MOSAIC DIAGNOSTICS

DNA Signature - Wellness

GENETICS REPORT

119
Gene
Variants

Example Client
Prepared for

Order ID: _____
DOB: _____

August 26, 2026
Report Date
Practitioner: Demo

Table of Contents

Result Scores Summary 3

Test Disclaimer 4

Core Longevity 5

Metabolic Health 6

Physical Performance 7

Stress & Sleep 8

Result Scores Summary

Overview of all 17 engine results across this section.

0	7	10
NEEDS ATTENTION	MODERATE	OPTIMAL

Moderate (7)

Longevity Propensity	Decreased	Core Longevity
Telomere Length Propensity	Shorter	Core Longevity
Oxidative Stress Support	Decreased	Core Longevity
Nitric Oxide Production	Below average	Core Longevity
Vitamin D3 Deficiency Risk	Typical	Metabolic Health
Stress Adaptation	Below average	Stress & Sleep
Reported Sleep Quality	Below average	Stress & Sleep

Optimal (10)

Mitochondrial Function	Typical	Core Longevity
APOE Status	Apoe 2/3 status	Core Longevity
Glucose Metabolism	Typical	Metabolic Health
Complex Carb Utilization	Typical	Metabolic Health
Protein Benefit	Improved	Metabolic Health
Recovery Speed	Typical	Physical Performance
Exercise Motivation	Typical desire	Physical Performance
Cartilage Risk	Typical	Physical Performance
Soft Tissue Risk	Typical	Physical Performance
Muscle Mass	Typical	Physical Performance

Our genetic test provides insights into how your unique genetic profile influences health areas. By understanding these genetic tendencies, you and your healthcare provider can make more informed lifestyle and wellness choices to support long-term health goals.

THESE GENE RESULTS MIGHT TELL YOU

- ✓ How your body may respond to certain nutrients
- ✓ Dietary patterns and environmental factors
- ✓ Potential predispositions in detoxification, metabolism, and physical performance
- ✓ Why some wellness strategies may work differently for you

THESE GENE RESULTS WILL NOT TELL YOU

- ✕ Any medical diagnoses
- ✕ Cancer risk assessments
- ✕ False positives
- ✕ Predictions about future health conditions
- ✕ How lifestyle factors outside of genetics impact health outcomes

This commentary is designed solely to support the practitioner's clinical evaluation, as all diagnostic interpretations, treatment plans, and medical management decisions remain entirely under the practitioner's independent authority. The findings in this report outline genetic predispositions for informational purposes only and do not constitute diagnostic or treatment recommendations, guarantee health outcomes, or replace direct clinical consultation. These statements have not been evaluated by the Food and Drug Administration, and our tests are not intended to diagnose, treat, cure, or prevent any disease. Patients must be advised not to initiate or modify any diet, exercise, medication, or lifestyle regimen without consultation with a licensed healthcare provider.

1 Core Longevity

38 variants analyzed

LONGEVITY PROPENSITY

YOUR RESULTS

DECREASED

UNDERSTANDING WHAT THIS MAY MEAN

Genetic results indicate a decreased propensity for longevity. This suggests a lower than average likelihood of experiencing a longer lifespan. To support overall health and potentially enhance longevity, it is important to adopt a healthy lifestyle that includes a balanced diet, regular physical activity, effective stress management, and avoiding harmful habits such as smoking and excessive alcohol consumption.

LITERATURE DERIVED RECOMMENDATION

SUPPLEMENT

Fisetin (Senolytic)

500–1,000 mg for 2 consecutive days/month

Flavonoid with clinically validated senolytic activity, clears senescent ('zombie') cells that drive inflammaging. Monthly pulse dosing mimics the protocol used in clinical trials.

SUPPLEMENT

Spermidine

1–3 mg/day

Polyamine that induces autophagy (cellular self-cleaning), a key longevity pathway. Associated with reduced all-cause mortality in epidemiological cohorts; found naturally in aged cheese and wheat germ.

DIET

Polyphenol-Rich Blue Zone Dietary Pattern

Dietary patterns of the world's longest-lived populations share high polyphenol diversity, legumes as a protein staple, and minimal processed food. Polyphenol diversity (30+ plant types/week) is a stronger longevity predictor than any single food.

