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SNPS



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Influence	SNP	rs#	Client	Risk	Name	Phenotype/Comments
POWER/ENDURANCE						
Power	ACE	rs4646994				Associated with: Controlling blood pressure and the fluid (water)/sodium balance in blood. This is the most researched gene in relation to sporting performance.
Power	ACE	rs4646994	II		angiotensin-converting enzyme	Associated with: Controlling blood pressure and the fluid (water)/sodium balance in blood. This is the most researched gene in relation to sporting performance.
Power	ACE	rs4646994	ID		angiotensin-converting enzyme	Associated with: Controlling blood pressure and the fluid (water)/sodium balance in blood. This is the most researched gene in relation to sporting performance.
Power	ACE	rs4646994	DD		angiotensin-converting enzyme	Associated with: Controlling blood pressure and the fluid (water)/sodium balance in blood. This is the most researched gene in relation to sporting performance.
Power	AGT	rs699				Associated with: Vasoconstriction and blood pressure control
Power	AGT	rs699	CC		Angiotensinogen	Associated with: Vasoconstriction and blood pressure control
Power	AGT	rs699	CT		Angiotensinogen	Associated with: Vasoconstriction and blood pressure control
Power	AGT	rs699	TT		Angiotensinogen	Associated with: Vasoconstriction and blood pressure control
Power	ACTN3	rs1815739				Associated with: Major structural component of the fast twitch fibres of skeletal muscles. Only present in fast twitch muscle fibres.
Power	ACTN3	rs1815739	CC		Alpha-actinin-3	Associated with: Major structural component of the fast twitch fibres of skeletal muscles. Only present in fast twitch muscle fibres.
Power	ACTN3	rs1815739	CT		Alpha-actinin-3	Associated with: Major structural component of the fast twitch fibres of skeletal muscles. Only present in fast twitch muscle fibres.
Power	ACTN3	rs1815739	TT		Alpha-actinin-3	Associated with: Major structural component of the fast twitch fibres of skeletal muscles. Only present in fast twitch muscle fibres.
Power	TRHR	rs16892496				Associated with: Regulating of the metabolic rate, mobilising fuels during exercise and also growth of lean body tissue.
Power	TRHR	rs16892496	GG		thyrotropin-releasing hormone receptor	Associated with: Regulating of the metabolic rate, mobilising fuels during exercise and also growth of lean body tissue.
Power	TRHR	rs16892496	TG		thyrotropin-releasing hormone receptor	Associated with: Regulating of the metabolic rate, mobilising fuels during exercise and also growth of lean body tissue.
Power	TRHR	rs16892496	TT		thyrotropin-releasing hormone receptor	Associated with: Regulating of the metabolic rate, mobilising fuels during exercise and also growth of lean body tissue.
Power	PPARa	rs4253778				Associated with: Regulation of fat and carbohydrate metabolism. During endurance training, this gene helps the skeletal muscles to burn fuel.
Power	PPARa	rs4253778	GG		Peroxisome proliferator-activated receptor alpha	Associated with: Regulation of fat and carbohydrate metabolism. During endurance training, this gene helps the skeletal muscles to burn fuel.
Power	PPARa	rs4253778	CG		Peroxisome proliferator-activated receptor alpha	Associated with: Regulation of fat and carbohydrate metabolism. During endurance training, this gene helps the skeletal muscles to burn fuel.
Power	PPARa	rs4253778	CC		Peroxisome proliferator-activated receptor alpha	Associated with: Regulation of fat and carbohydrate metabolism. During endurance training, this gene helps the skeletal muscles to burn fuel.
Power	VEGF	rs2010963				Associated with: New blood vessel growth to support exercise activities. Regular exercise and progressive training programmes can create a 4-fold increase in levels of VEGF.
Power	VEGF	rs2010963	CC		Vascular endothelial growth factor	Associated with: New blood vessel growth to support exercise activities. Regular exercise and progressive training programmes can create a 4-fold increase in levels of VEGF.
Power	VEGF	rs2010963	CG		Vascular endothelial growth factor	Associated with: New blood vessel growth to support exercise activities. Regular exercise and progressive training programmes can create a 4-fold increase in levels of VEGF.
Power	VEGF	rs2010963	GG		Vascular endothelial growth factor	Associated with: New blood vessel growth to support exercise activities. Regular exercise and progressive training programmes can create a 4-fold increase in levels of VEGF.
Power	VDR	rs731236				Associated with: Vitamin D3 levels in the blood - Vitamin D3 is involved in maintaining appropriate calcium and phosphorous levels in the blood and providing immune support.

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Power	VDR	rs731236	CC	Vitamin D receptor	Associated with: Vitamin D3 levels in the blood - Vitamin D3 is involved in maintaining appropriate calcium and phosphorous levels in the blood and providing immune support.
Power	VDR	rs731236	CT	Vitamin D receptor	Associated with: Vitamin D3 levels in the blood - Vitamin D3 is involved in maintaining appropriate calcium and phosphorous levels in the blood and providing immune support.
Power	VDR	rs731236	TT	Vitamin D receptor	Associated with: Vitamin D3 levels in the blood - Vitamin D3 is involved in maintaining appropriate calcium and phosphorous levels in the blood and providing immune support.
Power	IL6	rs1800795			Associated with: Stimulates the immune response to training and is involved in the inflammatory repair process.
Power	IL6	rs1800795	GG	Interleukin 6	Associated with: Stimulates the immune response to training and is involved in the inflammatory repair process.
Power	IL6	rs1800795	CG	Interleukin 6	Associated with: Stimulates the immune response to training and is involved in the inflammatory repair process.
Power	IL6	rs1800795	CC	Interleukin 6	Associated with: Stimulates the immune response to training and is involved in the inflammatory repair process.
