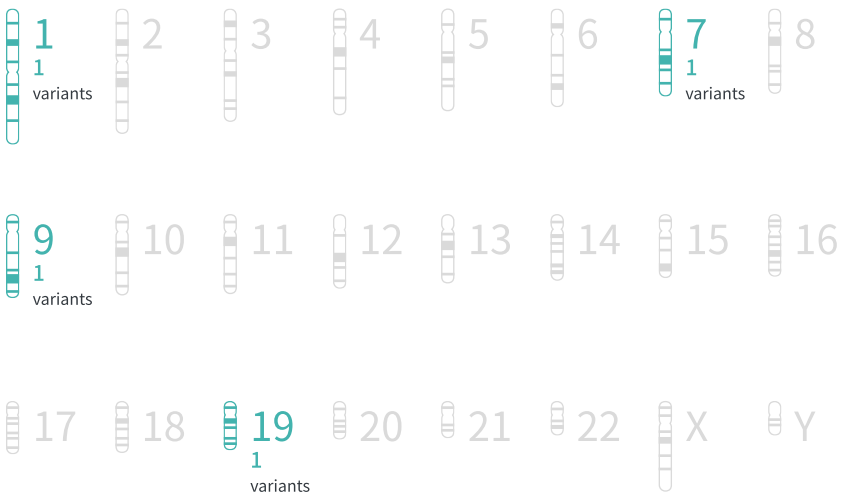
After exercise, consume vitamin B for muscle recovery. A lack of vitamin B12 can cause anemia during exercise and low endurance.

UP-To-Date, Cochrane Library

Genetic information

From analyzed 22genetic markets, we have found 4 effect allele.

The credibility score is 70 points. because studies used for the analysis of this test item's genes are based on an acceptable sample size.



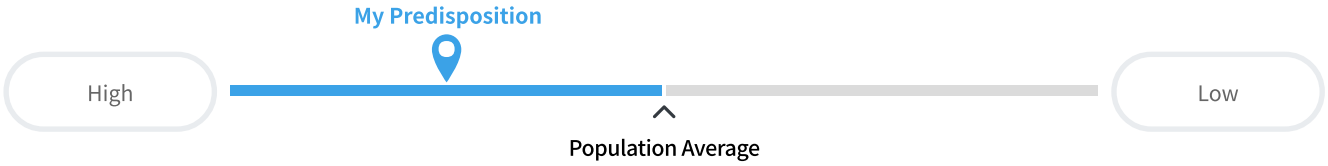
0 genetic markers with unknown location.

This genetic test was conducted at Genoplan Japan Inc. (#209 Fias, 4-1 Kyudai Shinmachi, Nishi-Ku, Fukuoka City, Japan)

Vitamin C Level

Vitamin C is an essential vitamin with strong antioxidant functions. It can help reduce the risk of heart disease, anemia, diabetes, aging skin and gout.

Indicator of Vitamin C Metabolism



Based on the genes we analyzed, you are likely predisposed to have a high vitamin C level in blood.

This may mean good vitamin C metabolism, but use this result only as a reference since this test does not measure actual levels. Consume the recommended daily amount to avoid excess or deficiency.

Vegetables

To consume enough vitamins, eat at least one vegetable with each meal. Try to incorporate vegetables as various side dishes.

Exercise increases antioxidant activity

Prolonged cardio exercise and vitamin C intake improves the body's antioxidant activity. Don't forget to take antioxidant vitamins with exercise.

UP-To-Date, Cochrane Library

Genetic information

From analyzed 3genetic markets, we have found 3 effect allele.

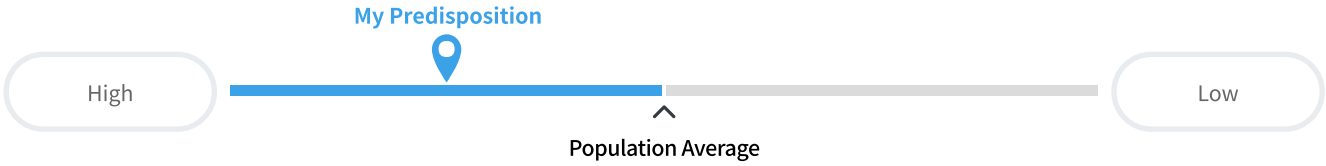
The credibility score is 80 points.
because studies used for the analysis of this test item's genes are based on an acceptable sample size.

0 genetic markers with unknown location.

Vitamin D Level

The two main ways to get vitamin D are by exposing your bare skin to sunlight and by taking supplements, as foods don't provide adequate vitamin D.

Indicator of Vitamin D Metabolism



Based on the genes we analyzed, you are likely predisposed to have a high vitamin D level in blood.

This may mean good vitamin D metabolism, but use this result only as a reference since this test does not measure actual levels. Consume the recommended daily amount to avoid excess or deficiency.

Calcium

Vitamin D and calcium have synergistic functions. Insufficient vitamin D leads to lower calcium absorption and bone weakening.

Outdoor activities

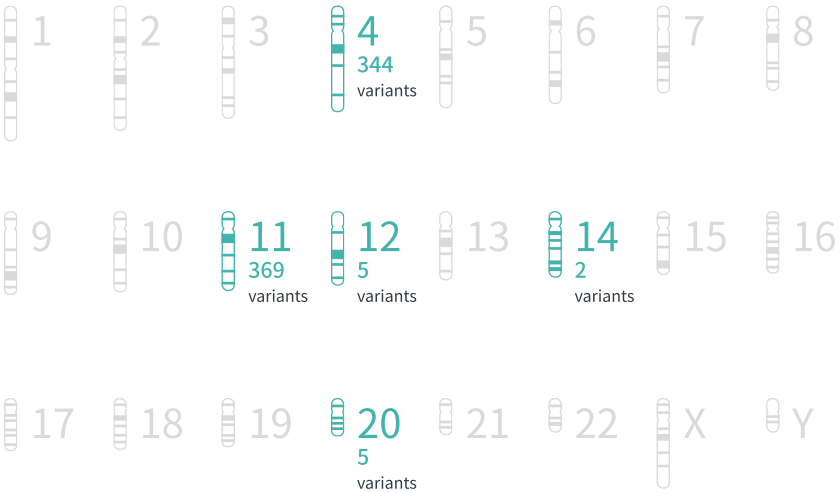
You should receive sunlight for 5~30 minutes at least twice per week. Be aware that sunscreen interferes with vitamin D synthesis.

UP-To-Date, Cochrane Library

Genetic information

From analyzed 1240genetic markets, we have found 725 effect allele.

The credibility score is 74 points. because studies used for the analysis of this test item's genes are based on an acceptable sample size.



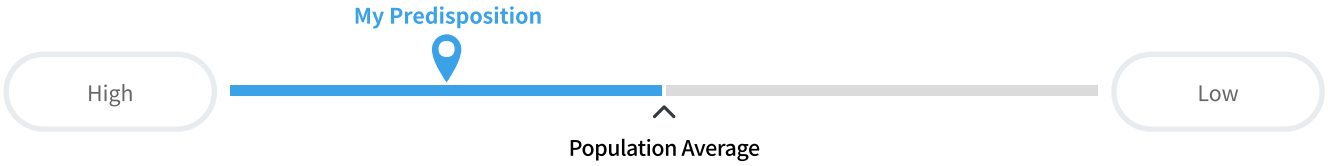
0 genetic markers with unknown location.

This genetic test was conducted at Genoplan Japan Inc. (#209 Fias, 4-1 Kyudai Shinmachi, Nishi-Ku, Fukuoka City, Japan)

Vitamin E Level

Vitamin E is the collective name for a group of fat-soluble compounds with distinctive antioxidant activities. Taken together with other antioxidants such as vitamin C and selenium multiplies the benefits on your health.

Indicator of Vitamin E Metabolism



Based on the genes we analyzed, you are likely predisposed to have a high vitamin E level in blood.

This may mean good vitamin E metabolism, but use this result only as a reference since this test does not measure actual levels. Consume the recommended daily amount to avoid excess or deficiency.

Almonds

Try eating a handful of almonds every day. Almonds are rich in antioxidant vitamin E, which is beneficial for heart health.

Protecting muscle cells

Vitamin E reduces muscle damage by increasing performance and reducing oxidative stress. When exercising, take antioxidant vitamins.

UP-To-Date, Cochrane Library

Genetic information

From analyzed 4genetic markets, we have found 1 effect allele.

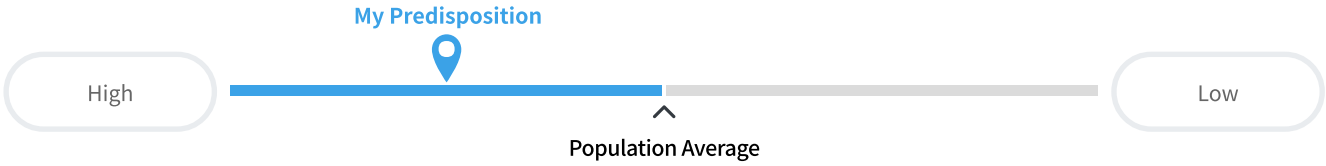
The credibility score is 75 points. because studies used for the analysis of this test item's genes are based on an acceptable sample size.

0 genetic markers with unknown location.

Vitamin K Level

Vitamin K aids the binding of calcium to bones. Without adequate vitamin K, calcium is easily lost from the bones, increasing the risk of osteoporosis.

Indicator of Vitamin K Metabolism



Based on the genes we analyzed, you are likely predisposed to have a high vitamin K level in blood.

This may mean good vitamin K metabolism, but use this result only as a reference since this test does not measure actual levels. Consume the recommended daily amount to avoid excess or deficiency.

Kale

Eating just 1 plate of kale provides sufficient vitamin K to prevent osteoporosis. Kale and tofu benefit bone health in postmenopausal women.

Beneficial for bone health

Vitamin K plays a role in production of osteocalcin, a major bone protein. Osteoporosis patients often have low vitamin K levels.

UP-To-Date, Cochrane Library

Genetic information

From analyzed 2 genetic markets, we have found no effect allele.

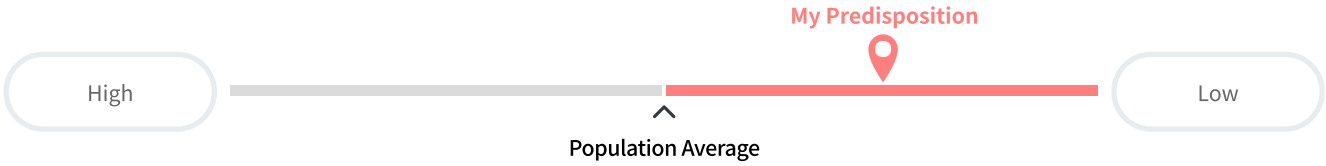
The credibility score is 67 points.
because studies used for the analysis of this test item's genes are based on an acceptable sample size.

0 genetic markers with unknown location.

Calcium Level

Calcium is the most abundant mineral in our body. The body needs calcium to maintain strong bones and to carry out many important functions.

Indicator of Calcium Metabolism



Based on the genes we analyzed, you are likely predisposed to have a low calcium level in blood.

This may mean poor calcium metabolism, but use this result only as a reference since this test does not measure actual levels. Consume the recommended daily amount to avoid excess or deficiency.

Dairy products

Try consuming dairy products such as milk, cheese, and yogurt at least once a day. This is good for consuming calcium and lactose.

Bone strengthening exercise

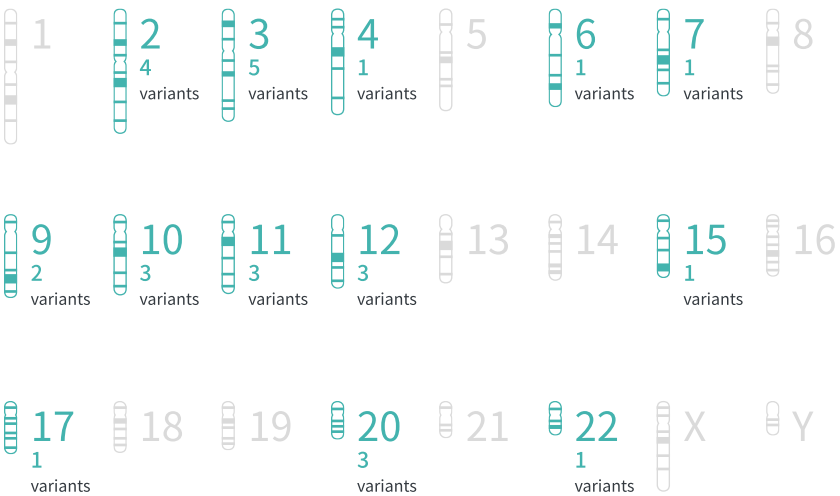
Light weight lifting is good for increasing bone density by stimulation. If weight lifting is too much, walking or climbing stairs is good.

UP-To-Date, Cochrane Library

Genetic information

From analyzed 47genetic markets, we have found 29 effect allele.

The credibility score is 82 points. because studies used for the analysis of this test item's genes are based on a big sample size.

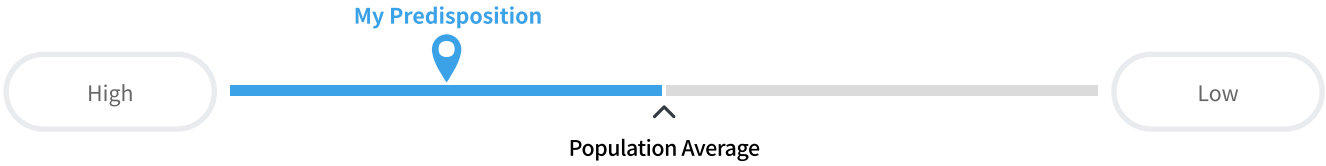


0 genetic markers with unknown location.

Iron Level

Iron is an essential mineral that our bodies need for many functions - physical growth, neurological development, and synthesis of some hormones and red blood cells.

Indicator of Iron Metabolism



Based on the genes we analyzed, you are likely predisposed to have a high iron level in blood.

This may mean good iron metabolism, but use this result only as a reference since this test does not measure actual levels. Consume the recommended daily amount to avoid excess or deficiency.

Animal source foods

Eat an animal source food every meal. Iron in red meat and seafood is better absorbed than iron in fruits and vegetables.

Breathing during exercise

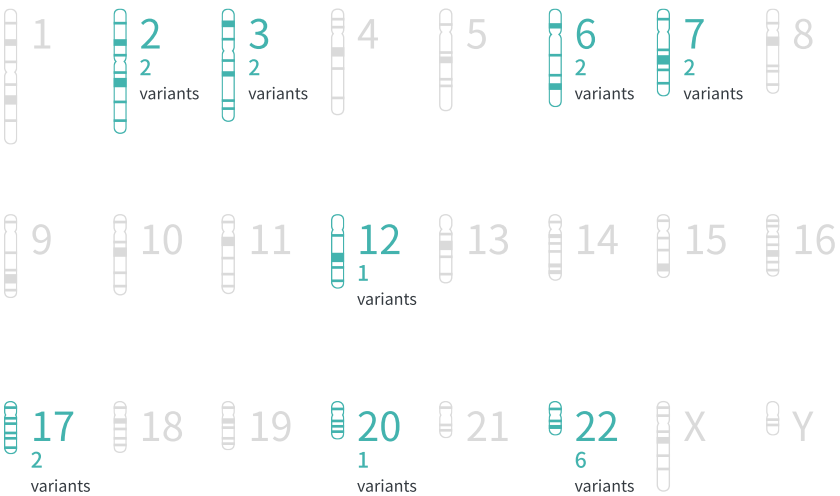
Keep a constant rhythm while doing cardio exercise. Also, it is good to inhale and exhale naturally through your nose and mouth.

UP-To-Date, Cochrane Library

Genetic information

From analyzed 22genetic markets, we have found 18 effect allele.

The credibility score is 80 points. because studies used for the analysis of this test item's genes are based on an acceptable sample size.

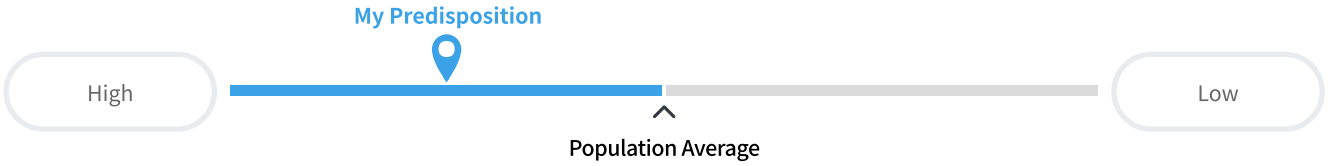


0 genetic markers with unknown location.

Zinc Level

Zinc is an essential mineral that involved in numerous aspects of cellular metabolism, immune function, protein synthesis and wound healing. It also supports normal growth and development during pregnancy.

Indicator of Zinc Metabolism



Based on the genes we analyzed, you are likely predisposed to have a high zinc level in blood.

This may mean good zinc metabolism, but use this result only as a reference since this test does not measure actual levels. Consume the recommended daily amount to avoid excess or deficiency.

Oysters, the milk of the sea

Oysters are a great source of zinc. By eating six medium-sized oysters, you can meet your recommended daily intake of zinc.

