

NutraHacker

Supplement Report for Customer:

Instructions:

In this report, NutraHacker displays supplement dosage recommendations for important single nucleotide polymorphisms (snps). These are based on low and high dosages of supplements that ameliorate or bypass decreased function polymorphisms, with snps being used to increment the dosage from the low minimum using equal weighting for each snp. The total number of snps per supplement determine the number of increments used between a low and high dosage. Gene dominance effects are not considered.

If you would like to purchase a custom supplement formulated as designed by this report, please visit <https://nutrahacker.getvitaminlab.com/custom/74ff9c87-16ff-42e0-b45f-e676f1750715> to buy.

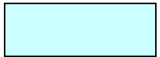
Gender of customer: Male



The polymorphism is homozygous for the decreased function allele (both copies of the allele are decreased function).
The dosage of a supplement is increased by two increments.



The polymorphism is heterozygous (one copy of the allele is decreased function) and the dosage of a supplement is increased by one increment.



Both copies of the allele are functioning normally and the supplement dosage is not increased.

rsID	Gene	Expected	Genotype	Supplement	Dosage Increase	Units
rs3741049	ACAT1	G	N/A	Vitamin B12 (Hydroxycobalamin)	0	mcg
rs12713559	APOB	C	GG	Fish Oil (Omega-3)	28	mg
rs5742904	APOB	C	N/A	Fish Oil (Omega-3)	0	mg
rs11645428	BCMO1	G	AG	Vitamin A (Retinyl Palmitate)	125	IU
rs12934922	BCMO1	A	AT	Vitamin A (Retinyl Palmitate)	125	IU
rs6420424	BCMO1	A	AG	Vitamin A (Retinyl Palmitate)	125	IU
rs6564851	BCMO1	G	GT	Vitamin A (Retinyl Palmitate)	125	IU
rs7501331	BCMO1	C	CC	Vitamin A (Retinyl Palmitate)	0	IU
rs651852	BHMT08	T	N/A	Phosphatidylcholine	0	mg
rs1042636	CASR	A	AA	Vitamin D3 (Cholecalciferol)	0	IU
rs1501899	CASR	G	N/A	Vitamin D3 (Cholecalciferol)	0	IU
rs7652589	CASR	G	N/A	Vitamin D3 (Cholecalciferol)	0	IU
rs1801181	CBS	G	N/A	Molybdenum (Citrate)	0	mcg
rs234706	CBS	G	GG	Molybdenum (Citrate)	0	mcg
rs5742905	CBS	A	N/A	Molybdenum (Citrate)	0	mcg
rs5742905	CBS	A	N/A	Vitamin B12 (Hydroxycobalamin)	0	mcg
rs174537	FADS1	G	GT	Fish Oil (Omega-3)	14	mg
rs174575	FADS2	C	CG	Fish Oil (Omega-3)	14	mg
rs2727270	FADS2	C	CC	Fish Oil (Omega-3)	0	mg
rs3834458	FADS2	T	DI	Fish Oil (Omega-3)	28	mg
rs202676	FOLH1	T	N/A	Folate (5-Methyltetrahydrofolate)	0	mcg
rs7925545	FOLR3	A	AA	Folate (5-Methyltetrahydrofolate)	0	mcg
rs7926875	FOLR3	C	N/A	Folate (5-Methyltetrahydrofolate)	0	mcg
rs560887	G6PC2	T	TT	Chromium (Picolinate)	0	mcg
rs1050450	GPX1	C	N/A	NAC (N-Acetyl Cysteine)	0	mg
rs8177412	GPX3	T	N/A	NAC (N-Acetyl Cysteine)	0	mg
rs1138272	GSTP1	T	CC	NAC (N-Acetyl Cysteine)	20	mg
rs2236225	MTHFD1	G	AA	Phosphatidylcholine	20	mg
rs1801133	MTHFR	C	GG	Folate (5-Methyltetrahydrofolate)	200	mcg
rs2066470	MTHFR	C	N/A	Folate (5-Methyltetrahydrofolate)	0	mcg
rs1801131	MTHFR	A	GT	Manganese (Citrate)	0.5	mg
rs1801133	MTHFR	C	GG	Vitamin B12 (Hydroxycobalamin)	25	mcg
rs2066470	MTHFR	C	N/A	Vitamin B12 (Hydroxycobalamin)	0	mcg
rs1801133	MTHFR	C	GG	Vitamin B2 (Riboflavin)	5	mg

