UNLOCK YOUR GENETIC CODE

WELOCITY® genetics

PRESENTS

WELOCITY genetics

DNA TESTING PROGRAM

YOUR WELOCITY GENETICS DNA TESTING PROGRAM REPORT

CLIENT PROFILE

Sample Barcode Number	43535663
Clients Name	Sample Report
Gender	Male
Date of Birth	27-Aug-89
Height(cm)	178.00
Weight(kg)	115.00
Sample Type	Saliva
Report Date	09-Aug-2020

WELCOME LETTER

Dear Sample Report,

Greetings From Welocity Genetics.

On the onset, I would like to heartily congratulate you for embarking on a thrilling journey of genomic wellness. By opting for LGP, you have given yourself an incredible opportunity to understand how your body works, what makes you different and what your genetic health risks are. With some truly incredible scienti?c insights, this genetic report of yours will be an eye opener for you, inspiring you to make smarter and healthier choices.

You may have noticed that our body constantly speaks to us through various symptoms. However, we usually tend to ignore them until something seriously goes wrong. And when the situation becomes serious, we rush to the nearest medical doctor seeking instant relief and are willing to spend any amount of money. What we do not realize is that such situations are a manifestation of lack of sustained attention to our food habits, physical activities, sleeping patterns and erratic lifestyle, which we probably could have avoided.

You are unique. One-size- fits-all is a thing of the past. Lifetime Genetics Program not only predicts the root cause of many of your existing ailments but also predicts genetic risks for various probable health conditions. What's more, we offer you scienti?cally backed personalized wellness solutions to experience good health and happiness, making it a truly value-for-money wellness program.

Over 10,000 health-conscious individuals & families including political leaders, bureaucrats, corporate executives, Bollywood & television celebrities, businesspersons, healthcare professionals, medical doctors, alternative therapists, nutritionists, dieticians, home makers, students and children across India have already opted for Lifetime Genetics Program.

Our highly quali?ed and experienced team or genetic o?cers, bioinformaticians and genetic counsellors-cum-nutritionists from both Sanger Genomics as well as Welocity Life Sciences have put in their best efforts to explore the latest scienti?c research and curate some of the world's best genetic insights in your DNA report.

Read through and understand your genetic report as much as you can and leave the rest to our Nutrigenomics Counsellors-cum-Nutritionists to interpret it for you. All that you need to do is simply follow their valuable advice meticulously to discover a newer you.

We wish you a healthy and happy life.

Mr. Stan Serrao
Chairman & Managing Director
Welocity Genetics

Mr. Milind Doshi
Welocity Genetics | CPO
Sanger Genomics | CEO

AUTHENTICITY CERTIFICATE*

VELOCITY genetics
DNA TESTING PROGRAM

LIFETIME GENETICS PROGRAM®

LAB CERTIFICATIONS

NABL

ALL SAMPLES ARE TESTED IN AN
NABL ACCREDITED LABORATORY

AUTHENTICITY CERTIFICATE

DNA SAMPLE COLLECTION KIT FROM **CANADA**

GENOTYPING TECHNOLOGY FROM **USA**

BIOINFORMATICS & GENETICS ANALYSIS FROM **INDIA**

WE ARE FIERCELY DEDICATED TO DELIVERING CUTTING EDGE GENETIC RESEARCH AND BREAKTHROUGHS IN AN AUTHENTIC REPORT.

M.D

MILIND DOSHI
CHIEF EXECUTIVE OFFICER
SANGER GENOMICS PVT. LTD.

R.Waghle

DR. RADHIKA WAGLE
SCIENTIFIC OFFICER
SANGER GENOMICS PVT. LTD.

LIFETIME GENETICS SOP

VELOCITY genetics
DNA TESTING PROGRAM

STEP 1
Buy lifetime Genetics Program (LGP)
(Order Online or Buy From Franchise)

STEP 2
Give Your DNA Saliva Sample
(Watch Sample Collection Process Video)

STEP 3
Send your Saliva Sample to Welocity HO
(Use Self-Addressed Envelope in the Kit)

STEP 4
Get Your Genetic Report PDF
(Within 18-Working Days from the Batch Date)

STEP 5
Set Smart Health Goals for You
(Fill-Up & Submit Your Health Form)

STEP 6
Take Your Genetic Counselling
(Voice Call or Video Call)

STEP 7
Get Your Gene-Based Action Plan
(Make Necessary Dietary & Lifestyle Changes)

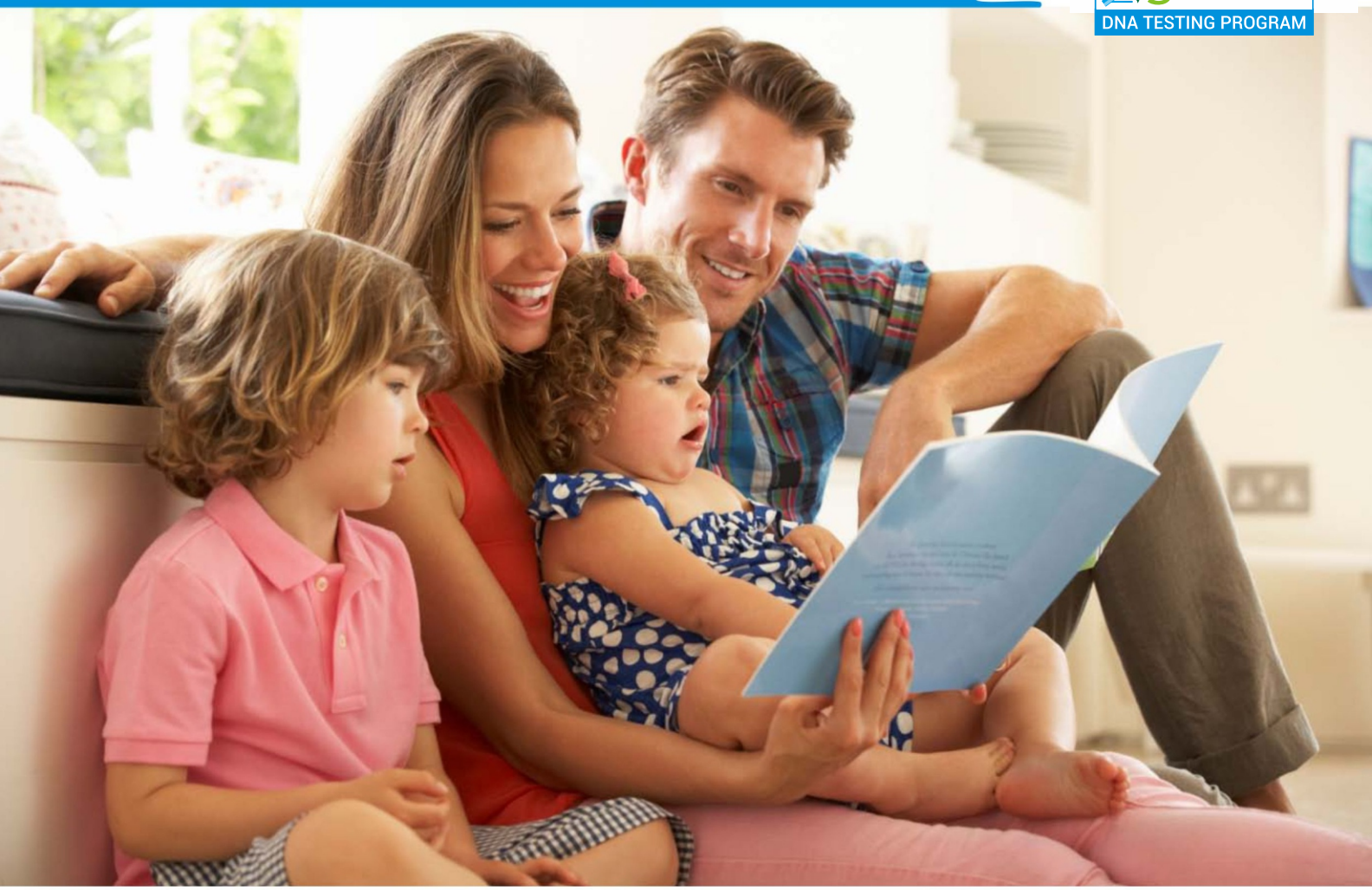
STEP 8
Access Wellness Help Desk
(Get Phone Consultation for 12 Months)

