



MY ORIGIN

Immune Panel

Health Action Plan

Demo Client 1

Kit #TB00059176DEMO

August 9, 2019

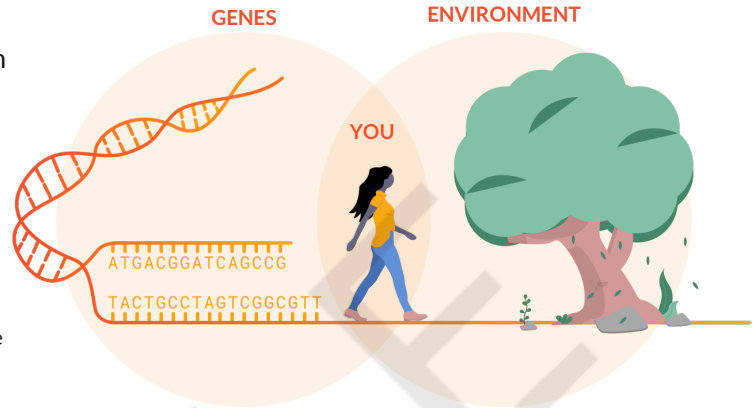
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Understand Your Genetics

This report is broken down into three main sections: Trait Impact, Recommendations and Trait Detail. Depending on the number of traits being reviewed, your report will contain multiple trait and recommendation detail sections. Terms and sections of the report are defined below.



DNA

DNA is a long, ladder-shaped molecule. The rungs of the ladder are made of two amino acids pairing together, these are called bases. They always pair the same way, A (Adenine) with T (Thymine), and C (Cytosine) with G (Guanine). The body is constantly replicating DNA strands.

GENE

Genes are the basic units of heredity (passed down from generation to generation). They are made of DNA and provide the instructions for how our body works, what we look like, etc. Humans have between 20,000 - 25,000 genes. We inherit half of them from our mother and half from our father.

SNP

A SNP is a Single Nucleotide Polymorphism. SNPs occur when the amino acids making up the base pair do not come together in the same way as the original DNA strand. For example, the original strand may have had an A but the replicated strand has a G. SNPs are common and many of them have no impact to the individual, however, some can change how our body works.

VARIANT

Variants are how SNPs are referred to in this report. When the amino acid in the copied strand is different from the original, it is called a variant - it varies from the original. Variants are not necessarily 'good' or 'bad' they are simply different from the original. The depiction of variants is shown as: +/+ (both copies have different amino acids), +/- (one copy has a different amino acid), -/- (both copies have the same amino acid as the original) or U (one copy is indeterminate).

Reading This Report

Trait	Impact Score
Trait Name	

1 Trait Impact

This report focuses on traits. These are typically groups of SNPs that have a similar impact on the body's function. We use a proprietary algorithm to determine the impact a group of SNPs may have on a specific function in the body based on your individual test results.

Gene	SNP/RSID	Variant
SMPL	ex1234567	+ -

2 Traits

The traits in our reports are typically grouped by body function, a symptom type, a disease, a nutrient need, or a response to environment. Within the trait pages, you will see the SNPs that are looked at for that trait, your variant type and recommendations to optimize health and minimize risk based on your individual results.

Trait Recommendations

3 Recommendations

Your genes, and therefore your SNPs, will not change during your life. However, this report focuses on SNPs whose impact can be influenced by external factors like diet, exercise, supplements, and lifestyle changes.

Disclaimer - The recommendations in this report have been carefully prepared and reviewed for you by your health and wellness provider, based on his or her reasoned medical judgment about your personal health needs. Be sure that you have shared with your health and wellness provider all relevant information about your health, including any medications or dietary supplements you may be taking, and any medical conditions you may be experiencing, before you adopt any of these recommendations. This test is performed via DNA sequencing. As with all genetic testing with the highest possible standards, the data generated during the laboratory process will have a <99% sensitivity and specificity.

How These Traits Affect You

This page provides a high-level snapshot of the clinical significance of each trait within this panel. The results are in two categories: traits that are ranked high, medium or low impact as well as traits for which there is an explicit result (i.e. categorical such as "yes" or "no"). At the end of this page are a summary of any non-reportable (NR) traits. The results for these traits are unable to be determined from the sample submitted. Recommendations are made for traits with high or medium impact only.



