Biological Age Sensor

Jane Doe
N8C9841
DEMO
Dear Ms. Doe,

Your sample for the analysis arrived on 05/02/2018 in the laboratory and was evaluated according to the highest laboratory quality standards (ISO 15189). The results were evaluated and released by two independent geneticists and molecular biologists. After obtaining the results, your personal report was compiled. We hereby transmit the results to you in the format of your choice.

We would like to thank you for your trust and hope that you are satisfied with our service. We are always open for questions and suggestions, please do not hesitate to contact us. This is the only way we can continuously improve our services.

We hope the analysis meets your expectations.

Kind regards,

Dr. Daniel Wallerstorfer BSc.
Laboratory Director

Florian Schneebauer, MSc.
Laboratory Manager
Personal analysis results for:
Jane Doe | Date of birth: 01/02/1985

Order number:
N8C9841

This report contains personal medical information that is highly confidential. Data protection must be ensured.
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Your biological age

Through frequent cell division, chromosome ends (telomeres) will get still shorter and accelerate aging
Telomeres and biological age

The entire genetic code of a human being consists of 3.2 billion letters. They are split into 23 "packages" called chromosomes, and on average, a chromosome contains about 1000 different genes.

Under the microscope, a chromosome has a typical X-shape and needs to be copied in full with each cell division. However, with each copy process, the arms of a chromosome (the so-called telomeres) become shorter.

If the arms have become too short, the cell goes into a sleep mode in which it no longer fulfills its task properly and damages the surrounding tissue. This condition is called senescence. Therefore, more and more such "sleeping" cells accumulate with age. This process is called aging.

But this process also has a benefit: The fact that the cells eventually go into sleep mode with frequent division also prevents cancer. Cancer cells divide particularly often and are quickly put into sleep mode by this process before they can grow into a threatening tumor.

Certain lifestyle circumstances such as smoking, illnesses and oxidative stress as well as genetic predispositions accelerate the decay of chromosome ends. But there is also a gene (telomerase), which can extend the telomeres again and thus rejuvenates the tissue. Certain substances contained in food can activate this gene (vitamin D3, ginkgo biloba, resveratrol from grapes, N-acetylcysteine, vitamin E) and thus impede the aging process.
Factors that influence telomerase activity

The activity of this telomerase gene is influenced by factors such as one's diet and genetics. Individuals with a specific version of the PPARG gene will be able to increase the rejuvenating effect by adhering to a Mediterranean diet. However, if you have the unfavorable variant of this gene, the Mediterranean diet has no effect on the chromosome ends.

Individuals who have a disruptive gene variation in the BICD1 gene usually have shorter chromosome ends (can be compared to a person who is 15-20 years older). The use of acetylsalicylic acid (brand name: Aspirin) also revealed that it activates telomerase and thus rejuvenates the tissue, but only in people who have a favorable gene variant in the TERT gene.

Micronutrients that can activate telomerase

Certain micronutrients have been shown to activate telomerase. A study of Vitamin D for example revealed that regular intake over a period of 16 weeks increased telomerase activity by 19.2%. Furthermore, substances such as resveratrol in red wine, ginkgo biloba, N-acetylcysteine and vitamin E can also activate telomerase and thus rejuvenate the tissue.

So should one activate or block telomerase?

The fact is that active telomerase is important to keeping cells and tissue fresh. In the case of cancer, however, active telomerase promotes the disease and is therefore not desirable. For this reason, it is recommended that healthy people activate the telomerase through an
adapted diet as best as possible. Yet, when it comes to people who already have or have had cancer in the past, it is advisable to stop telomerase-activating measures.
**Genes relevant to telomere length**

Scientists have already identified genes and polymorphisms that affect telomere length and, consequently, biological age. The analysis showed the following result:

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<th>SYMBOL</th>
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<th>POLYMORPH</th>
<th>GENOTYPE</th>
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<td>T&gt;C</td>
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<td>BICD1</td>
<td>rs2630578</td>
<td>G&gt;C</td>
<td>C/C</td>
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<td>PPARG</td>
<td>rs1801282</td>
<td>G&gt;C</td>
<td>C/C</td>
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**LEGEND:** SYMBOL = Name of investigated genetic variation, rsNCBI = description of investigated genetic variation, GENOTYPE = result.

**Summary of effects**

Based on your genetic analysis, we're now able to make some recommendations based on your biological age.

**Your body's ability to lengthen telomeres**

NORMAL

LIMITED

You carry gene variations within you, which cause the chromosome ends (telomeres) to decay faster as you age. People with these genetic variations usually have shorter telomeres.

**Effect of a Mediterranean diet on your telomere length**

LENGTHENING

NONE

The PPARG gene has an influence on the effect a Mediterranean diet has on telomere length and consequently on aging. In respect of your genetics, a Mediterranean diet does not have a positive effect on your telomere length. Although this form of nutrition generally represents a healthy diet, it does not affect the aging of cells and tissues.
Prevention

What can you do to control your telomeres?