SIMPLIFIED

VELOCITY genetics
DNA TESTING PROGRAM

We make reading, understanding and interpreting your Lifetime Genetic Program report simple

HOW TO READ YOUR REPORT

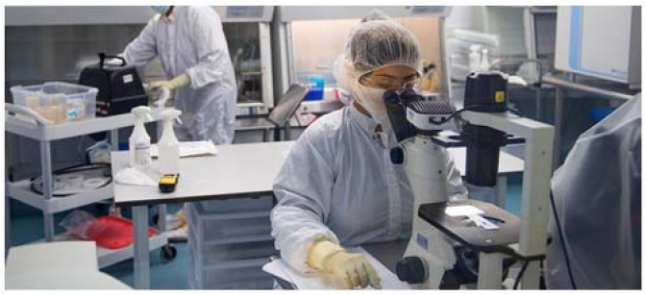


A quick guide to help you read, understand and interpret this report correctly.

Genetic sequencing of an individual can generate up to 1 TB (Terabyte) of raw genetic data. To assess an individual's genetic risk, we take into account multiple factors such as relationship of genetics and genomics towards health, prevention, screening, treatment and monitoring. Welocity Genetics, in collaboration with InDNA Life Sciences, focuses on specific and unique genetic codes using an indigenously developed complex algorithm based on the Indian genetic database of diverse ethnic population. These genetic codes are essentially linked to key phenotypes that are of significant concern of the modern society. We carefully analyse your genetic data to help you not only understand your genetic build-up but also to help you make necessary and possible modifications towards a healthier tomorrow.

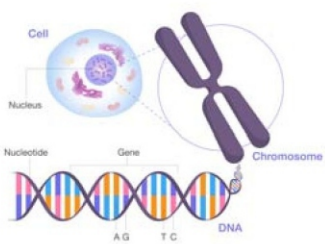
So, before we get to know how to read this report, here's a quick introduction to genetics. Once you've got an understanding of the basics of genetics, you'll be all set to make the best use of your results and apply them to make the lifestyle changes that are right for you.

Genetics



The scientific study of biological mechanisms that switches genes on and off.

Genes

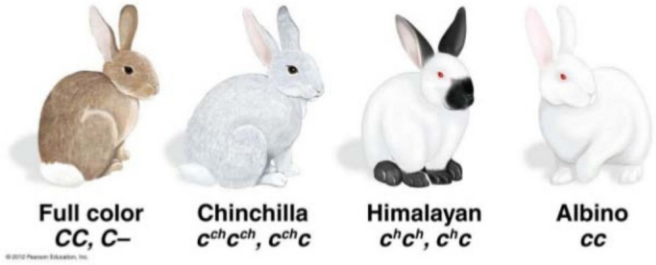


A gene is a small and a specific segment of your DNA. Each gene contains instructions for your body to make the thousands of different types of proteins it needs, to function. Each gene has a specific role. As mentioned earlier, at Welocity Genetics, we are focusing on specific genes that affect multiple factors around your well-being and day-to-day health.

HOW TO READ YOUR REPORT

Genotype

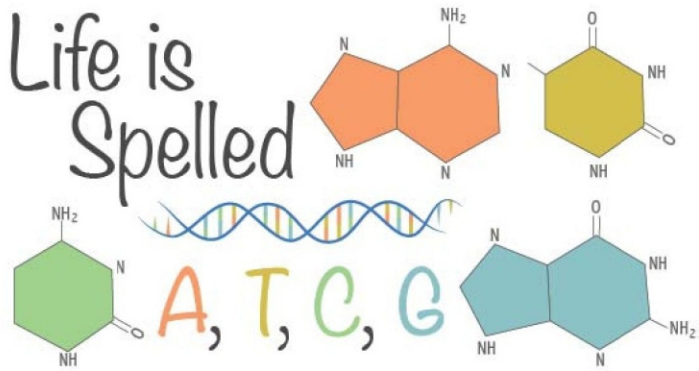
Genotype is a set of genes an organism carries. Since every gene has a unique version, you may have a different genetic response or a particular trait based on the genotype you carry.



Phenotype

Phenotype is the physical expression or observable characteristics of a particular genotype. Phenotypes are influenced by genotype and also by the environment.

Alleles



Each gene is comprised of a specific variant and these are represented by a combination of 4 letters namely A, T, C & G. These letters are called alleles. They are tiny specific variants of a gene.

Understanding Genetic Codes and Variants

The genetic code is the set of rules by which information encoded in the genetic material (DNA) is translated into functional proteins by living cells. The complete length of an individual's DNA within a cell is called the genome. Genetic codes are primarily responsible for the wellness of our genome. Variations in genetic code make us unique from others. These alterations are often healthy but may predispose us towards risk of varied health conditions.

