MaxGen LABS

MaxFood

Client Name:	John Doe	Sample Received:	
Client DOB:	1/1/1999	Report Date:	7/27/2022
Vial Number:	Sample Report	MaxGen PTID#:	P182
Client Sex:	Male	CLIA Certification:	01D2098265
Referring Account:	MaxGen Labs		

MaxFood

Consult with a licensed healthcare professional before making changes based upon any information contained within this report. These recommendations and explanations are based upon clinical observation by MaxGen Labs and current medical research. These results are for educational purposes only and not intended to diagnose, treat or cure any disease or condition. The use of this test and its recommendations have not been approved by the FDA. MaxGen Labs and its staff are not responsible for how this test is used or any damages resulting from its use.

Basic Genetics & Information

Need More Help?
Nutrigenomic reporting, like this MaxGen panel, is a new area of education, research, and health optimization. Nutrigenomics is significantly different from what most would consider medical genetics. Finding a practitioner who is educated in nutrigenomics can be difficult, as most primary care physicians, genetic counselors, and genetic centers focus on pathogenic and life-threatening genetic diseases. If you need help finding a nutritionally trained practitioner to work with, contact Help@maxgenlabs.com for assistance.

Nutrigenomics: The study of how genetic expression is influenced by nutrition. Small variations in genetic structure may require specific nutritional support that is unique to each individual. Genetic testing provides insight to this need.

Genes: Transferred from parent to offspring, genes are the basic unit of heredity. Genes are found on chromosomes and are made up of DNA. Each person has two copies of a gene, one from each parent. Genes are named for the protein they create or the function they have, often being simplified into abbreviations (example: MTHFR – short for methylenetetrahydrofolate reductase).

DNA: Deoxyribonucleic Acid, or DNA, is a molecule within a gene that contains the instructions an organism needs to grow, function, and reproduce. It is the carrier of all genetic information and is made up of chemical base pairs: adenine (A), thymine (T), cytosine (C), guanine (G). The order of sequence determines the information needed to maintain life.

Single Nucleotide Polymorphism (SNPs): A variation in base pair sequencing that may alter the function of a gene. Nutrigenomic testing looks at these variations to determine how a gene may function. Each combination of base pairs may alter the function of a gene in different ways. The variations are described as:

Wild Type – most commonly found pairing in nature; no variation
Heterozygous – one variant copy from a parent; one non-variant copy from a parent
Homozygous – two variant copies, one from each parent

For professional-grade supplements that are appropriate for your genetic variations, visit www.dnarx.com

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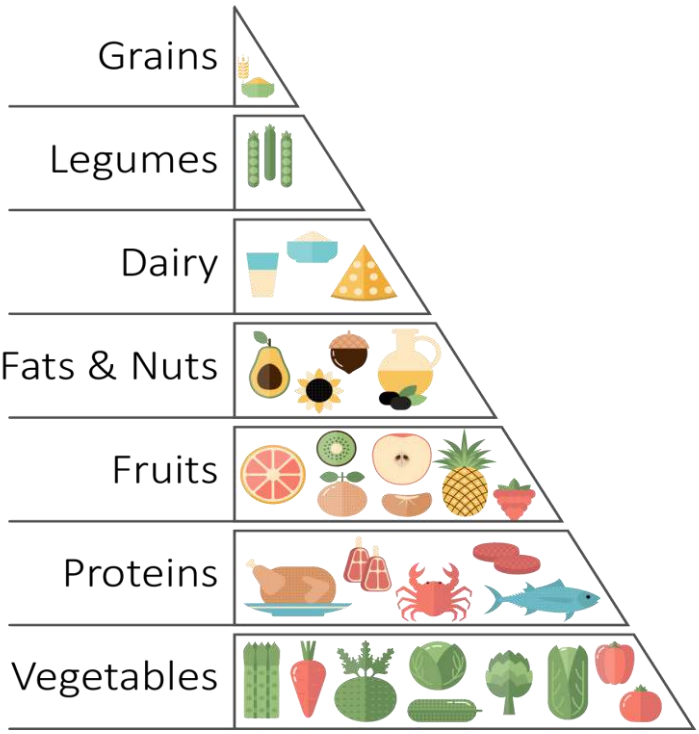
Your genes control how your body responds to fats and carbohydrates, your metabolism, your emotional response to food, and habits that control weight management. Each page of this report will contain information that can help you create a long-term eating plan, one that balances not only the types of food you consume but also when you eat and what you can do to supplement your diet. The information contained in this report should be used as an addition to a wellness plan for longevity and health.