DIET

Time-Restricted Eating (16:8 window)

Eat within an 8-hour window

Fasting window activates autophagy and suppresses mTOR, two mechanisms most consistently linked to longevity across organisms. Activates AMPK similarly to caloric restriction without requiring calorie counting.

LIFESTYLE

Zone 2 Aerobic Exercise

3–5 hours/week

Builds mitochondrial density and upregulates PGC-1a, the master regulator of mitochondrial biogenesis. Zone 2 is uniquely effective because it maximizes fat oxidation without generating chronic oxidative stress from overtraining.

LIFESTYLE

Cold Exposure (cold shower or immersion)

2–3 min daily at 60°F or below

Hormetic stress that activates AMPK and triggers norepinephrine release (300% increase). Cold acclimation upregulates mitochondrial uncoupling proteins and brown adipose tissue, both associated with longevity.

FURTHER TESTING

GlycanAge Test

Measures immunoglobulin G glycosylation pattern, a direct readout of immune system aging and systemic inflammation. More responsive to lifestyle intervention than DNA methylation clocks; shows results in 3-4 months.

FURTHER TESTING

Epigenetic Biological Age Test

Most accurate measure of biological vs. chronological age. Tracks the impact of lifestyle interventions over 12-24 months.

MITOCHONDRIAL FUNCTION

YOUR RESULTS

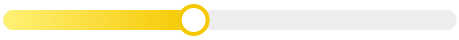
TYPICAL

UNDERSTANDING WHAT THIS MAY MEAN

Those with typical mitochondrial function exhibit genetic markers that reflect the average population's mitochondrial efficiency in energy production. This indicates a standard level of mitochondrial function, where lifestyle and environmental factors can still play a significant role in optimizing mitochondrial health. Maintaining a balanced lifestyle with regular exercise, a diet rich in fruits, vegetables, and omega-3 fatty acids.

TELOMERE LENGTH PROPENSITY

YOUR RESULTS



SHORTER

UNDERSTANDING WHAT THIS MAY MEAN

This result suggests a higher than average likelihood of having shorter telomeres, which can be associated with accelerated cellular aging and an increased risk of age-related diseases. Adopting healthy lifestyle habits, such as a balanced diet, regular exercise, stress management, and avoiding smoking, can help support telomere health.

LITERATURE DERIVED RECOMMENDATION

SUPPLEMENT

Omega-3 Fatty Acids (EPA/DHA)

2–3 g/day

Each 1 SD increase in omega-3 index associated with approximately 5 years less biological aging through telomere protection. Omega-3s reduce the oxidative stress and inflammation that cause telomere strand breaks.

SUPPLEMENT

Astaxanthin

4–12 mg/day

The most potent lipophilic antioxidant known (6,000x more potent than vitamin C at quenching singlet oxygen). Reduces oxidative damage to telomeric DNA, oxidation is the primary mechanism of telomere attrition.

DIET

Mediterranean Dietary Pattern

The most robustly associated dietary pattern with longer telomeres across multiple large cohort studies. Each point of adherence is associated with measurable telomere protection; high polyphenol diversity is the key driver.

DIET

Polyphenol-Rich Foods (berries, pomegranate, green tea)

Polyphenols reduce the ROS that cause telomere strand breaks. EGCG in green tea shows direct telomere-protective effects by reducing 8-OHdG (oxidative DNA damage) at telomere ends.

LIFESTYLE

Aerobic Exercise

45–60 min moderate, 5x/week

Consistent aerobic exercisers have telomeres 10+ biological years younger than sedentary controls. Exercise increases telomerase activity acutely and chronically; the dose-response peaks at moderate (not extreme) intensity.

LIFESTYLE

Mindfulness Meditation

>12 min daily

Meditators show significantly longer telomeres than matched non-meditating controls. Meditation increases telomerase activity by upregulating TERT expression through cortisol reduction and stress pathway modulation.