rsID	Gene	Expected	Genotype	Supplement	Dosage Increase	Units
rs2066470	MTHFR	C	N/A	Vitamin B2 (Riboflavin)	0	mg
rs1801131	MTHFR	A	GT	Vitamin C (Ascorbic Acid)	150	mg
rs6495446	MTHFS	C	CT	Folate (5-Methyltetrahydrofolate)	100	mcg
rs1805087	MTR	A	AA	Phosphatidylcholine	0	mg
rs1805087	MTR	A	AA	Vitamin B12 (Hydroxycobalamin)	0	mcg
rs1801394	MTRR	A	AG	Folate (5-Methyltetrahydrofolate)	100	mcg
rs10380	MTRR	C	N/A	Vitamin B12 (Hydroxycobalamin)	0	mcg
rs162036	MTRR	C	AG	Vitamin B12 (Hydroxycobalamin)	25	mcg
rs1802059	MTRR	G	N/A	Vitamin B12 (Hydroxycobalamin)	0	mcg
rs2287780	MTRR	C	CC	Vitamin B12 (Hydroxycobalamin)	0	mcg
rs1805158	NAT1	C	CC	Folate (5-Methyltetrahydrofolate)	0	mcg
rs4986782	NAT1	G	GG	Folate (5-Methyltetrahydrofolate)	0	mcg
rs1041983	NAT2	C	CC	NAC (N-Acetyl Cysteine)	0	mg
rs1208	NAT2	A	GG	NAC (N-Acetyl Cysteine)	20	mg
rs1799929	NAT2	C	TT	NAC (N-Acetyl Cysteine)	20	mg
rs1799930	NAT2	G	GG	NAC (N-Acetyl Cysteine)	0	mg
rs1799931	NAT2	G	GG	NAC (N-Acetyl Cysteine)	0	mg
rs1801280	NAT2	T	CC	NAC (N-Acetyl Cysteine)	20	mg
rs1866388	NR3C1	G	N/A	Phosphatidyl Serine (Soy)	0	mg
rs258750	NR3C1	G	N/A	Phosphatidyl Serine (Soy)	0	mg
rs2918419	NR3C1	C	N/A	Phosphatidyl Serine (Soy)	0	mg
rs6188	NR3C1	A	N/A	Phosphatidyl Serine (Soy)	0	mg
rs6196	NR3C1	G	N/A	Phosphatidyl Serine (Soy)	0	mg
rs852977	NR3C1	G	AA	Phosphatidyl Serine (Soy)	10	mg
rs860458	NR3C1	G	N/A	Phosphatidyl Serine (Soy)	0	mg
rs7946	PEMT	C	CT	Phosphatidylcholine	10	mg
rs854560	PON1	A	N/A	Vitamin E (Tocotrienols)	0	mg
rs854571	PON1	C	CC	Vitamin E (Tocotrienols)	0	mg
rs3788200	SLC19A1	A	N/A	Folate (5-Methyltetrahydrofolate)	0	mcg
rs10370	SOD2	G	N/A	Manganese (Citrate)	0	mg
rs2855262	SOD2	T	TT	Manganese (Citrate)	0	mg
rs4880	SOD2	A	AG	Manganese (Citrate)	0.25	mg
rs1544410	VDR	G	CT	Vitamin D3 (Cholecalciferol)	1000	IU
rs731236	VDR	A	AG	Vitamin D3 (Cholecalciferol)	500	IU

In collaboration with



Supplement	Dosage	Units
Betaine (Trimethylglycine)	150	mg
Boron (Citrate)	1	mg
Chromium (Picolinate)	200	mcg
Fish Oil (Omega-3)	112	mg
Folate (5-Methyltetrahydrofolate)	400	mcg
Grape Seed Extract 95%	100	mg
Iodine (from Potassium Iodide)	125	mcg
Magnesium (Glycinate)	180	mg
Manganese (Citrate)	2.75	mg
Molybdenum (Citrate)	75	mcg
NAC (N-Acetyl Cysteine)	100	mg
Phosphatidyl Serine (Soy)	20	mg
Phosphatidylcholine	50	mg
Selenium (L-Selenomethionine)	100	mcg
Theanine	75	mg
Vanadium (Sulfate)	2	mg
Vitamin A (Retinyl Palmitate)	4250	IU
Vitamin B12 (Hydroxycobalamin)	75	mcg
Vitamin B2 (Riboflavin)	10	mg
Vitamin B3 (Niacin)	10	mg
Vitamin B5 (Pantethine)	15	mg
Vitamin C (Ascorbic Acid)	150	mg
Vitamin D3 (Cholecalciferol)	2500	IU
Vitamin E (Tocotrienols)	5	mg
Vitamin K2 (MK7)	50	mcg
Zinc (Picolinate)	20	mg