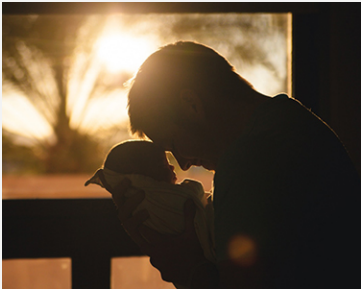




WORLDWIDE HEALTH & FITNESS SOLUTIONS



YOUR **brainPower** RESULTS

Personal DNA Report for:

Private and Confidential

YOUR brainPower SUMMARY

Your brainPower report provides you with your personal DNA results related to genetic factors which can affect your overall mental wellness. The genetic composition results indicate your risk potential based on the number of normal and variant genes. By understanding these risk factors you can make informed choices to help achieve maximum health.


AREA TESTED	TELLS YOU (Risk Potential)	YOUR GENETIC COMPOSITION RESULTS	PAGE
MENTAL WELLNESS			
Alzheimer's	<i>Your normal genetic risk of developing Alzheimer's disease</i>		8
Concussion	<i>Your ability to recover normally from concussion</i>		10
Cortisol	<i>Your ability to regulate cortisol levels normally</i>		11
Depression	<i>Your normal risk of experiencing depression</i>		12
Parkinson's	<i>Your normal risk of developing Parkinson's disease</i>		13

● Normal Genes ● Variations

YOUR brainPower ACTION PLAN

Your personal DNA results provide valuable insights into your body based on your unique genetic code. This is a suggested brainPower Action Plan based on your personal DNA results. We have provided you with Action Tips that may help support your DNA and health.

The areas below are where you have higher genetic variations (>50% red in the Genetic Composition graphs). This increases your risk potential in that area over time. By taking action to support your health in these areas and managing lifestyle factors such as diet, exercise, sleep, stress and environmental factors, you increase the opportunity for your genes to function optimally.

AREA TESTED	ACTION TIPS	PAGE
MENTAL WELLNESS		
 Cortisol	<i>Your body may have a stronger response to cortisol – the stress hormone. Focus on adequate sleep, good diet, moderate exercise, decreasing the stressors in your life, having fun, meditating and healthy relationships.</i>	11

- » Additional Tips are available throughout the report. Focus on areas where you have high red variations.
- » These Action Tips are based on your genetic predisposition only. They are intended to support better health. They are not an indication of a problem and do not take into account where your health may be today.
- » Consult with a healthcare practitioner before embarking on any major lifestyle changes.

Cortisol

YOUR ABILITY TO REGULATE CORTISOL LEVELS NORMALLY

Cortisol is an essential steroid hormone sometimes known as the “stress hormone”. Produced in the adrenal gland, it is essential to stress response within the body. However, cortisol has many functions in the body such as its ability to help regulate blood sugar levels and your metabolism. It also helps reduce inflammation, assist with memory formulation, control blood pressure and in women, support the developing fetus during pregnancy.

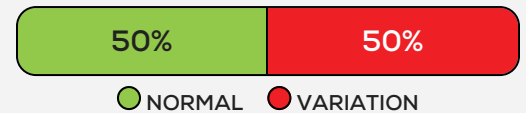
The SERPINA6 gene encodes a protein called corticosteroid-binding globulin. This protein then binds to our cortisol hormone and delivers it to other tissues when needed. Variations in corticosteroid-binding globulin affect binding affinity for cortisol and tissue delivery of cortisol. Individuals carrying variation in plasma cortisol have been associated with extreme fatigue, chronic pain, cardiovascular and psychiatric disease. These individuals may have a harder time losing weight and building muscle.

TIPS TO TAKE POWER OVER YOUR HEALTH

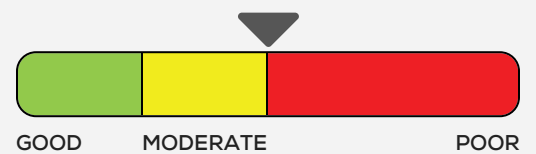
If you have a variation in this panel, you may want to consider the following to improve your health:

- » If you have symptoms related to irregular cortisol levels talk to your health care provider about getting your cortisol levels tested.
- » If your cortisol levels are irregular there are health care measures that you can take to increase your quality of life.
- » Try to increase your sleep, decrease your stress, and take up relaxing activities such as yoga and meditation.

YOUR GENETIC COMPOSITION %



YOUR GENE FUNCTION



▶ You have moderate variation in this gene. You have some variation in the gene that regulates cortisol “stress hormone” levels.