Since you claim that you do not and have never suffered from cancer, it is recommended that you ensure your telomere/chromosome ends stay as long as possible. Long telomeres keep the tissue and cells young and healthy. For this reason, you should avoid the following telomere shortening environmental influences:

- Smoking
- Obesity
- Lack of exercise
- Oxidative stress

There are certain substances that can be ingested through your diet, which extend the telomeres. The following substances increase the activity of telomerase, thus keeping the tissue young and healthy. Therefore, they should be ingested regularly via your diet:

- Vitamin D3
- Omega 3
- Vitamin E
- Ginkgo Biloba
- Resveratrol from grapes or red wine

Your personal requirement

NORMAL

ELEVATED

Cancer cells require long telomeres to survive. For this reason, it is particularly important that you restrict telomere lengthening should you fall ill with cancer in the future.
Nutrigenetics - Biological age

Based on the nutrition relevant genes and the associated genetic strengths and weaknesses, you should increase or decrease certain food components and nutrients. These recommendations are calculated based on your genetic profile.

Your personalized recommendations based on this section:

Legend: GREEN ARROWS > this nutrient or substance is classed as being healthy for your genetic profile. Try to increase the intake of this substance. RED ARROWS > this substance is classed as being unhealthy for your genetic profile. Try to reduce your intake of the substance. NO ARROWS > The genetics of this section has no effect of the nutrient. PLEASE NOTE! This interpretation only considers your genetic profile of this section.
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This chapter shows the science behind the test.
## Biological age

### TERT (rs2242652)

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### References


### TERT (rs2735940)

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### References


### BICD1 (rs2630578)

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<td>A Mediterranean diet lengthens telomeres</td>
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**References**


**LEGEND:** RES = your personal analysis result (marked with an X), GENOTYPE = different variations of the gene (called alleles), POP = percent of the general population that have this genetic result, POSSIBLE RESULTS = influence of the genetic variation.
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ADDITIONAL INFORMATION

In this chapter you will receive useful and helpful information
NutriMe Complete
How it works

Every person is unique and when testing more than 50 different genes, there are more than several hundred trillion potential different outcomes, of which only one applies to you. Every unique genetic profile has other strengths and weaknesses and requires different substances and micronutrients for optimal health.

NutriMe Complete - A genetically personalized micronutrient mixture with the aim of using your inborn strengths and compensating for your inherited genetic weaknesses. Take your personalized micronutrient mixture to supply it with the nutrients it needs.

Microtransporters - optimized nutrient uptake

The vitamins and minerals are packed during their processing into small beads, the so-called micro-transporters. This allows the easy mixture of different amounts of individual micro-transporter and their micro-nutrients. For some people, the final mixture contains a higher proportion of vitamin C-containing micro-transporters, for others a higher proportion of calcium-containing micro-transporters. Thus, any recipe can be quickly and accurately created through a targeted micronutrient blend. In addition, the micro-nutrients are better protected against oxygen by their packaging in the hard micro-transporters and stay much longer stable compared to dissolved micronutrients.

Please note: In order for us to create your personalized micronutrient mixture based on your genetic profile, we first need your genetic testing results of the relevant genes. In case we have not destroyed your DNA sample by the time you order and we do not have the required genetic results for the supplement, we may choose to analyze the relevant genes at our own cost to fulfill your order. By ordering, you give us the permission to do so.
NutriMe Complete
The genetic micro-nutrient mixture your body needs!

Simply take your personalized micronutrient mixture every morning to supply your body with the right nutrients at the right amounts for its unique genetic profile.

Order now!

starting at €3,43 per day

€ 324 for 3 months
€ 618 for 6 months

... through your advisor

office@dnaplus.de
Tel: +43 (0) 662 425 099 22
Fax: +43 (0) 662 425 099 -44

...online at:

www.DNAnutriControl.com/de/Shop-Page

Your recipe code:
N8C9841
Optimized absorption into the blood stream

Proper absorption of micronutrients is a complex issue, since many of the substances can inhibit each other's absorption. Therefore, it is of great importance where and at what speed the micronutrients are released in the intestine.

**Standard micronutrients: Mutual uptake inhibition**

Certain micronutrients are absorbed through the same processes/channels in the body. A good example of this is calcium and zinc. If a calcium/zinc powder mixture is taken using a gelatin capsule, both components will be released in the intestine. The intestinal mucosa then starts to absorb calcium, which is typically administered with a significantly higher dose. Calcium uses certain uptake channels, which are limited in number. Zinc, which should also be absorbed via these channels, is blocked by the amount of calcium and in many cases it will mostly remain in the intestines until it is excreted. For this reason, certain micronutrients cannot be administered together in the same form. Thus, it's important to be mindful of micronutrients in the form of effervescent tablets or gelatin capsules that contain, for example, mixtures of calcium and zinc.

