

Introductory Report

Summary Report

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DISCLAIMER

This report does not diagnose this or any other health conditions. Please talk to a healthcare professional if this condition runs in your family, you think you might have this condition, or you have any concerns about your results.

Personal information

NAME

[REDACTED]

SEX AT BIRTH

Male

REPORT PROVIDED BY

Dr. Nival Kolambage

Elite Vita

Summary

This summary report contains:

133 Genetic Results

Your genetics plays a key role in your health. The millions of variants you have establish a starting point of strengths and weaknesses for **every part of your health, wellbeing, and personality.**

You can't know, utilize, and mitigate against all of these, so it's crucial to **understand core genetic factors that make a difference.** Decoding your genetics and using the information to optimize your health regimen is what you are here for, and this report is a **great starting point!**

Keep in mind that your genetics is just one piece of the puzzle. It combines with all of the other factors in your life from diet and lifestyle to current health conditions to create an overall predisposition to any given health condition or trait.

For example, your genetics might be making you highly susceptible to a health condition, but **because you eat well, exercise regularly, don't smoke, etc... your overall risk can be quite low.** The opposite can hold true as well, when poor choices in diet and lifestyle amplify your genetic predisposition and make you far more likely to develop a health condition.

While it goes without saying that living a healthy life in general will mitigate the majority of genetic risks, there are things that require special attention due to **your unique genetics and circumstances.** This is our goal here. **We want to help you find personalized options that make you the best version of yourself.**

We have conveniently grouped together our health reports into major topics, like Brain Health or Gut Health, which you will find below. This will give you an **overview of your genetic strengths and weaknesses** and help guide you into more detailed looks at particular topics.

Our **summary reports** will then give you a more detailed examination of your genetics in a certain topic and give you additional reports to examine closer. These deep dives will give you a genetic score, specific recommendations you can follow, lifestyle factors to consider, and potential lab markers to help monitor your health.

Get started and dig in! The path toward decoding your genes and optimizing your health awaits!

Overview of Your Results

Brain Health

 MORE LIKELY Low Mood Genetic factors account for roughly 40% of differences in depression.	 MORE LIKELY Stress Up to 45% of differences in the way we perceive stress may be due to genetics.	 TYPICAL LIKELIHOOD Seasonal Low Mood
 E3/E3 APOE	 TYPICAL LIKELIHOOD Alzheimer's Disease	 TYPICAL LIKELIHOOD Parkinson's Disease
 TYPICAL LIKELIHOOD Schizophrenia	 TYPICAL LIKELIHOOD Bipolar Disorder	 TYPICAL LIKELIHOOD Anxiety Up to 65% of the differences in people's anxiety rates may be due to genetics.
 LESS LIKELY Addiction	 HIGHER Cognitive Function	 LESS LIKELY Brain Fog Your genetics has a major impact on brain fog and may help indicate its triggers.
 LESS LIKELY Cognitive Decline Up to 70% of the differences in people's cognitive decline may come from genetics.		



Cardiovascular Health

 MORE LIKELY Stroke	 TYPICAL LIKELIHOOD Coronary Artery Disease	 TYPICAL LIKELIHOOD High Blood Pressure
 TYPICAL LIKELIHOOD Cardiovascular Disease	 TYPICAL LIKELIHOOD Heart Attack	 TYPICAL LIKELIHOOD Atrial Fibrillation
 TYPICAL LIKELIHOOD Cerebral Small Vessel Disease	 TYPICAL LIKELIHOOD Venous Thromboembolism	 TYPICAL LEVELS LDL Cholesterol
 TYPICAL LEVELS Triglycerides	 TYPICAL LIKELIHOOD Artery Hardening Genetics may account for about 60% of differences in artery hardening.	 LESS LIKELY High Cholesterol Genetics may account for up to 65% of differences in cholesterol levels.



Gut Health

 MORE LIKELY Crohn's Disease	 TYPICAL LIKELIHOOD Celiac Disease	 TYPICAL LIKELIHOOD Ulcerative Colitis
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TYPICAL LIKELIHOOD

H. pylori



TYPICAL LIKELIHOOD

Gut Inflammation

Up to 75% of differences in people’s IBD rates may be due to genetics.



LESS LIKELY

Irritable Bowel (IBS)

Genetics accounts for up to 60% of differences in people’s IBS rates.

Metabolic Health



MORE LIKELY

Gout



TYPICAL LIKELIHOOD

Type 2 Diabetes



TYPICAL LIKELIHOOD

Overactive Thyroid



TYPICAL LIKELIHOOD

Metabolic Syndrome



TYPICAL LIKELIHOOD

Liver Cirrhosis



TYPICAL

Insulin Resistance

Genetics accounts for up to 65% of differences in insulin resistance.



TYPICAL LIKELIHOOD

Overweight

Genetics accounts for up to 70% of differences in body weight.



TYPICAL LIKELIHOOD

Underactive Thyroid

Up to 70% of differences in thyroid hormone levels may be due to genetics.



LESS LIKELY

Fatty Liver

Longevity & Healthy Aging



TYPICAL LIKELIHOOD

Muscle Loss



TYPICAL LIKELIHOOD

Age-Related Macular Degeneration



TYPICAL LIKELIHOOD

Glaucoma



HIGHER

Healthy Aging



YOUNGER

Biological Age



HIGHER

Longevity

About 10% of differences in people's longevity may be due to genetics.

 Sexual & Reproductive Health



LOWER LEVELS

Estradiol (M)



TYPICAL LIKELIHOOD

HPV Infection



TYPICAL LEVELS

Progesterone



TYPICAL LIKELIHOOD

Sexual Dysfunction

About 40% of differences in sexual dysfunction may be due to genetics.



