



Anti-aging DNA Report (Unisex)

Exclusively designed for Mavie



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Anti-aging DNA Report (Unisex)

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Predictive Genomics Reports

1. Introduction



Anti-aging DNA Report (Unisex)

Your Anti-aging DNA report contains your personal results for specific DNA variations detected, which are likely to be related to skin health and hair traits. Despite we cannot change our genes we can have a deeper look to our potential genetic “weaknesses” or “strengths”.

Understanding your potential genetic predisposition could be a precious guiding tool for the appropriate personalized regime addressing your specific needs.

Note that the nature of this DNA report is not diagnostic. You will find out if you have a genetic predisposition to certain defects, but whether you actually develop these depends also on lifestyle and environmental factors.

Disclaimers:

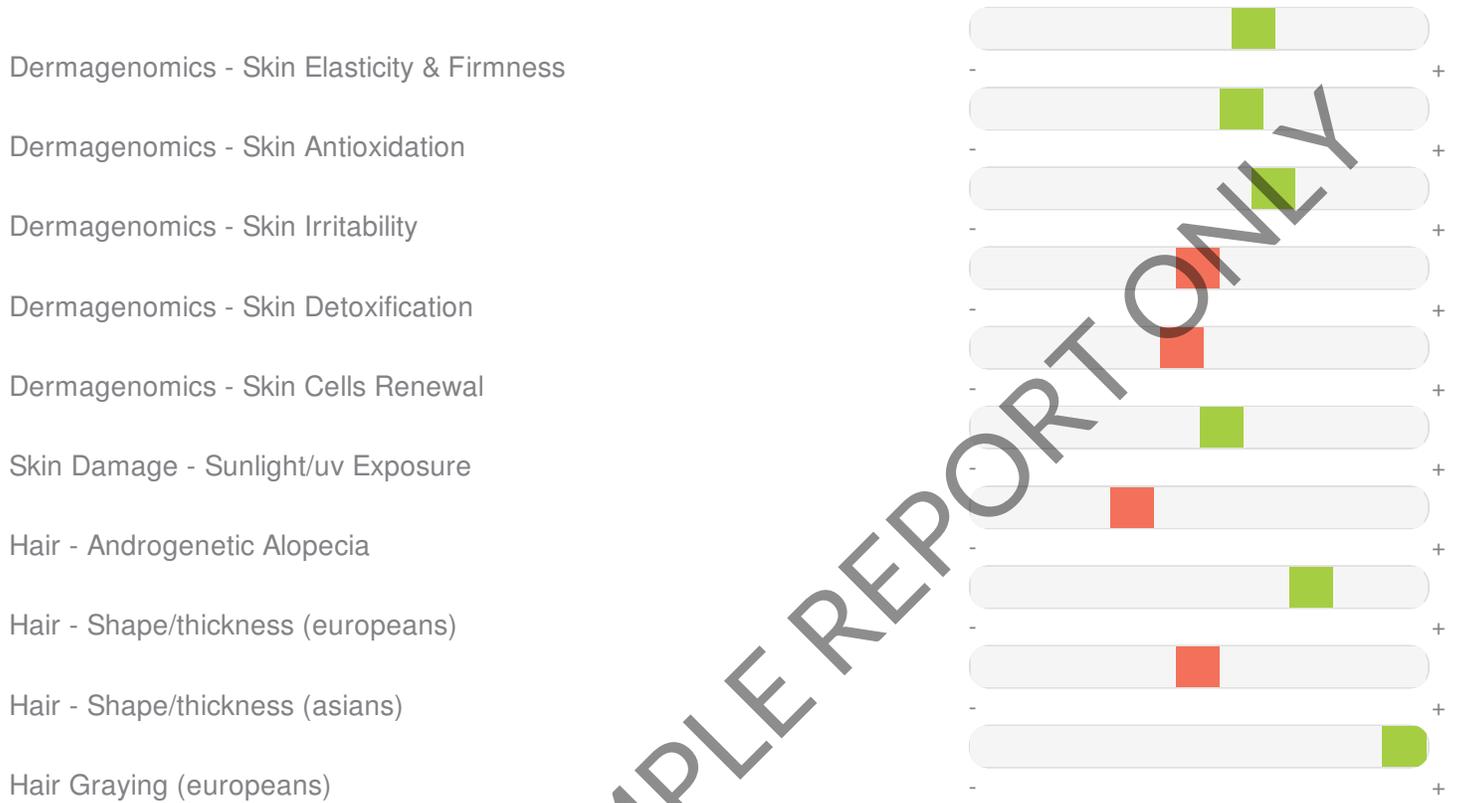
1. This DNA report has been translated into Chinese. If there is any inconsistency or ambiguity between the English version and the Chinese version, the English version shall prevail.

