

**GeneAdvise**

Advisor in Human Genetics

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# GENE-PERSONA

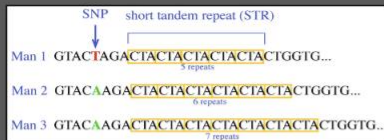
Customizing Your Health



Personalizing Your Wellness, To Meet Your Wellness Goals

## GENETICS AND PERSONALIZED MEDICINE PREDICTIVE AND FUNCTIONAL MARKERS

### CASE REPORTS (april 2023)



### METHABOLISM, CARBO-LIPIDIC BALANCE, SPORT AND DIET

## GENE - PERSON

## GENETIC PREDISPOSITION

2023

Case report of Panel: Genetic Variants and Body Weight Control, a panel of 23 mutations related to weight, carbo-fat balance, muscle and osteo weakness.

Case report:

		< unfa vor					< EXP > RES	< fragile	< Unfavor hypo met	
	ASSOR AC GRA/ GRA BMI		LOW-CALORIE DIETS		PHYSICAL EXERCISE		METAB MUSC CIRC	OSTE US	HOMOCYST METHYLAZ	
								NOT CITED =	NOT CITED=	
FABP2		dd =		D D >		D D >				

PPAR-G	CC <		CC <		CC <				
FTO RS-609	A < (OB)				TT <				
MC4R	C < (>BMI)								
ADRB2	A <				A <		A =		
ADRB3		TT =			TT >		TT >		
APOA 2 AC .GRASSI					CC >				
ACE ins /del -340									
AGT-699									
AGTR1							C < (CARDIO)		
APOB									
APOE									
FGB extension									
FACTOR 5									
NOS3 - 744							T <		
VEGF-963							C >		
NOP1									
COL5A1								T < TEND ON	
COL6A4									
COL1A1									
CTR									
GDF5								T <	
IGF2							A <		
LRP5									
MCT1								TT <	
VDR FOK									
VDR BsmI									
VDR Taq								C <	
ADIPOQ			DD INRES =						
ADRB1	C <								
FTO-136	A <								
FTO-980	T <								
FTO-085	C <								
FTO-449	G <								
GHSR extension									
LEPTIN									
CBS 699									T >

Intolleranza  
AOC1 A594  
AOC1 G458  
AOC1 C410  
AOC1 C995  
AOC1 C47T  
HDC A1932  
HNMT A93  
HNMT C31



**Code 001**

**GENETIC PREDISPOSITION.**

**WEIGHT CONTROL. METABOLISM AND PHYSICAL ACTIVITY. HOMOCYSTEINE. CARDIOVASCULAR HEALTH**

CARBOHYDRATES-LIPIDS. Metabolic balance: **LOW** . High sugar sensitivity, High fat sensitivity . Low efficacy of low-calorie diets.

FATS. Fatty acid metabolic sensitivity: **LOW**

WEIGHT. Tendency to gain weight: **MEDIUM**

PHYSICAL EXERCISE. Increase in fat burning with exercise: **LOW**

**GENETIC PREDISPOSITION**

**BONE, CIRCULATORY AND MUSCULAR FUNCTIONALITY - INJURIES - PERFORMANCE**

MUSCLE METABOLISM. Efficiency of circulatory and muscular metabolism **HIGH**, predisposition to resistant strength

BONE FUNCTIONALITY. Defect in the functionality of the osteo-tendon metabolism: **LOW**

**GENETIC PREDISPOSITION METABOLISM XENOBIOTES DETOXI**

FREE RADICALS. Normal

NICKEL. Normal

SULFITES. Not significant

HISTAMINE. Normal

**INTOLERANCE**

LACTOSE. Negative

FRUCTOSE. Negative

ALCOHOL. Negative

GLUTEN. Possible sensitivity to gluten intolerance

CAFFEINE. Negative

The test analyzes the genetic polymorphisms predisposing to the indicated functions, the technical evaluation is performed on the panel of genes considered valid and informative to the best of today's scientific knowledge. This evaluation aims to obtain a summary value where the degree of predisposition enhances the population prevalence and frequency data, the magnitude data. The indications are independent of any medical history of the subject, they are not a medical instrument. The indications are a contribution to the optimization of the functional framework of the subject at the disposal of the attending physician. Powered by Eurofin Genoma Group - Nutrinext

**Code 002**

**GENETIC PREDISPOSITION.  
WEIGHT CONTROL. METABOLISM AND PHYSICAL ACTIVITY. HOMOCYSTEINE. CARDIOVASCULAR  
HEALTH**

**CARBOHYDRATES-LIPIDS.** Metabolic balance: **LOW**. Moderate sensitivity to fats, high to sugars.  
Increased trend of fat deposits and BMI. Good efficacy low-calorie diets.

**FATS.** Fat accumulation propensity: **MEDIUM**

**PHYSICAL EXERCISE.** Increase in fat burning with exercise: **LOW**

**WEIGHT.** Tendency to gain weight: **MEDIUM**

**GENETIC PREDISPOSITION  
BONE, CIRCULATORY AND MUSCULAR FUNCTIONALITY - INJURIES - PERFORMANCE**

**BONE FUNCTIONALITY.** Defect in the functionality of the osteo-tendon metabolism: **MEDIUM**

**MUSCLE METABOLISM.** Efficiency of circulatory and muscular metabolism **HIGH**, predisposition to  
resistant strength

**GENETIC PREDISPOSITION METABOLISM XENOBIOTES DETOXI**

**FREE RADICALS.** Normal

**NICKEL.** Normal

**SULFITES.** Not significant

**HISTAMINE.** Normal

**INTOLERANCE**

**LACTOSE.** Possible sensitivity to lactose intolerance in adulthood (50% of the Italian population)

**FRUCTOSE.** Negative

**ALCOHOL.** Negative

**GLUTEN.** Possible sensitivity to gluten intolerance

**CAFFEINE.** Rapid metabolism of caffeine in heavy smokers

The test analyzes the genetic polymorphisms predisposing to the indicated functions, the technical evaluation is performed on the panel of genes considered valid and informative to the best of today's scientific knowledge. This evaluation aims to obtain a summary value where the degree of predisposition enhances the population prevalence and frequency data, the magnitude data. The indications are independent of any medical history of the subject, they are not a medical tool. The indications are a contribution to the optimization of the functional framework of the subject at the disposal of the attending physician. Powered by Eurofin Genoma Group - Nutrinext

**Code 003**

**GENETIC PREDISPOSITION.**  
WEIGHT CONTROL. METABOLISM AND PHYSICAL ACTIVITY. HOMOCYSTEINE. CARDIOVASCULAR HEALTH

CARBOHYDRATES-LIPIDS. Metabolic balance: LOW . High sugar sensitivity, High fat sensitivity . Low efficacy of low-calorie diets.

FATS. Fatty acid metabolic sensitivity: LOW

WEIGHT. Tendency to gain weight: MEDIUM

PHYSICAL EXERCISE. Increase in fat burning with exercise: LOW

**GENETIC PREDISPOSITION**  
BONE, CIRCULATORY AND MUSCULAR FUNCTIONALITY - INJURIES - PERFORMANCE

MUSCLE METABOLISM. Efficiency of circulatory and muscular metabolism HIGH, predisposition to resistant strength

BONE FUNCTIONALITY. Defect in the functionality of the osteo-tendon metabolism: LOW

**GENETIC PREDISPOSITION METABOLISM XENOBIOTES DETOXI**

FREE RADICALS. Normal

NICKEL. Normal

SULFITES. Not significant

HISTAMINE. Normal

**INTOLERANCE**

LACTOSE. Negative

FRUCTOSE. Negative

ALCOHOL. Negative

GLUTEN. Possible sensitivity to gluten intolerance

CAFFEINE. Negative

The test analyzes the genetic polymorphisms predisposing to the indicated functions, the technical evaluation is performed on the panel of genes considered valid and informative to the best of today's scientific knowledge. This evaluation aims to obtain a summary value where the degree of predisposition enhances the population prevalence and frequency data, the magnitude data. The indications are independent of any medical history of the subject, they are not a medical tool. The indications are a contribution to the optimization of the functional framework of the subject at the disposal of the attending physician. Powered by Eurofin Genoma Group - Nutrinext

**Code 004**

**GENETIC PREDISPOSITION.  
WEIGHT CONTROL. METABOLISM AND PHYSICAL ACTIVITY. HOMOCYSTEINE. CARDIOVASCULAR  
HEALTH**

CARBOHYDRATES-LIPIDS. Metabolic balance: LOW . High sugar sensitivity. High fat sensitivity. Low-medium efficacy low-calorie diets.

FATS. Fatty acid metabolic sensitivity: LOW

WEIGHT. Tendency to gain weight: MEDIUM/HIGH

PHYSICAL EXERCISE. Increase in fat burning with exercise: LOW

**GENETIC PREDISPOSITION  
BONE, CIRCULATORY AND MUSCULAR FUNCTIONALITY - INJURIES - PERFORMANCE**

MUSCLE METABOLISM. Efficiency of circulatory and muscular metabolism HIGH, predisposition to resistant strength

BONE FUNCTIONALITY. Defect in the functionality of the osteo-tendon metabolism: LOW

**GENETIC PREDISPOSITION METABOLISM XENOBIOTES DETOXI**

FREE RADICALS. Normal

NICKEL. Normal

SULFITES. Not significant

HISTAMINE. Normal

**INTOLERANCE**

LACTOSE. Possible sensitivity to lactose intolerance in adulthood (50% of the Italian population)

FRUCTOSE. Negative

ALCOHOL. Negative

GLUTEN. Possible sensitivity to gluten intolerance

CAFFEINE. Negative

The test analyzes the genetic polymorphisms predisposing to the indicated functions, the technical evaluation is performed on the panel of genes considered valid and informative to the best of today's scientific knowledge. This evaluation aims to obtain a summary value where the degree of predisposition enhances the population prevalence and frequency data, the magnitude data. The indications are independent of any medical history of the subject, they are not a medical instrument. The indications are a contribution to the optimization of the functional framework of the subject at the disposal of the attending physician. Powered by Eurofin Genoma Group - Nutrinext

**Code 005**

**GENETIC PREDISPOSITION.  
WEIGHT CONTROL. METABOLISM AND PHYSICAL ACTIVITY. HOMOCYSTEINE. CARDIOVASCULAR  
HEALTH**

CARBOHYDRATES-LIPIDS. Metabolic balance: LOW . High sugar sensitivity . High fat sensitivity. Average effectiveness of low-calorie diets.