Zinc for preventing cold

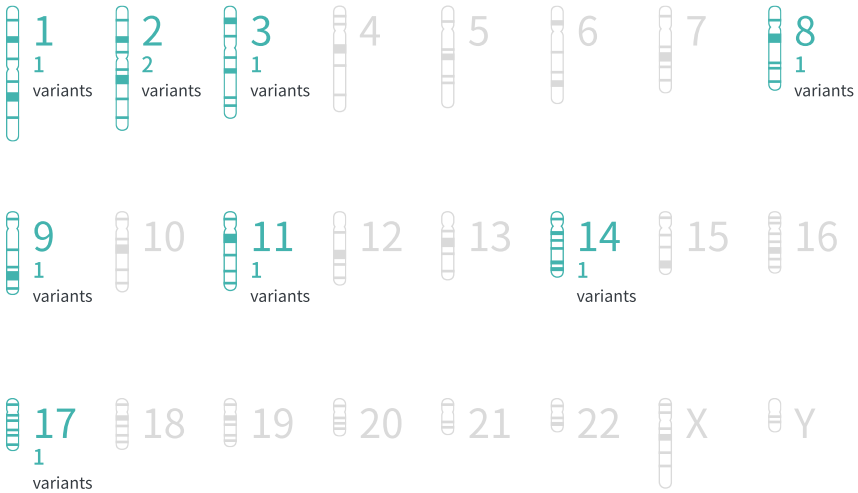
Most colds are caused by rhinoviruses that multiply in the nostrils and neck. Zinc inhibits their multiplication and help prevent cold.

UP-To-Date, Cochrane Library

Genetic information

From analyzed 13genetic markets, we have found 9 effect allele.

The credibility score is 64 points. because studies used for the analysis of this test item's genes are based on a small sample size.

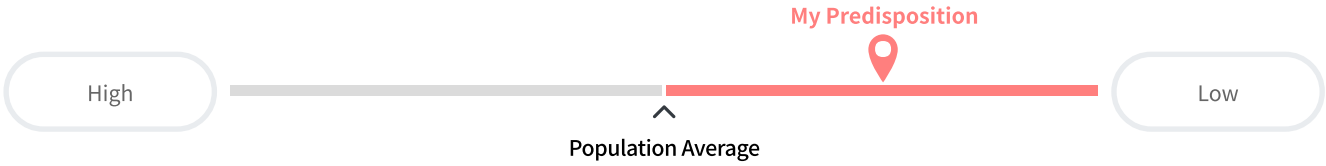


0 genetic markers with unknown location.

Magnesium Level

Magnesium is an abundant mineral in the body and in food, that contributes to the structural development of bone and an important factor in nerve function, muscle contraction, and a normal heart rhythm.

Indicator of Magnesium Metabolism



Based on the genes we analyzed, you are likely predisposed to have a low magnesium level in blood.

This may mean poor magnesium metabolism, but use this result only as a reference since this test does not measure actual levels. Consume the recommended daily amount to avoid excess or deficiency.

Whole grains

Try mixing whole grains such as buckwheat, brown rice, and sorghum into rice. This allows easy consumption of magnesium.

Stretching

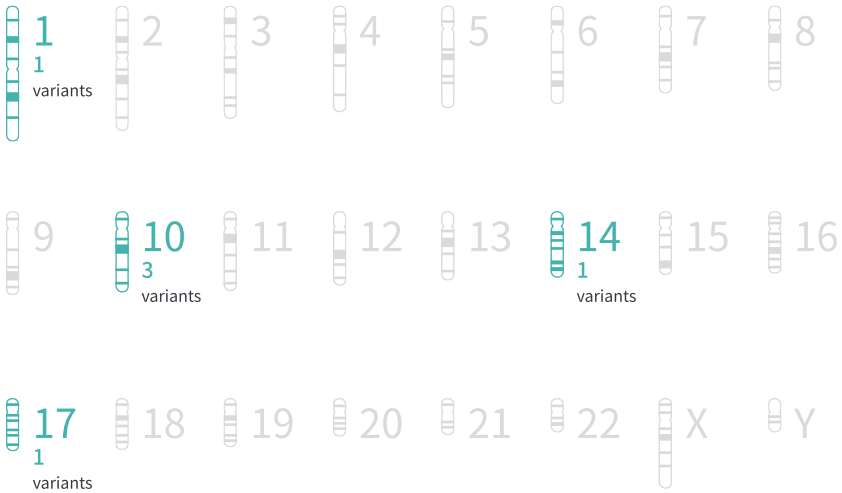
Stretching relaxes your muscles and joints. Stretching before and after exercising can reduce muscle soreness.

UP-To-Date, Cochrane Library

Genetic information

From analyzed 11genetic markets, we have found 6 effect allele.

The credibility score is 50 points. because studies used for the analysis of this test item's genes are based on a very small sample size.



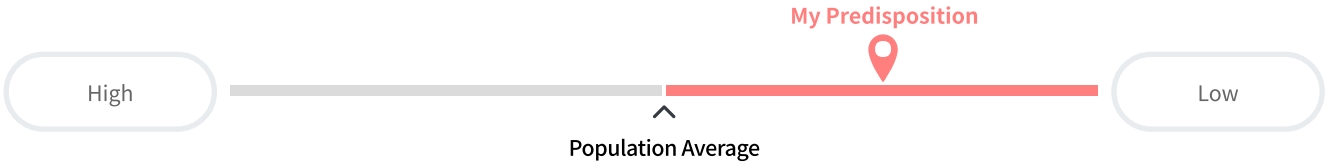
0 genetic markers with unknown location.

This genetic test was conducted at Genoplan Japan Inc. (#209 Fias, 4-1 Kyudai Shinmachi, Nishi-Ku, Fukuoka City, Japan)

Phosphorous Level

Phosphorus is an essential mineral that have functions in bone formation, activation of vitamins and enzymes, and metabolism.

Indicator of Phosphorus Metabolism



Based on the genes we analyzed, you are likely predisposed to have a low phosphorous level in blood.

This may mean poor phosphorous metabolism, but use this result only as a reference since this test does not measure actual levels. Consume the recommended daily amount to avoid excess or deficiency.

Beans and milk

Phosphorus is found in meat, fish, milk, nuts, etc. Processed foods have high phosphorus content. Use beans and milk as your main sources.

Avoid processed foods

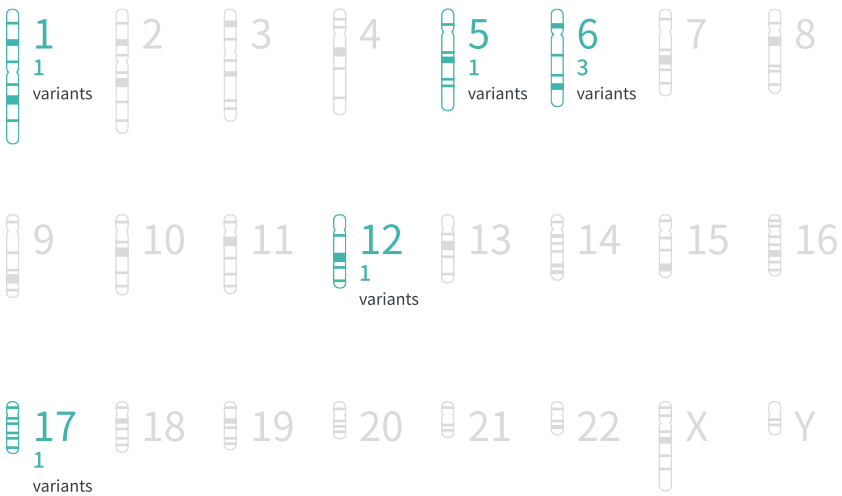
Excessive consumption of processed foods leads to overconsumption of phosphorus. Be cautious of this and avoid them.

UP-To-Date, Cochrane Library

Genetic information

From analyzed 11genetic markets, we have found 7 effect allele.

The credibility score is 95 points. because studies used for the analysis of this test item's genes are based on a big sample size.

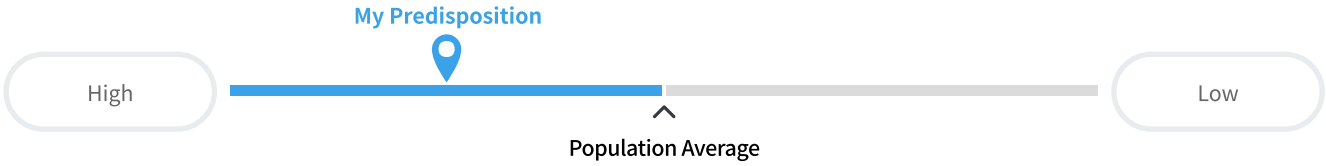


0 genetic markers with unknown location.

Potassium Level

Potassium is a water-soluble mineral and electrolyte, that help regulate blood pressure and the amount of water in the body.

Indicator of Potassium Metabolism



Based on the genes we analyzed, you are likely predisposed to have a high potassium level in blood.

This may mean good potassium metabolism, but use this result only as a reference since this test does not measure actual levels. Consume the recommended daily amount to avoid excess or deficiency.

What foods contain potassium?

Potassium is in almost all foods. It is high in vegetables, fruits, legumes, etc., and can be consumed through milk and whole grains.

Consuming potassium

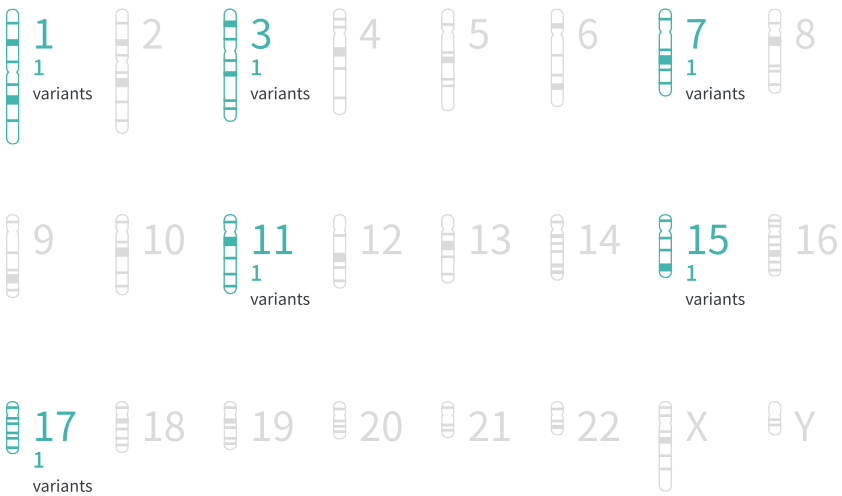
Potassium is water soluble is easily lost when cooking with water. It is best to lightly cook potassium foods or eat them uncooked.

UP-To-Date, Cochrane Library

Genetic information

From analyzed 12genetic markets, we have found 6 effect allele.

The credibility score is 95 points. because studies used for the analysis of this test item's genes are based on a big sample size.

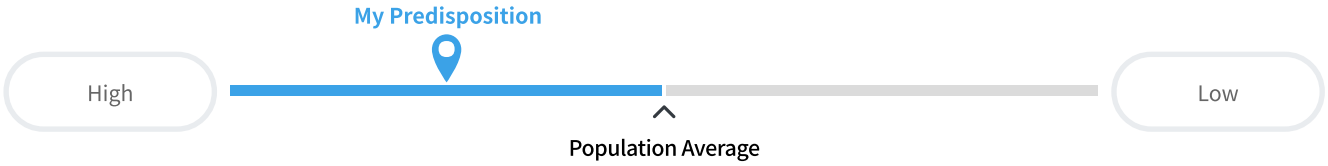


0 genetic markers with unknown location.

Betaine Level

Betaine is a chemical that occurs naturally in the body and is found in foods. It is effective in lowering blood pressure and promoting insulin secretion.

Indicator of Betaine Metabolism



Based on the genes we analyzed, you are likely predisposed to have a high betaine level in blood.

This may mean good betaine metabolism, but use this result only as a reference since this test does not measure actual levels. Consume the recommended daily amount to avoid excess or deficiency.

Mussels

Mussels contain taurine and betaine which are good for fatigue. Mussel broth is good for children and elders with poor digestive system.

Shrimp

Shrimp is a food rich in betaine, arginine, and taurine. Soups made of whole-shrimp broth are good for consuming various nutrients.

UP-To-Date, Cochrane Library

Genetic information

From analyzed 6genetic markets, we have found 2 effect allele.

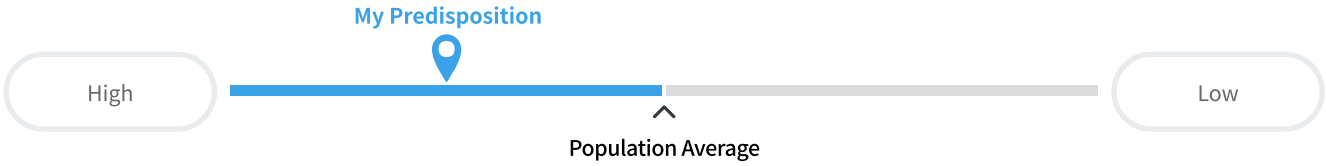
0 genetic markers with unknown location.

The credibility score is 64 points.
because studies used for the analysis of this test item's genes are based on a small sample size.

Coenzyme Q10 Level

Coenzyme Q10 is an antioxidant that is naturally present in the human body. People with some diseases have reduced levels of this substance, so researchers are trying to determine whether CoQ10 supplements have health benefits.

Indicator of Coenzyme Q10 Metabolism



Based on the genes we analyzed, you are likely predisposed to have a high coenzyme Q10 level in blood.

This may mean good coenzyme Q10 metabolism, but use this result only as a reference since this test does not measure actual levels. Consume the recommended daily amount to avoid excess or deficiency.

Food sources

You can consume CoQ10 through egg, fish, and red meat. Because CoQ10 is fat-soluble, cooking with oil enhances its absorption

Enhancing absorption

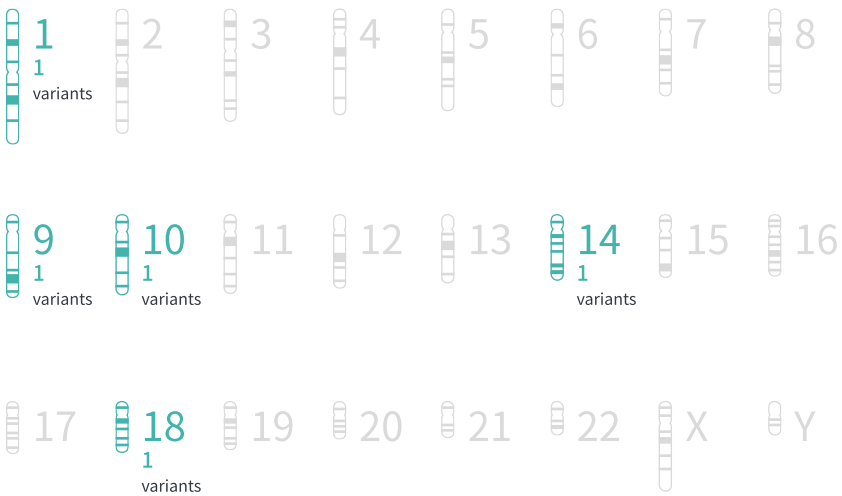
CoQ10 is fat-soluble, so absorption improves if eaten with fatty foods. It is recommended to consume it with omega-3 and vitamin E.

UP-To-Date, Cochrane Library

Genetic information

From analyzed 18genetic markets, we have found 5 effect allele.

The credibility score is 50 points. because studies used for the analysis of this test item's genes are based on a very small sample size.

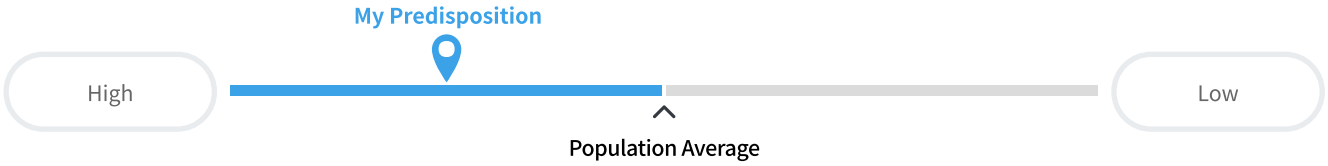


0 genetic markers with unknown location.

Selenium Level

Selenium is a powerful antioxidant that removes free radicals that cause cellular damage and accelerated aging.

Indicator of Selenium Metabolism



Based on the genes we analyzed, you are likely predisposed to have a high selenium level in blood.

This may mean good selenium metabolism, but use this result only as a reference since this test does not measure actual levels. Consume the recommended daily amount to avoid excess or deficiency.

Food sources

Selenium is found in animal liver, milk, tuna, garlic, tomatoes, broccoli and others. Red meat and seafood are recommended sources.

Immune health

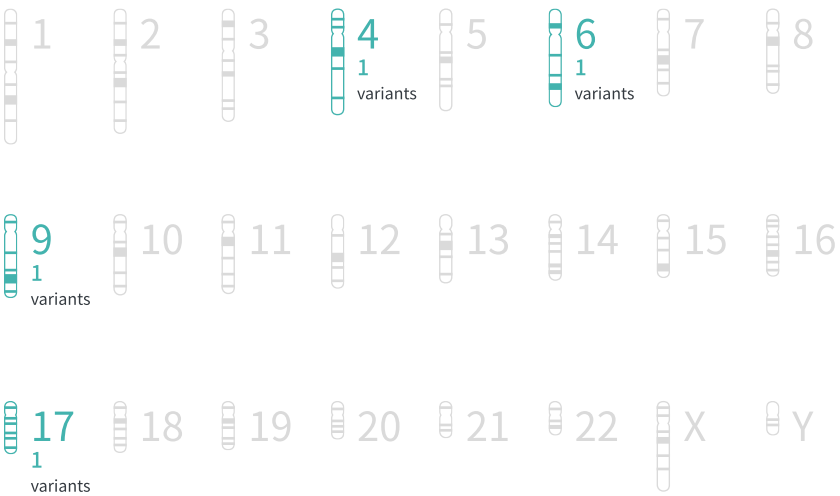
Selenium is involved in immune responses and functions. It also promotes macrophage and B lymphocyte activity to increase immunity.

UP-To-Date, Cochrane Library

Genetic information

From analyzed 11genetic markets, we have found 4 effect allele.

The credibility score is 71 points. because studies used for the analysis of this test item's genes are based on an acceptable sample size.

