



Gene Comprehensive Nutrigenomic Report

Accession Number: #####

Report Generated: July 25, 2018

Specimen Received: ##/##/####

Created For: #####

DOB: ##/##/####

Male



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.

– 10 – Male

(-/-) No clinical abnormality

(+/-) Heterozygous result

(+/+) Homozygous result

rsID	Gene	Genetic Result	Therapeutics Associated With Positive Result	Highly Recommended Therapeutics/Neurobiologix Formulas	Provider Discretion: As Needed Formula Recommendations	Lifestyle Recommendations	Laboratory Recommendations
Immune Auto Immune Inflammatory							
Inflammation Cellular							
rs10402876	C3	+/-	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
rs2569191	CD14	+/-					
rs2069812	IL5	+/-					
rs1800795	IL6	+/+					
rs1800925	IL13	-/-					
rs10181656	STAT4	+/+					
rs361525	TNF	-/-					
rs1800629	TNF	-/-					
rs231775	CTLA4	+/-					
rs3761847	TRAF 1	+/-					
rs243324	SOCS 1	+/+					
rs11209026	IL23R	-/-					
rs12722489	IL2RA	-/-					
rs1076560	DRD2	-/-	Increased Efficacy of Naltrexone				

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Immune Auto Immune Inflammatory							
Autophagy Consideration							
rs510432	ATG5	+/-	Curcumin, Lithium Orotate, D-Chiro-Inositol, Catechins, Resveratrol, Caffeine, 12 Hour Fasting	N.A.S. Enhancer™ (NRF2 Autophagy SOD Support), Metabolic Stimulator™		Calorie Restriction, 12-15 Hour Fasting	Routine Blood Sugar, Insulin and Hb A1c
rs10210302	ATG16L1	+/-					
rs2066845	NOD2 CARD15	-/-	Increase susceptibility to bacterial GI infections and Crohn's				
rs2241880	ATG16L1	+/-					
Detoxification							
rs819147	AHCY	-/-	N-Acetyl Cysteine (NAC), Glutathione				
rs1021737	CTH	-/-					
rs1695	GSTP1 I105V	-/-	Glutathione				

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Immune Auto Immune Inflammatory							
Inflammation Environmental							
rs10156191	AOC1	+/-	Poor Ability To Break Down External Histamine				
rs11558538	HNMT	-/-					
rs12995000	HNMT	-/-					
rs492602	FUT2	+/+	Probiotics Needed	Biotic Blend Pro™, Biotic Multi Blend Pro™, Probiotic Boost Daily™, Biotic Boost Chews For Kids™			Consider Microbiome Testing If GI Inflammation Present
rs2248814	NOS2	+/-	Anti-Infectives, Beta Glucans				
rs2187668	HLA DQA1	-/-	High Risk of Gluten Based Issues				
rs2858331	HLA DQA2	+/-					
rs9275224	HLA DRB2	+/-	High Reactivity To Mold / Fungi, CBD Oil, Low Dose Naltrexone (LDN)				
rs660895	HLA DRB1	-/-					

Summary for Inflammatory / Auto-Immune

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™**
- **Biotic Blend Pro™, Biotic Multi Blend Pro™, Probiotic Boost Daily™, Biotic Boost Chews For Kids™**

Lifestyle Recommendations

- Consider Low Inflammatory Diet
- Calorie Restriction, 12-15 Hour Fasting

Laboratory Recommendations

- 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
- Consider Microbiome Testing If GI Inflammation Present

