ATHLETIC PERFORMANCE PANEL

Your DNA, Your Training, ***Your Edge***

Fagron genomics

Welcome to your

ATHLETIC PERFOMANCE PANEL

A personalized roadmap to unlocking your peak athletic performance

This comprehensive analysis decodes specific variations in your DNA to reveal insights that shape key aspects of your physical performance, nutritional needs, and injury resolution. From your natural strength and endurance potential to how your body response to training intensity and various ergogenic aids, this report translates your genetics into practical, personalized strategies. You'll receive clear guidance across six core areas: Performance Potential, Precision Training, Fuel Optimization, Recovery Management, Injury Resilience, and Mental Fitness. Whether you're a competitive athlete or someone striving to reach new fitness goals, this report is built to help you train smarter, recover more effectively, and perform at your highest level.

What can I expect from a genetic test?

Understanding your genetic code provides valuable information about what you're predisposed to. It doesn't provide a diagnosis. For example, when we analyze your genetic code, we may discover that you have a disadvantaged potential for VO2 Max. However, it doesn't guarantee that your VO2 max is low because your habits also contribute to your physical state and abilities. This means that your investment in your training, nutrition, and recovery matters! The awareness that this genetic test provides is not a limitation, but rather an opportunity to maximize your potential through the application of targeted support.

This test is not a substitute for the guidance of qualified athletic trainers, nutritionists, physical therapists, and other medical professionals. We strongly recommend that you use these results in conjunction with their knowledge and oversight to ensure that your training is both safe and effective.

How to Read
YOUR GENETIC REPORT

Your genetic report contains three types of results to guide your athletic performance optimization.

Performance Traits Results

Your genetic predisposition for athletic abilities like power, endurance, and energy recovery is displayed on a 0-100% scale with color-coded results ranging from disadvantaged (red) to gifted (green). Each trait includes personalized recommendations to help you optimize your training based on your unique genetic profile.

Key: Disadvantaged Average Gifted

35%

This individual has an average ability in the listed trait.
Targeted training may be benefical to optimize this performance trait.

Micronutrient Results

This section evaluates your genetic risk for insufficiencies in 9 essential micronutrients using a color-coded assessment from high risk (red) to little to no risk (green). These results help identify which nutrients you may need to monitor more closely due to your genetic predisposition for insufficiency.

Key: High Risk Moderate Risk Little to No Risk

Micronutrient

This individual is at a higher risk for insufficiencies in the listed micronutrient.

Supplement Plan Results

Personalized nutraceutical recommendations are provided for each performance category. In the subtext, you can find recommendations for specific supplement products. Each nutraceutical is ranked from highly recommended (green) to no benefit (red) based on your genetic profile and the compound's predicted ability to enhance your athletic performance. Therefore, these nutraceuticals may have health promoting benefits when considered in contexts beyond the scope of this report.

Nutraceutical Recommendation
- **Supplement containing nutraceutical**

This individual's physical performance is likely to improve with the recommended supplement.

Highly Recommended

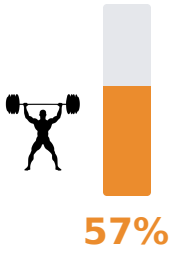
Table of Contents

Client Identification Data 

Requesting Provider	Development Testing
Client Name	Example Report
Date of Birth	08-08-2000
Sex	Male
Sample Code	SPR2024-00018
Specimen Type	Buccal Swab
Collection Date	04-18-2024
Reception Date	04-22-2024
Reported Date	08-04-2025

