

GENETIC SUMMARY

YOUR GENES. YOUR BLUEPRINT. YOUR ACTIONS.

A plain-language read on what your DNA suggests — and the specific actions worth taking first.

1 YOUR GENETIC STRENGTHS

Where your biology already works in your favor

✓ EFFICIENT CAFFEINE CLEARANCE

You clear caffeine quickly, so moderate coffee is unlikely to raise blood pressure or disturb sleep.

2 WHAT THIS MEANS FOR YOU

Keep coffee before 2pm and cap it at three cups on training days.

3 GENE CONTRIBUTORS
CYP1A2
(rs762551 AA)

✓ STRONG OMEGA-3 CONVERSION

Your body converts plant omega-3s into EPA and DHA efficiently.

WHAT THIS MEANS FOR YOU

Two fatty-fish meals a week is enough — no high-dose fish oil needed.

GENE CONTRIBUTORS
FADS1 (rs174547 TT)

✓ RESILIENT VITAMIN D TRANSPORT

Vitamin D binding and transport look favorable, so you hold levels well once topped up.

WHAT THIS MEANS FOR YOU

Maintain 2,000 IU daily through winter and recheck each spring.

GENE CONTRIBUTORS
GC (rs2282679 TT)

4 PREPARED FOR

John Doe

REPORT ID

NGX-26-0917

DATE

September 2026

Disclaimer: This NGX genetic summary is for educational and informational purposes only and does not constitute medical advice. It was generated with assistance from artificial intelligence and may be subject to errors or omissions. Gene variants do not guarantee outcomes — they indicate tendencies and priorities. Review all results, recommendations, and supplements with a qualified healthcare provider before implementation.

STARTS WITH WHAT ALREADY WORKS

The cover sets the tone: before any risk, patients see where their DNA is on their side.

1 YOUR GENETIC STRENGTHS

Three places the patient's biology already works in their favor, so the report opens with encouragement instead of alarm.

2 WHAT THIS MEANS FOR YOU

Each strength is translated into plain language and a single action — no genotype tables to decode.

3 GENE CONTRIBUTORS

The specific genes and variants behind every finding are named, so a provider can verify each claim.

4 PREPARED FOR

Personalized with name, report ID, and date — ready to file or share with the care team.

1 YOUR FIRST STEPS

Three ways to begin on each of your top concerns — a peptide, a supplement, and a lifestyle foundation.

Food and lifestyle habits are the foundation of long-term health. Where you want extra support, these targeted options are matched to what your questionnaire and your genes show.

2 PRIORITY & INFO

3 FIRST OPTION

SECOND OPTION

4 FOUNDATION

1 LOWER INFLAMMATORY LOAD

Higher baseline inflammatory signaling with slower resolution, which shows up as sluggish recovery and joint stiffness.

IL6

TNF

PEPTIDE

BPC-157

Supports tissue repair so training and joint stress resolve faster.

SUPPLEMENT

Curcumin Phytosome

Dampens the IL-6 pathway your variants keep switched on.

LIFESTYLE

Two Zone-2 sessions weekly

Steady aerobic work lowers inflammatory markers over 8-12 weeks.

2 REBUILD METHYLATION SUPPORT

Reduced folate activation, so B-vitamin demand runs higher than average and homocysteine can drift up.

MTHFR

MTRR

PEPTIDE

Glutathione

Restores antioxidant capacity that thin methylation reserves leave exposed.

SUPPLEMENT

Methylfolate + B12

Delivers folate in the active form your MTHFR variant struggles to make.

LIFESTYLE

Leafy greens at two meals daily

Adds food-form folate so the supplement has less to carry.

3 PROTECT SLEEP AND RECOVERY

Circadian and adenosine variants make you sensitive to late light and late caffeine.

CLOCK

ADORA2A

PEPTIDE

DSIP

Supports deeper early-night sleep while habits reset.

SUPPLEMENT

Magnesium Glycinate

Eases sleep onset without next-day grogginess.

LIFESTYLE

Lights down 90 minutes before bed

Lets melatonin rise on time given your CLOCK variant.

5 WANT TO GET STARTED ON PEPTIDES?

Start building your stack now:

[SHOP PEPTIDES](#)

THREE PRIORITIES, NOT THIRTY

A full genetic panel narrowed to the few things worth acting on first.

1 YOUR FIRST STEPS

The top three priorities, ranked — the page most patients act on the same day.

2 PRIORITY & INFO

The genes involved and what they revealed, in a sentence or two.

3 FIRST & SECOND OPTION

A matched peptide and supplement for each priority, with how each one helps.

4 FOUNDATION

A lifestyle habit that supports the plan, so results never depend on products alone.

5 GET STARTED

A direct path from reading to ordering, right where motivation is highest.

1 ACTION PLAN: SUPPLEMENTS

The supplements, peptides, and vitamins worth changing now — what to begin, what to drop, and what to keep going.

**2 START**

ANTI-INFLAMMATORY

Curcumin Phytosome 500mg

Targets the IL-6 pathway driving your slow recovery.

METHYL DONOR

Methylfolate 1mg + B12

Bypasses the MTHFR bottleneck seen on your panel.

MINERAL

Magnesium Glycinate 300mg

Supports sleep onset and muscle relaxation.

ANTIOXIDANT

Liposomal Glutathione

Backs up thin antioxidant recycling capacity.

3 STOP

REDUNDANT

High-dose Fish Oil 3g

Your FADS1 conversion is already efficient — food covers it.

STIMULANT BLEND

Pre-workout, 300mg caffeine

Stacks onto coffee and pushes past your evening cutoff.

4 CONTINUE

FOUNDATION

Vitamin D3 2,000 IU

Keeps levels steady through winter.

FOUNDATION

Creatine 5g

Supports power output and cognition; no variant conflicts.

GUT

Daily probiotic

Consistent with your diet panel findings.

A CLEAR CALL ON EVERY BOTTLE

Supplements sorted into start, stop, and continue — with the reason beside each one.

1 ACTION PLAN

One page that replaces the guesswork of a crowded supplement shelf.

2 START

What to add, and exactly which finding points to it.

3 STOP

What to drop — including popular supplements this person's genes say they don't need.

4 CONTINUE

What's already working and worth keeping.

This is a partial preview — 3 of 13 pages. The full report continues with a lifestyle plan, longevity watchlist, panel overview, and six panel deep dives.

WANT THE FULL REPORT?

Build your NGX panel and get all 13 pages, personalized to your DNA.

UNLOCK NOW