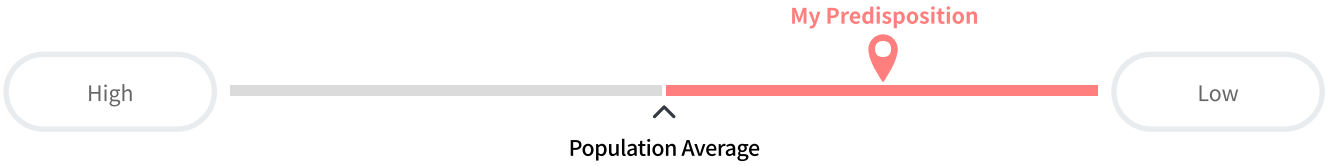


0 genetic markers with unknown location.

Arginine Level

Arginine is a non-essential amino acid that our body can synthesize on its own. It dilutes the blood vessels and increases blood flow, which is effective in treating cardiovascular diseases.

Indicator of Arginine Metabolism



Based on the genes we analyzed, you are likely predisposed to have a low arginine level in blood.

This may mean poor arginine metabolism, but use this result only as a reference since this test does not measure actual levels. Consume the recommended daily amount to avoid excess or deficiency.

Cod sperm sac

Cod's sperm, rich in various minerals and arginine, is great for restoring stamina. Try cooking cod in a stew with bean sprouts.

Try abalone when you are fatigued!

Abalone contains vitamins, glycine, arginine and other amino acids. It is good for elders' stamina and children for their growth.

UP-To-Date, Cochrane Library

Genetic information

From analyzed 116genetic markets, we have found 45 effect allele.

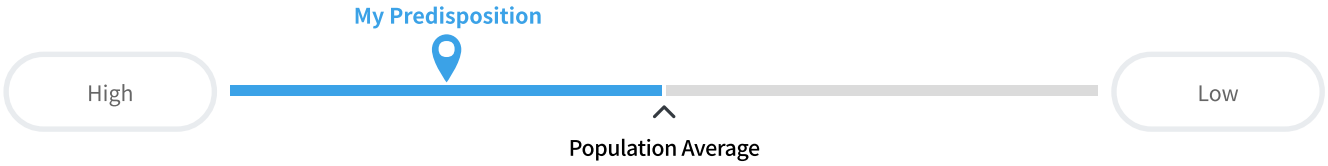
The credibility score is 76 points. because studies used for the analysis of this test item's genes are based on an acceptable sample size.

0 genetic markers with unknown location.

Unsaturated Fat

A type of fat containing a high proportion of fatty acid molecules with double bonds. It is considered to be healthier because it can improve blood cholesterol levels and ease inflammation.

Likelihood of Triglyceride Reduction From Unsaturated Fat:



Basd on the genes we analyzed, your likelihood of triglyceride reduction from unsaturated fat consumption is high.

Avoid excessive consumption of unsaturated fatty acids, and try eating healthy fats through foods such as fish and nuts.

Nuts

Eat a handful of nuts such as walnuts, peanuts, almonds, and pine nuts every day. It is an eay way to consume healthy unsaturated fats.

Unsaturated fatty acids vs omega-3

Omega-3 and omega-6 fatty acids are all unsaturated fats. They differ in carbon number and chemical structure.

UP-To-Date, Cochrane Library

Genetic information

From analyzed 11genetic markets, we have found 3 effect allele.

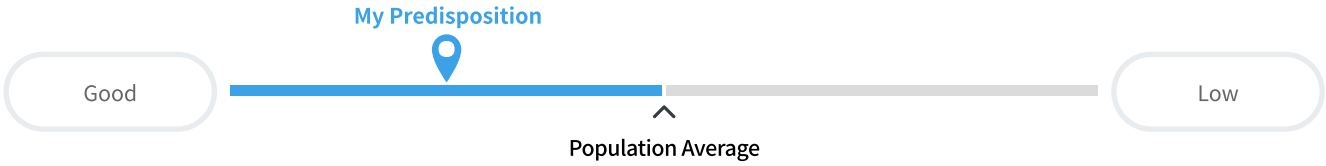
The credibility score is 65 points.
because studies used for the analysis of this test item's genes are based on a small sample size.

0 genetic markers with unknown location.

Lutein and Zeaxanthin

Lutein and zeaxanthin are two important carotenoids, often found in yellowish-red vegetables or fruits. Both are potent antioxidants and offer a range of health benefits. However, lutein and zeaxanthin are best known for protecting your eyes.

Likely Response to Lutein and Zeaxanthin:



Based on the genes we analyzed, you are likely predisposed to having a high response to lutein and zeaxanth consumption.

Pay attention to your daily consumption of nutrients beneficial for eye health, and give your eyes frequent rest from bright screens.

Do eggs protect your eyes?

Egg yolk is rich in lutein and zeaxanthin, helping to control blue light entering the eyes. This reduces eye fatigue and protects your eyes.

Green vegetables

Enjoy green vegetables such as kale, spinach, broccoli, cabbage, etc. Nutrient consumption is safer through foods than supplements.

UP-To-Date, Cochrane Library

Genetic information

From analyzed 4genetic markets, we have found 1 effect allele.

The credibility score is 50 points. because studies used for the analysis of this test item's genes are based on a very small sample size.

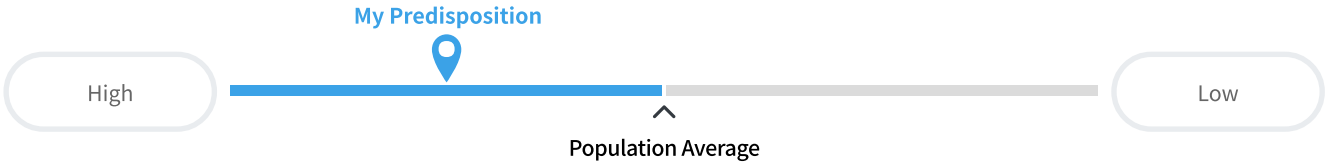
0 genetic markers with unknown location.

This genetic test was conducted at Genoplan Japan Inc. (#209 Fias, 4-1 Kyudai Shinmachi, Nishi-Ku, Fukuoka City, Japan)

Trp / Phe Metabolism

Tryptophan (Trp) and phenylalanine (Phe) are essential amino acids. They are converted into sleeping hormone melatonin and excitatory hormone adrenaline, respectively. Production of these hormones are regulated by competitive absorption.

Likely Ability of Blood Tryptophan / Phenylalanine Metabolism:



Based on the genes we analyzed, you are likely predisposed to have a high tryptophan : phenylalanine ratio.

High phenylalanine levels can inihibit absorption of tryptophan, make you excited, and cause sleep disorder; however, use this result only as a reference since this test does not measure actual levels.

Eat meat when you feel down

Trp is abundant in meats such as pork, beef, duck, and chicken. Milk is rich in calcium, magnesium, and Trp to help stabilize nerves.

Control your happiness with food

With vitamin B6 insufficiency, serotonin synthesis is poor even if Trp is abundant. Try eating a serving of vegetables or an apple.

UP-To-Date, Cochrane Library

Genetic information

From analyzed 1genetic markets, we have found 1 effect allele.

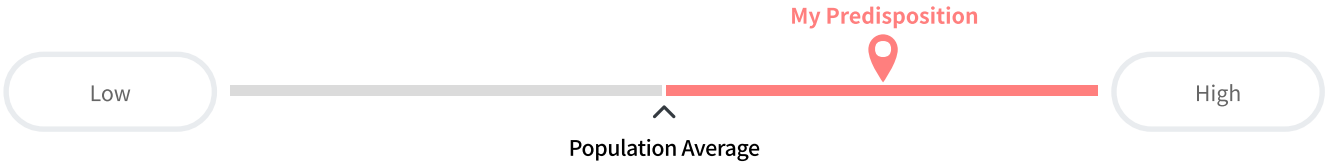
The credibility score is 67 points. because studies used for the analysis of this test item's genes are based on an acceptable sample size.

0 genetic markers with unknown location.

Triglyceride Level

Triglycerides are a type of fat found in your blood. When you eat, your body converts any calories it doesn't use right away into triglycerides, which are stored in your fat cells. Later, hormones release triglycerides for energy between meals.

Index for Heart Health



Based on your genetics, you are likely predisposed to have a high triglyceride level.

Although high level is indicative of poor heart health, use this result only as a reference since this test did not measure actual levels.

Omega-3 fatty acids

Omega-3 fats, abundant in oily fish, is effective in lowering blood triglycerides. Try eating one piece of oily fish, four times a week.

Swimming

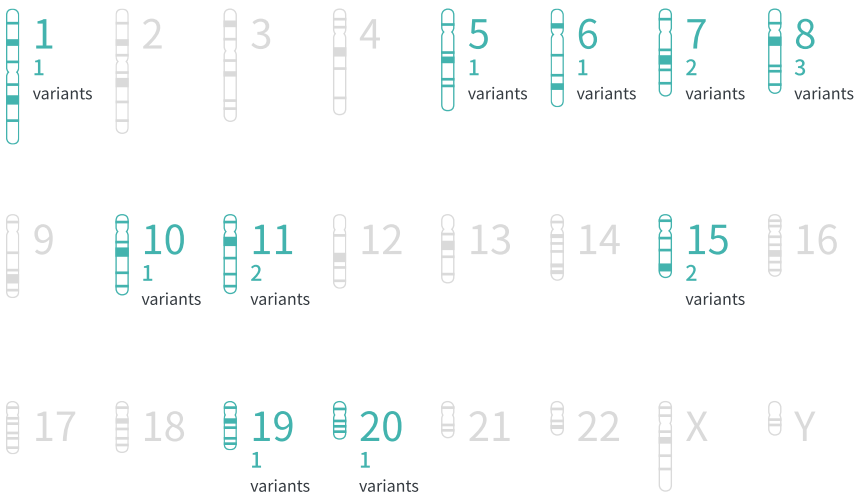
Swimming is an energy-intensive cardio exercise that uses the whole body. Swimming 30 minute daily helps to remove fat in the blood.

UP-To-Date, Cochrane Library

Genetic information

From analyzed 31genetic markets, we have found 15 effect allele.

The credibility score is 50 points. because studies used for the analysis of this test item's genes are based on a very small sample size.

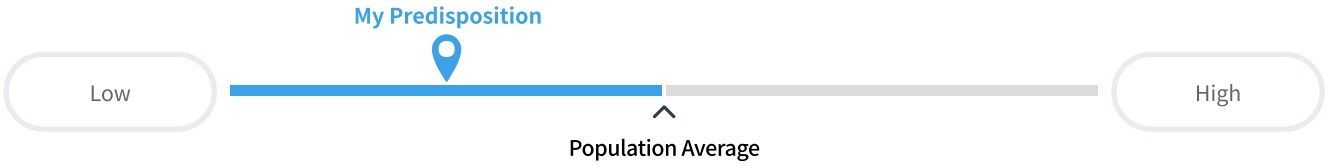


0 genetic markers with unknown location.

LDL Cholesterol Level

LDL stands for low-density lipoproteins. It is sometimes called the "bad" cholesterol because a high LDL level may lead to blocked or partially blocked arteries.

Likely LDL Cholesterol Level:



Based on the genes we analyzed, you are likely predisposed to having a low LDL cholesterol level.

It is still important to maintain healthy cholesterol levels by avoiding foods high in saturated fats and doing regular cardio exercises.

Avoid saturated fats

Saturated fat is a major cause of increased LDL in the body. Avoid eating butter, cheese, red meat, chocolate, and processed foods.

Swimming

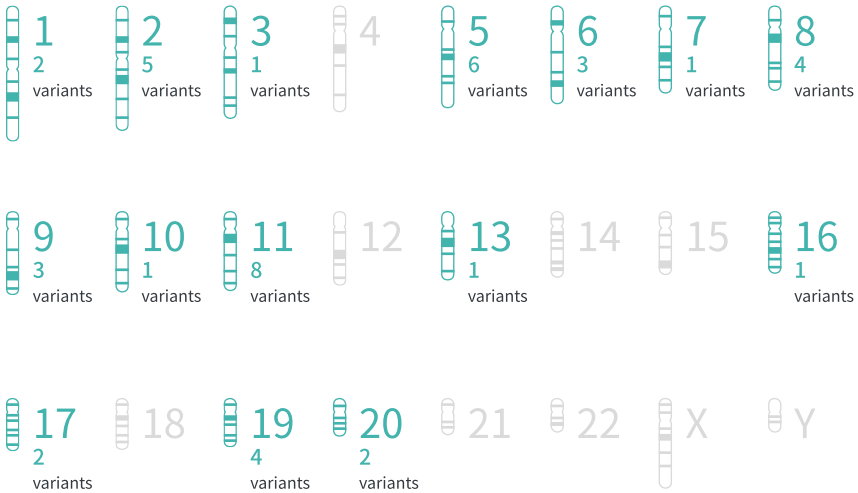
Swimming is a whole-body and energy-intensive cardio exercise. 30 minutes per day reduces cholesterol and enhances vascular health.

UP-To-Date, Cochrane Library

Genetic information

From analyzed 90genetic markets, we have found 44 effect allele.

The credibility score is 50 points. because studies used for the analysis of this test item's genes are based on a very small sample size.

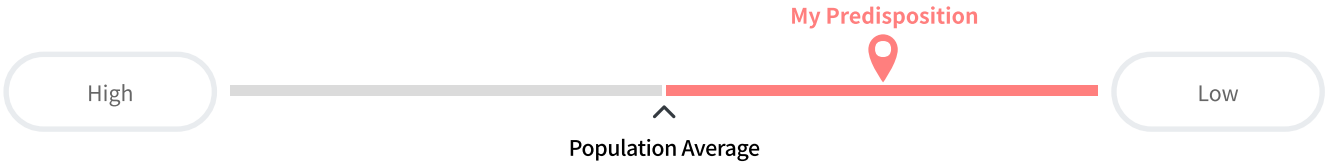


0 genetic markers with unknown location.

HDL Cholesterol Level

HDL stands for high-density lipoproteins. It is sometimes called the "good" cholesterol because it carries cholesterol from other parts of your body back to your liver. Your liver then removes the cholesterol from your body.

Likely HDL Cholesterol Level:



Based on the genes we analyzed, you are likely predisposed to having a low HDL cholesterol level.

It is important to increase good HDL cholesterol by practicing healthy habits, such as not smoking, not drinking, and cardio exercises.

Niacin

Niacin boosts HDL and helps to lower LDL and triglycerides. It is abundant in foods such as mackerel, tomato sauce, beef, and peanuts.

Water aerobics

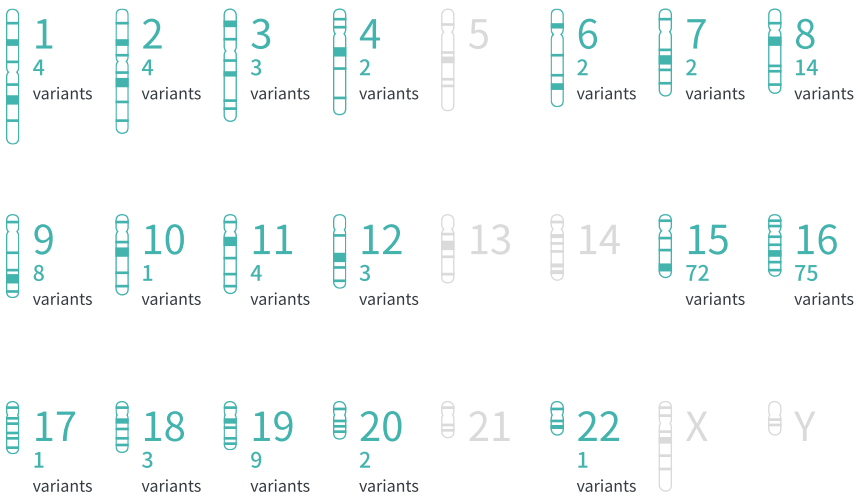
It is cardio exercise in water that is energy-intensive without excessive joint stress. 3~4 times per week, 40 minutes each time is good.

UP-To-Date, Cochrane Library

Genetic information

From analyzed 628genetic markets, we have found 210 effect allele.

The credibility score is 84 points. because studies used for the analysis of this test item's genes are based on a big sample size.



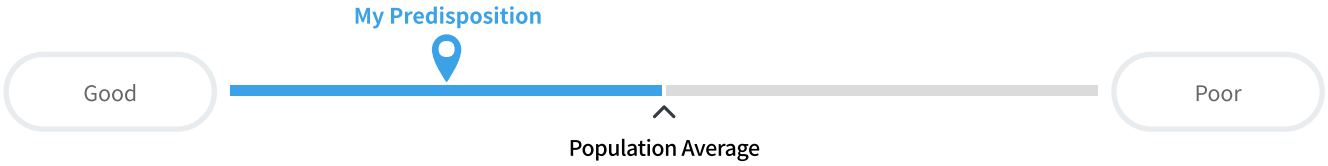
0 genetic markers with unknown location.

This genetic test was conducted at Genoplan Japan Inc. (#209 Fias, 4-1 Kyudai Shinmachi, Nishi-Ku, Fukuoka City, Japan)

Alcohol Metabolism

Alcohol metabolism is defined as the way alcohol is broken down and eliminated by the body. Differences in alcohol metabolism may put some people at greater risk while others, in some degree, may be protected from alcohol's harmful effects.

Likely Ability to Metabolize Alcohol:



Based on the genes we analyzed, you are predisposed with a good ability to metabolize alcohol.

Even if you may have good innate ability, it is best to avoid excessive alcohol consumption and practice healthy drinking habits.

Truth about hangover relievers

Commercially available hangover relievers reduce blood alcohol levels or protect against liver damage, but don't resolve hangovers quickly.

