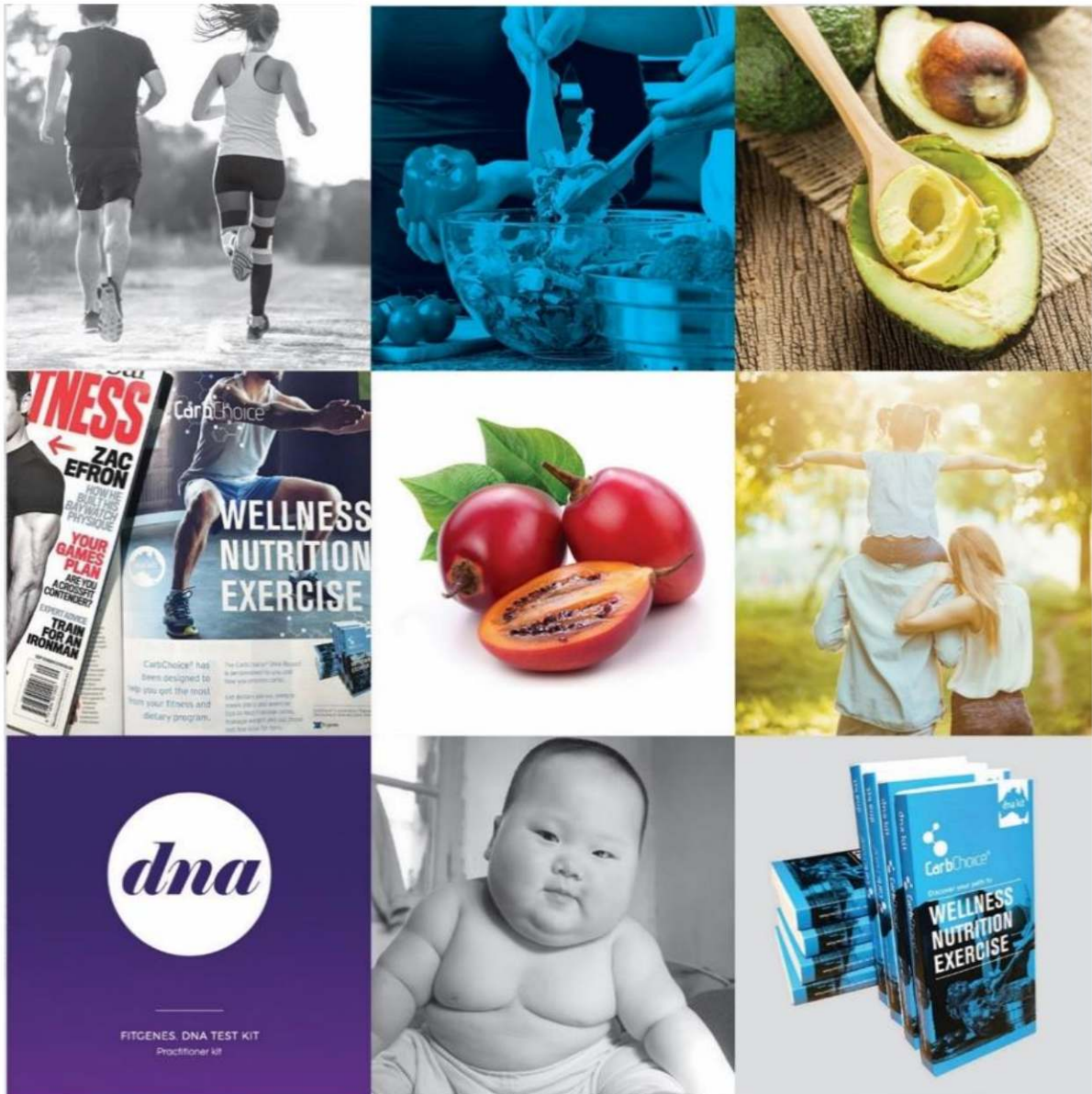


MEGA BUNDLE SUMMARY REPORT

Name: Sample Client

Kit ID: 0000000

DNA-Based solutions to manage **Health and Wellness**,
and promote **Healthy Living** and **Healthy Ageing**



Introduction

This document provides summary tables of results for all SNPs currently included across the range of Fitgenes reports. It is designed as a visual tool to support easy reference and comparison of genetic results by section or health area of interest, such as immune function, fertility, or dietary response. Please note that this is not a standalone report. For comprehensive gene descriptions, result interpretations, and recommended interventions, refer to the relevant individual Fitgenes reports (HWB = Health & Wellbeing Report; IH = ImmuneHealth; FH = FertilityHealth; AC = ActiveChoice; FC = FoodChoice; DC = DietaryChoice).

