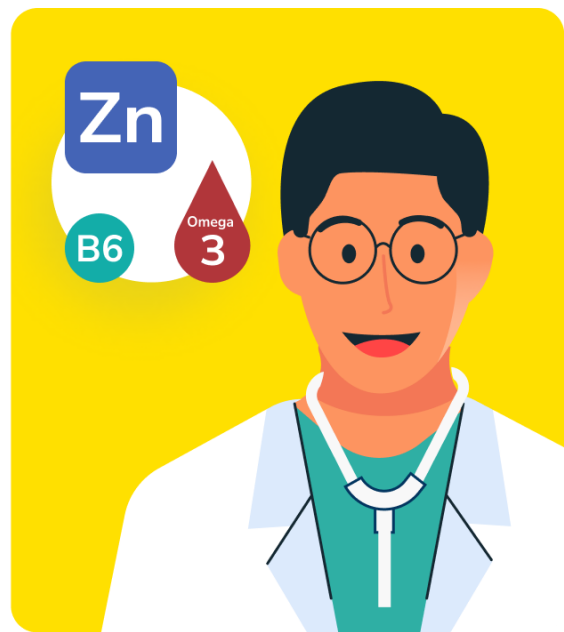
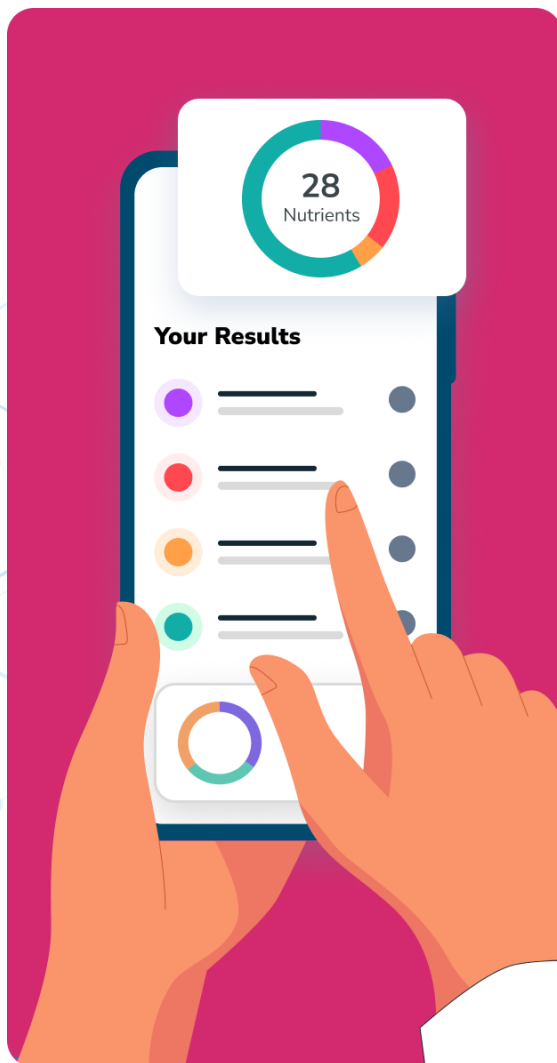


NutriReady™



Deployment NutriReady

Date of Birth : 01 January 2000

Report Date : 04 August 2025

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Personal Information

Customer ID **DENU00010408001**

Name **Deployment NutriReady**

Date of birth **01 January 2000**

National ID/Passport No. **N/A**

Gender **Female**

Ordering Details

Ordered by **Physician Nala ID**

License No. **NA**

Order ID **#9457-207694**

Sample Details

Provider name	Example Nala ID	Lab Address	Example Road
Address	Example Road	Collected date	04 Aug 2025 (01:19 UTC)
Type of sample	Buccal Swab	Received date	04 Aug 2025 (01:20 UTC)
Test method	Microarray	Result verified	Printed In Report Verification Receipt
Clinical director	Printed In Report Verification Receipt	Processing lab address	Example Road



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Additional Information

The information displayed on this page is as reported on the order form at the time of your purchase.

Reason for order

- I want to proactively address health concerns

Introduction

There's no one-size-fits-all diet

Nutrition is often neglected, even though we take in more nutrition than medicine. We eat 3 times a day, sometimes more. And to dieticians and nutritionists, the term "**you are what you eat**" has never been truer.

According to Global Burden of Disease Study, a suboptimal diet is the second-leading risk factor for deaths and disability-adjusted life years globally, accounting for almost 20% of all deaths across the globe. This is because poor diets are associated with a higher risk of chronic diseases.

Now, "poor diet" is relative. When you search online or consult to dietician on "how to lose weight" the answers are most often to increase protein consumption. But it does not always work.

According to a journal, individuals who consumed a high-protein diet regained 1.84 kg than individuals on a low-protein diet. On the contrary, high-protein diets were beneficial for weight maintenance for others.

Beyond proper diet and weight loss lies the development of disease. When people that do not suit high-protein diet and follow the instruction to increase protein consumption, they will continue to gain weight. This will result in an increased risk of obesity, that if continued, will result in the development of more complex chronic diseases. That is why **personalized nutrition is important**.



What is NutriReady?

Due to genetic variation amongst people, we respond to nutrients differently. Humans have thousands of gene variants making you and me unique! **Every person needs proper nutrition**, but what is of utmost importance is precise nutrition. NutriReady is designed to help people get that. With the basics of Nutrigenetics, the study of gene variants dictates how our body responds to a nutrient, NutriReady aids and gives the power for people to **reach optimal health and prevent disease** based on an individual's genome.

Why NutriReady?

You can unlock gene information by analyzing **127 genetic variants**, finding out your:

1. Micronutrient absorption
2. Macronutrient absorption
3. Food Intolerances
4. Calorie and Food needs, packed in a Meal Plan

Together with NutriReady, you can put an end to your trial-and-error diet, making sure of proper and personalized nutrition that promotes your health.



Disclaimer

The DNA test results in this report are not intended to be used by you as a substitute for professional medical advice, diagnosis, or treatment. The test cannot be used to assess the risk of disease or conditions, detect, diagnose, manage, or treat any health or medical disease/condition. Any results from the test should not be regarded as medical information and/or advice. You should always seek the advice of an appropriate healthcare provider or physician for any interpretation of your genetic information.

This report analyzes **all your genes which has been reported** to be relevant to nutrition to provide personalized insights. However, the laboratory process and **subsequent data analysis may have limitations (e.g. oral bacterial flora contamination)**. We may need to estimate missing data, and contamination or insufficient DNA as these can affect results. In such cases, Nalagenetics will perform imputation **as one of the approved/common methods for processing genetic data** to predict the data, instead of using the un-interpretable or incorrect data.

Nalagenetics analyzes specific parts of your DNA sequence that are relevant to the nutritional goals outlined in your order form. We are not responsible for interpreting the data concerning other diseases. Consult your healthcare provider for such interpretations.

Our analysis relies on information provided by you and your physician at the time of your order. Nalagenetics shall not be responsible or liable for or on account of any incorrect and/or inaccurate information provided by you through the prescribed order form or otherwise, and Nalagenetics shall not be obliged to verify or otherwise investigate any information so provided. You expressly agree and acknowledge that all interpretation, assessment, and/or analysis of the information is based on the prevailing knowledge and acceptable standards and practices at the time, but not limited to medical literature, scientific literature, scientific databases and/or clinical guidelines.

The recommended meal plan is a general guide for healthy adults and does not consider pre-existing conditions. Children and adolescents require a healthcare professional's assessment before receiving a personalized meal plan. Serving sizes and calorie information are based on standardized averages and may vary slightly due to cooking methods or individual food items.

Nalagenetics reserves the right to update this disclaimer at any time.

Summary of Your Nutrients

- 
Higher
 The patient has a genetic polymorphism that causes increasing concentration due to the altered metabolism of the nutrient in the system
- 
Lower
 The patient has a genetic polymorphism that causes decreasing concentration due to the altered metabolism of the nutrient in the system
- 
Normal
 There is a low chance of different response due to patient's genetic polymorphism.
- 
Influences
 The patient has a genetic polymorphism that causes some changes in other factors related to the nutrient in the system

Vitamins	In Your Body	Recommendation	Take Supplementation
Vitamin A	 Normal	Follow the Recommended Dietary Intake (RDI)	Unless a certain diet applies
Vitamin D	 Lower	May consume more than the Recommended Dietary Intake (RDI)	May be needed
Vitamin E	 Higher	May consume less than the Recommended Dietary Intake (RDI)	May not be needed
Vitamin K	 Normal	Follow the Recommended Dietary Intake (RDI)	Unless a certain diet applies
Vitamin C	 Higher	May consume less than the Recommended Dietary Intake (RDI)	May not be needed
Vitamin B2	 Normal	Follow the Recommended Dietary Intake (RDI)	Unless a certain diet applies
Vitamin B6	 Lower	May consume more than the Recommended Dietary Intake (RDI)	May be needed
Folic Acid	 Normal	Follow the Recommended Dietary Intake (RDI)	Unless a certain diet applies
Vitamin B12	 Higher	May consume less than the Recommended Dietary Intake (RDI)	May not be needed

Summary of Your Nutrients

Minerals	In Your Body		Recommendation	Take Supplementation
Calcium		Higher	May consume less than the Recommended Dietary Intake (RDI)	May not be needed
Magnesium		Lower	May consume more than the Recommended Dietary Intake (RDI)	May be needed
Zinc		Higher	May consume less than the Recommended Dietary Intake (RDI)	May not be needed
Iron		Lower	May consume more than the Recommended Dietary Intake (RDI)	May be needed
Selenium		Lower	May consume more than the Recommended Dietary Intake (RDI)	May be needed
Potassium		Normal	Follow the Recommended Dietary Intake (RDI)	Unless a certain diet applies
Sodium		Normal	Follow the Recommended Dietary Intake (RDI)	Unless a certain diet applies
Iodine		Lower	May consume more than the Recommended Dietary Intake (RDI)	May be needed

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Summary of Your Nutrients

Macronutrients	In Your Body		Recommendation	Take Supplementation
Carbohydrate		Higher	Ensure that carbs do not exceed 50% of ideal caloric intake	
Protein		Influences	See nutrient report page	
Total Fat		Influences	See nutrient report page	
Saturated Fatty Acid		Lower	Limit saturated fatty acids to 10% of ideal caloric intake	
Trans Fatty Acid		Influences	See nutrient report page	
Total Cholesterol		Normal	Limit dietary cholesterol to 300 mg per day	
MUFA		Normal	Ensure that MUFA makes up about 15% of ideal caloric intake	
Omega-3		Lower	May consume more than the Recommended Dietary Intake (RDI)	May be needed
Omega-6		Lower	May consume more than the Recommended Dietary Intake (RDI)	

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Summary of Your Nutrients

Food Intolerance And Sensitivity	In Your Body		Recommendation	Take Supplementation
Lactose Intolerance	✓	Normal	May consume lactose-containing products	
Gluten Intolerance	i	Influences	May avoid gluten-containing products	
Caffeine Intolerance	✓	Normal	May consume caffeine-containing products	
Salt Sensitivity	i	Influences	See nutrient report page	
Alcohol Sensitivity	i	Influences	No minimum amount of alcohol is safe to consume regardless of genomic profile (see report page)	

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Micronutrients

Micronutrients are vitamins and minerals that the body needs in tiny amounts. Although it is needed in an exceedingly small amount, their health effects are significant, and a deficiency of any of them can lead to serious and even life-threatening conditions. They perform many functions, including allowing the body to produce the enzymes, hormones and other substances needed for normal growth and development.