Endurance	ADRB2	rs1042714			Associated with: Regulation of adrenalin release and the control within the central nervous system. Also involved in mobilisation of the carbohydrate, fat and protein in cells for fuel during exercise.
Endurance	ADRB2	rs1042714	CC	Adrenoceptor Beta 2	Associated with: Regulation of adrenalin release and the control within the central nervous system. Also involved in mobilisation of the carbohydrate, fat and protein in cells for fuel during exercise.
Endurance	ADRB2	rs1042714	CG	Adrenoceptor Beta 2	Associated with: Regulation of adrenalin release and the control within the central nervous system. Also involved in mobilisation of the carbohydrate, fat and protein in cells for fuel during exercise.
Endurance	ADRB2	rs1042714	GG	Adrenoceptor Beta 2	Associated with: Regulation of adrenalin release and the control within the central nervous system. Also involved in mobilisation of the carbohydrate, fat and protein in cells for fuel during exercise.
Endurance	ADRB2	rs1042713			Associated with: Regulation of adrenalin release and the control within the central nervous system. Also involved in mobilisation of the carbohydrate, fat and protein in cells for fuel during exercise.
Endurance	ADRB2	rs1042713	AA	Adrenoceptor Beta 2	Associated with: Regulation of adrenalin release and the control within the central nervous system. Also involved in mobilisation of the carbohydrate, fat and protein in cells for fuel during exercise.
Endurance	ADRB2	rs1042713	AG	Adrenoceptor Beta 2	Associated with: Regulation of adrenalin release and the control within the central nervous system. Also involved in mobilisation of the carbohydrate, fat and protein in cells for fuel during exercise.
Endurance	ADRB2	rs1042713	GG	Adrenoceptor Beta 2	Associated with: Regulation of adrenalin release and the control within the central nervous system. Also involved in mobilisation of the carbohydrate, fat and protein in cells for fuel during exercise.
Endurance	BDKRB2	rs1799722			Bradykinin Receptor B2: Associated with: Vasodilation and blood pressure control. Efficiency of muscular contraction and cell hydration.
Endurance	BDKRB2	rs1799722	TT	Bradykinin Receptor B2	Bradykinin Receptor B2: Associated with: Vasodilation and blood pressure control. Efficiency of muscular contraction and cell hydration.
Endurance	BDKRB2	rs1799722	CT	Bradykinin Receptor B2	Bradykinin Receptor B2: Associated with: Vasodilation and blood pressure control. Efficiency of muscular contraction and cell hydration.
Endurance	BDKRB2	rs1799722	CC	Bradykinin Receptor B2	Bradykinin Receptor B2: Associated with: Vasodilation and blood pressure control. Efficiency of muscular contraction and cell hydration.
Endurance	COL5A1	rs12722			Collagen 5 Alpha 1: Associated with: alpha-1 chain of type V collagen.
Endurance	COL5A1	rs12722	CC	Collagen 5 Alpha 1	Collagen 5 Alpha 1: Associated with: alpha-1 chain of type V collagen.
Endurance	COL5A1	rs12722	CT	Collagen 5 Alpha 1	Collagen 5 Alpha 1: Associated with: alpha-1 chain of type V collagen.
Endurance	COL5A1	rs12722	TT	Collagen 5 Alpha 1	Collagen 5 Alpha 1: Associated with: alpha-1 chain of type V collagen.
Endurance	NRF				Nuclear Respiratory Factor 2: Associated with: Improving respiratory capacity and energy mobilisation in cells

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Endurance	NRF	rs7181866	AA		Nuclear Respiratory Factor 2	Nuclear Respiratory Factor 2: Associated with: Improving respiratory capacity and energy mobilisation in cells
Endurance	NRF	rs7181866	AG		Nuclear Respiratory Factor 2	Nuclear Respiratory Factor 2: Associated with: Improving respiratory capacity and energy mobilisation in cells
Endurance	NRF	rs7181866	GG		Nuclear Respiratory Factor 2	Nuclear Respiratory Factor 2: Associated with: Improving respiratory capacity and energy mobilisation in cells
Endurance	PPARGC1A	rs8192678				Peroxisome Proliferator-Activated Receptor Gamma Coactivator-1: Associated with: Regulation of energy homeostasis, including production of mitochondria, fat and carbohydrate burning and conversion of muscle fibres to slow twitch type.
Endurance	PPARGC1A	rs8192678	GG		Peroxisome Proliferator-Activated Receptor Gamma Coactivator-1	Peroxisome Proliferator-Activated Receptor Gamma Coactivator-1: Associated with: Regulation of energy homeostasis, including production of mitochondria, fat and carbohydrate burning and conversion of muscle fibres to slow twitch type.
Endurance	PPARGC1A	rs8192678	AG		Peroxisome Proliferator-Activated Receptor Gamma Coactivator-1	Peroxisome Proliferator-Activated Receptor Gamma Coactivator-1: Associated with: Regulation of energy homeostasis, including production of mitochondria, fat and carbohydrate burning and conversion of muscle fibres to slow twitch type.
Endurance	PPARGC1A	rs8192678	AA		Peroxisome Proliferator-Activated Receptor Gamma Coactivator-1	Peroxisome Proliferator-Activated Receptor Gamma Coactivator-1: Associated with: Regulation of energy homeostasis, including production of mitochondria, fat and carbohydrate burning and conversion of muscle fibres to slow twitch type.
Endurance	CRP	rs1205				C-Reactive Protein: Associated with: An acute phase protein which rises in response to inflammation in the body. It is stimulated by IL-6 and is often used as a marker for inflammation in blood tests.
Endurance	CRP	rs1205	AA		C-Reactive Protein	C-Reactive Protein: Associated with: An acute phase protein which rises in response to inflammation in the body. It is stimulated by IL-6 and is often used as a marker for inflammation in blood tests.