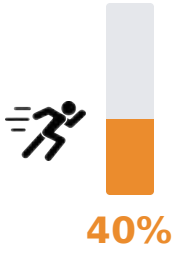
Key: Disadvantaged | Average | Gifted

Power

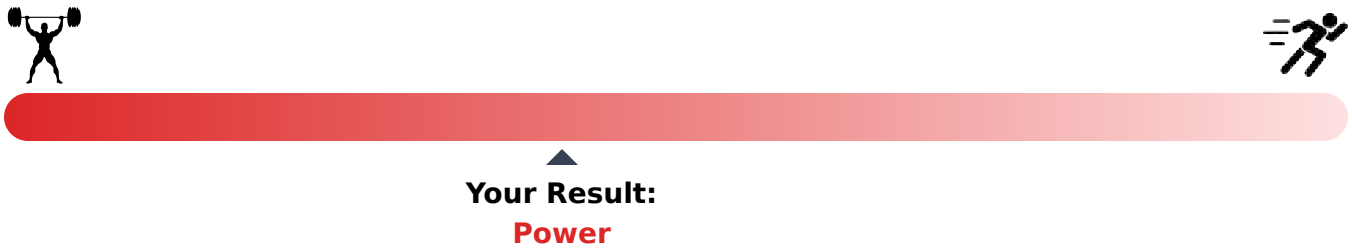


Muscle power is the ability of muscle to move with both speed and strength to generate force. While peak force is impactful, it's not sustained for long periods of time. In fact, power-related excursion typically lasts between a few seconds to no more than 2 minutes. Muscle power is often associated with activities, such as powerlifting and sprinting. **Your results indicate that you may be predisposed to having an average ability to generate muscle power.** To unlock your greatest power performance potential, you may benefit from some targeted training.

Endurance



Endurance is the ability of muscle to sustain low to intermediate physical activity for long periods of time without rest. Endurance-related excursion can last anywhere from a few minutes to many hours, and the capacity for muscle endurance is closely connected to the body's capacity for mitochondrial biogenesis and ability to metabolize fatty acids for energy. Endurance is often associated with activities, such as long-distance running and cycling. **Your results indicate that you may be predisposed to having an average ability to endure sustained physical activity.** To unlock your greatest endurance performance potential, you may benefit from some targeted training.



Your Result:
Power

Key: Disadvantaged | Average | Gifted

Anaerobic Threshold

63%

As exercise intensity increases, the body shifts from aerobic metabolism (with oxygen) to anerobic metabolism (without oxygen). When oxygen availability becomes limited, the body's only fuel source is metabolizing glucose to lactic acid. Anerobic threshold is the point during intense exercise at which the body produces lactic acids more quickly than the body can clear it. As a result, physical exhaustion occurs. Multiple factors contribute to an individual's anerobic threshold, including cardiovascular fitness, economy of movement (governed by strength and technique), metabolic efficiency, and psychological toughness. **Your results indicate that you may be predisposed to having an average anerobic threshold, indicating an average ability to sustain high intensity activity.** Nevertheless, anerobic threshold is an exceedingly trainable performance trait. With targeted training, you can likely improve your efficiency, delay fatigue, and sustain higher intensity output.

VO2 Max

40%

VO2 max is a measure of an individual's maximum ability to take in, transport, and utilize oxygen during exercise. It's considered the gold standard for measuring cardiovascular fitness and aerobic endurance capacity. VO2 max is formally determined through exercise testing with specialized equipment, but it can also be estimated from resting heart rate: VO2 max = 15 x (Resting Heart Rate/Maximum Heart Rate). **Your results indicate that you may be predisposed to having an average VO2 max, indicative of average cardiovascular fitness.** Incorporating high intensity interval training may improve your VO2 max over time.

Muscle Mass

64%

Muscle mass is related to both muscle size and strength, and muscle increase in mass through a process called hypertrophy. During muscle hypertrophy, muscle fibers don't increase in number, instead they increase in volume. This can be induced by endogenous signals, like growth factors and hormones. Muscle hypertrophy can also be induced by exogenous inputs such as protein intake and resistance training. Muscle mass is often associated with activities such as bodybuilding. **Your results indicate that you may be predisposed to having an average ability to expand muscle tissue.** Additionally, you likely have average sensitivity to endogenous and exogenous signals that induce muscle hypertrophy.

