

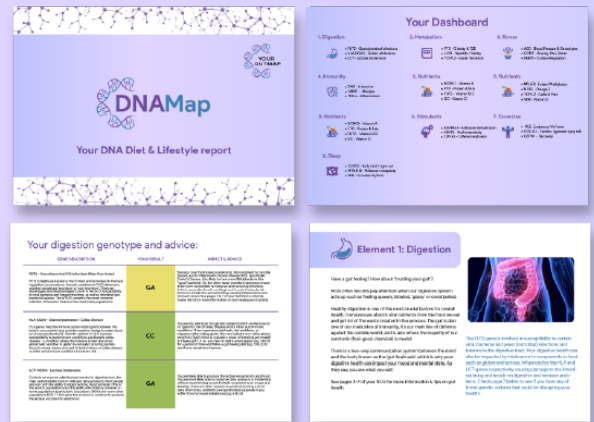
yourgutmap.co.uk/product/dnamap



DNAMap

"All disease starts in the gut" Hippocrates
Follow your unique GutMap

Discover your unique DNAMap



Your genetics play a crucial role in your health, but your genes do not have to be your destiny. Understanding your genetic predispositions can give you the vital tools to understand and manage your health. There is a two-way interaction between your DNA and your lifestyle, DNAMap gives you the tools to help optimise your nutrition and health in line with your genes.

DNAMap explores your personal genetic profile within the context of 8 elements of health and wellbeing: digestion, metabolism, stress, immunity, nutrients, stimulants, exercise and sleep.

Reporting on 29+ SNPs, the DNAMap unlocks insights in the following areas of health:

Digestion

- FUT2 - Gastrointestinal infections
- HLA-DQA1 - Gluten intolerance
- LCT - Lactose intolerance



Metabolism

- FTO - Obesity & T2D
- LEPR - Appetite / Satiety
- TCF7L2 - Insulin Secretion

Sleep

- CLOCK - Early bird / night owl
- MTNR1B - Melatonin receptivity
- PER - Circadian rhythms



Stress

- ACE - Blood Pressure & Electrolytes
- COMT - Anxiety, Pain, Stress
- FKBP5 - Cortisol Regulation

Exercise

- ACE - Endurance Vs Power
- COL1A1 - Tendon, ligament injury risk
- GSTM1 - Recovery



Immunity

- DAO - Histamine
- HNMT - Allergies
- TNF-a - Inflammation

Stimulants

- ADORA2A - Adenosine detoxificator
- ADH1B - Alcohol sensitivity
- CYP1A2 - Caffeine metabolism



Nutrients

- BCMO1 - Vitamin A
- FTO - Protein & Fats
- FUT2 - Vitamin B12
- GC - Vitamin D
- MTHFR - Folate/ Methylation
- NOS3 - Omega-3
- TCF7L2 - Carbs & Fats
- VDR - Vitamin D