FURTHER TESTING

Oxidative Stress Markers (8-OHdG, F2-Isoprostanes)

8-OHdG measures oxidative DNA damage that directly shortens telomeres; F2-isoprostanes measure lipid peroxidation. Quantifying oxidative load guides antioxidant intervention intensity.

FURTHER TESTING

Telomere Length Testing

Establishes baseline telomere length and tracks response to interventions over 12-24 months.

APOE STATUS

YOUR RESULTS

APOE 2/3 STATUS

UNDERSTANDING WHAT THIS MAY MEAN

Individuals with this APOe status have one copy of the APOe2 allele and one copy of the more common APOe3 allele. This genetic combination is relatively common and considered to be the lowest risk in terms of its association with age-related conditions.. It is important to maintain a healthy lifestyle, including a balanced diet and regular exercise, to promote overall health and well-being.

OXIDATIVE STRESS SUPPORT

YOUR RESULTS

DECREASED

UNDERSTANDING WHAT THIS MAY MEAN

Individuals with decreased genetics show a slightly higher than average vulnerability to oxidative stress. Increasing the intake of antioxidant-rich foods and considering supplements may be beneficial.

LITERATURE DERIVED RECOMMENDATION

SUPPLEMENT

N-Acetylcysteine (NAC)

600–1,800 mg/day

Rate-limiting precursor to glutathione; directly replenishes intracellular glutathione production. One of the most researched antioxidant supplements with robust evidence for reducing systemic oxidative stress biomarkers.

SUPPLEMENT

Sulforaphane (Broccoli Sprout Extract)

10–30 mg sulforaphane equivalent/day

Activates Nrf2, the master antioxidant transcription factor, upregulating the body's own antioxidant enzymes (SOD, catalase, glutathione) for 24-72 hours per dose. Unlike direct antioxidants, sulforaphane amplifies endogenous capacity.

DIET

30+ Diverse Plant Types Per Week

Polyphenol diversity (not quantity of any single food) is the strongest dietary predictor of oxidative stress resilience. Each additional plant type adds complementary antioxidant mechanisms targeting different ROS species.

DIET

Cruciferous Vegetables (broccoli, Brussels sprouts, kale)

5+ servings/week, lightly steamed or raw

Primary dietary source of glucosinolates that generate sulforaphane via myrosinase enzyme. Raw or light steaming preserves the myrosinase enzyme that cooking destroys; overcooking eliminates sulforaphane entirely.

LIFESTYLE

Moderate Exercise Avoid Overtraining

Moderate exercise reduces systemic ROS through adaptive upregulation of antioxidant enzymes; overtraining chronically elevates oxidative stress markers. The U-shaped curve means training volume has an optimal range for oxidative health.

LIFESTYLE

Blue Light Reduction After 7 PM

Blue-light blocking glasses or screen filters

Blue light generates mitochondrial ROS through direct photochemical reactions. An underused and practical oxidative stress intervention with rapid impact on sleep quality as a secondary benefit.

FURTHER TESTING

Urinary 8-OHdG

Gold standard marker of oxidative DNA damage, the primary mechanism by which ROS accelerates aging. Most sensitive and validated biomarker for tracking the effectiveness of antioxidant interventions.

FURTHER TESTING

Whole Blood Glutathione

Measures the primary antioxidant reserve; low levels identify the most common bottleneck in endogenous oxidative defense. Guides NAC, liposomal glutathione, and sulforaphane dosing.

NITRIC OXIDE PRODUCTION

YOUR RESULTS

BELOW AVERAGE

UNDERSTANDING WHAT THIS MAY MEAN

Individuals with Below Average nitric oxide genetics may have slightly lower than average levels of nitric oxide, which can impact cardiovascular health and blood vessel function. Lifestyle interventions, such as regular exercise and a healthy diet rich in nitric oxide-boosting foods (such as leafy greens, beets, and garlic), may help increase nitric oxide levels. Consult with a healthcare provider for guidance on nitric oxide supplements or other interventions.

LITERATURE DERIVED RECOMMENDATION

SUPPLEMENT

Pycnogenol (French Maritime Pine Bark)

100–200 mg/day

Stimulates endothelial NO synthase (eNOS) expression and protects BH4 cofactor; clinical trials show improved flow-mediated dilation and significant blood pressure reduction through NO pathway activation.

