

generations GENETICS

A BETTER CHANCE AT LIFE

YOUR DNA RESULTS

Name:

Report Date: 06/1/2025

Personal Information

Name:
Date of birth: 06/11/1997
Gender: Male
Report Date: 06/1/2025
Sample ID: 123456



NAME:

SAMPLE ID:

Welcome

Dear _____,

Welcome to your personalized DNA test report. It's our absolute pleasure to introduce you to you!

Your life is a story spelled out with your DNA. The most interesting facts that uniquely belong to you are wrapped up in the strands of your genes. So, if you could rewrite your story – what would it say?

Generations Genetics Gen-Life test is the ultimate way to care for your future self by giving you a wealth of information that allows you to alter what might have been your genetic destiny.

In your report, you will discover insights into the incredible story of your genome, your health, traits, and needs. Armed with this information, you will have the power to live a longer, healthier and happier life.

By choosing Gen-Life you have joined countless individuals who have had life-changing experiences due to the priceless data provided by genetic testing.

Read on to kick start your journey, and to empower yourself with valuable and actionable health and wellness insights so that you can make better choices, for you.

In health & happiness,

Generations Genetics Team

Getting Started with Gen-Life

IMPORTANT TO KNOW

1. Our reports tell you about genetic variations associated with certain traits and health conditions. They do not diagnose for any conditions or determine medical action
2. Having a certain risk does not mean you will definitely develop a trait or condition. Similarly, you could still develop a trait or condition even if you don't have a genetic variation detected. It is possible to have other genetic variation not included in these reports
3. Genetics isn't a crystal ball - it cannot predict what will or won't be. Factors like lifestyle and environment can also affect whether a person develops a health condition or trait. Our reports cannot tell you about your overall risk for these conditions, and they cannot determine if you will or will not develop a condition
4. These reports do not replace visits to a healthcare professional. Your results serve as a reference point, and should not be interpreted as medical advice. Consult with a healthcare professional for help interpreting and using genetic results

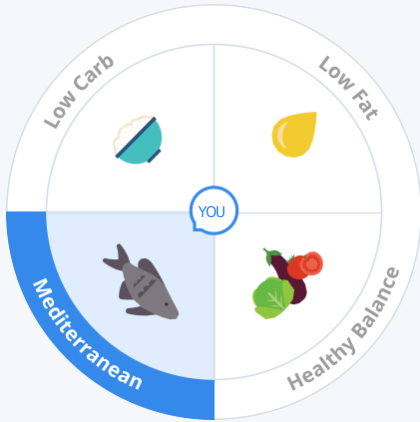
Diet

Take full control of your diet and nutrition by unlocking everything there is to know about your dietary DNA profile. Learn about your body's sensitivity to many of the foods you eat, whether or not you have certain dietary allergies, and the impact your genes may have on your ability to digest certain food groups. Supported by genetically-guided consultations, turn your DNA insights into actionable food decisions that make your body happy



Your Diet Report Results Summary

Your Optimal Diet Type



Mediterranean Diet

For those with both carbohydrate and fat sensitivity, a Mediterranean diet is ideal. Choosing healthy fats and less processed carbs is proven to reduce the risk of developing diabetes, heart disease, and other health conditions.



Alcohol Sensitivity

Normal Sensitivity



Normal Sensitivity

Higher Sensitivity



Theophylline Sensitivity

Normal Sensitivity



Normal Sensitivity

Higher Sensitivity



Alcohol Flush Reaction

Less Likely



Less Likely

Likely



Fat Sensitivity

Higher Sensitivity



Normal Sensitivity

Higher Sensitivity



Caffeine Sensitivity

Normal Sensitivity



Normal Sensitivity

Higher Sensitivity



Carbohydrate Sensitivity

Higher Sensitivity



Normal Sensitivity

Higher Sensitivity

Your Diet Report Results Summary



Salt Sensitivity

Higher Sensitivity



Detox: Cruciferous Vegetable Needs

Increased



Lactose Intolerance

Likely Tolerant



Detox: Toxin Generation Speed

Increased



Spice Sensitivity

Higher Sensitivity



Sweet Tooth

Normal Preference



Taste Sensitivity

Super-Taster



Weight Regain

Average Risk



Nutrition

We all metabolise nutrients differently based on our unique genetic make-up. Your body already knows what it needs, and now you can too by taking the guesswork out of which supplements to choose and which nutrient-dense foods to eat. Learn about how your DNA plays a role in your body's ability to absorb certain vitamins and minerals, so that you can take control of your long-term health with personalised nutrient recommendations.