Your Risk Indicators

Risk indicators are critical predictors for your various health conditions. In this report, we determine your genetics risk or predisposition to various condition and/or disease as having low risk, normal risk and high risk as follows:


Normal Risk


Low Risk


Moderate Risk


High Risk

VELOCITY genetics
DNA TESTING PROGRAM

YOUR RESULTS SUMMARY

SR. NO.	PHENOTYPE	YOUR RESULT		PAGE NO.
NUTRIENT DEFICIENCY RISK				
1	Vitamin A De?ciency		Elevated Risk	17
2	Vitamin B2 De?ciency		Moderate Risk	18
3	Vitamin B6 De?ciency		Moderate risk	19
4	Vitamin B9 De?ciency		Moderate Risk	20
5	Vitamin B12 De?ciency		High Risk	21
6	Vitamin C De?ciency		Lower Risk	22
7	Vitamin D De?ciency		High Risk	23
8	Response to Vitamin E De?ciency		No Result	24
9	Calcium Requirement		Higher Risk	25
10	Iron De?ciency		Elevated Risk	26
FOOD INTOLERANCES				
11	Gluten Intolerance		Low Risk	27
12	Lactose Intolerance		Higher risk	28
13	Blood Pressure and Heart Attack Response to Caffeine		High Risk	29
14	Blood Pressure Response to Sodium (Salt Sensitivity)		Increased sensitivity to salt and higher risk for high blood pressure with too much salt intake.	30

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YOUR RESULTS SUMMARY

SR. NO.	PHENOTYPE	YOUR RESULT		PAGE NO.
WEIGHT MANAGEMENT				
15	Obesity Risk		High Risk	31
16	Satiety		More Likely to Overeat	32
17	Response to Dieting		High responder to dieting	33
18	Ideal Weight Loss Diet		Very Sensitive to Fats and Sensitivity to Carbs	34
19	Weight Regain Risk		High Risk	35
20	Ideal Weight Maintenance Strategy		High Protein and Low Calorie Diet	36
21	Adiponectin Level		Low Levels	37
22	Tendency of Snacking Between Meals		Increased Tendency for Snacks Containing High Energy Density	38
23	Appetite Response to Ginger Supplementation		Ginger supplement is bene?cial	39
24	BMI Response to PUFA		More Bene?cial	40
25	BMI Response to MUFA		Limit Intake	41
DIABETES				
26	Type 2 Diabetes risk (Insulin Sensitivity		Very High Risk	42
27	HbA1c Response to Fiber		Limit Intake	43
28	Insulin Resistance Response to Whole Grain		Normal effect on insulin resistance	44

YOUR RESULTS SUMMARY

SR. NO.	PHENOTYPE	YOUR RESULT		PAGE NO.
29	Glucose Tolerance to Dietary Fat		Neutral Risk	45
30	Ketogenic Diet (High Fat Diet) & Type 2 Diabetes risk		Neutral Risk	46
31	Dinner Timing & Type 2 Diabetes Risk		Increased Risk with Late Dinner Time	47
THYROID HEALTH				
32	Hypothyroidism		Increased risk	48
33	Hashimoto's Thyroiditis		Neutral Risk	49
34	Graves Disease		Neutral Risk	50
CARDIAC HEALTH				
35	Cholesterol and Lipid Pro?le		Unfavourable pro?le	51
36	Hypertriglyceridemia risk		Typical	52
37	Triglyceride Response to PUFA (EPA)		Highly Bene?cial	53
38	LDL Response to Saturated Fats		Neutral	54
39	Hypertension Risk		No response to targeted therapy	55
40	Blood Pressure Response to Saturated Fat Intake		Elevated Risk	56
41	Blood Pressure Response to a Non Drug Approach (Hypertention Reversal)		Neutral response to non drug targeted therapy	57
42	Hyperlipoproteinemia Type III		Normal risk for Hyperlipoproteinemia Type III	58

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YOUR RESULTS SUMMARY

SR. NO.	PHENOTYPE	YOUR RESULT		PAGE NO.
43	Hyperhomocystienima		Moderate	59
44	Atherosclerosis Risk		Neutral	60
45	Myocardial Infarction		Increased Risk (OR:1.275)	61
46	Coronary Artery Disease Risk		Normal risk	62
CANCER RISK				
47	Cancer Susceptibility		Increased Risk	63
ORGAN HEALTH				
48	Gall Stone Predisposition		Typical Risk	64
49	In?ammatory Bowel Disease (Ulcerative Colitis)		Typical Risk	65
50	Alcoholic Liver Disease		Typical Risk	66
51	Non-Alcoholic Fatty Liver Disease (NAFLD)		Increased (NAFLD,1.27x) (NASH, 3.76x)	67
52	NAFLD Mitigation and Choline De?ciency		Lower Production of Phosphatidyl- choline	68
53	Risk of Hyperuricemia		Increased Risk (OR:1.63)	69
54	Glaucoma Risk		Typical Risk	70
55	Risk of Cataract		Moderate Risk	71
56	Age Related Hearing Loss		Lower	72
57	Gum Disease (Periodontitis)		Typical Risk	73

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YOUR RESULTS SUMMARY

SR. NO.	PHENOTYPE	YOUR RESULT		PAGE NO.
INFLAMMATORY DISEASES				
58	Risk of In?ammation		Lower	74
59	Rheumatoid Arthritis		Moderately High Risk (IL1A, OR: 1.17)	75
60	Allergic Rhinitis Risk		Increased Risk	76
61	Risk of Asthma		Typical Risk	77
62	Pancreatitis		Increased	78
63	Chronic Obstructive Pulmonary Disease		Neutral	79
64	Pain Sensitivity		Moderate Risk	80
65	Septic Shock		Neutral Risk	81
NEUROLOGICAL HEALTH				
66	Risk of Parkinson's Disease (Early Onset)		Neutral	82
67	Response to Pesticide Exposure		Elevated Toxicity Risk (organophosphate)	83
68	Alzheimer's Disease		Normal risk	84
69	Schizophrenia Risk		Moderate risk	85
70	Autism Risk		Increased Risk (2.79x)	86
71	Risk of Migraine (with aura)		Higher risk for migraine with aura	87
72	ADHD (Attention De?cit Hyperactivity Disorder)		Lower risk for ADHD	88

YOUR RESULTS SUMMARY

SR. NO.	PHENOTYPE	YOUR RESULT		PAGE NO.
73	Vascular Dementia		Neutral	89
EATING DISORDERS AND ADDICTION RISKS				
74	Dopamine Metabolism		Intermediate breakdown	90
75	Depression risk		Typical Risk	91
76	Anxiety Disorder Risk		Higher risk of increased nervousness / anxiety after caffeine intake	92
77	Desire for Food		Less Likely to Emotional Binge	93
78	Eating disorders (Anorexia nervosa)		Lower risk for anorexia nervosa	94
79	Alcohol Dependency		Lower Risk for alcohol dependence	95
80	Addiction Towards Drugs		Lower risk for cocaine addiction	96
81	Addiction towards smoking		Lower risk	97
82	Personality Disorder (Antisocial)		Lower risk	98
83	Language Learning Ability		Slightly better at effectively learning new language	99
84	Decision Making Ability		Likely to make bold (risky) decisions	100
GENDER-SPECIFIC RISKS				
85	Male Infertility		Increased Risk (OR: 2.4)	101
86	Effect of Alcohol consumption on LDL cholesterol		Neutral Effect	102