Impact Traits	Impact	Learn More
1 Inflammation	HIGH	Page 13
2 Rheumatoid Arthritis	MEDIUM	Page 15
3 Hashimoto's Thyroiditis	LOW	
4 Multiple Sclerosis	LOW	
5 Psoriasis	LOW	

Supplements

Below is a list of recommended supplements curated specifically for you based on the Supplement sections found within your report. Supplement recommendations are listed in order of importance based on your individual genetic results. The traits generating each recommendation are listed just below them. These recommendations have been reviewed by your healthcare provider. Please contact your provider if you have any questions.

Supplement Recommendation & Linked Traits	Details	Comments
1 Curcumin Inflammation, Rheumatoid Arthritis	Supplement with 250 - 2,000 mg of curcumin extract per day.	
2 Vitamin D3 Inflammation, Rheumatoid Arthritis	Supplement with 3,000 IUs of vitamin D3 per day.	
3 Ashwagandha Rheumatoid Arthritis	Supplement with 250 - 300 mg of ashwagandha per day.	
4 Betaine Hydrochloride (HCl) Inflammation	Supplement with 1 - 2 g of betaine hydrochloride (HCl) with meals for at least 6 months.	
5 Borage Oil Rheumatoid Arthritis	Supplement with 2.7 g per day of borage oil per day.	
6 Cannabinoid Supplements Rheumatoid Arthritis	Consider using cannabinoid supplements for managing pain.	
7 Folate Inflammation	Supplement with 400 - 800 mcg of methyl-folate per day.	
8 Multivitamin Inflammation	Supplement with a multivitamin that includes activated B vitamins.	
9 Omega-3 Rheumatoid Arthritis	Supplement with 2 - 5 g of omega-3 fatty acid supplement that contains essential fatty acids DHA and EPA.	

10 Pomegranate Extract

Rheumatoid Arthritis

Supplement with 500 mg of pomegranate extract per day.

11 Wormwood

Rheumatoid Arthritis

Supplement with 30 g of wormwood per day.

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Note - If you are taking any medications, consult with your practitioner before starting any new supplements as they may have adverse effects with your medications.

Diet

Below is a list of dietary recommendations curated specifically for you based on the Diet sections found within your report. Diet recommendations are listed in order of importance based on your individual genetic results. The traits generating each recommendation are listed just below them. These recommendations have been reviewed by your healthcare provider. Please contact your provider if you have any questions.

Diet Recommendation & Linked Traits	Details	Comments
1 Mediterranean Diet Inflammation, Rheumatoid Arthritis	Adopt a Mediterranean-style diet that includes a variety of antioxidant-rich foods, heart healthy fats, and complex carbohydrates.	
2 Allergen Free Diet Rheumatoid Arthritis	Eliminate common allergenic foods from the diet, including wheat, corn, dairy, shellfish, nuts, eggs, and soy.	
3 Anti-Inflammatory Diet Inflammation	Consume a diet rich in anti-inflammatory foods.	
4 Dietary Fiber Inflammation	Increase dietary fiber intake to recommended 25 g for females and 30 g for males.	
5 Fruits and Vegetables Inflammation	Include fruits and vegetables at every meal to increase levels of antioxidants in the body, especially strawberries, blueberries, broccoli, sprouts, and green leafy vegetables.	
6 Juice Fasting Rheumatoid Arthritis	Try a fruit and vegetable juice fast for 5 to 7 days.	
7 Nut Consumption Inflammation	Consume a variety of nuts including almonds, walnuts, macadamia nuts, and brazil nuts.	
8 Omega-3 Rich Foods Inflammation	Consume a diet rich in omega-3 fatty acids.	

Lifestyle

Below is a list of lifestyle recommendations curated specifically for you based on the Lifestyle sections found within your report. Lifestyle recommendations are listed in order of importance based on your individual genetic results. The traits generating each recommendation are listed just below them. These recommendations have been reviewed by your healthcare provider. Please contact your provider if you have any questions.

Lifestyle Recommendation & Linked Traits	Details	Comments
1 Cognitive Behavioral Therapy Rheumatoid Arthritis	Use cognitive behavioral therapy to reprogram responses to pain.	
2 Intermittent Fasting Inflammation	Try intermittent fasting (fasting for 14+ hours daily) or alternate day fasting (fasting for 24 hours every other day).	
3 Meditation Rheumatoid Arthritis	Engage in 10 to 20 minutes of mindfulness meditation 2 or more times per week.	
4 Sleep Consistency Inflammation	Stick to a consistent sleep routine that consists of going to sleep and waking up at approximately the same time each day.	
5 Use Natural Personal Care Products Rheumatoid Arthritis	Use natural care products that do not contain environmental toxins such as formaldehyde, phthalates, parabens, lead, mercury, triclosan, and benzophenone.	

