



LEMOND  
NUTRITION  
*For The Whole Family*



# *Genetic Wellness*

Unlock your optimal health.

Personal Report Prepared for:

Jane Doe

# REPORT SUMMARY



## FOOD

Protein Utilization	HEIGHTENED	FTO
Fat Utilization	LOW	PPARG, TCF7L2, APOA5, CRY2, MTNR1B, PPM1K
Carb Utilization	LOW	IRS1



## FOOD SENSITIVITY

Lactose Intolerance	LIKELY	MCM6
Sensitivity to Saturated Fat	HEIGHTENED	TCF7L2, APOA2, FTO
Gluten Sensitivity	HEIGHTENED	HLA-DQ
Caffeine Metabolism	NORMAL	AHR, RP11-10017.3-001, ARID3B, CYP1A1
Cholesterol Response To Dietary Fat	SENSITIVE	LIPC
Insulin Response To Dietary Fat	SENSITIVE	FTO, PPM1K
Response to Monounsaturated Fats	LOWERED	CLOCK, ADIPOQ



## NUTRIENTS

Vitamin A Tendency	LOW	BCM01
Vitamin B6 Tendency	LOW	NBPF3
Vitamin B9 – Folate Tendency	NORMAL	MTHFR
Vitamin B12 Tendency	NORMAL	FUT2
Vitamin C Tendency	NORMAL	SLC23A1
Vitamin D Tendency	LOW	GC, NADSYN1, CYP2R1
Vitamin E Tendency	ABOVE AVERAGE	ZPR1, SCARB1, CYP4F2
Calcium Tendency	NORMAL	CASR, DGKD, GCKR, LINC00709, CARS, LOC105370176, CYP24A1
Copper Tendency	NORMAL	SMIM1, SELENBP1
Iron Tendency	ABOVE AVERAGE	TRF2, HFE, HFE, TMPRSS6

# REPORT SUMMARY

Magnesium Tendency	NORMAL	MUC1, SHROOM3, TRPM6, DCDC5, ATP2B1, MECOM
Omega Levels	HEIGHTENED	FADS1, ELVOL2
Phosphorus Tendency	NORMAL	ALPL, CSTA, IHPK3, PDE7B, C12orf4, IP6K3
Polyunsaturated Fatty Acid Tendency	SLIGHTLY RAISED	FADS1-2
Selenium Tendency	ABOVE AVERAGE	DMGDH
Zinc Tendency	NORMAL	CA1, PPCDC, LINC01420



## EXERCISE

Fat Loss Response To Cardio	ENHANCED	ADRB2, LPL
Fitness Response To Cardio	NORMAL	AMPD1, APOE
Body Composition Response To Strength Training	ENHANCED	NRXN3, GNPDA2, LRRN6C, PRKD1, GPRC5B, SLC39A8, FTO, FLJ35779, MAP2K5, QPCTL-GIPR, NEGR1, LRP1B, MTCH2, MTIF3, RPL27A, EC16B, FAIM2, FANCL, ETV5, TFAP2B
Hdl Response To Cardio	NORMAL	APOE
Insulin Sensitivity Response To Cardio	NORMAL	LIPC
Glucose Response To Cardio	NORMAL	PPARG
Trig Response To Cardio	BELOW AVERAGE	CYYR1, GLT8D2, RBFOX1, ZNF385D



## HEALTHY AGING

Skin Aging	NORMAL	IRF4, SPATA33, RALY/ASIP, BNC2
Sleep Duration	BELOW AVERAGE	ABCC9, LOC101927400, DRD2
Longevity	NORMAL	FOXO3, APOC1 (APOE-CI-CII)
Mental Acuity	SLIGHTLY ABOVE AVERAGE	APOE, BDNF
Systemic Inflammation	NORMAL	CRP, APOC1 (APOE-CI-CII), HNF1A



## FOOD SUMMARY

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What foods does your body need? RDA guidelines outline the average need for macronutrients to be 45%-55% carbohydrates; 25%-35% protein; and 25%-30% fat of daily intake. Nevertheless, please keep in mind each individual has different energy requirements because nobody is the same.