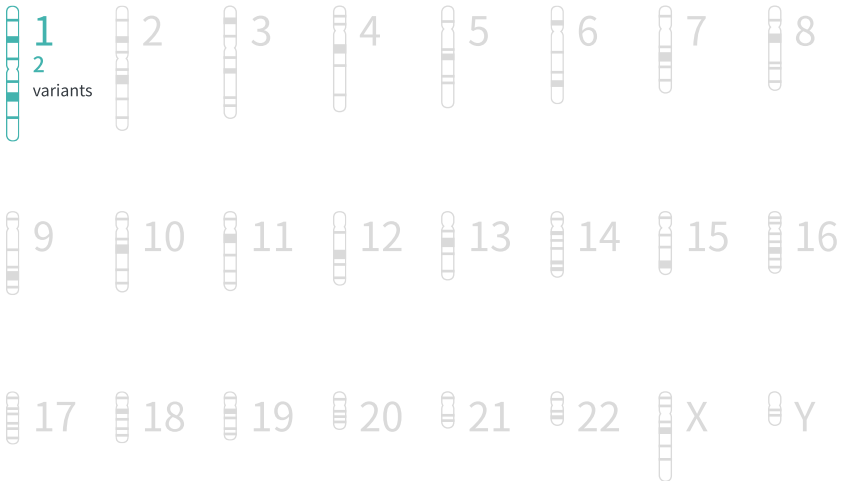
Cause of hangover

Acetaldehyde is toxic and causes hangovers. If not metabolized quickly, it causes vitamin deficiency, liver failure, and hormonal issues.

UP-To-Date, Cochrane Library

Genetic information

From analyzed 10genetic markets, we have found 2 effect allele.



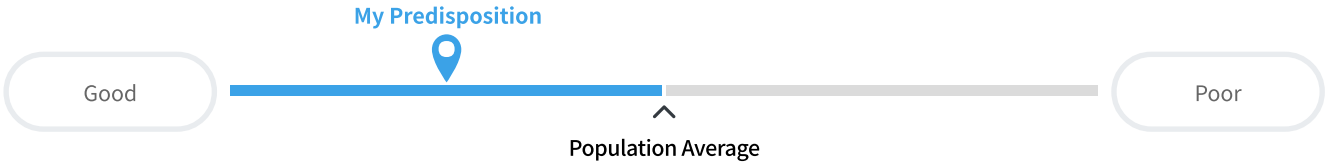
The credibility score is 50 points.
because studies used for the analysis of this test item's genes are based on a very small sample size.

0 genetic markers with unknown location.

Nicotine Metabolism

Nicotine metabolism is defined as the way nicotine is broken down and eliminated by the body. Differences in nicotine metabolism may put some people at greater risk while others, in some degree, may be protected from nicotine's harmful effects.

Likely Ability to Metabolize Nicotine:



Based on your genetics, you are predisposed with a likely good ability to metabolize nicotine.

Although you may metabolize nicotine well, smoking obviously has negative health implications.

Antioxidant vitamins

Make sure to consume antioxidant vitamins, vegetables, seaweed, and fruits every day. Also, eat nuts to maintain your health.

Alcohol and smoking

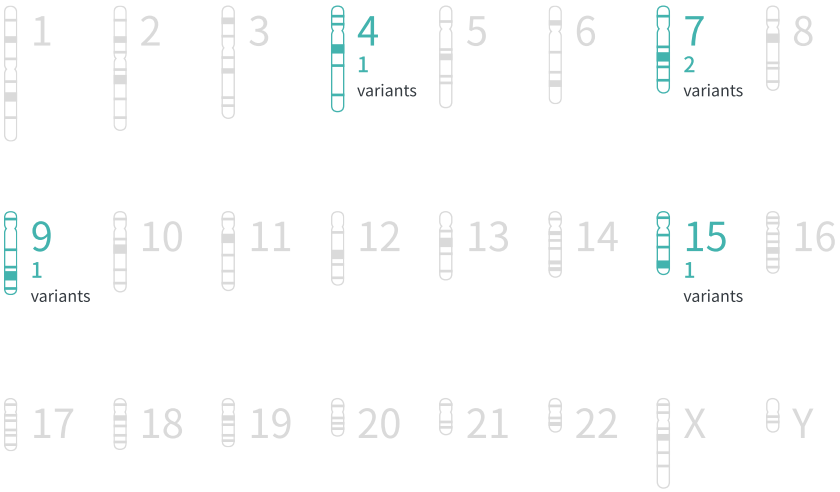
Tobacco and alcohol cause dopamine secretion in the brain, leading to pleasure. Try making a responsible plan to quit drinking.

UP-To-Date, Cochrane Library

Genetic information

From analyzed 7genetic markets, we have found 5 effect allele.

The credibility score is 95 points. because studies used for the analysis of this test item's genes are based on a big sample size.



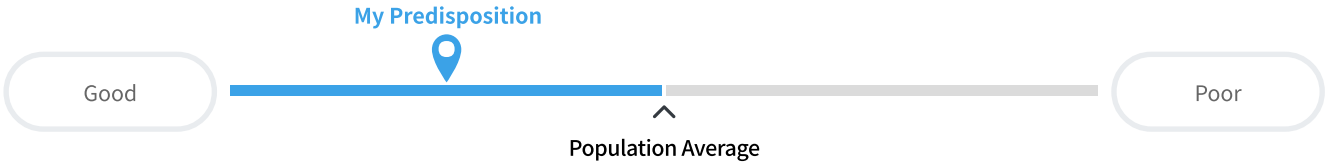
0 genetic markers with unknown location.

This genetic test was conducted at Genoplan Japan Inc. (#209 Fias, 4-1 Kyudai Shinmachi, Nishi-Ku, Fukuoka City, Japan)

Caffeine Metabolism

Caffeine metabolism is defined as the way caffeine is broken down and eliminated by the body. It determines how an individual reacts to caffeine and how much coffee one needs to drink in order to feel the effects.

Likely Ability to Metabolize Caffeine:



Your genetics indicate that your likely ability to metabolize caffeine is good.

This result does not mean you can drink lots of coffee. Try moderate coffee intake with plenty of water.

Hydration

Caffeine is a diuretic and releases water from the body. If you drink coffee often, make sure to also drink plenty of water.

Less than 3 cups a day

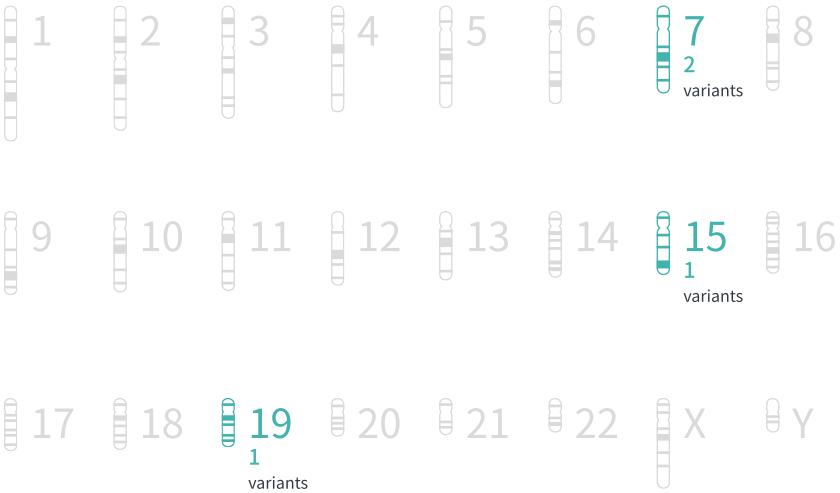
Recommended amount of caffeine is less than 400 mg per day. Limit yourself to 3 cups of coffee, which has 150 mg caffeine per cup.

UP-To-Date, Cochrane Library

Genetic information

From analyzed 6genetic markets, we have found 4 effect allele.

The credibility score is 75 points.
because studies used for the analysis of this test item's genes are based on an acceptable sample size.

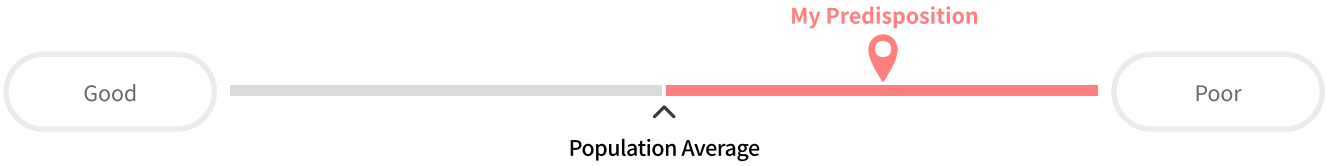


0 genetic markers with unknown location.

Antioxidation

Antioxidation is a process in which reactive oxygen species (ROS), an unstable oxygen molecule, is removed to delay cell aging. ROS, produced from respiration and UV radiation, damages cells due to its toxicity and may cause various diseases.

Likely Ability to Remove Reactive Oxygen Species:



Based on the genes we analyzed, you are likely predisposed with a poor ability to remove reactive oxygen species.

Try consuming antioxidant-rich foods such as tomato and pomegranate. It can also help to take antioxidizing supplements such as lycopene and vitamin E.

Colorful fruits and vegetables

Try foods each colored green, red, yellow, purple, and white. Different phytochemicals have unique colors and antioxidant functions.

Quit smoking

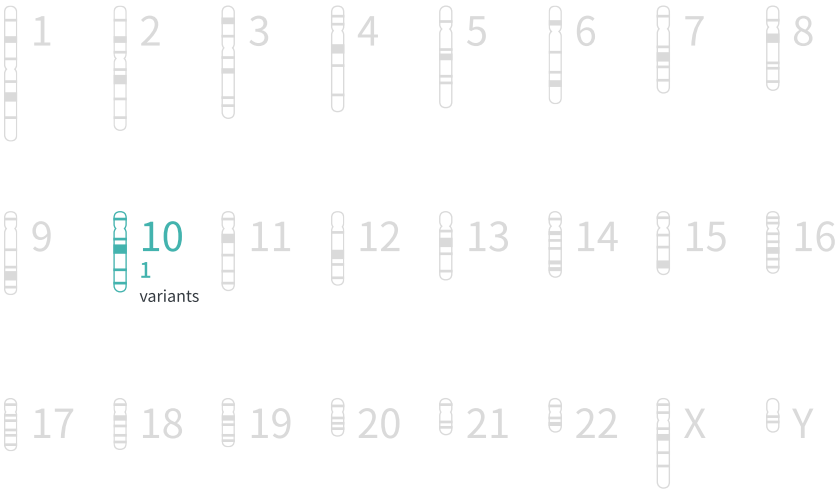
Cigarette smoke promotes peroxidation. Smokers require more antioxidant nutrients and should quit smoking to manage antioxidation.

UP-To-Date, Cochrane Library

Genetic information

From analyzed 11genetic markets, we have found 1 effect allele.

The credibility score is 55 points.
because studies used for the analysis of this test item's genes are based on a small sample size.



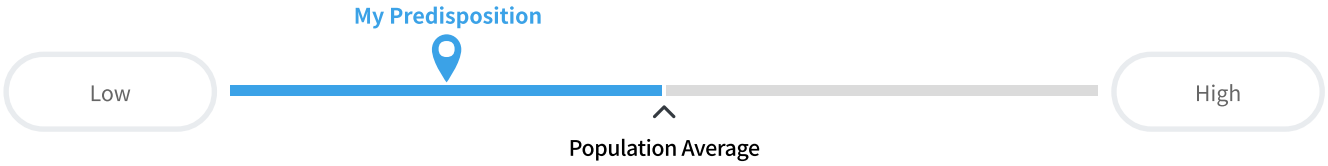
0 genetic markers with unknown location.

This genetic test was conducted at Genoplan Japan Inc. (#209 Fias, 4-1 Kyudai Shinmachi, Nishi-Ku, Fukuoka City, Japan)

Postural Hypotension

Postural hypotension is a form of low blood pressure that happens when you stand up from a sitting or lying position.

Likelihood of Low Blood Pressure Occurring When You Stand Up:



Based on your genetics, your likelihood of postural hypotension occurring is low.

Avoid suddenly standing up and
reduce excessive salt intake.

Symptoms

Symptoms vary depending on the cause. If there is no cause, headache, neck stiffness, helplessness, and dizziness may occur.

Neurally mediated syncope (fainting)

It can be caused by a slow heart rate or temporary hypotension, from the autonomic nervous system abnormally reacting to external stimuli.

UP-To-Date, Cochrane Library

Genetic information

From analyzed 4genetic markets, we have found 2 effect allele.

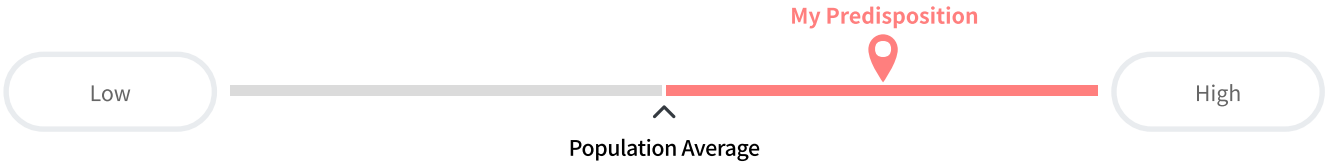
0 genetic markers with unknown location.

The credibility score is 95 points.
because studies used for the analysis of this test item's genes are based on a big sample size.

Insulin Resistance

Insulin is a hormone which plays a number of roles in the body's metabolism. Insulin regulates how the body uses and stores glucose and fat.

Likelihood of Losing Blood Glucose Regulation:



According to your genetics, your likelihood of developing insulin resistance is high.

Insulin resistance can ultimately lead to type 2 diabetes. Although this result should only be used as a reference, be mindful of your sugar intake.

Soybeans

Eat soybeans mixed with rice, or soy foods such as tofu and soy milk. Pinitol improves insulin resistance and helps control blood sugar.

Light cardiovascular exercise

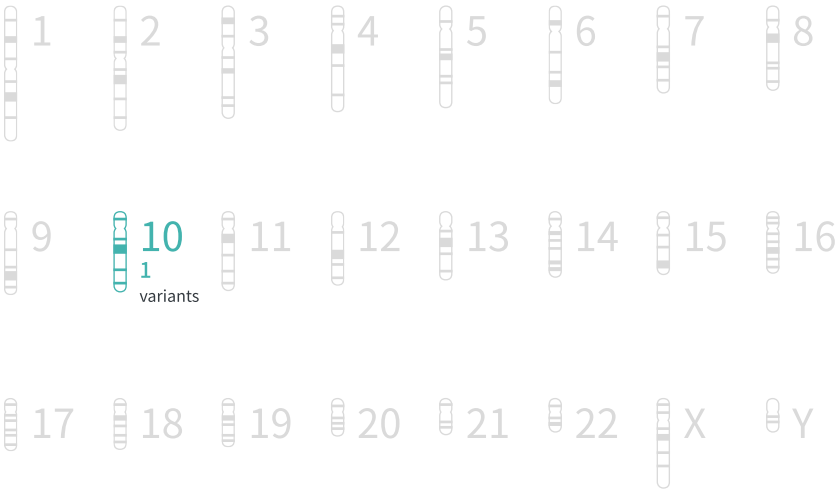
Start with walking, jogging, and cycling. We recommend exercising about 40 minutes each time, 3~4 times per week.

UP-To-Date, Cochrane Library

Genetic information

From analyzed 2genetic markets, we have found 1 effect allele.

The credibility score is 59 points. because studies used for the analysis of this test item's genes are based on a small sample size.



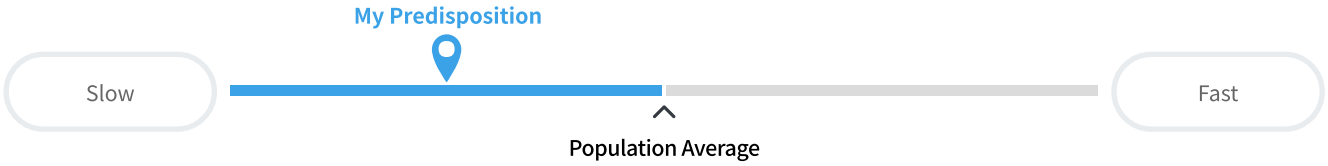
0 genetic markers with unknown location.

This genetic test was conducted at Genoplan Japan Inc. (#209 Fias, 4-1 Kyudai Shinmachi, Nishi-Ku, Fukuoka City, Japan)

Glycation and Aging

Glycation is a biochemical process where sugar attaches to proteins (ie. collagen and elastin) in our skin, causing discoloration, wrinkles, sagginess and loss of suppleness.

Likely Rate of Skin Aging From Eating Sugar:



Based on the genes we analyzed, your are likely predisposed with a slow rate of aging from eating sugar.

Although your rate may be slow, it is still a good idea to limit your consumption of sugary foods.

Steamed or boiled foods

Advanced glycation end-product causes aging and increases by up to 100 times with grilling. So steaming or boiling your food is recommended.

Burning 1,000 kcal with a week of exercise

While excessive exercise promotes aging, moderate exercise helps to slow it. Try cardio exercise for at least 20 minutes, three times a week.

UP-To-Date, Cochrane Library

Genetic information

From analyzed 11 genetic markets, we have found no effect allele.

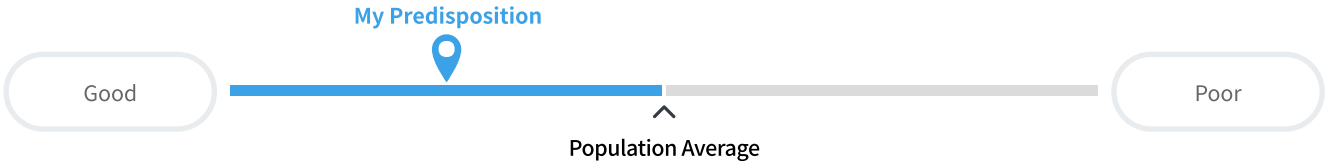
The credibility score is 53 points.
because studies used for the analysis of this test item's genes are based on a small sample size.

0 genetic markers with unknown location.

Deep Sleep

Deep sleep is the stage of sleep required to feel rested and refreshed when you wake up. It is when your brain waves slow down, and your heartbeat and breathing become their slowest as your muscles relax.

Likely Abiilty to Sleep Deeply:



According to your genetics, you are predisposed with a good ability to sleep deeply at night.

Although you may sleep deeply, it is a good idea to have good sleeping habits. Refrain from using your smartphone before falling asleep.

