



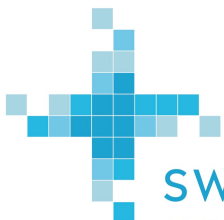
Made in Switzerland



Genetic Woman's Health

SAMPLE

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Report No.:	XXXXXX
Date of Sample:	XXXXXX
Date of Research:	XXXXXX
Date of Report:	XXXXXX
Patient Name:	XXXXXX
Patient Code:	XXXXXX
Date of Birth:	XXXXXX
Requested by:	DRXXXXXX

Genetic Woman's Health

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Woman's Genetic Health

Hormonal predispositions are a blueprint for woman's body – from skin quality, stress resistance, fertility, energy synthesis and premature aging – all revolves around hormones.

In today's fast-paced world, with increased levels of stress, nearly daily use of hormonal therapies (such as birth control) and exceeding demands for energy – understanding where our hormonal health needs support is key to being in balance.



1. Hormonal System

It is important to understand genetic predispositions that are responsible for hormonal synthesis and secretion, such as: estrogen, progesterone, follicle-stimulating hormone (FSH), luteinizing hormone (LH), and others, as they are essential for overall hormonal balance.

The genes investigated can affect sensitivity and responsiveness of hormonal receptors, influencing how effectively hormones exert their effects throughout the body.

2. Energy

Our genes encode the biochemical processes involved in energy metabolism and recuperation. It impacts the way we sleep, manage weight, excel and feel our best.

3. Stress Resistance

Genetic variations play a key role in individual's susceptibility to emotional and mental stressors.

A critical factor is the regulation of neurotransmitters, such as serotonin, dopamine, and norepinephrine, which are involved in mood regulation.

Genetic Woman's Health Results *Summary*

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Hormonal System

Estrogen Sensitivity and Predisposition to Osteoporosis

ESR ₁	Yellow
ESR ₂	Green
ESR ₂ *	Green

Metabolism of Progesterone into Cortisol and Androgens into Estrogens

CYP _{17A1}	Yellow
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Androgens Metabolism (Testosterone)

SRD _{5A2}	Yellow
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Elimination of Oxidized Estrogen

COMT	Red
COMT*	Yellow
MTHFR	Green
GSTM ₁	Yellow
GSTP ₁	Red
GSTP ₁ *	Red
UGT _{1A1}	Green
UGT _{1A6}	Green
SULT _{1A1}	Green
SULT _{1E1}	Yellow
SULT _{2A1}	Yellow
ABCB ₁	Yellow

Synthesis of female sex hormones

CYP _{17A1}	Yellow
CYP _{19A1}	Green
CYP _{19A1} *	Green

Accumulation of Oxidized Estrogen

CYP _{3A4}	Green
CYP _{1A1}	Green
CYP _{1A1} *	Green
CYP _{1B1}	Green

Color key	Beneficial properties	Green
	Moderate risk	Yellow
	High risk	Red
*2 Rs of the same gene.		

Genetic Woman's Health Results *Summary*

SAMPLE

Energy

COMT	Green
COMT*	Red
ADRB1	Red
ADRB2	Yellow
NQO1	Yellow
DRD2	Green

Stress Resistance

COMT	Green
COMT*	Red
SRD5A2	Yellow
MAOA	Green
MAOB	Yellow
PNMT	Yellow

Color key	Beneficial properties	Green
	Moderate risk	Yellow
	High risk	Red
*2 Rs of the same gene.		

Personalised Recommendations SAMPLE

Based on identified genetic predispositions, the following factors have a strong influence on Woman's Health:

Hormonal System

Your Symptoms:

- **Accumulation of oxidized estrogens and increased predisposition to osteoporosis.**
- Increased appetite, irritability, mood swings.
- Painful mammary glands.
- Menstrual irregularities.
- Weakness.
- Insomnia.

Your Lifestyle:



- Avoid plastic in your food, as plastic blocks hormonal metabolism.
- Control hormonal levels in urine if taking hormone replacement therapy.
- Avoid excess body gain, as various forms of hormones tend to be accumulated in adipose tissue.
- Control your intestinal permeability, because the re-absorption of removed estrogens may lead to hormone-dependent diseases.

Your supplements:



- **Healthy Oestrogen Balance.** Developed based on this genetic panel and made by Swiss Center for Genetics.

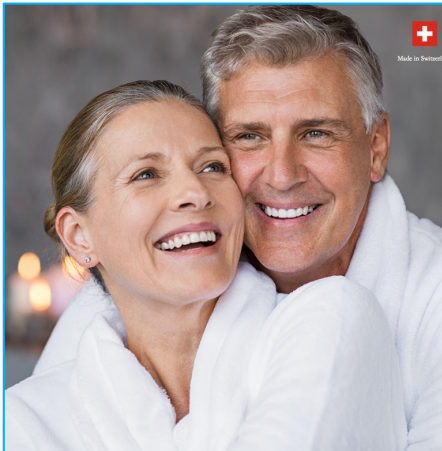
Biochemical controls:



- Total calcium, Ionized calcium, Phosphorus, Vitamin D3, Vitamin K, parathyroid hormone, Phosphates, Crosslaps, N level of terminal propeptide procollagen type 1
- PrNP, Osteocalcin, Billirubin total, direct, indirect
- Methionine in plasma
- Xanthurenic, Forminoglutamic, Urocanic acid in urine
- Homocysteine
- Estradiol, Estrone, Progesterone, Cortisol, Prolactin, Testosterone, DHEA, TSH in blood
- Testosterone, Cortisol, Progesterone, Estrogens and its oxidized fractions in urine
- Iron
- Magnesium
- Densitometry
- Pelvic ultrasound, mammography


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Each Genetic Test Report includes:

- ✓ In-depth explanations of the focus topic
- ✓ Detailed color-coded genetic results
- ✓ Personalised recommendations

End of SAMPLE Report

This genetic test was performed by the Swiss Center for Genetics, RCLIN Swiss SA, Rue du Lac 10, 1815 Clarens, Switzerland or one of its partner laboratories.

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End of Report