Performance Supplement Plan

Pro-Formance Peptides to support muscle function and recovery

Limited Benefit

Caffeine to improve focus and athletic performance

- **Designs for Sport Workout Complex**

Potential Benefit

Electrolytes to support proper hydration

- **Designs for Sport Hydration Complex**

Potential Benefit

HMB (hydroxymethylbutyrate) or leucine to promote muscle hypertrophy

- **Designs for Sport Amino Complex or Designs for Health MyoStim™**

Highly Recommended

Ashwagandha to support a healthy stress response and testosterone production for muscle hypertrophy

- **Designs for Sport Adrenal Flow or Designs for Health TriGandha™**

Potential Benefit

Choline to support nerve function for muscle contraction

- **Designs for Health GPC Liquid**

Highly Recommended

Carnitine to support fatty acid oxidation for sustained endurance

- **Designs for Health Carnitine Synergy™**

Highly Recommended

Arginine and citrulline to improve cardiovascular performance

- **Designs for Health Nox Synergy™**

Potential Benefit

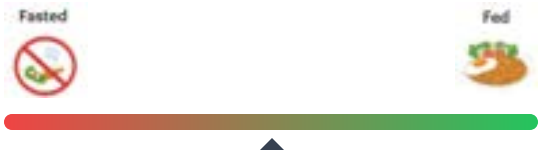
Best Time of Day to Exercise

You're likely best suited to training in the morning or first half of the day.

Your Result: Morning

Fasted vs Fed Training

Try to avoid training fasted. Instead, consume a light meal or snack before training.



Your Result: Fed

Resistance Intensity Training

You results suggest that you may be predisposed to having an abundance of fast-twitch muscle fibers, which are best adapted for muscle power. **Therefore, you may be more likely to benefit from a high intensity resistance training program.** High intensity resistance training typically consists of higher loads per repetition (70% of one repetition maximum) for a lower number of repetitions (10-12). This will lead to hypertrophy of all muscle fiber types, increasing overall strength.

Your Result: High Intensity

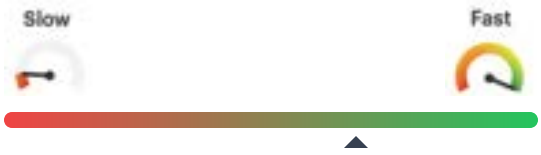
Cardio Training Intensity

Your results suggest that you may be predisposed to respond best to moderate intensity cardio training. This type of training is typically performed at 70-80% of your maximal heart rate sustained for 25 to 45 minutes.

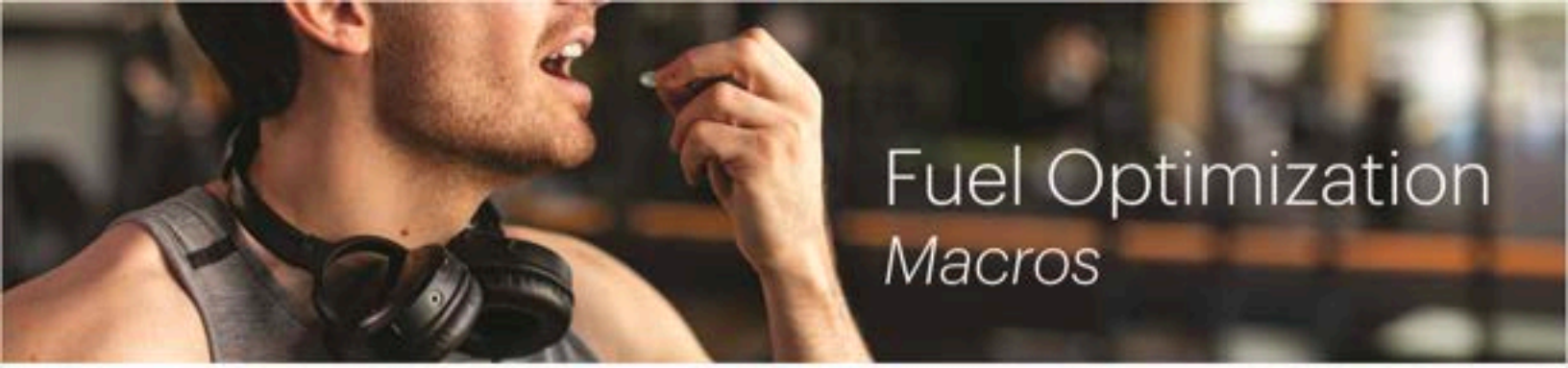
Your Result: Moderate Intensity

Exercise Recovery Rate

You're likely able to recover efficiently from exercise. As a result, you may be able to tolerate more frequent training sessions, possibly 4-5 sessions a week.