Gene Information Key

rsID	Gene	"-" variant	"+" variant
rs10156191	AOC1	C	T
rs10181656	STAT4	C	G
rs10210302	ATG16L1	C	T
rs1021737	CTH	G	T
rs10402876	C3	G	C
rs1076560	DRD2	C	A
rs11209026	IL23R	G	A
rs1138272	GSTP:A114V	C	T
rs11558538	HNMT	C	T
rs12722489	IL2RA	C	T
rs12995000	HNMT	C	T
rs1695	GSTP1:I105V	A	G
rs1800629	TNF	G	A
rs1800795	IL6	G	C
rs1800925	IL13	C	T
rs2066845	NOD2/CARD15	G	C
rs2069812	IL5	A	G

rsID	Gene	"-" variant	"+" variant
rs2187668	HLA-DQA1	C	T
rs2241880	ATG16L1	A	G
rs2241880	ATG16L1	A	G
rs2248814	NOS2	G	A
rs231775	CTLA4	A	G
rs243324	SOCS-1	G	A
rs2569191	CD14	T	C
rs2858331	HLA-DQA2	A	G
rs361525	TNF	G	A
rs3761847	TRAF-1	A	G
rs492602	FUT2	A	G
rs510432	ATG5	C	T
rs660895	HLA-DRB1	A	G
rs819147	AHCY	T	C
rs9275224	HLA-DRB2	G	A

Definitions

DETOXIFICATION	Detoxification enzymes are responsible for clearing environmental chemicals and metabolites from our body. Accumulation of these chemicals and by-products can damage intracellular biochemical functions. Alterations in these systems can have a significant negative effect on the nervous system and immune systems functions. These polymorphisms can result in decreased "quality of life" and even decreased "life-span".
AHCY	Adenosylhomocysteinase (AHCY) is an enzyme that breaks down S-adenosylhomocysteine (SAH) to homocysteine and adenosine. Polymorphisms in this gene will lead to lower levels of homocysteine and glutathione.
CTH	Glutathione production is dependent on the function of the enzyme cystathionine gamma-lyase (CTH). CTH converts cystathionine to cysteine. Individuals with mutations in the CTH gene are predicted to have decreased glutathione-mediated detoxification.
GSTP1	Glutathione S-transferases (GSTs) are a family of enzymes that play an important role in detoxification. The glutathione S-transferase pi gene (GSTP1) functions in chemical clearance and anti-inflammatory properties. High concentration of GST-p are found in the skin, lungs, sinuses, bladder and the intestinal tract. Polymorphisms of this enzyme allow for increased inflammatory activity in these areas that include eczema, asthma, chronic sinusitis, IBS, "leaky" gut and interstitial cystitis.
INFLAMMATORY	This enzyme category has significant effects on the inflammatory state of a person's body. Polymorphisms in these specific enzymes will significantly increase the levels of inflammation in the body. By supplementing these enzyme deficiencies, the patient will effectively reduce inflammatory damage to the body.
AOC1	The SNP rs10156191 encodes a weaker form of the histamine degradation enzyme Amine Oxidase, Copper Containing 1 (AOC1). This mutation, Thr16Met, is predicted to produce an enzyme with less catalytic activity and associated higher levels of pro-inflammatory amines like histamine and putrescine.
ATG16L1	The ATG16L1 gene encodes a protein that is a vital component of a protein complex necessary for the cellular phenomena known as autophagy. Autophagy is the process of degrading and cleaning of inert debris of the cell. Weakness in autophagy leads to abnormal accumulation of cellular "garbage" that will eventually affect the cellular function and lead to autophagy related disease states in including many neurological and immunological diseases, DM Type 2 and fatty liver disease.
ATG5	Autophagy-related 5 protein (ATG5) is an important intracellular mediator of the autophagy response. ATG5 is involved in a wide range of "quality control" features inside the cell: autophagy vesicle formation, innate immune system signaling, consumption of damaged mitochondria, and apoptosis. Mutations in the ATG5 gene are associated with numerous neurological, immunological and endocrine syndromes.
C3	Essential for the immune response, C3 is a protein involved in initiation of the complement system. C3 polymorphisms are associated with susceptibility to asthma and other inflammatory disorders.
CD14	The CD14 protein is a macrophage cell surface receptor that binds bacterial cell wall components. As one of the initiators of the innate immune response, fully functional CD14 is necessary for normal response to potential pathogens. Mutations in the CD14 gene are associated with susceptibility to asthma and other allergen-mediated inflammatory processes.
CTLA4	Cytotoxic T-lymphocyte Associated protein 4 (CTLA4) is an important inhibitor of T-cell activity: CTLA4 is part of the signaling cascade that turns off overactive T cells. Mutations in the gene that encodes CTLA4 are associated with a host of diseases characterized by a heightened immune state.
DRD2	Dopamine receptor D2 is an important component of the neuroinflammation process. Activation of DRD2 signaling is thought to decrease TNFalpha release from inflammatory mast cells. Polymorphisms associated with decreased DRD2 signaling activity are predicted to lead to pro-inflammatory phenotypes.
FUT2	Fucosyltransferase 2 (FUT2) is responsible for producing specific sugar groups that are secreted by the intestinal cells into the bowel to attract "good bacteria" . Polymorphisms in this gene produce "poor secrete" status. Lack of these sugars allows for gut dysbiosis and a higher risk of inflammatory bowel disease.
HLA-DQA1	Major histocompatibility complex, DQ alpha 1 (HLA-DQA1) is a human gene responsible for a cell surface receptor essential to the function of the immune system. Patients with a polymorphism in this gene are at higher risk for auto-immune based inflammatory disease including Celiac disease, Crohn's, Ulcerative Colitis, and gluten sensitivity.
HLA-DQA2	Major histocompatibility complex, DQ alpha 2 (HLA-DQA2) is a human gene responsible for a cell surface receptor essential to the function of the immune system. Patients with a polymorphism in this gene are at higher risk for auto-immune based inflammatory disease including Celiac disease, Crohn's, Ulcerative Colitis, and gluten sensitivity.
HLA-DRB1	Human leukocyte antigen DRB1 (HLA-DRB1) is an important mediator of the adaptive immune system. HLA-DRB1 protein "presents" antigens from invading pathogens to other cells in the immune system. Mutations in this gene are associated with higher risk of auto-immunity and other chronic inflammatory diseases.