SUPPLEMENT

Aged Garlic Extract (AGE)

600–1,200 mg/day

Increases eNOS activity and reduces asymmetric dimethylarginine (ADMA), a competitive inhibitor of arginine at eNOS. ADMA reduction is the primary mechanism by which AGE improves NO bioavailability.

DIET

Dark Chocolate (70%+ cocoa, 1–2 oz/day)

Cocoa flavanols directly stimulate eNOS and improve flow-mediated dilation in multiple RCTs. One of the most consistently replicated single-food effects on NO and cardiovascular function.

DIET

Avoid Antiseptic Mouthwash

Oral bacteria are required to convert dietary nitrate to nitrite, the first step in dietary NO production. Antiseptic mouthwash eliminates this pathway and can raise blood pressure within days; swap for fluoride-only formulas.

LIFESTYLE

Nasal Breathing During Exercise

Nasal sinuses are the primary endogenous NO production site in the body (via NOS in sinus epithelium). Nasal breathing during exercise delivers NO directly to the pulmonary circulation and improves oxygen efficiency by 10-18%.

LIFESTYLE

Photobiomodulation (Red/NIR Light Therapy)

10–20 min, 3–5x/week (630-850 nm)

Near-infrared light directly liberates NO from nitrosyl-hemoglobin and mitochondrial cytochrome c oxidase. Improves microcirculation and endothelial function through a mechanism entirely independent of dietary or enzymatic NO.

FURTHER TESTING

Flow-Mediated Dilation (FMD) Ultrasound

Gold standard functional measure of endothelial NO production; measures brachial artery dilation in response to blood flow. Tracks endothelial function improvement from dietary and supplement interventions non-invasively.

FURTHER TESTING

Homocysteine

Elevated homocysteine directly scavenges NO and causes eNOS uncoupling. A critical and highly modifiable upstream driver of NO pathway dysfunction; treatable with methylated B vitamins.

2 Metabolic Health

31 variants analyzed

GLUCOSE METABOLISM

YOUR RESULTS

TYPICAL

UNDERSTANDING WHAT THIS MAY MEAN

Those with typical glucose metabolism exhibit genetic markers that reflect the average population's ability to metabolize glucose. This indicates a standard efficiency in processing blood sugar, with lifestyle and dietary habits playing a significant role in maintaining healthy glucose levels. Individuals with this predisposition are advised to follow a healthy lifestyle, including regular exercise, a balanced diet, and regular medical check-ups, to support optimal glucose metabolism and prevent metabolic disorders

COMPLEX CARB UTILIZATION

YOUR RESULTS

TYPICAL

UNDERSTANDING WHAT THIS MAY MEAN

Individuals with typical complex carbohydrate utilization have an average efficiency in processing complex carbohydrates, consistent with the general population. A balanced intake of complex carbs alongside proteins and healthy fats supports sustained energy and digestive health.

PROTEIN BENEFIT

YOUR RESULTS

IMPROVED

UNDERSTANDING WHAT THIS MAY MEAN

Individuals with improved protein genetics show a stronger benefit from higher protein intake. Research demonstrates improved appetite control, BMI, and waist circumference when protein intake reaches e20% of total calories, up to 1 g/lb (2.2 g/kg) of ideal bodyweight.

VITAMIN D3 DEFICIENCY RISK

YOUR RESULTS

TYPICAL

UNDERSTANDING WHAT THIS MAY MEAN

Individuals with typical vitamin D deficiency risk genetics have a standard likelihood of deficiency, consistent with the general population. Monitor vitamin D levels and consider supplementation if sun exposure is limited or dietary intake is low.

LITERATURE DERIVED RECOMMENDATION

SUPPLEMENT

Magnesium (glycinate or malate)

300–400 mg/day

Magnesium is required for all steps of vitamin D conversion, 25-hydroxylation in the liver and 1-alpha-hydroxylation in the kidney. Supplementing D3 without sufficient magnesium can paradoxically worsen magnesium deficiency.

