

Healthy Weight DNA

The Healthy Weight DNA Test includes an in-depth analysis of a variety of genes. These genes are responsible for (or associated with) a variety of weight related activities and/or requirements.

These include:

Category evaluated	Genes
Weight Loss Ability	FTO, TCF7L2, MTNR1B, PPARG, BDNF, ABCB11
Protein Utilization	FTO
Fat Utilization	PPARG, TCF7L2, APOA5, CRY2, MTNR1B, PPM1K
Carbohydrate Utilization	IRS1

Vitamin B9 (Folic acid) Tendency/Usage	MTHFR
Vitamin A Tendency/Usage	BCMO1
Vitamin B6 Tendency/Usage	NBPF3
Vitamin B12 Tendency/Usage	FUT2
Vitamin C Tendency/Usage	SLC23A1
Vitamin D Tendency/Usage	GC, NADSYN1, CYP2R1
Fat loss response to Cardio	ADRB2, LPL
Fitness response to Cardio	AMPD1, APOE

Body Composition response to Strength Training	NRXN3, GNPDA2, LRRN6C, PRKD1, GPRC5B, SLC39A8, FTO, FLJ35779, MAP2K5, QPCTL-GIPR, NEGR1, LRP1B, MTCH2, MTIF3, RPL27A, EC16B, FAIM2, FANCL, ETV5, TFAP2B
HDL Response to Cardio	APOE
Insulin Sensitivity response to Cardio	LIPC
Glucose response to Cardio	PPARG

Weight loss comes from reducing the number of calories you eat and increasing the number of calories that you burn from exercise. The most powerful—and permanent—weight loss comes when you do *both*. Choose a plan that is most likely to work for you. Following the Healthy Weight suggestions from the genetic analysis of your FOOD CATEGORIES and EXERCISE

genes can help you identify foods and a fitness plan that may make it easier to lose weight. Different approaches work for different people. Using the plans and guidelines included in the final report may help.

AM I REQUIRED TO FAST?

No, fasting is not required. There are no dietary or medicinal restrictions to take this test.

WHAT IS REQUIRED FOR THE SAMPLE?

A simple cheek swab is all that is needed. Cells are then collected, and the DNA is examined.

IS A DOCTOR'S ORDER REQUIRED?

No. You do not need to provide a doctor's order to get lab testing done at Any Lab Test Now.

IF I HAVE QUESTIONS ABOUT MY TESTS RESULTS WHO SHOULD I CONTACT?

We recommend you share your results with your physician or a trusted healthcare provider.

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Ekan Essien, MD, MPH, a native Georgian, received his BA from Duke University. Dr. Essien continued his education at Florida A&M University where he received his Masters of Public Health in Epidemiology; received his medical degree from Meharry Medical College in Nashville, Tennessee; and obtained training in general and trauma surgery at Grady Memorial Hospital at Morehouse School of Medicine. He is a candidate in the post graduate fellowship in anti-aging and regenerative medicine from the American Academy of Anti-Aging Medicine.