Foods that help you sleep

A glass of milk is rich in tryptophan, which produces melatonin and has a soothing effect. Drinking warm milk one to two hours before bed helps with sleep. Beware of cold milk, which can interfere, rather than help with sleep. Also, kiwi is rich in nutrients such as vitamins C, E, calcium, magnesium, and inositol. These help to relax the nervous system

Keep your smartphone away

Being exposed to your smartphone's bright screen until falling asleep awakens your brain and interferes with sleep. Hormones like melatonin, secreted during sleep, are reduced due to the smartphone's light. Watching TV for a long time is not good for eye health, so it is recommended that you stop 1 hour prior to sleeping.

UP-To-Date, Cochrane Library

Genetic information

From analyzed 7genetic markets, we have found 4 effect allele.

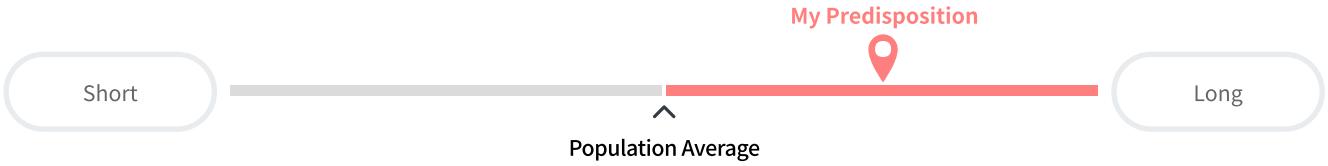
The credibility score is 68 points. because studies used for the analysis of this test item's genes are based on an acceptable sample size.

0 genetic markers with unknown location.

Sleep Latency

Sleep latency is the amount of time it takes you to go from being fully awake to asleep. It can be affected by environmental factors.

Likely Time You Require to Fall Asleep:



Based on the genes we analyzed, the time it takes for you to fall asleep after getting into bed is likely long.

Practice good sleep habits such as not using a bright screen before bed. Drinking warm milk before sleeping may also help you fall asleep.

What is sleep latency?

The amount of time it takes you to transition from wakefulness to sleep is called sleep latency. A normal sleep latency is about 10-20 minutes.

How to improve sleep efficiency?

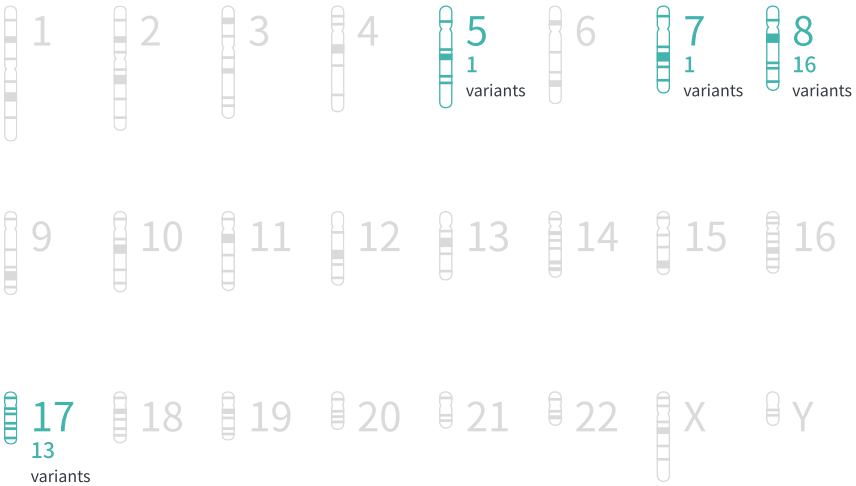
First is to improve sleep hygiene. Sleep hygiene refers to habits and environmental factors that may influence the length and quality of one's sleep. Doctor may also incorporate cognitive behavioral therapy.

UP-To-Date, Cochrane Library

Genetic information

From analyzed 49genetic markets, we have found 31 effect allele.

The credibility score is 64 points. because studies used for the analysis of this test item's genes are based on a small sample size.

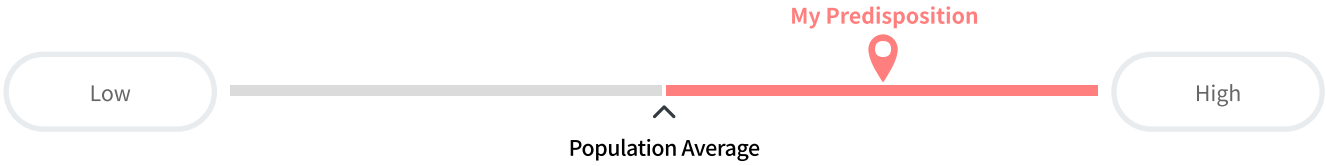


0 genetic markers with unknown location.

Obstructive Sleep Apnea

Sleep apnea is a sleep disorder in which breathing is briefly and repeatedly interrupted during sleep. The word "apnea" refers to a breathing pause that lasts at least ten seconds.

Likelihood of Breathing Issue During Sleep:



Based on your genetics, you are predisposed to have a high likelihood of developing obstructive sleep apnea.

Maintain a healthy weight and blood pressure level by eating a balanced diet and exercising regularly. Limit your alcohol intake, as it can interfere with your sleep.

Snoring

With obstructive sleep apnea, you suffer from shortness of breath over a period of time while sleeping. Snoring is typical among sleep apnea patients with narrow upper airways. Most commonly affecting men, sleep apnea may cause complications such as fatigue, headache, decreased sexual function, hypoxia-mediated hypertension and high blood pressure.

Preventing Obstructive Sleep Apnea

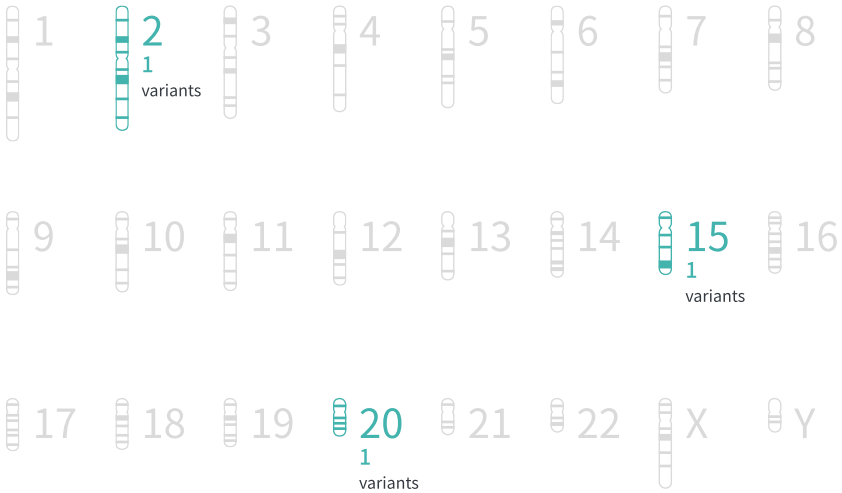
Obstructive sleep apnea is more common in obese individuals. If fat builds up inside the airway, you should be careful and lose weight since the airway becomes narrower and symptoms like snoring become worse. Smoking and excessive alcohol consumption also have negative effects on the airway muscles and mucous membranes.

UP-To-Date, Cochrane Library

Genetic information

From analyzed 4genetic markets, we have found 3 effect allele.

The credibility score is 95 points. because studies used for the analysis of this test item's genes are based on a big sample size.



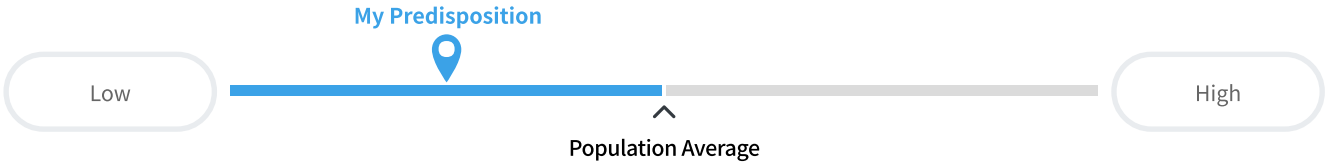
0 genetic markers with unknown location.

This genetic test was conducted at Genoplan Japan Inc. (#209 Fias, 4-1 Kyudai Shinmachi, Nishi-Ku, Fukuoka City, Japan)

Insomnia

Insomnia is a disorder in which people have difficulty falling or staying asleep. Symptoms include waking up during the night, daytime sleepiness, and irritability.

Likelihood of Having Insomnia:



According to the genes we analyzed, you are predisposed with a low likelihood of having insomnia.

Although your risk is low, manage your stress to improve sleep quality.

Causes of Insomnia

Insomnia is a state in which you cannot fall sleep even in a comfortable environment, wake up frequently, or cannot sleep well. It occurs in extreme stress situations including sickness and break up. Most people sleep normally once they get over such situations, but individuals who do not recover from the stress can experience chronic insomnia.

Correct Sleeping Habits

Treating insomnia requires changing sleeping habits rather than relying on drugs. Avoid daytime naps and sleep at regular times. Exercising regularly during the daytime with sunlight is good, but avoid exercising close to bedtime as this can interfere with sleep. If you cannot sleep while laying down in bed, you shouldn't force yourself to fall asleep.

UP-To-Date, Cochrane Library

Genetic information

From analyzed 3genetic markets, we have found 2 effect allele.

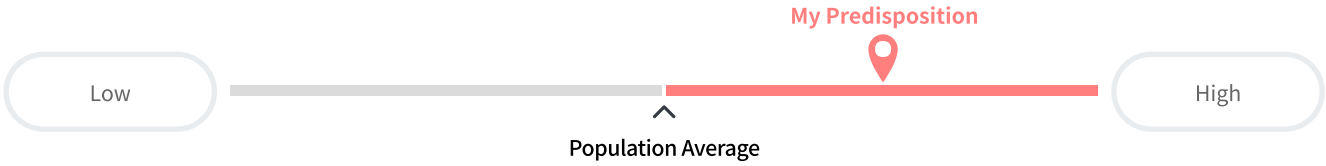
The credibility score is 68 points.
because studies used for the analysis of this test item's genes are based on an acceptable sample size.

0 genetic markers with unknown location.

Narcolepsy

Narcolepsy is a sleep disorder characterized by sudden and uncontrollable episodes of sleep and in some cases cataplexy (loss of muscle control, often triggered by a strong emotion such as laughter).

Likelihood of Development:



Based on your genetics, you are predisposed with a high likelihood of developing narcolepsy.

Exact cause of this condition is not yet known, but practice regular sleeping habits and avoid excessive alcohol and caffeine intake.

Features of Narcolepsy

Narcolepsy is a sleep disorder characterized by excessive daytime sleepiness, sleep paralysis, or hallucination. It has common symptoms of falling asleep involuntarily and waking up with a clear mind after 15~20 minutes. It typically starts during adolescence, and is easily misunderstood as laziness due to daytime napping.

REM and non-REM Sleep

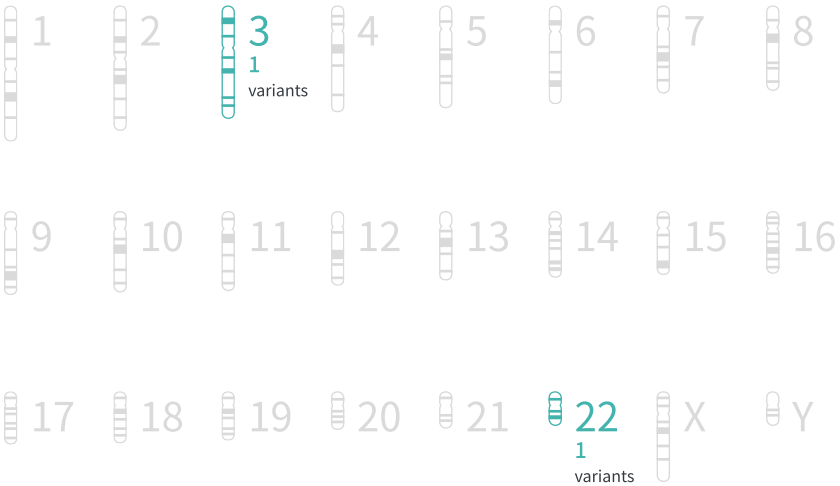
Sleep can be divided into two phases: REM sleep (dreaming with no movement during sleep) and non-REM sleep. REM accounts for 20~25% of total sleep and the rest is non-REM. These alternate with each cycle being 90~120 minutes, and repeat 5 times overnight. For narcolepsy, the interval is shortened and usually fall into REM sleep within 15 minutes.

UP-To-Date, Cochrane Library

Genetic information

From analyzed 6genetic markets, we have found 2 effect allele.

The credibility score is 75 points.
because studies used for the analysis of this test item's genes are based on an acceptable sample size.

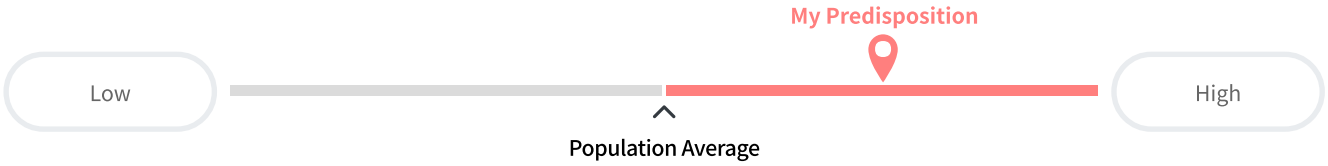


0 genetic markers with unknown location.

Hypersomnia

Hypersomnia is a sleep disorder characterized by excessive daytime sleepiness or prolonged sleep patterns. This condition causes people to feel constantly tired, which may result in them sleeping more during the night or napping during the day.

Likelihood of Development:



Based on your genetics, you are predisposed with a high likelihood of developing hypersomnia.

Manage your stress to have quality sleep. Activities such as yoga and meditation may also help.

Features of Hypersomnia

Hypersomnia is a neurological disorder of excessive sleepiness even after long stretches of sleep, or discomfort due to an irregular sleep rhythm. Hypersomnia is similar to narcolepsy, except it does not cause loss of energy during laughter or excitement. It is causes by increased stress, aging, change in sleep cycle, etc.

Hypersomnia Self-diagnosis

If you score a total of 13 points or more within the score range between 0 points (not drowsy) to 3 points (frequently drowsy), your condition is likely to be pathological. When I read a book / When I watch TV / When I sit / When I sit in a car for an hour / When I lie down in the afternoon / When I talk / When I sit after lunch.

UP-To-Date, Cochrane Library

Genetic information

From analyzed 6genetic markets, we have found 3 effect allele.

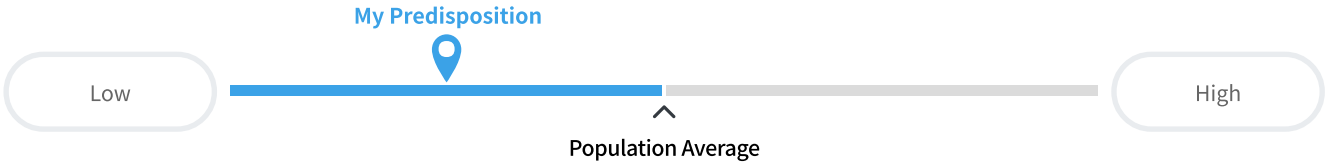
The credibility score is 93 points. because studies used for the analysis of this test item's genes are based on a big sample size.

0 genetic markers with unknown location.

Excessive Sleepiness

Excessive sleepiness is characterized by feeling drowsy or sluggish most days. Many cases are due to nighttine sleep disorders such as sleep apnea and sleep deprivation.

Likelihood of Feeling Sleepy All Day:



Based on the genes we analyzed, your likelihood of experiencing excessive sleepiness is low.

Although your risk is low, make sure to practice good sleeping habits. These include regular sleeping schedule and avoiding evening caffeine intake.

Daytime Drowsiness

Daytime drowsiness is falling asleep at an undesired time, experienced in sleep disorders such as narcolepsy. It is caused by a lack of sleep. It can even be caused by a lack of deep sleep during long periods of sleeping. If this symptom continues, an improvement in sleeping habits is necessary to avoid negatively affecting daily routine.

Sleep Polyvalence Test

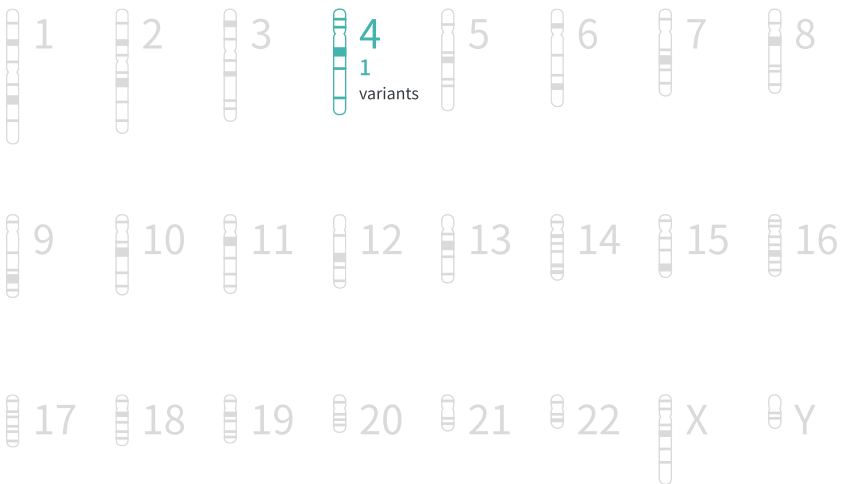
This test is used to diagnose various sleep disorders including daytime drowsiness and sleep apnea. It allows observation of EEG, EMG, ECG, blood pressure, eye movement, snoring, respiration degree, oxygen saturation, etc. during sleep. Based on these results, experts can make precise and professional identification of sleeping problems.

UP-To-Date, Cochrane Library

Genetic information

From analyzed 2genetic markets, we have found 1 effect allele.

