

VitaGEN Genotype Report

Discover your personal genetic predispositions and traits and receive a Nutrition and Lifestyle Guide full of recommendations to suit your genotype

Digestion

- FUT2 - Gastrointestinal infections
- HLA-DQA1 - Gluten intolerance
- LCT - Lactose intolerance



Sleep

- CLOCK - Early bird / night owl
- MTNR1B - Melatonin receptivity
- PER - Circadian rhythms



Exercise

- ACE- Power vs Endurance
- COL1A1 - Injury
- GSTM1 - Recovery



Stimulants

- ADORA2A - Adenosine impact
- ADH1B - Alcohol sensitivity
- CYP1A2 - Caffeine Sensitivity



Metabolism

- FTO - Obesity & T2D
- LEPR - Appetite Control
- TCF7L2 - Insulin Secretion

Stress

- ACE - Blood Pressure & Electrolytes
- COMT - Anxiety, Pain, Stress
- FKBP5 - Cortisol Regulation

Immunity

- DAO - Ingested Histamine
- HNMT - Histamine
- TNF-a - Inflammation

Nutrients

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|-------------------------------|-------------------------|
| • FTO - Protein & Fats | • NOS3 - Omega-3 |
| • FUT2 - Vitamin B12 | • TCF7L2 - Carbs & Fats |
| • MTHFR - Folate/ Methylation | • VDR - Vitamin D |