The most well researched diet is the Mediterranean Diet. It is made of low-inflammatory foods that contain a wide variety of nutrients. It is full of vegetables, fruits, lean meats, and healthy fats.
The majority of people should consume a healthy amount of fats, specifically from sources like nuts, avocados, and olives. While most people will do well eating this way, certain genes suggest whether or not you can tolerate extra fats and carbohydrates. In this report, we will discuss the variations of tolerance to fats and carbs and how the Mediterranean Diet can be altered to accommodate.

Genetics play a major role in the development of disease; however, dietary and lifestyle factors can greatly enhance or reduce your risk of chronic health conditions. Along with your susceptibility factors, we will discuss what you can do to reduce your chance of developing these chronic diseases. Specifically, this report will dive into the concerns of weight management, diabetes, autoimmunity, and cardiovascular disease.

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Carbohydrates & Your Genetics

In addition to a standard Mediterranean Diet, there are several things that can be done to maintain a healthy weight and long-term wellness. Carbohydrates (sugars) are needed for energy production, and the source of those sugars is important. Carbohydrates come in the form of vegetables, fruit, legumes, and grains. When we talk about healthy carbohydrates, we mean this. They also come in the form of refined and processed sources. Pastas, cookies, cakes, and candies fall into this category. These are not considered healthy options. Refined carbs increase your chances of chronic disease.

Carbohydrate Sensitivity	Weight Loss	Diabetes & Blood Sugar
You are genetically sensitive to refined carbs. This means that these foods will increase inflammation. You should avoid highly refined carbs such as breads, pastas, and processed foods.	You may have a lower BMI on a high complex carb diet. Consume at least 9 servings of vegetables a day. Refined carbs will increase BMI. Consider a gluten-free Mediterranean Diet. This gene determines which diet is best for you if weight loss is a goal.	You have an average risk for diabetes and insulin resistance.

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Fats & Your Genetics

Contrary to popular belief, fats are actually a necessary part of a healthy diet. Sources of good, healthy fats include eggs, fish, nuts, seeds, avocados, and olives. Your genes determine if you will have a sensitivity to the various kinds of fats. Some people have introduced a high fat, low carb diet (Ketogenic) into their lifestyle with remarkable success. Others have not. Below, we discuss the various types of fat and whether or not you can successfully incorporate them into your diet.

Monounsaturated Fat

These fats are considered to be heart healthy, lowering so called bad cholesterol and anti-inflammatory. Examples: Olive Oils, Nuts, Avocados

You can consume monounsaturated fats; however, you would not benefit from consuming excessive amounts.

Polyunsaturated Fat

These fats are also considered to be heart-healthy, but some are higher producers of inflammation. Examples: Wild-caught Salmon & Sunflower Seeds

You would benefit from the consumption of polyunsaturated fats. Choose healthy, organic options like fatty fish and seeds. Avoid refined vegetable oils like canola, soy, or safflower.

Saturated Fat

Given a bad reputation over the years, saturated fats are actually required for proper hormone production. Some people, however, are genetically sensitive to them and should lower consumption. Examples: Animal Fats, Coconut Oil

You are genetically sensitive to saturated fats. This means that they will increase inflammation. You should avoid them whenever possible.

Cholesterol & Your Genetics

Cholesterol is a necessary fat that is needed for proper brain and hormone health. While it is suggested that so-called bad cholesterol and triglycerides will lead to heart disease, it is important to keep dietary cholesterol in perspective.