Exercise

Below is a list of exercise recommendations curated specifically for you based on the Exercise sections found within your report. Exercise recommendations are listed in order of importance based on your individual genetic results. The traits generating each recommendation are listed just below them. These recommendations have been reviewed by your healthcare provider. Please contact your provider if you have any questions.

Exercise Recommendation & Linked Traits

Details

Comments

1 Cross Training

Rheumatoid Arthritis

Aim to perform cross training that includes cardio, weight training, and sports movements performed twice per week.

Further Testing

Below is a list of further testing recommendations curated specifically for you based on the Further Testing sections found within your report. Further Testing recommendations are listed in order of importance based on your individual genetic results. The traits generating each recommendation are listed just below them. These recommendations have been reviewed by your healthcare provider. Please contact your provider if you have any questions.

Further Testing Recommendation & Linked Traits	Details	Comments
1 C-Reactive Protein (CRP) or hsCRP Inflammation, Rheumatoid Arthritis	Test levels of C-Reactive Protein (CRP) or hsCRP	
2 Erythrocyte Sedimentation Rate (ESR) Inflammation, Rheumatoid Arthritis	Test erythrocyte sedimentation rate (ESR) in blood	
3 Anti-Mycoplasma Fermentans Antibodies Rheumatoid Arthritis	Test for Anti-mycoplasma fermentans antibodies	
4 Epstein-Barr Virus (EBV) Rheumatoid Arthritis	Test for the Epstein-Barr Virus (EBV)	
5 Fibrinogen Inflammation	Test fibrinogen levels in the body	
6 Folate Testing Inflammation	Test folate levels	
7 Food Sensitivity Testing Rheumatoid Arthritis	Test for food sensitivities	
8 Homocysteine Levels Inflammation	Check blood homocysteine levels	

9 IL-6 Testing

Inflammation

Test for levels of IL-6

10 TNF-alpha

Inflammation

Test for TNF-alpha

11 Testing for Early Markers of Inflammation and Autoimmunity

Rheumatoid Arthritis

Testing for early markers of inflammation and autoimmunity

12 Testing for Mold/Mildew

Rheumatoid Arthritis

Test for mold/mildew exposure

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Appendix 1: Trait Details

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Inflammation

People with similar genetic markers may be more likely to experience increased levels of inflammation, which is the body's natural response to an injury, wound, or infection.

Gene	SNP	Variant	Impact
TNF- α	rs1800629	+/+	High
IL6	rs1800795	+/+	High
TNF- α	rs1799724	+/-	Medium
PTPN22	rs2476601	+/-	Medium
IL-10	rs1800872	+/-	Low
TNF- α	rs1799964	-/-	Low
IL23R	rs2201841	+/-	Low
IL-10	rs3024505	-/-	Low

Recommendations

These recommendations are based on the genetic findings in the chart above.

SUPPLEMENT

- Multivitamin
- Vitamin D3
- Curcumin
- Betaine Hydrochloride (HCl)
- Folate

DIET

- Anti-Inflammatory Diet
- Dietary Fiber
- Nut Consumption
- Omega-3 Rich Foods
- Mediterranean Diet
- Fruits and Vegetables

LIFESTYLE

- Sleep Consistency
- Intermittent Fasting

FURTHER TESTING

- Homocysteine Levels
- C-Reactive Protein (CRP) or hsCRP
- Fibrinogen
- IL-6 Testing
- Erythrocyte Sedimentation Rate (ESR)
- Folate Testing

-
- TNF-alpha
-

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Rheumatoid Arthritis

People with similar genetic markers may be at a higher risk for developing rheumatoid arthritis.

