HomeDNA™

FOOD & PET SENSITIVITY

ANALYSIS + REPORT

PERSON TESTED: JANE DOE
REFERENCE #: 99887777
DATE OF BIRTH: 7/23/1982
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HOMEDNA™ FOOD & PET SENSITIVITY

Your DNA report reveals how your genes may make you more sensitive to common irritants, including: gluten (wheat), egg, lactose (dairy), cow milk protein (casein or whey), peanuts, pet dander, and more. Your results contain information only from your genes and do not include environmental factors that may cause or aggravate symptoms. This analysis and report are based on scientific studies and publications. For more details about the information contained in your report, we invite you to visit the links in the **Supporting Science** section.

Note: This is not an allergy test. To diagnose allergies, consult your medical practitioner. This report is being provided for educational and informational purposes only.

CATEGORY	GENES TESTED	SENSITIVITY	PAGES
FOOD SENSITIVITIES			
Gluten	HLADQ2.5, HLA-DQ8, HLA DQ2.2/2.5, HLA DQ 2.2	+ *More Sensitive*	3-5
Lactose	MCM6, DAO (diamine oxidase)	− *Less Sensitive*	6
Cow Milk Protein	IL-10 (A-1082G), HLA-DQ7	− *Less Sensitive*	7
Egg	SERPINB7	+ *More Sensitive*	8-9
Peanut	HLA-DQ region, FLG, C11orf30	− *Less Sensitive*	10
Other Foods	FLG, IL4, SERPINB7, IL-10 (C-627A), STAT 6, HLA-DR region, HLA-DRB1 (DR7), C11orf30	+ *More Sensitive*	11-13
PET SENSITIVITIES			
Pet Dander	HLA-DQ region	− *Less Sensitive*	14
HISTAMINE SENSITIVITIES			
Histamine	DAO (diamine oxidase), HNMT (histamine N-methyltransferase)	+ *More Sensitive*	15-17

This product is not intended to diagnose, treat, cure, or prevent any disease. Results are based on your genetics and not other factors such as general health, environment, or diet. The scoring methods used to determine your outcomes are based on correlation data collected by the provider.

GLUTEN: **YOUR RESULTS**

YOUR RESULTS

GENE TESTED	YOUR PROFILE	SENSITIVITY
HLADQ2.5 - rs2187668	TT	 MORE SENSITIVE
HLA-DQ8 - rs7454108	CC	
HLA DQ2.2/2.5 - rs2858331	GA	
HLA DQ 2.2 - rs2395182	GT	
HLA DQ 2.2 - rs7775228	CC	
HLA DQ 2.2 - rs4713586	del	

CONCLUSION STATEMENT: People with genetic markers similar to yours may have a **higher risk of sensitivity** to gluten than other people.

ABOUT GLUTEN SENSITIVITY: Gluten is a protein in wheat, barley, and rye. Humans do not have the enzymes to break down gluten, leaving tiny particles of gluten in the digestive tract that may cause sensitivities for certain individuals.

COMMON SYMPTOMS: Symptoms of this sensitivity may include, but are not limited to:

- **sleepiness after eating**
- **stomach upset**
- **foul-smelling gas after certain meals**
- **difficulty concentrating**

⚠ **IMPORTANT:** If you're experiencing symptoms, contact your medical practitioner for guidance

See next page for diet, lifestyle, and supplement tips for this category ▶

DIET TIPS

TIP	DETAILS
Try a gluten-free diet	Following a gluten-free diet (removing wheat, barley and rye products) has been shown to help people improve symptoms
Eat many nutrient-rich foods, including green vegetables and healthy fats (like olive oil and coconut oil)	Eating a Mediterranean-based diet (high in vegetables and olive oil/ lower in protein) has been found to be helpful for many individuals. Because many individuals with gluten sensitivity have difficulty absorbing important nutrients, it's important that you include these foods in your daily diet and use supplements as directed by your medical practitioner

LIFESTYLE TIPS

TIP	DETAILS
Read labels and ask about food preparation at restaurants	Many labels say "gluten-free," but the food may not come from an exclusively gluten-free preparation area or manufacturing plant

SUPPLEMENT TIPS

SUPPLEMENT	DOSE PER DAY	DETAILS
Iron	**Men = 8 mg** **Women = 10 mg**	If hemoglobin and ferritin levels are low, research suggests about 8 mg of iron for men and 10 mg of iron for women can help replenish iron stores. Consider taking ferrous glycinate, which is less constipating
Folate Supplement	**400 mcg** **800 mcg if pregnant**	Research suggests taking the metabolized form of folate, called "methyl" on the label, because it's easier for the body to absorb and does a better job of increasing folate levels in red blood cells
Vitamin B12	**500 mcg+**	Look on the label for the words hydroxyl or methyl before the B12. These are the most effective types of B12 supplements. The amount of vitamin B12 you need depends of your age, your genes, and the amount of acid in your stomach, since low stomach acid lowers your ability to absorb B12
Vitamin D	**3,000 IU**	Consider taking 3000 IU per day of a vitamin D3 supplement, which should be enough for most people

SUPPLEMENT TIPS CONTINUED

SUPPLEMENT	DOSE PER DAY	DETAILS
Zinc	**8-10 mg**	Research suggests about 8-10 mg of zinc are adequate for maintaining whole body sufficiency. There are different types of zinc supplements: sulfate, citrate and picolinate. Citrate and picolinate are more easily absorbed. If you're taking a multivitamin, check how much zinc is included. Always take zinc with food to avoid an upset stomach
Magnesium	**300-400 mg**	Research suggests 300-400 mg of magnesium are needed to maintain body stores

Research has determined these supplements may be helpful to those experiencing sensitivity(ies) in this category. The above are suggestions only. Before taking any supplements or changing your existing regimen, please consult your medical practitioner.