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Actual report is a web-based application

Sample report



Genomelink



Nutrition Report



Food recommendation



Beef liver

A B12



Green leafy vegetables

(such as spinach and broccoli)

A C E
Folate



Milk, dairy, egg

A B12 D
Folate



Vegetable oils

A E D



Citrus fruit and berries

A C Folate

These results are based on your genetic score and questionnaire score

Vitamin	Genetic score	Questionnaire score
A	Normal intake	Normal intake
B12	Borderline	High need
C	High need	Normal intake
D	Normal intake	High need
E	Borderline	Normal intake
Folate	High need	High need



Vitamin A is the name of a group of fat-soluble vitamins. There are two major types of vitamin A; Retinol and carotenes. The best sources to get retinoid is animal products and for carotenes the best sources are fruits and vegetables. Your body relies on vitamin A for healthy maintenance of the heart, kidneys, lungs, and eyes. Vitamin A works with Zinc, vitamin C and E.



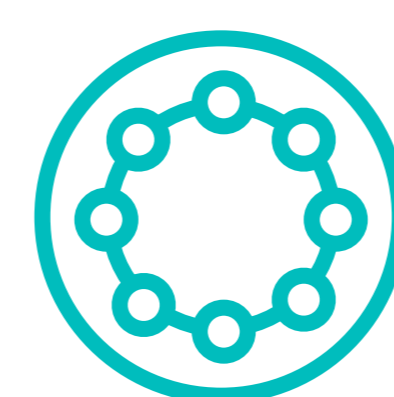
Boosts immune system



Supports eyes and vision health



Helps sustain a healthy skin



Regulates cell growth and formation of many organs

Your result

Questionnaire score



 Normal intake = 0

 **High need** ≥ 2

- ✓ Dry skin, eczema and other skin problems
- ✓ Dandruff or dry scalp
- ✓ Frequent colds and infections
- ✓ Reduced night vision

According to your survey answers, you would be suggested to set the corresponding vitamins intake to

- "high need" – indicating that you might need to take higher than recommended daily allowance.
- "normal" – indicating that the normal recommended daily allowance is enough for you.

- ✓ Dry skin, eczema and other skin problems
- ✓ Dandruff or dry scalp
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- ✓ Reduced night vision

Genetic score



 Normal intake = 0

 Borderline ≤ 1

 **High need** ≥ 2

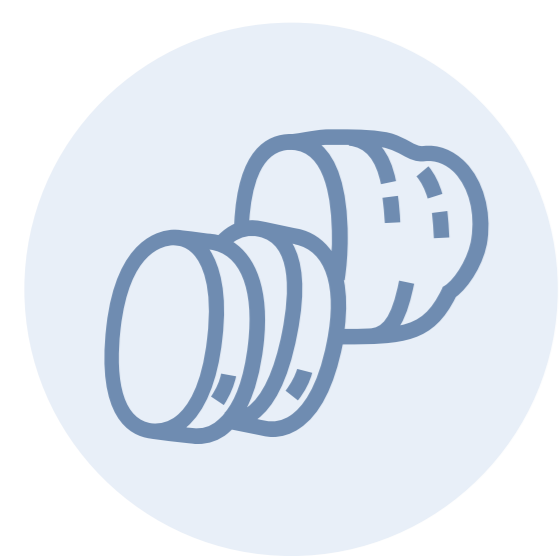
For each vitamin, we analyse a set of associated genes and calculate genetic scores. Based on the score, you would be suggested to set the corresponding vitamins intake to

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Genes and SNPs

Gene	rs ID	0	1	2
BCO1 I	rs12934922	CC	AC	AA
BCO1 II	rs7501331	TC	CC	TT

Vitamin A food



Sweet potato, baked in skin

1 whole **1403mcg**



Beef liver

3 ounces **6582mcg**



Spinach, frozen, boiled

½ cup **573mcg**



Carrots, raw

½ cup **459mcg**



Pumpkin pie, commercially prepared

1 piece **488mcg**

Food	Serving	mcg RAE per serving
Sweet potato, baked in skin	1 whole	1403
Beef liver	3 ounces	6 582
Spinach, frozen, boiled	½ cup	573
Carrots, raw	½ cup	459
Pumpkin pie, commercially prepared	1 piece	488
Cantaloupe, raw	½ cup	135
Peppers, sweet, red, raw	½ cup	117
Mangos, raw	1 whole	112
Apricots, dried, sulfured	10 halves	63
Broccoli, boiled	½ cup	60
Tomato juice, canned	½ cup	42
Milk	1 cup	149
Egg, hard boiled	1 large	75
Yogurt, plain, low fat	1 cup	32



