DNA Analysis Report

Arizona Family Health Centre

[redacted]

Patient

Patient : [redacted]

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Date of Analysis: August 22, 2025
Gender: Male
Age: [redacted]
Blood type: [redacted]

SNIP	rsiD	Risk Allele	Your Allele	Results	Category	Kinesiology Challenge
AANAT	* rs11077820	T	CT	-+	Sleep Cycle	Serotonin, AANAT, Melatonin
AANAT	* rs28936679	A	GG	--	Sleep Cycle	Serotonin, AANAT, Melatonin
ACAT1	* rs1044925	C	CC	++	Cardiovascular, Lipid Health	Pyruvate, Glucose, Acetyl Co A, Cholesterol, Lactic Acid, Insulin
ACAT1	rs3741049	A	GG	--	Cardiovascular, Lipid Health	Pyruvate, Glucose, Acetyl Co A, Cholesterol, Lactic Acid, Insulin
ACE	* rs4343	G	AG	-+	Cardiovascular	Angiotensin I , FM - ACE
ACE	* rs4329	G	AG	-+	Cardiovascular	Angiotensin I , FM - ACE
ACE	rs4311	C	CT	+-	Cardiovascular	Angiotensin I , FM - ACE
ADH1B	rs1229984	A	CC	--	Detox/Alcohol	Ethanol, Aldehyde, Formaldehyde
ADH1C	rs1693482	T	CT	-+	Detox/Alcohol	Ethanol
ADIPOQ	* rs6773957	G	AG	-+	Obesity/Appetite	Adiponectin
ADIPOQ	* rs1501299	T	GT	-+	Obesity/Appetite	Adiponectin
ADIPOQ	* rs3821799	C	CT	+-	Obesity/Appetite	Adiponectin
ADIPOQ	rs17366568	A	GG	--	Obesity/Appetite	Adiponectin
ADORA2A	* rs5751876	T	CT	-+		
AHCY	* rs41301825	A	CC	--		Homocysteine - FM
ALDH2	* rs671	A	GG	--	Detox/Aldehydes	Ethanol, Aldehyde, Formaldehyde
ALDH2	* rs737280	C	CT	+-	Detox/Aldehydes	Ethanol, Aldehyde, Formaldehyde
ALDH2	rs2238151	C	CT	+-	Detox/Aldehydes	Ethanol, Aldehyde, Formaldehyde
ALDH2	rs968529	C	CC	++	Detox/Aldehydes	Ethanol, Aldehyde, Formaldehyde
ALDH2	rs4648328	T	CC	--	Detox/Aldehydes	Ethanol, Aldehyde, Formaldehyde
ALDH2	rs4646778	A	CC	--	Detox/Aldehydes	Ethanol, Aldehyde, Formaldehyde
ALDH2	rs16941667	T	CC	--	Detox/Aldehydes	Ethanol, Aldehyde, Formaldehyde
ALDH3	rs72547564	A	GG	--	Detox/Aldehydes	Aldehyde, Formaldehyde, Lipid Peroxide
ALDH3	* rs72547566	T	CC	--	Detox/Aldehydes	Aldehyde, Formaldehyde, Lipid Peroxide
ALDH3	* rs72547575	G	AA	--	Detox/Aldehydes	Aldehyde, Formaldehyde, Lipid Peroxide
APOA2	* rs5082	G	AA	--	Obesity/Appetite	Ghrelin
APOC1	* rs4420638	G	AA	--	Cardiovascular, Brain - Memory	Cholesterol
APOE	* rs7412	T	CT	-+	Brain - Memory	APOE, Oxidized LDL, Phosphorylated Tau 181, β-amyloid 42
APOE	* rs429358	C	TT	--	Brain - Memory	APOE, Oxidized LDL, Phosphorylated Tau 181, β-amyloid 42
ARG1	* rs2781666	T	GG	--	Cardiovascular	Arginine, Ammonia
ASMT	rs17149149	T	CC	--	Sleep Cycle	
AVPR1A	rs10784339	G	GG	++	Addictive Behavior	Vasopressin, Cortisol
AVPR1A	rs11174811	G	CC	--	Addictive Behavior	Vasopressin, Cortisol