KEY BIOLOGICAL PATHWAYS - SUMMARY RESULTS REPORT

Category	Gene Name	RS	Kit Result			Report(s) included*					
						HWB	IH	FH	AC	FC	DC
Inflammation - Summary Results Report	IL-1 α -1	rs1800587	CC	●		✓	✓				
	IL-1 α -2	rs17561	GG	●		✓	✓				
	IL-1 β	rs16944	AG		●	✓	✓				
	IL-1B-2	rs1143627	TC		●		✓				
	IL-6	rs1800795	GC		●	✓	✓		✓		
	IL-8	rs4073	AA			✓	✓				
	IL-17	rs2275913	GG				✓				
	IL-18	rs1946518	GG			✓	✓				
	IL-28B	rs8099917	GT		●		✓				
	TNF α	rs1800629	GA		●	✓	✓		✓		
	TNFA-2	rs361525	GG	●			✓				
	CRP-1	rs2794520	CC	●		✓	✓				
	CRP-2	rs2592887	GG			✓	✓				
	CRP-3	rs1205	CC			✓	✓				
	COX-2-3	rs689466	AA			✓	✓				
	COX-2-1	rs20417	GG			✓	✓				
	IL-10-1	rs1800896	AA			✓	✓				
	IL-10-2	rs1800871	CC	●		✓	✓				
	IL-10-3	rs1800872	CC	●		✓	✓				

* HWB = Health & Wellbeing Report; IH = ImmuneHealth; FH = FertilityHealth;
AC = ActiveChoice; FC = FoodChoice; DC = DietaryChoice

Category	Gene Name	RS	Kit Result				Report(s) included*					
							HWB	IH	FH	AC	FC	DC
Anti-oxidant status - Summary Results Report	MnSOD	rs4880	TC		●		✓		✓			
	GPX1	rs1050450	TT			●	✓		✓			
	CAT	rs1001179	GA		●		✓		✓			
Detoxification - Summary Results Report	CYP1A1	rs1048943	AA	●			✓		✓			
	CYP1A2	rs762551	CA		●		✓		✓		✓	
	CYP1B1	rs1056836	GC		●		✓		✓			
	GCLC	rs17883901	CC	●			✓					
	GCLM	rs41303970	TC		●		✓					
	GSTP1	rs1695	AG		●		✓					
	NQ01	rs1800566	CT		●		✓		✓			
	HO-1	rs2071746	AA	●			✓					
Methylation - Summary Results Report	MTHFR-1 ¹	rs1801133	CC	●			✓	✓	✓			
	MTHFR-2 ¹	rs1801131	CA		●		✓	✓	✓			
	MTR	rs1805087	AG		●		✓					
	MTRR	rs1801394	GA		●		✓					
	PEMT	rs7946	TT			●	✓		✓			
	MTHFD1	rs2236225	GG	●			✓		✓			
	BHMT	rs3733890	GG	●			✓					
	COMT	rs4680	AA			●	✓		✓			
	CBS	rs234706	GA		●		✓					
Monoamine oxidase - Summary Results Report	MAOA-1	rs1137070	CC	●			✓					
	MAOA-2	rs2064070	AA			●	✓					

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Category	Gene Name	RS	Kit Result				Report(s) included*					
							HWB	IH	FH	AC	FC	DC
Cardiovascular health - Summary Results Report	AGT	rs699	TT	●			✓	✓			✓	
	ACE	rs4343	ID		●		✓	✓		✓	✓	
	AGTR1	rs5186	AA	●			✓	✓			✓	
	GNβ3	rs5443	CT		●		✓	✓				
	eNOS3-2	rs1799983	GT		●		✓	✓		✓		
	NADPH-CYBA	rs4673	CC			●	✓	✓				
	PAI-1	rs1799889	5G5G	●			✓					
	PAI-1-S	rs2227631	GG	●				✓				
	ADIPOQ	rs1501299	CA		●		✓	✓				
Lipid metabolism - Summary Results Report	FABP2	rs1799883	GG	●			✓					
	PPARγ	rs1801282	CC	●			✓	✓		✓		✓
	PPARγC1A	rs8192678	GA		●		✓			✓		
	MC4R	rs12970134	GG	●			✓					✓
	FTO	rs9939609	AA			●	✓					✓
	LEPR-1	rs1137101	AA	●			✓	✓				✓
	LEPR-2	rs1137100	AA	●			✓	✓				
	FADS1	rs174537	TG		●		✓		✓			
Cholesterol regulation - Summary Results Report	CETP	rs708272	TT	●			✓	✓				
	LIPC	rs1800588	CT		●		✓					
	PON-1	rs662	AA	●			✓					
	PPARδ	rs2016520	TT	●			✓	✓				
Energy and thermogenesis - Summary Results Report	ADRβ2	rs1042714	GG			●	✓	✓		✓		
	ADRβ3	rs4994	TT	●			✓			✓		
	UCP1	rs1800592	AA	●			✓			✓		
	UCP2	rs659366	TT	●			✓			✓		
	UCP3-2	rs1800849	GG			●	✓			✓		

