

Vitamin & Mineral SNPs

Gene	SNP	What it means	Diet & Lifestyle Recommendations*
BCMO1	rs7501331 (A379V)	This SNP reduces the body's ability to make vitamin A from dietary beta carotene. Vitamin A is essential for immune defenses, healthy skin night vision, and macular health.	Ensure adequate intake of vitamin A. If you do not eat foods like organ meats, eggs, cod liver oil and dairy products, your health care provider may recommend a supplement.
BCMO1	rs12934922 (R267S)	This SNP reduces the body's ability to make vitamin A from dietary beta carotene. Vitamin A is essential for immune defenses, healthy skin night vision, and macular health.	No current recommendations
GC	rs2282679	Studies have linked this SNP with lower vitamin D levels, even with adequate dietary intake and/or sunlight exposure.	No current recommendations

*Consult your health care provider for specific nutritional supplement recommendations.

Detoxification SNPs			
Gene	SNP	What it means	Diet & Lifestyle Recommendations*
CYP1A2	rs762551 (CYP1A2*1F)	The C allele reduces enzyme function, resulting in slow metabolism of caffeine. This SNP also affects metabolism of certain toxins.	Be mindful of caffeine intake, as it may exacerbate stress and interfere with sleep. Consider adaptogenic herbs for occasional fatigue.
GPx1P1	rs1050450 (Pro198Leu)	From 23andMe: Occasionally, a user's data may not allow us to determine his or her genotype confidently at a particular SNP. It is possible that future review will allow us to call the genotype, but until that time, the data does not appear.	From 23andMe: Occasionally, a user's data may not allow us to determine his or her genotype confidently at a particular SNP. It is possible that future review will allow us to call the genotype, but until that time, the data does not appear.
GSTP1	rs1695 (I105V)	This SNP may reduce the body's ability to eliminate certain toxins.	No recommendations.
NQO1	rs1800566 (C609T; Pro187Ser)	The T allele is associated with reduced enzyme activity.	Limit exposure to tobacco smoke. Exercise regularly and consume cruciferous vegetables.
SOD2	rs4880 (VAL16ALA)	Individuals with this SNP may have increased antioxidant requirements.	No recommendations.

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Weight Management SNPs		Diet & Lifestyle Recommendations*
Gene	SNP	What it means
ADIPOQ	rs17366568	This SNP is associated with low blood levels of adiponectin, a hormone that maintains healthy glucose and lipid metabolism. This relationship has been demonstrated in Caucasians of European descent. Its relevance to other ethnic groups populations has not been established.
APOA2	rs5082	This SNP is associated with increased food intake and weight gain. Homozygous carriers are prone to weight gain when saturated fat intake is high.
FADS	rs174547	Reduced ability to convert omega-3 fatty acid precursors (linolenic acid from flaxseed oil and other plant sources) to active omega-3 fatty acids (EPA and DHA).
FTO	rs9939609	Genetic predisposition to a higher body weight and body fat percentage. This is due, in part, to increased appetite and diminished satiety after meals. Carriers may be more likely to lose weight through diet and lifestyle modifications than non-carriers.
		No recommendations
		No recommendations
		Ensure adequate intake of omega-3 fatty acids from cold-water fish or fish oil. Plant sources of omega-3 precursors, such as nuts, seeds and seed oils, may not provide optimal support.
		No recommendations

Cognitive Health & Memory SNPs		Diet & Lifestyle Recommendations*	
Gene	SNP	What it means	
BDNF	rs6265 (V66M)	Associated with deficits in BDNF production. BDNF is important for maintaining mood and cognitive function.	No recommendations
COMT	rs4680 (V158M)	You may have difficulty metabolizing estrogens and certain neurotransmitters.	Manage stress with meditation, yoga or breathing exercises. Include vegetables such as broccoli, cauliflower, Brussels Sprouts in your diet to support estrogen metabolism. Talk to your health care provider about supplement options for hormonal balance and if applicable, for sleep and relaxation support.
DRD2	rs6277 (C957T)	Lower dopamine levels, impaired response to dopamine; associated with memory impairment particularly in older individuals	Consume a diet high in protein, fiber, whole grains, vegetables, and fruits. Emphasize lean meats, poultry, eggs and fish as protein sources, which are rich sources of amino acid precursors of dopamine and other neurotransmitters. Your health care provider will determine whether a supplement is right for you. Talk to your doctor if you use antipsychotic agents, as this SNP may alter the way you respond to these medications.
MTHFR	rs1801131 (A1298C)	This SNP reduces the body's ability to utilize folic acid.	No recommendations.
MTHFR	rs1801133 (C677T)	This SNP reduces the body's ability to utilize folic acid.	Eat plenty of green, leafy vegetables, which provide folate in a form the body can use. Discuss supplement options with your health care provider.