The credibility score is 83 points. because studies used for the analysis of this test item's genes are based on a big sample size.

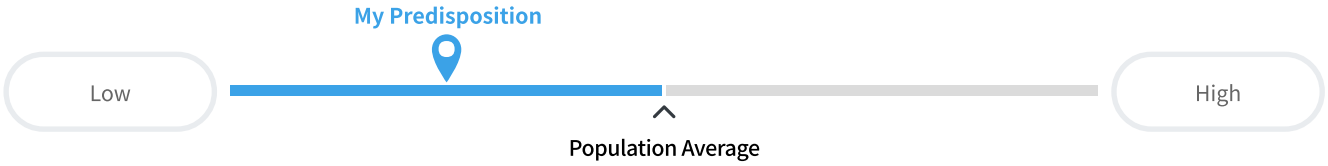


0 genetic markers with unknown location.

Daytime Nap

Daytime nap is often frown upon in work cultures. However, there are cultures where it is quite acceptable.

Likelihood of Taking Daytime Naps or Breaks:



Based on your genetics, your likelihood of being sleepy during the afternoon is low.

A light nap can rejuvenate your afternoon, but a nap longer than 30 minutes can interfere with your night sleep

Naps are Physiological Phenomena

Sleep is controlled by the balance between desire for sleep and state of arousal. If you stay awake for long, the desire to sleep (sleep pressure) will increase, and decrease if you sleep. The intensity of arousal fluctuates between high and low during the daytime. Weakening of arousal between 1 and 3 p.m. results in drowsiness. This is called daytime nap.

Benefits of a Nap

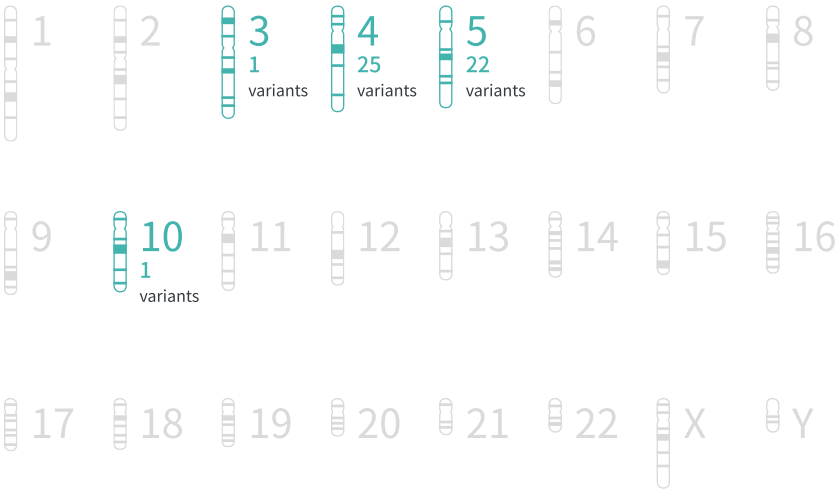
A short nap after lunch helps you to spend a fruitful afternoon. REM sleep helps to improve problem-solving skills and organize complex ideas logically. Especially, it helps to make knowledge and logic based decisions more efficient. Napping over 30 minutes may cause sleeping difficulties at night. Thus, short naps between 15~30 minutes are recommended.

UP-To-Date, Cochrane Library

Genetic information

From analyzed 102genetic markets, we have found 49 effect allele.

The credibility score is 50 points. because studies used for the analysis of this test item's genes are based on a very small sample size.

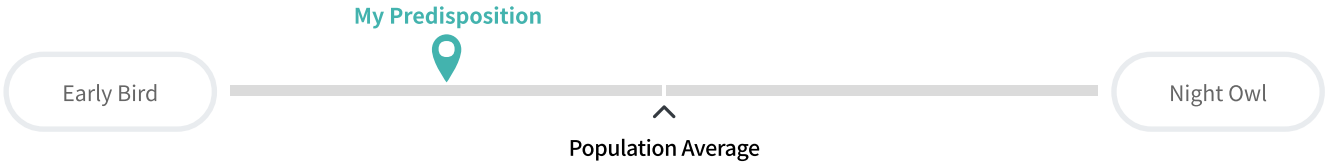


0 genetic markers with unknown location.

Circadian Rhythm

Our innate preference for mornings or evenings is determined by the phase of our circadian rhythms.

Early Bird or Night Owl?



Based on the genes we analyzed, you are likely predisposed to being an early bird.

Doing important tasks in the morning may be more effective for you.

Natural Circadian Rhythm

Most physiological and psychological processes follow a natural daily circadian rhythm. Sleep-arousal, basal body temperature, hormone cycle, etc. are based on this rhythm, mediated by the hypothalamus' biological clock. Generally, the biological clock is affected by light sensed by our eyes, but the clock still moves in the absence of light.

Morning Person vs. Night Person

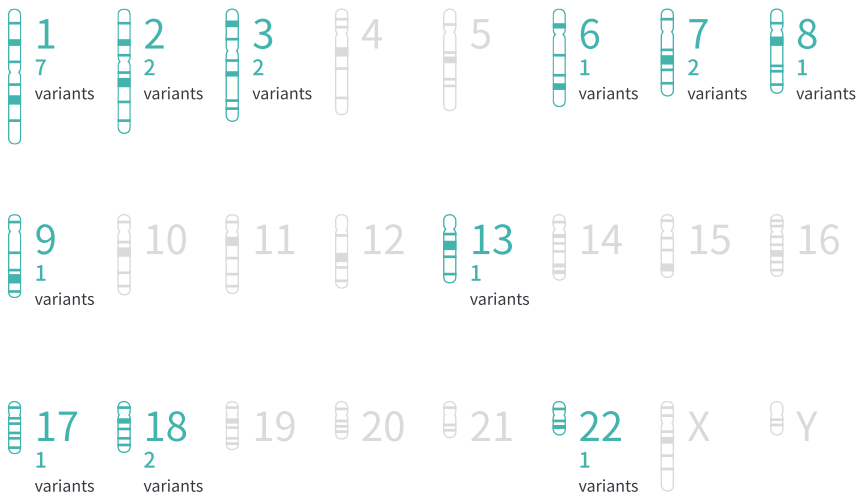
Being a morning or night person is not about diligence, but about the circadian rhythm determined by genes, age, and gender. A morning person sleeps deeply at night and concentrates well in the morning. A night person is the opposite. To avoid a sleep disorder, your lifestyle should fit into your own personal circadian rhythm.

UP-To-Date, Cochrane Library

Genetic information

From analyzed 28genetic markets, we have found 21 effect allele.

The credibility score is 83 points. because studies used for the analysis of this test item's genes are based on a big sample size.



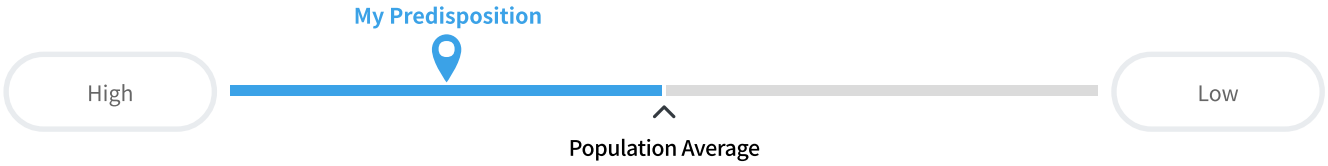
0 genetic markers with unknown location.

This genetic test was conducted at Genoplan Japan Inc. (#209 Fias, 4-1 Kyudai Shinmachi, Nishi-Ku, Fukuoka City, Japan)

Muscular Growth

Muscle strength is the amount of force your muscle can exert in one effort. Increase in the number of muscle fibers will also increase muscle size and strength.

Tendency to Develop Muscle:



Genetically, your likelihood of being a muscular person is high.

With a bit of exercise, you can experience good results.

Muscle growth and nutrition

Muscle is high in protein and water. Consuming good protein, carbohydrates, fats, vitamins, minerals, etc. helps build muscle.

Core exercise

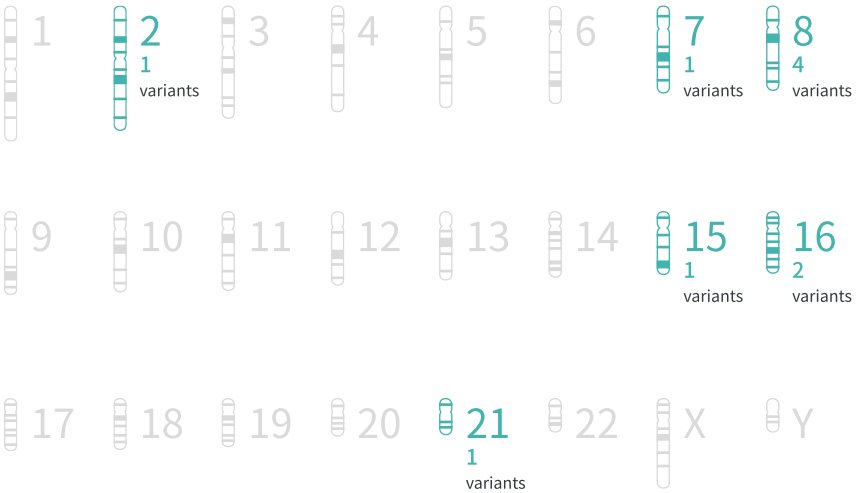
In addition to arm/leg strength, core exercises are also important. Forming balanced body by strengthening core muscles.

UP-To-Date, Cochrane Library

Genetic information

From analyzed 14genetic markets, we have found 10 effect allele.

The credibility score is 95 points.
because studies used for the analysis of this test item's genes are based on a big sample size.

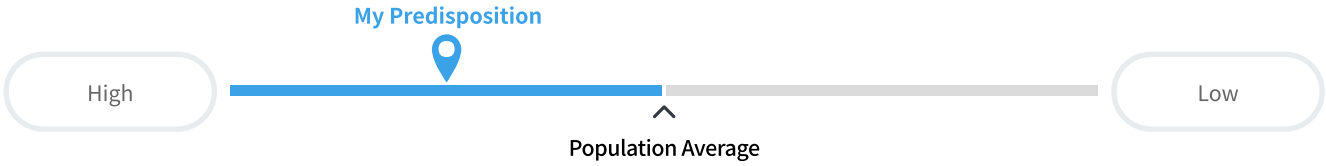


0 genetic markers with unknown location.

Lower Body Strength

Your hips, butt and legs make up your lower body, the location of some of the largest and strongest muscles of the body.

Tendency to Develop Lower Body Strength with Exercise:



Based on the genes we analyzed, you likely have a high tendency for developing lower body strength with exercise.

You may have an easier time strengthing the lower body. Beware that excessive exercise can lead to injury.

Why lower body strength is important

Aging results in decreasing hip and thigh muscle masses. Increasing lower body strength helps to balance body and prevent lower back pain.

Squats

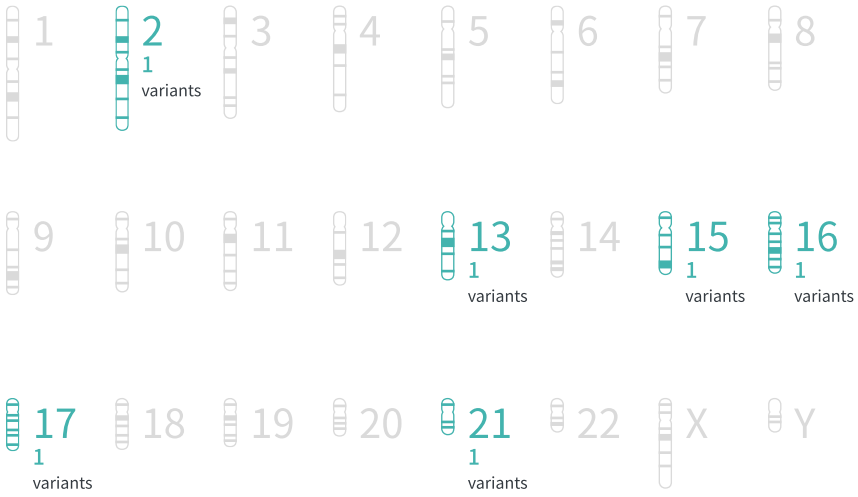
A typical lower body exercise, squats strengthen thigh, abdominal, and spinal muscles. It is also good for correcting bad posture.

UP-To-Date, Cochrane Library

Genetic information

From analyzed 11genetic markets, we have found 6 effect allele.

The credibility score is 73 points. because studies used for the analysis of this test item's genes are based on an acceptable sample size.



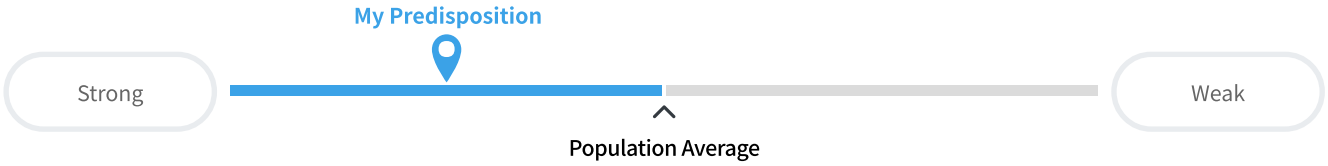
0 genetic markers with unknown location.

This genetic test was conducted at Genoplan Japan Inc. (#209 Fias, 4-1 Kyudai Shinmachi, Nishi-Ku, Fukuoka City, Japan)

Grip

Grip is the force applied by the hand to pull or hold on to an object. It requires muscular strength of ones forearm.

Likely Grip Strength:



Based on the genes we analyzed, you are likely predisposed to having a strong grip strength.

You may have an easier time strengthing the lower body. Beware that excessive exercise can lead to injury.

Hand grip

Hand grip is the easiest exercise to strengthen the antebrachial muscle and grip. Couple this with wrist stretching to prevent stress.

Grip strength and health

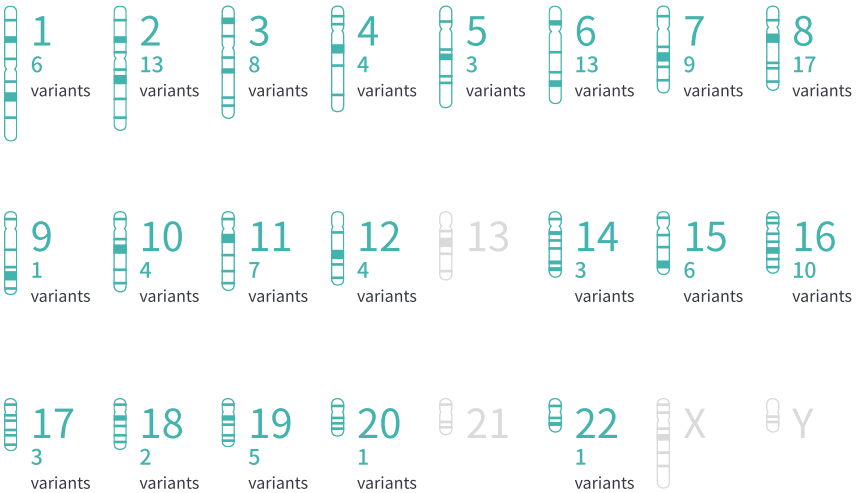
Grip strength is closely related to daily activities, such as lifting objects and eating. This also affects cognitive function and cardiovascular disease.

UP-To-Date, Cochrane Library

Genetic information

From analyzed 192genetic markets, we have found 120 effect allele.

The credibility score is 85 points. because studies used for the analysis of this test item's genes are based on a big sample size.

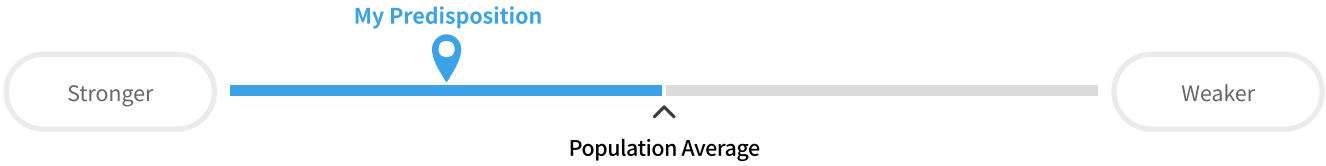


0 genetic markers with unknown location.

Explosive Strength

Explosive muscle strength includes characteristics such as strong handgrip strength and elbow flexion. These traits are more commonly seen in power athletes who do weight lifting and high resistance activities.

Likely Muscle Strength and Power:



According to your genetics, you are predisposed to have a stronger than average explosive strength.

With a bit of exercise, you may see noticable results. However, be aware that excessive exercise can lead to overuse injuries.

What is fast twitch muscle?

Fast twitch muscle is used when exerting momentary force. It has high anaerobic metabolism, fast contraction, but high fatigue.

Why African athletes are good sprinters

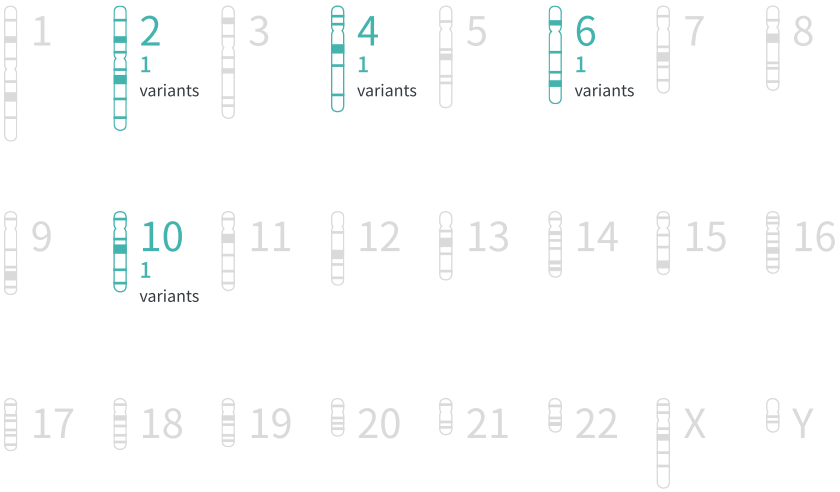
RR genotype of the fast twitch muscle gene ACTN3 is found in African sprinters. ACTN3 is known to aid in providing explosive energy.

