

A body that metabolizes differently.

and a plan that had never
been put on paper.

Genetic interpretation

100+ genes

8 systems

90-day plan

July 2026

9 of 14

points run at a slower pace. None is a
disease.

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**Cellular energy**

B2, B6 and natural folate

Now

**Toxin filter**

B1, B3, C and zinc

Now

**Allergy clearance**

Vitamin A and B5

Now

SUMMARY

Overall status: moderate, mostly "slow".

Your profile is solid and there is nothing "bad" in it. Several systems run at a slower pace than usual. None is a disease: they just need a little more daily support.

POINTS TO WORK ON

9 of 14 run slow



YOUR 3 PRIORITIES: PROBLEM AND SOLUTION



You will see short names in parentheses, like (MTHFR). They are technical reference codes, useful if you share them with another professional. No need to memorize them.

SECTION 01 · FINDINGS

Six points that explain most of the picture.

Activates your vitamin B9 (folate) more slowly High priority MTHFR		
CELLULAR ENERGY 55–75% less activity  Slower	THE PROBLEM Converts the folate in food into a form your body can use. It is like a factory with fewer staff: it keeps running, but performs better with good raw material.	THE SOLUTION Supported by vitamin B2 natural folate (leafy greens) Avoid synthetic folic acid frequent NSAIDs
Filters alcohol and certain chemicals more slowly High priority ALDH2		
TOXIN FILTER Variant confirmed  Slower	THE PROBLEM Think of it as the oil filter of a car. With a slower filter, alcohol and fermented foods take longer to leave: that is why alcohol can feel stronger than expected.	THE SOLUTION Supported by B1 B3 vitamin C zinc Avoid alcohol fermented foods paracetamol
Chooses between “repair” and “clean” under stress High priority CBS		
ANTIOXIDANTS B6 very sensitive  Repair or clean	THE PROBLEM It is a traffic fork: the by-product goes to energy or becomes glutathione, your main antioxidant. It responds very well to B6, but too much protein or sulfur can saturate it.	THE SOLUTION Supported by vitamin B6 moderate protein hydration Avoid excess protein sulfur supplements

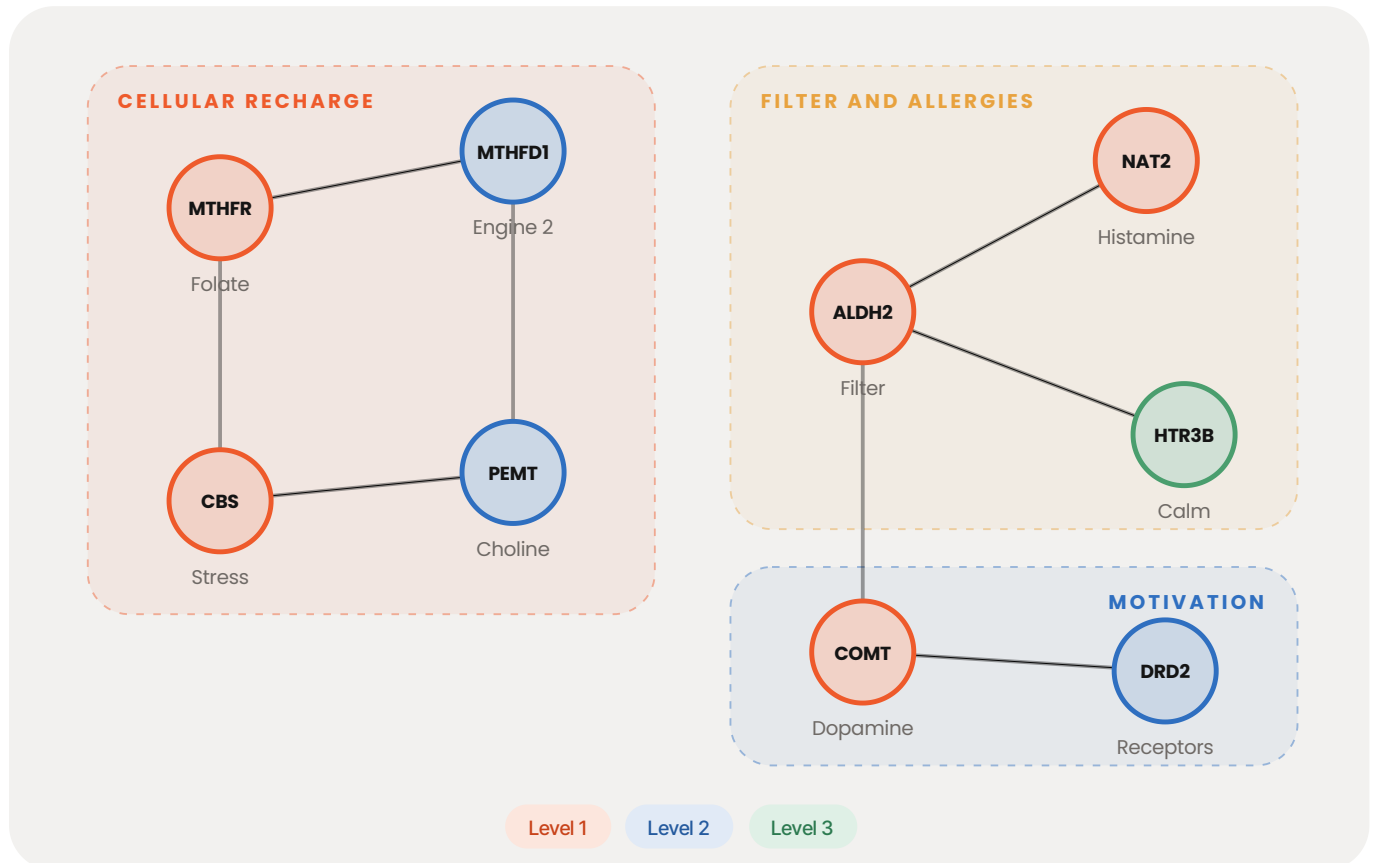
SECTION 01 · FINDINGS

The other three key points.