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2. DNA Assessment Report - Summary



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3a. DNA Assessment Report - Overall



Dermagenomics - Skin Detoxification



Skin cells need to detoxify constantly themselves from “foreign” substances that invade routinely our body, from cigarettes smoke to serious environmental pollutants and chemicals (like drugs). Otherwise free radicals production is importantly increased -a condition called oxidative stress- causing damage to skin health and appearance. Some people tend to be more vulnerable to harmful effects of such substances because their genetic makeup does not provide them with sufficient protective support.

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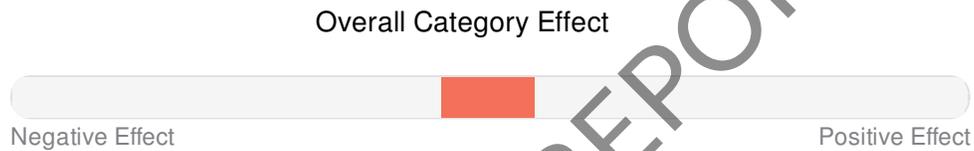
3a. DNA Assessment Report - Overall



Dermagenomics - Skin Detoxification

DNA Results:

This overall profile, based on the specific DNA variations detected, is likely to be associated with reduced anti-oxidant protection. Skin cells may be more prone to damages caused either by environmental pollutants or oxidative factors (free radicals), which are byproducts of several internal functions of the body. Observable effects of such damages may be premature aging signs, like early development of skin wrinkles, slacking, etc.

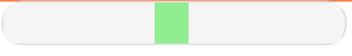
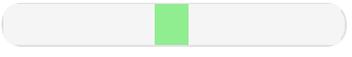


Gene	DNA Variation	Potential Effect
GSTM1	INS:_	- +
GSTT1	INS:_	- +
EPHX1 (V.1)	T:T	- +

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Gene	DNA Variation	Potential Effect
GSTP1 (V.2)	C:C	-  +
EPHX1 (V.2)	A:A	-  +

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3b. DNA Assessment Report - Advice



Dermagenomics - Skin Detoxification

- Clean face daily with detoxifying cleanser.
- Detoxifying baths and soaks twice a week can help clean pollutants.
- Detoxifying masks have negative charges which affect the charges of impurities and pulls them to the skin surface.
- Drink lots of water is key in flushing toxins from your skin and your body. (8-10 glasses per day)
- Detoxifying diets will give your skin a healthy look and feel. Ingesting healthy fats that include polyunsaturated fatty acids like (vegetable oils, fatty fish (salmon mackerel, trout, cat fish) flax seeds, walnuts) also fats that include monounsaturated fats like olives, avocado, hazelnut, almonds, pumpkin seeds, canola, cashews.
- Increased intake of alkaline rich foods is recommended like fresh fruits and vegetables (e.g. zucchini, celery, melon, plums, cucumber, kale, ginger, tomatoes, mushrooms, berries, beet and pineapple, alkaline water, tofu, sprouted breads, almonds, flaxseeds, barley grass, quinoa, olive oil.)

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4. Appendix A- How To Read the DNA Report



In DNA report you will find information about the genetic profile of the individual tested for certain traits/characteristics. The DNA report is based on detection of an extensive panel of DNA variations (called polymorphisms), independently of sex and age of the individual tested.

The DNA report is categorized in sections for each of the trait examined. You will notice that in some cases a gene/genetic locus may be included in more than one sections and this is because our biological functions are so complex and interactive that a specific DNA variation often has an effect on various biological systems. Also in some cases you will notice that a category includes more than once the same gene/genetic locus analyzed. This is because a gene/genetic locus may have itself more than one different polymorphisms affecting a certain biological process.

For each of the traits examined, you are provided with the following information:

Description: A general and simple description of the trait so that you can understand the basic biology behind this feature.