Vitamin B12 is a water-soluble vitamin that plays a critical role in many body functions including your brain and nervous system. This vitamin is a cofactor for many other substances. Insufficient vitamin B12 can impact epigenetic pathways (such as conversion of homocysteine to methionine and synthesis of the methyl donor SAMe). Vitamin B12 works best with other B vitamins and folate.



Boosts overall energy



Improves brain function



Reduces fatigue



Supports the microbiome and digestion

Your result

Questionnaire score



 **Normal intake** = 0

 High need ≥ 2

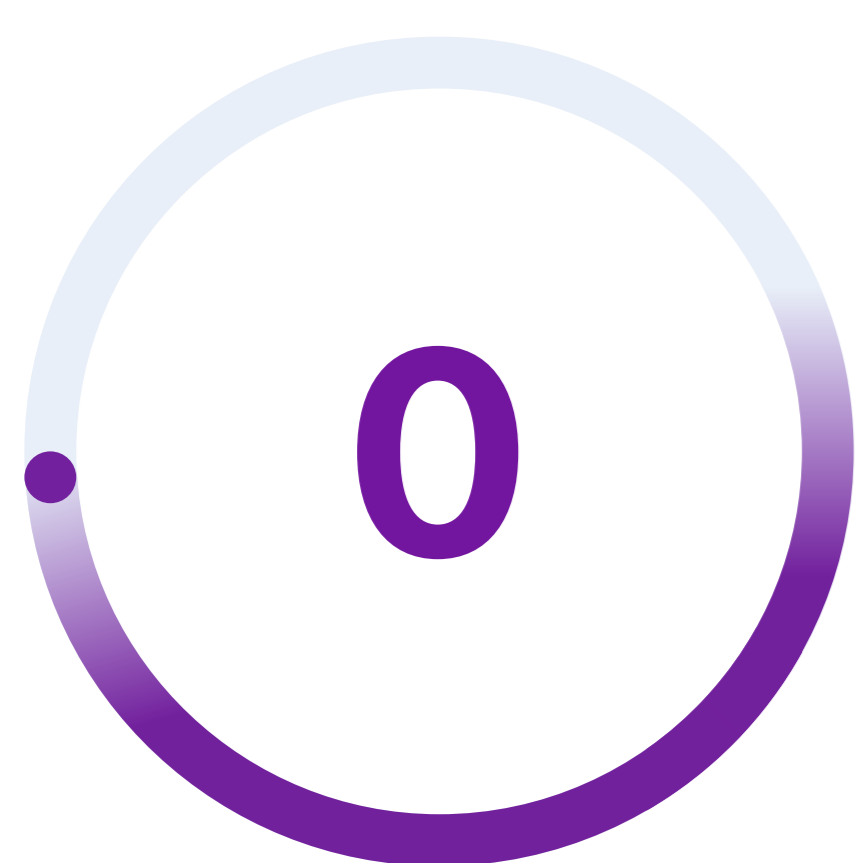
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Genetic score



 Normal intake = 0

 **Borderline** ≤ 1

 High need ≥ 2

For each vitamin, we analyse a set of associated genes and calculate genetic scores. Based on the score, you would be suggested to set the corresponding vitamins intake to