Endurance	CRP	rs1205	GA		C-Reactive Protein	C-Reactive Protein: Associated with: An acute phase protein which rises in response to inflammation in the body. It is stimulated by IL-6 and is often used as a marker for inflammation in blood tests.
Endurance	CRP	rs1205	GG		C-Reactive Protein	C-Reactive Protein: Associated with: An acute phase protein which rises in response to inflammation in the body. It is stimulated by IL-6 and is often used as a marker for inflammation in blood tests.
INJURY/RECOVERY						
Recovery	SOD2	rs4880				Super Oxide Dismutase 2: Mitochondrial protine that scavenges of free radicals in the cells that are produced by generating energy (ATP). Thus it is imprtant in antioxidant production and pretecting DNA and cellular health.
Recovery	SOD2	rs4880	TT		Super Oxide Dismutase 2	Super Oxide Dismutase 2: Mitochondrial protine that scavenges of free radicals in the cells that are produced by generating energy (ATP). Thus it is imprtant in antioxidant production and pretecting DNA and cellular health.
Recovery	SOD2	rs4880	CT		Super Oxide Dismutase 2	Super Oxide Dismutase 2: Mitochondrial protine that scavenges of free radicals in the cells that are produced by generating energy (ATP). Thus it is imprtant in antioxidant production and pretecting DNA and cellular health.
Recovery	SOD2	rs4880	CC		Super Oxide Dismutase 2	Super Oxide Dismutase 2: Mitochondrial protine that scavenges of free radicals in the cells that are produced by generating energy (ATP). Thus it is imprtant in antioxidant production and pretecting DNA and cellular health.
Recovery	IL6	rs1800795				Interleukin-6:Immune signaling molecule that is part of the response to training and guides inflammation and recovery.
Recovery	IL6	rs1800795	GG		Interleukin-6	Interleukin-6:Immune signaling molecule that is part of the response to training and guides inflammation and recovery.
Recovery	IL6	rs1800795	CG		Interleukin-6	Interleukin-6:Immune signaling molecule that is part of the response to training and guides inflammation and recovery.
Recovery	IL6	rs1800795	CC		Interleukin-6	Interleukin-6:Immune signaling molecule that is part of the response to training and guides inflammation and recovery.

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Recovery	IL6R	rs4129267				Interleukin-6 Receptor: The receptor for IL-6. IL-6 is part of the cascade of inflammation and repair signaling in response to training.
Recovery	IL6R	rs4129267	AA		Interleukin-6 Receptor	Interleukin-6 Receptor: The receptor for IL-6. IL-6 is part of the cascade of inflammation and repair signaling in response to training.
Recovery	IL6R	rs4129267	AC		Interleukin-6 Receptor	Interleukin-6 Receptor: The receptor for IL-6. IL-6 is part of the cascade of inflammation and repair signaling in response to training.
Recovery	IL6R	rs4129267	CC		Interleukin-6 Receptor	Interleukin-6 Receptor: The receptor for IL-6. IL-6 is part of the cascade of inflammation and repair signaling in response to training.
Recovery	CRP	rs1205				C-Reactive Protein: Released from the liver in response to IL-6 in response to inflammation or stress on the body. Can be measured as an acute phase marker of inflammation in blood.
Recovery	CRP	rs1205	AA		C-Reactive Protein	AA: Associated with faster recovery times possibly due to lower levels of inflammation after intense training sessions.
Recovery	CRP	rs1205	GA		C-Reactive Protein	GA: May require a longer rest period between training sessions than AA. Associated with moderately increased levels of inflammation after high intensity exercise.
Recovery	CRP	rs1205	GG		C-Reactive Protein	GG: May experience higher levels of inflammation after strenuous exercise. A longer rest period between training sessions may be required compared to AA.
Recovery	TNF	rs1800629				Tumor Necrosis Factor: A controller of immune cells and inflammation.
Recovery	TNF	rs1800629	GG		Tumour Necrosis Factor	Tumor Necrosis Factor: A controller of immune cells and inflammation.
Recovery	TNF	rs1800629	GA		Tumour Necrosis Factor	Tumor Necrosis Factor: A controller of immune cells and inflammation.
Recovery	TNF	rs1800629	AA		Tumour Necrosis Factor	Tumor Necrosis Factor: A controller of immune cells and inflammation.
Injury	GDF5	rs224329				Growth Differentiation Factor 5: Expressed in the CNS and coupled to the healing and development of bones, cartilage and neurons.
Injury	GDF5	rs224329	CC		Growth Differentiation Factor 5	Growth Differentiation Factor 5: Expressed in the CNS and coupled to the healing and development of bones, cartilage and neurons.
Injury	GDF5	rs224329	CT		Growth Differentiation Factor 5	Growth Differentiation Factor 5: Expressed in the CNS and coupled to the healing and development of bones, cartilage and neurons.
Injury	GDF5	rs224329	TT		Growth Differentiation Factor 5	Growth Differentiation Factor 5: Expressed in the CNS and coupled to the healing and development of bones, cartilage and neurons.
Injury	COL1A1	rs1800012				Collagen 1 Alpha 1: Produces Type 1 Collagen, the fibrillar collagen found in most connective tissues and primary collagen that comprises tendons, ligaments and cartilage.
Injury	COL1A1	rs1800012	TT		Collagen 1 Alpha 1	Collagen 1 Alpha 1: Produces Type 1 Collagen, the fibrillar collagen found in most connective tissues and primary collagen that comprises tendons, ligaments and cartilage.
Injury	COL1A1	rs1800012	GT		Collagen 1 Alpha 1	Collagen 1 Alpha 1: Produces Type 1 Collagen, the fibrillar collagen found in most connective tissues and primary collagen that comprises tendons, ligaments and cartilage.
Injury	COL1A1	rs1800012	GG		Collagen 1 Alpha 1	Collagen 1 Alpha 1: Produces Type 1 Collagen, the fibrillar collagen found in most connective tissues and primary collagen that comprises tendons, ligaments and cartilage.