You do not have an elevated risk for total cholesterol or LDL levels.
You have an increased risk for elevated triglyceride levels.
You have an increased risk of lower HDL levels. Consider increasing exercise.
Consumption of animal products will not lower your HDL.

Ketogenic Diet Results

Based on current research, you can expect to have an average response from a ketogenic diet. Consider healthy fats, such as avocado, olive oil, nuts, seeds, and fatty fish.

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Gluten, Dairy & Your Genetics

The next piece of the puzzle when it comes to dietary needs is knowing whether or not you have a food intolerance. While you do not require a genetic mutation to acquire one, if you are genetically susceptible, you should be advised to avoid potential food triggers. In this test, we look at the two most common culprits of autoimmunity: gluten and lactose.

Dairy - Lactose

Lactose is a sugar found in dairy products. While many people are already aware oflactoseintolerance due to digestive issues, others may not notice any symptoms.

You are not genetically lactose intolerant.

You may have a higher BMI with dairy intake. Consider avoiding dairy products as part of a weight loss program.

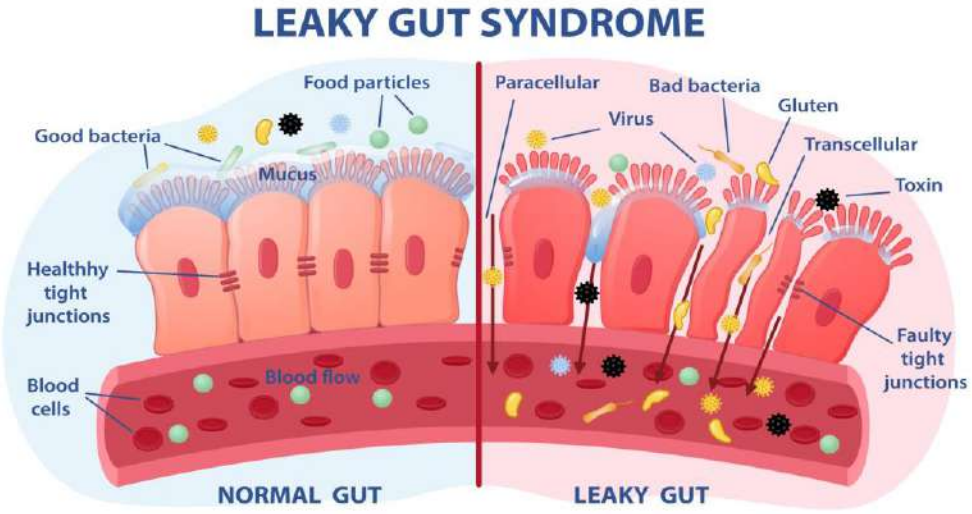
Gluten

Gluten is the protein found in wheat, barley, and rye. Known for its sticky nature, gluten can be added to foods unexpectedly. If you are gluten-intolerant, you must work diligently to avoid any hidden sources, such as soups, sauces, and lunch meats. A gluten intolerance is not synonymous with Celiac Disease; although, for the purposes of this test, we strongly encourage you to be tested if you have the genetic potential. Gluten intolerance and/or Celiac Disease can lead to a number of physical symptoms: GI dysfunction, skin conditions, mood disorders, hormone issues, and autoimmunity.

You tested positive for potential gluten intolerance. If you have symptoms, consult with a healthcare provider to consider further testing and possible interventions. You could also take the proactive approach and avoid gluten all together.

GI Disease Results

You have an increased risk for developing autoimmune gastrointestinal diseases with the consumption of gluten.



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Weight Loss, Eating Habits & Your Genetics

Your attitude around food can often determine your physical reaction to it. Whether you are an emotional eater, prefer snacking, or are more of a picky eater can all be seen in your genetic code. These small behaviors can have a drastic impact on your weight and wellbeing.

Energy Consumption

You are prone to eating more calories than needed for daily energy expenditure. Consult with a healthcare practitioner to discuss your resting metabolic rate.