TYPICAL LEVELS

Testosterone

Genetics may explain up to 60% of differences in men's testosterone levels.



LESS LIKELY

Erectile Dysfunction



LESS LIKELY

Male Infertility

Genetics may explain up to 40% of the differences in male fertility.

 Sleep & Fatigue



TYPICAL LIKELIHOOD

Narcolepsy



TYPICAL LIKELIHOOD

Anemia



TYPICAL LEVELS

Red Blood Cells



TYPICAL

Sleep Quality

About 45% of the differences in sleep quality may be due to genetics.



TYPICAL

Sleep Duration

Genetics may explain about 45% of the differences in sleep duration.



TYPICAL LIKELIHOOD

Low Energy (Chronic Fatigue)

Genetics may explain up to 40% of differences in chronic fatigue rates.



LESS LIKELY

Sleep Apnea



LESS LIKELY

Insomnia

About 40% of differences in people's insomnia rates may be due to genetics.

Skin & Beauty



HIGHER

Hair Graying



MORE LIKELY

Eczema

Up to 75% of differences in people's eczema rates may be due to genetics.



TYPICAL

Facial Wrinkles

Up to 55% of differences in people's facial wrinkling may be due to genetics.



TYPICAL LIKELIHOOD

Hair Loss

Up to 60% of differences in people's hair loss may be due to genetics.



LESS LIKELY

Dry Skin



LESS LIKELY

Rosacea



HIGHER

Skin Elasticity

Genetics may account for up to 60% of differences in skin aging.



LESS LIKELY

Acne

Genetic may explain about 50-90% of differences in people's acne rates.

 Pain

 TYPICAL LIKELIHOOD Fibromyalgia	 TYPICAL LIKELIHOOD Joint Pain About 50% of the differences in osteoarthritis may be due to genetics.	 TYPICAL LIKELIHOOD Back Pain Up to 25% of differences in back pain may be due to genetics.
 LESS LIKELY Migraines	 LESS LIKELY Neuropathic Pain	 LESS LIKELY Hip Pain
 LESS LIKELY Knee Pain	 LESS LIKELY Chronic Pain Genetics may explain 15% of the differences in the odds of chronic pain.	 LESS LIKELY Headache Genetics may explain about 45% of the differences in headaches.

 Inflammation & Autoimmunity

 TYPICAL LIKELIHOOD Gut Inflammation	 TYPICAL LIKELIHOOD Psoriasis	 TYPICAL LIKELIHOOD Rheumatoid Arthritis
 TYPICAL LIKELIHOOD Type 1 Diabetes	 TYPICAL LIKELIHOOD Hashimoto's Disease	 TYPICAL LIKELIHOOD Lupus



TYPICAL LIKELIHOOD

Multiple Sclerosis



LOWER LEVELS

Inflammation (CRP)

About 20-55% of the differences in inflammation may be due to genetics.



LESS LIKELY

Allergies

Genetics may explain up to 85% of differences in people's odds of allergies.



Personality



EXTRAVERT

Extravert or Introvert?

Up to 50% of differences in extraversion may be due to genetics.



SECURE

Neuroticism

Genetics is responsible for about 50-60% of the differences in neuroticism.



AGREEABLE

Agreeableness

About 40% of the differences in agreeableness may be due to genetic factors.



DILIGENT

Conscientiousness

Genetics is responsible for about 30-60% of the differences in conscientiousness.



OPEN

Openness to Experience

Up to 20% of the differences in openness to experience may be due to genetics.



Immunity & Infections



MORE LIKELY

Leukemia



MORE LIKELY

Long COVID



TYPICAL LEVELS

White Blood Cells



TYPICAL LIKELIHOOD

Low Neutrophils



TYPICAL LIKELIHOOD

Non-Hodgkin's Lymphoma



LESS LIKELY

Hodgkin's Lymphoma

 Bones & Joints

 MORE LIKELY Shoulder Impingement	 TYPICAL LIKELIHOOD Osteoporosis	 TYPICAL LIKELIHOOD Rheumatoid Arthritis
 TYPICAL LIKELIHOOD Joint Pain	 TYPICAL LIKELIHOOD Tendon Inflammation	 TYPICAL LIKELIHOOD Herniated Disk
 LESS LIKELY Hip Fractures		

 Detox & Oxidative Stress

 HIGHER Oxidative Stress	 TYPICAL Air Pollution Sensitivity	 TYPICAL Pesticide Sensitivity
 TYPICAL BPA Sensitivity	 TYPICAL FUNCTION Glutathione	 HIGHER ABILITY Detox



Fitness

 WORSE Power	 SLOWER Exercise Recovery	 TYPICAL Endurance
 TYPICAL Strength	 TYPICAL Muscle Mass	 HIGHER Aerobic Capacity (VO2 Max)



Diet & Nutrition

 TYPICAL LIKELIHOOD Celiac Disease	 TYPICAL NEED Vitamin D	 TYPICAL NEED Iron
 TYPICAL NEED Omega-3	 TYPICAL ABILITY Methylation	 TYPICAL NEED Folate (Vitamin B9)
 LIKELY TOLERANT Lactose Intolerance		

 Kidneys & Urinary Tract

 MORE LIKELY Kidney Problems	 LESS LIKELY Kidney Stones	 LESS LIKELY Urinary Tract Infections
 LESS LIKELY Kidney Failure (ESRD)		

 Respiratory Health

 TYPICAL Lung Health	 TYPICAL LIKELIHOOD Asthma	 TYPICAL LIKELIHOOD Respiratory Infections
 LESS LIKELY Pneumonia	 LESS LIKELY Bronchitis	