YOUR RESULTS SUMMARY

SR. NO.	PHENOTYPE	YOUR RESULT		PAGE NO.
GENDER-SPECIFIC RISKS				
87	Testosterone levels		Lower levels of circulating testosterone	103
88	Risk for Spot Baldness in Males (Alopecia Areata)		Higher risk for Alopecia areata	104
DNA DAMAGE AND BIOLOGICAL AGEING				
89	DNA Damage & Toxicity Risk from Eating Tandoori Food		Lower risk for DNA Damage & Toxicity	105
90	Lifespan and Longevity		Typical Lifespan	106
DRUG RESPONSE				
91	Metformin Response		Reduced Methylation	107
92	Response to Pioglitazone Treatment in Type 2 Diabetes		Higher responder to pioglitazone treatment	108
93	Response to Sulfonylureas treatment in Type 2 Diabetes		Increased e?cacy	109
94	Response to Statin Use		Weaker response to Atorvastatin	110
95	Warfarin response		40% reduction in warfarin metabolism	111
96	Response to Antidepression Medication (Paroxetine)		Typical E?cacy	112
97	Therapeutic Response to Rheumatoid Arthritis Medication		Increased response and lower risk of side effects to methotrexate.	113

YOUR RESULTS SUMMARY

SR. NO.	PHENOTYPE	YOUR RESULT		PAGE NO.
FITNESS				
98	Ideal Exercise Strategy		High Intensity Exercise	114
99	Power / Endurance Athlete		Likely good at endurance & power oriented sports.	115
100	Motivation to Exercise		Lower Motivation	116
101	Exercise Associated In?ammation risk		Low risk	117
102	Risk of Intervertebral Disc Degeneration		Increased (OR: 1.31)	118
103	Susceptibility to knee injury		Lower Susceptibility	119
104	Exercise Recovery Time		Typical Recovery Time	120
105	Osteoporosis (Bone Mineral Density)		Normal Risk	121

1. Vitamin A Deficiency

PAY ATTENTION!

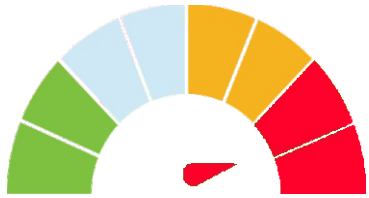
Vitamin A is a fat-soluble vitamin that is important for vision, a strong immune system and healthy reproduction. Beta-carotene is a precursor of active vitamin A and is an antioxidant found in certain fruits and vegetables that are orange-red in color. Beta-carotene can be converted to pre-formed vitamin A (retinol) in the body to exert its biological functions. Research shows that individuals with the risk version of the BCO1 gene are ine?cient at converting beta-carotene to active vitamin A. These individuals are considered low responders to dietary beta-carotene so consuming enough active vitamin A can help ensure circulating levels of active vitamin A are adequate to support vision, immunity and reproductive functions.

Associated Symptoms	Associated Diseases	Food Sources
• Dry skin, eyes • Frequent Infections • Poor wound healing • night blindness • infertility issues • problems in conceiving • mouth ulcers	• Skin diseases • Vision problem • Liver disorders • Obesity • Hypothyroidism • In?ammation • Frequent infections • Immunological problems	• Cod liver oil • Eggs • Forti?ed breakfast cereals • Forti?ed skim milk • Orange and yellow vegetables and fruits • Other sources of beta-carotene such as broccoli, spinach, and most dark green, leafy vegetables

RESEARCH RECOMMENDATIONS

- Consume ~900 mcg Vitamin A RAE (retinol activity equivalents) daily.
- As vitamin A is fat-soluble include some fat content while having these sources. For example eat these raw vegetables with minimal oil and dressing.
- Include egg yolk in your diet since its the best source of retinol. (Which is the active form of Vitamin A)
- Vegetarians can consider taking retinol supplements in cases where it is di?cult to meet up the requirements. Retinol supplements: Fish oil supplements (cod-liver oil) as per recommendation by the doctor/ health professional
- Your genotype may affect health negatively by reducing the availability of vitamin A (retinol) but also positively by increasing the plasma concentration of powerful antioxidant molecules.

Your Genetic Result



Your Risk / Response

ELEVATED RISK

Gene(s) Analysed

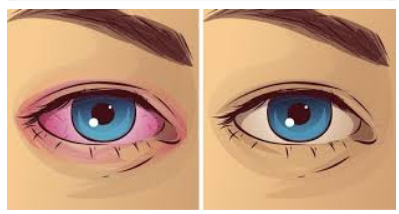
BCO1

Risk / Response Variant(s) Presence

YES

Impact of Gene(s)

Reduced the catalytic activity of BCMO1 by 48%



2. Gluten Intolerance

GIFTED!

Gluten is a protein present in wheat, barley & rye that gives a chewy texture to many of our favourite foods. It is composed of two building blocks, gliadin and glutenin. When we digest gluten, the gliadin portion is broken down into small peptides that can form a complex with a structure called the HLA DQ complex. In celiac disease patients, the HLA DQ-gliadin complexes are pro-in?ammatory, leading to an autoimmune reaction that damages cells of the small intestine.

Associated Symptoms	Associated Diseases	Food Sources
• Abdominal bloating and pain • Chronic diarrhea • Vomiting • Constipation • Pale, foul-smelling, or fatty stool • Weight loss • Fatigue • Short stature • Attention De?cit Hyperactivity Disorder (ADHD)	• Anemia • Loss of bone density (osteoporosis) • Itchy, Blistery skin rash • Damage to dental enamel • Mouth ulcers • Joint pain • Eye Irritation	• Wheat, Rye, Barley, spelt

RESEARCH RECOMMENDATIONS

- You may continue to consume wheat, barley and rye.

Your Genetic Result

Your Risk / Response

LOW RISK

Gene(s) Analysed

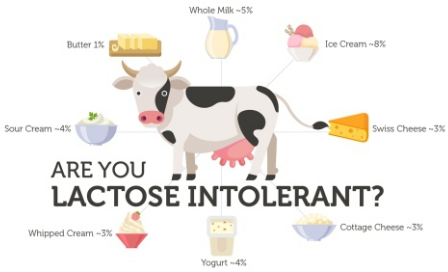
HLADQ2_5 - HLADQ8

Risk / Response Variant(s) Presence

NO

3. Lactose Intolerance

PAY ATTENTION!



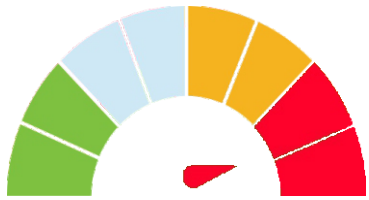
Lactose is a naturally occurring disaccharide in milk, that has to be broken down into small simple sugar molecules like glucose and galactose before it can get readily absorbed by the body. This conversion of lactose takes place in the small intestine by an enzyme called Lactase Phlorizin Hydrolase (LPH), commonly called lactase.

Associated Symptoms	Associated Diseases	Food Sources
• Bloating • Pain or cramps in the lower belly • Gurgling or rumbling sounds in the lower belly • Loose stools or diarrhoea • Irritable bowel syndrome • In?ammatory bowel disease • Reduced functioning of the spleen (hyposplenism) • Feeling sick	• Irritable Bowel Syndrome • In?ammatory Bowel Disease • Hyposlenism • Can lead to Osteoporosis, Osteopenia • Poor nutritional status	• Foods with lactose: Milk Certain milk products Bakery Products Biscuits and Cakes Processed food Certain medication

RESEARCH RECOMMENDATIONS

- Avoid dairy by going on a lactose free diet.