**NutriMe Complete - Optimized absorption properties**

The micro-transporters are designed so that mutually blocking substances are not contained within the same pellets. This way calcium is released in one location in the intestine and zinc is released in another location. This way each of these micronutrients are released at a distance from one another and uptake inhibition is reduced to a minimum. Due to the slow release of micronutrients, the uptake channels are not heavily used, as the nutrients are only released at a slow and steady rate.
It is also known that certain micronutrients can increase each other’s absorption. This is why they are released together from the same micro-transporter, so that absorption of micronutrients is increased; this is the case for vitamin D and calcium.

Certain fat-soluble vitamins such as Vitamin E need fat carriers in order to be absorbed into the body. For this reason, it is often recommended to take Vitamin E preparations with a fat-containing meal. Here, the Vitamin E can be dissolved in dietary fat and absorbed into the body. The micro transporters can store the Vitamin E for hours, until they come into contact with fat, which means that the vitamin can then be absorbed. Before a meal it is absorbed to a lesser extent by the combination with the components Omega 3-fatty acids or phytosterols.
The wrong dosage can quickly indicate that the body is not sufficiently supplied with micronutrients. Therefore, the micronutrient supplements must ensure that the correct micronutrients are released into the body at the correct time.

**Standard vitamins:**
*To quickly metabolized by the body*

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**NutriMe Complete - Proper care throughout the day**

Most micronutrient preparations immediately dissolve in water and are therefore immediately released in the intestine and in the body, and taken up in the bloodstream. This has some important disadvantages: Vitamin C is rapidly removed from the body; with a half-life of 30 minutes, the body loses half of the total Vitamin C from blood in every half hour. From the typical daily amount of 80 mg of Vitamin C, only about 5 mg are left after 2 hours. After 4h, there are less than 1 mg and thus under the effective limit.

---

**NutriMe Complete - Permanent supply**

Since the body breaks down Vitamin C very fast, it is necessary to supply the body continuously with small amounts of Vitamin C. The micro-transporters were designed so that they slowly release the vitamins and minerals to the body, throughout the day. This way, the body is constantly supplied with the optimal dose of Vitamin C throughout the day.
NutriMe Complete - A lifelong product always according to the latest state of scientific knowledge

Science always comes up with new findings in the field of genetics, disease prevention and micronutrients. Since your personalized micronutrient mixture is a lifetime applicable micronutrient preparation we have the ability to customize each new mixture individually to new circumstances, such as your new age, new scientific findings and new recommendations for a healthy diet. Therefore, the individual micronutrient levels are changed from one order to the next and can be individually adapted to the new circumstances. Your personalized micronutrient mixture is a product compiled according to your genes, always adapted for the cutting edge of science and technology.

A product based on various analyzes

Various analyzes from our portfolio can influence the compilation of your personalized product. Thus, it does not matter whether you have the analysis for healthy eating, the analysis for optimum athletic performance or the analysis for optimal micro-nutrients for the breast milk. All available results can be automatically integrated at no extra cost.
NutriMe Complete - The highest quality of raw materials

Your personalized supplements consist of a variety of different raw materials, which are selected and processed according to the highest quality standards. Special attention is being paid to bioavailability (how well and quickly the micronutrient can be added), compatibility and purity.

Biological or pharmaceutical sources?

Vitamins and minerals can be obtained from various sources. On the one hand there are the pharmaceutical preparations containing vitamins, minerals and salts produced in chemical reactions and then purified. On the other hand there are the natural, biological resources. Plants, which contain a high concentration of these micronutrients are harvested and then concentrated. The resulting extract is then highly enriched with the desired vitamin. Pharmacologically manufactured, as well as natural vitamins, have their advantages and disadvantages. Pharmacologically manufactured vitamins are usually in higher doses and have a longer expiration period. The higher dosage can be concentrated in smaller quantities, thereby reducing the required tablet size. They are also produced as pure vitamins, allowing for very simple and accurate dosing. As a drawback, they often have a lower bioavailability. This means that the inclusion of synthetic micronutrients is lower than that of biological sources.

Biological micronutrients have the advantage of better bioavailability, i.e. they are faster and better absorbed in the body. They are usually better tolerated and represent a natural alternative due to their biological origin. As a disadvantage, even highly concentrated extracts still contain only small amounts of a particular vitamin. For this reason, a larger volume is needed to supply the body a certain amount of a vitamin. The tablet size is thus significantly greater, particularly when it comes to the supply of a plurality of different vitamins and minerals.