Fat-Soluble Vitamin

Vitamin A



Take Supplementation
**Unless a certain diet
applies**



Nutrient metabolism by your body



What is this nutrient for?

Vitamin A plays a role in vision, bone growth, reproduction, cell functions, and the immune system. It is an antioxidant that contributes to the prevention of aging and the development of chronic diseases. Vegetarians, young children, those who consume excessive alcohol, and smokers may need extra Vitamin A.



Recommended Daily Intake (RDI)
600-650 mcg RAE



Where can I find it?

Food	Amount	Nutrient Content/Serving
Vitamin A		
Chicken liver	100 g	3296 mcg
Eel, raw	85 g	887 mcg
Mackerel, raw	85 gr	185 mcg
Carotene		
Carrot	1 cup	1069 mcg
Sweet potato	1 cup	943 mcg

References

1. National Institute of Health. (2021). Vitamin A Fact Sheet. United States of America. Accessed on 31 July 2021.
2. FoodData Central. U.S. Department of Agriculture. Accessed on 15 February 2023.
3. Kementerian Kesehatan RI. (2019). Peraturan Menteri Kesehatan Republik Indonesia Nomor 28 Tahun 2019. Indonesia. Accessed on 31 July 2021.
4. American Academy of Ophthalmology. (2020). What is Vitamin A Deficiency?. [online]. Accessed on 28 September 2021.
5. Oxford Academic International Health. (2023). Vitamin A deficiency among pregnant women in Ethiopia: a systematic review and meta-analysis. Accessed on 30 October 2023.
6. Mayo Clinic. (2023). Vitamin A. Accessed on 9 November 2023.

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Fat-Soluble Vitamin

Vitamin D



Take Supplementation
May be needed



Nutrient metabolism by your body



Lower Concentration

Normal condition

Higher Concentration



What is this nutrient for?

Vitamin D maintains adequate mineral (calcium and phosphate) concentrations to enable normal bone mineralization and needed for bone growth and remodeling. Vitamin D has other roles in the body, including reducing inflammation, modulating cell growth, immune and neuromuscular function, and glucose metabolism. Vitamin D also helps protect older adults from osteoporosis.



Recommended Daily Intake (RDI)

15-20 mcg



Where can I find it?

Food	Amount	Nutrient Content/Serving
Carp, raw	100 g	24.7 mcg
Sardines	2 sardines	1.2 mcg
Egg	1 large, scrambled	1.1 mcg
Eel, raw	100 g	23.3 mcg
Mackerel, raw	100 g	16.1 mcg
Mushrooms	100 g	31.9 mcg



Symptoms of nutrient deficiency

In teens and adults, vitamin D deficiency causes osteomalacia, a disorder that causes bone pain and muscle weakness.

References

1. National Institute of Health. (2021). Vitamin D Fact Sheet. United States of America. Accessed on 31 July 2021.
2. Kementerian Kesehatan RI. (2019). Peraturan Menteri Kesehatan Republik Indonesia Nomor 28 Tahun 2019. Indonesia. Accessed on 31 July 2021.
3. FoodData Central. U.S. Department of Agriculture. Accessed on 15 February 2023.
4. Medicine. (2021). Vitamin D deficiency in pregnant women. Accessed on 30 October 2023.

Fat-Soluble Vitamin

Vitamin E



Take Supplementation
May not be needed



Nutrient metabolism by your body



Lower Concentration

Normal condition

Higher Concentration



What is this nutrient for?

Vitamin E is an antioxidant that helps in preventing or delaying chronic diseases associated with free radicals. Vitamin E is also involved in immune function, metabolic processes, blood vessels dilation, and the inhibition of platelet aggregation.



Recommended Daily Intake (RDI)
15-20 mg



Where can I find it?

Food	Amount	Nutrient Content/Serving
Sunflower oil	1 tbsp	5.8 mg
Sunflower seeds	1 tbsp	3.7 mg
Eel	204 g	8.16 mg
Almond milk, unsweetened	1 cup	8.1 mg
Avocado	1 cup	6.1 mg
Almond	0.25 cup	9.2 mg
Peanuts, dry roasted	1 cup	7.2 mg



Symptoms of excessive nutrient intake

High doses of vitamin E increase the risk of bleeding, as well as muscle weakness, fatigue, nausea, and diarrhea.

References

1. National Institute of Health. (2021). Vitamin E Fact Sheet. United States of America. Accessed on 31 July 2021.
2. Kementerian Kesehatan RI. (2019). Peraturan Menteri Kesehatan Republik Indonesia Nomor 28 Tahun 2019. Indonesia. Accessed on 31 July 2021.
3. FoodData Central. U.S. Department of Agriculture. Accessed on 15 February 2023.
4. MSD Manual. (2022). Vitamin E Excess. Accessed on 30 October 2023.
5. Experimental and Therapeutic Medicine. (2018). Role of serum vitamin A and E in pregnancy. Accessed on 30 October 2023.

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Fat-Soluble Vitamin

Vitamin K



Take Supplementation

Unless a certain diet applies



Nutrient metabolism by your body



What is this nutrient for?

Vitamin K is a fat-soluble vitamin majorly involved in blood clotting process, bone metabolism, and other diverse physiological functions. Vitamin K intake is particularly maintained in individuals who are taking anticoagulant drugs in which it is very important to get the same amount of vitamin K each day.



Recommended Daily Intake (RDI)

55-65 mcg



Where can I find it?

Food	Amount	Nutrient Content/Serving
Spinach	1 cup	145 mcg
Lettuce, shredded	1 cup	45.5 mcg
Broccoli	1 cup	92.5 mcg
Cabbage	1 cup	67.6 mcg
Bak choy	1 cup	63.7 mcg
Kiwi, green	1 cup	27.8 mcg
Mung beans sprout	1 cup	34.3 mcg

References

1. National Institute of Health. (2021). Vitamin K Fact Sheet. United States of America. Accessed on 31 July 2021.
2. Kementerian Kesehatan RI. (2019). Peraturan Menteri Kesehatan Republik Indonesia Nomor 28 Tahun 2019. Indonesia. Accessed on 31 July 2021.
3. FoodData Central. U.S. Department of Agriculture. Accessed on 15 February 2023.

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Water-Soluble Vitamin

Vitamin C



Take Supplementation
May not be needed



Nutrient metabolism by your body



Lower Concentration

Normal condition

Higher Concentration



What is this nutrient for?

Vitamin C is an essential dietary component required for protein metabolism and the biosynthesis of collagen which plays a vital role in wound healing. It is also an important antioxidant that helps prevent or delay the development of certain cancers, cardiovascular disease and other diseases in which oxidative stress plays a causal role. Vitamin C is also involved in immune function.



Recommended Daily Intake (RDI)

75-90 mg



Where can I find it?

Food	Amount	Nutrient Content/Serving
Guava	1 large	251 mg
Kiwi, sun gold	1 medium	131 mg
Papaya leaf	100 g	140 mg
Papaya	1 cup	88.3 mg
Strawberry	1 cup	89.4 mg
Yellow bell pepper	1 medium	341 mg
Broccoli, chopped	1 cup	81.2 mg



Symptoms of excessive nutrient intake

Taking too much vitamin C causes diarrhea, nausea, and stomach cramps. In people with iron overload condition, high doses of vitamin C worsens the symptoms and damage body tissues.

References

1. National Institute of Health. (2021). Vitamin C Fact Sheet. United States of America. Accessed on 31 July 2021.
2. Kementerian Kesehatan RI. (2019). Peraturan Menteri Kesehatan Republik Indonesia Nomor 28 Tahun 2019. Indonesia. Accessed on 31 July 2021.
3. FoodData Central. U.S. Department of Agriculture. Accessed on 15 February 2023.

Water-Soluble Vitamin

Vitamin B2



Take Supplementation

Unless a certain diet applies



Nutrient metabolism by your body 



What is this nutrient for?

Vitamin B2 or riboflavin is an essential component of coenzymes that play major roles in energy production, cellular function, growth and development, as well as metabolism of fats, drugs, & steroids.



Recommended Daily Intake (RDI)

1.1-1.3 mg



Where can I find it?

Food	Amount	Nutrient Content/Serving
Beef, grilled	175 g	1.5 mg
White mushroom	1 cup	0.28 mg
Oyster mushroom	1 cup	0.3 mg
Shiitake mushroom	1 cup	0.24 mg
Kidney beans	1 cup	0.46 mg
Squid	100 g	0.41 mg
Mackerel	100 g	0.48 mg

References

1. National Institute of Health. (2021). Vitamin B2 Fact Sheet. United States of America. Accessed on 31 July 2021.
2. Kementerian Kesehatan RI. (2019). Peraturan Menteri Kesehatan Republik Indonesia Nomor 28 Tahun 2019. Indonesia. Accessed on 31 July 2021.
3. FoodData Central. U.S. Department of Agriculture. Accessed on 15 February 2023.
4. Oxford Academic. (2014). Vitamin B2 (riboflavin) in pregnancy and breastfeeding. Accessed on 8 November 2023.

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Water-Soluble Vitamin

Vitamin B6



Take Supplementation
May be needed



Nutrient metabolism by your body



Lower Concentration

Normal condition

Higher Concentration



What is this nutrient for?

Vitamin B6 is an essential micronutrient that helps enzymes involved in the metabolism of carbohydrate and lipids which convert the consumed food into energy that the body needs. It is also involved in immune function and hemoglobin formation.



Recommended Daily Intake (RDI)

1.3-1.7 mg



Where can I find it?