Your Genetic Result

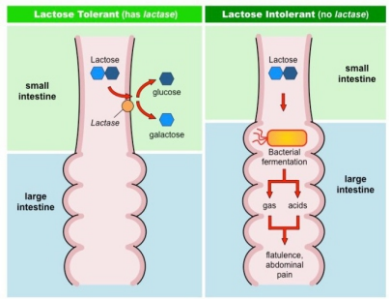


Your Risk / Response

HIGHER RISK

Gene(s) Analysed
LCT

Risk / Response Variant(s) Presence
YES



4. Obesity Risk

PAY ATTENTION!

Did you know that by just controlling obesity you can lower more than ~50% of risk for cardiovascular diseases, cancer and diabetes? And did you know that 40% to 70% of your predisposition to obesity is inherited. When an individual reaches a BMI of 30 to 35 (clinically obese) or above 40 morbidly obese), genetic factors with strong effects are likely to be involved.

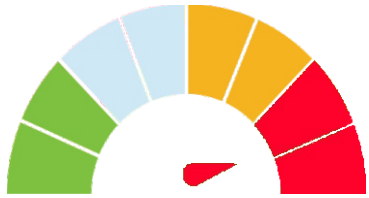
Associated Diseases

- Type 2 Diabetes Mellitus
- Abnormal cholesterol levels
- Heart disease
- Hypertension
- Fatty liver disease
- Kidney disease
- Depression
- Gallbladder diseases
- Infertility in both males and females
- Erectile dysfunction in males
- Osteoarthritis and musculoskeletal pain
- Sleep Apnea
- Certain cancers

RESEARCH RECOMMENDATIONS

- Refer to your other results in this report for speci?c recommendations.
- Use the knowledge and strategies highlighted in this report to help you ?nd the most effective way to get ?t.
- You need to make a well planned, structured diet and lifestyle change.
- Be prepared to work harder than others.

Your Genetic Result



Your Risk / Response

HIGH RISK

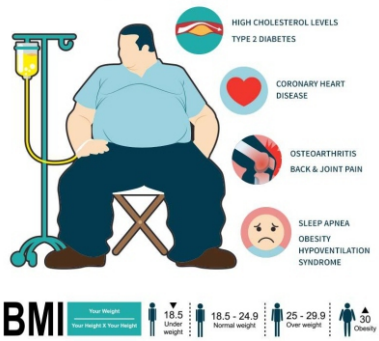
Gene(s) Analysed

FTO1 - PLIN - APOA2

Risk / Response Variant(s) Presence

YES

Obesity-Related Diseases



5. Type 2 Diabetes risk (Insulin Sensitivity

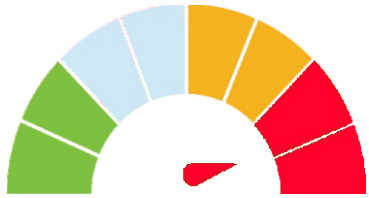
PAY ATTENTION!

Insulin sensitivity is the relationship between how much insulin needs to be produced in order to deposit a certain amount of glucose in your body. A person is called as insulin sensitive, if a small amount of insulin needs to be secreted to deposit a certain amount of glucose, and insulin resistant, if a lot of insulin needs to be secreted to deposit the same amount of glucose. Insulin resistance (IR) is generally regarded as a pathological condition in which cells fail to respond to the normal actions of the hormone insulin.

RESEARCH RECOMMENDATIONS

- Regularly test your HBA1c and fasting blood glucose levels.
- Keep a regular check on your HBA1c levels (a biomarker for diabetes) and fasting glucose.
- Supplements delaying carbohydrate uptake:
  - Green Tea extract (Catechins)
  - Coffee bean extract (Chlorogenic Acid)
- Insulin sensitizing supplement:
  - Resveratrol
  - L-Carnitine
- Consuming 10 g/day of ground freeze-dried mango pulp for 12 weeks can signi?cantly reduce fasting blood glucose.
- Keep a regular check on your HBA1c levels (a biomarker for diabetes) and fasting glucose.

Your Genetic Result



Your Risk / Response

VERY HIGH RISK

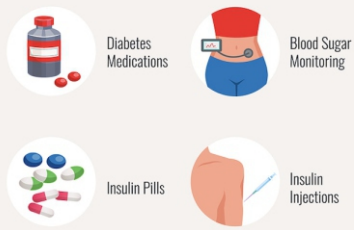
Gene(s) Analysed

FTO1 - TCF7L2 - PPARG - ADIPOQ

Risk / Response Variant(s) Presence

YES

TREATMENT



Name:	DOB:	Sex:	Date of report:	Sample ID:
Sample Report	27-Aug-89	Male	09-Aug-2020	43535663

6. Hypothyroidism

PAY ATTENTION

Hypothyroidism is a common health problem with a worldwide annual incidence of 1.5 cases per 1,000 individuals. It occurs more often in females, with an incidence around 10-15 times higher than in males. Hypothyroidism during pregnancy has been associated with gestational diabetes, premature deliveries, offspring with low intelligence, risk of peripartum death, and a higher risk of spinal cord malformations and Down's syndrome. The methylenetetrahydrofolate reductase (MTHFR) enzyme catalyzes the conversion of 5, 10-methylenetetrahydrofolate to 5-methyltetrahydrofolate. MTHFR contributes to the hypermethylation of genomic DNA. The resulting DNA hypermethylation may affect genes that in?uence the risk of autoimmune thyroid diseases (AITD), leading to pathological changes in thyroid gland function. Variants in MTHFR gene are studied to effect thyroid function and thus related to risk of hypothyroidism.

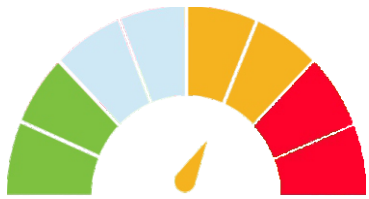
Associated Symptoms

- Fatigue
- Constipation
- Weight gain
- Muscle weakness
- Elevated blood cholesterol level
- Pain, stiffness or swelling in your joints
- Heavier than normal or irregular menstrual periods (females)
- Thinning hair, Dry skin
- Slowed heart rate
- Impaired memory
- Goiter

RESEARCH RECOMMENDATIONS

- While there isn't any particular step you can take to prevent hypothyroidism, there are certain epigenetic or lifestyle choices you can make that may reduce your risk, or if you've been diagnosed with thyroid disease, help you manage your condition.
- Studies have shown that selenium lowers Thyroperoxidase (TPO) antibodies thus helps in decreasing the symptoms of hypothyroidism The active form in supplements is Selenomethionine.
- Consume foods rich in Vitamin A, folate (active form) and zinc.
- Reduce the intake of gluten-rich foods even if not at risk of Gluten Intolerance, and avoid it completely if you are at risk.

