

PureGenomics®

Personalized Report for Jane Doe

Green = Optional Foundational Support

Yellow / **Red** = Highly Recommended Nutritional Support

Grey = No genotype exists for this SNP

Methylation SNPs

Gene	SNP	What this SNP means	Diet & Lifestyle Recommendations*	Pure Encapsulations® Products
CBS	C699T	Higher conversion of homocysteine to cystathionine	No recommendations.	PureGenomics Multi
COMT	V158M	Reduced detoxification of catecholamines and estrogen	Manage stress with meditation, yoga or breathing exercises. Include vegetables such as broccoli, cauliflower, Brussels Sprouts in your diet to support estrogen metabolism. Talk to your health care provider about supplement options for hormonal balance and if applicable, for sleep and relaxation support.	Magnesium (glycinate), Adenosyl/Hydroxy B12 liquid, DIM & Detox, PureGenomics Multi
FUT2	G772A	Modified risk of low B ₁₂ status; potential for lower intestinal microbial diversity	You may need a vitamin B12 supplement. Your health care provider will determine the dose that is right for you.	Adenosyl/Hydroxy B ₁₂ Folate, PureGenomics Multi
MTHFR	A1298C	Reduced ability to activate folates to 5-MTHF	No recommendations.	PureGenomics Multi