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Category	Gene Name	RS	Kit Result				Report(s) included*					
							HWB	IH	FH	AC	FC	DC
Gut Health - Immune interactions - Summary Results Report	FUT2	rs602662	AA	●			✓	✓	✓			
	TLR1-1	rs5743551	CT		●			✓				
	TLR4	rs4986790	AA	●				✓				
	MYO9B-2	rs1545620	CA		●			✓				

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¹ While genetic variation in MTHFR leads to reduced enzyme activity and therefore risk of impaired methylation and folate deficiency, this variation has also been reported to provide a survival advantage in the host response against pathogens and therefore might represent a beneficial outcome for immunity. As a result, while the genetic variant results will be the same for the same individual, the interpretation (green versus orange/red) in the Fitgenes Health and Wellbeing Report could be expected to be different to that in ImmuneHealth.

VITAMINS AND NUTRIENTS - SUMMARY RESULTS REPORT

Category	Gene Name	RS	Kit Result				Report(s) included*					
							HWB	IH	FH	AC	FC	DC
Vitamin D - Summary Results Report	VDR	rs1544410	GG			●	✓	✓	✓	✓		
	VDR-2	rs731236	TT			●	✓	✓	✓	✓		
	DHCR7	rs12785878	TG		●			✓				
	CYP2R1	rs10741657	GG			●		✓				
	GC-1	rs4588	GG	●				✓				
	GC-2	rs7041	CA		●			✓				
	CYP27B1	rs10877012	TT	●				✓				
	CYP24A1	rs6013897	TA		●			✓				
Vitamin B12 - Summary Results Report	TCN2	rs1801198	CC	●			✓		✓			
	FUT2	rs602662	AA	●			✓	✓	✓			
Vitamin B6 - Summary Results Report	NBPF3	rs4654748	TC		●				✓			
	ALPL-1	rs1256335	TC		●				✓			
	ALPL-2	rs1697421	GG	●					✓			
Vitamin C - Summary Results Report	SLC23A1	rs33972313	CC	●				✓	✓			
	SLC23A2	rs6053005	CC			●		✓	✓			
Vitamin A - Summary Results Report	BCMO1	rs7501331	CC	●					✓			
Zinc - Summary Results Report	SLC39A14	rs4872479	GG			●		✓	✓			
	CA-1	rs1532423	CT		●			✓	✓			
	PPCDC	rs2120019	TT	●				✓	✓			
	NBDY	rs4826508	TC		●			✓	✓			
Omega-3 - Summary Results Report	FADS1	rs174537	TG		●		✓		✓			

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Category	Gene Name	RS	Kit Result			Report(s) included*					
						HWB	IH	FH	AC	FC	DC
Coenzyme Q10 - Summary Results Report	NQ01	rs1800566	CT		●	✓		✓			
	MnSOD	rs4880	TC		●	✓		✓			
	GPX1	rs1050450	TT			✓		✓			
	CAT	rs1001179	GA		●	✓		✓			

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FERTILITY AND HORMONES - SUMMARY RESULTS REPORT

Category	Gene Name	RS	Kit Result			Report(s) included*					
						HWB	IH	FH	AC	FC	DC
Folate and homocysteine - Summary Results Report	MTHFR-1 ¹	rs1801133	CC	●		✓	✓	✓			
	MTHFR-2 ¹	rs1801131	CA		●	✓	✓	✓			
Choline - Summary Results Report	PEMT	rs7946	TT			✓		✓			
	MTHFD1	rs2236225	GG	●		✓		✓			
Estrogen - Summary Results Report	CYP1A1	rs1048943	AA	●		✓		✓			
	CYP1A2	rs762551	CA		●	✓		✓		✓	
	CYP3A4-2	rs2740574	AA	●				✓			
	CYP1B1	rs1056836	GC		●	✓		✓			
	CYP2C19	rs4244285	GG	●				✓			
	CYP17A1	rs743572	AA	●				✓			
	CYP19A1-2	rs10046	CC					✓			
	COMT	rs4680	AA			✓		✓			
Progesterone - Summary Results Report	PGR-2	rs1042838	GG	●				✓			
	PGR-3	rs471767	AG		●			✓			
Testosterone - Summary Results Report	SHBG	rs6258	CC	●				✓			
	FAM9B	rs5934505	CT		●			✓			
	LIN28B	rs7759938	CC					✓			
Reproductive hormones - Summary Results Report	FSHB	rs10835638	TT					✓			
	FSHR	rs6166	AA	●				✓			
	LHCGR	rs13405728	AA	●				✓			
Thyroid function - Summary Results Report	FOXE1-1	rs965513	AG		●			✓			
	FOXE1-2	rs925489	CT		●			✓			
Melatonin - Summary Results Report	MTNR1B	rs10830963	CC	●				✓			

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result, while the genetic variant results will be the same for the same individual, the interpretation (green versus orange/red) in the Fitgenes Health and Wellbeing Report could be expected to be different to that in ImmuneHealth.