The daily caloric recommendation in the meal plan provided with your Genetic Wellness report was calculated based on maintenance energy needs for your age, gender and standard activities of daily living. Meet with a dietitian to get more specific needs tailored to you. Contact us at [LemondNutrition.com](http://LemondNutrition.com) or 888-422-8070.



## SUMMARY

### What nutrients do you need?

NUTRIENTS	TENDENCY	GOOD SOURCES INCLUDE
Vitamin A	LOW	Carrots, Kale, Tuna
Vitamin B6	LOW	Pistachios, Watermelon, Potatoes
Folate	NORMAL	Pinto Beans, Asparagus, Broccoli
Vitamin B12	NORMAL	Lean meat, Seafood, Fortified Dairy Product
Vitamin C	NORMAL	Red Bell Peppers, Strawberries, and Oranges
Vitamin D	LOW	Salmon, Egg Yolks, Fortified Dairy Milk
Vitamin E	ABOVE AVERAGE	Almonds, Spinach, Sweet Potatoes
Calcium	NORMAL	Milk, Yogurt, Kale
Copper	NORMAL	Dark Chocolate, Dried Apricots, Sunflower Seeds
Iron	ABOVE AVERAGE	Spirulina, Grass Fed Beef, Lentils
Magnesium	NORMAL	Spinach, Chard, Pumpkin Seeds
Omega Levels	HEIGHTENED	Salmon, Flax Seeds, Walnuts
Phosphorus	NORMAL	Sunflower seeds, Tuna, Turkey, Mung Beans
Polyunsaturated Fatty Acid Levels	SLIGHTLY RAISED	
Selenium	ABOVE AVERAGE	Brazil Nuts, Yellowfin Tuna, Halibu
Zinc	NORMAL	Oysters, Toasted Wheat Germ, Beef, Pumpkin and Squash Seeds

#### HOW DO MICRONUTRIENTS AFFECT MY BODY WEIGHT?

Micronutrients have not been shown to have a direct effect on body weight or body fat. So why are they included in this genetic analysis?

The vitamins tested play important roles in a variety of functions in the body that may affect your body weight—or your ability to manage it.



# NUTRIENTS

## SUMMARY

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Many micronutrients are involved in the body's metabolism of fat, carbohydrates and protein. When you are eating and exercising, you want your metabolism to function smoothly. The body does find ways to cope when some nutrients are not available. But for optimum performance and energy, you'll do best when your body has all it needs to work properly.

Some nutrients such as vitamin C and vitamin D may not affect body weight directly, but they play a role in bone health, inflammation and healing. The stresses you put your body under when exercising may be bolstered if you are well nourished in these nutrients.

### DO MY RESULTS SHOW THAT I AM LOW IN NUTRIENTS?

If you scored **LOW** or **BELOW AVERAGE**, your genotype results show that you may have a higher risk for having blood levels of certain nutrients that may be in the lower end of the normal range. For a few nutrients, such as vitamin B12, it may be optimal to be in the mid range of normal, or higher. This genotype risk assessment is based on studies where study participants with certain genotypes for the various nutrients tested were shown to be more likely to be in the lower end of the normal range for a nutrient.

Be careful of assuming these results indicate you are low, or deficient in a certain nutrient. The only way to know for sure if you are in the low end of the normal range for a nutrient, or if you are actually deficient, is to consult with your physician and get a specific blood test designed to assess a specific nutrient. This genetic test can only assess your risk; the blood test is what can assess your actual levels.



# EXERCISE

## SUMMARY

### CARDIO EXERCISE

#### FREQUENCY (days per week)



#### INTENSITY



#### DURATION (minutes per week)



Do cardio for at least 200-300 min on at least 3-4d per week at a moderate-to-vigorous intensity. You can experience greater results by exercising more and/or harder.

### STRENGTH TRAINING



Lift weights 2 to 3 days per week using weights that are heavy enough to challenge you at the end of each of 2 to 3 sets of 15-20 reps. If by the end of each set of repetitions, you feel like you could keep performing the exercise, the weight you are using is too light to provide a sufficient muscle-strengthening stimulus. As you near the end of the exercise, you should feel like the last 2 to 3 reps are difficult to complete while maintaining good form.