Caloric Output

You have a lower resting metabolism.

Exercise & Weightloss

You are less likely to lose weight in response to exercise. You still need to move on a regular basis. The MaxFitness Panel can help you determine proper exercise protocols for your genetic type.

Caloric Restriction

You will benefit greatly from caloric restriction. Consider using fiber and limiting portion sizes. You could consume 10% less calories than your resting metabolic rate. Work with a healthcare provider to determine the best solution.

Emotional Eating

You are not genetically prone to emotional eating.

Intermittent Fasting

You do not have genetic issues with eating late at night and weight management. Intermittent fasting may not work for weight loss.

Bitter Foods

You are not able to taste bitter foods. This generally makes you more willing to eat vegetables. Make sure you are consuming at least 9 servings a day.

Feeling Full

You are not genetically prone to low satiety.

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Vitamins & Your Genetics

Your ability to metabolize vitamins plays a critical role in your health. While we like to think we can get all the vitamins we need from our food supply, due to modern agricultural practices this is becoming less likely. Vitamins are necessary for cellular health, which is the root of all bodily functions. If you want to avoid chronic lifestyle-related diseases, such as heart disease and diabetes, proper micronutrient levels must be monitored. If you have any potential for vitamin deficiencies, it is wise to consult with a practitioner about supplementation. Do not simply go to the health food store to buy generic multivitamins. Each genetic variant requires specific forms of micronutrients.

B12 (Cobalamin)

This vitamin plays a key role in neurological health and red blood cell formation. There are multiple forms of B12, and we recommend talking with your provider about which supplemental form is right for you. In general, we recommend methylcobalamin. Avoid cyanocobalamin.

You are not genetically predisposed to Vitamin B12 deficiency. Consider organic acid testing to verify.

FUT2 Secretor. There are no probiotic recommendations associated with this variant.

B9 (Folate)

Folate is needed for over 200 actions in the body, specifically DNA repair, reproductive health, brain health, and detoxification. You should talk to your provider about potential use of methylfolate. You should, however, avoid folic acid whenever possible. Foods that are high in folate include leafy green vegetables.

You have one copy of the A1298C MTHFR variation. This is the least influential MTHFR variation and has little affect on the activity of the MTHFR enzyme. It Is still recommended to avoid synthetic folic acid.
Avoiding synthetic folic acid and ensuring a diet full of green leafy vegetables is important. MethylFolate may still help some people with anxiety and other symptoms.

B6 (Pyridoxine)

This vitamin is involved in several neurological functions, including the production of serotonin, noradrenaline, and protecting nerve cells. Foods that are rich in B6 include legumes, leafy green vegetables, eggs, and fish. You can also take a specific supplement (use P5P), but please consult with your provider.

You are genetically predisposed to Vitamin B6 deficiency. Consider supplementation and increasing foods that contain B6.

B2 (Riboflavin)

This vitamin is critical for many cellular functions, including nerve health, heart health, and healthy skin, hair, and nails. In fact, this vitamin works closely with all other B vitamins, helping to convert food sources into energy currency (ATP). You could take riboflavin as a part of a healthy B complex.

You are not genetically predisposed to Vitamin B2 deficiency.

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Other Vitamins & Your Genetics

Your ability to metabolize vitamins plays a critical role in your health. While we like to think we can get all the vitamins we need from our food supply, due to modern agricultural practices this is becoming less likely. Vitamins are necessary for cellular health, which is the root of all bodily functions. If you want to avoid chronic lifestyle-related diseases, such as heart disease and diabetes, proper micronutrient levels must be monitored.

Vitamin A

This vitamin is crucial for hair, skin, eye, and immune health. It is found most often in cod liver oil, carrots, sweet potatoes, and liver. However, some people may require a more active form, like retinol.

You are genetically predisposed to Vitamin A deficiency. Consider supplementing with Retinol Palmitate.