Your personalized micronutrient mixture takes advantage from both sources, and combines them into a product. So a large part (about 80%) are of the micronutrients that are used are from biological sources. This results in a better bioavailability and an improved tolerability of the product. The disadvantage is, unfortunately, a larger volume of micro-transporters must be taken as a daily dose. For better long-term stability, lower volume and more accurate dosing, the some pharmacologically manufactured vitamins and minerals are also used (about 20% of the total mixture). In this way, your personalized product offers the best of both micronutrients sources.
Calcified algae are a natural source of calcium and trace elements

Calcium, magnesium, and a part of some of the trace elements are obtained from special calcified seaweed (Lithothamnion sp.) in the North Atlantic. The algae grow in cold, pollution-free, mineral-rich waters and accumulate more and more pure minerals with age. After the calcified algae are harvested, they are processed into natural, mineral powder, which has a clearly higher bioavailability compared to chemically prepared mineral salts. In addition to the main constituents, calcium and magnesium, this raw material also includes bioavailable trace elements such as selenium, boron, sodium, copper, iodine, nickel, zinc, iron, fluorine, cobalt and others in small quantities. Thanks to the pure waters of the plantations, the heavy metals are well below the limits of concern and through the natural cultivation of the algae they do not contain allergens, they are suitable for vegetarians and vegans and they do not contain genetically modified organisms.

Sea magnesium, the bioavailable alternative

The magnesium used in your mixture is made from pure seawater, not chemically produced magnesium salts. Thus, it has better bioavailability and is free of contaminating substances.

Spirulina is a natural vitamin and mineral source

Spirulina is a health-promoting cyanobacteria and it is colloquially referred to as a superfood because it contains a variety of natural and health-promoting vitamins, minerals and antioxidants. Spirulina usually contains healthy (omega-3) fatty acids such as eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). In addition to many vital amino acids Spirulina also includes micronutrients such as beta-carotene, lutein, vitamins B1, B2, B3, B5, B6, folic acid, vitamin B12, vitamins C, E, K and the minerals calcium, iron, magnesium, manganese, phosphorus, sodium, zinc and potassium. Due to their natural origin and above-average concentration the micronutrients contained therein are particularly bioavailable and therefore easier for the body absorb.
Effect of your individual micronutrient mixture

Your micronutrient mixture consists of a large number of important vitamins, minerals and trace elements, which control various functions in the body. Based on your genetic analysis, we evaluate some of these substances as more important or less important to your health and adjust the dosage of the product accordingly.

Here you can see a complete list of the effects you can expect from your mix according to the current state of science:

Iron
- Contributes to a normal cognitive function
- Contributes to a normal energy metabolism
- Contributes to the normal formation of red blood cells
- Contributes to a normal oxygen transport in the body
- Contributes to a normal function of the immune system
- Helps reduce fatigue and weakness
- Fulfills a function in cell division

Folic acid
- Contributes to the growth of maternal tissue during pregnancy.
- Contributes to normal amino acid synthesis
- Contributes to normal blood formation
- Contributes to normal homocysteine metabolism
- Contributes to normal mental function
- Contributes to a normal function of the immune system
- Helps reduce fatigue and weakness
- Fulfills a function in cell division

Calcium
- Contributes to a normal energy metabolism
- Contributes to a normal muscle function
- Contributes to normal signal transmission between nerve cells
- Contributes to a normal function of digestive enzymes
- Contributes to normal blood clotting
- Fulfills a function in cell division and specialization
- Needed for maintaining normal bones
- Needed for maintaining normal teeth

Copper
- Contributes to maintaining normal connective tissue
- Contributes to a normal energy metabolism
- Contributes to a normal function of the nervous system
- Contributes to a normal function of the immune system
- Contributes to normal skin pigmentation
- Contributes to a normal function of the immune system
- Contributes to protecting the cells from oxidative stress

Magnesium
- Helps reduce fatigue and weakness
- Fulfills a function in cell division
- Contributes to the electrolyte equilibrium
- Contributes to maintaining normal teeth
- Contributes to a normal energy metabolism
- Contributes to maintaining normal bones
- Contributes to a normal function of the nervous system
- Contributes to a normal muscle function
- Contributes to normal protein synthesis
- Contributes to normal mental function

Manganese
- Contributes to a normal energy metabolism
- Contributes to maintaining normal bones
- Contributes to normal connective tissue formation
- Contributes to protecting the cells from oxidative stress

Phytosterol
- Contributes to maintaining a normal cholesterol level in the blood

Selenium
- Contributes to normal sperm formation
- Contributes to maintaining normal hair
- Contributes to maintaining normal nails
- Contributes to a normal function of the immune system
- Contributes to a normal DNA synthesis
- Contributes to protecting the cells from oxidative stress

Vitamin A
- Contributes to a normal iron metabolism
- Contributes to maintaining normal mucosa
- Contributes to maintaining normal skin
- Contributes to maintaining normal vision
- Contributes to a normal function of the immune system
- Fulfills a function in cell specialization