FATS. Fatty acid metabolic sensitivity: LOW

WEIGHT. Tendency to gain weight: MEDIUM

PHYSICAL EXERCISE. Increase in fat burning with exercise: MEDIUM

**GENETIC PREDISPOSITION  
BONE, CIRCULATORY AND MUSCULAR FUNCTIONALITY - INJURIES - PERFORMANCE**

MUSCLE METABOLISM. Efficiency of circulatory and muscular metabolism HIGH, predisposition to resistant strength

BONE FUNCTIONALITY. Defect in the functionality of the osteo-tendon metabolism: LOW

**GENETIC PREDISPOSITION METABOLISM XENOBIOTES DETOXI**

FREE RADICALS. Normal

NICKEL. Normal

SULFITES. Not significant

HISTAMINE. Normal

**INTOLERANCE**

LACTOSE. Negative

FRUCTOSE. Negative

ALCOHOL. Negative

GLUTEN. Negative

CAFFEINE. Rapid metabolism of caffeine in heavy smokers

The test analyzes the genetic polymorphisms predisposing to the indicated functions, the technical evaluation is performed on the panel of genes considered valid and informative to the best of today's scientific knowledge. This evaluation aims to obtain a summary value where the degree of predisposition enhances the population prevalence and frequency data, the magnitude data. The indications are independent of any medical history of the subject, they are not a medical instrument. The indications are a contribution to the optimization of the functional framework of the subject at the disposal of the attending physician. Powered by Eurofin Genoma Group - Nutrinext



**Code 006**

**GENETIC PREDISPOSITION.**  
**WEIGHT CONTROL. METABOLISM AND PHYSICAL ACTIVITY. HOMOCYSTEINE. CARDIOVASCULAR HEALTH**

**CARBOHYDRATES-LIPIDS.** Metabolic balance: LOW . High sugar sensitivity . Moderate fat sensitivity.  
Low- calorie diets are effective.

**FATS.** Fatty acid metabolic sensitivity: LOW

**WEIGHT.** Tendency to gain weight: MEDIUM

**PHYSICAL EXERCISE.** Increase in fat burning with exercise: MEDIUM

**GENETIC PREDISPOSITION**  
**BONE, CIRCULATORY AND MUSCULAR FUNCTIONALITY - INJURIES - PERFORMANCE**

**BONE FUNCTIONALITY.** Defect in the functionality of the osteo-tendon metabolism: LOW

**MUSCLE METABOLISM.** Efficiency of circulatory and muscular metabolism HIGH, predisposition to resistant strength

**GENETIC PREDISPOSITION METABOLISM XENOBIOTES DETOXI**

**FREE RADICALS.** Normal

**NICKEL.** Normal

**SULFITES.** Not significant

**HISTAMINE.** Normal

**INTOLERANCE**

**LACTOSE.** Negative

**FRUCTOSE.** Negative

**ALCOHOL.** Negative

**GLUTEN.** Possible sensitivity to gluten intolerance

**CAFFEINE.** Negative

The test analyzes the genetic polymorphisms predisposing to the indicated functions, the technical evaluation is performed on the panel of genes considered valid and informative to the best of today's scientific knowledge. This evaluation aims to obtain a summary value where the degree of predisposition enhances the population prevalence and frequency data, the magnitude data. The indications are independent of any medical history of the subject, they are not a medical tool. The indications are a contribution to the optimization of the functional framework of the subject at the disposal of the attending physician. Powered by Eurofin Genoma Group - Nutrinext

**Code 007**

**GENETIC PREDISPOSITION.**  
WEIGHT CONTROL. METABOLISM AND PHYSICAL ACTIVITY. HOMOCYSTEINE. CARDIOVASCULAR HEALTH

CARBOHYDRATES-LIPIDS. Metabolic balance: HIGH . Sugar sensitivity LOW. LOW fat sensitivity. Effectiveness of low-calorie diets HIGH

FATS. Fatty acid metabolic sensitivity: LOW

WEIGHT. Tendency to gain weight: LOW

PHYSICAL EXERCISE. Increased fat burning with exercise: HIGH

**GENETIC PREDISPOSITION**  
BONE, CIRCULATORY AND MUSCULAR FUNCTIONALITY - INJURIES - PERFORMANCE

BONE FUNCTIONALITY. Defect in the functionality of the osteo-tendon metabolism: LOW

MUSCLE METABOLISM. Efficiency of circulatory and muscular metabolism BALANCED, predisposition to resistant strength

**GENETIC PREDISPOSITION METABOLISM XENOBIOTES DETOXI**

FREE RADICALS. Normal  
NICKEL. Normal  
SULFITES. Not significant  
HISTAMINE. Normal

**INTOLERANCE**

LACTOSE. Possible sensitivity to lactose intolerance in adulthood (50% of the Italian population)  
FRUCTOSE. Negative  
ALCOHOL. Negative  
GLUTEN. Negative  
CAFFEINE. Negative

The test analyzes the genetic polymorphisms predisposing to the indicated functions, the technical evaluation is performed on the panel of genes considered valid and informative to the best of today's scientific knowledge. This evaluation aims to obtain a summary value where the degree of predisposition enhances the population prevalence and frequency data, the magnitude data. The indications are independent of any medical history of the subject, they are not a medical tool. The indications are a contribution to the optimization of the functional framework of the subject at the disposal of the attending physician. Powered by Eurofin Genoma Group - Nutrinext

**Code 008**

**GENETIC PREDISPOSITION.  
WEIGHT CONTROL. METABOLISM AND PHYSICAL ACTIVITY. HOMOCYSTEINE. CARDIOVASCULAR  
HEALTH**

CARBOHYDRATES-LIPIDS. Metabolic balance: LOW . High sugar sensitivity, High fat sensitivity . Low efficacy of low-calorie diets.

FATS. Fatty acid metabolic sensitivity: LOW

WEIGHT. Tendency to gain weight: MEDIUM

PHYSICAL EXERCISE. Increase in fat burning with exercise: LOW

**GENETIC PREDISPOSITION  
BONE, CIRCULATORY AND MUSCULAR FUNCTIONALITY - INJURIES - PERFORMANCE**

MUSCLE METABOLISM. Efficiency of circulatory and muscular metabolism HIGH, predisposition to resistant strength

BONE FUNCTIONALITY. Defect in the functionality of the osteo-tendon metabolism: LOW

**GENETIC PREDISPOSITION METABOLISM XENOBIOTES DETOXI**

FREE RADICALS. Normal  
NICKEL. Normal  
SULFITES. Not significant  
HISTAMINE. Normal

**INTOLERANCE**

LACTOSE. Negative  
FRUCTOSE. Negative  
ALCOHOL. Negative  
GLUTEN. Possible sensitivity to gluten intolerance  
CAFFEINE. Negative

The test analyzes the genetic polymorphisms predisposing to the indicated functions, the technical evaluation is performed on the panel of genes considered valid and informative to the best of today's scientific knowledge. This evaluation aims to obtain a summary value where the degree of predisposition enhances the population prevalence and frequency data, the magnitude data. The indications are independent of any medical history of the subject, they are not a medical tool. The indications are a contribution to the optimization of the functional framework of the subject at the disposal of the attending physician. Powered by Eurofin Genoma Group - Nutrinext

**Code 009**

**GENETIC PREDISPOSITION.  
WEIGHT CONTROL. METABOLISM AND PHYSICAL ACTIVITY. HOMOCYSTEINE. CARDIOVASCULAR  
HEALTH**

**CARBOHYDRATES-LIPIDS.** Metabolic balance: LOW . High sugar sensitivity . Moderate fat sensitivity.  
Low- calorie diets are effective.

**FATS.** Fatty acid metabolic sensitivity: LOW

**WEIGHT.** Tendency to gain weight: MEDIUM

**PHYSICAL EXERCISE.** Increase in fat burning with exercise: MEDIUM

**GENETIC PREDISPOSITION  
BONE, CIRCULATORY AND MUSCULAR FUNCTIONALITY - INJURIES - PERFORMANCE**

**BONE FUNCTIONALITY.** Defect in the functionality of the osteo-tendon metabolism: LOW

**MUSCLE METABOLISM.** Efficiency of circulatory and muscular metabolism HIGH, predisposition to  
resistant strength

**GENETIC PREDISPOSITION METABOLISM XENOBIOTES DETOXI**

**FREE RADICALS.** Normal

**NICKEL.** Normal

**SULFITES.** Not significant

**HISTAMINE.** Normal

**INTOLERANCE**

**LACTOSE.** Negative

**FRUCTOSE.** Negative

**ALCOHOL.** Negative

**GLUTEN.** Possible sensitivity to gluten intolerance

**CAFFEINE.** Negative

The test analyzes the genetic polymorphisms predisposing to the indicated functions, the technical evaluation is performed on the panel of genes considered valid and informative to the best of today's scientific knowledge. This evaluation aims to obtain a summary value where the degree of predisposition enhances the population prevalence and frequency data, the magnitude data. The indications are independent of any medical history of the subject, they are not a medical instrument. The indications are a contribution to the optimization of the functional framework of the subject at the disposal of the attending physician. Powered by Eurofin Genoma Group - Nutrinext

## GENE - PERSON

## GENETIC PREDISPOSITION

### Code 010

GENETIC PREDISPOSITION.  
WEIGHT CONTROL. METABOLISM AND PHYSICAL ACTIVITY. HOMOCYSTEINE. CARDIOVASCULAR HEALTH

CARBOHYDRATES-LIPIDS. Metabolic balance: LOW . High sugar sensitivity. High fat sensitivity. Low-medium efficacy low-calorie diets.

FATS. Fatty acid metabolic sensitivity: LOW

WEIGHT. Tendency to gain weight: MEDIUM/HIGH

PHYSICAL EXERCISE. Increase in fat burning with exercise: LOW

GENETIC PREDISPOSITION  
BONE, CIRCULATORY AND MUSCULAR FUNCTIONALITY - INJURIES - PERFORMANCE

MUSCLE METABOLISM. Efficiency of circulatory and muscular metabolism HIGH, predisposition to resistant strength

BONE FUNCTIONALITY. Defect in the functionality of the osteo-tendon metabolism: LOW

GENETIC PREDISPOSITION METABOLISM XENOBIOTES DETOXI

FREE RADICALS. Normal

NICKEL. Normal

SULFITES. Not significant

HISTAMINE. Normal

INTOLERANCE

LACTOSE. Possible sensitivity to lactose intolerance in adulthood (50% of the Italian population)

FRUCTOSE. Negative

ALCOHOL. Negative

GLUTEN. Possible sensitivity to gluten intolerance

CAFFEINE. Negative

The test analyzes the genetic polymorphisms predisposing to the indicated functions, the technical evaluation is performed on the panel of genes considered valid and informative to the best of today's scientific knowledge. This evaluation aims to obtain a summary value where the degree of predisposition enhances the population prevalence and frequency data, the magnitude data. The indications are independent of any medical history of the subject, they are not a medical tool. The indications are a contribution to the optimization of the functional framework of the subject at the disposal of the attending physician. Powered by Eurofin Genoma Group - Nutrinext

**Code 011**

**GENETIC PREDISPOSITION.  
WEIGHT CONTROL. METABOLISM AND PHYSICAL ACTIVITY. HOMOCYSTEINE. CARDIOVASCULAR  
HEALTH**

CARBOHYDRATES-LIPIDS. Metabolic balance: LOW. Increased trend of fat deposits and BMI. Good efficacy low calorie diets for weight loss

FATS. Fat accumulation propensity : MEDIUM - HIGH

WEIGHT. Tendency to gain weight: HIGH

PHYSICAL EXERCISE. Increase in fat burning with exercise: MEDIUM

**GENETIC PREDISPOSITION  
BONE, CIRCULATORY AND MUSCULAR FUNCTIONALITY - INJURIES - PERFORMANCE**

BONE FUNCTIONALITY. Defect in the functionality of the osteo-tendon metabolism: LOW

MUSCLE METABOLISM. Efficiency of circulatory and muscular metabolism HIGH, predisposition to resistant strength

**GENETIC PREDISPOSITION METABOLISM XENOBIOTES DETOXI**

FREE RADICALS. Normal  
NICKEL. Normal  
SULFITES. Not significant  
HISTAMINE. Normal

**INTOLERANCE**

LACTOSE. Possible sensitivity to lactose intolerance in adulthood (50% of the Italian population)  
FRUCTOSE. Negative  
ALCOHOL. Negative  
GLUTEN. Negative  
CAFFEINE. Negative

The test analyzes the genetic polymorphisms predisposing to the indicated functions, the technical evaluation is performed on the panel of genes considered valid and informative to the best of today's scientific knowledge. This evaluation aims to obtain a summary value where the degree of predisposition enhances the population prevalence and frequency data, the magnitude data. The indications are independent of any medical history of the subject, they are not a medical instrument. The indications are a contribution to the optimization of the functional framework of the subject at the disposal of the attending physician. Powered by Eurofin Genoma Group - Nutrinext

**Code 012**

**GENETIC PREDISPOSITION.**  
**WEIGHT CONTROL. METABOLISM AND PHYSICAL ACTIVITY. HOMOCYSTEINE. CARDIOVASCULAR HEALTH**

**CARBOHYDRATES-LIPIDS.** Metabolic balance: **LOW**. Increased trend of fat deposits and BMI. Sensitive to carbohydrates. Fairly effective low-calorie diets.