Your Result: Fast



Fuel Optimization
Macros

Ensuring Protein Intake

Protein is an essential macronutrient that supplies the body with amino acids, which are needed to drive almost all physiological functions. While the body can metabolize protein for energy, unlike carbohydrates and fats, protein is generally spared for building, maintaining, and repairing tissues. If protein intake is insufficient, the body will break down lean tissue, like muscle, to generate free amino acids for cellular use. To avoid the loss of lean tissue, it's of the utmost importance to consume adequate protein. The amount of protein required by an individual depends on many factors, including age, sex, life stage, body composition, physical activity, and health status. Use the chart below to estimate your unique protein needs.

Determining Protein Needs

	LIFESTYLE					
PROTEIN REQUIRED PER DAY	Average Adult	Dieting	Over 40	Recreational Athletes	Endurance Athletes	Power and Strength Athletes
	At least 0.4g per lb of body weight.	At least 0.7g per lb of body weight.	At least 0.5g per lb of body weight.	At least 0.6g per lb of body weight.	At least 0.7g per lb of body weight.	At least 0.8g per lb of body weight.
EXAMPLE	Jordan is a **150 lb endurance athelete.** Based on Jordan's weight and activity, Jordan should aim to consume **105 grams of protein a day.**					

If you fall into multiple of the above categories, default to the category with the highest protein requirement. For example, if you're over 40 and a power and strength athlete, use 0.8 g per lb body weight to estimate your protein needs.

Determining Protein Quality

Protein quality is as important to consider as total protein intake because it determines how well a protein source can supply amino acids to support tissue health. High quality proteins are often described as "complete" because they supply all 9 essential amino acids. They also have high bioavailability or digestibility. Plant-based proteins tend to have reduced protein quality compared to animal-based proteins because they often lack one or more essential amino acid and their digestibility can be reduced by up to 40%.

High Quality Supplies all 9 essential amino acids, high digestibility			Reduced Quality Lacks one or more essential amino acid, low digestibility		
Meat, Poultry, Fish	Milk and Eggs	Tofu	Beans and Lentils	Nuts	Collagen

To maximize the benefits of your protein intake, choose proteins of the highest quality possible. Routinely consuming reduced quality protein—without accounting for amino acid balance and reduced digestibility—is equivalent to consuming inadequate protein. As expected, it can result in muscle loss, poor physical performance, and a decline in overall health.

Key: Disadvantaged Average Gifted

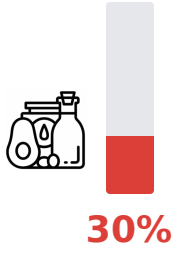
Basal Metabolic Rate

Basal metabolic rate (BMR) refers to the number of calories that the body needs to maintain basic functions, such as breathing, circulation, and temperature. BMR can vary widely between individuals, and it's influenced by many factors, including age, sex, body composition, and genetics. **Your results indicate that you may be predisposed to having a normal basal metabolic rate.** You're unlikely to need more calories beyond what is appropriate for your age, sex, life stage, and activity level, and and ensuring calorie balance is likely supportive for maintaining an ideal body composition.

Response to Carbohydrates to Maintain Body Composition

Your results indicate that you may be predisposed to having a gifted response to carbohydrates to maintain body composition. This suggests that carbohydrate intake is unlikely to promote unwanted weight gain. Instead, carbohydrate restriction may promote unwanted weight gain. **Consider consuming a higher amount of carbohydrates with carbohydrates making up about 50-70% of total calorie intake.**

Response to Fats to Maintain Body Composition



Your results indicate that you may be predisposed to have a disadvantaged response to fats to maintain body composition. This suggests that fats are likely to promote unwanted weight gain. To maintain your ideal body weight, **consider consuming a limited amount of fats with fats making up about 10-20% of the total calorie intake**.

Key: Disadvantaged Average Gifted

Resistance to Weight Gain from Saturated Fats

50%

Saturated fats are a specific type of fats that are solid at room temperature due to their chemical structure. Coconut oil is one of the riches sources of saturated fats with 90% of its fat content being saturated. Butter, ghee, tallow, and palm oil are also rich sources of saturated fats with about 50-60% of their fat content being saturated. **Your results indicate that you may be predisposed to having an average response to saturated fats, indicating that a moderate intake of them is unlikely to contribute to weight gain and abnormal blood lipid markers.** However, excessive or unmonitored intake may lead to unwanted outcomes. Consider limiting your saturated fat intake to less than 10% of your calorie intake and consuming your remaining calories from fats from foods rich in unsaturated fats, such as olive oil, avocado oil, nuts, and fatty fish.