Vitamin B12
- Contributes to a normal energy metabolism
- Contributes to a normal function of the nervous system
- Contributes to a normal homocysteine metabolism
- Contributes to normal mental function
- Contributes to a normal formation of red blood cells
- Contributes to a normal function of the immune system
- Helps reduce fatigue and weakness
- Fulfills a function in cell division
Vitamin B2
- Contributes to a normal energy metabolism
- Helps reduce fatigue and weakness
- Contributes to maintaining normal red blood cells
- Contributes to maintaining normal skin
- Contributes to maintaining normal vision
- Contributes to normal function of the nervous system
- Contributes to protecting the cells from oxidative stress

Vitamin B6
- Contributes to normal cysteine synthesis
- Contributes to the regulation of hormone activity
- Helps reduce fatigue and weakness
- Contributes to a normal function of the nervous system
- Contributes to a normal protein and glycogen metabolism
- Contributes to normal mental function
- Contributes to the normal formation of red blood cells
- Contributes to a normal function of the immune system

Vitamin A
- Contributes to normal iron metabolism
- Contributes to maintaining normal mucosa
- Contributes to maintaining normal skin
- Contributes to maintaining normal vision
- Contributes to a normal function of the immune system
- Fulfills a function in cell specialization

Vitamin C
- Contributes to normal collagen formation for normal blood vessel function
- Vitamin C increases the iron intake
- Contributes to normal collagen formation for normal bone function
- Contributes to the regeneration of the reduced form of vitamin E
- Contributes to normal collagen formation for normal cartilage function
- Helps reduce fatigue and weakness
- Contributes to a normal function of the immune system during and after intensive physical activity
- Contributes to protecting the cells from oxidative stress
- Contributes to normal collagen formation for normal gum function
- Contributes to a normal function of the immune system
- Contributes to normal collagen formation for normal skin function
- Contributes to normal mental function
- Contributes to normal collagen formation for normal teeth function
- Contributes to a normal function of the nervous system
- Contributes to a normal energy metabolism

Vitamin D3
- Contributes to a normal uptake/utilization of calcium and phosphorus
- Contributes to maintaining normal bones
- Contributes to maintaining a normal muscle function
- Contributes to maintaining normal teeth
- Contributes to a normal function of the immune system
- Fulfills a function in cell division

Vitamin E DL/D-Alpha-Tocopherol
- Contributes to protecting the cells from oxidative stress

Zinc
- Contributes to a normal acid-base metabolism
- Fulfills a function in cell division
- Contributes to normal carbohydrate metabolism
- Contributes to protecting the cells from oxidative stress
- Contributes to a normal cognitive function
- Contributes to a normal function of the immune system
- Contributes to maintaining normal vision
- Contributes to normal fertility and normal reproduction
- Contributes to a normal metabolism of macronutrients
- Contributes to maintaining normal skin
- Contributes to maintaining a normal testosterone level in the blood
- Contributes to a normal fatty acid metabolism
- Contributes to maintaining normal nails
- Contributes to a normal Vitamin A metabolism
- Contributes to maintaining normal hair
- Contributes to normal protein synthesis
- Contributes to maintaining normal bones

Info: In the European Union, micronutrient effect statements are strictly regulated and must be specifically approved. This list includes the permissible effect promises of this product. Other effects from studies have not yet been sufficiently scientifically confirmed by the EU and are expressly NOT indicated as an effect of this product. The effect of this product is limited to this list only. No other aspects of this booklet flow into the effect of the product and it is in no way suggested that certain genetic analysis results cause additional healing effects that reach beyond this list.
Your daily requirement of micro-nutrients

<table>
<thead>
<tr>
<th>Micro-nutrient</th>
<th>RDA</th>
<th>Your requirement</th>
<th>Unit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alpha lipoic acid</td>
<td>N/A</td>
<td>35</td>
<td>mg</td>
</tr>
<tr>
<td>Calcium</td>
<td>800</td>
<td>271</td>
<td>mg</td>
</tr>
<tr>
<td>Coenzyme Q10</td>
<td>N/A</td>
<td>55</td>
<td>mg</td>
</tr>
<tr>
<td>Copper</td>
<td>1</td>
<td>0.28</td>
<td>mg</td>
</tr>
<tr>
<td>Folic Acid</td>
<td>200</td>
<td>63</td>
<td>µg</td>
</tr>
<tr>
<td>Iron</td>
<td>14</td>
<td>5.1</td>
<td>mg</td>
</tr>
<tr>
<td>Lutein</td>
<td>N/A</td>
<td>1.8</td>
<td>mg</td>
</tr>
<tr>
<td>Magnesium</td>
<td>375</td>
<td>113</td>
<td>mg</td>
</tr>
<tr>
<td>Manganese</td>
<td>2</td>
<td>0.6</td>
<td>mg</td>
</tr>
<tr>
<td>Methyl-sulfonyl-methane</td>
<td>N/A</td>
<td>68</td>
<td>mg</td>
</tr>
<tr>
<td>Phytosterol</td>
<td>N/A</td>
<td>83</td>
<td>mg</td>
</tr>
<tr>
<td>Selenium</td>
<td>55</td>
<td>17</td>
<td>µg</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>800</td>
<td>250</td>
<td>µg</td>
</tr>
<tr>
<td>Vitamin B12</td>
<td>2.5</td>
<td>0.7</td>
<td>µg</td>
</tr>
<tr>
<td>Vitamin B2</td>
<td>1.4</td>
<td>0.3</td>
<td>mg</td>
</tr>
<tr>
<td>Vitamin B6</td>
<td>1.4</td>
<td>0.4</td>
<td>mg</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>80</td>
<td>24</td>
<td>mg</td>
</tr>
<tr>
<td>Vitamin D3</td>
<td>5</td>
<td>4.4</td>
<td>µg</td>
</tr>
<tr>
<td>Vitamin E (α-Tocopherol)</td>
<td>12</td>
<td>10.3</td>
<td>mg</td>
</tr>
<tr>
<td>Zinc</td>
<td>10</td>
<td>2.6</td>
<td>mg</td>
</tr>
</tbody>
</table>

