



dnahealth[®]

optimal health for life

Welcome

Example2 Example1

to your dna health[®] report

Date of Birth: 01 Jan 2001

Date Reported: 14 Mar 2020 10:44

Sample Number: 12345678

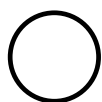
Referring Practitioner: Private

Introduction

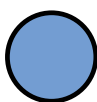
From your buccal swab sample we have used a process called the Polymerase Chain Reaction (PCR), which copies the DNA of your genes many times over so that we can generate sufficient quantities to analyse your genetic material. We then identify unique DNA sequences in some of your genes. Certain changes (polymorphisms) in these genes have been studied in detail, with evidence that correlates these polymorphisms with an individual's risk of developing certain chronic disease conditions or altered metabolic processes. Having identified the presence or absence of these polymorphisms, we are able to qualitatively assess particular areas of health risk related to the specific genes. To make a holistic assessment of health risks, environmental factors (diet and lifestyle) need to be considered in conjunction with the accompanying genetic profile.

How to read your results

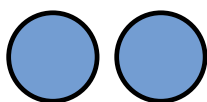
You will find your genetic results in the following pages. On the left side you will see the gene name and description. On the right side you will find your specific result and an explanation of the results, associated risks, and diet and lifestyle recommendations. The impact can be identified by the following:



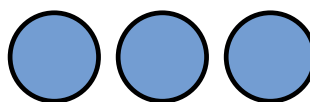
No Impact



Low Impact



Moderate Impact



High Impact



Beneficial Impact

