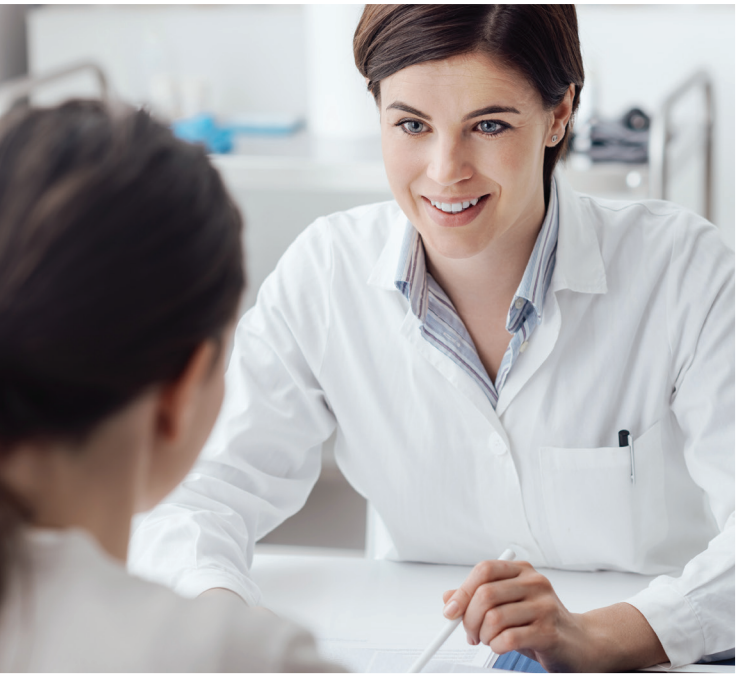
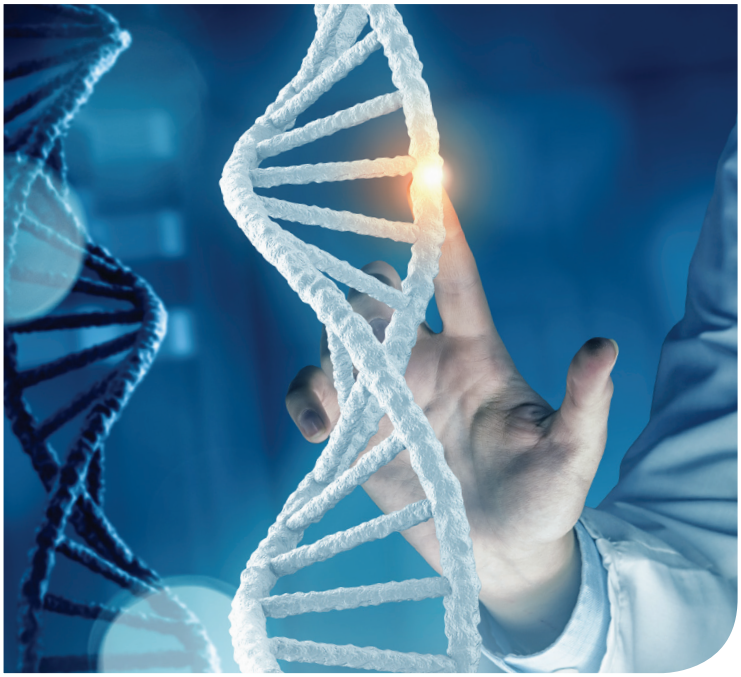
CLINICAL SERVICES





Practitioner report

THIS TEST REPORT IS FOR SAMPLE PURPOSES ONLY

BioCeuticals

Practitioner details

Prescribing practitioner :
Jane Smith
(Patient Account)

Patient details

Report for:
John Citizen
Swab#RES000007 | Jan 11, 2018

Methylation Report

Methylation Profile

Overview of the chosen profile/s for this report.

including gene expression, DNA
cysteine and methionine. The
immune function and the detoxification
tals. Altered methylation patterns have
tility, cardiovascular, hormonal, immune

riations (SNPs) that have been shown to
thionine metabolism, B vitamin levels,

Legend

Provides quick identification of gene effect for practitioner.

- No effect
- Pay attention
- Pay close attention

- - Wild type
- + Heterozygou
+ + Homozygous

Identifies gene result.

Folate pathway

Each profile is allocated into sub-profiles to assist the practitioner in understanding of specific biochemical pathways.

THF) that are required for the
mine, a nucleotide for DNA
and repair, homocysteine

Gene	Gene variation	rs number	Result	Effect
MTHFD1	G1958A	rs2236225	GA - +	
MTHFR	C677T	rs1801133	TT + +	
SHMT1	C1420T	rs1979277	CC - -	
MTHFD1	C105T	rs1076991	CC - -	
MTHFR	A1298C	rs1801131	AA - -	

This outlines the gene results specific to your patient and identifies the potential effect of each.