Injury	COL5A1	rs12722				Collagen 5 Alpha 1: Linked to production of alpha-1 chain of type V collagen.
Injury	COL5A1	rs12722	CC		Collagen 5 Alpha 1	Collagen 5 Alpha 1: Linked to production of alpha-1 chain of type V collagen.
Injury	COL5A1	rs12722	CT		Collagen 5 Alpha 1	Collagen 5 Alpha 1: Linked to production of alpha-1 chain of type V collagen.
Injury	COL5A1	rs12722	TT		Collagen 5 Alpha 1	Collagen 5 Alpha 1: Linked to production of alpha-1 chain of type V collagen.
Recovery	SLC30A8	rs13266634			Zinc transporter protein member 8	Zinc transporter involved in the accumulation of zinc in the cell and related to insulin secretion and storage
Recovery	SLC30A8	rs13266634	TT		Zinc transporter protein member 8	Zinc transporter involved in the accumulation of zinc in the cell and related to insulin secretion and storage
Recovery	SLC30A8	rs13266634	CT		Zinc transporter protein member 8	Zinc transporter involved in the accumulation of zinc in the cell and related to insulin secretion and storage
Recovery	SLC30A8	rs13266634	CC		Zinc transporter protein member 8	Zinc transporter involved in the accumulation of zinc in the cell and related to insulin secretion and storage
Diet:						
Fat Tolerance	PPARA	rs135549	CC	T	Peroxisome proliferator-activated receptor alpha	Normal response to fat intake

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Fat Tolerance	PPARA	rs135549	CT	T	Peroxisome proliferator-activated receptor alpha - reduced activity	Reduced tolerance to keetosis and SFA>PUFA diets
Fat Tolerance	PPARA	rs135549	TT	T	Peroxisome proliferator-activated receptor alpha - lowest activity	Reduced tolerance to keetosis and SFA>PUFA diets
Fat Tolerance	PPARA	rs4253778	GG	C	Peroxisome proliferator-activated receptor alpha	Normal response to fat intake
Fat Tolerance	PPARA	rs4253778	GC	C	Peroxisome proliferator-activated receptor alpha - reduced activity	Reduced tolerance to keetosis and SFA>PUFA diets
Fat Tolerance	PPARA	rs4253778	CC	C	Peroxisome proliferator-activated receptor alpha - lowest activity	Reduced tolerance to keetosis and SFA>PUFA diets
Fat Tolerance	PPARG	rs1801282	CC	G	Peroxisome proliferator-activated receptor gamma	Normal fat metabolism
Fat Tolerance	PPARG	rs1801282	CG	G	Peroxisome proliferator-activated receptor gamma	Abnormal fat metabolism
Fat Tolerance	PPARG	rs1801282	GG	G	Peroxisome proliferator-activated receptor gamma	Abnormal fat metabolism
Fat Tolerance	PPARG	rs3856806	CC	T	Peroxisome proliferator-activated receptor gamma	Normal fat metabolism
Fat Tolerance	PPARG	rs3856806	CT	T	Peroxisome proliferator-activated receptor gamma	Abnormal fat metabolism
Fat Tolerance	PPARG	rs3856806	TT	T	Peroxisome proliferator-activated receptor gamma	Abnormal fat metabolism
Fat Tolerance	TCF7L2	rs7903146	CC	T	Transcription Factor 7-like 2	Normal DM risk with dietary fat
Fat Tolerance	TCF7L2	rs7903146	CT	T	Transcription Factor 7-like 2	1.4x Increased risk of diabetes
Fat Tolerance	TCF7L2	rs7903146	TT	T	Transcription Factor 7-like 2	2.0x Increased risk of diabetes
Sat Fat, Carb Tolerance	FTO	rs9939609	AA	A	Fat Mass and Obesity associated Protein	Higher ghrelin levels - appetite
Sat Fat, Carb Tolerance	FTO	rs9939609	AT	A	Fat Mass and Obesity associated Protein	Higher ghrelin levels - appetite
Sat Fat, Carb Tolerance	FTO	rs9939609	TT	A	Fat Mass and Obesity associated Protein	Normal ghrelin - normal satiety
Sat Fat, Carb Tolerance	FTO	rs1121980	GG	A	Fat Mass and Obesity associated Protein	Normal
Sat Fat, Carb Tolerance	FTO	rs1121980	AG	A	Fat Mass and Obesity associated Protein	Increased obesity risk and IR with high SFA intake
Sat Fat, Carb Tolerance	FTO	rs1121980	AA	A	Fat Mass and Obesity associated Protein	Increased obesity risk and IR with high SFA intake
Sat Fat, Carb Tolerance	FTO	rs8050136	CC	A	Fat Mass and Obesity associated Protein	Normal
Sat Fat, Carb Tolerance	FTO	rs8050136	CA	A	Fat Mass and Obesity associated Protein	Increased obesity risk and IR with high SFA intake
Sat Fat, Carb Tolerance	FTO	rs8050136	AA	A	Fat Mass and Obesity associated Protein	Increased obesity risk and IR with high SFA intake
Sat Fat, Carb Tolerance	FTO	rs17817449	TT	G	Fat Mass and Obesity associated Protein	Normal
Sat Fat, Carb Tolerance	FTO	rs17817449	GT	G	Fat Mass and Obesity associated Protein	Increased obesity risk and IR with high SFA intake
Sat Fat, Carb Tolerance	FTO	rs17817449	GG	G	Fat Mass and Obesity associated Protein	Increased obesity risk and IR with high SFA intake
Sat Fat, Carb Tolerance	FTO	rs1558902	AA	T	Fat Mass and Obesity associated Protein	Normal
Sat Fat, Carb Tolerance	FTO	rs1558902	AT	T	Fat Mass and Obesity associated Protein	Increased obesity risk and IR with high SFA intake
Sat Fat, Carb Tolerance	FTO	rs1558902	TT	T	Fat Mass and Obesity associated Protein	Increased obesity risk and IR with high SFA intake
Thermogenesis	FTO	rs1421085	CC	C	Fat Mass and Obesity associated Protein	Reduced thermogenesis, increased obesity
Thermogenesis	FTO	rs1421085	CT	C	Fat Mass and Obesity associated Protein	Reduced thermogenesis, increased obesity
Thermogenesis	FTO	rs1421085	TT	C	Fat Mass and Obesity associated Protein	Normal FTO function
Thermogenesis	ADRB3	rs4994	AA	G	Adrenergic beta-3 receptor	Normal beta-3 function
Thermogenesis	ADRB3	rs4994	AG	G	Adrenergic beta-3 receptor	Reduced thermogenesis, increased obesity
Thermogenesis	ADRB3	rs4994	GG	G	Adrenergic beta-3 receptor	Reduced thermogenesis, increased obesity
Fat/Carb Tolerance	GIPR	rs2287019	CC	C	Gastric inhibitory polypeptide	No significant effect of diet on IR
Fat/Carb Tolerance	GIPR	rs2287019	CT	C	Gastric inhibitory polypeptide	Improved insulin resistance, HOMA-IR, and glucose homeostasis with low fat, high carb diet.