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Genes and SNPs

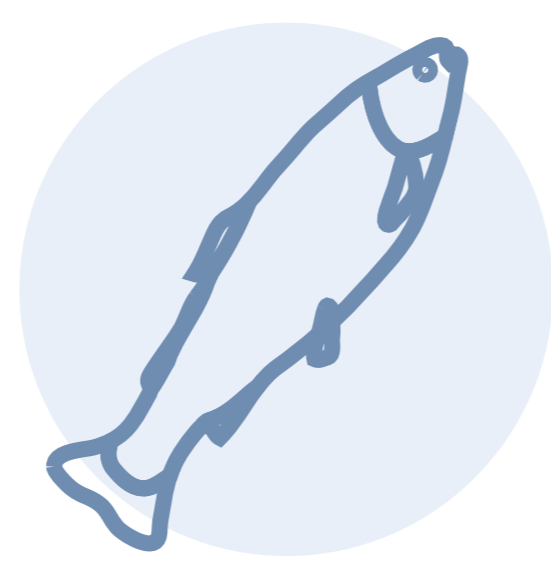
Gene	rs ID	0	1	2
FUT2 I	rs601338	AA	AG	GG
FUT2 II	rs602662	AA	AG	GG
MTRR A66G	rs1801394	AA	AG	GG
MTHFR 1298C	rs1801131	AA	AC	CC
MTHFR 677T	rs1801133	CC	CT	TT
TCN2	rs1801198	CC	CG	GG

