

Vitamin A&D SNPs

Gene	SNP	What this SNP means	Diet & Lifestyle Recommendations*	Pure Encapsulations® Products
BCMO1	A379V	Reduced ability to convert dietary beta-carotene to active vitamin A	Ensure adequate intake of vitamin A. If you do not eat foods like organ meats, eggs, cod liver oil and dairy products, your health care provider may recommend a supplement.	Vitamin A+ Carotenoids
BCMO1	R267S	Reduced ability to convert dietary beta-carotene to active vitamin A	Ensure adequate intake of vitamin A. If you do not eat foods like organ meats, eggs, cod liver oil and dairy products, your health care provider may recommend a supplement.	Vitamin A+ Carotenoids
GC		Delivery of D ₃ to cells may be limited	You may need extra vitamin D. Your health care provider may recommend a supplement.	Vitamin Dsub>3 liquid

*Consult your health care provider for specific nutritional supplement recommendations.

Detox & Antioxidant SNPs

Gene	SNP	What this SNP means	Diet & Lifestyle Recommendations*	Pure Encapsulations® Products
GSTP1	I105V	Reduced ability to conjugate certain toxins with glutathione	Consume a diet rich in fruits and vegetables. Include cruciferous vegetables such as broccoli, Brussels sprouts, arugula, kale and cauliflower. Your health care provider may recommend supplements to support detoxification.	DIM & Detox, Liposomal Glutathione, Alpha Lipoic Acid 400 mg, Alpha Lipoic Acid 600 mg, NAC (N-Acetyl-L-Cysteine) 600 MG