

REPORT SUMMARY



WEIGHT LOSS ABILITY

Weight Loss Ability with Diet and Exercise	BELOW AVERAGE	FTO, TCF7L2, MTNR1B, PPARG, BDNF, ABCB11
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FOOD

Protein Utilization	SLIGHTLY ENHANCED	FTO
Fat Utilization	NORMAL	PPARG, TCF7L2, APOA5, CRY2, MTNR1B, PPM1K
Carb Utilization	NORMAL	IRS1



NUTRIENTS

Vitamin B9 – Folate Tendency	BELOW AVERAGE	MTHFR
Vitamin A Tendency	NORMAL	BCMO1
Vitamin B6 Tendency	BELOW AVERAGE	NBPF3
Vitamin B12 Tendency	LOW	FUT2
Vitamin C Tendency	NORMAL	SLC23A1
Vitamin D Tendency	NORMAL	GC, NADSYN1, CYP2R1



EXERCISE

Fat Loss Response to Cardio	LOW	DRB2, LPL
Fitness Response To Cardio	BELOW AVERAGE	AMPD1, APOE
Body Composition Response to Strength Training	ENHANCED	NRXN3, GNPDA2, LRRN6C, PRKD1, GPRC5B, SLC39A8, FTO, FLJ35779, MAP2K5, QPCTL-GIPR, NEGR1, LRP1B, MTCH2, MTIF3, RPL27A, EC16B, FAIM2, FANCL, ETV5, TFAP2B
HDL Response to Cardio	ENHANCED	APOE
Insulin Sensitivity Response to Cardio	ENHANCED	LIPC
Glucose Response To Cardio	NORMAL	PPARG