



Gene Comprehensive Nutrigenomic Report

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Created For: Helen Jones

DOB: 11/10/1972

Female



Do not make any decisions about your health solely based on the information contained in this report. Always consult with a licensed and experienced health practitioner when you receive this report.

Helen Jones – 45 – Female

(-/-) No clinical abnormality (+/-) Heterozygous result (+/+) Homozygous result

rsID	Gene	Genetic Result	Recommended Therapeutics / Health Precautions	Highly Recommended Therapeutics/Neurobiologix Formulas	Provider Discretion: As Needed Formula Recommendations	Lifestyle Recommendations	Laboratory Recommendations
Developmental							
Neurotransmitters							
rs4680	COMT V158M	+/-	Taurine, Choline, Trimethylglycine (TMG), Dimethylglycine (DMG), Methionine, SAME, Inositol		Full Focus+™		Consider Neurotransmitter Testing and PGx Testing
rs4633	COMT H62H	+/-					
rs769407	GAD1	-/-	Prescription Amantadine, Ketamine, Glycine, N-Acetyl-Cysteine (NAC), Beta Phenyl GABA, Zinc, Magnesium, Oxaloacetate, Elderberry, L-Theanine, Melatonin				
rs3828275	GAD1	+/-					
rs6323	MAO-A	+/-	B2 (Riboflavin), Methyl Donors (Taurine, Choline, Trimethylglycine (TMG), Dimethylglycine (DMG), Inositol, Methionine				
rs1799836	MAO-B	-/-					
rs6313	HTR2	+/+	5-HTP (Hydroxytryptophan)		Mood Plus™		Consider PGx Testing.
rs1042173	SLC6A4	-/-					

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Developmental							
Neuro-inflammation							
rs2569191	CD14	-/-	Anti-Inflammatory Therapy: Curcumin, Omega 3s, Resveratrol, Quercetin, Low Dose Naltrexone (LDN), CBD Oil	CBD Oil, PEA Soothe Support™, Prescription Low Dose Naltrexone (LDN)		Consider Low Inflammatory Diet	Consider Pregnenolone, Cortisol, Progesterone, Testosterone, T cell profile, Sed Rate, ANA, C Reactive Protein, Routine Thyroid Panel, Candida Titer, EBV Titer, Food Allergy Panel, Environmental Allergy Testing
rs10402876	C3	+/-					
rs2069812	IL5	+/+					
rs1800795	IL6	+/-					
rs10181656	STAT4	+/-					
rs1800629	TNF	-/-					
rs1800925	IL13	-/-					
rs361525	TNF	-/-					
rs231775	CTLA4	+/-	Increased Efficacy of Naltrexone				
rs1076560	DRD2	-/-					

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Developmental							
Autophagy							
rs510432	ATG5	+/+	Curcumin, Lithium Orotate, D-Chiro-Inositol, Catechins, Resveratrol, Caffeine, 12 Hour Fasting	N.A.S. Enhancer™ (NRF2 Autophagy SOD Support), Metabolic Stimulator™, mTOR Inhibitors		Calorie Restriction, 12-15 Hour Fasting	Routine Blood Sugar, Insulin and Hb A1c
rs26538	ATG12	+/+					
rs10210302	ATG16L1	+/+					
rs118203342	TSC1	-/-	Curcumin, Lithium Orotate, Catechins, Resveratrol, Caffeine				
rs28934872	TSC2	-/-					
Sugar Sensitivity and Mood							
rs1800544	ADRA2A	-/-	Increased Risk of Hyperactivity From Sugar and Anti-Psychotic Induced Weight Gain				
Detoxification							
rs1021737	CTH	+/-	N-Acetyl Cysteine (NAC), Glutathione	N-Acetyl Cysteine, Glutathione Ultra™, Glutathione Plus Topical™		Herbicide and Pesticide Avoidance	
rs7483	GSTM3	+/+	Glutathione	Glutathione Ultra™, Glutathione Plus Topical™, N.A.S. Enhancer™ (NRF2 Autophagy SOD Support)		Consider Extended or IV Glutathione Treatment and Pre-Anesthesia Glutathione Treatment Herbicide and Pesticide Avoidance	
rs1695	GSTP1:I105V	+/-					
rs1138272	GSTP:A114V	+/-					