Gene	SNP	Variant	Impact
TNFAIP3	rs6920220	+/+	High
ANAPC4	rs3816587	+/+	High
PTPN22	rs1217410	+/+	High
PTPN22	rs2476601	+/-	Medium
REL	rs13031237	+/-	Medium
STAT4	rs7574865	+/-	Medium
CCR6	rs3093024	+/-	Medium
NCF4	rs729749	+/-	Medium
AFF3	rs10865035	+/-	Medium
TNFAIP3	rs5029937	-/-	Low
C6orf10	rs6910071	-/-	Low
NOS3	rs2070744	-/-	Low
CDK6	rs42041	-/-	Low
TNFAIP3	rs2230926	-/-	Low
TLR3	rs3775291	-/-	Low
CD40	rs4810485	-/-	Low
HLA-DRB1	rs615672	+/-	Low

Recommendations

These recommendations are based on the genetic findings in the chart above.

SUPPLEMENT

- Omega-3
- Vitamin D3
- Curcumin
- Wormwood
- Borage Oil
- Pomegranate Extract
- Ashwagandha
- Cannabinoid Supplements

DIET

- Mediterranean Diet
- Juice Fasting
- Allergen Free Diet

LIFESTYLE

- Use Natural Personal Care Products
 - Meditation
 - Cognitive Behavioral Therapy
-

EXERCISE

- Cross Training
-

FURTHER TESTING

- Anti-Mycoplasma Fermentans Antibodies
 - Epstein-Barr Virus (EBV)
 - Testing for Mold/Mildew
 - C-Reactive Protein (CRP) or hsCRP
 - Erythrocyte Sedimentation Rate (ESR)
 - Testing for Early Markers of Inflammation and Autoimmunity
 - Food Sensitivity Testing
-



Appendix 2: Client Summary

Immune Panel

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Client Summary Report: Immune Panel

Below is a summary of the genetic data that we test for in this Health Action Plan. Recommendations are given for traits with Medium and High Impact.

Traits are listed in order of trait impact. Please look at the Trait Impact Summary Report for more information.

Trait	Gene	SNP/RSID	Clinical Significance	Variant Type	SNP Impact Score	Comments
Inflammation	TNF- α	rs1800629	Increased risk of elevated inflammatory response	+/+	High	
Inflammation	IL6	rs1800795	Increased risk of elevated circulating IL-6 cytokines	+/+	High	
Inflammation	TNF- α	rs1799724	Increased risk of elevated inflammatory response	+/-	Medium	
Inflammation	PTPN22	rs2476601	Increased risk of elevated inflammatory response	+/-	Medium	
Inflammation	IL-10	rs1800872	Increased risk of elevated inflammatory response	+/-	Low	
Inflammation	TNF- α	rs1799964	Increased risk of elevated inflammatory response	-/-	Low	
Inflammation	IL23R	rs2201841	Increased risk of elevated inflammatory response	+/-	Low	
Inflammation	IL-10	rs3024505	Increased risk of elevated inflammatory response	-/-	Low	
Rheumatoid Arthritis	TNFAIP3	rs6920220	Increased risk of RA	+/+	High	
Rheumatoid Arthritis	ANAPC4	rs3816587	Increased risk of RA	+/+	High	
Rheumatoid Arthritis	PTPN22	rs1217410	Increased risk of RA	+/+	High	
Rheumatoid Arthritis	PTPN22	rs2476601	Increased risk of RA	+/-	Medium	

Trait	Gene	SNP/RSID	Clinical Significance	Variant Type	SNP Impact Score	Comments
Rheumatoid Arthritis	REL	rs13031237	Increased risk of RA	+/-	Medium	
Rheumatoid Arthritis	STAT4	rs7574865	Increased risk of RA	+/-	Medium	
Rheumatoid Arthritis	CCR6	rs3093024	Increased risk of RA	+/-	Medium	
Rheumatoid Arthritis	NCF4	rs729749	Increased risk of RA	+/-	Medium	
Rheumatoid Arthritis	AFF3	rs10865035	Increased risk of RA	+/-	Medium	
Rheumatoid Arthritis	TNFAIP3	rs5029937	Increased risk of RA	-/-	Low	
Rheumatoid Arthritis	C6orf10	rs6910071	Increased risk of RA	-/-	Low	
Rheumatoid Arthritis	NOS3	rs2070744	Increased risk of RA with possibility of increased clinical manifestations, e.g. pain	-/-	Low	
Rheumatoid Arthritis	CDK6	rs42041	Increased risk of RA, with possibility of increased rate of joint breakdown	-/-	Low	
Rheumatoid Arthritis	TNFAIP3	rs2230926	Increased risk of RA	-/-	Low	
Rheumatoid Arthritis	TLR3	rs3775291	Increased risk of RA	-/-	Low	
Rheumatoid Arthritis	CD40	rs4810485	Increased risk of RA	-/-	Low	
Rheumatoid Arthritis	HLA-DRB1	rs615672	Increased risk of RA	+/-	Low	
Hashimoto's Thyroiditis	ATXN2	rs653178	Increased risk of being positive for TPO antibodies	+/-	Medium	
Hashimoto's Thyroiditis	MAGI3	rs1230666	Increased risk for elevated TPO antibodies, TSH, hypothyroidism	+/-	Medium	
Hashimoto's Thyroiditis	TNF- α	rs1800629	Increased risk for Hashimotos	-/-	Low	