Food	Amount	Nutrient Content/Serving
Banana	1 medium	0.25 mg
Chicken breast, cooked	85 g	0.986 mg
Carp	100 g	0.18 mg
Tempeh	100 g	0.215 mg
Beef	100 g	0.196 mg
Mackerel	100 g	0.44 mg
Tilapia	100 g	0.188 mg



Symptoms of nutrient deficiency

Not getting enough vitamin B6 may cause symptoms such as anemia, itchy rashes, scaly skin on the lips, cracks at the corners of the mouth, and a swollen tongue. Other symptoms also include depression, confusion, and a weak immune system.

References

1. National Institute of Health. (2021). Vitamin B6 Fact Sheet. United States of America. Accessed on 31 July 2021.
2. Kementerian Kesehatan RI. (2019). Peraturan Menteri Kesehatan Republik Indonesia Nomor 28 Tahun 2019. Indonesia. Accessed on 31 July 2021.
3. FoodData Central. U.S. Department of Agriculture. Accessed on 15 February 2023

Water-Soluble Vitamin

Folic Acid



Take Supplementation

Unless a certain diet applies



Nutrient metabolism by your body



What is this nutrient for?

Folic acid plays a role in DNA and other genetic material synthesis and metabolism of protein. It also supports cell division in the body.



Recommended Daily Intake (RDI)

400 mcg



Where can I find it?

Food	Amount	Nutrient Content/Serving
Spinach	100 g	194 mcg
Lettuce, shredded	1 cup	63.9 mcg
Mung beans	1 cup	120 mcg
Kidney beans	1/2 cup	52 mcg
Chinese broccoli	100 g	104 mcg
Edamame	100 g	165 mcg
Beets	1 cup	148 mcg

References

1. National Institute of Health. (2021). Vitamin B9 Fact Sheet. United States of America. Accessed on 31 July 2021.
2. Kementerian Kesehatan RI. (2019). Peraturan Menteri Kesehatan Republik Indonesia Nomor 28 Tahun 2019. Indonesia. Accessed on 31 July 2021.
3. FoodData Central. U.S. Department of Agriculture. Accessed on 15 February 2023.

Water-Soluble Vitamin

Vitamin B12



Take Supplementation
May not be needed



Nutrient metabolism by your body



Lower Concentration

Normal condition

Higher Concentration



What is this nutrient for?

Vitamin B12 is an important vitamin for protein metabolism, where it is required for the development and function of the nervous system, healthy red blood cell formation, and DNA synthesis.



Recommended Daily Intake (RDI)
4 mcg



Where can I find it?

Food	Amount	Nutrient Content/Serving
Mackerel	100 g	15.6 mcg
Cooked tuna	85 g	9.3 mcg
Beef, raw	100 g	4.96 mcg
Milkfish	100 g	3.4 mcg
Catfish, grilled	135 g	4.44 mg
Mussel	100 g	12 mcg
Sardine, canned	100 g	9 mcg



Symptoms of excessive nutrient intake

Vitamin B12 has not been shown to cause any harm, even at high doses.

References

1. National Institute of Health. (2021). Vitamin B12 Fact Sheet. United States of America. Accessed on 31 July 2021.
2. Kementerian Kesehatan RI. (2019). Peraturan Menteri Kesehatan Republik Indonesia Nomor 28 Tahun 2019. Indonesia. Accessed on 31 July 2021.
3. FoodData Central. U.S. Department of Agriculture. Accessed on 15 February 2024.
4. American Journal of Epidemiology. (2017). Maternal vitamin B12 in pregnancy and risk of preterm birth and low birth weight: A systematic review and individual participant data meta-analysis. Accessed on 30 October 2023.

Mineral

Calcium



Take Supplementation
May not be needed



Nutrient metabolism by your body



Lower Concentration

Normal condition

Higher Concentration



What is this nutrient for?

Calcium is the most abundant mineral in the body which is required for muscle function, hormone and enzyme secretion, and other metabolic processes. Calcium is majorly involved in maintaining strong bones in the body. It is stored in bones and teeth, where it supports their structure and hardness.



Recommended Daily Intake (RDI)

1000-1200 mg


Where can I find it?

Food	Amount	Nutrient Content/Serving
Smoked Milkfish, high pressure cooked	50 gr	711 mg
Edamame	1 cup	504 mg
Milk	1 cup	276 mg
Parmesan cheese	1 ounce	336 mg
Mackerel	100 g	241 mg
Sardine, canned	10 g	382 mg
Chinese broccoli	100 g	105 mg



Symptoms of excessive nutrient intake

Too much calcium may cause constipation and interfere with the body's ability to absorb iron and zinc. Too much calcium also increases the risk of kidney stones. Some studies show that people who consume high amounts of calcium might have increased risks of prostate cancer and heart disease.

References

- National Institute of Health. (2021). Calcium Fact Sheet. United States of America. Accessed on 31 July 2021.
- Kementeriaan Kesehatan RI. (2019). Peraturan Menteri Kesehatan Republik Indonesia Nomor 28 Tahun 2019. Indonesia. Accessed on 31 July 2021.
- FoodData Central. U.S. Department of Agriculture. Accessed on 15 February 2023.
- World Health Organization. (2013). Guideline: Calcium supplementation in pregnant woman. Accessed on 9 November 2023.

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Mineral

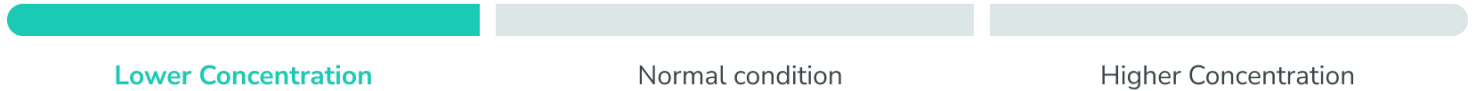
Magnesium



Take Supplementation
May be needed



Nutrient metabolism by your body



What is this nutrient for?

Magnesium is an abundant mineral in the body needed for the regulation of diverse biochemical synthesis such as protein synthesis, muscle and nerve function, blood glucose control, and blood pressure regulation. Magnesium also supports the process needed to regulate normal heart rhythm.



Recommended Daily Intake (RDI)
320-360 mg



Where can I find it?

Food	Amount	Nutrient Content/Serving
Tempeh	100 g	81 mg
Tofu	100 g	58 mg
Almonds	28.35 g	80 mg
Boiled spinach	1/2 cup	78 mg
Cashews	28.35 g	74 mg
Peanuts	1/4 cup	63 mg
Soymilk	1 cup	61 mg



Symptoms of nutrient deficiency

Long term low magnesium intake leads to magnesium deficiency which symptoms include loss of appetite, nausea, vomiting, fatigue, and weakness. Extreme deficiency may cause numbness, tingling, muscle cramps, seizures, personality changes, and an abnormal heart rhythm.

References

1. National Institute of Health. (2021). Magnesium Fact Sheet. United States of America. Accessed on 31 July 2021.
2. Kementerian Kesehatan RI. (2019). Peraturan Menteri Kesehatan Republik Indonesia Nomor 28 Tahun 2019. Indonesia. Accessed on 31 July 2021.
3. FoodData Central. U.S. Department of Agriculture. Accessed on 15 February 2023.

Mineral

Zinc



Take Supplementation
May not be needed



Nutrient metabolism by your body



Lower Concentration

Normal condition

Higher Concentration



What is this nutrient for?

Zinc is an essential mineral that is involved in numerous aspects of cellular metabolism. It is required for supporting various enzyme activities and it is involved in immune function, protein synthesis, wound healing, DNA synthesis, and cell division. Zinc also supports normal growth and development during pregnancy, childhood, and adolescence.



Recommended Daily Intake (RDI)

8-11 mg



Where can I find it?

Food	Amount	Nutrient Content/Serving
Beef, grilled	85 g	8.49 mg
Chicken, cooked (drum stick/thigh)	85 g	2.4 mg
Baked beans	1/2 cup	2.9 mg
Crab	100 g	4.3 mg
Soybean, cooked	100 g	1.15 mg
Egg, medium	44 g	0.586 mg
Peanuts	28 g	0.927 mg



Symptoms of excessive nutrient intake

Signs of too much zinc include nausea, vomiting, loss of appetite, stomach cramps, diarrhea, and headaches. Long term excessive zinc intake may cause problems such as low copper levels, lower immunity, and low levels of HDL cholesterol (the "good" cholesterol).

References

1. National Institute of Health. (2021). Zinc Fact Sheet. United States of America. Accessed on 31 July 2021.
2. Kementerian Kesehatan RI. (2019). Peraturan Menteri Kesehatan Republik Indonesia Nomor 28 Tahun 2019. Indonesia. Accessed on 31 July 2021.
3. FoodData Central. U.S. Department of Agriculture. Accessed on 15 February 2023.
4. PloS One. (2022). Zinc deficiency and associated factors among pregnant women attending antenatal clinics in public health facilities of Konso Zone, Southern Ethiopia. Accessed on 30 October 2023.

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Mineral

Iron



Take Supplementation
May be needed



Nutrient metabolism by your body



Lower Concentration

Normal condition

Higher Concentration



What is this nutrient for?

Iron is an essential component in the red blood cell which transfers oxygen from the lungs to the entire body. Iron is also necessary for physical growth, neurological development, hormonal synthesis, cellular functioning, and muscle metabolism.



Recommended Daily Intake (RDI)

8-18 mg



Where can I find it?

Food	Amount	Nutrient Content/Serving
Beef	100 g	2.3 mg
Chicken liver	44 g	8.99 mg
Cuttlefish	100 g	6 mg
Tofu	100 g	5.36 mg
Kidney beans	100 g	9.35 mg
Mung beans	1 tbsp	0.88 mg
Cashews	50 g	3.00 mg



Symptoms of nutrient deficiency

Short term low iron intake does not cause obvious symptoms, but when levels of iron store in the body decreases, iron deficiency anemia sets in. Symptoms of iron deficiency anemia include digestive problem, weakness, tiredness, lack of energy, and problems with concentration and memory.

References

1. National Institute of Health. (2021). Iron Fact Sheet. United States of America. Accessed on 31 July 2021.
2. Kementerian Kesehatan RI. (2019). Peraturan Menteri Kesehatan Republik Indonesia Nomor 28 Tahun 2019. Indonesia. Accessed on 31 July 2021.
3. FoodData Central. U.S. Department of Agriculture. Accessed on 15 February 2023.
4. Mayo Clinic. (2022). Iron deficiency anemia during pregnancy: Prevention tips. Accessed on 31 October 2023
5. Nutrients. (2014). Identification, Prevention and Treatment of Iron Deficiency during the First 1000 Days. Accessed on 30 October 2023.