HLA-DRB2	Human leukocyte antigen DRB2 (HLA-DRB2) is a cell surface receptor involved in mediating the adaptive immune response. Mutations in HLA-DRB2 are associated with susceptibility to chronic inflammation and decreased ability to recover from toxic mold exposure.
HNMT	The HNMT gene encodes the histamine degradative enzyme, histamine N-methyltransferase. HNMT, in contrast to AOC1, requires the methyl donor S-adenosylmethionine and a complete methylation pathway for normal function. Polymorphisms in HNMT gene expression or protein coding are predicted to prolong the pro-inflammatory effects of histamine signaling.
HNMT:Thr105Ile	The HNMT gene encodes the histamine degradative enzyme, histamine N-methyltransferase. HNMT, in contrast to AOC1, requires the methyl donor S-adenosylmethionine and a complete methylation pathway for normal function. Polymorphisms in HNMT gene expression or protein coding are predicted to prolong the pro-inflammatory effects of histamine signaling.
IL13	IL13 (Interleukin 13) is a member of the interleukin family of chemical messengers of the immune system. Polymorphisms in this gene are associated with changes in IL13 gene expression and increase the risk of more severe inflammatory responses to allergens.
IL23R	A/A and A/G genotypes at rs11209026, a polymorphism in the Interleukin 23 Receptor gene (IL23R), provide a protective effects against Crohn's disease.
IL2RA	Polymorphisms in a non-protein coding region of the Interleukin 2 Receptor subtype A (IL2RA) are associated with increased risk of multiple sclerosis in some populations.
IL5	The protein product of the Interleukin 5 gene (IL5) is important for normal development of B lymphocytes and eosinophils (a pro-inflammatory white blood cell). Inactivating mutations in the IL5 gene are associated with susceptibility to certain viral infections and increased aggression of inflammatory response. These polymorphisms are also associated with increased aggression of allergies, asthma and eosinophilia.
IL6	Interleukin 6, IL6, is an important pro-inflammatory cytokine. Polymorphisms in this gene leads to a more aggressive inflammatory response. Patients with IL-6 mutations require assistance with inflammatory control.
NOD2/CARD15	NOD2 is a protein that integrates extracellular sensing of bacterial cell wall components with intracellular pro-inflammatory signaling to the nucleus. Mutations in the NOD2 gene are associated with poor ability to recognize abnormal bacterial pathogens in the intestinal tract and increased risk of intestinal dysbiosis.
NOS2	Nitric Oxide Synthase 2 (NOS2) is responsible for producing nitric oxide, a biologic mediator used by the nervous system, immune system and in blood vessel function. Polymorphisms in this enzyme can cause reduced immune system function, exercise intolerance and fatigue.
SOCS1	Suppressor of Cytokine Signaling 1 is an intracellular protein that is a member of the STAT (Signal Transducer and Activator of Transcription) family that is necessary to curb pro-inflammatory cytokine signaling. Mutations in SOCS1 are predicted to prolong inflammatory responses, thereby requiring assistance with inflammatory control.
STAT4	The Signal Transducer and Activator of Transcription 4 (STAT4) gene encodes a transcription factor that responds to extracellular growth factors and cytokines. Mutations in the STAT4 gene are associated with inflammatory disorders like lupus and rheumatoid arthritis.
TNF	Tumor necrosis factor, TNF, is an important pro-inflammatory signaling molecule. Polymorphisms in the protein coding part of this gene are associated with more severe pro-inflammatory responses and require supplementation for inflammatory control.
TRAF-1	TRAF1 (TNF Receptor Activation Factor 1) is produced by T cells and functions as an "off switch" for Toll like receptors and Janus Kinase. Polymorphisms of this gene are associated with chronic inflammation and can be associated with chronic Epstein Barr infections.