Blood Sugar Maintenance

50%

Blood sugar (glucose) and insulin control are extremely important for peak physical performance because insulin is key to managing which macronutrients fuel the body. Without strict management of fuel utilization during exercise, the body's energy reserves can be depleted more quickly, making it difficult to sustain exercise. **Your results indicate that you may be predisposed to having an average ability to maintain blood sugar.** With a healthy diet and lifestyle, blood sugar control issues are less likely to be of concern.

Key: High Risk | Moderate Risk | Little to No Risk

Vitamin A

Vitamin A has an important role in vision, thyroid function, antioxidant response, immune health, and red blood cell development. The bioactive form of vitamin A is only available in animal-based products, such as liver, egg yolks, whole milk, and butter. Green and orange fruits and vegetables—like carrots, sweet potatoes, cantaloupe, and spinach—contain provitamin A that must be cleaved to produce active vitamin A. **Your results indicate that you may be predisposed to normal conversion of plant-based, provitamin A to bioactive vitamin A.** This suggests that you're likely to have little to no risk of insufficiency, assuming that your diet is balanced and nutrient dense.

Vitamin E

Vitamin E is a powerful antioxidant that is crucial for muscle health. Vitamin E works to quell oxidative stress that is a natural byproduct of exercise. Insufficient levels of vitamin E are related to muscle weakness and reduced coordination. **Your results indicate that you may be predisposed to rapid clearance of vitamin E, suggesting that you're likely at higher risk for insufficiency.** Consider prioritizing food sources rich in vitamin E, such as salmon, olive oil, almonds, and avocados.

Vitamin D

Vitamin D is important for bone and muscle maintenance, immune regulation, cardiovascular function, and hormone balance. Insufficient levels of vitamin D are related to bone and muscle pain and weakness, as well has hormonal imbalance. **Your results indicate that you may be predisposed to a significant reduction in vitamin D synthesis, transport, and response.** This suggests that you're likely at higher risk for insufficiency, indicating that you may benefit from routine monitoring of circulating levels and targeted supplementation based on circulating levels. Also consider prioritizing foods rich in vitamin D, such as skin of fatty fish (trout, salmon, tuna), egg yolks, and UV-exposed mushrooms.

Vitamin B6

Vitamin B6 is crucial for protein metabolism, which is necessary for muscle building, oxygen transport, neurotransmitter synthesis, and vitamin conversion. **Your results indicate that you may have a moderate risk for vitamin B6 insufficiency.** Consider consuming foods rich in vitamin B6, such as chicken, turkey, salmon, chickpeas, potatoes, and bananas.

Key: High Risk | Moderate Risk | Little to No Risk

Vitamin B9

Vitamin B9 (folate) is essential for cell growth, so it's especially important for cells with frequent turnover, like red blood cells and cells that line the gastrointestinal tract. Folic acid and folate must be absorbed by cells and converted to bioactive forms of folate, mainly methyltetrahydrofolate (MTHF). **Your results indicate that you may be predisposed to normal synthesis of MTHF.** This suggests that you likely have little to no risk of insufficiency, assuming that your diet is balanced and nutrient dense.

Vitamin B12

Vitamin B12 is essential for red blood cell development and nerve function. Inside of cells, vitamin B12 must be converted to a bioactive form, one being methylcobalamin. **Your results indicate that you may be predisposed to reduced synthesis of methylcobalamin**, suggesting that you likely have a high risk of insufficiency. Consider prioritizing foods like beef liver, chickpeas, kidney beans, dark green leafy vegetables, and asparagus.

Calcium

Calcium is a major mineral important for bone health, nerve signaling, and muscle contraction. **Your results indicate that you may have a high risk for calcium insufficiency.** Consider prioritizing foods rich in calcium, such as milk, yogurt, cheese. If you're avoiding dairy, consider canned sardines or salmon with bones or a quality supplement. Vitamin D is needed for calcium absorption, so also consider ensuring that your vitamin D levels are sufficient.