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Mineral

Selenium



Take Supplementation
May be needed



Nutrient metabolism by your body



Lower Concentration

Normal condition

Higher Concentration



What is this nutrient for?

Selenium is nutritionally essential for humans in which it plays critical roles in reproduction, thyroid hormone metabolism, DNA synthesis, and protection from oxidative damage and infection. Selenium is stored in the body in the skeletal muscle.



Recommended Daily Intake (RDI)

24-30 mcg



Where can I find it?

Food	Amount	Nutrient Content/Serving
Cooked tuna	85 g	92 mcg
Shrimp	85 g	40 mcg
Chicken breast, grilled	100 g	42.4 mcg
Roasted beef steak	85 g	33 mcg
Tilapia, grilled	100 g	53 mcg
Brown rice	1 cup	19 mcg
Hard-boiled egg	1 large	15 mcg



Symptoms of nutrient deficiency

Selenium deficiency can cause Keshan disease (a type of heart disease) and infertility. It might also cause Kashin-Beck disease, a type of arthritis that produces pain, swelling, and loss of motion in your joints.

References

1. National Institute of Health. (2021). Selenium Fact Sheet. United States of America. Accessed on 31 July 2021.
2. Kementerian Kesehatan RI. (2019). Peraturan Menteri Kesehatan Republik Indonesia Nomor 28 Tahun 2019. Indonesia. Accessed on 31 July 2021.
3. FoodData Central. U.S. Department of Agriculture. Accessed on 15 February 2025.
4. Journal of Trace Elements in Medicine and Biology. (2014). The role of selenium in human conception and pregnancy. Accessed on 30 October 2023.

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Mineral

Potassium



Take Supplementation
Unless a certain diet
applies



Nutrient metabolism by your body



What is this nutrient for?

Potassium is an essential nutrient required by the body for normal cell function, proper nerve transmission, muscle contraction, and kidney function.



Recommended Daily Intake (RDI)
4700 mg



Where can I find it?

Food	Amount	Nutrient Content/Serving
Yam	1 cup	1224 mg
Edamame	1 cup	1587 mg
Potato	1 cup	682 mg
Avocado, 1 fruit	136 g	690 mg
Banana	1 medium	422 mg
1% fat milk	1 cup	366 mg
Raw spinach	2 cups	334 mg

References

1. National Institute of Health. (2021). Potassium Fact Sheet. United States of America. Accessed on 31 July 2021.
2. Kementerian Kesehatan RI. (2019). Peraturan Menteri Kesehatan Republik Indonesia Nomor 28 Tahun 2019. Indonesia. Accessed on 31 July 2021.
3. FoodData Central. U.S. Department of Agriculture. Accessed on 15 February 2023.

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Mineral

Sodium



Take Supplementation
**Unless a certain diet
applies**



Nutrient metabolism by your body ✓



What is this nutrient for?

Sodium is a mineral needed by the body to ensure proper function of nerves, muscles, and helps to keep the right balance of fluids in the body.



Recommended Daily Intake (RDI)
1000-1500 mg



Where can I find it?

Food	Amount	Nutrient Content/Serving
White bread	1 slice	80-230 mg
Boneless, skinless chicken breast	113 g	40-330 mg
Fresh tomato	1 whole	6 mg

References

1. Kementerian Kesehatan RI. (2019). Peraturan Menteri Kesehatan Republik Indonesia Nomor 28 Tahun 2019. Indonesia. Accessed on 31 July 2021.
2. U.S. National Library of Medicine. (2020). Sodium in Diet. [online]. MedlinePlus. [Accessed on 31 July 2021].
3. CDC. (2017). Get the Facts: Sources of Sodium in Your Diet. [online]. Accessed on 28 September 2021.
4. Hypertension in Pregnancy. (2021). Pregnancy outcomes in women with hyponatraemia and preeclampsia: Case series and literature review. Accessed on 30 October 2023.
5. FoodData Central. U.S. Department of Agriculture. Accessed on 15 February 2022.

Mineral

Iodine



Take Supplementation
May be needed



Nutrient metabolism by your body



Lower Concentration

Normal condition

Higher Concentration



What is this nutrient for?

Iodine is an essential component of the thyroid hormones which regulate many important biochemical reactions, including protein synthesis and enzymatic activity, and are critical determinants of metabolic activity. They are also required for proper skeletal and central nervous system development in fetuses and infants.



Recommended Daily Intake (RDI)

150 mcg



Where can I find it?

Food	Amount	Nutrient Content/Serving
Dried seaweed	10 g	232 mcg
Baked cod	85 g	158 mcg
Nonfat milk	1 cup	85 mcg
Iodized table salt	1/4 teaspoon	76 mcg
Hard-boiled egg	1 large	26 mcg
Low fat milk	1 cup	97 mcg
Greek yogurt, plain	100 g	42.3 mcg



Symptoms of nutrient deficiency

People who don't get enough iodine cannot make sufficient amounts of thyroid hormone which causes many problems. Less severe deficiency may cause a decrease in adults' ability to work and think clearly. Goiter, a swelling of the thyroid gland that causes a lump in the front of the neck, is often the first visible sign of iodine deficiency.

References

1. National Institute of Health. (2021). Iodine Fact Sheet. United States of America. Accessed on 31 July 2021.
2. Kementerian Kesehatan RI. (2019). Peraturan Menteri Kesehatan Republik Indonesia Nomor 28 Tahun 2019. Indonesia. Accessed on 31 July 2021.
3. FoodData Central. U.S. Department of Agriculture. Accessed on 15 February 2023.
4. Sultan Qaboos University Medical Journal. (2007). Health Consequences of Iodine Deficiency. Accessed on 30 October 2023.

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Macronutrients

Macronutrients are the nutrients you use in the largest amounts, such as carbohydrates, fat, and protein. They are nutritive components of food that the body needs for energy and to maintain the body's structure and systems.

Macronutrient

Carbohydrate



Nutrient metabolism by your body



Lower Concentration

Normal condition

Higher Concentration



What is this nutrient for?

Carbohydrates, or carbs, are broken down by the body into glucose, where it is the main source of energy for your body's cells, tissues, and organs.



Recommended Daily Intake (RDI)

200 - 360 g



Where can I find it?

Food	Amount	Nutrient Content/Serving
Cooked Rice	1 cup	45 g
Cooked Pasta	1 cup	45 g
Oatmeal	1/2 cup	12 - 15 g
Bread	1 slice	10 - 20 g
Baked Potato	170 g	40 g
Sweet Potato	100 g	17.3 g
Corn	1 cup	28 g



Symptoms of excessive nutrient intake

Too much carbohydrates may cause the body to store glucose as fat, leading to weight gain and an increased risk of diabetes.

References

1. U.S. National Library of Medicine. (2020). Carbohydrates. [online]. MedlinePlus. [Accessed on 15 February 2022].
2. Michigan Medicine. (2022). Carbohydrate Food List. [online]. University of Michigan. [Accessed on 15 February 2022].
3. FoodData Central. U.S. Department of Agriculture. Accessed on 15 February 2023.
4. Kementerian Kesehatan RI. (2019). Peraturan Menteri Kesehatan Republik Indonesia Nomor 28 Tahun 2019. Indonesia. Accessed on 15 February 2022.
5. Mayo Clinic. (2022). Hypoglycemia. Accessed on 8 November 2023.
6. Journal of Gynecology Obstetrics and Human Reproduction. (2020). Pregnancy outcomes of women with hypoglycemia in the oral glucose tolerance test. Accessed on 30 October 2023.

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Macronutrient

Protein



Nutrient metabolism by your body i

Influences other condition

High-protein diets were beneficial for weight maintenance in the AA genotype group than in the AG+GG group of rs987237.



What is this nutrient for?

Protein is one of the macronutrients that help growth and repair, including immune system components, enzymes, as well as transport and storage.



Recommended Daily Intake (RDI)

58-60 g



Where can I find it?

Food	Amount	Nutrient Content/Serving
Grilled Steak	100 g	31 g
Poached Egg	100 g	12.5 g
Chicken breast, cooked	100 g	32.1 g
Tuna	142 g	27 g
Tempeh	100 g	20.3 g
Grilled Salmon	100 g	24.6 g
Almonds	100 g	21.1 g

References

1. U.S. National Library of Medicine. (2020). What are proteins and what do they do?. [online]. MedlinePlus. [Accessed on 15 February 2022].
2. Kementerian Kesehatan RI. (2019). Peraturan Menteri Kesehatan Republik Indonesia Nomor 28 Tahun 2019. Indonesia. Accessed on 15 February 2022.
3. British Nutrition Foundation. (2022). Protein in a healthy diet. Accessed on 15 February 2022.
4. FoodData Central. U.S. Department of Agriculture. Accessed on 15 February 2023.
5. MSD Manual Professional Version. (2023). Protein-Energy Undernutrition (PEU). Accessed on 9 November 2023.
6. Experimental Biology and Medicine. (2018). Impacts of maternal dietary protein intake on fetal survival, growth, and development. Accessed on 30 October 2023.

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Macronutrient

Total Fat



Nutrient metabolism by your body

Influences other condition

Those with TT genotype of rs7903146 in the high fat diet group experienced smaller weight losses the low fat diet group, indicating that TT genotype carriers are more sensitive to low-fat than to high-fat weight-loss diets.



What is this nutrient for?

Total Fat is composed of monounsaturated, polyunsaturated, saturated fat, trans-fat, cholesterol. It is a source of energy and helps the absorption of fat-soluble vitamins (A, D, E, K). It also functions to insulate and protect our organs.



Recommended Daily Intake (RDI)

40-75 g



Where can I find it?

Food	Amount	Nutrient Content/Serving
Coconut oil	1 tbsp	11.5 g
Unsalted butter	100 g	81.5 g
Pecan nuts	100 g	73.3 g
Walnuts	100 g	69.7 g
Bacon	1 slice	2.3 g
Cheddar cheese	1 cup	35.7 g
Cream cheese	100 g	33.5 g

References

1. U.S. National Library of Medicine. (2020). Dietary fats explained. [online]. MedlinePlus. [Accessed on 15 February 2022].
2. Kementerian Kesehatan RI. (2019). Peraturan Menteri Kesehatan Republik Indonesia Nomor 28 Tahun 2019. Indonesia. Accessed on 15 February 2022.
3. Anez-Bustillos, et al. (2017). Redefining essential fatty acids in the era of novel intravenous lipid emulsions. Accessed on 15 February 2022.
4. Developmental Psychobiology. (2016). Maternal Dietary Fat Intake During Pregnancy Is Associated With Infant Temperament. Accessed on 30 October 2023.
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Total Fat

Saturated Fatty Acid



Nutrient metabolism by your body



Lower Concentration

Normal condition

Higher Concentration



What is this nutrient for?