SUPPLEMENT

Vitamin D3 + K2 (MK-7)

D3 2,000–5,000 IU + K2 100–200 mcg/day

K2 (MK-7 form) directs calcium mobilized by D3 into bone rather than arteries, addressing the primary safety concern with D3 supplementation. The combination is both more effective and safer than D3 alone for long-term use.

DIET

UV-Exposed Mushrooms

UV-exposed shiitake or portobello mushrooms can provide 400-800 IU of vitamin D2 per serving when gills are exposed to direct sunlight for 30-60 minutes. A significant plant-based vitamin D source.

DIET

Fatty Fish 3x/Week (salmon, sardines, mackerel)

Best dietary sources of vitamin D3 (not D2). Wild-caught salmon provides 600-1,000 IU per serving; sardines with bones provide an additional benefit of calcium and omega-3s.

LIFESTYLE

Optimize BMI

Vitamin D is fat-soluble and sequesters in adipose tissue, reducing circulating levels. Obese individuals require 2-3x higher vitamin D3 doses to achieve the same 25-OH D level as lean individuals; weight loss directly improves vitamin D status.

LIFESTYLE

Midday Sun Exposure Without Sunscreen

10–30 min on arms and legs, 10am–2pm

The most efficient D3 production occurs when UVB angle is optimal at solar noon. Skin type, latitude, and season dramatically affect output; lighter skin at lower latitude requires ~10 min while darker skin at higher latitude may need 30+ min.

FURTHER TESTING

25-OH Vitamin D (target 60-80 ng/mL)

The commonly accepted sufficient threshold (30 ng/mL) reflects deficiency prevention, not optimization. Functional range for immune, hormonal, and longevity benefits is 60-80 ng/mL, most people with normal D levels are functionally suboptimal.

FURTHER TESTING

Parathyroid Hormone (PTH)

PTH rises when vitamin D falls below optimal; PTH above 40 pg/mL with low-normal vitamin D indicates functional deficiency even if D is in range. PTH is a more sensitive functional indicator of D status than 25-OH D alone.

3 Physical Performance

29 variants analyzed

RECOVERY SPEED

YOUR RESULTS

TYPICAL

UNDERSTANDING WHAT THIS MAY MEAN

Individuals with Typical Muscle Recovery Speed genetics recover from exercise at a pace consistent with the general population. Standard recovery practices, adequate sleep, protein intake, and spacing high-intensity sessions appropriately, are sufficient to support adaptation. Monitor your body's response to training loads and adjust as needed.

EXERCISE MOTIVATION

YOUR RESULTS

TYPICAL DESIRE

UNDERSTANDING WHAT THIS MAY MEAN

Individuals with typical desire genetics typically have a drive similar to the rest of the population in engaging in physical activity. Maintaining a regular exercise routine and exploring different types of workouts can help sustain motivation.

CARTILAGE RISK

YOUR RESULTS

TYPICAL

UNDERSTANDING WHAT THIS MAY MEAN

Individuals with Typical Cartilage Risk genetics have a cartilage injury and degradation risk in line with the general population. Maintain joint health through balanced strength training, appropriate footwear, and managing high-impact training volume. Address any persistent joint pain early to prevent minor issues from progressing.

SOFT TISSUE RISK

YOUR RESULTS

TYPICAL

UNDERSTANDING WHAT THIS MAY MEAN

Individuals with Typical General Soft Tissue Risk genetics have an average predisposition for soft tissue injuries, consistent with general population norms. Standard injury prevention practices, including progressive training loads, proper warm-up and cool-down, and technique refinement are effective in managing this baseline risk. Listen to your body and avoid sudden spikes in training volume or intensity.

MUSCLE MASS

YOUR RESULTS

TYPICAL

UNDERSTANDING WHAT THIS MAY MEAN

Individuals with Typical Muscle Mass genetics build and maintain muscle in a manner consistent with the general population, responding predictably to standard strength training protocols. Regular progressive resistance training combined with adequate protein intake supports healthy muscle mass. Maintain a consistent training schedule and track progression to continue improving over time.