**FATS.** Fat accumulation propensity: **MEDIUM**

**WEIGHT.** Tendency to gain weight: **MEDIUM**

**PHYSICAL EXERCISE.** Increase in fat burning with exercise: **MEDIUM**

**GENETIC PREDISPOSITION**  
**BONE, CIRCULATORY AND MUSCULAR FUNCTIONALITY - INJURIES - PERFORMANCE**

**BONE FUNCTIONALITY.** Defect in the functionality of the osteo-tendon metabolism: **LOW**

**MUSCLE METABOLISM.** Efficiency of circulatory and muscular metabolism **HIGH**, predisposition to resistant strength

**GENETIC PREDISPOSITION METABOLISM XENOBIOTES DETOXI**

**FREE RADICALS.** Normal  
**NICKEL.** Normal  
**SULFITES.** Not significant  
**HISTAMINE.** Normal

**INTOLERANCE**

**LACTOSE.** Possible sensitivity to lactose intolerance in adulthood (50% of the Italian population)  
**FRUCTOSE.** Negative  
**ALCOHOL.** Negative  
**GLUTEN.** Negative  
**CAFFEINE.** Negative

The test analyzes the genetic polymorphisms predisposing to the indicated functions, the technical evaluation is performed on the panel of genes considered valid and informative to the best of today's scientific knowledge. This evaluation aims to obtain a summary value where the degree of predisposition enhances the population prevalence and frequency data, the magnitude data. The indications are independent of any medical history of the subject, they are not a medical tool. The indications are a contribution to the optimization of the functional framework of the subject at the disposal of the attending physician. Powered by Eurofin Genoma Group - Nutrinext

**Code 013**

**GENETIC PREDISPOSITION.**  
**WEIGHT CONTROL. METABOLISM AND PHYSICAL ACTIVITY. HOMOCYSTEINE. CARDIOVASCULAR HEALTH**

**CARBOHYDRATES-LIPIDS.** Metabolic balance: **LOW**. Increased trend of fat deposits and BMI. Sensitive to sugars. Fairly effective low-calorie diets.

**FATS.** Fat accumulation propensity: **MEDIUM**

**WEIGHT.** Tendency to gain weight: **HIGH**

**PHYSICAL EXERCISE.** Increase in fat burning with exercise: **LOW**

**GENETIC PREDISPOSITION**  
**BONE, CIRCULATORY AND MUSCULAR FUNCTIONALITY - INJURIES - PERFORMANCE**

**BONE FUNCTIONALITY.** Defect in the functionality of the osteo-tendon metabolism: **MEDIUM**

**MUSCLE METABOLISM.** Efficiency of circulatory and muscular metabolism **HIGH**, predisposition to resistant strength

**GENETIC PREDISPOSITION METABOLISM XENOBIOTES DETOXI**

**FREE RADICALS.** Normal  
**NICKEL.** Normal  
**SULFITES.** Not significant  
**HISTAMINE.** Normal

**INTOLERANCE**

**LACTOSE.** Possible sensitivity to lactose intolerance in adulthood (50% of the Italian population)  
**FRUCTOSE.** Negative  
**ALCOHOL.** Negative  
**GLUTEN.** Possible sensitivity to gluten intolerance  
**CAFFEINE.** Negative

The test analyzes the genetic polymorphisms predisposing to the indicated functions, the technical evaluation is performed on the panel of genes considered valid and informative to the best of today's scientific knowledge. This evaluation aims to obtain a summary value where the degree of predisposition enhances the population prevalence and frequency data, the magnitude data. The indications are independent of any medical history of the subject, they are not a medical tool. The indications are a contribution to the optimization of the functional framework of the subject at the disposal of the attending physician. Powered by Eurofin Genoma Group - Nutrinext



**Code 014**

**GENETIC PREDISPOSITION.**  
**WEIGHT CONTROL. METABOLISM AND PHYSICAL ACTIVITY. HOMOCYSTEINE. CARDIOVASCULAR HEALTH**

**CARBOHYDRATES-LIPIDS.** Metabolic balance: **LOW**. Increased trend of fat deposits and BMI. Sensitive to fats and carbohydrates. Fairly effective low-calorie diets.

**FATS.** Fat accumulation propensity: **MEDIUM**

**WEIGHT.** Tendency to gain weight: **MEDIUM**

**PHYSICAL EXERCISE.** Increase in fat burning with exercise: **LOW**

**GENETIC PREDISPOSITION**  
**BONE, CIRCULATORY AND MUSCULAR FUNCTIONALITY - INJURIES - PERFORMANCE**

**BONE FUNCTIONALITY.** Defect in the functionality of the osteo-tendon metabolism: **MEDIUM**

**MUSCLE METABOLISM.** Efficiency of circulatory and muscular metabolism **BALANCED**, predisposition to explosive strength

**GENETIC PREDISPOSITION METABOLISM XENOBIOTES DETOXI**

**FREE RADICALS.** Normal  
**NICKEL.** Normal  
**SULFITES.** Not significant  
**HISTAMINE.** Normal

**INTOLERANCE**

**LACTOSE.** Possible sensitivity to lactose intolerance in adulthood (50% of the Italian population)  
**FRUCTOSE.** Negative  
**ALCOHOL.** Negative  
**GLUTEN.** Possible sensitivity to gluten intolerance  
**CAFFEINE.** Rapid metabolism of caffeine in heavy smokers

The test analyzes the genetic polymorphisms predisposing to the indicated functions, the technical evaluation is performed on the panel of genes considered valid and informative to the best of today's scientific knowledge. This evaluation aims to obtain a summary value where the degree of predisposition enhances the population prevalence and frequency data, the magnitude data. The indications are independent of any medical history of the subject, they are not a medical instrument. The indications are a contribution to the optimization of the functional framework of the subject at the disposal of the attending physician. Powered by Eurofin Genoma Group - Nutrinext

**Code 015**

**GENETIC PREDISPOSITION.  
WEIGHT CONTROL. METABOLISM AND PHYSICAL ACTIVITY. HOMOCYSTEINE. CARDIOVASCULAR  
HEALTH**

**CARBOHYDRATES-LIPIDS.** Metabolic balance: **LOW**. Moderate sensitivity to fats, high to sugars.  
Increased trend of fat deposits and BMI. Good efficacy low-calorie diets.

**FATS.** Fat accumulation propensity: **MEDIUM**

**PHYSICAL EXERCISE.** Increase in fat burning with exercise: **LOW**

**WEIGHT.** Tendency to gain weight: **MEDIUM**

**GENETIC PREDISPOSITION  
BONE, CIRCULATORY AND MUSCULAR FUNCTIONALITY - INJURIES - PERFORMANCE**

**BONE FUNCTIONALITY.** Defect in the functionality of the osteo-tendon metabolism: **MEDIUM**

**MUSCLE METABOLISM.** Efficiency of circulatory and muscular metabolism **HIGH**, predisposition to  
resistant strength

**GENETIC PREDISPOSITION METABOLISM XENOBIOTES DETOXI**

**FREE RADICALS.** Normal  
**NICKEL.** Normal  
**SULFITES.** Not significant  
**HISTAMINE.** Normal

**INTOLERANCE**

**LACTOSE.** Possible sensitivity to lactose intolerance in adulthood (50% of the Italian population)  
**FRUCTOSE.** Negative  
**ALCOHOL.** Negative  
**GLUTEN.** Possible sensitivity to gluten intolerance  
**CAFFEINE.** Rapid metabolism of caffeine in heavy smokers

The test analyzes the genetic polymorphisms predisposing to the indicated functions, the technical evaluation is performed on the panel of genes considered valid and informative to the best of today's scientific knowledge. This evaluation aims to obtain a summary value where the degree of predisposition enhances the population prevalence and frequency data, the magnitude data. The indications are independent of any medical history of the subject, they are not a medical tool. The indications are a contribution to the optimization of the functional framework of the subject at the disposal of the attending physician. Powered by Eurofin Genoma Group - Nutrinext

**Code 016**

**GENETIC PREDISPOSITION.  
WEIGHT CONTROL. METABOLISM AND PHYSICAL ACTIVITY. HOMOCYSTEINE. CARDIOVASCULAR  
HEALTH**

CARBOHYDRATES-LIPIDS. Metabolic balance: LOW . High sugar sensitivity, High fat sensitivity . Low efficacy of low-calorie diets.

FATS. Fatty acid metabolic sensitivity: LOW

WEIGHT. Tendency to gain weight: MEDIUM

PHYSICAL EXERCISE. Increase in fat burning with exercise: LOW

**GENETIC PREDISPOSITION  
BONE, CIRCULATORY AND MUSCULAR FUNCTIONALITY - INJURIES - PERFORMANCE**

MUSCLE METABOLISM. Efficiency of circulatory and muscular metabolism HIGH, predisposition to resistant strength

BONE FUNCTIONALITY. Defect in the functionality of the osteo-tendon metabolism: LOW

**GENETIC PREDISPOSITION METABOLISM XENOBIOTES DETOXI**

FREE RADICALS. Normal  
NICKEL. Normal  
SULFITES. Not significant  
HISTAMINE. Normal

**INTOLERANCE**

LACTOSE. Negative  
FRUCTOSE. Negative  
ALCOHOL. Negative  
GLUTEN. Possible sensitivity to gluten intolerance  
CAFFEINE. Negative

The test analyzes the genetic polymorphisms predisposing to the indicated functions, the technical evaluation is performed on the panel of genes considered valid and informative to the best of today's scientific knowledge. This evaluation aims to obtain a summary value where the degree of predisposition enhances the population prevalence and frequency data, the magnitude data. The indications are independent of any medical history of the subject, they are not a medical instrument. The indications are a contribution to the optimization of the functional framework of the subject at the disposal of the attending physician. Powered by Eurofin Genoma Group - Nutrinext

**Code 017**

**GENETIC PREDISPOSITION.  
WEIGHT CONTROL. METABOLISM AND PHYSICAL ACTIVITY. HOMOCYSTEINE. CARDIOVASCULAR  
HEALTH**

CARBOHYDRATES-LIPIDS. Metabolic balance: LOW . High sugar sensitivity. High fat sensitivity. Low-medium efficacy low-calorie diets.