IFIH1	rs1990760	C	CT	+-	An Immune SNP - Viral - Interferon	
KCNQ1	* rs2237892	T	CC	--	GLP-1/Insulin	
KCNQ1	* rs2237895	C	AC	-+	GLP-1/Insulin	
LDLR	rs28942078	A	GG	--	Lipid Health, Cardiovascular	
LPA	* rs10455872	G	AA	--	, Cardiovascular, Lipid Health	FM- Oxidized LDL
LPA	* rs3798220	C	TT	--	, Cardiovascular, Lipid Health	FM- Oxidized LDL
LPL	* rs1059611	C	TT	--	Cardiovascular, Lipid Health	
LPL	* rs328	A	CC	--	Cardiovascular, Lipid Health	
LPL	* rs268	G	AA	--	Cardiovascular, Lipid Health	
LPL	rs13702	C	CT	+-	Cardiovascular, Lipid Health	
LPL	rs3289	C	TT	--	Cardiovascular, Lipid Health	
MAT1A	rs1985908	G	AG	-+	Methylation	Methionine , Homocysteine, N-Methylhistamine
MAT1A	rs2993763	A	GG	--	Methylation	Methionine , Homocysteine, N-Methylhistamine
MAT1A	rs4934028	A	GG	--	Methylation	Methionine , Homocysteine, N-Methylhistamine
MAT2B	rs4869089	G	GG	++	Methylation	Methionine , Homocysteine, N-Methylhistamine
MCM6	* rs4988235	C	GG	--	Gut Health	
MCM6	* rs182549	C	CC	++	Gut Health	
MMAB	* rs7134594	C	CT	+-	Energy, B12 Activation	Malonic Acid , Acetyl Co-A, Cholesterol, Lactic Acid, Pyruvate, Methionine
MMAB	* rs28941784	A	GG	--	Energy, B12 Activation	Malonic Acid , Acetyl Co-A, Cholesterol, Lactic Acid, Pyruvate, Methionine
MMAB	rs12314392	A	AG	+-	Energy, B12 Activation	Malonic Acid , Acetyl Co-A, Cholesterol, Lactic Acid, Pyruvate, Methionine
MTHFD	* rs2236225	A	AG	+-	Methylation	Folic Acid
MTHFD	* rs1076991	C	CT	+-	Methylation	Folic Acid
MTHFD	* rs1950902	A	GG	--	Methylation	Folic Acid
MTHFD	rs11754661	G	GG	++	Methylation	Folic Acid
MTHFD	rs803422	A	AG	+-	Methylation	Folic Acid
MTHFD	rs1667627	C	CT	+-	Methylation	Folic Acid
MTHFD	rs17349743	C	TT	--	Methylation	Folic Acid
MTHFD	rs6922269	A	AG	+-	Methylation	Folic Acid
MTHFR	* rs2066470	A	GG	--	Methylation	Folic Acid
MTHFR	rs2274976	T	CC	--	Methylation	Folic Acid
MTHFR	rs17367504	G	AA	--	Methylation	Folic Acid
MTHFR	rs4846048	G	GG	++	Methylation	Folic Acid
MTHFR	rs1476413	T	CT	-+	Methylation	Folic Acid
MTHFR	rs17037390	A	GG	--	Methylation	Folic Acid
MTHFR	rs13306560	T	CC	--	Methylation	Folic Acid
MTHFR	rs4846049	G	GT	+-	Methylation	Folic Acid
MTHFR A1298C	* rs1801131	G	GT	+-	Methylation	Folic Acid
MTHFR C677T	* rs1801133	A	GG	--	Methylation	Folic Acid
MTR	* rs10925250	G	AA	--	Methylation/Energy	Cyanocobalamin, Folic Acid , Homocysteine
MTR	* rs1805087	G	AA	--	Methylation/Energy	Cyanocobalamin, Folic Acid , Homocysteine
MTR	rs10925257	G	AA	--	Methylation/Energy	Cyanocobalamin, Folic Acid , Homocysteine
MTR	rs10925235	T	CT	-+	Methylation/Energy	Cyanocobalamin, Folic Acid , Homocysteine
MTR	rs11799670	G	AA	--	Methylation/Energy	Cyanocobalamin, Folic Acid , Homocysteine
MTR	rs12060264	A	AG	+-	Methylation/Energy	Cyanocobalamin, Folic Acid , Homocysteine
MTR	rs12060570	G	CG	-+	Methylation/Energy	Cyanocobalamin, Folic Acid , Homocysteine
MTR	rs2275565	T	GG	--	Methylation/Energy	Cyanocobalamin, Folic Acid , Homocysteine
MTR	rs2275566	G	AG	-+	Methylation/Energy	Cyanocobalamin, Folic Acid , Homocysteine
MTR	rs2275568	T	CT	-+	Methylation/Energy	Cyanocobalamin, Folic Acid , Homocysteine
MTR	rs2789352	A	AC	+-	Methylation/Energy	Cyanocobalamin, Folic Acid , Homocysteine
MTR	rs3768142	T	GT	-+	Methylation/Energy	Cyanocobalamin, Folic Acid , Homocysteine

