

MY DNA

Personalized Nutrigenomic Health Report

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A personalized health report derived from your DNA, highlighting your genetic strengths and vulnerabilities. This report provides personalized nutritional advice to optimize your well-being and help you achieve your wellness goals.



Testing

Product Description

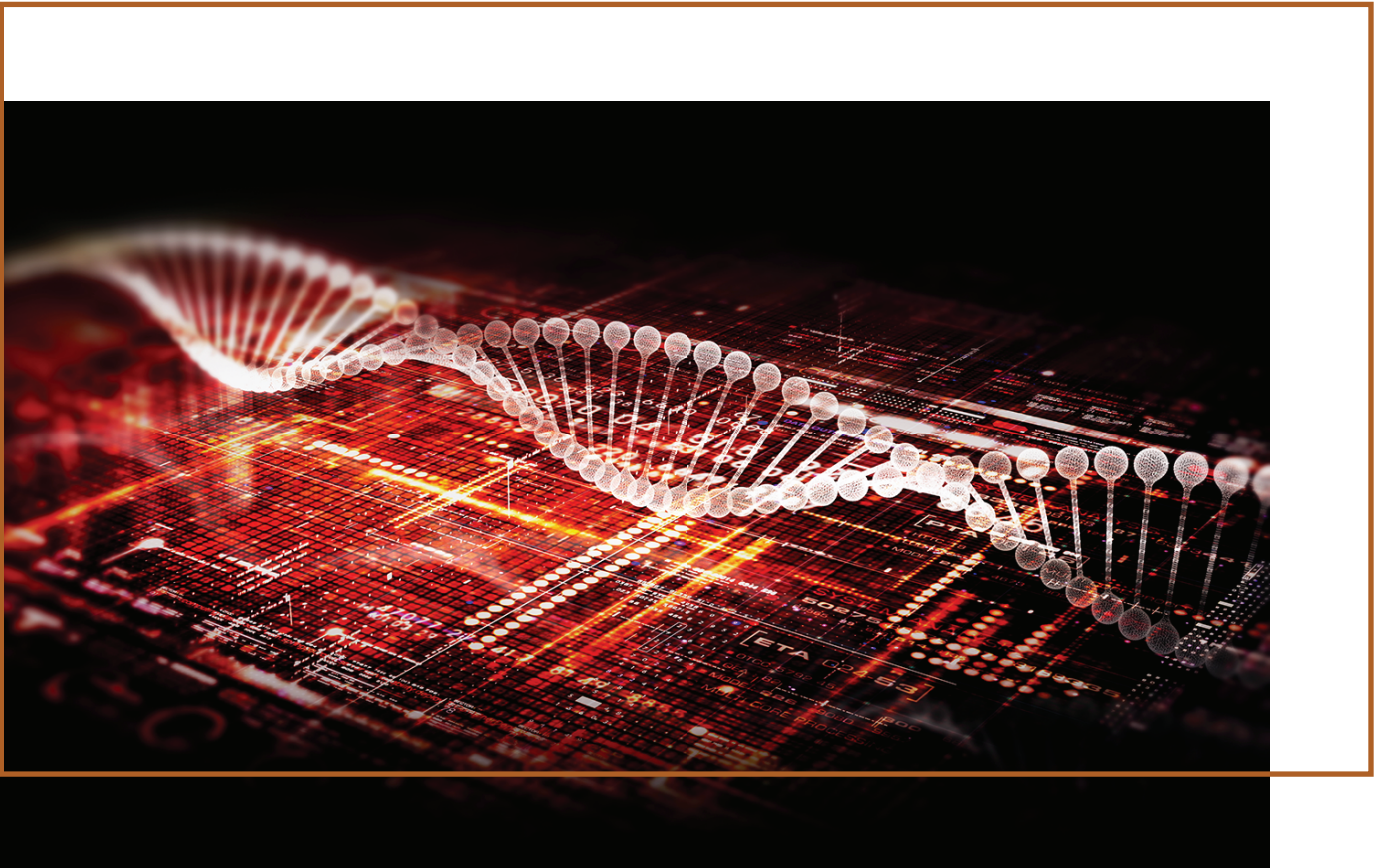
The MY DNA report includes 12 panels and analyzes over 1500 mutations from your entire genome to give you the most comprehensive genetic test. The clinical significance of each mutation has been manually curated by our trained genetics team and is based on the latest peer-reviewed scientific literature. The invaluable information within the MY DNA report will allow you to learn more about your unique genetic makeup and how it can play a role in your overall well-being.

The 12 comprehensive panels provided cover various aspects of health, including:

- Cardiometabolic
- Cellular Health
- Detox
- Energy/Performance
- General Health
- Hologenomics
- Hormone Management
- Immune
- Inflammation
- Neurocognitive
- Nutritional Regulation
- Weight Optimization

Each panel delves into specific traits related to its area of focus. For instance, our Cardiometabolic panel uses the latest genetic research to assess your individual risk for ten known areas of concern, such as stroke, heart attack, and diabetes. We refer to these areas of concern as traits.