The RDA values are generally defined standard values for vitamins, minerals and trace elements. However, your actual need will be determined by your genetics and lifestyle.

CAUTION! Your genetic analysis shows that both over- and under-dosing of some of these substances may be harmful to your health. Therefore, please dose the micronutrients exactly according to these values to supply your body with exactly the right amount these vitamins and minerals and to prevent harmful effects of an overdose.

Order now:

... through your advisor
office@dnaplus.de
Tel: +43 (0) 662 425 099 22
Fax: +43 (0) 662 425 099 -44

...online at:
www.DNAnutriControl.com/de/Shop-Page

Your recipe code:
N8C9841
Influences on the micronutrient mixture

Your individual micronutrient mixture will be prepared based on various analyzes and data. Here's what aspects affect your personal mix:

- **LIFESTYLE QUESTIONS**
- **BIOLOGICAL AGE**
Follow us on Facebook to always stay up to date with news about the world of genetics.

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You had a good or bad experience with our service or products?
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You can rate us at:
www.dnanutricontrol.com/de/Testimonials
You need additional advice?

For an additional consultation via telephone or Skype, we can recommend the nutritional adviser, Mrs. Mariella Schmid of Mission Nutrition.

If interested contact us directly at:

**Mariella Schmid, MSc**  
Skype: Mariella.Schmid.MSc  
Email: mariella@mission-nutrition.at  
Price: €70,-/60 min

www.mission-nutrition.at
Certifications

Our laboratory is one of the most modern and automated laboratories in Europe, and has numerous certifications and quality assurance systems that meet international standards or even exceed them. The various fields of business are certified separately to the highest standards.

**Analysis for Lifestyle-purposes**
Certified through analysis in our ISO 15189 certified laboratory

**Medical interpretation of genetic analyses**
Certified through analysis in our ISO 15189 certified laboratory

**Scientific release of analysis results**
Licensed for medical genetic analyses by the Austrian government

**Company and office**
Certified through ISO 9001
Science continues to progress – so do our programs!

Science is progressing rapidly and almost every day new findings in the fields of medicine and genetics allow us more accurate statements. Guidelines for the prevention or treatment of health problems and recommended consumption quantities for vitamins change and improve periodically and therefore the programs we have today are a lot more accurate than what was the science’s and technology’s status ten years ago. This is exactly the same for genetics.

Every year new genes are discovered, new effects of already known genes are identified and the recommendations for actions that exist for certain genetic profiles changes and improve over time. Since the development of our first product we have integrated more than 400 improvements in the programs to ensure that the product is always up-to-date with science and technology and stays user-friendly.

Although a person's genetic result stays the same for their lifetime, this also means that the interpretation is improving with new available science. We also constantly improve the programs with improved wording, more accurate and better calculation methods for nutrition as well as new findings in regards to how often certain mutations occur in the general population. Therefore it is possible that a few months after you have received your report, some data and statements can already have changed and be more accurate than it was possible at the first version of the report. The genetic reports also consider your current body weight and your age, which is why some recommendations may differ slightly from earlier statements (that are based on a different age and body weight).

A new booklet in accordance with the latest developments of science and product development.

Of course we do not want to withhold the positive improvements of our genetic programs from you. Therefore you have the possibility to enquire at any point in time in the future if there are already new findings that might make a reprint of your old genetic results with the newest interpretation sensible. If this is the case, we can, for a small fee, issue a new and improved booklet for you. There you will of course find certain deviations from the old booklet; these represent the improvements in this area.
Common improvements you might receive this way are:

**Product developments:**

- New food products in the food list
- New methods to plan your nutrition better
- New ways to plan your exercise
- More accurate assessment of calorie calculation
- Adjusted values that influence program intensity
- Better clarity of the reports
- New and better prevention and treatment options

**Age- and weight-related adjustments**

- New calculation of various numbers is based on your current age and body weight
- New micro-nutrient recommendations that consider your new age