Fat/Carb Tolerance	GIPR	rs2287019	TT	C	Gastric inhibitory polypeptide	Improved insulin resistance, HOMA-IR, and glucose homeostasis with low fat, high carb diet.
Fat/Carb Tolerance	IRS1	rs2943641	CC	C	Insulin receptor substrate 1 (IRS1)	Increased risk for diabetes, insulin resistance
Fat/Carb Tolerance	IRS1	rs2943641	CT	C	Insulin receptor substrate 1 (IRS1)	Increased risk for diabetes, insulin resistance
Fat/Carb Tolerance	IRS1	rs2943641	TT	C	Insulin receptor substrate 1 (IRS1)	Normal diabetes risk
Vitamin/Mineral sensitivities	GSTP1	rs1695	AA	A	glutathione transferase enzyme - most active	Supplemental vitamin e may be harmful
Vitamin/Mineral sensitivities	GSTP1	rs1695	AG	A	glutathione transferase enzyme	Supplemental vitamin e may be harmful
Vitamin/Mineral sensitivities	GSTP1	rs1695	GG	A	glutathione transferase enzyme - less active	Supplemental vitamin E 75 IU may be beneficial
Vitamin/Mineral sensitivities	Vit D Binding Protein	rs7041	AA	A	Vitamin D Binding Protein	Risk for Vit D deficiency
Vitamin/Mineral sensitivities	Vit D Binding Protein	rs7041	AC	A	Vitamin D Binding Protein	Risk for Vit D deficiency
Vitamin/Mineral sensitivities	Vit D Binding Protein	rs7041	CC	A	Vitamin D Binding Protein	Normal
Vitamin/Mineral sensitivities	CYP2R1	rs2060793	AA	A	Vitamin D hydroxylase	Reduced conversion of D3 to active form of Vitamin D.
Vitamin/Mineral sensitivities	CYP2R1	rs2060793	AG	A	Vitamin D hydroxylase	Reduced conversion of D3 to active form of Vitamin D.

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Vitamin/Mineral sensitivities	CYP2R1	rs2060793	GG	A	Vitamin D hydroxylase	Normal vitamin D levels
Vitamin/Mineral sensitivities	Vit D Binding Protein	rs2282679	AA	C	Vitamin D Binding Protein	Normal Vitamin D levels
Vitamin/Mineral sensitivities	Vit D Binding Protein	rs2282679	AC	C	Vitamin D Binding Protein	Low vitamin D levels
Vitamin/Mineral sensitivities	Vit D Binding Protein	rs2282679	CC	C	Vitamin D Binding Protein	Low vitamin D levels
Vitamin/Mineral sensitivities	FUT2	rs602662	AA	G	fucosyltransferase 2	Normal B12 levels
Vitamin/Mineral sensitivities	FUT2	rs602662	AG	G	fucosyltransferase 2	Reduced B12 absorption
Vitamin/Mineral sensitivities	FUT2	rs602662	GG	G	fucosyltransferase 2	Reduced B12 absorption
Vitamin/Mineral sensitivities	FUT2	rs601338	AA	A	fucosyltransferase 2	Nonsecretor, Higher B12
Vitamin/Mineral sensitivities	FUT2	rs601338	AG	A	fucosyltransferase 2	Secretor, lower B12
Vitamin/Mineral sensitivities	FUT2	rs601338	GG	A	fucosyltransferase 2	Secretor, lower B12
Vitamin/Mineral sensitivities	BCMO1	rs12934922	AA	T	Beta-carotene monooxygenase	Normal enzyme function and retinol conversion from beta-carotene
Vitamin/Mineral sensitivities	BCMO1	rs12934922	AT	T	Beta-carotene monooxygenase	Lower conversion of beta-carotene to retinol, vitamin A deficiency risk
Vitamin/Mineral sensitivities	BCMO1	rs12934922	TT	T	Beta-carotene monooxygenase	Lower conversion of beta-carotene to retinol, vitamin A deficiency risk
Vitamin/Mineral sensitivities	BCMO1	rs7501331	CC	T	Beta-carotene monooxygenase	Normal enzyme function and retinol conversion from beta-carotene
Vitamin/Mineral sensitivities	BCMO1	rs7501331	CT	T	Beta-carotene monooxygenase	Lower conversion of beta-carotene to retinol, vitamin A deficiency risk
Vitamin/Mineral sensitivities	BCMO1	rs7501331	TT	T	Beta-carotene monooxygenase	Lower conversion of beta-carotene to retinol, vitamin A deficiency risk
Vitamin/Mineral sensitivities	SLC23A1	rs33972313	AA	A	Vitamin C transporterintestinal cells	50% reduced Vitamin C absorption
Vitamin/Mineral sensitivities	SLC23A1	rs33972313	AG	A	Vitamin C transporterintestinal cells	50% reduced Vitamin C absorption
Vitamin/Mineral sensitivities	SLC23A1	rs33972313	GG	A	Vitamin C transporterintestinal cells	Normal Vitamin C absorption
Vitamin/Mineral sensitivities	HFE	rs1800562	AA	A	Hemochromatosis SNP	Significant risk of Iron overload and hemochromatosis
Vitamin/Mineral sensitivities	HFE	rs1800562	AG	A	Hemochromatosis SNP	Moderate risk of Iron overload and hemochromatosis