The MY DNA report evaluates your health risks by comparing your genetic data to pioneering genetic research. By analyzing the risk impact of each mutation, prioritizing traits based on your unique genome, and categorizing them as High, Medium, Low, or Superpower, the report guides you in identifying immediate priorities and potential strengths when it comes to your health. Traits ranked as high-priority indicate areas needing closer attention due to heightened genetic risk, empowering you to tailor a personalized supplement regimen based on your DNA. If any high-priority traits cause concern, seeking additional medical testing is recommended for further evaluation.



Key Elements and Features of MY DNA

The Human Genome and You

The human genome is like your biological instruction manual, made up of four basic building blocks called nucleotides: adenine (A), thymine (T), guanine (G), and cytosine (C). These nucleotides pair up to form the famous double helix structure of DNA, which is organized into 23 pairs of chromosomes. Genes, found within chromosomes, contain instructions for making proteins that determine everything from your traits, like eye color and height, to your potential to develop chronic health conditions. You inherit one chromosome from each parent, explaining why you may resemble them. Despite having billions of nucleotides and thousands of genes, you actually have two copies of each part of your genome, making it incredibly complex. Scientists use the human reference genome as a guide to understand what's considered "normal" in human DNA.

Your Genome is Unique

Each person's genome differs at around 84 million spots. To capture this wide variation, this test examines your entire genome, unlike other tests that just focus on select areas. When DNA is being copied, mutations in the genome can happen randomly. A single nucleotide, like a T, can be accidentally replaced with a G, creating a mutation. These mutations are called single nucleotide polymorphisms (SNPs), meaning a single nucleotide changed at that position in the genome. Within DNA, there are two general areas, one being actual genes and the other being large sections of DNA that support the expression of genes. SNPs that occur within genes can affect the actual protein function, while variations outside genes can lead to different biological outcomes, such as more, less or none of a protein being produced.

Your Genome Can Affect Your Health

SNPs can significantly affect vital body mechanisms, potentially influencing the likelihood of certain health conditions. In this report, each SNP is categorized as either a risk or beneficial SNP depending on its impact on the gene. With two copies of each gene, individuals may carry zero, one, or two variant alleles at each SNP site, collectively termed as their genotype. Your genotype shapes how the SNP affects your health.

Epigenetic Factors: Nature vs. Nurture

The MY DNA test reports solely on your genome and should not be used as a clinical diagnostic tool. This is because epigenetic factors such as diet, lifestyle, activity level, microbiome diversity, and environment also influence health risks by affecting gene expression. While reports may highlight high-risk traits based on DNA, symptoms may not always manifest due to daily choices and environmental factors. Some traits are gender-specific, which are included for everyone to provide insights into potential risks for offspring. If any trait concerns you, it is advisable to consult a medical professional.

Spotlight

Your report is manually curated by our genetics research team. Each SNP has been individually researched in advance to ensure your results are based on SNPs that have a legitimate effect on the function of your body. While many SNPs exist without impairing or enhancing your body functions, failure to distinguish actionable SNPs from inconsequential SNPs is a common pitfall of AI-generated DNA reports. Years of research have gone into producing the MY DNA report to ensure your results contain relevant information that can truly make a difference in your health and wellness.

How to Read the MY DNA Report

This report calculates the risk impact of each SNP based on recent peer-reviewed studies, determining the priority of each trait in your unique genome. Traits are ranked as High, Medium, Low, or Superpower, helping you prioritize areas that require immediate support and identify areas where you excel. High-priority traits are those you should pay the most attention to, as they pose the highest risk. This information not only guides your highest priority of care, but also helps create a personalized supplement protocol based on your DNA. If a high-priority trait concerns you, seeking further testing through a medical professional is strongly advised.

How MY DNA Works

The MY DNA report offers insights into yourself that are unattainable through other methods. Through genetic testing, you gain valuable information to empower you in making immediate and long-term adjustments to support your wellness goals. While not all genetic predispositions can be prevented, awareness of your risks enables proactive monitoring for any worrisome symptoms, facilitating timely and effective treatment. Additionally, such awareness can help inform future generations of potential risks. Genetic testing also reveals predispositions that may be mitigated through appropriate nutrition, exercise, and other wellness habits. The MY DNA report serves as a gateway to achieving optimized health, wellness, and realizing your envisioned life.

MY DNA Report Disclaimer

Although the information and assessments in this report have been manually curated and meticulously reviewed by our genetics team, this report has not been evaluated by the Food and Drug Administration. Therefore, this report is intended for informational use only. It is not intended to diagnose, treat, cure, or prevent any disease. Any treatment decisions based on these results should only be made after consulting a licensed medical professional, who can confirm any concerning results with additional clinical testing. Furthermore, before implementing any recommendations, be sure to inform your practitioner of all medical information, including relevant lifestyle choices, family medical history, pre-existing medical conditions, and any supplements or medications you are already taking, as they can influence your personal health needs.