Disclaimers

METHODOLOGY AND LIMITATIONS:

Testing for genetic variation/mutation on listed genes was performed using ProFlex PCR and Real-Time PCR with TaqMan® allele-specific probes on the QuantStudio 12K Flex. All genetic testing is performed by GX Sciences, 4150 Freidrich Lane, Ste H, Austin, TX. 78744. This test will not detect all the known alleles that result in altered or inactive tested genes. This test does not account for all individual variations in the individual tested. Test results do not rule out the possibility that this individual could be a carrier of other mutations/variants not detected by this gene mutation/variation panel. Rare mutations surrounding these alleles may also affect our detection of genetic variations. Thus, the interpretation is given as a probability. Therefore, this genetic information shall be interpreted in conjunction with other clinical findings and familial history for the administration of specific nutrients. Patients should receive appropriate genetic counseling to explain the implications of these test results. Details of assay performance and algorithms leading to clinical recommendations are available upon request. The analytical and performance characteristics of this laboratory developed test (LDT) were determined by GX Sciences' laboratory pursuant to Clinical Laboratory Improvement Amendments (CLIA) requirements.
CLIA #: 45D2144988

DISCLAIMER:

This test was developed and its performance characteristics determined by GX Sciences. It has not been cleared or approved by the FDA. The laboratory is regulated under CLIA and qualified to perform high-complexity testing. This test is used for clinical purposes. It should not be regarded as investigational or for research. rsIDs for the alleles being tested were obtained from the dbSNP database (Build 142).

DISCLAIMER:

UND Result: If you have received the result Variant undetermined (UND) this indicates that we were not able to determine your carrier status based on your raw data. Please refer to the GX Sciences genetic knowledge database for more information: https://www.gxsciences.com/kb_results.asp

DISCLAIMER:

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DISCLAIMER:

These products are not approved by the Food and Drug Administration and are not intended to diagnose, treat, cure or prevent a disease. These recommendations are for report purposes only and an individual is not required to use such products. These are recommendations only and do not replace the advisement of your own healthcare practitioner.

GX Sciences SNP References

DETOXIFICATION SNP References

AHCY

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AOC1

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ATG16L1

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ATG5

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C3

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