Vitamin/Mineral sensitivities	HFE	rs1800562	GG	A	Hemochromatosis SNP	No risk of iron overload
Caffeine metabolism	CYP1A2	rs762551	AA	C	Caffeine metabolism	Fast caffeine metabolism
Caffeine metabolism	CYP1A2	rs762551	AC	C	Caffeine metabolism	Intermediate caffeine metabolism
Caffeine metabolism	CYP1A2	rs762551	CC	C	Caffeine metabolism	Slow caffeine metabolism
Choline/Methylat ion	PEMT	rs7946	CC	T	Phosphatidylethanolamine -N- methyltransferase (PEMT)	Normal phosphatidylcholine
Choline/Methylat ion	PEMT	rs7946	CT	T	Phosphatidylethanolamine -N- methyltransferase (PEMT)	Reduced Phosphatidylcholine production
Choline/Methylat ion	PEMT	rs7946	TT	T	Phosphatidylethanolamine -N- methyltransferase (PEMT)	Reduced Phosphatidylcholine production
Choline/Methylat ion	FADS1	rs174548	C	G	Fatty acid delta-5-desaturase	Normal phosphatidylcholine levels
Choline/Methylat ion	FADS1	rs174548	CG	G	Fatty acid delta-5-desaturase	Reduced phosphatidylcholine levels
Choline/Methylat ion	FADS1	rs174548	GG	G	Fatty acid delta-5-desaturase	Reduced phosphatidylcholine levels
Choline/Methylat ion	MTHFD1	rs2236225	CC	T	methylenetetrahydrofolate dehydrogenase	Normal choline levels
Choline/Methylat ion	MTHFD1	rs2236225	CT	T	methylenetetrahydrofolate dehydrogenase	At risk for low choline, thus liver dysfunction, NAFLD, elevated homocysteine.
Choline/Methylat ion	MTHFD1	rs2236225	TT	T	methylenetetrahydrofolate dehydrogenase	At risk for low choline, thus liver dysfunction, NAFLD, elevated homocysteine.
Folate/Methylati on	MTRR	rs1801394	AA	G	Methionine synthase reductase	Normal methylation
Folate/Methylati on	MTRR	rs1801394	AG	G	Methionine synthase reductase	Reduced methylation
Folate/Methylati on	MTRR	rs1801394	GG	G	Methionine synthase reductase	Reduced methylation
Folate/Methylati on	MTHFR	rs1801131	AA	C	5-methylenetetrahydrofolate reductase	Normal methylation
Folate/Methylati on	MTHFR	rs1801131	AC	C	5-methylenetetrahydrofolate reductase	Reduced methylation
Folate/Methylati on	MTHFR	rs1801131	CC	C	5-methylenetetrahydrofolate reductase	Reduced methylation
Folate/Methylati on	MTHFR	rs1801133	CC	T	5-methylenetetrahydrofolate reductase	Normal methylation

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Folate/Methylation	MTHFR	rs1801133	CT	T	5-methylenetetrahydrofolate reductase	Reduced methylation
Folate/Methylation	MTHFR	rs1801133	TT	T	5-methylenetetrahydrofolate reductase	Reduced methylation
Metabolic and Dietary	UCP1	rs1800592	AA	G	Uncoupling protein 1	Normal resting metabolic rate
Metabolic and Dietary	UCP1	rs1800592	AG	G	Uncoupling protein 1	Reduced resting metabolic rate
Metabolic and Dietary	UCP1	rs1800592	GG	G	Uncoupling protein 1	Reduced resting metabolic rate
Metabolic and Dietary	CRY2	rs11605924	AA	A	Cryptochrome circadian regulator	Increase in fasting glucose levels
Metabolic and Dietary	CRY2	rs11605924	AC	A	Cryptochrome circadian regulator	Increase in fasting glucose levels
Metabolic and Dietary	CRY2	rs11605924	CC	A	Cryptochrome circadian regulator	Normal fasting glucose levels
Metabolic and Dietary	PGC-1a	rs8192678	GG		PPAR-gamma-coactivator 1 alpha gene	Normal cardiovascular fitness
Metabolic and Dietary	PGC-1a	rs8192678	GA	A	PPAR-gamma-coactivator 1 alpha gene	Reduced aerobic capacity
Metabolic and Dietary	PGC-1a	rs8192678	AA	A	PPAR-gamma-coactivator 1 alpha gene	Reduced aerobic capacity
Metabolic and Dietary	FADS2	rs1535	AA		fatty acid delta-6 desaturase	Normal enzyme activity
Metabolic and Dietary	FADS2	rs1535	AG	G	fatty acid delta-6 desaturase	Reduced Conversion of ALA to EPA
Metabolic and Dietary	FADS2	rs1535	GG	G	fatty acid delta-6 desaturase	Reduced Conversion of ALA to EPA
Metabolic and Dietary	ACE	rs4343	AA	G	Angiotensin-Converting Enzyme	Normal ACE levels in the blood
Metabolic and Dietary	ACE	rs4343	AG	G	Angiotensin-Converting Enzyme	Higher levels of ACE in the blood:
Metabolic and Dietary	ACE	rs4343	GG	G	Angiotensin-Converting Enzyme	Higher levels of ACE in the blood: Higher blood pressure and diabetes risk with high fat diet.