Saturated fats is one of the components of total fat, which may cause problems with the cholesterol level and might increase the risk of developing heart disease.



Recommended Daily Intake (RDI)

< 15-29 g



Where can I find it?

Food	Amount	Nutrient Content/Serving
Steak	320 g	20 g
Butter	1 tbsp or 15 mL	7 g
Cheeseburger	100 g	4.44 g
Peanut butter	2 tbsp	0.236 g
Chocolate Hazelnut Spread	2 tbsp	6.35 g

References

1. U.S. National Library of Medicine. (2020). Facts about saturated fats. [online]. MedlinePlus. [Accessed on 15 February 2022].
2. Harvard School of Public Health. The Nutrition Source: Types of Fat. Accessed on 15 February 2022.
3. FoodData Central. U.S. Department of Agriculture. Accessed on 15 February 2022
4. Kris-Etherton, P. M. (1999). Monounsaturated fatty acids and risk of cardiovascular disease. [online]. Accessed on 15 February 2024
5. Prostaglandins Leukot Essent Fatty Acids. (2020). Maternal fats and pregnancy complications: Implications for long-term health. Accessed on 30 October 2023.
6. FDA. (2016). Revision of the Nutrition and Supplement Facts Labels. Accessed on 18 February 2024.

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Total Fat

Trans Fatty Acid



Nutrient metabolism by your body i

Influences other condition

Higher trans fatty acid (TFA) intake by A allele carriers of rs8050136 was associated with about a twofold increase in BMI.



What is this nutrient for?

Trans fat is one of the components of total fat. It is the worst type of fat for the health since it increases the level of LDL cholesterol and decreases the amount of HDL cholesterol. These can cause cholesterol buildup in the arteries.



Recommended Daily Intake (RDI)
< 1-2 g



Where can I find it?

Food	Amount	Nutrient Content/Serving
Heavy whip cream	1 cup	0.082 g
Margarine	1 tbsp	3.02 g
Popcorn	87 g	8.13 g
Potato Chips	198 g	0.204 g

References

1. U.S. National Library of Medicine. (2020). Facts about trans fats. [online]. MedlinePlus. [Accessed on 15 February 2022].
2. FoodData Central. U.S. Department of Agriculture. [Accessed on 15 February 2022].
3. World Health Organization. (2024). Trans Fat. Accessed on 18 February 2024.
4. Direktorat Jendral Pelayanan Kesehatan. (2024). Diet Sehat untuk Menjaga Kesehatan Jantung. Accessed on 23 February 2024.

Total Fat

Total Cholesterol



Nutrient metabolism by your body



What is this nutrient for?

Cholesterol is needed for the body to make hormones, vitamin D, and substances that helps digestion. It has numerous forms, such as High Density Lipoprotein (HDL), Low Density Lipoprotein (LDL), and Very Low Density Lipoprotein (VLDL). Cholesterol is not a nutrient of concern for overconsumption. Limit dietary cholesterol based on patients' sensitivity.



Recommended Daily Intake (RDI)
< 300 mg



Where can I find it?

Food	Amount	Nutrient Content/Serving
Eggs	50 g	20 mg
Cheese	22 g	20 mg
Canned Shrimp	85 g	214 mg
Sardines	92 g	131 mg
Full-fat yogurt	245 g	31.8 mg

References

1. U.S. National Library of Medicine. (2022). Cholesterol. [online]. MedlinePlus. [Accessed on 15 February 2022].
2. FoodData Central. U.S. Department of Agriculture. Accessed on 15 February 2022.
3. Carson, J. A. S., Lichtenstein, A. H., Anderson, C. A., Appel, L. J., Kris-Etherton, P. M., Meyer, K. A., ... & Van Horn, L. (2020). Dietary cholesterol and cardiovascular risk: a science advisory from the American Heart Association. [online]. Accessed on 15 February 2023.
4. MedicalNewsToday. (2022). What causes low cholesterol?. Accessed on 30 October 2023.
5. American Journal of Obstetrics & Gynecology. (2011). Maternal cholesterol levels are elevated throughout normal pregnancy. Accessed on 9 November 2023.
6. FDA. (2016). Revision of the Nutrition and Supplement Facts Labels. Accessed on 18 February 2024.

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Total Fat

MUFA



Nutrient metabolism by your body ✓



Lower Concentration

Normal condition

Higher Concentration



What is this nutrient for?

Monounsaturated fats is one of the components of total fat. It decreases the level of LDL cholesterol and increases the level of HDL cholesterol in the body.



Recommended Daily Intake (RDI)

23-44 g



Where can I find it?

Food	Amount	Nutrient Content/Serving
Olive Oil	100 g	73.9 g
Sunflower Oil	100 g	31.8 g
Corn Oil	100 g	29.3 g
Canola Oil	100 g	58.9 g
Peanut	100 g	23.4 g
Avocado	100 g	9.07 g
Almonds	100 g	36.6 g

References

1. National Health Service. (2022). Fat: the facts [online]. United Kingdom. [Accessed on 15 February 2022].
2. School of Public Health. (2022). Types of Fat. [online]. University of Harvard. [Accessed on 15 February 2022].
3. Alonso, et al. (2006). Monounsaturated fatty acids, olive oil and blood pressure: Epidemiological, clinical and experimental evidence. [online]. Accessed on 15 February 2022.
4. Kris-Etherton, P. M. (1999). Monounsaturated fatty acids and risk of cardiovascular disease. [online]. Accessed on 15 February 2023.

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Total Fat

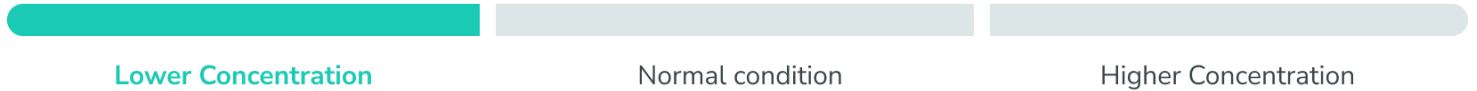
Omega-3



Take Supplementation
May be needed



Nutrient metabolism by your body



What is this nutrient for?

Omega-3 is one of the polyunsaturated fatty acids (PUFAs) that plays various important roles in the body as components that form our cells structure. Omega-3 also provide energy for the body and are used to form eicosanoids which are signaling molecules that supports functions in the body's cardiovascular, pulmonary, immune, and endocrine systems.



Recommended Daily Intake (RDI)

1.1-1.6 g



Where can I find it?

Food	Amount	Nutrient Content/Serving
Flaxseed oil	1 tbsp	7258 ALA mg
Chia seed	1 tbsp	2532 ALA mg
Canola oil	1 tbsp	1279 ALA mg
Soybean oil	1 tbsp	923 ALA mg
Edamame	1 cup	555 ALA mg
Mackerel	100 g	0.932 EPA/DHA g
Anchovy	100 g	1.29 EPA/DHA g



Symptoms of nutrient deficiency

Omega-3 deficiency may cause rough, scaly skin and a red, swollen, and itchy rash.

References

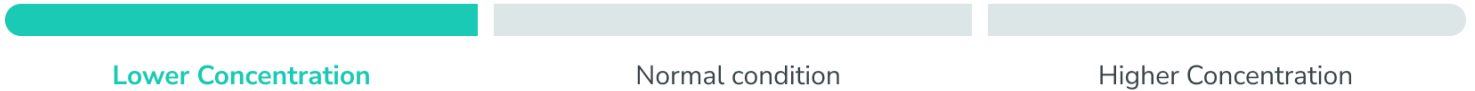
1. National Institute of Health. (2021). Omega-3 Fact Sheet. United States of America. Accessed on 31 July 2021.
2. Kementerian Kesehatan RI. (2019). Peraturan Menteri Kesehatan Republik Indonesia Nomor 28 Tahun 2019. Indonesia. Accessed on 31 July 2021.
3. Reviews in Obstetrics and Gynecology. (2010). Omega-3 Fatty Acids and Pregnancy. Accessed on 30 October 2023.

Total Fat

Omega-6



Nutrient metabolism by your body



What is this nutrient for?

Omega-6 is one of the polyunsaturated fatty acids (PUFAs) that can protect against heart disease, helps lower harmful LDL cholesterol, boost HDL levels, as well as improve body's sensitivity to insulin.



Recommended Daily Intake (RDI)

11-12 g



Where can I find it?

Food	Amount	Nutrient Content/Serving
Sunflower Oil	1 tbsp	8.9 g
Corn Oil	1 tbsp	7.3 g
Mayonnaise	1 tbsp	5.4 g
Almonds	28 g	3.7 g
Tofu	1/2 cup	3.0 g
Peanuts	28 ounces	4.87 g

References

1. Kementerian Kesehatan RI. (2019). Omega-6 Peraturan Menteri Kesehatan Republik Indonesia Nomor 28 Tahun 2019. Indonesia. Accessed on 15 February 2022.
2. FoodData Central. U.S. Department of Agriculture. Accessed on 15 February 2022.
3. U.S. National Library of Medicine. (2023). Omega-6 Fatty Acids. accessed on 31 October 2023.
4. MedicalNewsToday. (2020). What to know about omega-6 fatty acids. Accessed on 30 October 2023

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Food Intolerance and Sensitivity

Food intolerance affects your digestive system. People who suffer from intolerance and hypersensitivity cannot break down certain foods. They might develop bloating, diarrhea, and other problems. Tolerance or food intolerance is unpleasant but not life-threatening. If you have food intolerance, you may be able to eat tiny amounts of the offending food without trouble. You may also be able to prevent a reaction.

Food Intolerance and Sensitivity

Lactose Intolerance



Nutrient metabolism by your body



Lower Concentration

Normal condition

Higher Concentration



What is this nutrient for?

Lactose intolerance is a condition where human cannot digest foods containing lactose. As a result, uncomfortable digestive symptoms is experienced.



Where can I find it?

Food	Amount	Nutrient Content/Serving
Skimmed Milk	100 g	5.30 g
Whole Milk	100 g	4.90 g
Goat milk	100 g	4.70 g
Cultured butter milk	100 g	4.50 g
Powdered Milk	100 g	4.20 g
Cooking cream	100 g	3.90 g
Cultured fermented milk	125 g	4.69 g

References

1. National Institute of Health. (2019). Lactose Intolerance. United Kingdom. Accessed on 28 January 2022.
2. National Institute of Diabetes and Digestive and Kidney Diseases. 2022. Eating, Diet, & Nutrition for Lactose Intolerance | NIDDK.
3. Journal of translational Medicine. (2020). Nutritional management of lactose intolerance: the importance of diet and food labelling | NIH.