DNA Results: An assessment of the potential personal genetic predisposition based on the DNA variations detected. This estimation for each category is drawn according to the effect of each DNA variant detected. This DNA report does NOT in any case provide you with a “diagnostic” result, nor identifies whether the individual tested has or not a specific trait. Thus the “conclusion” for each section just gives a relative estimation for possible tendencies.

Moreover we have designed our panels focusing mostly on traits for which environmental factors play a significant role, so that the genetic effects can be -in most cases- to a degree modifiable with implementation of the appropriate actions. Whether a person develops or not specific traits depends on complex interactions of environmental and genetic factors. For each trait you are shown a bar graph and the potential tendency towards a positive or negative effect. This estimation for each category is drawn according to the effect of each genetic variant analyzed.

An analysis of the DNA variations detected: For each of the gene/genetic locus you are shown the general biological effect, the specific DNA result, and a small bar chart showing the tendency of the specific DNA variation towards a positive or negative effect.

Advice: Whenever feasible you are provided with recommendations (nutritional, training or others) in cases the DNA “profile” for a specific trait/section of the DNA report is indicative of such advice.

Before and while reading the DNA report you should keep in mind the below key points:

The effects of each of the DNA variations detected may differ in terms of its “weight” on a specific biological process. In a specific category/trait DNA variants with a “positive” effect might not be overweight by those with a “negative” effect and thus the conclusion/estimation for the overall profile of this category may result to a “negative” tendency.

Any information obtained from this DNA report can be informative for potential biological effects but is neither descriptive nor predict with certainty what eventually happens or will happen.

The information provided in the DNA report should not be used to confirm or replace any medical diagnosis or status conferred by a Doctor, a Genetic Counselor, and in general any other health care professional.

Bar graphs explanation:

a. For each trait/category you are shown a bar graph with the signs of - and + at its edges, representing a potential negative (-) and potential positive tendency (+) respectively. The marker represents the

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personal overall assessment of the individual tested with regards to the specific trait/biological function. The colour of the marker is either red or green, representing the potential negative or positive effect respectively. The position of the marker closer to -edge or +edge, reflects the potential increased tendency towards a potential negative or positive effect respectively.

examples:



marker is coloured red and closer to - (negative effect): this

overall profile regarding the DNA variations detected, is likely to be associated with a negative effect.



marker is coloured green and closer to + (positive effect):

this overall profile regarding the DNA variations detected, is likely to be associated with a positive effect.

* when the marker is positioned almost in the middle of bar, the tendency is defined by the colour of the marker (red or green) but the potential effect is not so strongly influenced by the DNA variations detected.

b. For each specific DNA variation detected you are shown a bar graph with the signs of - and + at its edges, representing a potential negative (-) and potential positive effect (+) respectively. The marker represents the assessment of the specific DNA variation potential effect. The colour of the marker is either red or green, representing the potential negative or positive effect respectively. The position of the marker closer to -edge or +edge, reflects the potential increased tendency towards a potential negative or positive effect respectively. When the marker is coloured light green, the potential effect of the specific DNA variation detected is assessed as neutral, not likely to be associated with neither positive or negative effect.

examples:



marker is coloured red and closer to - (negative) effect : the specific

DNA variation detected is likely to be associated with a negative effect.

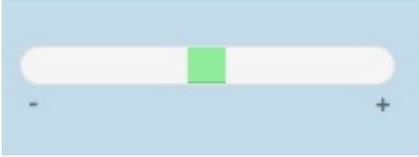


marker is coloured green and closer to + (positive) effect: the specific

DNA variation detected is likely to be associated with a positive effect.

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marker is coloured light green and positioned in the middle of the bar:

the specific DNA variation is likely to be associated with a "neutral" effect. It is more likely that the gene/protein function is not affected, but is rather normal.

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5. Appendix B - Glossary



Apoptosis is the programmed death of cells. It is a mechanism of the organism to maintain a relative constant and normal number of cells. It also includes a cascade of biological processes that result to the death of a cell, when it is seriously damaged or infected by a virus.

Adipocyte is the main type of cells that compose adipose tissue and are also known as fat cells, or lipocytes. Their main function is to store energy in the form of fat.