Metabolic and Dietary	SLC30A8	rs13266634	CC	C	ZnT8- Zinc transporter on pancreas cells	Reduced activity of zinc transporter and reduced insulin synthesis and storage.
Metabolic and Dietary	SLC30A8	rs13266634	CT	C	ZnT8- Zinc transporter on pancreas cells	Reduced activity of zinc transporter and reduced insulin synthesis and storage.
Metabolic and Dietary	SLC30A8	rs13266634	TT	C	ZnT8- Zinc transporter on pancreas cells	Normal enzyme activity
Metabolic and Dietary	FADS1	rs174550	CC	C	Fatty acid desaturase 1	Lower FADS1 enzyme levels
Metabolic and Dietary	FADS1	rs174550	CT	C	Fatty acid desaturase 1	Lower FADS1 enzyme levels
Metabolic and Dietary	FADS1	rs174550	TT	C	Fatty acid desaturase 1	Normal FADS1 enzyme levels
Metabolic and Dietary	SH2B3	rs3184504	CC	T	SH2B adaptor protein 3	Normal risk for celiac disease
Metabolic and Dietary	SH2B3	rs3184504	CT	T	SH2B adaptor protein 3	Elevated risk for celiac disease
Metabolic and Dietary	SH2B3	rs3184504	TT	T	SH2B adaptor protein 3	Elevated risk for celiac disease
Sleep	MTNR1B	rs10830963	CC	G	Melatonin Receptor	Normal glucose response to late meals
Sleep	MTNR1B	rs10830963	CG	G	Melatonin Receptor	Impaired glucose tolerance, worse with late meals
Sleep	MTNR1B	rs10830963	GG	G	Melatonin Receptor	Impaired glucose tolerance, worse with late meals
Sleep	ADORA2A	rs5751876	AA	C	Adenosine A2a receptor (Caffeine antagonizes)	Normal effect on sleep
Sleep	ADORA2A	rs5751876	AC	C	Adenosine A2a receptor (Caffeine antagonizes)	Greater caffeine induced sleep disturbance
Sleep	ADORA2A	rs5751876	CC	C	Adenosine A2a receptor (Caffeine antagonizes)	Greater caffeine induced sleep disturbance
Sleep	MTNR1A	rs12506228	AA	A	Melatonin Receptor	Melatonin receptor mediated Alzheimers risk
Sleep	MTNR1A	rs12506228	AC	A	Melatonin Receptor	Melatonin receptor mediated Alzheimers risk
Sleep	MTNR1A	rs12506228	CC	A	Melatonin Receptor	Melatonin receptor mediated Alzheimers risk
Sleep	NPAS2	rs2305160	AA	G	Circadian associated transcriptional activator	Normal risk
Sleep	NPAS2	rs2305160	AG	G	Circadian associated transcriptional activator	Possible cancer risk associated with alterations in circadian rhythm
Sleep	NPAS2	rs2305160	GG	G	Circadian associated transcriptional activator	Increased risk of Breast and Prostate cancer with alterations in circadian rhythm and diet
Statins	SLC01B1	rs4149056	TT	T	Normal response to statins	Reduced clearance of statin from the blood. Elevated risk of myopathy
Statins	SLC01B1	rs4149056	CT	T	Statin induced myopathy	Reduced clearance of statin from the blood. Elevated risk of myopathy
Statins	SLC01B1	rs4149056	CC	T	Statin induced myopathy	Reduced clearance of statin from the blood. Elevated risk of myopathy
Statins	SLC01B1	rs4363657	TT	T	Normal response to statins	Reduced clearance of statin from the blood. Elevated risk of myopathy
Statins	SLC01B1	rs4363657	CT	T	Statin induced myopathy	Reduced clearance of statin from the blood. Elevated risk of myopathy
Statins	SLC01B1	rs4363657	CC	T	Statin induced myopathy	Reduced clearance of statin from the blood. Elevated risk of myopathy
Statins	COQ2	rs4693596	CC	C	Coenzyme Q10	2x risk of myopathy with Statins
Statins	COQ2	rs4693596	CT	C	Coenzyme Q10	May be slight increased risk of myopathy with statins.