Trait	Gene	SNP/RSID	Clinical Significance	Variant Type	SNP Impact Score	Comments
Hashimoto's Thyroiditis	PTPN22	rs12730735	Increased risk for Hashimotos	-/-	Low	
Hashimoto's Thyroiditis	IL6	rs1800795	Increased risk for Hashimotos	-/-	Low	
Hashimoto's Thyroiditis	BACH2	rs10944479	Increased risk of being positive for TPO antibodies, increased TSH and hypothyroidism	-/-	Low	
Multiple Sclerosis	IL2RA	rs2104286	Increased risk of MS	+/+	High	
Multiple Sclerosis	FLJ34870	rs1437898	Increased risk of MS	+/+	High	
Multiple Sclerosis	C1orf125	rs12047808	Increased risk of MS	+/+	High	
Multiple Sclerosis	MAF	rs404694	Increased risk of MS	+/+	High	
Multiple Sclerosis	CRYBA4	rs5997184	Increased risk of MS	+/+	High	
Multiple Sclerosis	CAST1	rs11719646	Increased risk of MS	+/+	High	
Multiple Sclerosis	MGC13125	rs180358	Increased risk of MS	+/+	High	
Multiple Sclerosis	JMJD2C	rs16925027	Increased risk of MS	+/+	High	
Multiple Sclerosis	CBLB	rs9657904	Increased risk of MS	+/+	High	
Multiple Sclerosis	C16orf47	rs7191888	Increased risk of MS	+/+	High	
Multiple Sclerosis	NALP11	rs299175	Increased risk of MS	+/+	High	
Multiple Sclerosis	HIVEP2	rs263153	Increased risk of MS	+/+	High	
Multiple Sclerosis	NPHP3	rs6794496	Increased risk of MS	+/+	High	
Multiple Sclerosis	IL7R	rs6897932	Increased risk of MS	+/+	High	
Multiple Sclerosis	CHORDC1	rs1354913	Increased risk of MS	+/+	High	
Multiple Sclerosis	CPAMD8	rs6512158	Increased risk of MS	+/+	High	
Multiple Sclerosis	CPAMD8	rs11666377	Increased risk of MS	+/+	High	
Multiple Sclerosis	FOXO3	rs9486902	Increased risk of MS	+/-	Medium	
Multiple Sclerosis	IRX1	rs4866550	Increased risk of MS	+/-	Medium	