Your Genetic Result



Your Risk / Response

INCREASED RISK

Gene(s) Analysed

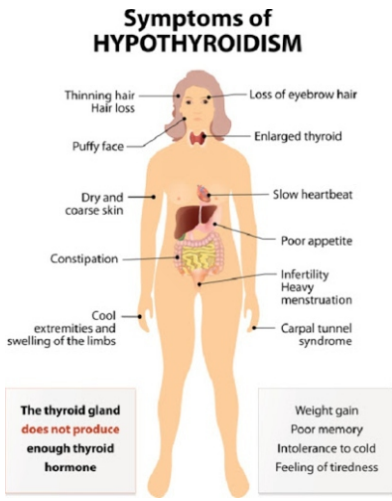
MTHFR(1) - MTHFR(2)

Risk / Response Variant(s) Presence

YES

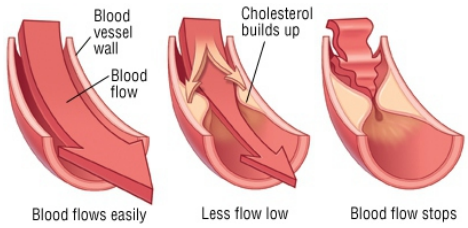
Impact of Gene(s)

Moderate risk for Hypothyroidism



7. Cholesterol and Lipid Profile

PAY ATTENTION!

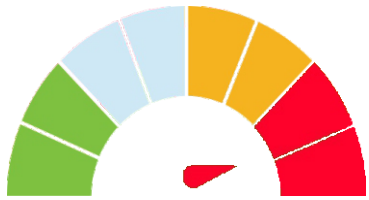


Are you genetically predisposed to bad lipid pro?le/increased cholesterol? disorder caused or exacerbated by uncontrolled diabetes mellitus, obesity, and sedentary habits. In epidemiologic and interventional studies, hypertriglyceridermia is a risk factor for coronary artery disease(CAD). Hypertriglyceridemia is usually asymptomatic until triglycerides are greater than 1000-2000 mg/dl. Dyslipidlaemia is elevation of plasma cholesterol, triglycerides (TGs), or both, or a low high-density lipoprotein level that contributes to the development of atherosclerosis. Causes can be primary (genetic) or secondary. Diagnosis is by measuring plasma levels of total cholesterol, TGs, and individual lipoproteins. Treatment involves dietary changes, exercise, and lipid-lowering drugs.

RESEARCH RECOMMENDATIONS

- Avoid high-saturated fat diets.
- Live an active lifestyle, and avoid excess exercise that can increase cardiovascular morbidity.
- Avoid smoking to stay healthy.

Your Genetic Result



Your Risk / Response

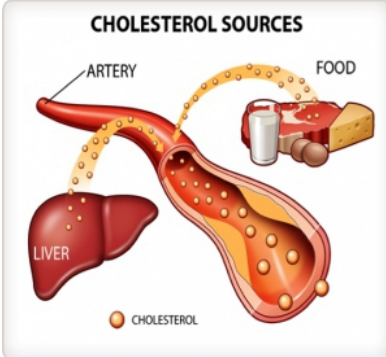
UNFAVOURABLE PROFILE

Gene(s) Analysed

LPL2 - LPL1

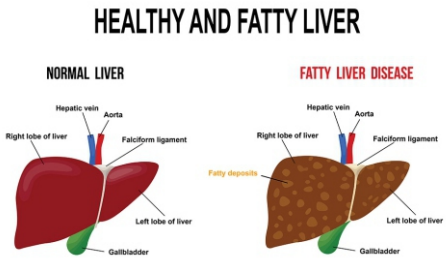
Risk / Response Variant(s) Presence

YES



8. Alcoholic Liver Disease

NEUTRAL

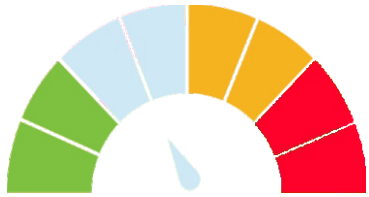


Excess alcohol consumption and consequent alcoholic liver disease (ALD) pose a major burden on healthcare resources that has been recognized for many years. Alcoholic liver disease accounts for 70 to 80% of all directly recorded mortality from alcohol. It has been estimated that alcohol-attributable liver cirrhosis was responsible for 493,300 deaths globally in 2010 (representing 0.9% of all deaths) and 47.9% of all liver cirrhosis deaths (46.5% for women and 48.5% for men).
Multiple research studies have validated that PNPLA3 gene polymorphisms are associated with predisposition to alcoholic liver disease in heavy drinkers. In addition, these gene polymorphisms have been shown to in?uence the severity of alcohol-related liver damage. Alcohol-related cirrhosis is the most serious form of alcohol-related liver disease. The damage from alcohol-related cirrhosis is not reversible and can cause fatal liver failure.

Associated Symptoms

- Losing muscle tone (atrophy) Bruising easily
- Loss of appetite and weight loss
- Yellowing of the skin and eyes (jaundice)
- Fluid build-up and swelling of the legs (edema) and abdomen (ascites)
- Bleeding in your mouth (mouth bleeds) or vomiting blood

Your Genetic Result



Your Risk / Response

TYPICAL RISK

Gene(s) Analysed

PNPLA3

Risk / Response Variant(s) Presence

NO

Impact of Gene(s)

Not associated Signi?cantly Increased ALD-cirrhosis risk.

9. Risk of Asthma

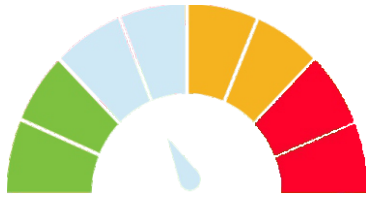
NEUTRAL

Asthma is the most common chronic disorder in children, and exacerbation of asthma is a major cause of childhood morbidity and hospitalization. Asthma is a complex and chronic disease in which allergen-induced in?ammatory processes in the airways contribute to the development of symptoms, such as wheezing, cough, dyspnea, and breathlessness.
Tumor necrosis factor (TNF) is a potent in?ammatory cytokine that contributes to airway in?ammation in asthma

Associated Symptoms

- Shortness of breath
- Chest tightness or pain
- Trouble in sleeping caused by shortness of breath, coughing or wheezing
- A whistling or wheezing sound when exhaling
- Respiratory disorder
- Pulmonary diseases

Your Genetic Result



Your Risk / Response

TYPICAL RISK

Gene(s) Analysed

TNFA

Risk / Response Variant(s) Presence

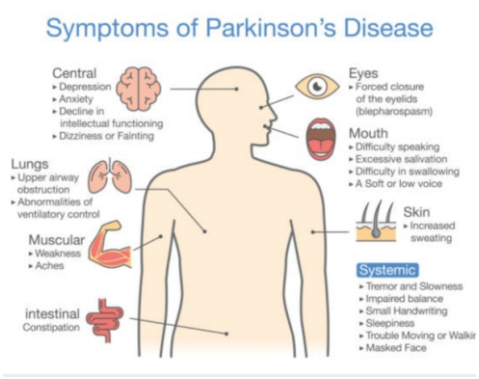
NO

Impact of Gene(s)

Not Signi?cantly associated with asthma.