Statins	COQ2	rs4693596	TT	C	Coenzyme Q10	Normal risk of myopathy from statins
Statins	HMGCR	rs17238540	CC	C	hydroxy-methylglutaryl coenzyme A reductase	Reduced effectiveness of statins
Statins	HMGCR	rs17238540	CT	C	hydroxy-methylglutaryl coenzyme A reductase	Reduced effectiveness of statins

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Statins	HMGCR	rs17238540	TT	C	hydroxy-methylglutaryl coenzyme A reductase	Normal response to statins
CV Risk	PCSK9	rs11591147	TT	A	Proprotein convertase subtilisin/kexin type 9	Reduced PCSK9 function, Lower LDL
CV Risk	PCSK9	rs11591147	TG	A	Proprotein convertase subtilisin/kexin type 9	Reduced PCSK9 function, Lower LDL
CV Risk	PCSK9	rs11591147	GG	A	Proprotein convertase subtilisin/kexin type 9	Normal PCSK9 function, normal LDL
Cancer risk	Jak2	rs12340895	CC	G	Jak2 gene and blood cancer	Normal risk of blood cancer
Cancer risk	Jak2	rs12340895	CG	G	Jak2 gene and blood cancer	2-4x increased risk of blood cancer
Cancer risk	Jak2	rs12340895	GG	G	Jak2 gene and blood cancer	2-4x increased risk of blood cancer
Crohns	SLC23A1	rs10063949	TT	C	Vitamin C Transporter - Crohn's, IBD	Normal risk of Crohn's disease
Crohns	SLC23A1	rs10063949	CT	C	Vitamin C Transporter - Crohn's, IBD	Increased risk of Crohn's disease
Crohns	SLC23A1	rs10063949	CC	C	Vitamin C Transporter - Crohn's, IBD	Increased risk of Crohn's disease
Neurobehavioral and cognitive	COMT	rs4680	AA	A	catechol-Omethyltransferase - breakdown dopamine (requires methylation)	25% less effective enzyme and more dopamine in prefrontal cortex (Worrier)
Neurobehavioral and cognitive	COMT	rs4680	AG	A	catechol-Omethyltransferase - breakdown dopamine (requires methylation)	less effective enzyme and more dopamine in prefrontal cortex
Neurobehavioral and cognitive	COMT	rs4680	GG	A	catechol-Omethyltransferase - breakdown dopamine (requires methylation)	Normal enzyme function and less dopamine in prefrontal cortex. (Warrior)
Neurobehavioral and cognitive	BDNF	rs6265	AA	A	Brain-derived neurotrophic factor	Reduced activation of BDNF and reduced plasticity
Neurobehavioral and cognitive	BDNF	rs6265	AG	A	Brain-derived neurotrophic factor	Reduced activation of BDNF and reduced plasticity
Neurobehavioral and cognitive	BDNF	rs6265	GG	A	Brain-derived neurotrophic factor	Normal BDNF and plasticity
Cannabis	AKT1	rs2494732	CC	T	Alpha Serine/Threonine Kinase 1	Normal response to cannabis
Cannabis	AKT1	rs2494732	CT	T	Alpha Serine/Threonine Kinase 1	Risk for cannabis-associated psychosis
Cannabis	AKT1	rs2494732	TT	T	Alpha Serine/Threonine Kinase 1	Risk for cannabis-associated psychosis
Cannabis	FAAH	rs324420	AA	A	Fatty Acid Amidee Hydrolase	Lower FAAH function and slower breakdown of cannabinoids, CBD, THC
Cannabis	FAAH	rs324420	AC	A	Fatty Acid Amidee Hydrolase	Lower FAAH function and slower breakdown of cannabinoids, CBD, THC
Cannabis	FAAH	rs324420	CC	A	Fatty Acid Amidee Hydrolase	Normal FAAH function and faster breakdown of cannabinoids
Telomers	TERT	rs2736100	GG	T	telomerase reverse transcriptase - part of Telomerase, an enzyme capable of lengthening telomeres	Normal telomere length - normal biological age
Telomers	TERT	rs2736100	GT	T	telomerase reverse transcriptase - part of Telomerase, an enzyme capable of lengthening telomeres	Slightly shorter telomere length - 3.1 years increased biological age
Telomers	TERT	rs2736100	TT	T	telomerase reverse transcriptase - part of Telomerase, an enzyme capable of lengthening telomeres	Slightly shorter telomere length - 6.2 years increased biological age
Telomers	OBFC1	rs9420907	AA	A	OBFC1 - enzyme involved in telomere maintance	Slightly shorter telomere length - 2.8 years increased biological age
Telomers	OBFC1	rs9420907	AG	A	OBFC1 - enzyme involved in telomere maintance	Slightly shorter telomere length - 5.6 years increased biological age
Telomers	OBFC1	rs9420907	GG	A	OBFC1 - enzyme involved in telomere maintance	Normal telomere length - normal biological age
Telomers	RTEL1	rs755017	AA	A	regulator of telomerase elongation helicase 1)	Slightly shorter telomere length - 2.5 years increased biological age
Telomers	RTEL1	rs755017	AG	A	regulator of telomerase elongation helicase 1)	Slightly shorter telomere length - 5 years increased biological age
Telomers	RTEL1	rs755017	GG	A	regulator of telomerase elongation helicase 1)	Normal telomere length - normal biological age
Telomers	ACYP2	rs11125529	CC	C	Acylphosphatase 2	Slightly shorter telomere length - 2.2 years increased biological age
Telomers	ACYP2	rs11125529	CT	C	Acylphosphatase 2	Slightly shorter telomere length - 4.4 years increased biological age
Telomers	ACYP2	rs11125529	TT	C	Acylphosphatase 2	Normal telomere length - normal biological age
Heat Shock Proteins	HSP70	rs1008438	GG	G	Heat Shock Protein HSP1A1	Lower cellular production of Heat Shock Proteins HSP1A1
Heat Shock Proteins	HSP70	rs1008438	GT	G	Heat Shock Protein HSP1A1	Lower cellular production of Heat Shock Proteins HSP1A1
Heat Shock Proteins	HSP70	rs1008438	TT	G	Heat Shock Protein HSP1A1	Normal cellular production of Heat Shock Proteins HSP1A1
Heat Shock Proteins	HSP70	rs1043618	CC	C	Heat Shock Protein HSP1A1	Lower cellular production of Heat Shock Proteins HSP1A1
Heat Shock Proteins	HSP70	rs1043618	CG	C	Heat Shock Protein HSP1A1	Lower cellular production of Heat Shock Proteins HSP1A1
Heat Shock Proteins	HSP70	rs1043618	GG	C	Heat Shock Protein HSP1A1	Normal cellular production of Heat Shock Proteins HSP1A1
		rs1061581				
Heat Shock Proteins	HSP70	rs2075800	AA	A	Heat Shock Protein HSP1A1	Lower cellular production of Heat Shock Proteins HSP1A1
Heat Shock Proteins	HSP70	rs2075800	AG	A	Heat Shock Protein HSP1A1	Lower cellular production of Heat Shock Proteins HSP1A1
Heat Shock Proteins	HSP70	rs2075800	GG	A	Heat Shock Protein HSP1A1	Normal cellular production of Heat Shock Proteins HSP1A1