Vitamin B12 food



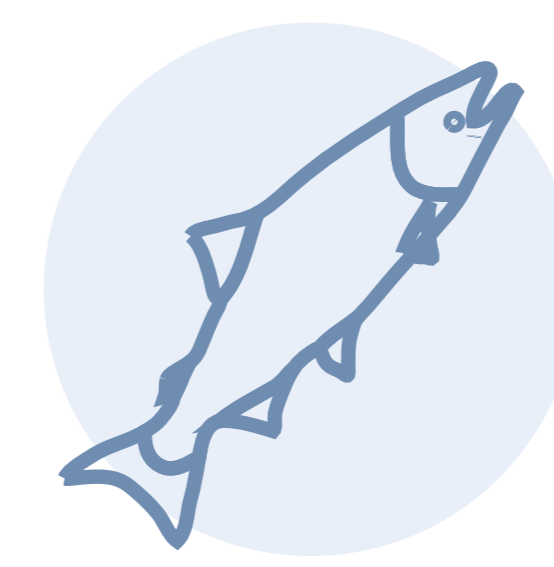
Liver, beef, cooked

1 tablespoon **70,7meg**



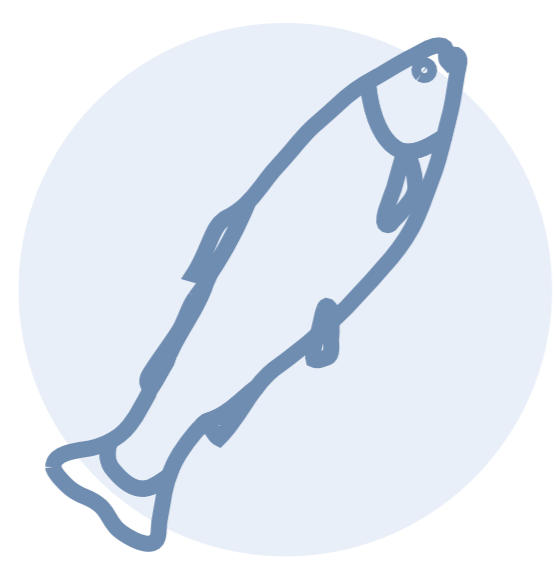
Trout, rainbow, wild, cooked

3 ounce **5,4meg**



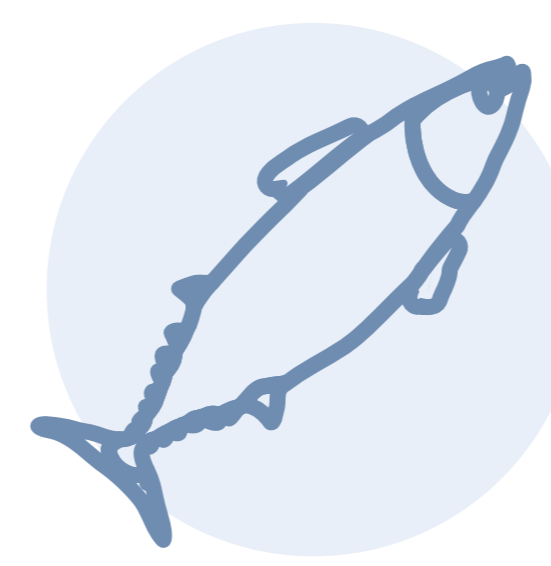
Salmon, sockeye, cooked

1 ounce **4,8meg**



Trout, rainbow, farmed, cooked

1 tablespoon **2,5meg**



Tuna fish, light, canned in water

1 ounce **3,5meg**

Food	Serving	Micrograms (meg)
Liver, beef, cooked	3 ounces	70,7
Trout, rainbow, wild, cooked	3 ounces	5,4
Salmon, sockeye, cooked	3 ounces	4,8
Trout, rainbow, farmed, cooked	3 ounces	3,5
Tuna fish, light, canned in water	3 ounces	2,5
Haddock, cooked	3 ounces	1,8
Breakfast cereals, fortified with 25% of the DV for vitamin B 12	1 serving	1,5
Beef, top sirloin, broiled	3 ounces	1,4
Milk	1 cup	1,2
Yogurt, fruit	8 ounces	1,1
Cheese	1 ounce	0,9
Egg, whole, hard boiled	1 large	0,6
Chicken, breast meat, roasted	3 ounces	3 ounces

Your result

Questionnaire score



 **Normal intake = 0**

 High need ≥ 2

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- "normal" – indicating that the normal recommended daily allowance is enough for you.

Genetic score



 **Normal intake = 0**

 Borderline ≤ 1

 High need ≥ 2

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Genes and SNPs

Gene	rs ID	0	1	2
SLC23A1 I	rs33972313	GG	AG	AA
SLC23A1 II	rs11950646	AA	AG	GG
SLC23A2 I	rs6053005	TT	CT	CC
SLC23A2 II	rs6133175	GG	AG	AA

Vitamin C food



Red pepper, sweet, raw

1 tablespoon **70mg**



Orange

3 ounce **70mg**



Kiwifruit

1 ounce **64mg**



Green pepper, sweet, raw

1 tablespoon **60mg**



Broccoli, cooked

1 ounce **51mg**

Food	Serving	Milligrams (mg) per serving
Red pepper, sweet, raw	3/4 cup	95
Orange	1 medium	70
Kiwifruit	1 medium	64
Green pepper, sweet, raw	1/2 cup	60
Broccoli, cooked	1/2 cup	51
Strawberries, fresh, sliced	1/2 cup	49
Brussels sprouts, cooked	1/2 cup	48
Grapefruit	1/2 medium	39
Broccoli, raw	1/2 cup	39
Tomato juice	1/2 cup	33
Cantaloupe	1/2 cup	29
Cabbage, cooked	1/2 cup	28
Cauliflower, raw	1/2 cup	26
Potato, baked	1 medium	17
Tomato, raw	1 medium	17
Spinach, cooked	1/2 cup	9
Green peas, frozen, cooked	1/2 cup	8



Vitamin D is a fat-soluble vitamin that is present in only a few foods. You can get some of your vitamin D through exposure to sunlight. Ultraviolet rays from sunlight strike the uncovered skin and trigger vitamin D synthesis. Hence, sufficient exposure to sunlight is crucial.

Vitamin D works with Vitamins A, C, K and E.



Improves mood



Supports muscle growth



Supports calcium absorption
(healthy bone)

Your result

Questionnaire score



 Normal intake = 0

 **High need** ≥ 2

- ✓ Dry skin, eczema and other skin problems
- ✓ Dandruff or dry scalp

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Genetic score



 Normal intake = 0

 Borderline ≤ 1

 **High need** ≥ 2

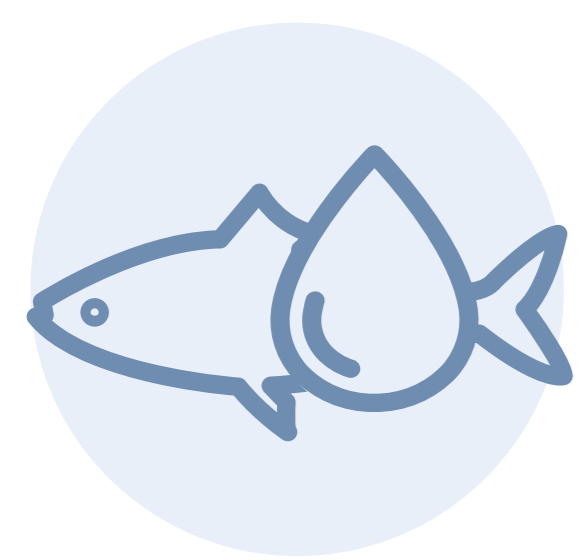
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Genes and SNPs