FATS. Fatty acid metabolic sensitivity: LOW

WEIGHT. Tendency to gain weight: MEDIUM/HIGH

PHYSICAL EXERCISE. Increase in fat burning with exercise: LOW

**GENETIC PREDISPOSITION  
BONE, CIRCULATORY AND MUSCULAR FUNCTIONALITY - INJURIES - PERFORMANCE**

MUSCLE METABOLISM. Efficiency of circulatory and muscular metabolism HIGH, predisposition to resistant strength

BONE FUNCTIONALITY. Defect in the functionality of the osteo-tendon metabolism: LOW

**GENETIC PREDISPOSITION METABOLISM XENOBIOTES DETOXI**

FREE RADICALS. Normal

NICKEL. Normal

SULFITES. Not significant

HISTAMINE. Normal

**INTOLERANCE**

LACTOSE. Possible sensitivity to lactose intolerance in adulthood (50% of the Italian population)

FRUCTOSE. Negative

ALCOHOL. Negative

GLUTEN. Possible sensitivity to gluten intolerance

CAFFEINE. Negative

The test analyzes the genetic polymorphisms predisposing to the indicated functions, the technical evaluation is performed on the panel of genes considered valid and informative to the best of today's scientific knowledge. This evaluation aims to obtain a summary value where the degree of predisposition enhances the population prevalence and frequency data, the magnitude data. The indications are independent of any medical history of the subject, they are not a medical tool. The indications are a contribution to the optimization of the functional framework of the subject at the disposal of the attending physician. Powered by Eurofin Genoma Group - Nutrinext

**Code 018**

**GENETIC PREDISPOSITION.  
WEIGHT CONTROL. METABOLISM AND PHYSICAL ACTIVITY. HOMOCYSTEINE. CARDIOVASCULAR  
HEALTH**

**CARBOHYDRATES-LIPIDS.** Metabolic balance: LOW . High sugar sensitivity . Moderate fat sensitivity.  
Fairly effective low-calorie diets.

**FATS.** Fatty acid metabolic sensitivity: LOW

**WEIGHT.** Tendency to gain weight: HIGH

**PHYSICAL EXERCISE.** Increase in fat burning with exercise: MEDIUM

**GENETIC PREDISPOSITION  
BONE, CIRCULATORY AND MUSCULAR FUNCTIONALITY - INJURIES - PERFORMANCE**

**MUSCLE METABOLISM.** Efficiency of circulatory and muscular metabolism BALANCED, predisposition to  
resistant strength

**BONE FUNCTIONALITY.** Defect in the functionality of the osteo-tendon metabolism: LOW

**GENETIC PREDISPOSITION METABOLISM XENOBIOTES DETOXI**

**FREE RADICALS.** Normal

**NICKEL.** Normal

**SULFITES.** Not significant

**HISTAMINE.** Normal

**INTOLERANCE**

**LACTOSE.** Negative

**FRUCTOSE.** Negative

**ALCOHOL.** Negative

**GLUTEN.** Negative

**CAFFEINE.** Negative

The test analyzes the genetic polymorphisms predisposing to the indicated functions, the technical evaluation is performed on the panel of genes considered valid and informative to the best of today's scientific knowledge. This evaluation aims to obtain a summary value where the degree of predisposition enhances the population prevalence and frequency data, the magnitude data. The indications are independent of any medical history of the subject, they are not a medical tool. The indications are a contribution to the optimization of the functional framework of the subject at the disposal of the attending physician. Powered by Eurofin Genoma Group - Nutrinext

**Code 019**

**GENETIC PREDISPOSITION.  
WEIGHT CONTROL. METABOLISM AND PHYSICAL ACTIVITY. HOMOCYSTEINE. CARDIOVASCULAR  
HEALTH**

CARBOHYDRATES-LIPIDS. Metabolic balance: LOW . High sugar sensitivity . High fat sensitivity. Average effectiveness of low-calorie diets.

FATS. Fatty acid metabolic sensitivity: LOW

WEIGHT. Tendency to gain weight: MEDIUM

PHYSICAL EXERCISE. Increase in fat burning with exercise: MEDIUM

**GENETIC PREDISPOSITION  
BONE, CIRCULATORY AND MUSCULAR FUNCTIONALITY - INJURIES - PERFORMANCE**

MUSCLE METABOLISM. Efficiency of circulatory and muscular metabolism HIGH, predisposition to resistant strength

BONE FUNCTIONALITY. Defect in the functionality of the osteo-tendon metabolism: LOW

**GENETIC PREDISPOSITION METABOLISM XENOBIOTES DETOXI**

FREE RADICALS. Normal

NICKEL. Normal

SULFITES. Not significant

HISTAMINE. Normal

**INTOLERANCE**

LACTOSE. Negative

FRUCTOSE. Negative

ALCOHOL. Negative

GLUTEN. Negative

CAFFEINE. Rapid metabolism of caffeine in heavy smokers

The test analyzes the genetic polymorphisms predisposing to the indicated functions, the technical evaluation is performed on the panel of genes considered valid and informative to the best of today's scientific knowledge. This evaluation aims to obtain a summary value where the degree of predisposition enhances the population prevalence and frequency data, the magnitude data. The indications are independent of any medical history of the subject, they are not a medical tool. The indications are a contribution to the optimization of the functional framework of the subject at the disposal of the attending physician. Powered by Eurofin Genoma Group - Nutrinext

**Code 020**

**GENETIC PREDISPOSITION.  
WEIGHT CONTROL. METABOLISM AND PHYSICAL ACTIVITY. HOMOCYSTEINE. CARDIOVASCULAR  
HEALTH**

**CARBOHYDRATES-LIPIDS.** Metabolic balance: LOW . High sugar sensitivity . Moderate fat sensitivity.  
Low- calorie diets are effective.

**FATS.** Fatty acid metabolic sensitivity: LOW

**WEIGHT.** Tendency to gain weight: MEDIUM

**PHYSICAL EXERCISE.** Increase in fat burning with exercise: MEDIUM

**GENETIC PREDISPOSITION  
BONE, CIRCULATORY AND MUSCULAR FUNCTIONALITY - INJURIES - PERFORMANCE**

**BONE FUNCTIONALITY.** Defect in the functionality of the osteo-tendon metabolism: LOW

**MUSCLE METABOLISM.** Efficiency of circulatory and muscular metabolism HIGH, predisposition to  
resistant strength

**GENETIC PREDISPOSITION METABOLISM XENOBIOTES DETOXI**

**FREE RADICALS.** Normal

**NICKEL.** Normal

**SULFITES.** Not significant

**HISTAMINE.** Normal

**INTOLERANCE**

**LACTOSE.** Negative

**FRUCTOSE.** Negative

**ALCOHOL.** Negative

**GLUTEN.** Possible sensitivity to gluten intolerance

**CAFFEINE.** Negative

The test analyzes the genetic polymorphisms predisposing to the indicated functions, the technical evaluation is performed on the panel of genes considered valid and informative to the best of today's scientific knowledge. This evaluation aims to obtain a summary value where the degree of predisposition enhances the population prevalence and frequency data, the magnitude data. The indications are independent of any medical history of the subject, they are not a medical instrument. The indications are a contribution to the optimization of the functional framework of the subject at the disposal of the attending physician. Powered by Eurofin Genoma Group - Nutrinext

**Code 021**

GENETIC PREDISPOSITION.  
WEIGHT CONTROL. METABOLISM AND PHYSICAL ACTIVITY. HOMOCYSTEINE. CARDIOVASCULAR HEALTH

CARBOHYDRATES-LIPIDS. Metabolic balance: HIGH. Sensitivity sugars AVERAGE Fat sensitivity LOW effectiveness of low-calorie diets HIGH

FATS. Fatty acid metabolic sensitivity: LOW

WEIGHT. Tendency to gain weight: MEDIUM HIGH

PHYSICAL EXERCISE. Increased fat burning with exercise: HIGH

GENETIC PREDISPOSITION  
BONE, CIRCULATORY AND MUSCULAR FUNCTIONALITY - INJURIES - PERFORMANCE

BONE FUNCTIONALITY. Defect in the functionality of the osteo-tendon metabolism: LOW

MUSCLE METABOLISM. Efficiency of circulatory and muscular metabolism BALANCED, predisposition to resistant strength

GENETIC PREDISPOSITION METABOLISM XENOBIOTES DETOXI

FREE RADICALS. Normal  
NICKEL. Normal  
SULFITES. Not significant  
HISTAMINE. Normal

**INTOLERANCE**

LACTOSE. Negative  
FRUCTOSE. Negative  
ALCOHOL. Negative  
GLUTEN. Possible sensitivity to gluten intolerance  
CAFFEINE. Rapid metabolism of caffeine in heavy smokers

The test analyzes the genetic polymorphisms predisposing to the indicated functions, the technical evaluation is performed on the panel of genes considered valid and informative to the best of today's scientific knowledge. This evaluation aims to obtain a summary value where the degree of predisposition enhances the population prevalence and frequency data, the magnitude data. The indications are independent of any medical history of the subject, they are not a medical tool. The indications are a contribution to the optimization of the functional framework of the subject at the disposal of the attending physician. Powered by Eurofin Genoma Group - Nutrinext



**Code 022**

GENETIC PREDISPOSITION.  
WEIGHT CONTROL. METABOLISM AND PHYSICAL ACTIVITY. HOMOCYSTEINE. CARDIOVASCULAR HEALTH

CARBOHYDRATES-LIPIDS. Metabolic balance: HIGH . Sugar sensitivity. HIGH Sensitivity to fats  
LOW Effectiveness of low-calorie diets HIGH

FATS. Fatty acid metabolic sensitivity: LOW

WEIGHT. Tendency to gain weight: LOW

PHYSICAL EXERCISE. Increased fat burning with exercise: HIGH

GENETIC PREDISPOSITION  
BONE, CIRCULATORY AND MUSCULAR FUNCTIONALITY - INJURIES - PERFORMANCE

BONE FUNCTIONALITY. Defect in the functionality of the osteo-tendon metabolism: LOW

MUSCLE METABOLISM. Efficiency of circulatory and muscular metabolism HIGH, predisposition to resistant strength

GENETIC PREDISPOSITION METABOLISM XENOBIOTES DETOXI

FREE RADICALS. Normal  
NICKEL. Normal  
SULFITES. Not significant  
HISTAMINE. Normal

**INTOLERANCE**

LACTOSE. Possible sensitivity to lactose intolerance in adulthood (50% of the Italian population)  
FRUCTOSE. Negative  
ALCOHOL. Negative  
GLUTEN. Negative  
CAFFEINE. Negative