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Food Intolerance and Sensitivity

Gluten Intolerance



Nutrient metabolism by your body

Influences other condition

Individuals carrying the HLA diplotype DQ2.5/DQX have a high risk of developing gluten intolerance.



What is this nutrient for?

Gluten is a protein found in the wheat plant and some other grains. Gluten intolerance, also referred as coeliac disease, is a condition where the immune system attacks its own tissue when gluten is consumed, damaging the gut making people unable to take in nutrients.



Where can I find it?

Food	Amount	Nutrient Content/Serving
Plain bread	100 g	4.02 g
Instant noodle	100 g	3.53 g
Spaghetti noodle	100 g	1.69 g
Udon noodle	100 g	25.5 g

References

1. The National Health Service (NHS). (2019). Gluten Intolerance. United Kingdom. Accessed on 31 January 2022.
2. Food. (2021). Analyzing Gluten Content in Various Food Products Using Different Types of ELISA Test Kits. Accessed on 17 February 2024.
3. Cleveland Clinic. 2021. Gluten intolerance. Accessed on 8 November 2023.

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Food Intolerance and Sensitivity

Caffeine Intolerance



Nutrient metabolism by your body ✓



Lower Concentration

Normal condition

Higher Concentration



What is this nutrient for?

Caffeine is a mild stimulant to the central nervous system that quickly boosts our alertness and energy levels. Caffeine stimulates the heart, increases blood flow, and increases blood pressure temporarily, particularly in people who do not usually consume caffeine.



Recommended Daily Intake (RDI)

< 400 mg



Where can I find it?

Food	Amount	Nutrient Content/Serving
Coffee	1 cup	95 mg
Instant Coffee	1 cup	60 mg
Decaffeinated Coffee	1 cup	4 mg
Espresso	1 shot	65 mg
Tea	1 cup	47 mg
Soda	1 can	40 mg
Dark Chocolate	28.3 g	24 mg

References

1. Harvard School of Public Health. (2020). The Nutrition Source - Caffeine. United States of America. Accessed on 31 January 2022.
2. CDC. (2022). Diet and Micronutrients: Maternal Diet. [online]. Accessed on 08 March 2023.

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Food Intolerance and Sensitivity

Salt Sensitivity



Nutrient metabolism by your body

Influences other condition

rs2567241-C allele interacts with dietary sodium intake and shows a response of 0.10 unit decrease in systolic blood pressure, 0.07 unit decrease in diastolic blood pressure, and 0.08 unit decrease in mean arterial pressure.



What is this nutrient for?

Table salt (sodium) is a mineral needed by the body to ensure proper function of nerves, muscles, and helps to keep the right balance of fluids in the body. Salt sensitivity refers to the acute blood pressure change in mean blood pressure corresponding to a decrease or increase of sodium intake.



Recommended Daily Intake (RDI)

1000-1500 mg



Where can I find it?

Food	Amount	Nutrient Content/Serving
White bread	1 slice	80-230 mg
Boneless, skinless chicken breast	113 g	40-330 mg
Fresh tomato	1 whole	6 mg

References

- Kementerian Kesehatan RI. (2019). Peraturan Menteri Kesehatan Republik Indonesia Nomor 28 Tahun 2019. Indonesia. Accessed on 31 July 2021.
- U.S. National Library of Medicine. (2020). Sodium in Diet. [online]. MedlinePlus. [Accessed on 31 July 2021].
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- Hypertension in Pregnancy. (2021). Pregnancy outcomes in women with hyponatraemia and preeclampsia: Case series and literature review. Accessed on 30 October 2023.
- FoodData Central. U.S. Department of Agriculture. Accessed on 15 February 2022.

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Food Intolerance and Sensitivity

Alcohol Sensitivity



Nutrient metabolism by your body i

Influences other condition

The TT genotype of rs698 is associated with fast alcohol metabolism to acetaldehyde resulting in nausea and flushing response.



What is this nutrient for?

Alcohol is a psychoactive substance with dependence-producing properties.



Where can I find it?

Food	Amount	Nutrient Content/Serving
Beer	1 serving	4% - 8% alcohol by volume
Champagne	1 serving	12% alcohol by volume
Wine	1 serving	14% - 16% alcohol by volume
Spirits	1 serving	36% - 50% alcohol by volume

References

1. American Addiction Centers. (2023). Alcohol Percentage Content in Drinks: Comparing ABV by Drink Type. Accessed on 30 October 2023.
2. World Health Organization (WHO). (2022). Alcohol. Accessed on 30 October 2023.
3. World Health Organization (WHO). (2023). No level of alcohol consumption is safe for our health. Accessed on 30 October 2023.
4. Mayo Clinic. (2022). Alcohol use disorder. Accessed on 30 October 2023.

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Genes

This section contains the list of genes tested including your genetic variant result. This section will be helpful for your physicians.



GENE DETAILS

Vitamin A

Generic Name

Retinol, Retinyl esters, Alpha-carotene, Beta-carotene, Beta-cryptoxanthin

Publications

Level of scientific evidence

BCO1/BCMO1 - rs6564851

[PMID:23134893](#) [PMID:32560166](#) [PMID:28005968](#)

SCARB1 - rs10846744

[PMID:24346170](#)

SCARB1 - rs11057841

[PMID:23562302](#)

HL - rs1800588

[PMID:18662427](#) [PMID:18662427](#)

APOA - rs675

[PMID:18029479](#)

Your Gene Table

Genetic Result

There is insufficient information regarding your genetic profile related to Vitamin A.

Gene	rs Number	Genotype
BCO1/BCMO1	rs6564851	TT
SCARB1	rs10846744	GG
SCARB1	rs11057841	CC
HL	rs1800588	CT
APOA	rs675	TT

GENE DETAILS

Vitamin D

Generic Name

Calciferol, Cholecalciferol, Ergocalciferol, Alfacalcidol, Calcidiol, Calcitriol, Paricalcitol

Publications

Level of scientific evidence

1 Highest 2 Moderate 3 Lowest

1 GC - rs2282679

[PMID:21972121](#) [PMID:24200978](#) [PMID:31830090](#)

1 GC - rs7041

[PMID:24200978](#)

1 CYP2R1 - rs10741657

[PMID:31959263](#) [PMID:25405862](#)

1 VDR - rs2228570

[PMID:27570856](#) [PMID:27768857](#)

Your Gene Table

Genetic Result

Your genetic profile indicates a potential predisposition to Vitamin D deficiency.

Gene	rs Number	Genotype
GC	rs2282679	TG
GC	rs7041	AC
CYP2R1	rs10741657	GG
VDR	rs2228570	AG
NADSYN1/DHCR7	rs12785878	TT
VDR	rs1544410	TT

GENE DETAILS

Vitamin D

Publications

Level of scientific evidence

1 Highest 2 Moderate 3 Lowest

2 **NADSYN1/DHCR7 - rs12785878**

[PMID:29937467](#) [PMID:31959263](#)

2 **VDR - rs1544410**

[PMID:27683185](#)

GENE DETAILS

Vitamin E

Generic Name

Alpha-Tocopherol, Beta-Tocopherol, Gamma-Tocopherol, Delta-Tocopherol, Alpha-Tocotrienol, Beta-Tocotrienol, Gamma-Tocotrienol, Delta-Tocotrienol

Publications

Level of scientific evidence

 Highest  Moderate  Lowest

CYP4F2 - rs2108622

[PMID:21729881](#) [PMID:24759732](#) [PMID:22437554](#)

APOA5 - rs12272004

[PMID:19185284](#)

SCARB1 - rs11057830

[PMID:21729881](#)

APOA5 - rs662799

[PMID:19185284](#) [PMID:18302531](#)

Your Gene Table

Genetic Result

Your genetic profile indicates a potential predisposition to excessive Vitamin E intake.

Gene	rs Number	Genotype
CYP4F2	rs2108622	CC
APOA5	rs12272004	CC
SCARB1	rs11057830	GG
APOA5	rs662799	AA
APOA5	rs3135506	GG
NKAIN3	rs7834588	CT
ZPR1	rs964184	CC
APOC3	rs5128	CC
HL	rs1800588	CT
CETP	rs708272	GA
APOE	rs7412 rs429358	CC;TT
SCARB1	rs5888	AA
APOA4	rs675	TT
PNLIP	rs2915775	TC
SLC10A2	rs16961116	GG
APOB	rs1042031	CT
APOB	rs4643493	CT
ABCA1	rs4149297	AA
ZNF664	rs1048497	GG

GENE DETAILS

Vitamin E

Publications

Level of scientific evidence

1 Highest 2 Moderate 3 Lowest

2 APOA5 - rs3135506

[PMID:19185284](#)

3 NKAIN3 - rs7834588

[PMID:22437554](#)

3 ZPR1 - rs964184

[PMID:22437554](#)

3 APOC3 - rs5128

[PMID:18662427](#)

3 HL - rs1800588

[PMID:18662427](#)

3 CETP - rs708272

[PMID:18662427](#)

3 APOE - rs7412
rs429358

[PMID:18029479](#)

GENE DETAILS

Vitamin E

Publications

Level of scientific evidence

1 Highest **2** Moderate **3** Lowest**3 SCARB1 - rs5888**[PMID:18029479](#)**3 APOA4 - rs675**[PMID:18029479](#) [PMID:18029479](#)**3 PNLIP - rs2915775**[PMID:25289663](#)**3 SLC10A2 - rs16961116**[PMID:25289663](#)**3 APOB - rs1042031**[PMID:25289663](#)**3 APOB - rs4643493**[PMID:25289663](#)**3 ABCA1 - rs4149297**[PMID:25289663](#)

GENE DETAILS

Vitamin E

Publications

Level of scientific evidence

1 Highest 2 Moderate 3 Lowest

3 ZNF664 - rs1048497

[PMID:25289663](#)

GENE DETAILS

Vitamin K

Generic Name

Phylloquinone, Menaquinone, Menadione

Publications

Level of scientific evidence

 Highest  Moderate  Lowest

VKORC1 - rs8050894

[PMID:19436136](#)

CYP4F2 - rs2108622

[PMID:25747538](#)

Your Gene Table

Genetic Result

There is insufficient information regarding your genetic profile related to Vitamin K.

Gene	rs Number	Genotype
VKORC1	rs8050894	CG
CYP4F2	rs2108622	CC

GENE DETAILS

Vitamin C

Generic Name

Ascorbic Acid, Ascorbate

Publications

Level of scientific evidence

1 Highest **2** Moderate **3** Lowest

1 SLC23A1 - rs33972313

[PMID:20519558](#) [PMID:29939348](#) [PMID:23737080](#)

2 SLC23A1 - rs11950646

[PMID:23737080](#)

Your Gene Table

Genetic Result

Your genetic profile indicates a potential predisposition to excessive Vitamin C intake.