10. Risk of Parkinson's Disease (Early Onset)

NEUTRAL



Parkinson's disease is a progressive nervous system disorder that affects movement. Symptoms start gradually, sometimes starting with a barely noticeable tremor in just one hand. Tremors are common, but the disorder also commonly causes stiffness or slowing of movement. In the early stages of Parkinson's disease, your face may show little or no expression. Your arms may not swing when you walk. Your speech may become soft or slurred. Parkinson's disease symptoms worsen as your condition progresses over time.
Parkinson disease's (PD) is the second most common agerelated neurodegenerative disorder affecting 1 - 2 % of the

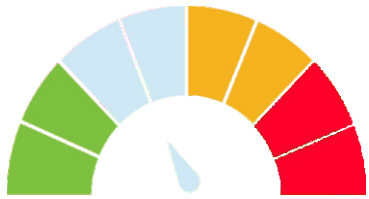
Associated Symptoms

- Tremor
- Slowed movement (bradykinesia)
- Rigid Muscles
- Impaired posture balance
- Speech changes
- Writing changes

RESEARCH RECOMMENDATIONS

- Consume a diet rich in Tyrosine- an amino acid that helps make the neurotransmitter 'Dopamine', thus helping in the prevention of Parkinson's Disease.
- Research studies show that caffeine and green tea may lower your risk of developing PD.
- Staying active and exercising may also lower your risk of PD.
- Even though you may not carry this genetic risk factor you may still be susceptible to other risk factors. Hence you may follow the recommendations in this section for prevention.
- Consume a diet rich in foods that help in increasing the secretion of Dopamine naturally, like bananas, beet, sun?ower seeds etc. after discussion with your counselor.
- Go Organic (and Local) because pesticides and herbicides have been heavily implicated in causing Parkinson's.
- Eat Fresh, Raw Vegetables.
- Incorporate Omega-3 Fatty Acids Into Your Diet.

Your Genetic Result



Your Risk / Response

NEUTRAL

Gene(s) Analysed

MTHFR

Risk / Response Variant(s) Presence

NO

Impact of Gene(s)

No Signi?cant association with Earlier onset of Parkinsons disease compared to other genotypes.

Name:	DOB:	Sex:	Date of report:	Sample ID:
Sample Report	27-Aug-89	Male	09-Aug-2020	43535663

11. Anxiety Disorder Risk

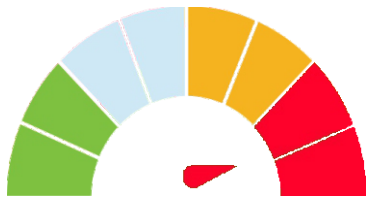
PAY ATTENTION!

Anxiety is your body's natural response to stress. Ordinary anxiety is a feeling that comes and goes, but does not interfere with your everyday life. In the case of an anxiety disorder, the feeling of fear may be with you all the time. This type of anxiety may cause you to stop doing things you enjoy. In extreme cases, it may prevent you from entering an elevator, crossing the street, or even leaving your home. If left untreated, the anxiety will keep getting worse. Researchers think that genetics, traumatic events and brain structure may in?uence whether you develop an anxiety disorder. Symptoms of anxiety include increased heart rate, rapid breathing, tightness in chest, and restlessness. Anxiety disorders are treated through medication and therapy.

RESEARCH RECOMMENDATIONS

- Reduce intake of caffeine in all forms.
- Switch to decaffeinated beverages and supplements like green and herbal tea which are also rich in antioxidants.
- Limit beverages like ?lter coffee, energy drinks and aerated soft drinks, due to their high caffeine content.
- Try these range of strategies you can try to manage your anxiety like slow breathing and progressive muscle relaxation where slowly tense and then relax each of your muscle groups from your toes to your head.

Your Genetic Result



Your Risk / Response

HIGHER RISK OF INCREASED NERVOUSNESS / ANXIETY AFTER CAFFEINE INTAKE

Gene(s) Analysed

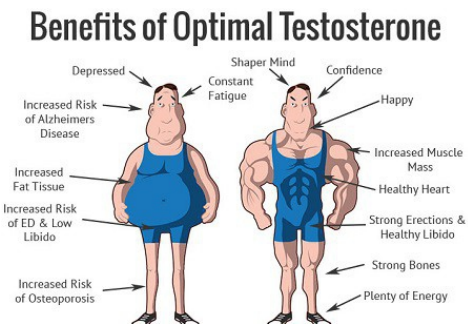
CYP1A2

Risk / Response Variant(s) Presence

YES

12. Testosterone levels

PAY ATTENTION!



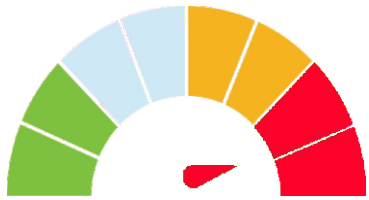
Testosterone is the primary male sex hormone and anabolic steroid. In male humans, testosterone plays a key role in the development of male reproductive tissues such as testes and prostate, as well as promoting secondary sexual characteristics such as increased muscle and bone mass, and the growth of body hair.
If a male has a low level of testosterone, the symptoms can include erectile dysfunction, and reduced bone mass and sex drive. The development of the bones and muscles. the deepening of the voice, hair growth, and other factors related to appearance. the production of sperm.
Testosterone is the most important testicular androgen in men, is largely bound to two plasma proteins. Most of the circulating testosterone (approx 50-60%) is bound with high a?nity to sex hormone-binding globulin (SHBG), while a smaller fraction (40-50%) is bound loosely to albumin, and 1-3% is unbound and termed free testosterone.

Associated Symptoms	Associated Diseases
• Reduced sex drive	• cardiovascular morbidity
• Reduced erectile function	• metabolic syndrome
• Loss of body hair	• dyslipidemia
• Less beard growth	• hypertension
• Loss of lean muscle mass	• type 2 diabetes mellitus
• Feeling very tired all the time (fatigue)	• stroke, atherosclerosis
• Obesity (being overweight)	• osteoporosis
• Symptoms of depression	• sarcopenia
	• increased mortality risk

RESEARCH RECOMMENDATIONS

- To increase the testicular function for producing enough testosterone, consume foods that are rich in zinc, magnesium, vitamin D, vitamin E.
- Include omega fats in your daily diet to boost the testosterone levels.
- Make cruciferous vegetables (cabbage, broccoli, cauli?ower etc.) a part of your diet, as they are rich in indole-3 carbinol (IC3), a phytochemical that increases testosterone.
- Avoid the intake of re?ned sugars. Use natural sources of sugar if want to impart sweetness to some foods.
- the research for this gene is in reference to male testosterone levels. Due to differences in levels of sex hormones between men and women, the ?ndings from these studies are not applicable to women.