Magnesium

Magnesium is a major mineral important for nerve and muscle function. It's also crucial for cellular energy production. **Your results indicate that you may have a high risk for magnesium insufficiency.** Consider prioritizing foods rich in magnesium, such as pumpkin seeds, chia seeds, spinach, and black beans.

Key: High Risk | Moderate Risk | Little to No Risk

Zinc

Zinc is a trace mineral important for immune function, blood sugar maintenance, and wound healing. **Your results indicate that you're likely to have little to no risk for zinc insufficiency**, assuming that your diet is balanced and nutrient dense.

Essential Fatty Acids

Omega-3 and Omega-6 fatty acids are crucial for the health of cellular membranes. They're important for inflammation control, neurological health, cardiovascular function, and hormonal regulation. While the body can't produce these fatty acids, enzymes in the liver can generate long-chain forms, like eicosapentaenoic acid (EPA), docosahexaenoic acid (DHA), and arachidonic acid (AA). Generally, modern diets contain excess omega-6 fatty acids and lack sufficient omega-3 fatty acids, especially EPA and DHA. **Your results indicate that you may be predisposed to having slightly reduced synthesis of long-chain forms of essential fatty acids, like EPA and DHA.** You're likely to have a moderate risk of insufficient levels of EPA and DHA, even if you consume adequate amounts of omega-3 fatty acids. Consider consuming foods that are rich in EPA and DHA, such as salmon, tuna, oysters, and cod liver oil.

Fuel Supplement Plan

Zinc to promote blood sugar balance

Limited Benefit

Multivitamin to meet micronutrient demands of athletic performance

- **Designs for Sport Multi + Phyto**

Potential Benefit

Whey protein to provide amino acids for muscle maintenance and growth

- **Designs for Sport Hydrolyzed Iso-Whey Protein or Designs for Sport Grass-Fed Beef Protein**
- **Vegetarian option: Designs for Sport Amino Complex**

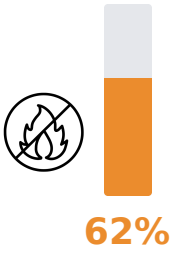
Potential Benefit

Key: Disadvantaged | Average | Gifted

Energy Recovery

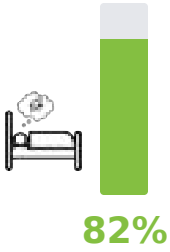
The main source of energy for cells is ATP or adenosine triphosphate, which is largely produced in the mitochondria. In muscle and brain, creatine phosphate also contributes energy to cells. During physical activity, these sources of energy are consumed, requiring the body to regenerate them. **Your results suggest that you may be predisposed to having a rapid rate of energy recovery.** You're more likely to be able to train at a consistent intensity, even when recovery time is limited between sessions.

Inflammation Control



Inflammation and oxidative stress are naturally induced by exercise, and they're required to initiate adaptations to training that ultimately lead to better performance overtime. However, persistent, unresolved inflammation slows recovery and inhibits physiological adaptations that are necessary to optimize performance. **Your results indicate that you may be predisposed to revolve inflammation and oxidative stress at an average rate.** With appropriate nutrition and rest, your body is likely to clear exercise-induced inflammation, but you may occasionally benefit from anti-inflammatory support when training is intense and recovery time is limited.

Sleep Initiation



The ability to fall asleep is a complex process involving changes in gene expression, neurotransmitters, and hormones. It requires a dampening of signals that promote alertness and an intensifying of signals that induce sleep. **Your results suggest that you may be predisposed to having a gifted ability to fall asleep with ease.** Regardless of your internal state or external environment, you're more likely to able to induce sleep. Nevertheless, practicing good sleep hygiene can help ensure that you achieve the best sleep quality.