4 Stress & Sleep

15 variants analyzed

STRESS ADAPTATION

YOUR RESULTS

BELOW AVERAGE

UNDERSTANDING WHAT THIS MAY MEAN

Those with Below Average Stress Adaptation genetic markers suggest a somewhat reduced capacity to manage stress effectively compared to the general population. While not as pronounced as the low adaptation group, individuals here might find stress more challenging to navigate and could benefit from proactive stress management practices. Engaging in stress reduction activities, cultivating resilience-building habits, and possibly working with a counselor or therapist can help enhance their stress coping mechanisms

LITERATURE DERIVED RECOMMENDATION

SUPPLEMENT

Phosphatidylserine

300–400 mg/day

One of the few supplements with direct clinical evidence of blunting the cortisol response to exercise and psychological stress. Acts on the ACTH-cortisol feedback loop; effects documented in peer-reviewed RCTs.

SUPPLEMENT

Ashwagandha

300–600 mg/day

The most clinically validated adaptogen for HPA axis normalization. Reduces cortisol by 15-30% in RCTs, improves stress resilience scores, and reduces anxiety, with effects appearing in 4-8 weeks.

DIET

Magnesium-Rich Foods (pumpkin seeds, spinach, dark chocolate, avocado)

Stress rapidly depletes magnesium; dietary replenishment through whole foods maintains the buffer needed for HPA axis regulation. Dark chocolate (70%+) uniquely provides both magnesium and polyphenols that reduce cortisol.

DIET

Limit Caffeine to <200 mg/day Before Noon

Caffeine stimulates the same sympathoadrenal pathway already being over-activated by stress. Excessive caffeine worsens HPA dysregulation; cutting off by noon preserves the diurnal cortisol decline needed for adaptation.

LIFESTYLE

HRV Biofeedback Training

20 min/day with device (HeartMath, Muse)

Trains the vagal tone that mediates stress recovery; improves HRV by 30-50% over 8-12 weeks in RCTs. More precise and trainable than general mindfulness; the real-time feedback accelerates autonomic nervous system regulation.

LIFESTYLE

NSDR / Yoga Nidra (Non-Sleep Deep Rest)

20 min mid-day

20 minutes of NSDR restores dopamine levels by 65% (comparable to a full night's sleep for dopamine recovery) and reduces cortisol acutely. A Stanford-validated protocol for stress recovery that requires no special skills or equipment.

FURTHER TESTING

4-Point Salivary Cortisol

Maps the full diurnal cortisol pattern (morning, noon, evening, bedtime) to identify HPA axis dysregulation. A flat pattern indicates adrenal fatigue; an inverted pattern indicates circadian disruption; both require different interventions.

FURTHER TESTING

DHEA-S

Adrenal reserve marker that opposes the effects of cortisol. Low DHEA-S with high cortisol indicates adrenal depletion from chronic stress; guides adrenal support intensity and urgency of HPA axis intervention.

REPORTED SLEEP QUALITY

YOUR RESULTS

BELOW AVERAGE

UNDERSTANDING WHAT THIS MAY MEAN

Individuals with Below Average subjective sleep quality genetics may experience lower-than-average self-reported sleep satisfaction. Subjective and objective sleep quality do not always align. A biometric tracker can help determine whether interventions are working. Consultation with a provider or coach may be beneficial if poor sleep quality is persistent.

LITERATURE DERIVED RECOMMENDATION

SUPPLEMENT

Ashwagandha

300 mg before bed

Clinical trials (including a 10-week RCT, N=150) show improved sleep efficiency, total sleep time, and morning alertness. Reduces evening cortisol that maintains wakefulness beyond its adaptive window.

SUPPLEMENT

Magnesium L-Threonate

1.5–2 g/day (providing ~144 mg elemental Mg)

The only form of magnesium clinically shown to cross the blood-brain barrier and increase brain magnesium levels. Directly improves GABA-A receptor function and melatonin sensitivity; clinical trials show improved sleep quality and reduced sleep latency.

DIET

Avoid Eating Within 3 Hours of Bed

Digestion activates sympathetic nervous system activity incompatible with sleep initiation. Late eating raises core body temperature and delays melatonin onset. Meal timing is among the most actionable and underutilized sleep quality interventions.