Trait	Gene	SNP/RSID	Clinical Significance	Variant Type	SNP Impact Score	Comments
Multiple Sclerosis	CDH10	rs10078091	<i>Increased risk of MS</i>	+/-	Medium	
Multiple Sclerosis	ZNF433	rs3745672	<i>Increased risk of MS</i>	+/-	Medium	
Multiple Sclerosis	FUT9	rs6899560	<i>Increased risk of MS</i>	+/-	Medium	
Multiple Sclerosis	WDR7	rs1557351	<i>Increased risk of MS</i>	+/-	Medium	
Multiple Sclerosis	KIAA1706	rs1806468	<i>Increased risk of MS</i>	+/-	Medium	
Multiple Sclerosis	FLJ16641	rs12638253	<i>Increased risk of MS</i>	+/-	Medium	
Multiple Sclerosis	LRRC41	rs12142240	<i>Increased risk of MS</i>	+/-	Medium	
Multiple Sclerosis	FOXO3	rs9480865	<i>Increased risk of MS</i>	+/-	Medium	
Multiple Sclerosis	NAALADL2	rs7432623	<i>Increased risk of MS</i>	+/-	Medium	
Multiple Sclerosis	C20orf133	rs368380	<i>Increased risk of MS</i>	+/-	Medium	
Multiple Sclerosis	CHSY1	rs8043243	<i>Increased risk of MS</i>	+/-	Medium	
Multiple Sclerosis	CHSY1	rs752092	<i>Increased risk of MS</i>	+/-	Medium	
Multiple Sclerosis	FLJ16641	rs10936043	<i>Increased risk of MS</i>	+/-	Medium	
Multiple Sclerosis	MKI67	rs7914524	<i>Increased risk of MS</i>	+/-	Medium	
Multiple Sclerosis	FRS3	rs3804281	<i>Increased risk of MS</i>	+/-	Medium	
Multiple Sclerosis	MLANA	rs2150702	<i>Increased risk of MS</i>	+/-	Medium	
Multiple Sclerosis	IMMP2L	rs868824	<i>Increased risk of MS</i>	+/-	Medium	
Multiple Sclerosis	CBLN2	rs337718	<i>Increased risk of MS</i>	+/-	Medium	
Multiple Sclerosis	C1GALT1	rs10259085	<i>Increased risk of MS</i>	+/-	Medium	
Multiple Sclerosis	CDCA1	rs10917727	<i>Increased risk of MS</i>	+/-	Medium	
Multiple Sclerosis	KCNB2	rs2116078	<i>Increased risk of MS</i>	-/-	Low	
Multiple Sclerosis	TNFRSF1A	rs1800693	<i>Increased risk in TNF pathway stimulation which plays a role in development in MS</i>	-/-	Low	
Multiple Sclerosis	IGF2R	rs12202350	<i>Increased risk of MS</i>	-/-	Low	
Multiple Sclerosis	NUBPL	rs2039485	<i>Increased risk of MS</i>	-/-	Low	

Trait	Gene	SNP/RSID	Clinical Significance	Variant Type	SNP Impact Score	Comments
Multiple Sclerosis	CD6	rs17824933	<i>Increased risk of MS</i>	-/-	Low	
Multiple Sclerosis	JARID2	rs6941421	<i>Increased risk of MS</i>	-/-	Low	
Multiple Sclerosis	CENPC1	rs10518025	<i>Increased risk of MS</i>	-/-	Low	
Multiple Sclerosis	C9orf150	rs12553535	<i>Increased risk of MS</i>	-/-	Low	
Multiple Sclerosis	HLA-DRA	rs3135388	<i>Increased risk of MS</i>	-/-	Low	
Multiple Sclerosis	NLGN1	rs13067869	<i>Increased risk of MS</i>	-/-	Low	
Multiple Sclerosis	MET	rs10243024	<i>Increased risk of MS</i>	-/-	Low	
Multiple Sclerosis	C6orf10	rs3129934	<i>Increased risk of MS</i>	-/-	Low	
Multiple Sclerosis	KCNIP1	rs11957313	<i>Increased risk of MS</i>	-/-	Low	
Multiple Sclerosis	IGF2R	rs6917747	<i>Increased risk of MS</i>	-/-	Low	
Multiple Sclerosis	GPR126	rs146250	<i>Increased risk of MS</i>	-/-	Low	
Multiple Sclerosis	LOC132321	rs1478091	<i>Increased risk of MS</i>	-/-	Low	
Multiple Sclerosis	COX10	rs7211577	<i>Increased risk of MS</i>	-/-	Low	
Multiple Sclerosis	HLA-DRA	rs3129871	<i>Increased risk of MS</i>	-/-	Low	
Multiple Sclerosis	BICD1	rs261902	<i>Increased risk of MS</i>	-/-	Low	
Multiple Sclerosis	DKK2	rs10516537	<i>Increased risk of MS</i>	-/-	Low	
Multiple Sclerosis	C18orf24	rs2028455	<i>Increased risk of MS</i>	-/-	Low	
Multiple Sclerosis	LOC132321	rs2035213	<i>Increased risk of MS</i>	-/-	Low	
Multiple Sclerosis	TNFRSF1A	rs4149584	<i>Increased risk of MS</i>	-/-	Low	
Psoriasis	ETS1	rs3802826	<i>Increased risk for psoriasis</i>	+/+	High	
Psoriasis	TNFSF15	rs6478109	<i>Increased risk for psoriasis</i>	+/+	High	
Psoriasis	IL23R	rs9988642	<i>Increased risk for psoriasis</i>	+/+	High	
Psoriasis	STAT2	rs2066819	<i>Increased risk for psoriasis</i>	+/+	High	