The test analyzes the genetic polymorphisms predisposing to the indicated functions, the technical evaluation is performed on the panel of genes considered valid and informative to the best of today's scientific knowledge. This evaluation aims to obtain a summary value where the degree of predisposition enhances the population prevalence and frequency data, the magnitude data. The indications are independent of any medical history of the subject, they are not a medical tool. The indications are a contribution to the optimization of the functional framework of the subject at the disposal of the attending physician. Powered by Eurofin Genoma Group - Nutrinext

**Code 023**

**GENETIC PREDISPOSITION.**  
**WEIGHT CONTROL. METABOLISM AND PHYSICAL ACTIVITY. HOMOCYSTEINE. CARDIOVASCULAR HEALTH**

**CARBOHYDRATES-LIPIDS.** Metabolic balance: **LOW** . Sensitivity to sugars **HIGH**. Sensitivity to fats **VERY HIGH**. Effectiveness of low- calorie diets **MEDIUM**

**FATS.** Fatty acid metabolic sensitivity: **HIGH**

**WEIGHT.** Tendency to gain weight: **MEDIUM**

**PHYSICAL EXERCISE.** Increase in fat burning with exercise: **LOW**

**GENETIC PREDISPOSITION**  
**BONE, CIRCULATORY AND MUSCULAR FUNCTIONALITY - INJURIES - PERFORMANCE**

**BONE FUNCTIONALITY.** Defect in the functionality of the osteo-tendon metabolism: **MEDIUM**

**MUSCLE METABOLISM.** Efficiency of circulatory and muscular metabolism **BALANCED**, predisposition to resistant strength

**GENETIC PREDISPOSITION METABOLISM XENOBIOTES DETOXI**

**FREE RADICALS.** Normal

**NICKEL.** Normal

**SULFITES.** Not significant

**HISTAMINE.** Normal

**INTOLERANCE**

**LACTOSE.** Possible sensitivity to lactose intolerance in adulthood (50% of the Italian population)

**FRUCTOSE.** Negative

**ALCOHOL.** Negative

**GLUTEN.** Possible sensitivity to gluten intolerance

**CAFFEINE.** Negative

The test analyzes the genetic polymorphisms predisposing to the indicated functions, the technical evaluation is performed on the panel of genes considered valid and informative to the best of today's scientific knowledge. This evaluation aims to obtain a summary value where the degree of predisposition enhances the population prevalence and frequency data, the magnitude data. The indications are independent of any medical history of the subject, they are not a medical tool. The indications are a contribution to the optimization of the functional framework of the subject at the disposal of the attending physician. Powered by Eurofin Genoma Group - Nutrinext

Code 024

GENETIC PREDISPOSITION.

WEIGHT CONTROL. METABOLISM AND PHYSICAL ACTIVITY. HOMOCYSTEINE. CARDIOVASCULAR HEALTH

CARBOHYDRATES-LIPIDS. Metabolic balance: LOW . Sugar sensitivity HIGH. Fat sensitivity MODERATE  
Effectiveness of low-calorie diets MODERATE

FATS. Fatty acid metabolic sensitivity: LOW

WEIGHT. Tendency to gain weight: MEDIUM

PHYSICAL EXERCISE. Increase in fat burning with exercise: MEDIUM

GENETIC PREDISPOSITION

BONE, CIRCULATORY AND MUSCULAR FUNCTIONALITY - INJURIES - PERFORMANCE

BONE FUNCTIONALITY. Defect in the functionality of the osteo-tendon metabolism: MEDIUM

MUSCLE METABOLISM. Efficiency of circulatory and muscular metabolism BALANCED, predisposition to resistant strength

GENETIC PREDISPOSITION METABOLISM XENOBIOTES DETOXI

FREE RADICALS. Normal

NICKEL. Normal

SULFITES. Not significant

HISTAMINE. Normal

INTOLERANCE

LACTOSE. Negative

FRUCTOSE. Negative

ALCOHOL. Negative

GLUTEN. Negative

CAFFEINE. Negative

The test analyzes the genetic polymorphisms predisposing to the indicated functions, the technical evaluation is performed on the panel of genes considered valid and informative to the best of today's scientific knowledge. This evaluation aims to obtain a summary value where the degree of predisposition enhances the population prevalence and frequency data, the magnitude data. The indications are independent of any medical history of the subject, they are not a medical tool. The indications are a contribution to the optimization of the functional framework of the subject at the disposal of the attending physician. Powered by Eurofin Genoma Group - Nutrinext

**Code 025**

**GENETIC PREDISPOSITION.  
WEIGHT CONTROL. METABOLISM AND PHYSICAL ACTIVITY. HOMOCYSTEINE. CARDIOVASCULAR  
HEALTH**

**CARBOHYDRATES-LIPIDS. Metabolic balance: BALANCED. Sugar sensitivity . LOW Sensitivity to fats  
MODERATE effectiveness of low-calorie diets GOOD**

**PHYSICAL EXERCISE. Increase in fat burning with exercise: LOW**

**FATS. Fatty acid metabolic sensitivity: HIGH**

**WEIGHT. Tendency to gain weight: LOW**

**GENETIC PREDISPOSITION  
BONE, CIRCULATORY AND MUSCULAR FUNCTIONALITY - INJURIES - PERFORMANCE**

**BONE FUNCTIONALITY. Defect in the functionality of the osteo-tendon metabolism: LOW**

**MUSCLE METABOLISM. Efficiency of circulatory and muscular metabolism BALANCED, predisposition to  
EXPLOSIVE strength**

**GENETIC PREDISPOSITION METABOLISM XENOBIOTES DETOXI**

**FREE RADICALS. Normal**

**NICKEL. Normal**

**SULFITES. Not significant**

**HISTAMINE. Normal**

**INTOLERANCE**

**LACTOSE. Possible sensitivity to lactose intolerance in adulthood (50% of the Italian population)**

**FRUCTOSE. Negative**

**ALCOHOL. Negative**

**GLUTEN. Possible sensitivity to gluten intolerance**

**CAFFEINE. Rapid metabolism of caffeine in heavy smokers**

The test analyzes the genetic polymorphisms predisposing to the indicated functions, the technical evaluation is performed on the panel of genes considered valid and informative to the best of today's scientific knowledge. This evaluation aims to obtain a summary value where the degree of predisposition enhances the population prevalence and frequency data, the magnitude data. The indications are independent of any medical history of the subject, they are not a medical instrument. The indications are a contribution to the optimization of the functional framework of the subject at the disposal of the attending physician.  
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**Code 026**

**GENETIC PREDISPOSITION.  
WEIGHT CONTROL. METABOLISM AND PHYSICAL ACTIVITY. HOMOCYSTEINE. CARDIOVASCULAR  
HEALTH**

CARBOHYDRATES-LIPIDS. Metabolic balance: LOW . High sugar sensitivity, High fat sensitivity . Low efficacy of low-calorie diets.

FATS. Fatty acid metabolic sensitivity: LOW

WEIGHT. Tendency to gain weight: MEDIUM

PHYSICAL EXERCISE. Increase in fat burning with exercise: LOW

**GENETIC PREDISPOSITION  
BONE, CIRCULATORY AND MUSCULAR FUNCTIONALITY - INJURIES - PERFORMANCE**

MUSCLE METABOLISM. Efficiency of circulatory and muscular metabolism HIGH, predisposition to resistant strength

BONE FUNCTIONALITY. Defect in the functionality of the osteo-tendon metabolism: LOW

**GENETIC PREDISPOSITION METABOLISM XENOBIOTES DETOXI**

FREE RADICALS. Normal  
NICKEL. Normal  
SULFITES. Not significant  
HISTAMINE. Normal

**INTOLERANCE**

LACTOSE. Negative  
FRUCTOSE. Negative  
ALCOHOL. Negative  
GLUTEN. Possible sensitivity to gluten intolerance  
CAFFEINE. Negative

The test analyzes the genetic polymorphisms predisposing to the indicated functions, the technical evaluation is performed on the panel of genes considered valid and informative to the best of today's scientific knowledge. This evaluation aims to obtain a summary value where the degree of predisposition enhances the population prevalence and frequency data, the magnitude data. The indications are independent of any medical history of the subject, they are not a medical instrument. The indications are a contribution to the optimization of the functional framework of the subject at the disposal of the attending physician. Powered by Eurofin Genoma Group - Nutrinext

## GENE - PERSON

## GENETIC PREDISPOSITION

### Code 027

GENETIC PREDISPOSITION.  
WEIGHT CONTROL. METABOLISM AND PHYSICAL ACTIVITY. HOMOCYSTEINE. CARDIOVASCULAR HEALTH

CARBOHYDRATES-LIPIDS. Metabolic balance: LOW. Moderate sensitivity to fats, high to sugars. Increased trend of fat deposits and BMI. Good efficacy low-calorie diets.

FATS. Fat accumulation propensity: MEDIUM

PHYSICAL EXERCISE. Increase in fat burning with exercise: LOW

WEIGHT. Tendency to gain weight: MEDIUM

GENETIC PREDISPOSITION  
BONE, CIRCULATORY AND MUSCULAR FUNCTIONALITY - INJURIES - PERFORMANCE

BONE FUNCTIONALITY. Defect in the functionality of the osteo-tendon metabolism: MEDIUM

MUSCLE METABOLISM. Efficiency of circulatory and muscular metabolism HIGH, predisposition to resistant strength

GENETIC PREDISPOSITION METABOLISM XENOBIOTES DETOXI

FREE RADICALS. Normal

NICKEL. Normal

SULFITES. Not significant

HISTAMINE. Normal

INTOLERANCE

LACTOSE. Possible sensitivity to lactose intolerance in adulthood (50% of the Italian population)

FRUCTOSE. Negative

ALCOHOL. Negative

GLUTEN. Possible sensitivity to gluten intolerance

CAFFEINE. Rapid metabolism of caffeine in heavy smokers

The test analyzes the genetic polymorphisms predisposing to the indicated functions, the technical evaluation is performed on the panel of genes considered valid and informative to the best of today's scientific knowledge. This evaluation aims to obtain a summary value where the degree of predisposition enhances the population prevalence and frequency data, the magnitude data. The indications are independent of any medical history of the subject, they are not a medical tool. The indications are a contribution to the optimization of the functional framework of the subject at the disposal of the attending physician. Powered by Eurofin Genoma Group - Nutrinext

**Code 028**

**GENETIC PREDISPOSITION.  
WEIGHT CONTROL. METABOLISM AND PHYSICAL ACTIVITY. HOMOCYSTEINE. CARDIOVASCULAR  
HEALTH**

**CARBOHYDRATES-LIPIDS.** Metabolic balance: **LOW** . High sugar sensitivity, High fat sensitivity . Low efficacy of low-calorie diets.