Key: Disadvantaged Average Gifted

Sleep Efficiency

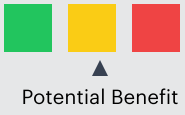
Getting sufficient quality sleep is essential for supporting the body's recovery, including energy restoration and tissue repair. Poor sleep can lead to inhibited physical performance, impaired cognitive function, and slowed recovery. If sleep efficiency is reduced, then longer sleep durations may be needed to capitalize on the benefits of sleep. **Your results indicate that you may be predisposed to moderate sleep efficiency, indicating that average sleep durations are likely sufficient for you.**

Recovery Supplement Plan

Creatine monohydrate to support energy recovery

Niacin to support mitochondrial health and energy production

- **Designs for Sport Mito NRG Complex**



Curcumin to aid in managing oxidative stress and inflammation

- **Designs for Sport Curcumin Complex**

Vitamin D to support immune system balance and bone and heart health

- **Designs for Sport Vitamin D3 Pro softgels**

Omega 3 to support a healthy inflammatory response

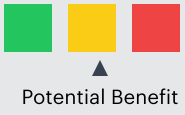
- **Designs for Sport Omega 3 Hi-Po**

Magnesium to support relaxation

- **Designs for Health MyoSedate**
- **Designs for Sport Magnesium Bisglycinate or Neuromag™ Sport**

Melatonin to promote sleep initiation

- **Designs for Health Insomnitol™**



Key: Disadvantaged Average Gifted

Injury Resistance

While physical activity is beneficial overall, athletic movements, especially those performed in dynamic and competitive settings, can place undue stress on bones, joints, and muscles. **Your results indicate that you may be predisposed to gifted resistance against soft-tissue injury.** As a result, you may incur infrequent soft-tissue injuries, assuming that you follow a sound conditioning program.

Intensity of Injury Rehab

Your results indicate that you can likely tolerate aggressive exercise rehabilitation. This approach to rehab involves an intense recovery program geared to challenge your strength, balance, and coordination. It involves both corrective and dynamic movements. The goal of aggressive rehab is to promote rapid recovery and reduce the risk of muscle atrophy, joint stiffness, and loss of range of motion. **To maximize safety and effectiveness, it's highly recommended that any exercise rehabilitation program is supervised by a qualified healthcare professional who can design, monitor, and adjust a program to meet your specific needs and capabilities.**

Injury Supplement Plan

Collagen to support bone strength and joint health

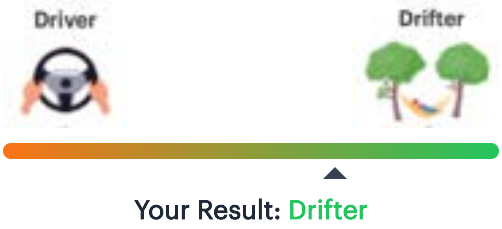
Glutamine to support muscle tissue repair

Glucosamine to promote cartilage health and joint function

- **Designs for Health Glucosamine Chondroitin**

Driver vs Drifter

Your results indicate that you're likely a drifter. As a drifter, you're predisposed to have lower levels of serotonin, a "feel-good" neurotransmitter, due to reduced synthesis and increased clearance. You may also be predisposed to have less responsiveness to serotonin. Therefore, you may struggle to be self-directed and persistent. However, you're likely to have the advantage of being more open to exploring and embracing new ideas and expereinces. You may benefit from coaching that motivates you to remain consistent and environments that offer flexibility.



Warrior vs Worrier

Your results indicate that you're likely a warrior. Warriors carry a variant of the COMT gene that has rapid clearance of catecholamine neurotransmitters (dopamine, epinephrine, norepinephrine). As a result, warriors tend to experience increased emotional resilience due to dampened signals of stress and pain.

Advantages: likely have exceptional grit and determination

Disadvantages: may experience less satisfaction with achievements; may struggle with executive functions (i.e. planning, organizing, self-monitoring)

Training: likely benefit from challenging training that includes concentration drills and distraction training to sharpen focus and decision-making abilities

Coaching: may need guidance to design a successful training plan and monitor progress

Recovery: consider outlets that provides a sense of comfort for a dopamine boost

Pessimist vs Optimist

Your results indicate that you're likely an optimist. Oxytocin is often referred to as the "love-hormone" because it promotes emotional connection, regulation, and well-being. As an optimist, you carry a more sensitive variant of the oxytocin receptor, enabling you to be more response to the oxytocin that your body releases. Therefore, you're likely to experience less loneliness, increased emotional resilience, and more empathy for self and others. This is advantageous because you're likely to perceive challenges positively and recover quickly from setbacks. You're also more likely to be willing to enjoy and invest in recovery practices.