**Scientific developments:**

- New findings on the effects of already tested genes (higher or lower risk or new validity)
- New assessment on the effects of certain treatments or medication
- New findings on the frequency of certain mutations in the general population (that can influence the relative risk)

**Current version:**

- V512

Here you will find the reports’ version history:

- V512 - Layout improvements, Design improvements
- V510 - Beauty genetics implementation
- V509 - The BMR calculation for data entered in the orderform was improved and now is more accurate
- V508 - Official guidelines for certain drugs have been added to the pharmacogenetics section
- V507 - More drugs were implemented in the pharmacogenetic section
- V506 - Pharmacogenetic calculation improvements
- V505 - Report Automation: Warning when certain order details are missing
- V504 - Colon health OR calculation has been adjusted
- V503 - Colon health chapter has been improved
- V502 - Skin health section as been improved
- V501 - Pharmacogenetic improvements
- V500 - UGL values have been improved
- V499 - GRA calculation has been improved and now is more accurate
- V498 - Micronutrient ranges were better adapted to new science
- V497 - UGL values have been improved
- V496 - MAX micronutrient values have been improved
- V495 - Pharmacogenetic improvements
- V494 - Scale bar calculation for micronutrient dosages has been improved
- V493 - Further genes were included in the pharmacogenetics analysis
- V492 - Performance improvements
- V491 - Algorithm improvements
- V490 - Advert pages have been improved
- V488 - Burnout module update
- V487 - Microbiome upgrade has been implemented
- V486 - Logo design improvements
- V485 - Implementation of new modules
- V484 - Layout improvements, Design improvements
- V483 - UGL values have been improved
- V482 - GRA calculation has been improved and now is more accurate
- V481 - Toxo module update
- V480 - Layout improvements, Design improvements
- V479 - Implementation of new modules
- V478 - OR calculation has been improved based on current literature
- V477 - DHC modules have been upgraded
- V476 - Epigenetics module update
- V475 - Performance module update
- V474 - Biological age update
- V473 - Implementation of new modules
- V472 - Magnesium values were adjusted to more accurate values
- V471 - Productname integration has been improved
- V470 - Rebranding options have been improved
- V469 - RDA values of MSM were adjusted to more accurate values based on science and international regulations
- V468 - Micronutrient (MSM) calculation has been improved
- V467 - CYP2D6 allele calculation (pharmacogenetics) has been improved
- V466 - Automated layoutchanges have been improved
- V465 - Lung Health calculation integrated and validated
- V464 - Warfarin dose recommendation improved
- V463 - MAX micronutrient values have been improved
- V462 - UGL values have been improved
- V461 - UGL values have been improved
- V460 - GRA calculation has been improved and now is more accurate
- V459 - GRA calculation has been improved and now is more accurate
- V458 - CHD OR calculation has been improved and now is more accurate
- V457 - Scale bar calculation for micronutrient dosages has been improved
- V456 - Calculation of recipes has been improved
- V455 - Layout improvements, Design improvements, Report adaptations for DC
- V454 - Rebranding options have been improved
- V453 - Rearrangement of DHC chapters
- V452 - Psychological disorder risk calculation was added
- V451 - Implementation of new modules
- V450 - Algorithm improvements
- V449 - Layout improvements, Design improvements
- V448 - Burnout module update
- V362 - Risk calculations for preeclampsia in pregnancy was improved and now is more accurate
- V361 - New pregnancy risk calculations were implemented
- V359 - Risk calculations for bone health were improved, which influences many parts of the programs
- V358 - Oxidative stress genes added to athletic performance reports
- V357 - Report update: Special requests of a distributor (PGMS) were implemented
- V356 - Improved food recommendation calculation for omega 3 was implemented, which influences many aspects of the food list
- V355 - Caffeine break down calculations were improved and are now more accurate
- V354 - Effect of coffee on breast cancer risk in women was implemented in several reports
- V353 - Caffeine recommendations based on breakdown capacity was improved
- V352 - Formula restructuring
- V351 - Fructose containing food recommendations were improved and are now more accurate
- V350 - Fructose containing food recommendations were improved and are now more accurate
- V349 - Report update: Special requests of a distributor (PGMS) were implemented
- V348 - Recommendations for iron intake was improved
- V347 - Recommendations for diabetic nutrition was improved and food list is now more suitable for diabetic patients
- V346 - Design and text improvements
- V345 - Report update: Special requests of a distributor (GNBL) were implemented
- V344 - Micronutrient recommendation calculations were improved and are now more accurate
- V343 - Micronutrient recommendation calculations were improved and are now more accurate
- V342 - Supplement calculations: Formula adjustments for personalized supplement production were implemented
- V341 - Certain questions that influence the athletic performance programs have been implemented
- V340 - Scale bars that show the risk of coffee and caffeine have been improved
- V339 - The program now can consider iron deficiency in its nutritional recommendations as well. Added benefit for iron deficient individuals
- V338 - Supplement automation: New automation system for supplement manufacture implemented
- V337 - Report update: Special requests of a distributor (DNK) were implemented
- V336 - Report update: Special requests of a distributor (GB) were implemented