Vitamin D

This is a fat soluble vitamin that is important for immune system function and calcium absorption. Vitamin D can be found in egg yolks, cheese, liver, and cod liver oil. If possible, you should also try to get direct sunshine for at least 30 minutes a day.

You are genetically predisposed to Vitamin D deficiency. Test levels with your doctor to see if supplementation is necessary.

Vitamin E

This vitamin is a powerful antioxidant that protects cells from damage. Eating foods rich in vitamin E is recommended, including sunflower seeds, hazelnuts, and almonds. You could take a supplement for vitamin E, but most companies use soy or wheat germ as their source. Talk with your Healthcare provider about getting a good quality brand that does not include problematic ingredients.

You may not have higher plasma levels of Vitamin E, which is a powerful antioxidant that protects cells from damage. Consider supplementation or eating more Vitamin E containing foods.

Vitamin C

This vitamin is critical for proper immune response and tissue repair. Deficiencies in vitamin C can lead to problems with connective tissues (such as bone, collagen, and muscles). Foods high in vitamin C are citrus fruits. Before supplementing with vitamin C, consult your health care provider. Many opportunistic infections (yeast, bacterial, viral) use vitamin C as a source of energy. This can lead to an increase in oxalic acid, which may cause significant symptoms.

You are not genetically predisposed for Vitamin C deficiency.

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SNP Report

Gene	RS#	Result	Patient	Risk	Short Description
Diet Section					
FABP2 Ala54Thr	rs1799883	-- Wild Type	TT	C	Genetic cause for refined carbohydrate sensitivity.
KCTD10	rs10850219	-- Wild Type	GG	C	Genetic cause for reduced HDL levels on a high carb diet. Avoid refined carbs.
PLIN	rs894160	++ Homozygous	TT	T	High complex carb diet will lower BMI. Low carb diet will increase BMI.
LIPC	rs1800588	-+ Heterozygous	CT	T	High complex carb diet will lower BMI. Increase fiber intake.
FADS1(MYRF)	rs174537	++ Homozygous	TT	T	Genetic cause for lower Omega 6 levels.
APOA2	rs5082	-- Wild Type	GG	A	Genetic reason to consume more than 45% of calories from fat.
FABP2 Ala54Thr	rs1799883	-- Wild Type	TT	C	Genetic cause for saturated fat sensitivity. See Fat page for details.
FABP2 Ala54Thr	rs1799883	-- Wild Type	TT	C	No genetic cause for higher fatty acids in the blood stream when eating fat.
FABP2 Ala54Thr	rs1799883	-- Wild Type	TT	C	No genetic cause for higher triglycerides.
ADIPOQ	rs17300539	-- Wild Type	GG	A	Genetic reason to avoid a high fat diet.
PPARG	rs1801282	-- Wild Type	CC	G	No genetic reason to consume extra monounsaturated fats.
ADIPOQ	rs17300539	-- Wild Type	GG	A	No genetic reason to consume extra monounsaturated fats.
PPARG	rs1801282	-- Wild Type	CC	G	Genetic reason to consume extra polyunsaturated fats.
APOA2	rs5082	-- Wild Type	GG	A	Genetic cause for more efficient lipid metabolism.
Vitamin Risks					
FUT2	rs602662	-+ Heterozygous	GA	A	Genetic cause for high serum B12 levels. See B12 page for details.
FUT2	rs601338	-+ Heterozygous	GA	A	Genetic cause for B12 deficiency. See B12 page for details.
MTHFR C677T	rs1801133	-- Wild Type	GG	A	No genetic cause for Folate deficiency.
MTHFR A1298C	rs1801131	-+ Heterozygous	GT	G	Genetic cause for Folate deficiency.
BCMO1	rs12934922	-+ Heterozygous	AT	T	Genetic cause for Vitamin A deficiency.
BCMO1	rs7501331	-- Wild Type	CC	T	No genetic cause for Vitamin A deficiency.
MTHFR	rs1801133	-- Wild Type	GG	A	No genetic cause for Vitamin B2 deficiency.
NBPF3	rs4654748	-- Wild Type	CC	T	Genetic cause for Vitamin B6 deficiency.
SLC23A1	rs33972313	-- Wild Type	CC	T	No genetic cause for Vitamin C deficiency.
GC	rs2282679	-+ Heterozygous	GT	G	Genetic cause for Vitamin D deficiency.
INTERGENIC	rs12272004	-- Wild Type	CC	A	Genetic cause for Vitamin E deficiency.
Food Intolerances					
CCR3	rs6441961	-+ Heterozygous	CT	C	Genetic cause for gluten intolerance. See Food Sensitivity page for details.
HLA-DQ2.5	rs2187668	++ Homozygous	TT	T	Genetic cause for gluten intolerance. See Food Sensitivity page for details.
IL21	rs13119723	-+ Heterozygous	GA	G	Genetic cause for gluten intolerance. See Food Sensitivity page for details.
IL21	rs6822844	-- Wild Type	GG	T	No genetic cause for gluten intolerance.
MYO9B	rs2305764	++ Homozygous	GG	G	Genetic cause for gluten intolerance. See Food Sensitivity page for details.
MCM6	rs4988235	++ Homozygous	AA	A	No genetic cause for lactose intolerance. See Food Sensitivity page for details.
APOA2	rs5082	-- Wild Type	GG	A	Genetic cause for weight gain with dairy. Avoid dairy is weight loss is a goal.
Disease Risks					
MYO9B	rs2305764	++ Homozygous	GG	G	Genetic cause for GI diseases. See Food Sensitivity page for details.
MYO9B	rs2305764	++ Homozygous	GG	G	Genetic cause for GI diseases. See Food Sensitivity page for details.
MYO9B	rs2305764	++ Homozygous	GG	G	No genetic cause for GI diseases. See Food Sensitivity page for details.