**FATS.** Fatty acid metabolic sensitivity: **LOW**

**WEIGHT.** Tendency to gain weight: **MEDIUM**

**PHYSICAL EXERCISE.** Increase in fat burning with exercise: **LOW**

**GENETIC PREDISPOSITION  
BONE, CIRCULATORY AND MUSCULAR FUNCTIONALITY - INJURIES - PERFORMANCE**

**MUSCLE METABOLISM.** Efficiency of circulatory and muscular metabolism **HIGH**, predisposition to resistant strength

**BONE FUNCTIONALITY.** Defect in the functionality of the osteo-tendon metabolism: **LOW**

**GENETIC PREDISPOSITION METABOLISM XENOBIOTES DETOXI**

**FREE RADICALS.** Normal

**NICKEL.** Normal

**SULFITES.** Not significant

**HISTAMINE.** Normal

**INTOLERANCE**

**LACTOSE.** Negative

**FRUCTOSE.** Negative

**ALCOHOL.** Negative

**GLUTEN.** Possible sensitivity to gluten intolerance

**CAFFEINE.** Negative

The test analyzes the genetic polymorphisms predisposing to the indicated functions, the technical evaluation is performed on the panel of genes considered valid and informative to the best of today's scientific knowledge. This evaluation aims to obtain a summary value where the degree of predisposition enhances the population prevalence and frequency data, the magnitude data. The indications are independent of any medical history of the subject, they are not a medical tool. The indications are a contribution to the optimization of the functional framework of the subject at the disposal of the attending physician. Powered by Eurofin Genoma Group - Nutrinext

**Code 029**

**GENETIC PREDISPOSITION.  
WEIGHT CONTROL. METABOLISM AND PHYSICAL ACTIVITY. HOMOCYSTEINE. CARDIOVASCULAR  
HEALTH**

**CARBOHYDRATES-LIPIDS.** Metabolic balance: LOW . High sugar sensitivity. High fat sensitivity. Low-medium efficacy low-calorie diets.

**FATS.** Fatty acid metabolic sensitivity: LOW

**WEIGHT.** Tendency to gain weight: MEDIUM/HIGH

**PHYSICAL EXERCISE.** Increase in fat burning with exercise: LOW

**GENETIC PREDISPOSITION  
BONE, CIRCULATORY AND MUSCULAR FUNCTIONALITY - INJURIES - PERFORMANCE**

**MUSCLE METABOLISM.** Efficiency of circulatory and muscular metabolism HIGH, predisposition to resistant strength

**BONE FUNCTIONALITY.** Defect in the functionality of the osteo-tendon metabolism: LOW

**GENETIC PREDISPOSITION METABOLISM XENOBIOTES DETOXI**

**FREE RADICALS.** Normal

**NICKEL.** Normal

**SULFITES.** Not significant

**HISTAMINE.** Normal

**INTOLERANCE**

**LACTOSE.** Possible sensitivity to lactose intolerance in adulthood (50% of the Italian population)

**FRUCTOSE.** Negative

**ALCOHOL.** Negative

**GLUTEN.** Possible sensitivity to gluten intolerance

**CAFFEINE.** Negative

The test analyzes the genetic polymorphisms predisposing to the indicated functions, the technical evaluation is performed on the panel of genes considered valid and informative to the best of today's scientific knowledge. This evaluation aims to obtain a summary value where the degree of predisposition enhances the population prevalence and frequency data, the magnitude data. The indications are independent of any medical history of the subject, they are not a medical instrument. The indications are a contribution to the optimization of the functional framework of the subject at the disposal of the attending physician. Powered by Eurofin Genoma Group - Nutrinext



**Code 030**

**GENETIC PREDISPOSITION.  
WEIGHT CONTROL. METABOLISM AND PHYSICAL ACTIVITY. HOMOCYSTEINE. CARDIOVASCULAR  
HEALTH**

**CARBOHYDRATES-LIPIDS.** Metabolic balance: LOW . High sugar sensitivity . High fat sensitivity. Average effectiveness of low-calorie diets.

**FATS.** Fatty acid metabolic sensitivity: LOW

**WEIGHT.** Tendency to gain weight: MEDIUM

**PHYSICAL EXERCISE.** Increase in fat burning with exercise: MEDIUM

**GENETIC PREDISPOSITION  
BONE, CIRCULATORY AND MUSCULAR FUNCTIONALITY - INJURIES - PERFORMANCE**

**MUSCLE METABOLISM.** Efficiency of circulatory and muscular metabolism HIGH, predisposition to resistant strength

**BONE FUNCTIONALITY.** Defect in the functionality of the osteo-tendon metabolism: LOW

**GENETIC PREDISPOSITION METABOLISM XENOBIOTES DETOXI**

**FREE RADICALS.** Normal

**NICKEL.** Normal

**SULFITES.** Not significant

**HISTAMINE.** Normal

**INTOLERANCE**

**LACTOSE.** Negative

**FRUCTOSE.** Negative

**ALCOHOL.** Negative

**GLUTEN.** Negative

**CAFFEINE.** Rapid metabolism of caffeine in heavy smokers

The test analyzes the genetic polymorphisms predisposing to the indicated functions, the technical evaluation is performed on the panel of genes considered valid and informative to the best of today's scientific knowledge. This evaluation aims to obtain a summary value where the degree of predisposition enhances the population prevalence and frequency data, the magnitude data. The indications are independent of any medical history of the subject, they are not a medical instrument. The indications are a contribution to the optimization of the functional framework of the subject at the disposal of the attending physician. Powered by Eurofin Genoma Group - Nutrinext

**Code 031**

**GENETIC PREDISPOSITION.  
WEIGHT CONTROL. METABOLISM AND PHYSICAL ACTIVITY. HOMOCYSTEINE. CARDIOVASCULAR  
HEALTH**

CARBOHYDRATES-LIPIDS. Metabolic balance: LOW . High sugar sensitivity . Moderate fat sensitivity.  
Low- calorie diets are effective.

FATS. Fatty acid metabolic sensitivity: LOW

WEIGHT. Tendency to gain weight: MEDIUM

PHYSICAL EXERCISE. Increase in fat burning with exercise: MEDIUM

**GENETIC PREDISPOSITION  
BONE, CIRCULATORY AND MUSCULAR FUNCTIONALITY - INJURIES - PERFORMANCE**

BONE FUNCTIONALITY. Defect in the functionality of the osteo-tendon metabolism: LOW

MUSCLE METABOLISM. Efficiency of circulatory and muscular metabolism HIGH, predisposition to  
resistant strength

**GENETIC PREDISPOSITION METABOLISM XENOBIOTES DETOXI**

FREE RADICALS. Normal  
NICKEL. Normal  
SULFITES. Not significant  
HISTAMINE. Normal

**INTOLERANCE**

LACTOSE. Negative  
FRUCTOSE. Negative  
ALCOHOL. Negative  
GLUTEN. Possible sensitivity to gluten intolerance  
CAFFEINE. Negative

The test analyzes the genetic polymorphisms predisposing to the indicated functions, the technical evaluation is performed on the panel of genes considered valid and informative to the best of today's scientific knowledge. This evaluation aims to obtain a summary value where the degree of predisposition enhances the population prevalence and frequency data, the magnitude data. The indications are independent of any medical history of the subject, they are not a medical tool. The indications are a contribution to the optimization of the functional framework of the subject at the disposal of the attending physician. Powered by Eurofin Genoma Group - Nutrinext

**Code 032**

GENETIC PREDISPOSITION.  
WEIGHT CONTROL. METABOLISM AND PHYSICAL ACTIVITY. HOMOCYSTEINE. CARDIOVASCULAR HEALTH

CARBOHYDRATES-LIPIDS. Metabolic balance: HIGH . Sugar sensitivity LOW. LOW fat sensitivity. Effectiveness of low-calorie diets HIGH

FATS. Fatty acid metabolic sensitivity: LOW

WEIGHT. Tendency to gain weight: LOW

PHYSICAL EXERCISE. Increased fat burning with exercise: HIGH

GENETIC PREDISPOSITION  
BONE, CIRCULATORY AND MUSCULAR FUNCTIONALITY - INJURIES - PERFORMANCE

BONE FUNCTIONALITY. Defect in the functionality of the osteo-tendon metabolism: LOW

MUSCLE METABOLISM. Efficiency of circulatory and muscular metabolism BALANCED, predisposition to resistant strength

GENETIC PREDISPOSITION METABOLISM XENOBIOTES DETOXI

FREE RADICALS. Normal  
NICKEL. Normal  
SULFITES. Not significant  
HISTAMINE. Normal

INTOLERANCE

LACTOSE. Possible sensitivity to lactose intolerance in adulthood (50% of the Italian population)  
FRUCTOSE. Negative  
ALCOHOL. Negative  
GLUTEN. Negative  
CAFFEINE. Negative

The test analyzes the genetic polymorphisms predisposing to the indicated functions, the technical evaluation is performed on the panel of genes considered valid and informative to the best of today's scientific knowledge. This evaluation aims to obtain a summary value where the degree of predisposition enhances the population prevalence and frequency data, the magnitude data. The indications are independent of any medical history of the subject, they are not a medical tool. The indications are a contribution to the optimization of the functional framework of the subject at the disposal of the attending physician. Powered by Eurofin Genoma Group - Nutrinext

**Code 033**

**GENETIC PREDISPOSITION.  
WEIGHT CONTROL. METABOLISM AND PHYSICAL ACTIVITY. HOMOCYSTEINE. CARDIOVASCULAR  
HEALTH**

CARBOHYDRATES-LIPIDS. Metabolic balance: LOW . High sugar sensitivity, High fat sensitivity . Low efficacy of low-calorie diets.

FATS. Fatty acid metabolic sensitivity: LOW

WEIGHT. Tendency to gain weight: MEDIUM

PHYSICAL EXERCISE. Increase in fat burning with exercise: LOW

**GENETIC PREDISPOSITION  
BONE, CIRCULATORY AND MUSCULAR FUNCTIONALITY - INJURIES - PERFORMANCE**

MUSCLE METABOLISM. Efficiency of circulatory and muscular metabolism HIGH, predisposition to resistant strength

BONE FUNCTIONALITY. Defect in the functionality of the osteo-tendon metabolism: LOW

**GENETIC PREDISPOSITION METABOLISM XENOBIOTES DETOXI**

FREE RADICALS. Normal  
NICKEL. Normal  
SULFITES. Not significant  
HISTAMINE. Normal

**INTOLERANCE**

LACTOSE. Negative  
FRUCTOSE. Negative  
ALCOHOL. Negative  
GLUTEN. Possible sensitivity to gluten intolerance  
CAFFEINE. Negative

The test analyzes the genetic polymorphisms predisposing to the indicated functions, the technical evaluation is performed on the panel of genes considered valid and informative to the best of today's scientific knowledge. This evaluation aims to obtain a summary value where the degree of predisposition enhances the population prevalence and frequency data, the magnitude data. The indications are independent of any medical history of the subject, they are not a medical tool. The indications are a contribution to the optimization of the functional framework of the subject at the disposal of the attending physician. Powered by Eurofin Genoma Group - Nutrinext

**Code 034**

**GENETIC PREDISPOSITION.  
WEIGHT CONTROL. METABOLISM AND PHYSICAL ACTIVITY. HOMOCYSTEINE. CARDIOVASCULAR  
HEALTH**

**CARBOHYDRATES-LIPIDS.** Metabolic balance: LOW . High sugar sensitivity . Moderate fat sensitivity.  
Low- calorie diets are effective.