 Processes your motivation (dopamine) faster High priorityCOMT		
MOTIVATION AND FOCUS 18–25x faster  Faster	THE PROBLEM It is a motivation accelerator: it processes dopamine so fast that drive can run out sooner than expected. It often comes with good stress tolerance in the moment.	THE SOLUTION Supported by protein at breakfastintense exercisenew challenges Avoid routine without stimulation
 Clears histamine and certain chemicals more slowly High priorityNAT2		
ALLERGIES AND INFLAMMATION Slower not a fixed sentence  Slower	THE PROBLEM It is one of the two systems that clear histamine, behind allergies, itching and congestion. When it runs slower, histamine takes longer to leave. It can vary depending on where you live and your gut flora.	THE SOLUTION Supported by vitamin Avitamin B5 Avoid grapefruitindustrial chemicals
 Fewer “antennas” to receive your motivation Medium priorityDRD2		
MOTIVATION AND FOCUS 15–30% fewer receptors  Fewer antennas	THE PROBLEM If dopamine were a radio signal, this system defines how many antennas there are. With fewer antennas, more dopamine circulates: it feels good in the short term, but performs less in long tasks that need focus.	THE SOLUTION Supported by ironexercise Avoid low iron

SECTION 02 · SYSTEMS

Four connections behind the six points.



1 Cellular recharge: the common bottleneck

Folate, stress and choline share raw material.

In short: Sustaining B2, B6 and natural folate every day pays off more than attacking a single point.

2 One filter connects allergies, motivation and mood

When it runs slow, it slows other histamine filters (domino effect).

In short: Strengthening it (B1, B3, zinc) probably relieves more than treating the allergy alone.

3 Fast start, few antennas

Your accelerator burns through dopamine and there are fewer receptors for the signal.

In short: Routines with variety and challenge work better than monotonous ones.

4 Environment weighs as much as the gene

It depends on where you live and on your gut flora.

In short: The action plan matters more than the genetic result itself.

SECTION 03 · ACTION PLAN

14 points,
ordered by priority.

POINT	AVOID	PRIORITIZE
Level 1 · start here		
 Vitamin B9 activation (MTHFR)	synthetic folic acid, frequent NSAIDs	B2 natural folate
 Alcohol and toxin filter (ALDH2)	alcohol, fermented foods, acetaminophen	B1 B3 C zinc
 Stress / antioxidant balance (CBS)	excess protein	B6 good hydration
 Motivation and dopamine (COMT)	routine without stimulation	protein at breakfast intense exercise
 Histamine clearance (NAT2)	grapefruit, acetaminophen	vitamin A and B5
Level 2 · add next		
 Motivation receptors (DRD2)	low iron	iron exercise
 Energy under stress (DBH)	nicotine, long fasting	vitamin C zinc
 Cell membranes (PEMT)	high-fat diet without choline	choline vitamin E
 Second folate engine (MTHFD1)	low-choline diet	folate choline
 Environmental filter (GSTA1)	poor indoor air	cruciferous veggies selenium
Level 3 · follow-up		
 Caffeine processor (CYP1A2)	—	watch your tolerance
 Final liver clearance (UGT1A6)	—	cruciferous veggies green tea
 Calm receptor (HTR3B)	—	stress management ginger
 Antioxidant shield (GSTO1)	—	selenium spirulina

SECTION 05 · NEXT STEPS

A 90-day plan, in order.

Days 0 to 30

Stabilize level 1

 B2, natural folate and B6 every day

 Cut back alcohol and fermented foods

 Note how you feel today

Days 31 to 60

Add level 2

 Choline and vitamin E

 More intensity and variety in training

 Review your environment: air, iron

Days 61 to 90

Review and adjust

 Compare against day 0

 Add level 3 if 1 and 2 hold

 Follow-up consultation

Your starting point and your progress

Score from 1 to 10, once a week. Comparing against day 0 is worth more than any single number.

WHAT	DAY 0	DAY 30	DAY 60	DAY 90
 Energy				
 Sleep				
 Digestion				
 Mood				
 Motivation				



On day 90 we hold a follow-up consultation to decide the next steps together.

SECTION 04 · WHAT TO KEEP IN MIND

What we know for sure, and what we do not.



There is no “good” or “bad” result

Just different ways of functioning. Colors and levels show where to start, not severity. None of this is a diagnosis.



It depends on where you live and your ancestry

Some predictions were validated mostly in European populations. Environment or gut flora can reverse the expected result.



Lifestyle weighs more than the gene

Systems with no highlighted points can still underperform if diet, environment or stress overload them. That is why the plan includes them too.



It is educational and does not replace your professional

Any change to supplements, medication or diet should be discussed before applying it.

TO CLOSE

The goal is not to “correct” anything. It is to understand how you work and adapt your daily life to it.

This report translates your genetic profile into simple language, connecting body systems instead of listing isolated genes. Any questions, we will talk about them at your next consultation.

Prepared for John Smith · July 2026 · Educational and confidential document. It does not diagnose, treat, cure or prevent any disease, nor replace medical advice.