Your Genetic Result



Your Risk / Response

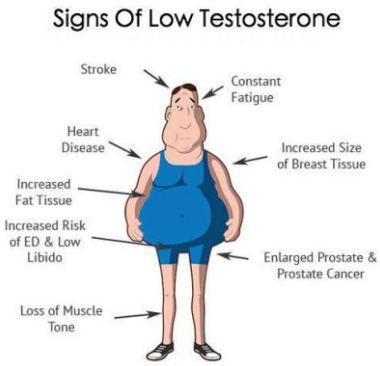
LOWER LEVELS OF CIRCULATING TESTOSTERONE

Gene(s) Analysed

SHBG

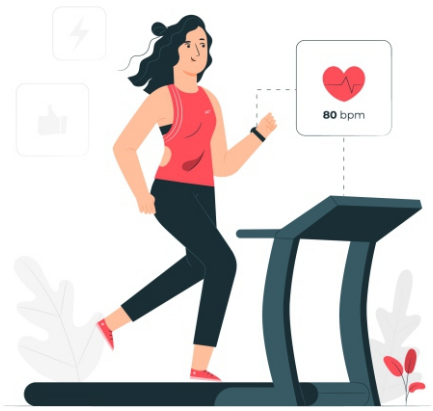
Risk / Response Variant(s) Presence

YES



13. Ideal Exercise Strategy

PAY ATTENTION!

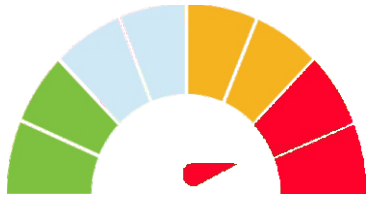


Exercise is any bodily activity that enhances or maintains physical ?tness, overall health and wellness. It is performed for various reasons, including increasing growth and development, preventing aging, strengthening muscles and the cardiovascular system, weight loss or maintenance, and enjoyment. Frequent and regular physical exercise boosts the immune system and helps prevent diseases such as cardiovascular disease, type 2 diabetes and obesity. It also prevents stress and depression, increases quality of sleep, helps promote or maintain positive self-esteem, improves mental health, maintains a steady digestion and treats constipation and gas, regulates fertility health etc. Exercise and physical activity fall into four basic categories - endurance, strength, balance, and ?exibility.

RESEARCH RECOMMENDATIONS

- High intensity workouts will be more effective for you.

Your Genetic Result



Your Risk / Response

HIGH INTENSITY EXERCISE

Gene(s) Analysed

ADRB2(1) - ADRB2(2) - ADRB3

Risk / Response Variant(s) Presence

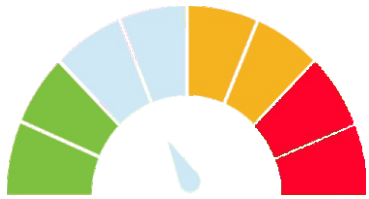
YES

14. Power / Endurance Athlete

NEUTRAL

Multiple studies have found that human physical performance is in?uenced by genetic factors. A variation in the human angiotensin Iconverting enzyme (ACE) gene has been identi?ed, in which a certain variant may be associated with elite endurance performance, and the other variant seems overrepresented amongst elite sprinters and short-distance swimmer status.

Your Genetic Result



Your Risk / Response

LIKELY GOOD AT ENDURANCE & POWER ORIENTED SPORTS.

Gene(s) Analysed

ACE

Risk / Response Variant(s) Presence

NO

Impact of Gene(s)

You are likely to perform best in both endurance-oriented sports and power oriented Sports.

DISCLAIMER

The purpose of this DNA test conducted as a part of Welocity Genetics Program is to provide information about how tested individual's genes affect their lifestyle, metabolism, weight and exercise, energy use, eating behaviour, diet and nutritional choices. Tested individuals should not change their diet, physical activity or any medical treatments they are currently undergoing based on genetic testing results without consulting their personal health care provider. The science in this area is still developing and multiple personal health factors affect diet and health. Since subjects in the scientific studies referenced in this report may have had personal health and other factors different from those of tested individuals, hence, results from these studies may not be representative of the results experienced by tested individuals. Further, some recommendations may or may not be attainable, depending on the tested individual's physical ability or other personal health factors.

A limitation of this testing is that most scientific studies have been performed in Caucasian populations only. The interpretations and recommendations are done in the context of Caucasian studies, but the results may or may not be relevant to tested individuals of different or mixed ethnicities. Many of the conditions and drug responses that are tested are dependent on genetic factors as well as non-genetic factors such as age, personal health and family health history, diet, and ethnicity. As such, an individual may not exhibit the specific drug response, disease, or diet, nutrition and exercise response consistent with the genetic test results.

The association between genetic mutations and the information within this report is an active area of scientific research, and future scientific discoveries might alter our understanding of how this information is related to your diet, nutrition and exercise. Based on test results and other medical knowledge of the tested individual, health care providers might consider additional independent

YOUR GENETIC COUNSELLING

WELOCITY genetics
DNA TESTING PROGRAM

May we help you decode your Welocity Genetic Program report further?

Know Your Genetic Blue Print

What you have in your hands is an extremely valuable document that scientifically outlines your genetic profile. Congratulations on taking the first step towards knowing your genetic blue print. This information will be extremely useful for you to adopt healthier lifestyle and make informed lifestyle choices. However, interpreting it correctly is crucial.

Finding it Difficult to Understand the Jargon?

We believe, you must have already gone through your report and have understood a great deal. However, it is quite possible that you may find it difficult to understand certain technical terms and make the right interpretation. Isn't it wise to let the experts do this job for you and offer you value for your money? Well, your obvious next step is to take your genetic counselling from our well-qualified and experienced Welocity Nutrigenomics Counsellors-cum-Nutritionists (NGCs) either on Voice Call or Video Call, as per your choice.

YOUR GENETIC COUNSELLING

Your Genetic Counselling

Welocity NGCs will simplify your report and explain the health risk associated with each Phenotype between 45 – 60 minutes in multiple Indian languages. However, understanding your diet and lifestyle is equally important. Hence, our NGCs will recall your current eating patterns and lifestyle, which they will use while offering personalized recommendations for preventing the risks that you could be exposed to. We, at Welocity, firmly believe that it is not only the diet that can help prevent diseases, but also smart lifestyle changes that prove to be rewarding enough and creating sustainable results!

Your Personalized Action Plan

After your genetic counselling, Welocity NGCs will create your gene-based *Action Plan* PDF within 7 working days, which will be sent to you via email or WhatsApp. What's more, you may access our Wellness Help Desk, for the next 12 months, a fantastic facility given to you for getting your queries addressed with your NGC.

SCHEDULE YOUR GENETIC COUNSELING RIGHT NOW

8104 773 613

8291 286 619

MONDAY TO FRIDAY : FROM 10:00 AM TO 7:00 PM
SATURDAY : 10:00 AM TO 4:00 PM

SLOT 1	10.30 AM	SLOT 2	12.30 PM	SLOT 3	02.30 PM	SLOT 4	05.30 PM

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DNA TESTING PROGRAM

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