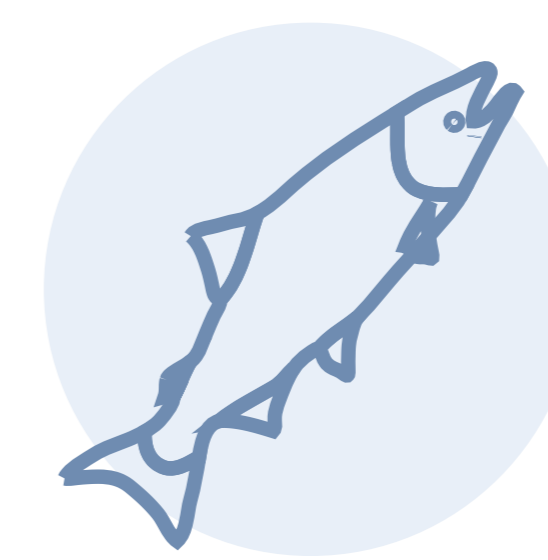
Gene	rs ID	0	1	2
GC	rs2282679	GG	TG	GG
NADSYN1	rs 12785878	AA	GA	AA
CYP2R1I	rs2060793	TT	GA	GG
CYP2R1 II	rs!993116			
CYP2R1 III	rs!0741657	AA	GA	GG
VDR fok	rs2228570	CC	CT	TT
VDR bsm	rs1544410			
VDR tag	rs731236			
VDR apal	rs7975232			

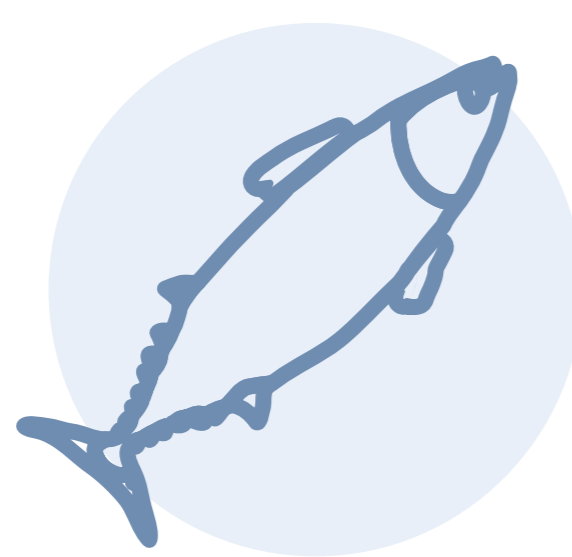
Vitamin D food


Cod liver oil

 1 tablespoon **1360 IUs**

Swordfish, cooked

 3 ounce **566 IUs**

**Salmon (sockeye),
cooked**

 1 ounce **447IUs**

**Tuna fish, canned in
water, drained**

 1 tablespoon **154 IUs**

Milk

 1 ounce **115-124 IUs**

Food	Serving	IUs per serving
Cod liver oil	1 tablespoon	1360
Swordfish, cooked	3 ounces	566
Salmon (sockeye), cooked	3 ounces	447
Tuna fish, canned in water, drained	3 ounces	154
Milk	1 cup	115-124
Yogurt, fortified with 20% of the DV for vitamin D	6 ounces (more heavily fortified yogurts provide more of the DV)	80
Margarine, fortified	1 tablespoon	60
Sardines, canned in oil, drained	2 sardines	46
Liver, beef, cooked	3 ounces	42
Egg	1 large (vitamin D is found in yolk)	41



Vitamin E is a fat-soluble vitamin and a potent antioxidant that protects cells from the damaging effects of free radicals from many environmental factors such as smoke and air pollution. Vitamin E works best with vitamin C and selenium.