Summary for Developmental

Highly Recommended Therapeutics/Neurobiologix Formulas

- **CBD Oil, PEA Soothe Support™, Prescription Low Dose Naltrexone (LDN)**
- **N.A.S. Enhancer™ (NRF2|Autophagy|SOD Support), Metabolic Stimulator™, mTOR Inhibitors**
- **N-Acetyl Cysteine, Glutathione Ultra™, Glutathione Plus Topical™**
- **Glutathione Ultra™, Glutathione Plus Topical™, N.A.S. Enhancer™ (NRF2|Autophagy|SOD Support)**

Lifestyle Recommendations

- Consider Low Inflammatory Diet
- Calorie Restriction, 12-15 Hour Fasting
- Herbicide and Pesticide Avoidance
- Consider Extended or IV Glutathione Treatment and Pre-Anesthesia Glutathione Treatment Herbicide and Pesticide Avoidance

Laboratory Recommendations

- Consider Neurotransmitter Testing and PGx Testing
- Consider PGx Testing.
- Consider Pregnenolone, Cortisol, Progesterone, Testosterone, T cell profile, Sed Rate, ANA, C Reactive Protein, Routine Thyroid Panel, Candida Titer, EBV Titer, Food Allergy Panel, Environmental Allergy Testing
- Routine Blood Sugar, Insulin and Hb A1c

Gene Information Key

rsID	Gene	"_" variant	"+" variant
rs1007008	SMURF1	C	T
rs10156191	AOC1	C	T
rs10181656	STAT4	C	G
rs10210302	ATG16L1	C	T
rs1021737	CTH	G	T
rs10402876	C3	G	C
rs1042173	SLC6A4	A	C
rs1045642	ABCB1 C3435T	G	A
rs104893875	PARK1 (alpha synuclein)	C	T
rs1051266	SLC19A1	T	C
rs1051806	NDUFS8	C	T
rs1056806	GSTM1	C	T
rs1076560	DRD2	C	A
rs1076991	MTHFD1	C	T
rs11209026	IL23R	G	A
rs1138272	GSTP:A114V	C	T
rs1143634	IL1B	G	A
rs11558538	HNMT	C	T
rs11648723	UQCRC2	G	T
rs118203342	TSC1	T	G

rsID	Gene	"_" variant	"+" variant
rs1244414	ATP5C1	C	T
rs12722489	IL2RA	C	T
rs12995000	HNMT	C	T
rs1643649	DHFR	T	C
rs1695	GSTP1:I105V	A	G
rs1799836	MAO-B	T	C
rs1799971	OPRM1 A118G	A	G
rs1800544	ADRA2A	G	C
rs1800629	TNF	G	A
rs1800795	IL6	G	C
rs1800925	IL13	C	T
rs1801131	MTHFR:A1298C	T	G
rs1801133	MTHFR:C677T	G	A
rs1801198	TCN2	C	G
rs1801394	MTRR:A66G	A	G
rs1802059	MTRR:A664A	G	A
rs2066845	NOD2/CARD15	G	C
rs2069812	IL5	A	G
rs2071010	FOLR1	G	A
rs2071010	FOLR1	G	A

rsID	Gene	"_" variant	"+" variant
rs2187668	HLA-DQA1	C	T
rs2241880	ATG16L1	A	G
rs2248814	NOS2	G	A
rs231775	CTLA4	A	G
rs243324	SOCS-1	G	A
rs2569191	CD14	T	C
rs26538	ATG12	T	C
rs2858331	HLA-DQA2	A	G
rs28934872	TSC2	G	A
rs361525	TNF	G	A
rs3761847	TRAF-1	A	G
rs3798963	PARK2 (Parkin)	A	T
rs3828275	GAD1	C	T
rs4147730	NDUFS3	G	A
rs429358	APOE	T	C
rs45478900	PARK6 (PINK1)	G	A
rs4626565	COX6C	T	C
rs4633	COMT H62H	C	T
rs4680	COMT V158M	G	A
rs4850	UQCRC2	G	A

rsID	Gene	"_" variant	"+" variant
rs492602	FUT2	A	G
rs510432	ATG5	C	T
rs526934	TCN1	A	G
rs558660	GIF	G	A
rs6313	HTR2	G	A
rs6323	MAO-A	T	G
rs651933	FOLR2	A	G
rs660895	HLA-DRB1	A	G
rs731236	VDR Taq	A	G
rs7412	APOE	C	T
rs7483	GSTM3	C	T
rs769407	GAD1	G	C
rs8042694	COX5A	A	G
rs809359	NDUFS7	A	G
rs819147	AHCY	T	C
rs9275224	HLA-DRB2	G	A