EXERCISE AND RECOVERY - SUMMARY RESULTS REPORT

Category	Gene Name	RS	Kit Result				Report(s) included*					
							HWB	IH	FH	AC	FC	DC
Speed versus endurance - Summary Results Report	ACTN3	rs1815739	CC	●						✓		
VO2 max - Summary Results Report	AMPD1	rs17602729	GG	●						✓		
	VEGFa	rs2010963	GG			●				✓		
	HIF-1a	rs11549465	CC	●						✓		
	ACSL1	rs6552828	GA		●					✓		
	PPAR γ C1A	rs8192678	GA		●		✓			✓		
	PPAR γ	rs1801282	CC	●			✓	✓		✓		✓
	ACE	rs4343	ID		●		✓	✓		✓	✓	
	eNOS3-2	rs1799983	GT		●		✓	✓		✓		
	ADRB β 2	rs1042714	GG			●	✓	✓		✓		
	ADRB β 3	rs4994	TT	●			✓			✓		
	UCP1	rs1800592	AA	●			✓			✓		
	UCP2	rs659366	TT	●			✓			✓		
	UCP3-2	rs1800849	GG			●	✓			✓		
Injury prevention - Summary Results Report	COL5A1	rs12722	TT			●				✓		
	COL1A1	rs1800012	GG			●				✓		
	VDR	rs1544410	GG			●	✓	✓	✓	✓		
	VDR-2	rs731236	TT			●	✓	✓	✓	✓		
	IL-6	rs1800795	GC		●		✓	✓		✓		
	TNF α	rs1800629	GA		●		✓	✓		✓		

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FOOD INTOLERANCES, SENSITIVITIES AND ALLERGIES - SUMMARY RESULTS REPORT

Category	Gene Name	RS	Kit Result				Report(s) included*					
							HWB	IH	FH	AC	FC	DC
Coeliac disease risk - Summary Results Report	HLA-DQA1	rs2187668	GG	●							✓	
	HLA-DQB1	rs7454108	CT		●						✓	
Lactose intolerance - Summary Results Report	LCT	rs4988235	TT	●							✓	
Alcohol intolerance	ADH1B	rs1229984	CC			●					✓	
	ALDH2	rs671	GG	●							✓	
Caffeine sensitivity	CYP1A2	rs762551	CA		●		✓		✓		✓	
	ADORA2A-1	rs2298383	CT		●						✓	
Salt sensitivity	AGT	rs699	TT	●			✓	✓			✓	
	ACE	rs4343	ID		●		✓	✓		✓	✓	
	AGTR1	rs5186	AA	●			✓	✓			✓	
Histamine intolerance	DAO-1	rs2052129	CC	●							✓	
	DAO-2	rs1049793	CC	●							✓	
	HNMT-1	rs1050891	TT			●					✓	
	HNMT-2	rs11558538	CC	●							✓	
Food allergies	FLG-AS1	rs12123821	GG	●							✓	
	IL4/KIF3A	rs11949166	TT			●					✓	
	C11orf30/LRRC32	rs2212434	TC		●						✓	
	SERPINB7	rs12964116	AA	●							✓	
	HLA-DQB1-2	rs9273440	CC			●					✓	
	SERPINB7/B2	rs1243064	TT	●							✓	

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FOOD PREFERENCES

Category	Gene Name	RS	Kit Result			Report(s) included*					
						HWB	IH	FH	AC	FC	DC
Satiety	MC4R	rs12970134	GG	●		✓					✓
	FTO	rs9939609	AA			✓					✓
	LEPR-1	rs1137101	AA	●		✓	✓				✓
Bitter taste perception	TAS2R38-1	rs713598	CG		●						✓
	TAS2R38-3	rs10246939	CT		●						✓
	TAS2R38-2	rs1726866	TC		●						✓
Sweet taste perception	TAS1R2	rs12033832	AG		●						✓
	TAS1R3	rs307355	CC	●							✓
Sugar consumption	GLUT2	rs5400	CC	●							✓
Fat taste perception	CD36	rs1761667	GA		●						✓
Response to fat intake	PPARγ	rs1801282	CC	●		✓	✓		✓		✓

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