Gene	rs Number	Genotype
SLC23A1	rs33972313	CC
SLC23A1	rs11950646	GA

GENE DETAILS

Vitamin B2

Generic Name

Riboflavin

Publications

Level of scientific evidence

 Highest
  Moderate
  Lowest

MTHFR - rs1801133

[PMID:19952781](#)
[PMID:16380544](#)

Your Gene Table

Genetic Result

There is insufficient information regarding your genetic profile related to Vitamin B2.

Gene	rs Number	Genotype
MTHFR	rs1801133	GA

GENE DETAILS

Vitamin B6

Generic Name

Pyridoxamine, Pyridoxal, Pyridoxine

Publications

Level of scientific evidence

 Highest
  Moderate
  Lowest

NBPF3 - rs4654748

[PMID:19303062](#)

Your Gene Table

Genetic Result

Your genetic profile indicates a potential predisposition to Vitamin B6 deficiency.

Gene	rs Number	Genotype
NBPF3	rs4654748	CT

GENE DETAILS

Folic Acid

Generic Name

Folate, Vitamin B9

Publications

Level of scientific evidence

 Highest  Moderate  Lowest

MTHFR - rs1801133

[PMID:28004270](#) [PMID:18714149](#)

SLC19A1 - rs1051266

[PMID:19650776](#)

Your Gene Table

Genetic Result

Your genetic profile indicates a normal/typical response to Folic Acid consumption.

Gene	rs Number	Genotype
MTHFR	rs1801133	GA
SLC19A1	rs1051266	TC

GENE DETAILS

Vitamin B12

Generic Name

Cobalamin, Cyanocobalamin, Hydroxycobalamin

Publications

Level of scientific evidence

1 Highest **2** Moderate **3** Lowest

1 FUT2 - rs602662

[PMID:19303062](#) [PMID:23201895](#)

2 TCN1 - rs526934

[PMID:19744961](#)

2 CUBN - rs11254363

[PMID:19303062](#)

Your Gene Table

Genetic Result

Your genetic profile indicates a potential predisposition to excessive Vitamin B12 intake.

Gene	rs Number	Genotype
FUT2	rs602662	AA
TCN1	rs526934	AA
CUBN	rs11254363	AA

GENE DETAILS

Calcium

Generic Name

Calcium Acetate, Calcium Carbonate, Calcium Chloride, Calcium Citrate, Calcium Lactate, Calcium Gluconate, Calcium Glubionate

Publications

Level of scientific evidence

 Highest
  Moderate
  Lowest

GC - rs7041

[PMID:27768857](#)

VDR - rs2228570

[PMID:31534963](#)

Your Gene Table

Genetic Result

Your genetic profile indicates a potential predisposition to excessive Calcium intake.

Gene	rs Number	Genotype
GC	rs7041	AC
VDR	rs2228570	GA

GENE DETAILS

Magnesium

Generic Name

Magnesium Citrate, Magnesium Oxide, Magnesium Chloride, Magnesium Glycinate, Magnesium Taurate, Magnesium Threonate, Magnesium Orotate, Magnesium Malate

Publications

Level of scientific evidence

1 Highest 2 Moderate 3 Lowest

2 MUC1 - rs4072037

[PMID:20700443](#)

3 DCDC5 - rs3925584

[PMID:20700443](#)

3 SHROOM3 - rs13146355

[PMID:20700443](#)

Your Gene Table

Genetic Result

Your genetic profile indicates a potential predisposition to Magnesium deficiency.

Gene	rs Number	Genotype
MUC1	rs4072037	CT
DCDC5	rs3925584	TC
SHROOM3	rs13146355	AA

GENE DETAILS

Zinc

Generic Name

Zinc Gluconate, Zinc Acetate, Zinc Sulfate, Zinc Picolinate, Zinc Citrate

Publications

Level of scientific evidence

 Highest
  Moderate
  Lowest

PPCDC - rs2120019

[PMID:23720494](#)

NBDY - rs4826508

[PMID:23720494](#)

CA1 - rs1532423

[PMID:23720494](#)

Your Gene Table

Genetic Result

Your genetic profile indicates a potential predisposition to excessive Zinc intake.

Gene	rs Number	Genotype
PPCDC	rs2120019	TT
NBDY	rs4826508	CT
CA1	rs1532423	GA

GENE DETAILS

Iron

Generic Name

Ferrous Sulfate, Ferrous Gluconate, Ferric Citrate, Ferric Sulfate

Publications

Level of scientific evidence

1 Highest **2** Moderate **3** Lowest

1 HFE - rs1800562

[PMID:15858186](#) [PMID:26597663](#)

1 TMPRSS6 - rs4820268

[PMID:22301935](#) [PMID:19673882](#)

2 TFR2 - rs7385804

[PMID:21208937](#)

2 HFE - rs1799945

[PMID:26597663](#)

2 TF - rs3811647

[PMID:33850216](#) [PMID:19084217](#)

3 TMPRSS6 - rs855791

[PMID:26597663](#)

Your Gene Table

Genetic Result

Your genetic profile indicates a potential predisposition to Iron deficiency.

Gene	rs Number	Genotype
HFE	rs1800562	GG
TMPRSS6	rs4820268	GA
TFR2	rs7385804	AA
HFE	rs1799945	CC
TF	rs3811647	GA
TMPRSS6	rs855791	AG
HFE2	rs74315323	CC

GENE DETAILS

Iron

Publications

Level of scientific evidence

1 Highest 2 Moderate 3 Lowest

3 HFE2 - rs74315323

[PMID:15254010](#)

GENE DETAILS

Selenium

Generic Name

Selenate, Selenite, Selenomethionine, Selenocysteine

Publications

Level of scientific evidence

 Highest
  Moderate
  Lowest

DMGDH - rs17823744

[PMID:25343990](#)

SEP15 - rs561104

[PMID:25249019](#)

SELS - rs34713741

[PMID:29609868](#)

Your Gene Table

Genetic Result

Your genetic profile indicates a potential predisposition to Selenium deficiency.

Gene	rs Number	Genotype
DMGDH	rs17823744	AA
SEP15	rs561104	CT
SELS	rs34713741	CC

GENE DETAILS

Potassium

Generic Name

Potassium Chloride, Potassium Citrate, Potassium Phosphate, Potassium Aspartate, Potassium Bicarbonate, Potassium Gluconate

Publications

Level of scientific evidence

 Highest  Moderate  Lowest

SCNN1B - rs889299

[PMID:18184758](#)

KCNK9 - rs888345

[PMID:22893713](#)

KCNK9 - rs1469039

[PMID:22893713](#)

Your Gene Table

Genetic Result

Your genetic profile indicates a normal/typical response to Potassium consumption.

Gene	rs Number	Genotype
SCNN1B	rs889299	GA
KCNK9	rs888345	GA
KCNK9	rs1469039	GA

GENE DETAILS

Sodium

Generic Name

Sodium Chloride, Sodium Bicarbonate

Publications

Level of scientific evidence

 Highest  Moderate  Lowest

NFAT5 - rs7193778

[PMID:28360221](#)

Your Gene Table

Genetic Result

There is insufficient information regarding your genetic profile related to Sodium.

Gene	rs Number	Genotype
NFAT5	rs7193778	TT

GENE DETAILS

Iodine

Generic Name

Iodate, Iodide, Organic Iodine, Potassium Iodide, Sodium Iodide

Publications

Level of scientific evidence

 Highest
  Moderate
  Lowest

HLA-DRB1 - rs6457620

[PMID:21739420](#)

Your Gene Table

Genetic Result

Your genetic profile indicates a potential predisposition to Iodine deficiency.

Gene	rs Number	Genotype
HLA-DRB1	rs6457620	GC

GENE DETAILS

Carbohydrate

Generic Name

Carbs, Sugar, Glucose, Starch

Publications

Level of scientific evidence

1 Highest **2** Moderate **3** Lowest

1 MTNR1B - rs10830963

[PMID:19060907](#) [PMID:20668700](#) [PMID:20628598](#)

1 GCKR - rs780094

[PMID:20661421](#) [PMID:19241058](#) [PMID:20574426](#)

1 MTNR1B - rs1387153

[PMID:19937311](#) [PMID:19060909](#)

Your Gene Table

Genetic Result

Your genetic profile indicates a potential predisposition to excessive Carbohydrate intake.

Gene	rs Number	Genotype
MTNR1B	rs10830963	CC
GCKR	rs780094	TC
MTNR1B	rs1387153	CC
GCK	rs1799884	CT
DGKB	rs2191349	GG
SLC30A8	rs11558471	AA
TCF7L2	rs7903146	TT
ADCY5	rs11708067	AA
IRS1	rs2943641	TT
GCK	rs4607517	GA
G6PC2	rs13387347	TC

GENE DETAILS

Carbohydrate

Publications

Level of scientific evidence

1 Highest 2 Moderate 3 Lowest

1 GCK - rs1799884

[PMID:20668700](#) [PMID:19018513](#) [PMID:19073768](#)

1 DGKB - rs2191349

[PMID:21103350](#)

1 SLC30A8 - rs11558471

[PMID:21103350](#) [PMID:32996898](#)

1 TCF7L2 - rs7903146

[PMID:26914832](#)

2 ADCY5 - rs11708067

[PMID:20081858](#) [PMID:28684635](#)

2 IRS1 - rs2943641

[PMID:19734900](#)

GENE DETAILS

Carbohydrate

Publications

Level of scientific evidence

1 Highest 2 Moderate 3 Lowest

2 GCK - rs4607517

[PMID:24728127](#)

2 G6PC2 - rs13387347

[PMID:19082990](#)

GENE DETAILS

Protein

Generic Name

Peptide, Polypeptide, Amino Acid

Publications

Level of scientific evidence

 Highest  Moderate  Lowest

TFAP2B - rs987237

[PMID:24081236](#)

Your Gene Table

Genetic Result

High-protein diets were beneficial for weight maintenance in the AA genotype group than in the AG+GG group of rs987237.