Your Nutrition Report Results Summary



Antioxidants

Higher Needs



Iron

Normal Needs



Biotin

Normal Needs



Magnesium

Normal Needs



Calcium

Normal Needs



Niacin

Normal Needs



Co-enzyme Q10

Normal Needs



Omega-3 (ALA)

Normal Needs



Folic Acid

Normal Needs



Omega-3 (DHA)

Higher Needs



Iodine

Higher Needs



Omega-3 (DPA)

Normal Needs



Your Nutrition Report Results Summary



Omega-3 (EPA)

Normal Needs



Vitamin B6

Higher Needs



Phosphorus

Normal Needs



Vitamin C

Normal Needs



Selenium

Higher Needs



Vitamin D

Normal Needs



Vitamin A

Normal Needs



Vitamin E

Normal Needs



Vitamin B12

Normal Needs



Vitamin K

Normal Needs



Vitamin B2

Normal Needs



Zinc

Normal Needs



Sports & Fitness

Bridge the gap between your fitness and your DNA by discovering how your genes affect traits like your exercise response, recovery rate, and injury risk. It's here that you'll also discover how to get the very best out of your workouts, utilise your power and endurance profiles, as well as prevent any serious injuries. Our professional fitness coaches are here to help you every step of the way.



Your Sports & Fitness Report Results Summary



- Low Power
- High Endurance
- Low Strength

Optimal Training Type

Consider the following:

Based on your genetic results, your endurance dominance suggests that you could benefit from training that places a higher priority on endurance-based activities. We recommend allowing 60% of your training schedule to be focused on endurance-based activities, and letting the rest be a split between power and strength-based training.

Optimal Sports Type

Consider the following:

Triathlon, distance running and hiking

Based on your genetic results, you will likely respond well to sports that have an endurance focus.

Your Sports & Fitness Report Results Summary



Risk of Achilles Tendon Injury



Injury Risk



Blood Flow



Lactate Clearance



Body Composition



Lactate Production



Endurance Capacity



Risk of Anterior Cruciate Ligament Rupture



Fatigue Resistance



Exercise Associated Muscle Cramps



Heart Rate Response to Exercise



Oxygen / VO₂ Efficiency



Your Sports & Fitness Report Results Summary



Power Capacity

Low



Low

Medium

High



Strength Profile

Low



Low

Medium

High



Recovery Efficiency

Lower Recovery



Lower Recovery

Normal Recovery



Water Loss

Average



Below average

Average

Above average

Wellbeing

By looking at select genes and understanding their impact on your daily life, we can help you pave the path to wellness and vitality. Identifying everything from your metabolic and inflammatory response and life longevity, to your bone density and tendency to get mosquito bites - by uncovering your genetic predisposition for certain conditions, you can potentially prevent them from manifesting in the future.



Your Wellbeing Report Results Summary



Appetite Control

Lower Control

Lower Control

Normal Control



Stress Fracture Risk

Elevated Risk

Average Risk

Elevated Risk



Bone Mineral Density

Likely Lower

Likely Lower

Likely Normal



Metabolic Response

Normal Response

Lower Response

Normal Response



Inflammatory Response

Normal Response

Normal Response

Increased Response



Tendency for Mosquito Bites

Higher Tendency

Normal Tendency

Higher Tendency



Life Longevity

Likely Average

Likely Average

Likely Higher

Stress & Sleep

Certain genes predispose some of us to be more sensitive to day-to-day stress than others. That's why effective stress management begins with understanding your body's unique stress and sleep profile. Find out whether you're a 'Warrior' or a 'Worrier', a 'Night Owl' or an 'Early Bird', and if you're genetically inclined towards getting better quality shut-eye, so you may improve your mental and physical well-being.