**FATS.** Fatty acid metabolic sensitivity: LOW

**WEIGHT.** Tendency to gain weight: MEDIUM

**PHYSICAL EXERCISE.** Increase in fat burning with exercise: MEDIUM

**GENETIC PREDISPOSITION  
BONE, CIRCULATORY AND MUSCULAR FUNCTIONALITY - INJURIES - PERFORMANCE**

**BONE FUNCTIONALITY.** Defect in the functionality of the osteo-tendon metabolism: LOW

**MUSCLE METABOLISM.** Efficiency of circulatory and muscular metabolism HIGH, predisposition to  
resistant strength

**GENETIC PREDISPOSITION METABOLISM XENOBIOTES DETOXI**

**FREE RADICALS.** Normal

**NICKEL.** Normal

**SULFITES.** Not significant

**HISTAMINE.** Normal

**INTOLERANCE**

**LACTOSE.** Negative

**FRUCTOSE.** Negative

**ALCOHOL.** Negative

**GLUTEN.** Possible sensitivity to gluten intolerance

**CAFFEINE.** Negative

The test analyzes the genetic polymorphisms predisposing to the indicated functions, the technical evaluation is performed on the panel of genes considered valid and informative to the best of today's scientific knowledge. This evaluation aims to obtain a summary value where the degree of predisposition enhances the population prevalence and frequency data, the magnitude data. The indications are independent of any medical history of the subject, they are not a medical instrument. The indications are a contribution to the optimization of the functional framework of the subject at the disposal of the attending physician. Powered by Eurofin Genoma Group - Nutrinext

## GENE - PERSON

## GENETIC PREDISPOSITION

### Code 035

GENETIC PREDISPOSITION.  
WEIGHT CONTROL. METABOLISM AND PHYSICAL ACTIVITY. HOMOCYSTEINE. CARDIOVASCULAR HEALTH

CARBOHYDRATES-LIPIDS. Metabolic balance: LOW . High sugar sensitivity. High fat sensitivity. Low-medium efficacy low-calorie diets.

FATS. Fatty acid metabolic sensitivity: LOW

WEIGHT. Tendency to gain weight: MEDIUM/HIGH

PHYSICAL EXERCISE. Increase in fat burning with exercise: LOW

GENETIC PREDISPOSITION  
BONE, CIRCULATORY AND MUSCULAR FUNCTIONALITY - INJURIES - PERFORMANCE

MUSCLE METABOLISM. Efficiency of circulatory and muscular metabolism HIGH, predisposition to resistant strength

BONE FUNCTIONALITY. Defect in the functionality of the osteo-tendon metabolism: LOW

GENETIC PREDISPOSITION METABOLISM XENOBIOTES DETOXI

FREE RADICALS. Normal

NICKEL. Normal

SULFITES. Not significant

HISTAMINE. Normal

INTOLERANCE

LACTOSE. Possible sensitivity to lactose intolerance in adulthood (50% of the Italian population)

FRUCTOSE. Negative

ALCOHOL. Negative

GLUTEN. Possible sensitivity to gluten intolerance

CAFFEINE. Negative

The test analyzes the genetic polymorphisms predisposing to the indicated functions, the technical evaluation is performed on the panel of genes considered valid and informative to the best of today's scientific knowledge. This evaluation aims to obtain a summary value where the degree of predisposition enhances the population prevalence and frequency data, the magnitude data. The indications are independent of any medical history of the subject, they are not a medical tool. The indications are a contribution to the optimization of the functional framework of the subject at the disposal of the attending physician. Powered by Eurofin Genoma Group - Nutrinext

**Code 036**

**GENETIC PREDISPOSITION.**  
**WEIGHT CONTROL. METABOLISM AND PHYSICAL ACTIVITY. HOMOCYSTEINE. CARDIOVASCULAR HEALTH**

**CARBOHYDRATES-LIPIDS.** Metabolic balance: LOW. Increased trend of fat deposits and BMI. Good efficacy low calorie diets for weight loss

**FATS.** Fat accumulation propensity : MEDIUM - HIGH

**WEIGHT.** Tendency to gain weight: HIGH

**PHYSICAL EXERCISE.** Increase in fat burning with exercise: MEDIUM

**GENETIC PREDISPOSITION**  
**BONE, CIRCULATORY AND MUSCULAR FUNCTIONALITY - INJURIES - PERFORMANCE**

**BONE FUNCTIONALITY.** Defect in the functionality of the osteo-tendon metabolism: LOW

**MUSCLE METABOLISM.** Efficiency of circulatory and muscular metabolism HIGH, predisposition to resistant strength

**GENETIC PREDISPOSITION METABOLISM XENOBIOTES DETOXI**

**FREE RADICALS.** Normal  
**NICKEL.** Normal  
**SULFITES.** Not significant  
**HISTAMINE.** Normal

**INTOLERANCE**

**LACTOSE.** Possible sensitivity to lactose intolerance in adulthood (50% of the Italian population)  
**FRUCTOSE.** Negative  
**ALCOHOL.** Negative  
**GLUTEN.** Negative  
**CAFFEINE.** Negative

The test analyzes the genetic polymorphisms predisposing to the indicated functions, the technical evaluation is performed on the panel of genes considered valid and informative to the best of today's scientific knowledge. This evaluation aims to obtain a summary value where the degree of predisposition enhances the population prevalence and frequency data, the magnitude data. The indications are independent of any medical history of the subject, they are not a medical instrument. The indications are a contribution to the optimization of the functional framework of the subject at the disposal of the attending physician. Powered by Eurofin Genoma Group - Nutrinext

**Code 037**

**GENETIC PREDISPOSITION.**  
**WEIGHT CONTROL. METABOLISM AND PHYSICAL ACTIVITY. HOMOCYSTEINE. CARDIOVASCULAR HEALTH**

**CARBOHYDRATES-LIPIDS.** Metabolic balance: **LOW**. Increased trend of fat deposits and BMI. Sensitive to carbohydrates. Fairly effective low-calorie diets.

**FATS.** Fat accumulation propensity: **MEDIUM**

**WEIGHT.** Tendency to gain weight: **MEDIUM**

**PHYSICAL EXERCISE.** Increase in fat burning with exercise: **MEDIUM**

**GENETIC PREDISPOSITION**  
**BONE, CIRCULATORY AND MUSCULAR FUNCTIONALITY - INJURIES - PERFORMANCE**

**BONE FUNCTIONALITY.** Defect in the functionality of the osteo-tendon metabolism: **LOW**

**MUSCLE METABOLISM.** Efficiency of circulatory and muscular metabolism **HIGH**, predisposition to resistant strength

**GENETIC PREDISPOSITION METABOLISM XENOBIOTES DETOXI**

**FREE RADICALS.** Normal  
**NICKEL.** Normal  
**SULFITES.** Not significant  
**HISTAMINE.** Normal

**INTOLERANCE**

**LACTOSE.** Possible sensitivity to lactose intolerance in adulthood (50% of the Italian population)  
**FRUCTOSE.** Negative  
**ALCOHOL.** Negative  
**GLUTEN.** Negative  
**CAFFEINE.** Negative

The test analyzes the genetic polymorphisms predisposing to the indicated functions, the technical evaluation is performed on the panel of genes considered valid and informative to the best of today's scientific knowledge. This evaluation aims to obtain a summary value where the degree of predisposition enhances the population prevalence and frequency data, the magnitude data. The indications are independent of any medical history of the subject, they are not a medical tool. The indications are a contribution to the optimization of the functional framework of the subject at the disposal of the attending physician. Powered by Eurofin Genoma Group - Nutrinext



**Code 038**

**GENETIC PREDISPOSITION.**  
**WEIGHT CONTROL. METABOLISM AND PHYSICAL ACTIVITY. HOMOCYSTEINE. CARDIOVASCULAR HEALTH**

**CARBOHYDRATES-LIPIDS.** Metabolic balance: **LOW.** Increased trend of fat deposits and BMI. Sensitive to sugars. Fairly effective low-calorie diets.

**FATS.** Fat accumulation propensity: **MEDIUM**

**WEIGHT.** Tendency to gain weight: **HIGH**

**PHYSICAL EXERCISE.** Increase in fat burning with exercise: **LOW**

**GENETIC PREDISPOSITION**  
**BONE, CIRCULATORY AND MUSCULAR FUNCTIONALITY - INJURIES - PERFORMANCE**

**BONE FUNCTIONALITY.** Defect in the functionality of the osteo-tendon metabolism: **MEDIUM**

**MUSCLE METABOLISM.** Efficiency of circulatory and muscular metabolism **HIGH,** predisposition to resistant strength

**GENETIC PREDISPOSITION METABOLISM XENOBIOTES DETOXI**

**FREE RADICALS.** Normal  
**NICKEL.** Normal  
**SULFITES.** Not significant  
**HISTAMINE.** Normal

**INTOLERANCE**

**LACTOSE.** Possible sensitivity to lactose intolerance in adulthood (50% of the Italian population)  
**FRUCTOSE.** Negative  
**ALCOHOL.** Negative  
**GLUTEN.** Possible sensitivity to gluten intolerance  
**CAFFEINE.** Negative

The test analyzes the genetic polymorphisms predisposing to the indicated functions, the technical evaluation is performed on the panel of genes considered valid and informative to the best of today's scientific knowledge. This evaluation aims to obtain a summary value where the degree of predisposition enhances the population prevalence and frequency data, the magnitude data. The indications are independent of any medical history of the subject, they are not a medical tool. The indications are a contribution to the optimization of the functional framework of the subject at the disposal of the attending physician. Powered by Eurofin Genoma Group - Nutrinext

**Code 039**

**GENETIC PREDISPOSITION.**  
**WEIGHT CONTROL. METABOLISM AND PHYSICAL ACTIVITY. HOMOCYSTEINE. CARDIOVASCULAR HEALTH**

**CARBOHYDRATES-LIPIDS.** Metabolic balance: **LOW**. Increased trend of fat deposits and BMI. Sensitive to fats and carbohydrates. Fairly effective low-calorie diets.

**FATS.** Fat accumulation propensity: **MEDIUM**

**WEIGHT.** Tendency to gain weight: **MEDIUM**

**PHYSICAL EXERCISE.** Increase in fat burning with exercise: **LOW**

**GENETIC PREDISPOSITION**  
**BONE, CIRCULATORY AND MUSCULAR FUNCTIONALITY - INJURIES - PERFORMANCE**

**BONE FUNCTIONALITY.** Defect in the functionality of the osteo-tendon metabolism: **MEDIUM**

**MUSCLE METABOLISM.** Efficiency of circulatory and muscular metabolism **BALANCED**, predisposition to explosive strength

**GENETIC PREDISPOSITION METABOLISM XENOBIOTES DETOXI**

**FREE RADICALS.** Normal  
**NICKEL.** Normal  
**SULFITES.** Not significant  
**HISTAMINE.** Normal

**INTOLERANCE**

**LACTOSE.** Possible sensitivity to lactose intolerance in adulthood (50% of the Italian population)  
**FRUCTOSE.** Negative  
**ALCOHOL.** Negative  
**GLUTEN.** Possible sensitivity to gluten intolerance  
**CAFFEINE.** Rapid metabolism of caffeine in heavy smokers

The test analyzes the genetic polymorphisms predisposing to the indicated functions, the technical evaluation is performed on the panel of genes considered valid and informative to the best of today's scientific knowledge. This evaluation aims to obtain a summary value where the degree of predisposition enhances the population prevalence and frequency data, the magnitude data. The indications are independent of any medical history of the subject, they are not a medical instrument. The indications are a contribution to the optimization of the functional framework of the subject at the disposal of the attending physician. Powered by Eurofin Genoma Group - Nutrinext

**Code 040**

**GENETIC PREDISPOSITION.  
WEIGHT CONTROL. METABOLISM AND PHYSICAL ACTIVITY. HOMOCYSTEINE. CARDIOVASCULAR  
HEALTH**

**CARBOHYDRATES-LIPIDS.** Metabolic balance: **LOW**. Moderate sensitivity to fats, high to sugars.  
Increased trend of fat deposits and BMI. Good efficacy low-calorie diets.