Allele is one member of the pair that makes up a gene. Genes come in pairs and each allele is an alternative form of the gene.

Amino acids are components of proteins. Some are synthesized by the body (nonessential amino acids) and others must be obtained through diet (essential amino acids).

Antioxidant is a substance that can protect the cells from damages caused by conditions of oxidative stress.

Î² (beta)-pancreatic cells are a type of cells in pancreas which are responsible for the production and secretion of insulin.

BMD (Bone Mineral Density) is a measure of bone density. BMD test is used to define loss of bone mass and detect osteoporosis.

BMI (Body Mass Index) is a statistical measurement, used to estimate whether individuals have normal body weight. It compares weight and height based on the mathematic formula: $BMI = \text{mass (kg)} / \text{height}^2(\text{m}^2)$

Carcinogen is an agent (substance or radiation) that is involved in the development of cancer. Carcinogens can cause serious damage either to the DNA or the metabolic functions of cells.

Detoxification is the process of removing or inactivating toxic substances from the body. It is crucial for cells to maintain their ability to detoxify themselves from substances, which have the potential to cause serious damages.

DNA is a large molecule found in the nucleus of the cell. It contains the essential genetic information for the function of living organisms and has a significant role in the development of all traits that define our individuality. Its molecular structure in place has the shape of a double spiral, called double helix.

DNA sequence is a succession of nucleotides in the DNA molecule.

DNA testing utilizes techniques that enable scientists to define the DNA sequence or detect certain nucleotides at specific positions of the DNA.

Carbohydrate is a compound of carbon, hydrogen and oxygen. It is an important source of energy found in food.

Cell is the smallest functioning unit in the structure of an organism. It is enclosed by a membrane and contains a nucleus and organelles with certain functions (mitochondria, lysosomes, ribosomes).

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6. Appendix C - References



Gene/Protein	Gene	References
AGER	AGER (Advanced Glycation End Product-Specific Receptor): is a cell-surface multi-ligand receptor protein that binds mainly to AGEs (Advanced Glycation End Products: lipids or proteins bonding with a sugar molecule). AGEs' accumulation is a factor for aging 'acceleration' and is also involved in degenerative diseases. In general apart from AGEs, AGER binds to several kinds of molecules involved in homeostasis (regulation of biological systems of the organism for normal and balanced of function), development, and inflammation.	<ul style="list-style-type: none"> • Gaens KH, Ferreira I, van der Kallen CJ, et al. Association of polymorphism in the receptor for advanced glycation end products (RAGE) gene with circulating RAGE levels. J Clin Endocrinol Metab. 2009; 94(12): 5174-80. • Campo I, Morbini P, Zorzetto M, et al. Expression of receptor for advanced glycation end products in sarcoid granulomas. Am J Respir Crit Care Med. 2007; 175(5): 498-506.
ALPL	ALPL (Alkaline Phosphatase): is a protein important in process of depositing minerals (like calcium and phosphorus) in developing bones and teeth. The enzyme is also present in the liver and kidneys. It is thought to be involved in Vitamin B6 clearance, regulating this Vitamin plasma levels.	<ul style="list-style-type: none"> • Tanaka T, Scheet P, Giusti B, et al. Genome-wide Association Study of Vitamin B6, Vitamin B12, Folate, and Homocysteine Blood Concentrations. Am J Hum Genet. 2009;84(4):477-482. doi:10.1016/j.ajhg.2009.02.011.
AR	AR (Androgen Receptor): is a protein that binds to the hormones called androgens mediating their effects. They are responsible for normal male sexual development before birth and during puberty. They are also involved in important functions in both males and females, like regulation of hair growth and sex drive.	<ul style="list-style-type: none"> • Ellis JA, Stebbing M, Harrap SB, et al. Polymorphism of the androgen receptor gene is associated with male pattern baldness. J Invest Dermatol 2001; 116(3): 452-5. • Ellis JA, Scurrah KJ, Cobb JE, et al. Baldness and the androgen receptor: the AR polyglycine repeat polymorphism does not confer susceptibility to androgenetic alopecia. Hum Genet. 2007; 121(3-4): 451-7. • Richards JB, Yuan X, Geller F, et al. Male-pattern baldness susceptibility locus at 20p11. Nat Genet 2008; 40(11): 1282-1284.

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