Your Stress & Sleep Report Results Summary



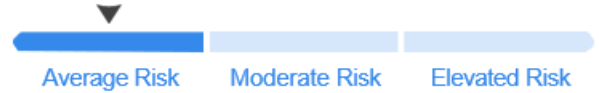
Sleep Apnoea Risk

Average Risk



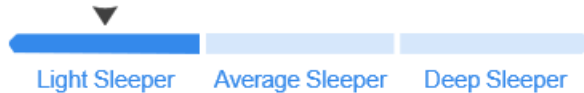
Stress-Induced Obesity

Average Risk



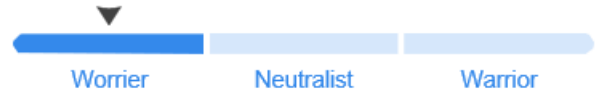
Sleep Depth

Light Sleeper



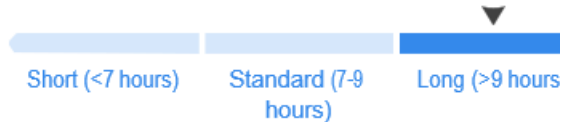
Stress Tolerance

Worrier



Sleep Duration

Long (>9 hours)



Sleep Movement

Average



Sleep Quality

Insomniac



Sleep Time (Chronotype)

Morning Lark

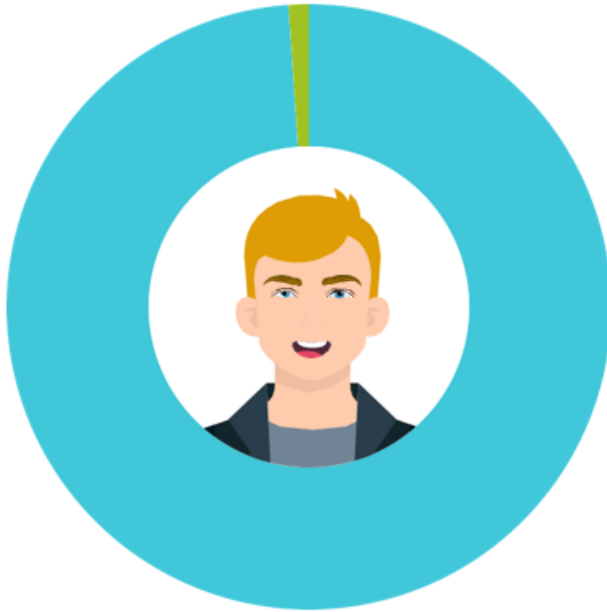


Ancestry

Your DNA test offers you the powerful experience of discovering what makes you unique and learning where you really come from. The places your ancestors called home are encoded in your DNA. Ethnic groups historically come from the same geographic regions and draw from a local gene pool. We analyze your DNA to determine your ancestral composition.