- V335 - Customer details question answers are now shown in the back of some reports for reference
- V334 - Report update: Special requests of a distributor (DNK) were implemented
- V333 - The scale bar for lactose intolerance risk was improved
- V332 - Report update: Special requests of a distributor (DNK) were implemented
- V331 - Report update: Special requests of a distributor (DNK) were implemented
- V330 - The food recommendation for arachidonic acid containing foods was improved and now is more accurate. This affects animal product-based food recommendations
- V329 - Report update: Special requests of a distributor (DNK) were implemented
- V328 - Hand written notes sheets were added to some reports
- V327 - Certain reports now have a video link for video consultation
- V326 - Report update: Special requests of a distributor (PGMS) were implemented
- V325 - Various improvements to text, layout and design
- V324 - The intensity of the weight management program was adjusted and now is equally intense for all customers. This affects and improves many aspects of the weight management report
- V323 - Detoxification results are shown in certain report types
- V322 - Omega 3 risk calculations and recommendations have been improved and now are more accurate. This has an impact on the food list
- V321 - Video consultation links have been implemented in certain reports
- V320 - Supplement automation: New improvements in producing personalized labels
- V319 - Supplement automation: Better automation of personalized weight management supplements
- V318 - Reports can now consider milk protein intolerance and give better food recommendations
- V317 - The calculation and recommendation for fructose containing foods was improved and now is more accurate
- V316 - Supplement automation improvement
- V315 - The calculation and recommendation for fructose containing foods was improved and now is more accurate
- V314 - Supplement automation improvement
- V313 - The calculation and recommendation for fructose containing foods was improved and now is more accurate
- V312 - Supplement automation improvement
- V311 - Supplement intake recommendations were improved.
- V310 - The warning column in the food list can now be hidden or shown automatically
- V309 - Supplement automation improvement
- V308 - The risk calculation for thrombosis was improved and now is more accurate
- V307 - Supplement automation improvement for label creation
- V306 - The risk calculation for thrombosis was improved and now is more accurate
- V305 - Video consultation link in some reports was improved
- V304 - Report update: Special requests of a distributor (DNK) were implemented
- V303 - The minimum daily calories a person must eat has been defined and makes the product more suitable for users of low body weight
- V302 - The basic metabolic rate at rest calculation was improved and now is more accurate
- V301 - The scale bars for exercise have been improved in some reports
- V300 - The basic metabolic rate at rest calculation was improved and now is more accurate
- V299 - Certain text improvements were done
- V298 - The warning column in the food list can now be hidden or shown automatically
- V297 - Text improvement in some athletic performance reports
- V296 - Text improvement in some athletic performance reports and allergy reports as well as allergy warnings
- V295 - Reports can now consider milk protein intolerance and give better food recommendations
- V294 - Report update: Special requests of a distributor (DNK) were implemented
- V293 - Detoxification results are shown in certain report types
- V292 - Omega 3 risk calculations and recommendations have been improved and now are more accurate. This has an impact on the food list
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- V269 - Supplement automation: New improvements in producing personalized labels
- V268 - Hand written notes sheets were added to some reports
- V267 - Certain reports now have a video link for video consultation
- V266 - Supplement automation: Better automation of personalized weight management supplements
- V265 - Video consultation link in some reports was improved
- V264 - The basic metabolic rate at rest calculation was improved and now is more accurate
- V263 - The calculation and recommendation for fructose containing foods was improved and now is more accurate
- V262 - Risk calculations for preeclampsia in pregnancy was improved and now is more accurate
- V261 - New pregnancy risk calculations were implemented
Customer Service

Questions or comments about our service?

Our customer service team is happy to help with any enquiries, questions or problems. You can contact us in the following ways:

➤ office@dnaplus.de
➤ Tel: +43 (0) 662 425 099 22
➤ Fax: +43 (0) 662 425 099 -44

Our team is looking forward to your call. Customer satisfaction is our first priority. If you are not fully satisfied with our service, please let us know. We will do our best to help find a satisfactory solution to your problem.

Contact | Impressum
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office@DNAnet.de
Tel +49 8654 4803 808
Technical details

Address
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1234 Musterstadt
AUSTRIA

Established analysis methods
qRT-PCR, DNA sequencing, fragment length analysis, CNV assay, GC-MS, Immunocap ISAC, Cytolisa

Order number
N8C9841

Detection rate
~>99%

Date of birth
01/02/1985

Report generated
07/02/2018

Performed analyzes
L8AGE

Current version
V512

Ordering company
DNA Plus - Zentrum für Humangenetik
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Tel +49 8654 4803 808

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Laboratory Director
Dr. Daniel Wallerstorfer Bsc.

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Florian Schneebauer, MSc.