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Gene	RS#	Result	Patient	Risk	Short Description
Eating Habits					
FTO	rs8050136	-- Wild Type	CC	A	Genetic cause for increased appetite. Watch portion control.
MC4R	rs17782313	-+ Heterozygous	TC	C	Genetic cause of consuming excessive calories. Watch portion control.
MC4R	rs17782313	-+ Heterozygous	TC	C	Genetic cause of consuming excessive fat from calories. Count macros.
ANKK1/DRD2	rs1800497	++ Homozygous	AA	A	Genetic cause for addictive eating behavior. Consult a counselor if needed.
FTO	rs9939609	-- Wild Type	TT	A	No genetic cause for increased appetite.
LEPR	rs2025804	++ Homozygous	AA	A	Genetic cause for lower resting metabolism.
NMB	rs1051168	-- Wild Type	GG	T	No genetic cause for leptin resistence.
FTO	rs9939609	-- Wild Type	TT	A	No genetic cause for leptin resistence.
LEPR	rs2025804	++ Homozygous	AA	A	No genetic cause of increased desire for snacking.
MC4R	rs17782313	-+ Heterozygous	TC	C	No genetic cause of increased desire for snacking.
FTO	rs9939609	-- Wild Type	TT	A	No genetic cause of binge or emotional eating.
FTO	rs9939609	-- Wild Type	TT	A	No genetic cause of binge or emotional eating.
TAS2R38	rs713598	++ Homozygous	GG	G	Genetic cause for inability to taste bitter foods. Eat 9 servings of veggies/day.
Obesity & Weight loss					
ADRB3	rs4994	-- Wild Type	AA	G	No genetic cause for higher BMI. Eat according to Carb page.
FTO	rs1558902	-- Wild Type	TT	A	No genetic cause of obesity. Eat according to Carb page.
MC4R	rs17782313	-+ Heterozygous	TC	C	Genetic cause for obesity. Eat according to Carb page.
ITGB2	rs235326	-+ Heterozygous	AG	G	No genetic cause of obesity. Eat according to Carb page.
ADIPOQ	rs17300539	-- Wild Type	GG	A	No genetic cause of obesity. Eat according to Carb page.
APOA2	rs5082	-- Wild Type	GG	A	Genetic cause for obesity. Eat according to Carb page.
FTO	rs9939609	-- Wild Type	TT	A	No genetic cause of obesity. Eat according to Carb page.
FTO	rs8050136	-- Wild Type	CC	A	Genetic cause for losing less fat with exercize. Concentrate on ideal diet.
FTO	rs16945088	-- Wild Type	AA	G	No genetic cause for inability to lose weight.
BCAA associated P	rs1440581	-- Wild Type	TT	C	No genetic cause for inability to lose weight with diet.
ADIPOQ	rs17300539	-- Wild Type	GG	A	Genetic cause for weight gain after dieting. See Carb page for ideal diet.
PPARG	rs1801282	-- Wild Type	CC	G	No genetic cause for inability to lose weight with diet.
ACSL5	rs2419621	-+ Heterozygous	TC	T	Genetic cause for weight loss with diet alone. See Carb page for ideal diet.
PLIN	rs894160	++ Homozygous	TT	T	Genetic cause for fat loss with calorie restricted diet. Reduce caloried by 10%.
PLIN	rs894160	++ Homozygous	TT	T	No genetic need for time-restricted eating while losing weight.
Blood Sugar & Diabetes					
ADRA2A	rs10885122	-- Wild Type	GG	T	No genetic cause for diabetes/insulin issues.
IRS1	rs2943641	-+ Heterozygous	CT	T	Genetic cause for elevated blood sugar/diabetes. Avoid refined carbohydrates.
ADIPOQ	rs17300539	-- Wild Type	GG	A	Genetic cause for elevated blood sugar/diabetes. Avoid refined carbohydrates.
PPARG	rs1801282	-- Wild Type	CC	G	No genetic cause for diabetes/insulin issues.
ADRB2	rs1042714	-+ Heterozygous	CG	G	No genetic cause for diabetes/insulin issues.
FTO	rs8050136	-- Wild Type	CC	A	Genetic cause for elevated blood sugar/diabetes. Avoid refined carbohydrates.
FTO	rs9939609	-- Wild Type	TT	A	No genetic cause for diabetes/insulin issues.
PPARG	rs1801282	-- Wild Type	CC	G	No genetic cause for diabetes/insulin issues.
ADIPOQ	rs17300539	-- Wild Type	GG	A	Genetic cause for obesity and Type II Diabetes.