Heterozygous: 2 **Homozygous: 1**

MTHFR: (Methylenetetrahydrofolate) The MTHFR gene provides instructions for making an enzyme called methylenetetrahydrofolate reductase. This enzyme converts a molecule called 5,10-methylenetetrahydrofolate to a 5-methyltetrahydrofolate (the active form of folic acid). This reaction is required for the conversion of homocysteine to methionine. The body uses methionine to make proteins and other important compounds.

MTHFR (A1298C) Variants in this form of MTHFR gene are implicated in irregular homocysteine metabolism and folate cycles and, through this, it may play in the development of mood imbalances.

MTHFR (C677T) The C677T Variant of the MTHFR gene is associated with higher plasma homocysteine, a well-known mediator of neuronal damage and brain atrophy.

Possibilities with this genetic variant include:

- Free radical situations
- DNA damage evident at birth
- Weak capillaries, especially during pregnancy
- Social Interaction/communication difficulty
- Non-homeostatic arterial pressure during pregnancy
- Low energy, fatigue (anemia)
- Depression and mood imbalances
- Headache
- Acetylcholine related brain health issues
- Dopamine related brain health issues
- Arterial plaquing

And non-homeostatic function of:

- Nerves
- Cognition
- Artery Health

Dietary and Lifestyle

Add folate rich foods to the diet, such as green leafy vegetables, beans, lentils, spinach, asparagus, avocado, broccoli, mango, and oranges. Avoid added synthetic forms of folic acid in processed foods. Read those labels! Unmetabolized folic acid may convert to glutamate and affect nerve health.

Kinesiology Challenge

Folic Acid

Products

B-Complex 5-MTH Folate Hydroxo B-12Lozenge Methyl B-12 Lozenges Methyl Renew Homocysteine Redux

Nutrients

B Vitamins Methyl Folate Methyl B12

Heterozygous: 1 **Homozygous: 3**

MTRR: (Methionine Synthase Reductase) This enzyme is involved in conversion of vitamin B-12 to active forms. This enzyme is required for the proper function of another enzyme called methionine synthase (MTR). Methionine synthase helps process homocysteine to methionine. MTRR catalyzes methylation of cob(II)alamin to methylcob(III)alamin, thereby restoring MTR activity. The methyl group is provided by S-adenosylmethionine (SAMe).

Symptoms of genetic variants:

- Low Energy
- Mental imbalance
- Depression
- Nerve health imbalance
- High homocysteine
- Heart health imbalance
- Megaloblastic anemia
- High homocysteine
- Brain and spinal cord health imbalance

Lab Test: Homocysteine, MCH, MCV, MCHC (Blood)

Dietary and Lifestyle