DIET

Tart Cherry Juice

8 oz, 30–60 min before bed

One of the only foods clinically shown to extend total sleep time and improve sleep efficiency. The FASEB-published 2-week trial showed 34 additional minutes of sleep per night through dietary melatonin and tryptophan content.

LIFESTYLE

Morning Bright Light (10,000 lux, within 1 hour of waking)

20–30 min

Precisely times the cortisol awakening response and anchors the circadian clock for optimal evening melatonin onset. Specificity of timing matters more than intensity; outdoor morning light in the first 30 minutes post-waking has a larger circadian effect than indoor light exposure any time.

LIFESTYLE

Bedroom Temperature 65-68 degrees F (18-20 degrees C)

Core body temperature must drop 1-3 degrees F to initiate and maintain sleep; room temperature is the most powerful environmental lever for sleep architecture. Cooling the room is more effective than cooling only the bed surface.

FURTHER TESTING

Actigraphy (Oura Ring or equivalent, 2+ weeks)

Objectively maps sleep timing, efficiency, and architecture patterns invisible to self-report. Distinguishes sleep efficiency problems (waking during night) from duration problems; guides whether CBT-I or biochemical intervention is appropriate.

FURTHER TESTING

4-Point Salivary Cortisol

Elevated evening cortisol is the most common biochemical cause of sleep-onset difficulty and poor deep sleep. Identifies HPA axis dysregulation driving poor sleep quality; guides ashwagandha, phosphatidylserine, and NSDR timing.

This report uses a color-coded system to indicate the clinical significance of each genetic result and the level of recommended action. Each result is assigned one of three status levels based on your genetic variants.

No Action Required

Your genetic result in this area falls within a typical range. No specific intervention is indicated at this time. General wellness practices apply.

Practitioner Review / Action

Your genetic result suggests a moderate predisposition that warrants attention. Review with your practitioner and consider targeted lifestyle or supplementation support.

Practitioner Action

Your genetic result indicates a significant predisposition. Practitioner-guided intervention including targeted supplementation, dietary modification, and follow-up testing is recommended.

HOW TO READ YOUR RESULTS

- Each module page shows one or more gauges representing specific genetic results within that category.
- The gauge position and color indicate where your result falls relative to the general population.
- Personalized recommendations appear only for Moderate and Needs Attention results — Optimal results require no specific action.

DNA Signature - Wellness Genetic Variants Summary

All 113 genotyped variants across this section, grouped by report panel.

- Homozygous Variant (+/+) — two copies of the variant
- Heterozygous (-/+) — one copy of the variant
- Homozygous Normal (-/-) — no copies of the variant

Core Longevity 38

FOXO3 A*35-1743G rs1935949	GG	**COMT G597A** rs769224	GG
FOXO3 G621+25486T rs2802292	TT	**SIRT1 g.T3660C** rs12778366	TT
SIRT3 C622T rs11246020	CC	**STN1 C133+755A** rs9420907	AA
SIRT1 T1718C rs3758391	CC	**NAF1 (A>G)** rs7675998	GG
SIRT3 T970-48C rs511744	CC	**MYNN C18T** rs10936599	CC
SIRT6 C137T rs352493	TT	**TERT g.C28A** rs2736100	AC
AKT1 C1172+69G rs3803304	GC	**TERT C1951-205T** rs10069690	TC
APOE C388T rs429358	TT	**MTR A2756G** rs1805087	AA
APOE C526T rs7412	TC	**ATM G5557A** rs1801516	GG
GPX1 G599A rs1050450	AG	**GG GSTA1 A-135G** rs3957357	AA
MTRR T-25-2853C rs2966952	TC	**NOS3 A-51-898G** rs1800779	AG
BHMT G716A rs3733890	AA	**NOS3 G2984+15A** rs891512	GG
KL T1054G rs9536314	TT	**NOS3 T-786C** rs2070744	TC
COMT G472A rs4680	AG	**NOS3 T894G** rs1799983	GG
CYP2B6 G516T rs3745274	TG	**NRF2 A45+10270G** rs13001694	GG
IL-6 A211-285G rs2069837	AA	**NRF2 A46-4230G** rs6726395	AA
TP53 G215C rs1042522	CC	**NRF2 C45+11108T** rs1806649	TC
CETP G1264A rs5882	AA	**NRF2 G45+2714C** rs2364723	GG
IGF1R G3129A rs2229765	AG	**SOD2 A47G** rs4880	AG