Supports heart health



Improves eye health



Maintains adequate levels of other nutrients such as vitamin A

Your result

Questionnaire score



 Normal intake = 0

 **High need** ≥ 2

- ✓ Dry skin, eczema and other skin problems
- ✓ Dandruff or dry scalp
- ✓ Frequent colds and infections
- ✓ Reduced night vision

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Genetic score



 Normal intake = 0

 **Borderline** ≤ 1

 High need ≥ 2

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Genes and SNPs

Gene	rs ID	0	1	2
GSTP1	rs1695	AA	AG	GG
IL10	rs1800896	GG	AG	AA
CYP4F2	rs2108622	CC	CT	TT
SCARB1	rs11057830	GG	AG	AA
BUD13/ZNF259/APOA5	rs964184	CC	CG	GG

Vitamin E food


Wheat germ oil

 1 tablespoon **20,3mg**

Sunflower seeds, dry roasted

 1 ounce **7,4mg**

Almonds, dry roasted

 1 ounce **6,8mg**

Sunflower oil

 1 tablespoon **5,6mg**

Hazelnuts, dry roasted

 1 ounce **4,3mg**

Food	Serving	Milligrams (mg)
Wheat germ oil	1 tablespoon	20,3
Sunflower seeds, dry roasted	1 ounce	7,4
Almonds, dry roasted	1 ounce	6,8
Sunflower oil	1 tablespoon	5,6
Hazelnuts, dry roasted	1 ounce	4,3
Peanut butter	2 tablespoons	2,9
Peanuts	1 ounce	2,2
Corn oil	1 tablespoon	1,9
Spinach, boiled	34 cup	1,9
Broccoli, chopped, boiled	34 cup	1,2
Soybean oil	1 tablespoon	1,1
Kiwifruit	1 medium	1,1
Mango, sliced	34 cup	0,7
Tomato, raw	1 medium	0,7
Spinach, raw	1 cup	0,6



Folate (vitamin B9) is a water-soluble vitamin that is needed for optimal health. Insufficient Folate can impact epigenetic pathways (such as conversion of homocysteine to methionine and synthesis of the methyl donor SAME).



DNA synthesis and repair



Metabolism of amino acids



Cell growth



Brain health

Your result

Questionnaire score



 Normal intake = 0

 **High need** ≥ 2

- ✓ Dry skin, eczema and other skin problems
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- ✓ Reduced night vision

Genetic score



 Normal intake = 0

 Borderline ≤ 1

 **High need** ≥ 2

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Genes and SNPs

Gene	rs ID	0	1	2
MTHFR	rs1801133	CC	TT	TC
MTHFR 1298C	rs1801131	GA	AA	GG
MTHFR 1298C	rs1051266	CG	GG	CC

Folate food



Brussels sprouts, frozen, boiled

½ cup **78mg**



Avocado, raw, sliced

½ cup **59mg**



Spinach, raw

1 cup **58mg**



Rice, white, medium-grain, cooked

½ cup **54mg**



Broccoli, chopped, frozen, cooked

½ cup **52mg**

Food	Serving	Milligrams (mg) per serving
Brussels sprouts, frozen, boiled	½ cup	78
Avocado, raw, sliced	½ cup	59
Spinach, raw	1 cup	58
Rice, white, medium-grain, cooked	½ cup	54
Broccoli, chopped, frozen, cooked	½ cup	52
Green peas, frozen, boiled	½ cup	47
Kidney beans, canned	½ cup	46
Turnip greens, frozen, boiled	½ cup	32
Peanuts, dry roasted	1 ounce	27
Orange, fresh	1 small	29
Papaya, raw, cubed	½ cup	27
Banana	1 medium	24
Egg, whole, hard-boiled	1 large	22
Cantaloupe, raw, cubed	½ cup	17
Vegetarian baked beans, canned	½ cup	15
Fish, halibut, cooked	3 ounces	12
Milk	1 cup	12
Ground beef, 85% lean, cooked	3 ounces	7
Chicken breast, roasted	3 ounces	3