Your Genotypes

Gene	rsID	Genotype
IRGM		CT
ADRB2		GG
ADRB2		CG
PER3		TT
SLC19A1		TT
CYP2R1		GG
LEPR		AG
SLC30A8		GG
COL6A4P1		AA
MCF2L		AA
SHBG		GG
COL5A1		CC
NADSYN1		GG
BCO1		AA
GDF5		AA
VDR		CC
FTO		AT
GSTP1		AA
FADS1		CT
ADIPOQ		GG
AMPD1		GG
MC4R		TT
COL1A1		CC
IL6		CG
MTHFR A1298C		TT
MTHFR C677T		GG
ADRB1		CG
PPARG		CG
MTRR		GG
MSTN		TT
ACTN3		CC
MCM6		CT
VEGFA		CG
NOS3		CT
CYP4F2		CC
GC		GT
PER3		CG

Gene	rsID	Genotype
MTOR		GG
CYP1A2		CT
AANAT		GG
ARL15		GG
SLC30A8		AA
MUC1		CT
PPARA		GC
ACE		GG
TPH2		GG
NBPF3		CT
COMT		GG
MCM6		GA
ADRB3		AA
OXTR		GG
ADORA2A		CC
INTERGENE		CT
BDNF		CC
HTR2A		GG
SLC22A5		CC
IGF2		TC
AGT		AA
GPX4		TT
GABPB1		AA
BCO1		CC
CYP1A2		AA
COL6A4P1		CC
PDE7B		GG
TRHR		CT
TCF7L2		CT
IGF2		TT
PPARGC1A		CC
PLIN1		CT
IL1RN		AG
MAOA		TT
COL6A4P1		CC
TFAP2B		AA
FTO		AT

ATHLETIC PERFORMANCE

METHODOLOGY AND LIMITATIONS DISCLAIMER:

Testing for genetic variation/mutation on listed genes was performed using RealTime PCR with TaqMan® allele-specific probes on the QuantStudio 12K Flex. All genetic testing is performed by GX Sciences, LLC d/b/a Fagron Genomics US ("Fagron Genomics US"), located at 807 Las Cimas Pkwy, Suite 145, Austin TX, 78746. This test will not detect all the known alleles that result in altered or inactive tested genes. This test does not account for all individual variations in the individual tested. Test results do not rule out the possibility that this individual could be a carrier of other mutations/variations not detected by this gene mutation/variation panel. Rare mutations surrounding these alleles may also affect our detection of genetic variations. Thus, the interpretation is given as a probability. Therefore, this genetic information shall be interpreted in conjunction with other clinical findings and familial history. Patients should receive appropriate genetic counseling to explain the implications of these test results. The calculations and supplement recommendations presented in this report are not suitable for children under the age of 16. The analytical and performance characteristics of this laboratory developed test (LDT) were determined by GX Sciences' laboratory (Laboratory Director: James Jacobson, PhD) pursuant to Clinical Laboratory Improvement Amendments (CLIA) requirements (CLIA #: 45D2144988).

MEDICAL DISCLAIMER:

This test was developed, and its performance characteristics were determined by Fagron Genomics US. It has not been cleared or approved by the FDA. The laboratory is regulated under CLIA and qualified to perform high-complexity testing. This test is used for clinical purposes. It should not be regarded as investigational or for research. The Reference SNP Cluster IDs (rsIDs) for the alleles being tested were obtained from the Single Nucleotide Polymorphism Database (dbSNP). These products are not approved by the Food and Drug Administration and are not intended to diagnose, treat, cure or prevent disease. These recommendations are for report purposes only and an individual is not required to use such products. These are recommendations only and do not replace the advisement of your own healthcare practitioner. This test is NOT for diagnostic purposes. It may identify general health risks that are associated with genetic variations but does NOT indicate a propensity for or susceptibility to any illness, disease, impairment, or other disorders, whether physical or mental.

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If you have received the result variant Undetermined (UND) this indicates that we were not able to determine your carrier status based on your raw data. You may request your sample to be run again by emailing info@fagrongenomicsus.com.

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