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Gene	RS#	Result	Patient	Risk	Short Description
Blood Lipids					
FADS1	rs174537	++ Homozygous	TT	T	No genetic cause for increased LDL and total cholesterol.
LPL	rs328	++ Homozygous	GG	G	Genetic cause for high triglycerides. Test yearly. Consider Bergamot.
KCTD10	rs10850219	-- Wild Type	GG	C	Genetic cause for low HDL. Test yearly.
LIPC	rs1800588	-+ Heterozygous	CT	T	No genetic cause for low HDL with consumption of animal fat.

Client: Your genotype.
Minor: The genotype that is found least in nature.
Wild Type: The genotype that is found most often in nature, this is reported as green. This isn't always ideal.
Homozygous: This means you tested for both copies of the minor type allele. This typically has more severe issues.
Heterozygous: This means you tested for one copy of the minor allele and one copy of the wild type allele.
Gene: This is the specific gene we are looking at for variations.
RS#: This is the specific variation within the gene. There are multiple locations within a gene for potential variations, all of which can indicate a different issue or severity.

Disclaimer: This test was developed by MaxGen Labs and has not been approved by the FDA. It is not intended to diagnose, treat, cure or prevent disease. This test should be considered for educational purposes only. Do not make decisions about your health without discussing it with a licensed practitioner. The information contained within the report does not consider other genetic variations or environmental factors that might contribute to someone's phenotype or symptoms.
This test does not analyze all variations within a gene that someone might carry. The rs#'s contained within the report were picked from scientific literature, multiple physician collaborations, and clinical observation by MaxGen Labs and are subject to change at any time.