Homocysteine-Methionine pathway

Each sub-profile includes a brief description of the biochemical pathway and its importance in the body.

steine (Hcy) and methionine
hyTHF. 5-methyTHF donates
pendent enzyme reactions.
production. SAM is the

Gene	Gene variation	rs number	Result	Effect
BHMT	G742A	rs3733890	GA - +	
MTRR	A66G	rs1801394	AA - -	
MTR	A2756G	rs1805087	AG - +	

The 'effect legend' identifies at a quick glance, which SNPs the practitioner should pay attention to.

Shows the location of the gene and researched 'rs number' assessed.

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Folate Pathway > MTHFR
Methylation Profile Report

Identifies patient specific gene result.

Gene	Gene variation	rs number	Result		Effect
MTHFR	C677T	rs1801133	CC	- -	

Legend

- No effect
- Pay attention
- Pay close attention
- - - Wild type
- - + Heterozygous
- + + Homozygous

Gene Description

Outlines specific biochemical function of the gene.

e enzyme that converts one form of
hyltetrahydrofolate (5-MTHF). MTHFR
eine metabolism supporting methylation.
ocysteine to methionine. Methionine is
d the production of S-
ups for methylation reactions
iated with reduced MTHFR activity.
requires adequate nutrient levels and

What do your results mean?

Reviews the function of the gene in relation to the patient's results.

uced enzyme activity and may increase the risk
otype. The AA genotype is associated with
, while GA has a minor effect. Reduced MTHFD1
nd homocysteine metabolism, depending on
be associated with increased risk for pregnancy
line and B vitamins.

Level of Evidence Star Rating

Methylation ★★

Enzyme Activity ★★★

Folate And Homocysteine ★★★★★

Based on the Oxford Centre for Medical Evidence, the star rating is provided to identify the existing evidence for the gene.

CLINICAL SERVICES

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Methylation Report

Supportive Nutrients

Betaine
- 0
- 1 — BHMT

Provides suggested nutrients in relation to your patient's report findings.

Choline
- 0
- 2 — MTHFD1, BHMT

Digestive enzymes
- 1 — FUT2
- 0

Folates
- 1 — MTHFR
- 2 — MTR, MTHFD1

Glutathione
- 0
- 1 — CBS

Identifies nutrient frequency in relation to each gene variant assessed.

Iron
- 0
- 1 — FUT2

Legend

- No effect
- Pay attention
- Pay close attention

- - Wild type
- - + Heterozygous
- + + Homozygous

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Methylation Report

Legend

- No effect
- Pay attention
- Pay close attention
- - - Wild type
- - + Heterozygous
- + + Homozygous

Supportive Diet & Lifestyle

Diet low in Vitamin B12 not recommended
1 | 2
MTR, FUT2 — TCN2

Diet supportive of good gut health
1 | 0
TCN2

Increase choline rich foods
0 | 1
MTHFD1

Provides suggested diet and lifestyle interventions based on your patient's report findings.

Increase foods high in methionine
0 | 1
CBS

Increase green leafy vegetables
1 | 4
MTR, CBS, MTHFD1, BHMT — MTHFR

Identifies diet and lifestyle frequency in relation to each assessed gene variation.

Increase Vitamin B12 rich foods
2 | 2
MTR, FUT2 — FUT2, TCN2

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Legend

- No effect
- Pay attention
- Pay close attention
- - Wild type
- - + Heterozygous
- + + Homozygous

Clinical Test Consideration

Ceruloplasm

0 1

Pyrroluria may impact levels of zinc, copper and vitamin B6. Zinc and Vitamin B6 are important cofactors for parts of the methylation cycle. To be done in conjunction with plasma zinc and serum copper to evaluate copper levels.

CBS

Comprehensive Stool Test

1 0

To determine gut microbiota, which may impact on gut health and B12 absorption.

FUT2

Provides further clinical testing considerations for your patient based on their gene variations.

Folinic acid and 5-MTHF level

1 2

To determine normal folate levels and possible impact of gene on enzyme activity

MTR, MTHFD1 MTHFR

Identifies nutrient frequency in relation to each assessed gene variant.

Full blood count

3 4

Assists to identify possible Vitamin B6, folate and Vitamin B12 deficiencies. These nutrients are required for balanced methylation

MTR, BHMT, MTHFD1, FUT2 TCN2, MTHFR, FUT2

MM2238 CS_0014_Sample_Methylation_Rep_300118_D6