UP-To-Date, Cochrane Library

Genetic information

From analyzed 4genetic markets, we have found 4 effect allele.

The credibility score is 50 points. because studies used for the analysis of this test item's genes are based on a very small sample size.

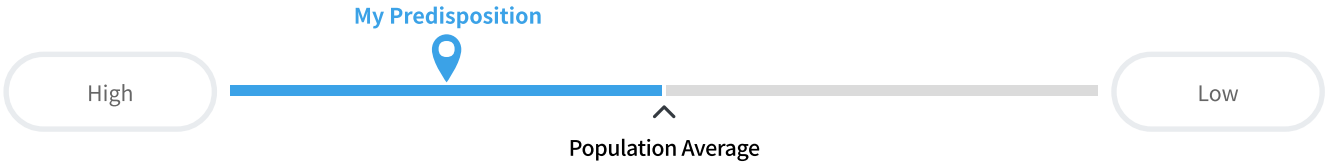


0 genetic markers with unknown location.

Muscular Endurance

Muscular endurance is the ability of a muscle or group of muscles to sustain repeated contractions against a resistance for an extended period of time.

Tendency to Develop Muscular Endurance with Exercise:



Based on the genes we analyzed, you likely have a high tendency for developing muscular endurance with exercise.

You may have an easier time developing muscular endurance with exercise. Beware that excessive exercise can lead to injury.

Marathoner vs. Sprinter

While a marathoner's training program focuses on cardiac endurance, muscle endurance and stamina, sprinters focus on improving speed and explosiveness.

How to evaluate muscle endurance

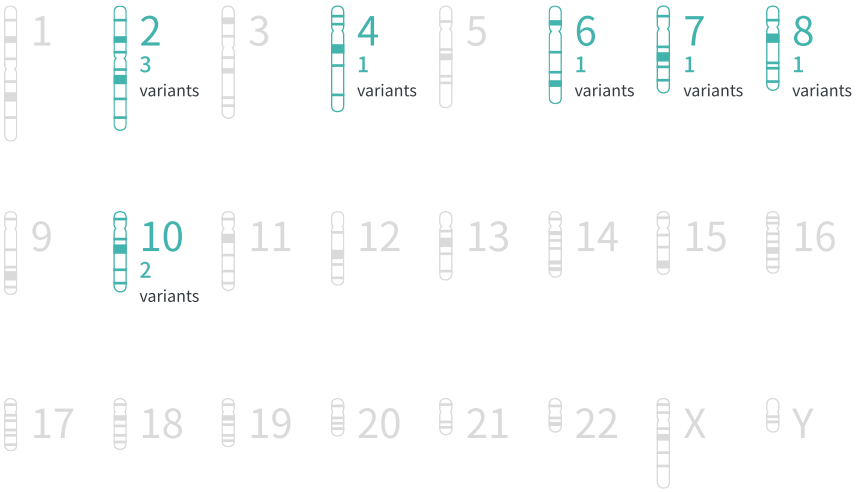
Measured by the number of times a person can repeat a movement of 1/3 of maximum muscle strength, and by cardio efficiency.

UP-To-Date, Cochrane Library

Genetic information

From analyzed 15genetic markets, we have found 9 effect allele.

The credibility score is 90 points.
because studies used for the analysis of this test item's genes are based on a big sample size.

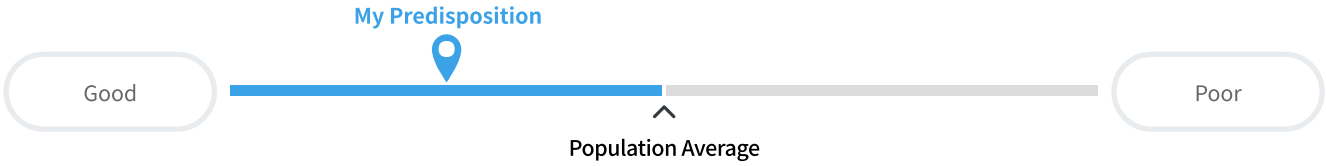


0 genetic markers with unknown location.

Cardiovascular Endurance

Cardiovascular endurance is the ability of the heart, lungs and blood vessels to deliver oxygen to working muscles and tissues, as well as the ability of those muscles and tissues to utilize that oxygen.

Likely Maximum Oxygen Uptake:



Based on the genes we analyzed, you are likely predisposed to having a good cardiovascular endurance.

It may be easier for you to enhance your cadiovascular endurance. Beware of injury from excessive exercise.

Why is cardiopulmonary endurance (VO2 max) important?

VO2 max is used for endurance training such as long-distance running. With higher VO2 max, you can run longer at a constant pace.

Factors that determine VO2 max

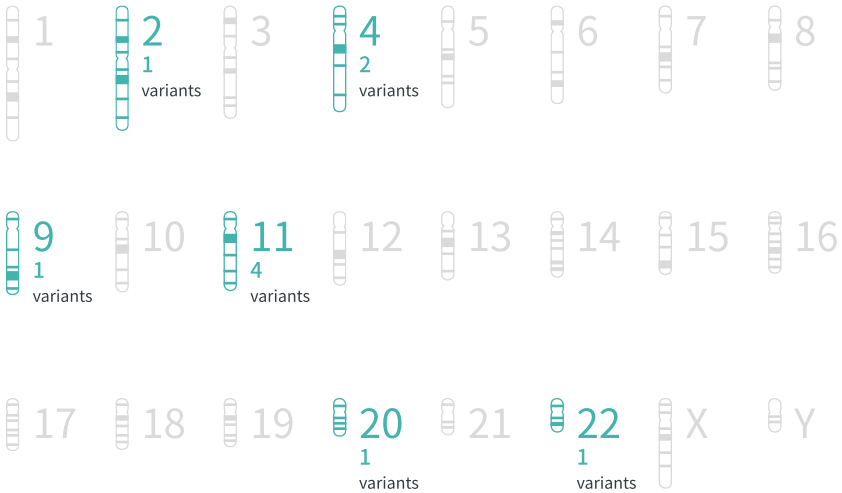
25% of VO2 max is known to be influenced by genetic factors. Other factors include age, fitness, exercise, sex, and body composition.

UP-To-Date, Cochrane Library

Genetic information

From analyzed 15genetic markets, we have found 10 effect allele.

The credibility score is 63 points. because studies used for the analysis of this test item's genes are based on a small sample size.



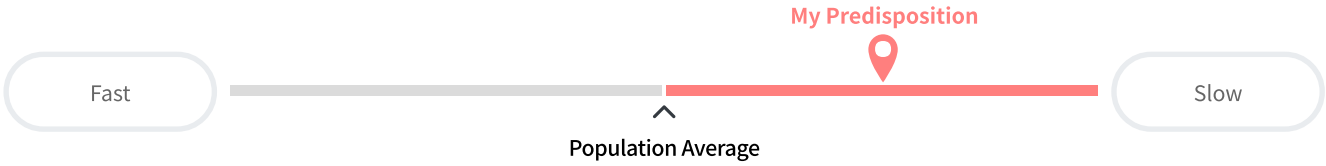
0 genetic markers with unknown location.

This genetic test was conducted at Genoplan Japan Inc. (#209 Fias, 4-1 Kyudai Shinmachi, Nishi-Ku, Fukuoka City, Japan)

Heart Rate Recovery

Heart rate recovery is the speed at which your heart rate returns normal after exercise. It is a great way to measure your fitness level.

Likely Heart Rate Recovery After Exercising:



Based on the genes we analyzed, your are likely predisposed to having a slow heart rate recovery after exercising.

At the end of your workouts, slowly lower the intensity rather than stopping abruptly.

Heart rate recovery

Heart beating during exercise is due to decreased parasympathetic nerve activity, and heart beat recovery is indicative of its reactivation.

How to measure your heart rate

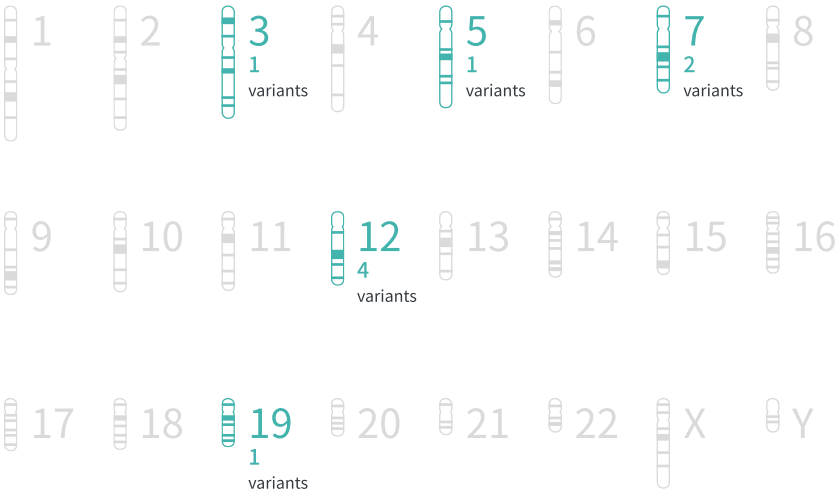
Lightly push the index and middle fingers on your wrist and measure for one minute. 50~70 bpm is healthy, with max being 170~180.

UP-To-Date, Cochrane Library

Genetic information

From analyzed 15genetic markets, we have found 9 effect allele.

The credibility score is 84 points. because studies used for the analysis of this test item's genes are based on a big sample size.

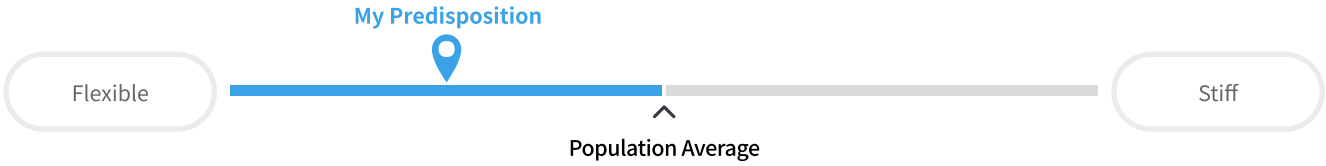


0 genetic markers with unknown location.

Flexibility

Flexibility is the ability to move joints effectively through a complete range of motion. Enhancing your flexibility through stretching reduces the likelihood of getting injured.

Likely Flexibility of Joints and Muscles:



Based on the genes we analyzed, you are likely predisposed to having flexible joints and muscles.

You may have an easier time becoming flexible, but always beware of injury from excessive exercise.

What is joint range of motion?

It is a joint's range of movement, or the max angle of movement from exercise. A shallow range of motion means low flexibility.

Is there a genetic basis to flexibility?

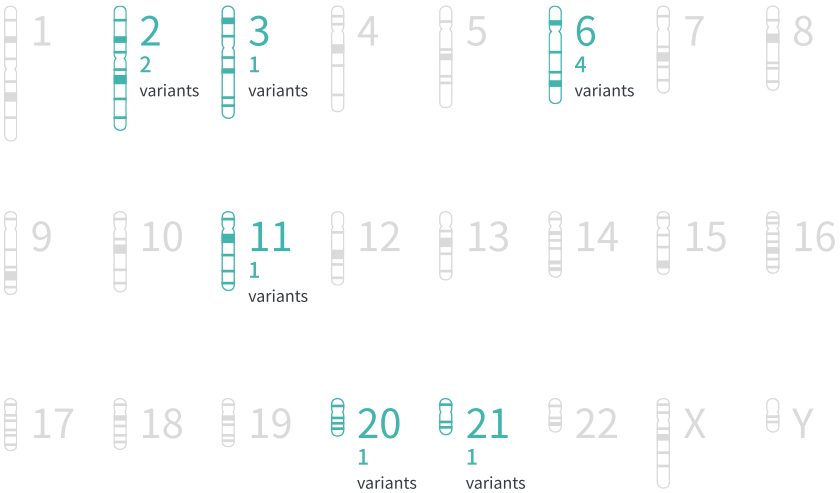
Flexibility is a trait that is differentially expressed among individuals. Recently, the COL5A1 gene was discovered to affect flexibility.

UP-To-Date, Cochrane Library

Genetic information

From analyzed 18genetic markets, we have found 10 effect allele.

The credibility score is 50 points. because studies used for the analysis of this test item's genes are based on a very small sample size.



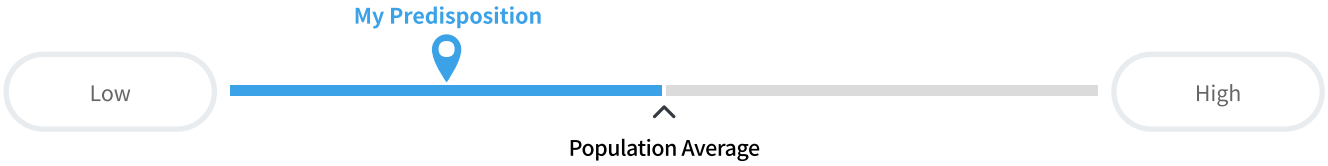
0 genetic markers with unknown location.

This genetic test was conducted at Genoplan Japan Inc. (#209 Fias, 4-1 Kyudai Shinmachi, Nishi-Ku, Fukuoka City, Japan)

Rotator Cuff Injury

The rotator cuff describes a group of 4 distinct muscles and their tendons, which provide strength and stability during motion to the shoulder. Genetic differences may contribute to overall injury risk.

Likelihood of Injury:



Based on the genes we analyzed, you are predisposed to having a low likelihood of rotator cuff injury.

Despite your low risk, it is still a good idea to do warm-up exercises and stretch prior to doing higher intensity exercises.

Injury of the rotator cuff

Excessive use during exercise, bad posture, and repeatedly lifting your arms over your head leads to inflammation and rupture.

What are the symptoms?

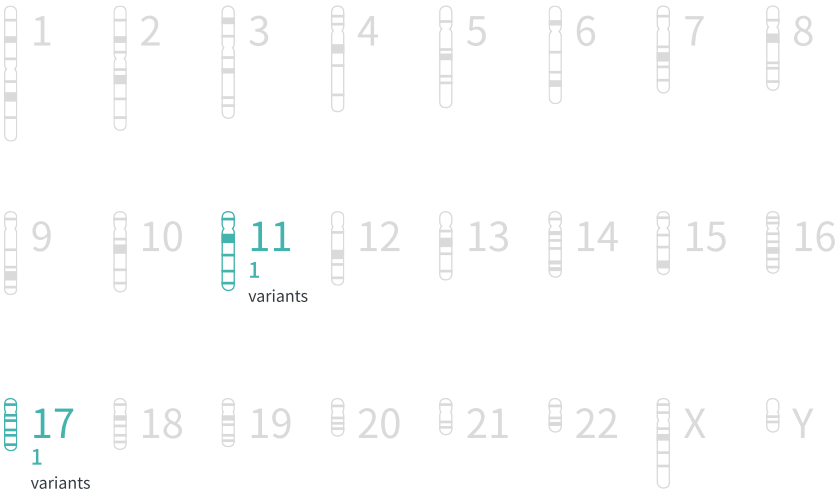
Lifting arms results in squeaky sounds and severe pain, worsening at night. People often think it is frozen shoulder and do not take action.

UP-To-Date, Cochrane Library

Genetic information

From analyzed 5genetic markets, we have found 2 effect allele.

The credibility score is 50 points. because studies used for the analysis of this test item's genes are based on a very small sample size.

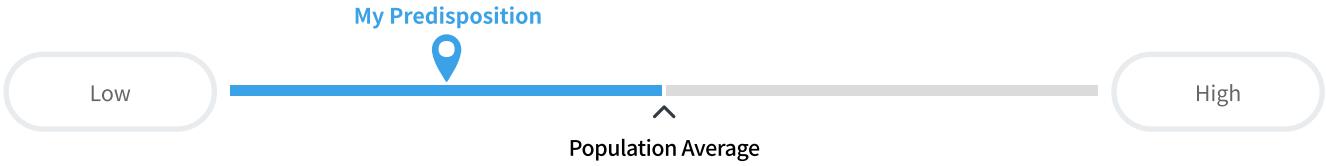


0 genetic markers with unknown location.

ACL Injury

The anterior cruciate ligament (ACL) is one of the key ligaments that help stabilize your knee joint. It is most commonly torn during sports that involve sudden stops and changes in direction.

Likelihood of Anterior Cruciate Ligament Injury:



Based on your genetics, you are likely predisposed to having a low likelihood of ACL injury.

Although your risk is low, stretching before physical activity can further decrease risk for injury.

ACL injury

ACL ruptures with shinbone rotation or leg hyperextension. Injury often occurs during high load sports including soccer, basketball and skiing.

Warm-up and cool down exercises

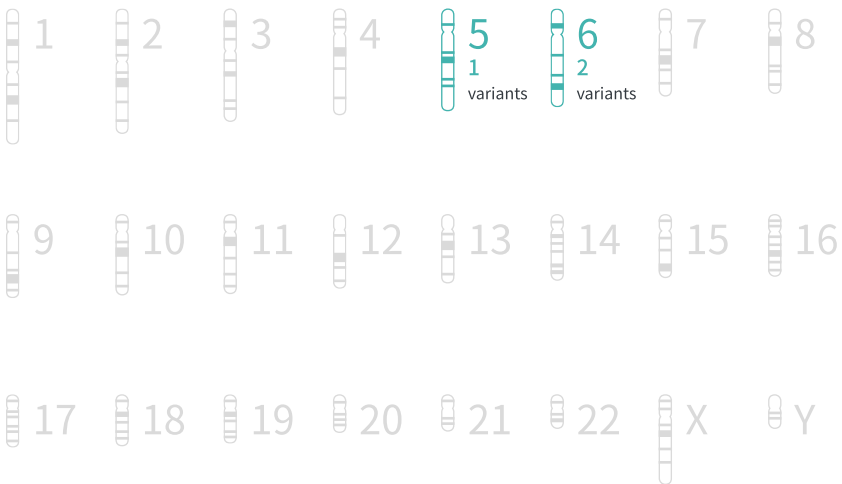
It is recommended that you stretch for at least 5 minutes before and after exercising. This loosens stiff joints and muscles.

