

RSID	Gene	Expected	Alleles: Risk	Gene Function	Consequences	Encourage	Avoid
rs1501299	ADIPOQ	C	TT: 2/2	Important adipokine involved in the control of fat metabolism and insulin sensitivity, with direct anti-diabetic, anti-atherogenic and anti-inflammatory activities.	Contribute to the genetic risk towards the development of type II diabetes, obesity and hypoadiponectinemia in the south Indian population.	Omega-3 fatty acids like fish oil, Coffee, Leucine, Magnesium, Fiber	
rs165722	COMT	A	CC: 2/2	Degrades catecholamines, Phase II, inactivates hydroxy-estrogens	Associated with CFS, slower enzyme function	Hydroxy b12 (hydroxycobalamin)	Methyl B12, Methyl donors
rs5275	COX2	A	GG: 2/2	Involved in the conversion of arachidonic acid to prostaglandin H2, an important precursor of prostacyclin and thromboxane A2, among others.	Meta-analysis suggested a role of rs5275 COX-2 polymorphisms in susceptibility to overall CP, and on ethnic basis, rs20417 showed reduced risk of CP in Chinese population.	Omega-3 fatty acids like fish oil	
rs2267710	CRHR2	T	CC: 2/2	Corticotropin releasing hormone receptor 2	Associated with CFS		
rs2606345	CYP1A1	C	AA: 2/2	Phase I xenobiotic metabolism, PAH's, metabolize E2 to 2-hydroxyestradiol (GOOD)	Reduced function of enzyme, effects vary with race	Diindolylmethane	
rs72547513	CYP1A2	C	AA: 2/2	Hydroxylation or dealkylation of xenobiotics, Phase I, metabolize E2 to 2-hydroxyestradiol (GOOD)	CYP1A2*11 allele with approximately 5% activity of that of the CYP1A2 wild type	Induce with broccoli, Cabbage, Diindolylmethane, Glucarate, NAC, Cardamom, Sulforaphane	Curcumin, Cumin, Grapefruit
rs2111902	DAO	T	GG: 2/2	D-amino acid oxidase	Association with bipolar, histamine intolerance	Vitamin B6, Vitamin C, Copper, Possibly niacin	Test out avoidance of fermented foods and citrus fruits

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rs701567	DAOA	G	TT: 2/2	D-amino acid oxidase activator, which degrades D-serine, a potent activator of NMDA receptors	Associated with cognitive manic symptoms	Idebenone, Piracetam, Magnesium, Taurine, Lithium orotate	
rs2479106	DENND1A	G	AA: 2/2	DENN/MADD domain containing 1A	PCOS association	Diindolylmethane	
rs560887	G6PC2	T	CC: 2/2	This gene encodes an enzyme belonging to the glucose-6-phosphatase catalytic subunit family. These enzymes are part of a multicomponent integral membrane system that catalyzes the hydrolysis of glucose-6-phosphate, the terminal step in gluconeogenic and glycogenolytic pathways, allowing the release of glucose into the bloodstream. The family member encoded by this gene is found in pancreatic islets.	Fasting blood glucose level higher. This is actually the more common form	Chromium, Vanadium	High carb diets
rs3791878	GAD1	C	TT: 2/2	Catalyzes production of GABA from glutamate	Associated with anxiety, depression, neuroticism, alcohol, heroin dependence.	Taurine, Theanine, NAC, Glycine	MSG
rs3213607	GRIK2	C	AA: 2/2	Glutamate receptor, ionotropic kainate 2	Associated with autism spectrum disorder	Piracetam	
rs6782799	rs6782799	T	CC: 2/2	Glycogen synthase kinase 3 beta	Association of negative life events and depression		
rs8136867	MAPK	A	GG: 2/2	Mitogen-activated protein kinase	MAPK1 rs8136867 AG genotype was found to be associated with remission in the whole sample (MDD and BD).		

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rs1801394	MTRR	A	GG: 2/2	Methylates, recycles vitamin b12	Poor methylation of b12. Results in higher homocysteine and lower methionine. B12 supplementation may help. If sensitive to methyl groups at all, hydroxyB12 should be a safer form than methylB12. If taking methylB12, be careful of potassium issues.	Methyl b12, L-methylfolate	
rs2070744	NOS3	T	CC: 2/2	In a process dependent on BH4, NOS converts arginine into nitric oxide and assists in ammonia detoxification. In the absence of BH4, NOS will convert Arginine into peroxynitrite or superoxide	Elite power performance but certain risks to health	Omega-3 fatty acids like fish oil	
rs860458	NR3C1	A	GG: 2/2	Glucocorticoid receptor	Mutation associated with generalized glucocorticoid resistance, high cortisol, CFS	Phosphatidylserine, Possibly ketogenic diet	
rs2918419	NR3C1	C	TT: 2/2	Glucocorticoid receptor	Mutation associated with generalized glucocorticoid resistance, high cortisol, CFS	Phosphatidylserine, Possibly ketogenic diet	
rs6196	NR3C1	G	AA: 2/2	Glucocorticoid receptor	Mutation associated with generalized glucocorticoid resistance, high cortisol, CFS	Phosphatidylserine, Possibly ketogenic diet	
rs3764885	SAT1	T	GG: 2/2	Enzyme which catalyzes the acetylation of polyamines	Risk for Anxiety		
rs1979277	SHMT1	G	AA: 2/2	Conversion of tetrahydrofolate to 5,10-methylenetetrahydrofolate. Interconverts serine and glycine	Decreased enzyme activity, homocysteine accumulation	5-methyl folate, Zinc, Treat for leaky gut	Folate

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rs3788200	SLC19A1	A	GG: 2/2	Membrane protein, transporter of folate	Reduced transport folate	Folate in optimal form	
rs4880	SOD2	C	AA: 2/2	Manganese superoxide dismutase	Mutations in this gene have been associated with idiopathic cardiomyopathy (IDC), sporadic motor neuron disease, and cancer. Noise induced hearing loss, rs10370 'TT', rs4880 'GG' diplo-genotype (diplotype) was associated with more gray matter shrinkage in 76 individuals who report chronic high levels of alcohol consumption.	Manganese, Vitamin E in tocotrienol form	Alcohol, Noise (greater chance for hearing loss)
rs1801030	SULT1A1	G	TT: 2/2	Catalyze the sulfate conjugation of many hormones, neurotransmitters, drugs, and xenobiotic compounds	SULT1A1*3 variant, the affinity for the substrate 4-nitrophenol and the cosubstrate PAPS was increased for COS-1 expressed SULT1A1*3 relative to those expressing SULT1A1*1		
rs731236	VDR	A	GG: 2/2	Vitamin D Receptor	Downregulated Vitamin D receptor, can affect dopamine levels, may be more complex	Vitamin D3, Sage, Rosemary	Methyl donors
rs1544410	VDR	G	TT: 2/2	Vitamin D Receptor	Downregulated Vitamin D receptor, can affect dopamine levels, may be more complex	Vitamin D3, Sage, Rosemary	Methyl donors