Metabolic Health 31

GC A1296C rs7041	AC	**NOS3 T894G** rs1799983	GG
GC A56+827G rs2298849	AA	**NOS3 A-51-898G** rs1800779	AG

GC T*26-796G rs2282679	TG	**NOS3 G2984+15A** rs891512	GG
GC T58+6190C rs1155563	TC	**NOS3 G3106+11T** rs7830	TT
GCK (G>A) rs4607517	AA	**ADIPOQ G-9+3481A** rs822396	AA
GCKR T1423-418C rs780094	TC	**BDNF C196T** rs6265	CC
KCNJ11 T67C rs5219	CC	**CYP27B1 G-1260T** rs10877012	TG
MTNR1B C223+5596G rs10830963	CG	**CYP2R1 (G>A)** rs10766197	AG
NADSYN1 rs3829251	AG	**CYP2R1 g.C536T** rs1562902	TC
NADSYN1 rs12785878	TG	**CYP2R1 g.G3442A** rs2060793	AG
CYP2R1 G177A rs12794714	AG	**NAT2 A803G** rs1208	AG
DHCR7 g.T22128C rs1790349	TC	**PLIN1 C772-799T** rs894160	TC
FTO T46-23525A rs9939609	AA	**PPARG2 C-76-681G** rs10865710	CG
FTO T46-39685G rs17817449	GG	**TFAP2B A602-724G** rs987237	AA
FTO T46-40478A rs1558902	AA	**UCP3 G-238A** rs1800849	AG
VDR taq A1056G rs731236	AA		

Physical Performance

29

FCRL3 (A>G) rs7528684	AA	**SOD2 A47G** rs4880	AG
FOXP3 G2383A rs3761549	GG	**IGF2 T*583C** rs680	TC
GDF5 G-275A rs143383	AG	**CCR2 T780C** rs1799865	TT
LEPR A668G rs1137101	AG	**CCL2 (C>T)** rs3917878	CC
MSTN T458C rs1805086	TT	**CCR2 (C>A)** rs3918358	AA
PPARD C-87T rs2016520	TT	**IL-1B G315A** rs1143634	GG
PPARD C*1762T rs1053049	TC	**MYLK G62T** rs28497577	GG
PPARD G-101-842A rs2267668	AA	**SLC30A8 C973T** rs13266634	CC
PPARG C34G rs1801282	CC	**SPP1 T-66G** rs28357094	TG
TNF C-857T rs1799724	TC	**ANKK1 G2137A** rs1800497	GG
TNF C-863A rs1800630	CC	**BDNF C196T** rs6265	CC
TNF G-238A rs361525	AG	**BMP4 G-132-945T** rs2761884	GG
TNF G-308A rs1800629	GG	**COL5A1 C*267T** rs12722	TC
TNF T-1031C rs1799964	TC	**DIO2 C-143T** rs12885300	CC
TRHR A789+9321C rs16892496	AA		

Stress & Sleep

15

BDNF C196T rs6265	CC	**COMT G472A** rs4680	AG
CNR1 C1359T rs1049353	CC	**BTBD9** rs3923809	AA

FAAH C385A rs324420	**CC**	**HTR1A (C>G)** rs6295	**CC**
FABP7 C182T rs2279381	**CC**	**HTR1B1 C861G** rs6296	**CG**
CLOCK A793-1130G rs11932595	**AG**	**MGLL G263-1443A** rs604300	**GG**
MEIS1 T965+6302G rs2300478	**TG**	**OXTR G922+4581A** rs53576	**GG**
MEIS1 A889-10767G rs12469063	**AG**	**TCF7L2 C450+33966T** rs7903146	**TC**
PTPRD G103-113009A rs1975197	**AG**		

← Back to Table of Contents