UP-To-Date, Cochrane Library

Genetic information

From analyzed 5genetic markets, we have found 3 effect allele.

The credibility score is 50 points. because studies used for the analysis of this test item's genes are based on a very small sample size.

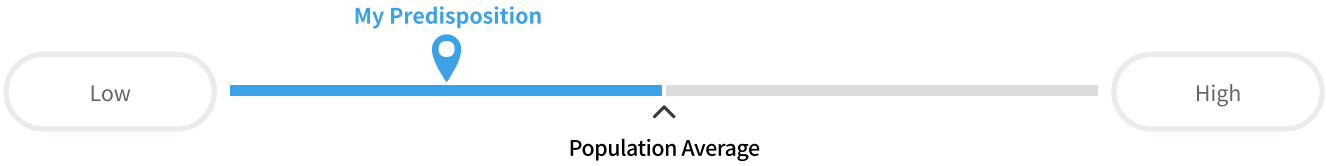


0 genetic markers with unknown location.

Achilles Tendon Injury

The achilles tendon is the tendon connecting calf muscles to the heel. Several studies have suggested a genetic component to achilles tendon injury.

Likelihood of Injury:



Based on your genetics, you are likely predisposed to having a low likelihood of achilles tendon injury.

Although your risk is low, stretching before physical activity can further decrease risk for injury.

Role of the Achilles tendon

Calf muscles contract when you walk or run. The Achilles tendon transfers this energy to moving the feet and bodily movement.

Why is it called “Achilles” tendon?

Achilles, great Greek warrior, died from an arrow to his heel. Afterwards, the term “Achilles heel” became to mean "fatal weakness."

UP-To-Date, Cochrane Library

Genetic information

From analyzed 3genetic markets, we have found 2 effect allele.

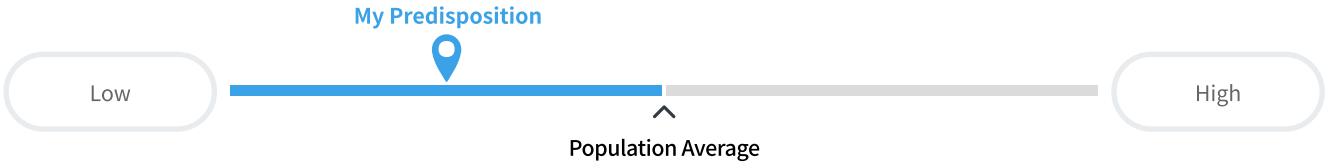
The credibility score is 95 points. because studies used for the analysis of this test item’s genes are based on a big sample size.

0 genetic markers with unknown location.

Ankle Injury

Ankle injuries include sprains, strains and other joint derangements and instability. It is a common sports injury.

Likelihood of Injury:



Based on your genetics, you are likely predisposed to having a low likelihood of ankle injury.

Lower your risk even further by warming up and stretching before exercising.

Ankle injury

Ankle injuries account for 30% of exercise injuries. Wearing shoes that do not fit and taking a wrong step can cause ankle injury.

Icing sprained ankles

Icing helps to relieve tissue swelling and pain. For 1 to 2 days following injury, ice the injured ankle for 10~20 minutes every 4 hours.

UP-To-Date, Cochrane Library

Genetic information

From analyzed 1 genetic markets, we have found no effect allele.

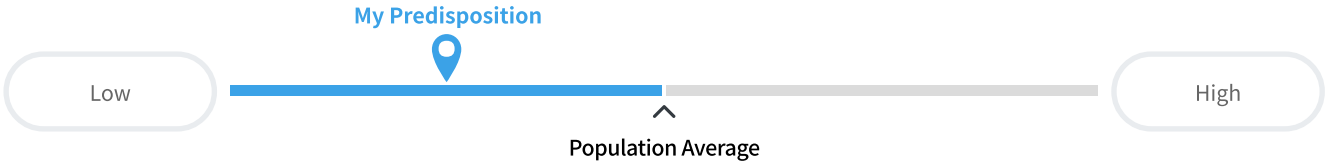
The credibility score is 50 points.
because studies used for the analysis of this test item's genes are based on a very small sample size.

0 genetic markers with unknown location.

Apixaban-Induced Kidney Dysfunction

This report evaluates the likelihood of developing kidney dysfunction due to apixaban side effects in patients with atrial fibrillation. Your genes are tested for variants that occur more in people with this side effect.

Likelihood of Kidney Dysfunction From Apixaban:



Based on above results, your likelihood of experiencing kidney dysfunction from apixaban administration is low.

However, this is inadequate information to judge a drug response, so use it as a reference only.

What is apixaban?

Apixaban is an anticoagulant, which inhibits blood clotting factor Xa. Inhibiting blood clotting factor Xa suppresses production of a proteolytic enzyme called thrombin, preventing thrombus. Apixaban is reported to be more effective than warfarin, vitamin K antagonist, and aspirin for patients with atrial fibrillation and coronary artery diseases. It can be administered only for a week in early stages.

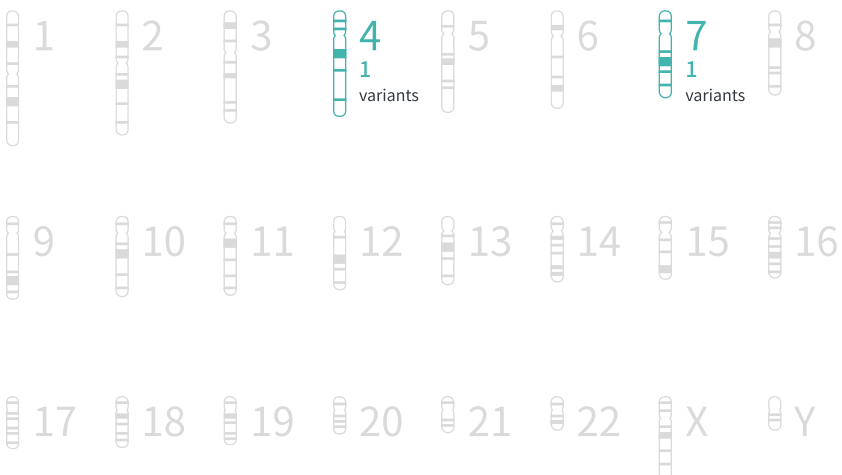
Complications

Likelihood of developing complications rises with atrial fibrillation. Patients with atrial fibrillation are 5 times more likely to suffer from stroke, and 3 times more likely to develop heart failure. Warfarin is effective for cerebral ischemia, but maintaining optimal concentration is difficult due to interaction with other drugs. Other anticoagulants are being developed to treat atrial fibrillation.

UP-To-Date, Cochrane Library

Genetic information

From analyzed 2genetic markets, we have found 2 effect allele.



The credibility score is 50 points.
because studies used for the analysis of this test item's genes are based on a very small sample size.

This genetic test was conducted at Genoplan Japan Inc. (#209 Fias, 4-1 Kyudai Shinmachi, Nishi-Ku, Fukuoka City, Japan)

0 genetic markers with unknown location.

About Our Service.

Genetic Analysis Service

Your health status is determined by genetic and non-genetic factors. Genetic factor is what you have inherited from your parents, while non-genetic factors can be from environment and behavior.

Our genetic test analyzes all the factors and provide you with information on how to better manage your health.

Goals

Goal 1
To predict your predisposition for specific diseases and provide personalized reports through genetic testing. Hence you can manage your health through our services.

Goal 2
To provide 500 reports on Cancer, General Diseases, and Traits divisions. We have increased accuracy by analyzing hundreds of thousands of genes optimized for the Asian population. We strive to provide credible information to you.

About Updates

Update 1

Your risk results will be periodically updated as we incorprate newly released medical statistics.

Update 2

Your results will only increase in credibility as we continuously add more genes to the analysis.

Precautions

Precaution 1

Genoplan's genetic analysis does not tell you what is the current state of your health. Nor does it provide diagnosis for any diseases. Our genetic analysis tells you if you have a particular genotype that increases the risk of developing a disease or having a particular trait.

Precaution 2

Genoplan's genetic analysis results cannot be used to make medical decisions. Please receive accurate medical diagnoses from medical professionals.

What this report tells you

1. Health propensity based on genetic characteristics
2. Health propensity based on current lifestyle
3. Health propensity with an understanding of both genetic and non-genetic factors
4. Credibility of the analyzed genes
5. Analyzed genes' influence on the corresponding category

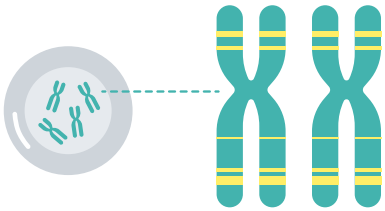
What this report cannot tell you

1. Medical diagnosis of diseases
2. Your current health status
3. Legal proof

Terminology.

Chromosome

Chromosomes are threadlike structures that house DNA. You received 1 set of 23 chrosomes from your mother and another set from your father. In total, you have 1 pair of sex chromosomes and 22 pairs of non-sex (autosomal) chromosomes, resulting 46 total.



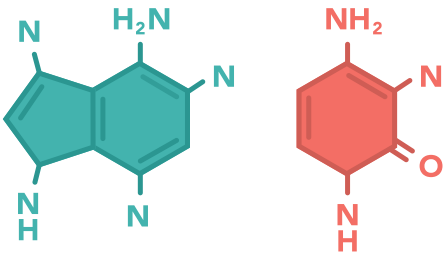
DNA

Deoxyribonucleic Acid

DNA is the material for storing personal genetic information. It has a double helix structure, with two long strands coiling around each other. Between the two strands are nucleobases that make up the genetic information. Nucleobase combination and order determine variation in genetic information.

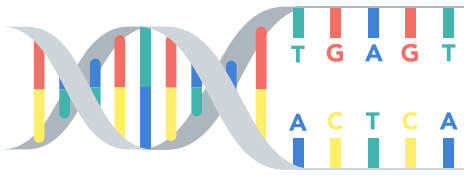
Nucleobase

Nucleobase is a DNA component that connects the two long DNA strands. Main nucleobases are adenine(A), thymine(T), guanine(G), and cytosine(C). Nucleobase pairs are A with T, and G with C. Three continuous nucleobases determine a specific amino acid, the basic unit of proteins that make up your body.



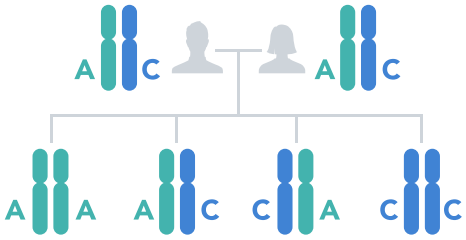
Gene

A gene is a specific DNA segment, containing unique information of an individual. Genes characterize traits such as skin color and blood type, and are inherited from parents to children. Only 1~2% of your total DNA is known to contain information for your body's makeup.



Genotype

Genotype refers to the pair of nucleobases inherited from parents (e.g.AA, TC). Traits such as eye color or ear shape are determined by an individual's genotype, or which nucleobase is present at a specific point in a gene's sequence of nucleobases.

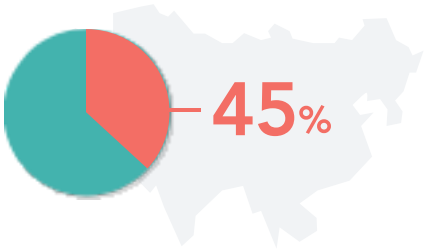


Genetic Variation

Refers to change (mutation) in nucleobase sequence that make up a gene, caused by a variety of factors. Genetic mutations can affect bodily function or appearance, or not affect them at all.

Prevalence

Prevalence is the proportion of persons in a population who have a particular disease or attribute at a specified point in time. Unlike incidence rate, which accounts for only new cases, prevalence includes both new and preexisting cases in its calculation.



2019

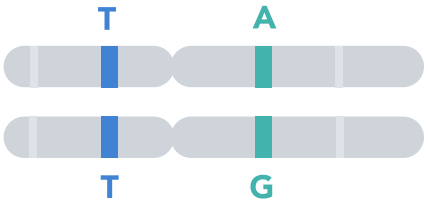
Incidence Rate

Incidence rate refers to the degree in which a specific disease has occurred in a given period of time. It is calculated as the affected percentage of a population being studied. It is used for predicting a disease onset rate or risk.

2018-2019

Allele

Allele refers to different forms of a gene that arise by mutation. Differing traits among individuals are in part due to differences in the alleles they carry. Some allelic variations among people do not result in visibly detectable differences.



Effect Allele

Effect allele is a genetic variant that increases the likelihood of certain condition (cancer, general disease), or that is more likely to yield a specific trait. For example, if carrying an A allele, compared to a G allele, in a gene increases the likelihood of developing certain disease, A allele is the effect allele.

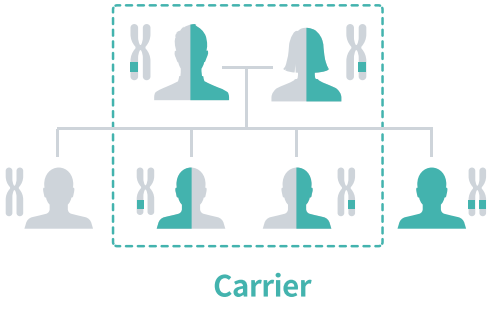
SNP

Single Nucleotide Polymorphism

SNP refers to a genetic variation at a gene's specific nucleobase location. Some individuals may carry nucleobase A, while others may carry nucleobase G at a specific location. Variation among individuals in gene function, appearance, and disease risk are determined by these SNP differences.

Carrier

A "carrier" is someone who can potentially pass on a gene containing variant(s) associated with a condition; but he or she does not actually suffer from this condition. Condition only occurs when both parents pass on a gene with variant(s) to their child. If only one parent passes on this gene, child (carrier) does not suffer from this condition.



FAQ.

Question

What is a personal genetic analysis service?

Answer

Genetic differences among individuals are 1% or less. These variation in genetics can be appear as simple differences in hair types or height, but they also explain differences in physical and health traits such as susceptibility to certain drugs or vulnerability to diseases including diabetes and dementia. Genoplan's genetic analysis services identify these genetic differences and offer customized health care directions and changes in lifestyle tailored to each customer.

Question

How accurate is Genoplan's genetic analysis?

Answer

Genoplan selects SNPs for each category based on genetic analysis of Asian populations. This makes Genoplan's analysis results more accurate compared to other companies that incorporate genetic analysis of all racial populations. We use DNA Microarray technology of the world-renowned Illumina to analyze hundreds of thousands of SNPS specific to the Asian population. This whole analysis process is traced and managed with LIMS (Laboratory Information Management System) to ensure high experimental quality and reliability.

Question

What is the scientific basis for genetic analysis service?

Answer

Genoplan selects genes for analysis based on published scientific articles from leading research institutions and universities around the world. In order to increase the accuracy, we also prioritize research results targeting Asians. Vast amounts of new research published every year are reflected in the report through ongoing updates.

Question

Do I need to do this test without any current physical issues?

Answer

Yes, it is necessary. This is because diseases can be predicted by understanding individual genetic characteristics. We suggest the most appropriate diet and exercise methods based on your inherited genotype, for preparing a healthy future.

Question

How are genetic anlaysis and health physical different?

Answer

Health physical exam is a medical assessment of current health condition, but Genoplan's genetic analysis is predictive service based on scientific and clinical research. It is best to use the genetic analysis service as a reference for improving your lifestyle habits or predicting diseases in advance.

Question

Do genetic analysis results change with time?

Answer

Genes do not change, but research on the categories is still ongoing.
Results may change in the future because of newly added genes for analyzing specific categories, or changed effects of previously selected genes. If you have categories of particular interest, please check for updates and receive another test.

Question

How are privacy of genetic analysis results and personal infomormation managed?

Answer

All customer genetic information are encrypted and anonymized according to personal information protection policy and is strictly controlled. In particular, personal identification information is protected with two different encryption methods to minimize exposure risk of genetic and personal information. With customer's consent, the remaining DNA after genetic analysis can be used for medical research and service enhancement. Without consent, the remaining DNA is disposed immediately.

Question

Where can Icontact if I have other questions regarding services provided by Genoplan?

Answer

If you have any further inquiries, please contact us via Genoplan website or app. We will get back to you as soon as possible.

Test Verification

Unique Sample Number	CAAC-THRM-XXZY
Sample Type	Saliva
Analysis Method	SNP Genotyping

About Our Quality Standards

Using DNA extracted from saliva, microarray genotyping was carried out to measure the signals of biomarkers embedded on the microarray chip. This allowed analysis of many genetic variants.

Proper quality control steps were taken to ensure quality of extracted DNA, accuracy of microarray genotyping, and accuracy of this analysis report.

Analysis report is issued only after all parameters pass our quality control standards.

	Passed	Failed
QC Result	○	

Test Limitations

Clinical implications of this report's results have not been established. Thus, healthy lifestyle choices based on these results have not been verified for their objective validity.

Analysis Supervisor

Supervisor	Experimental Supervisor	DNA Analyst
Naoki Kojima	Eto Shinya, Ph.D.	Sakaguchi Mari

Laboratory Information

Genoplan Japan Inc. Laboratory
#209 Fias, 4-1 Kyudai Shinmachi, Nishi-Ku, Fukuoka City, Japan

Disclaimer : Genoplan saliva kit and service are intended for use only for general wellbeing purpose to encourage or maintain a healthy lifestyle, and is not intended to be used for any medical purpose (such as the detection, diagnosis, monitoring, management or treatment of any medical condition or disease). Any health related information provided by this saliva kit and service should not be treated as medical device. Please consult a physician for any medical advice required.