

Genetic Wellbeing Profile

Genetic testing helps identify any vulnerabilities or susceptibilities to various disease conditions by determining if any genetic mutations are present that are associated with an increased risk for certain conditions. Armed with this knowledge it allows you to then be proactive and take steps to reduce these risks by taking preventative measures and thus optimise your health.

A combination of a personalised diet, supplementation, exercise, adequate rest and detoxing are all available to help minimise any genetic risk factors.

Gene variations tested in the wellbeing genetic profile bundle include:

Vitamin A metabolism (BCMO1 - RS7501331),

Vitamin B12 absorption and transport (FUT2 - RS601338, RS602662; TCN2 - RS 1801198),

Vitamin C transport (SLC23A1 - RS33972313),

Vitamin D (DHCR7 - RS12785878, CYP2R1 - RS10741657, CYP27B1 - RS4646536, GC - RS2282679, VDR-FOK - RS2228570, CYP24A1 - RS6013897)

Folate pathway (MTHFD1 - RS 2236225, MTHFD1 - RS1076991, SHMT1 - RS1979277, MTHFR - RS1801133, MTHFR - RS1801131),

Homocysteine-methionine pathway (MTR - RS1805087, MTRR - RS1801394, BHMT - RS3733890),

Transulfuration pathway (CBS - RS234706)

Fatty acid related genes (PEMT - RS7946, FADS1 - RS174546),

Antioxidants (SOD2 - RS4880, GPX1 - RS1800668, CAT - RS1001179, PON1 - RS662)

Hormone receptor and Thyroid (LHCGR - RS13405728, PGR - RS1042838, FOXE1 - RS965513)

Phase 1 detox (CYP17A1 - RS743572, CYP19A1 - RS10046, , CYP1A1 - RS1048943, CYP1A1/1A2 - RS2472297, CYP1B1 - RS1800440, CYP1B1 - RS1056836, CYP2C19*17 - RS12248560, CYP2D6*4 - RS3892097, CYP2D6*10 - RS1065852, CYP3A4*1B - RS2740574)

Phase 2 detox (NAT2 - RS1801280, NAT2 - RS1041983, NAT2 - RS1495741, GSTP1 - RS1695, GSTP1 - RS1138272, COMT - RS4680, NQO1 - RS1800566)

Blood Pressure (AGT - RS699, NOS3 - RS1799983)

Clotting factors (F2 - RS1799963, F5 - RS6025)

Neurotransmitters and mood (MAOA - RS909525, DRD2/ANNK1 - RS1800497, TH - RS10770141, DAO - RS10156191, GAD1 - RS3749034, BDNF - RS6265)