Your Ancestry Report Results Summary



● **European** 98.92%

Northwestern European 56.25%

Eastern European 33.66%

Northern European 9.01%

Southern European 0%

● **Southeast Asian** 1.08%

Indonesian, Thai, Malaysian,
Filipino, Cambodian & Burmese 0.82%

Vietnamese 0.26%

● **African** 0%

● **East Asian** 0%

Chinese 0%

Northern Han Chinese 0%

Northern Minority 0%

Southern Han Chinese 0%

Southern Minority 0%

Western Minority 0%

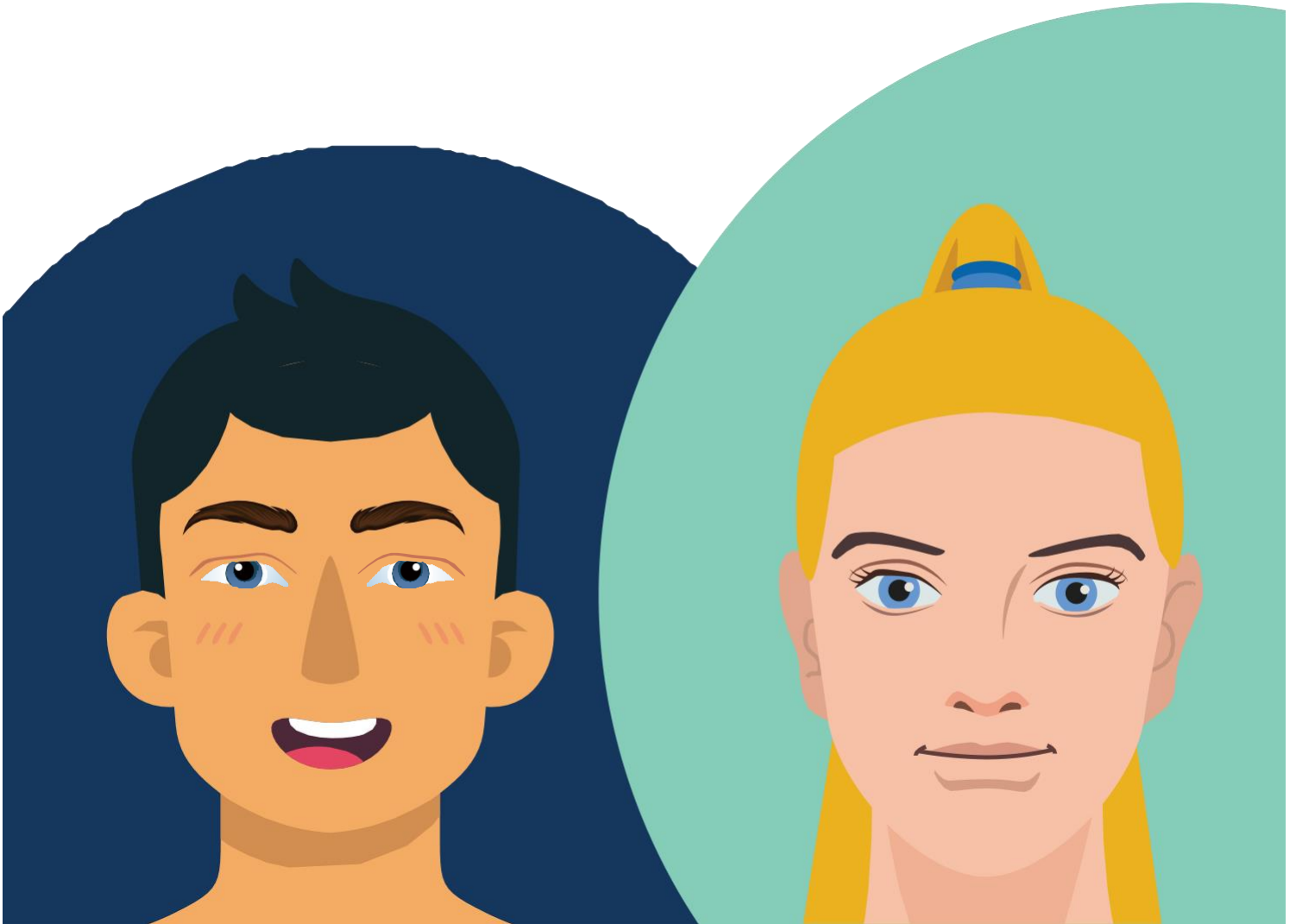
Japanese & Korean 0%

● **Middle Eastern** 0%

● **South Asian** 0%

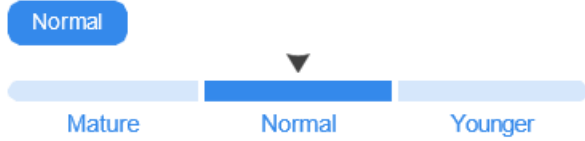
Skin

It's difficult to predict how your skin will respond to ageing, but taking care of it based upon what your genes tell you will go a long way in preventing future skin damages. Understanding your unique skin DNA profile helps form the basis of your skin care routine. Remember, not everyone's skin is the same.