Trait	Gene	SNP/RSID	Clinical Significance	Variant Type	SNP Impact Score	Comments
Psoriasis	RNF114	rs1056198	<i>Increased risk for psoriasis</i>	+/+	High	
Psoriasis	TYK2	rs34536443	<i>Increased risk for psoriasis</i>	+/+	High	
Psoriasis	IL13	rs1295685	<i>Increased risk for psoriasis</i>	+/+	High	
Psoriasis	ZMIZ1	rs1250546	<i>Increased risk for psoriasis</i>	+/+	High	
Psoriasis	KCNH7	rs17716942	<i>Increased risk for psoriasis; possible earlier age of onset</i>	+/-	Medium	
Psoriasis	IL12B	rs3213094	<i>Increased risk for psoriasis</i>	+/-	Medium	
Psoriasis	FLJ16341	rs62149416	<i>Increased risk for psoriasis</i>	+/-	Medium	
Psoriasis	EXOC2	rs9504361	<i>Increased risk for psoriasis</i>	+/-	Medium	
Psoriasis	POLI	rs545979	<i>Increased risk for psoriasis</i>	+/-	Medium	
Psoriasis	RPS6KA4	rs645078	<i>Increased risk for psoriasis</i>	+/-	Medium	
Psoriasis	TNFAIP3	rs582757	<i>Increased risk for psoriasis</i>	+/-	Medium	
Psoriasis	CARD11	rs4722404	<i>Increased risk for psoriasis, most notably earlier onset</i>	+/-	Medium	
Psoriasis	CARD14	rs11652075	<i>Increased risk for psoriasis</i>	+/-	Low	
Psoriasis	TSC1	rs1076160	<i>Increased risk for psoriasis</i>	+/-	Low	
Psoriasis	TRAF3IP2	rs33980500	<i>Increased risk for psoriasis</i>	-/-	Low	
Psoriasis	FOXP3	rs2232365	<i>Increased risk for psoriasis</i>	+/-	Low	
Psoriasis	STX1B	rs12445568	<i>Increased risk for psoriasis</i>	-/-	Low	

Trait	Gene	SNP/RSID	Clinical Significance	Variant Type	SNP Impact Score	Comments
Psoriasis	DDX58	rs11795343	<i>Increased risk for psoriasis</i>	-/-	Low	
Psoriasis	ELMO1	rs2700987	<i>Increased risk for psoriasis</i>	-/-	Low	
Psoriasis	IL23R	rs2082412	<i>Increased risk for psoriasis</i>	+/-	Low	
Psoriasis	PTRF	rs963986	<i>Increased risk for psoriasis</i>	-/-	Low	
Psoriasis	TNIP1	rs2233278	<i>Increased risk for psoriasis</i>	-/-	Low	
Psoriasis	NOS2	rs28998802	<i>Increased risk for psoriasis</i>	-/-	Low	

SAMPLE

Report Key

Gene: Basic unit of heredity that is made of DNA and acts as instructions to make all body proteins. Humans have between 20,000 - 25,000 genes, half of which come from one's mother and the other half from one's father

SNP/RSID: A SNP is also called a Single Nucleotide Polymorphism. DNA consists of 4 main building blocks (Adenine (A), Thymine (T), Guanine (G), and Cytosine (C)). In certain locations within DNA, one person may have an A, whereas another may have a G. This difference in the base pair is often called a variant. This variant is a SNP. The rs number is a unique identifier used by researchers and databases to refer to specific SNPs. It stands for Reference SNP cluster ID.

Clinical Significance: The clinical or practical importance of a given SNP. Having a risk variant (+) for a particular SNP, increases one's predisposition to this clinical significance.

Variant Type: Genetic variants are the differences that make each person unique. In this report, variant refers to Single Nucleotide Polymorphisms (SNPs). + is the risk allele and - is the non-risk allele. Variants are not necessarily "good" or "bad," rather genetic variants are simply the differences in the forms of the genes present in the body.

Variant Type	Definition
+/+	Both risk alleles present
+/-	One risk allele present
-/-	No risk allele present
+/U or -/U	Indeterminable allele
NR	Not Reportable, unable to determine variants present in the sample

Impact: The potential impact based on research of a variant type.

Impact	Definition
High (H)	Likely a large clinical impact.
Moderate (M)	Likely a slightly elevated clinical impact
Low (L)	Likely a low clinical impact