Gene	rs Number	Genotype
TFAP2B	rs987237	AA

GENE DETAILS

Total Fat

Generic Name

Triglyceride, Fatty Acid

Publications

Level of scientific evidence

1 Highest **2** Moderate **3** Lowest

2 APOA5 - rs662799

[PMID:25313938](#)

2 TCF7L2 - rs7903146

[PMID:20032493](#)

2 PPARA - rs1800206

[PMID:23919842](#)

3 APOA5 - rs3135506

[PMID:25313938](#)

3 APOE - rs7412

[PMID:28824412](#)

3 FADS3 - rs1000778

[PMID:28237083](#)

Your Gene Table

Genetic Result

Those with TT genotype of rs7903146 in the high fat diet group experienced smaller weight losses the low fat diet group, indicating that TT genotype carriers are more sensitive to low-fat than to high-fat weight-loss diets.

Gene	rs Number	Genotype
APOA5	rs662799	AA
TCF7L2	rs7903146	TT
PPARA	rs1800206	CC
APOA5	rs3135506	GG
APOE	rs7412	CC
FADS3	rs1000778	GG
PPARD	rs2016520	CT
PPARGC1	rs8192678	TT

GENE DETAILS

Total Fat

Publications

Level of scientific evidence

1 Highest

2 Moderate

3 Lowest

3 PPARD - rs2016520

[PMID:25776471](#)

3 PPARGC1 - rs8192678

[PMID:25923461](#)

GENE DETAILS

Saturated Fatty Acid

Generic Name

SFA, saturated fat, hydrogenated fat, Stearic acid, Palmitic acid, Myristic acid, Lauric acid, Capric acid, Caprylic acid, Caproic acid

Publications

Level of scientific evidence

1 Highest **2** Moderate **3** Lowest

1 APOA2 - rs5082

[PMID:19901143](#) [PMID:24108135](#) [PMID:20975728](#)

[PMID:24108135](#)

1 APOE - rs429358

[PMID:35193914](#)

2 TCF7L2 - rs7903146

[PMID:21543200](#)

2 FADS1 - rs174537

[PMID:34189740](#)

2 FADS1 - rs174546

[PMID:34189740](#) [PMID:34189740](#)

Your Gene Table

Genetic Result

Your genetic profile indicates a potential predisposition to Saturated Fatty Acid deficiency.

Gene	rs Number	Genotype
APOA2	rs5082	GA
APOE	rs429358	TT
TCF7L2	rs7903146	TT
FADS1	rs174537	GT
FADS1	rs174546	CT

GENE DETAILS

Trans Fatty Acid

Generic Name

Partially hydrogenated oils (PHOs)

Publications

Level of scientific evidence

 Highest  Moderate  Lowest

FTO - rs8050136

[PMID:30954417](#)

Your Gene Table

Genetic Result

Higher trans fatty acid (TFA) intake by A allele carriers of rs8050136 was associated with about a twofold increase in BMI.

Gene	rs Number	Genotype
FTO	rs8050136	AA

GENE DETAILS

Total Cholesterol

Generic Name

HDL, LDL, HDL Cholesterol, LDL Cholesterol

Publications

Level of scientific evidence

APOA5 - rs662799

[PMID:20832063](#)

APOE - rs429358

[PMID:27510539](#)

Your Gene Table

Genetic Result

There is insufficient information regarding your genetic profile related to Total Cholesterol.

Gene	rs Number	Genotype
APOA5	rs662799	AA
APOE	rs429358	TT

GENE DETAILS

MUFA

Generic Name ✓

Monounsaturated fatty acid, Oleic acid

Publications

Level of scientific evidence

1 Highest 2 Moderate 3 Lowest

3 CLOCK - rs1801260

[PMID:34068889](#)

3 PPARG - rs1801282

[PMID:22102511](#)

Your Gene Table

Genetic Result

There is insufficient information regarding your genetic profile related to MUFA.

Gene	rs Number	Genotype
CLOCK	rs1801260	AG
PPARG	rs1801282	CC

GENE DETAILS

Omega-3

Generic Name

Alpha-Linolenic Acid (ALA), Eicosapentanoic Acid (EPA), Docosahexaenoic Acid (DHA)

Publications

Level of scientific evidence

FADS1 - rs174537

[PMID:19148276](#) [PMID:23160180](#) [PMID:19148276](#)

[PMID:23160180](#) [PMID:23160180](#) [PMID:34189740](#)

Your Gene Table

Genetic Result

Your genetic profile indicates a potential predisposition to Omega-3 deficiency.

Gene	rs Number	Genotype
FADS1	rs174537	GT
FADS2	rs174570	CT
PPARA	rs1800206	CC
FADS1	rs174546	CT
PPARG	rs1801282	CC
TNF	rs1800629	GA
C3	rs11569562	AG
IL10	rs1800896	TC
FADS2	rs174583	CT
FGA	rs6050	TT

GENE DETAILS

Omega-3

Publications

Level of scientific evidence

1

 Highest

2

 Moderate

3

 Lowest

2

FADS2 - rs174570

[PMID:27341449](#) [PMID:30157936](#)

2

PPARA - rs1800206

[PMID:15735069](#)

2

FADS1 - rs174546

[PMID:34189740](#) [PMID:20484448](#)

2

PPARG - rs1801282

[PMID:17700648](#)

2

TNF - rs1800629

[PMID:28633686](#)

3

C3 - rs11569562

[PMID:19828715](#)

GENE DETAILS

Omega-3

Publications

Level of scientific evidence

1 Highest 2 Moderate 3 Lowest

3 IL10 - rs1800896[PMID:28268030](#)**3 FADS2 - rs174583**[PMID:29937909](#) [PMID:29937909](#)**3 FGA - rs6050**[PMID:15217806](#)

GENE DETAILS

Omega-6

Generic Name

N-6, N-6 EFAs, N-6 Essential Fatty Acids, Omega-6 Polyunsaturated Fatty Acids, Omega 6 Oils, Linoleic Acid (LA) , Arachidonic Acid (ARA), Gamma-Linolenic Acid (GLA), Conjugated Linoleic Acid (CLA)

Publications

Level of scientific evidence

1 Highest **2** Moderate **3** Lowest

2 FADS1 - rs174537

[PMID:19148276](#) [PMID:19148276](#) [PMID:19148276](#)

[PMID:34189740](#) [PMID:34189740](#) [PMID:34189740](#)

[PMID:34189740](#)

Your Gene Table

Genetic Result

Your genetic profile indicates a potential predisposition to Omega-6 deficiency.

Gene	rs Number	Genotype
FADS1	rs174537	GT
FADS1	rs174546	CT
FADS2	rs174570	CT
LPL	rs328	CC

GENE DETAILS

Omega-6

Publications

Level of scientific evidence

1 Highest **2** Moderate **3** Lowest

2 FADS1 - rs174546

[PMID:34189740](#) [PMID:34189740](#) [PMID:34189740](#)

[PMID:20484448](#) [PMID:34189740](#) [PMID:34189740](#)

2 FADS2 - rs174570

[PMID:30157936](#)

GENE DETAILS

Omega-6

Publications

Level of scientific evidence

1 Highest **2** Moderate **3** Lowest

3 LPL - rs328

[PMID:21840003](#)

GENE DETAILS

Energy Balance

Generic Name

Calories, TDEE, Total Daily Energy Expenditure

Publications

Level of scientific evidence

 Highest  Moderate  Lowest

NNMT - rs694539

[PMID:32651404](#)

ADRB2 - rs1042713

[PMID:32550549](#)

NNMT - rs1941404

[PMID:27999813](#)

Your Gene Table

Genetic Result

There is insufficient information regarding your genetic profile related to Energy Balance.

Gene	rs Number	Genotype
NNMT	rs694539	CC
ADRB2	rs1042713	GA
NNMT	rs1941404	GG

GENE DETAILS

Lactose Intolerance

Generic Name ✓

Congenital Alactasia, Dairy product intolerance, Hypolactasia, Lactose malabsorption, Milk sugar intolerance

Publications

Level of scientific evidence

1 Highest 2 Moderate 3 Lowest

1 MCM6 - rs4988235

[PMID:34901125](#) [PMID:11788828](#)

Your Gene Table

Genetic Result

There is insufficient information regarding your genetic profile related to Lactose Intolerance.

Gene	rs Number	Genotype
MCM6	rs4988235	AA

GENE DETAILS

Gluten Intolerance

Generic Name

Gluten Sensitivity, Celiac Disease

Publications

Level of scientific evidence

1 Highest **2** Moderate **3** Lowest

1 CCR3 - rs6441961

[PMID:26289103](#) [PMID:19542083](#) [PMID:21760890](#)

HLA-DQ - rs7775228

rs2395182

3 rs4713586

rs2187668

rs7454108

[PMID:29699404](#)

Your Gene Table

Genetic Result

Individuals carrying the HLA diplotype DQ2.5/DQX have a high risk of developing gluten intolerance.

Gene	rs Number	Genotype
CCR3	rs6441961	CC
HLA-DQ	rs7775228 rs2395182 rs4713586 rs2187668 rs7454108	DQ2.5/DQX

GENE DETAILS

Caffeine Intolerance

Generic Name

Caffeine Sensitivity

Publications

Level of scientific evidence

 Highest  Moderate  Lowest

CYP1A2 - rs762551

[PMID:29282363](#) [PMID:28287486](#)

ADORA2A - rs5751876

[PMID:20520601](#) [PMID:18305461](#)

Your Gene Table

Genetic Result

There is insufficient information regarding your genetic profile related to Caffeine Intolerance.

Gene	rs Number	Genotype
CYP1A2	rs762551	AA
ADORA2A	rs5751876	TC

GENE DETAILS

Salt Sensitivity

Generic Name

Sodium Sensitivity

Publications

Level of scientific evidence

 Highest  Moderate  Lowest

CLGN - rs2567241

[PMID:27271309](#)

Your Gene Table

Genetic Result

rs2567241-C allele interacts with dietary sodium intake and shows a response of 0.10 unit decrease in systolic blood pressure, 0.07 unit decrease in diastolic blood pressure, and 0.08 unit decrease in mean arterial pressure.

Gene	rs Number	Genotype
CLGN	rs2567241	CC

GENE DETAILS

Alcohol Sensitivity

Generic Name

Alcohol Intolerance

Publications

Level of scientific evidence

1 Highest **2** Moderate **3** Lowest

1 ADH1B - rs1229984

[PMID:35670037](#)

1 ALDH2 - rs671

[PMID:29323248](#) [PMID:26825972](#)

2 ADH1C - rs698

[PMID:25503943](#)

2 BRAP - rs3782886

[PMID:33093602](#)

Your Gene Table

Genetic Result

The TT genotype of rs698 is associated with fast alcohol metabolism to acetaldehyde resulting in nausea and flushing response.

Gene	rs Number	Genotype
ADH1B	rs1229984	CC
ALDH2	rs671	GG
ADH1C	rs698	TT
BRAP	rs3782886	TT