Your Skin Report Results Summary

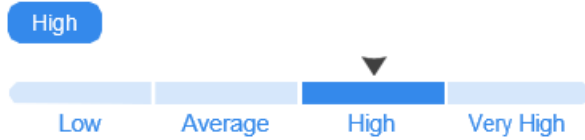
Skin Age



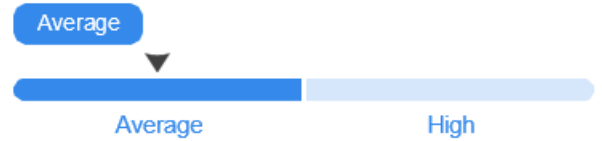
Stretch Marks



Acne Risk



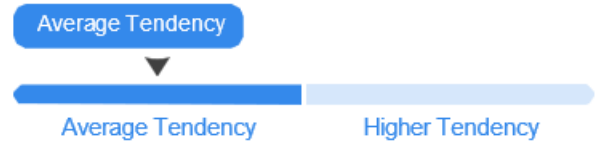
Keloid Scars Risk



Glycation Risk



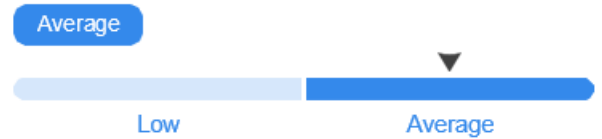
Skin Bruising Tendency



Oxidative Stress Risk



Skin Detoxification Ability



Cellulite Formation



Skin Hydration Ability



Wrinkle Formation Risk

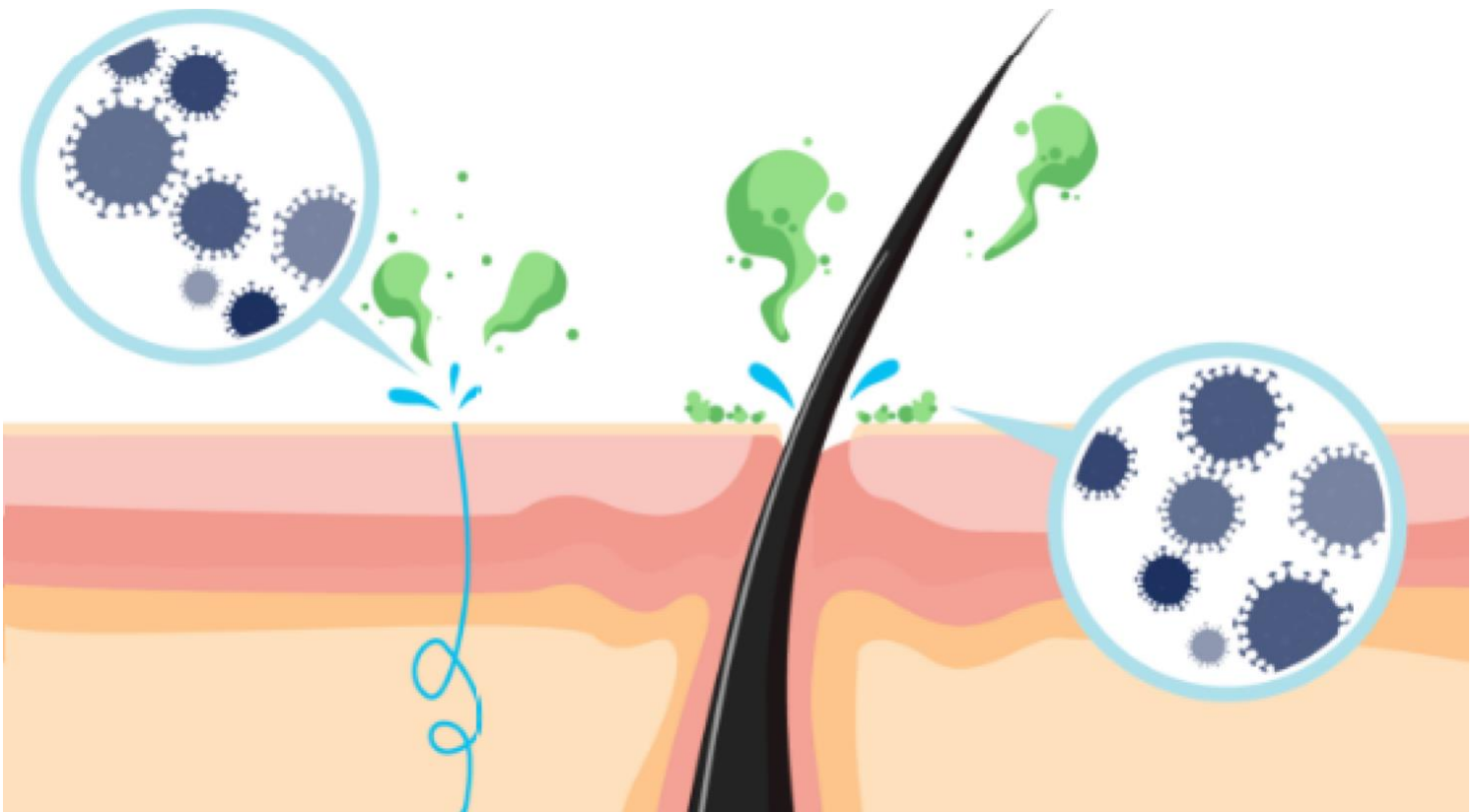


Skin Lightening Ability



Physical Traits

Learning about how your DNA influences your appearance and senses is a fun and innovative way to understand the science behind physical and sensory traits including hair colour to smell sensitivity and earwax type. Discover how these traits run in your family and get answers to why you're the only one of your siblings with a particular trait.

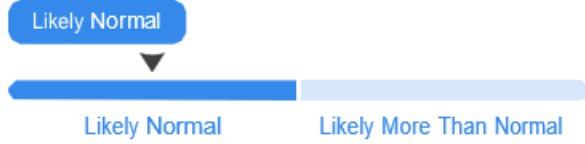


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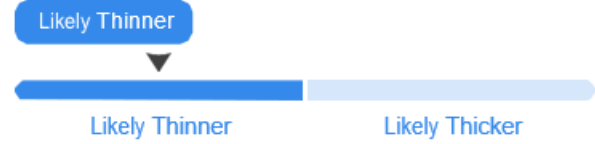
SAMPLE ID:

Your Physical Traits Report Results Summary

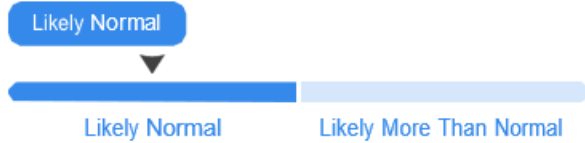
Facial & Body Hair



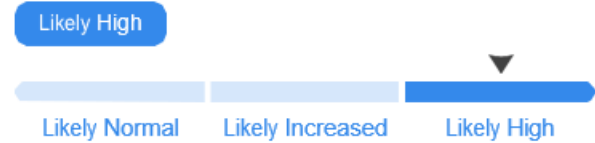
Hair Thickness



Body Odor (Bromhidrosis)



Pain Sensitivity



Ear Protrusion



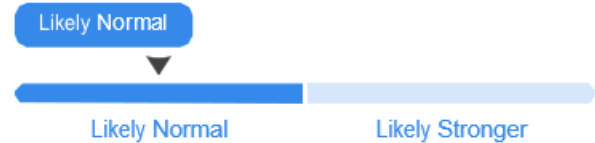
Photic Sneeze Reflex



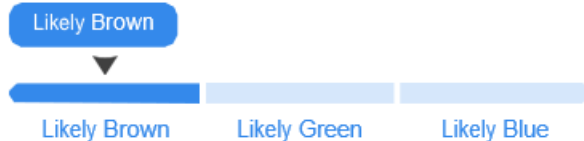
Earwax Type



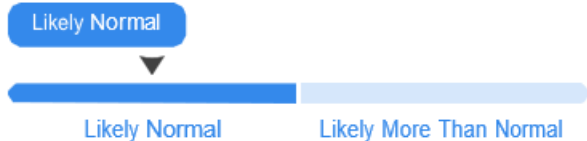
Smell Sensitivity



Eye Colour



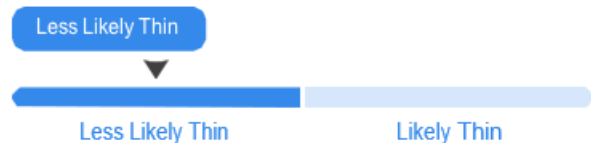
Sweat (Hyperhidrosis) Tendency



Hair Colour



Persistent Thinness



Your Physical Traits Report Results Summary

Waist Circumference



Behavioral Traits

Discovering more about what makes you a unique human being is a combination of both your genes (nature) and environment (nurture). Your genetics can affect your behavior in different situations - from your susceptibility towards alcohol, smoking and food addiction, to how charitable you're likely to be, as well as if you're predisposed towards being more obsessive compulsive than others.



Your Behavioral Traits Report Results Summary

Alcohol Addiction



Obsessions With Washing/Cleaning



Altruism



Smoking Addiction



Food Addiction



Personality Traits

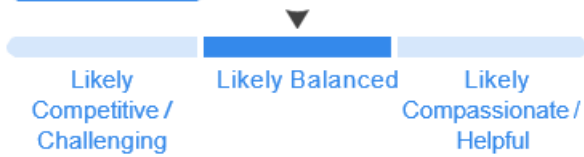
If you've ever wondered about the links between your personality and your genes, wonder no more. It's here that you will learn about how your unique gene profile can offer a deeper look into the role your DNA may play in how you think, feel, act, and react. Are you more extraverted and open than others? Or do you tend to be more disciplined and organized? Your genes can tell you a lot about the type of person you are.



Your Personality Traits Report Results Summary

Agreeableness

Likely Balanced



Neuroticism

Likely Balanced



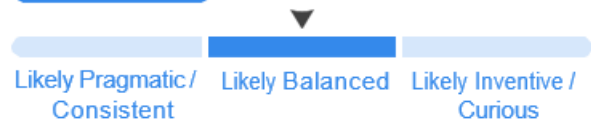
Conscientiousness

Likely Balanced



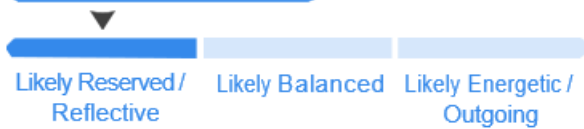
Openness

Likely Balanced



Extraversion

Likely Reserved / Reflective



Success Traits

Your likelihood of success in life could be written in your DNA. There is mounting evidence to show that the best predictor of your life's outcome isn't just linked to your environment (i.e. your upbringing and social class) but to your genetic make-up, too. From your intelligence quotient and entrepreneurship tendency, to how good you're likely to be at math - there's a host of exciting information contained in the genes that make you, you.



Your Success Traits Report Results Summary



Intelligence Quotient (IQ)



Memory Skills



Emotional Quotient (EQ)



Information Processing Power



Entrepreneurship Tendency (AQ)



Language Ability



Creativity



Music & Dance

No language is more universal than music. It's a part of the joy of life, which is why it's found in cultures across the world. However, how well we're able to create it and dance to it is likely ingrained in our DNA. Discover and celebrate the genetic possibilities of your hidden talents - and those of your children - by uncovering your (and their) music and dance abilities, so that you can start to nurture and master them.



Your Music & Dance Report Results Summary



Dancing Ability

Normal



Musical Ability

Normal



Pollution

While air pollution is a major environmental concern that poses major health issues to the general population, certain individuals are more genetically predisposed than others to get certain respiratory conditions when exposed to certain airborne pollutants. Find out why prevention is better than cure by knowing your genetic risk profile when it comes to the air you breathe.



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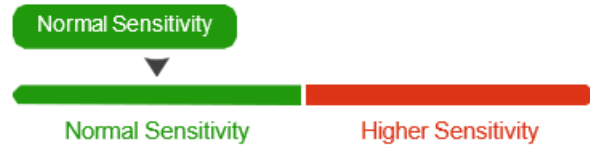
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Your Pollution Report Results Summary

Dust Allergy Sensitivity



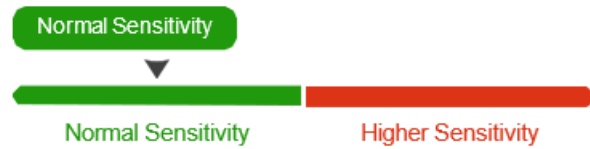
Automobile Pollution Sensitivity



Pesticide Sensitivity



Environmental Pollution Sensitivity



Second-Hand Smoke Sensitivity