**FATS.** Fat accumulation propensity: **MEDIUM**

**PHYSICAL EXERCISE.** Increase in fat burning with exercise: **LOW**

**WEIGHT.** Tendency to gain weight: **MEDIUM**

**GENETIC PREDISPOSITION  
BONE, CIRCULATORY AND MUSCULAR FUNCTIONALITY - INJURIES - PERFORMANCE**

**BONE FUNCTIONALITY.** Defect in the functionality of the osteo-tendon metabolism: **MEDIUM**

**MUSCLE METABOLISM.** Efficiency of circulatory and muscular metabolism **HIGH**, predisposition to  
resistant strength

**GENETIC PREDISPOSITION METABOLISM XENOBIOTES DETOXI**

**FREE RADICALS.** Normal

**NICKEL.** Normal

**SULFITES.** Not significant

**HISTAMINE.** Normal

**INTOLERANCE**

**LACTOSE.** Possible sensitivity to lactose intolerance in adulthood (50% of the Italian population)

**FRUCTOSE.** Negative

**ALCOHOL.** Negative

**GLUTEN.** Possible sensitivity to gluten intolerance

**CAFFEINE.** Rapid metabolism of caffeine in heavy smokers

The test analyzes the genetic polymorphisms predisposing to the indicated functions, the technical evaluation is performed on the panel of genes considered valid and informative to the best of today's scientific knowledge. This evaluation aims to obtain a summary value where the degree of predisposition enhances the population prevalence and frequency data, the magnitude data. The indications are independent of any medical history of the subject, they are not a medical tool. The indications are a contribution to the optimization of the functional framework of the subject at the disposal of the attending physician. Powered by Eurofin Genoma Group - Nutrinext

**Code 041**

**GENETIC PREDISPOSITION.  
WEIGHT CONTROL. METABOLISM AND PHYSICAL ACTIVITY. HOMOCYSTEINE. CARDIOVASCULAR  
HEALTH**

**CARBOHYDRATES-LIPIDS.** Metabolic balance: **LOW** . High sugar sensitivity, High fat sensitivity . Low efficacy of low-calorie diets.

**FATS.** Fatty acid metabolic sensitivity: **LOW**

**WEIGHT.** Tendency to gain weight: **MEDIUM**

**PHYSICAL EXERCISE.** Increase in fat burning with exercise: **LOW**

**GENETIC PREDISPOSITION  
BONE, CIRCULATORY AND MUSCULAR FUNCTIONALITY - INJURIES - PERFORMANCE**

**MUSCLE METABOLISM.** Efficiency of circulatory and muscular metabolism **HIGH**, predisposition to resistant strength

**BONE FUNCTIONALITY.** Defect in the functionality of the osteo-tendon metabolism: **LOW**

**GENETIC PREDISPOSITION METABOLISM XENOBIOTES DETOXI**

**FREE RADICALS.** Normal  
**NICKEL.** Normal  
**SULFITES.** Not significant  
**HISTAMINE.** Normal

**INTOLERANCE**

**LACTOSE.** Negative  
**FRUCTOSE.** Negative  
**ALCOHOL.** Negative  
**GLUTEN.** Possible sensitivity to gluten intolerance  
**CAFFEINE.** Negative

The test analyzes the genetic polymorphisms predisposing to the indicated functions, the technical evaluation is performed on the panel of genes considered valid and informative to the best of today's scientific knowledge. This evaluation aims to obtain a summary value where the degree of predisposition enhances the population prevalence and frequency data, the magnitude data. The indications are independent of any medical history of the subject, they are not a medical instrument. The indications are a contribution to the optimization of the functional framework of the subject at the disposal of the attending physician. Powered by Eurofin Genoma Group - Nutrinext

**Code 042**

**GENETIC PREDISPOSITION.  
WEIGHT CONTROL. METABOLISM AND PHYSICAL ACTIVITY. HOMOCYSTEINE. CARDIOVASCULAR  
HEALTH**

**CARBOHYDRATES-LIPIDS.** Metabolic balance: LOW . High sugar sensitivity. High fat sensitivity. Low-medium efficacy low-calorie diets.

**FATS.** Fatty acid metabolic sensitivity: LOW

**WEIGHT.** Tendency to gain weight: MEDIUM/HIGH

**PHYSICAL EXERCISE.** Increase in fat burning with exercise: LOW

**GENETIC PREDISPOSITION  
BONE, CIRCULATORY AND MUSCULAR FUNCTIONALITY - INJURIES - PERFORMANCE**

**MUSCLE METABOLISM.** Efficiency of circulatory and muscular metabolism HIGH, predisposition to resistant strength

**BONE FUNCTIONALITY.** Defect in the functionality of the osteo-tendon metabolism: LOW

**GENETIC PREDISPOSITION METABOLISM XENOBIOTES DETOXI**

**FREE RADICALS.** Normal

**NICKEL.** Normal

**SULFITES.** Not significant

**HISTAMINE.** Normal

**INTOLERANCE**

**LACTOSE.** Possible sensitivity to lactose intolerance in adulthood (50% of the Italian population)

**FRUCTOSE.** Negative

**ALCOHOL.** Negative

**GLUTEN.** Possible sensitivity to gluten intolerance

**CAFFEINE.** Negative

The test analyzes the genetic polymorphisms predisposing to the indicated functions, the technical evaluation is performed on the panel of genes considered valid and informative to the best of today's scientific knowledge. This evaluation aims to obtain a summary value where the degree of predisposition enhances the population prevalence and frequency data, the magnitude data. The indications are independent of any medical history of the subject, they are not a medical tool. The indications are a contribution to the optimization of the functional framework of the subject at the disposal of the attending physician. Powered by Eurofin Genoma Group - Nutrinext

**Code 043**

**GENETIC PREDISPOSITION.  
WEIGHT CONTROL. METABOLISM AND PHYSICAL ACTIVITY. HOMOCYSTEINE. CARDIOVASCULAR  
HEALTH**

**CARBOHYDRATES-LIPIDS.** Metabolic balance: LOW . High sugar sensitivity . Moderate fat sensitivity.  
Fairly effective low-calorie diets.

**FATS.** Fatty acid metabolic sensitivity: LOW

**WEIGHT.** Tendency to gain weight: HIGH

**PHYSICAL EXERCISE.** Increase in fat burning with exercise: MEDIUM

**GENETIC PREDISPOSITION  
BONE, CIRCULATORY AND MUSCULAR FUNCTIONALITY - INJURIES - PERFORMANCE**

**MUSCLE METABOLISM.** Efficiency of circulatory and muscular metabolism BALANCED, predisposition to  
resistant strength

**BONE FUNCTIONALITY.** Defect in the functionality of the osteo-tendon metabolism: LOW

**GENETIC PREDISPOSITION METABOLISM XENOBIOTES DETOXI**

**FREE RADICALS.** Normal

**NICKEL.** Normal

**SULFITES.** Not significant

**HISTAMINE.** Normal

**INTOLERANCE**

**LACTOSE.** Negative

**FRUCTOSE.** Negative

**ALCOHOL.** Negative

**GLUTEN.** Negative

**CAFFEINE.** Negative

The test analyzes the genetic polymorphisms predisposing to the indicated functions, the technical evaluation is performed on the panel of genes considered valid and informative to the best of today's scientific knowledge. This evaluation aims to obtain a summary value where the degree of predisposition enhances the population prevalence and frequency data, the magnitude data. The indications are independent of any medical history of the subject, they are not a medical tool. The indications are a contribution to the optimization of the functional framework of the subject at the disposal of the attending physician. Powered by Eurofin Genoma Group - Nutrinext

**Code 044**

**GENETIC PREDISPOSITION.  
WEIGHT CONTROL. METABOLISM AND PHYSICAL ACTIVITY. HOMOCYSTEINE. CARDIOVASCULAR  
HEALTH**

CARBOHYDRATES-LIPIDS. Metabolic balance: LOW . High sugar sensitivity . High fat sensitivity. Average effectiveness of low-calorie diets.

FATS. Fatty acid metabolic sensitivity: LOW

WEIGHT. Tendency to gain weight: MEDIUM

PHYSICAL EXERCISE. Increase in fat burning with exercise: MEDIUM

**GENETIC PREDISPOSITION  
BONE, CIRCULATORY AND MUSCULAR FUNCTIONALITY - INJURIES - PERFORMANCE**

MUSCLE METABOLISM. Efficiency of circulatory and muscular metabolism HIGH, predisposition to resistant strength

BONE FUNCTIONALITY. Defect in the functionality of the osteo-tendon metabolism: LOW

**GENETIC PREDISPOSITION METABOLISM XENOBIOTES DETOXI**

FREE RADICALS. Normal

NICKEL. Normal

SULFITES. Not significant

HISTAMINE. Normal

**INTOLERANCE**

LACTOSE. Negative

FRUCTOSE. Negative

ALCOHOL. Negative

GLUTEN. Negative

CAFFEINE. Rapid metabolism of caffeine in heavy smokers

The test analyzes the genetic polymorphisms predisposing to the indicated functions, the technical evaluation is performed on the panel of genes considered valid and informative to the best of today's scientific knowledge. This evaluation aims to obtain a summary value where the degree of predisposition enhances the population prevalence and frequency data, the magnitude data. The indications are independent of any medical history of the subject, they are not a medical tool. The indications are a contribution to the optimization of the functional framework of the subject at the disposal of the attending physician. Powered by Eurofin Genoma Group - Nutrinext

**Code 045**

**GENETIC PREDISPOSITION.  
WEIGHT CONTROL. METABOLISM AND PHYSICAL ACTIVITY. HOMOCYSTEINE. CARDIOVASCULAR  
HEALTH**

**CARBOHYDRATES-LIPIDS.** Metabolic balance: LOW . High sugar sensitivity . Moderate fat sensitivity.  
Low- calorie diets are effective.

**FATS.** Fatty acid metabolic sensitivity: LOW

**WEIGHT.** Tendency to gain weight: MEDIUM

**PHYSICAL EXERCISE.** Increase in fat burning with exercise: MEDIUM

**GENETIC PREDISPOSITION  
BONE, CIRCULATORY AND MUSCULAR FUNCTIONALITY - INJURIES - PERFORMANCE**

**BONE FUNCTIONALITY.** Defect in the functionality of the osteo-tendon metabolism: LOW

**MUSCLE METABOLISM.** Efficiency of circulatory and muscular metabolism HIGH, predisposition to  
resistant strength

**GENETIC PREDISPOSITION METABOLISM XENOBIOTES DETOXI**

**FREE RADICALS.** Normal

**NICKEL.** Normal

**SULFITES.** Not significant

**HISTAMINE.** Normal

**INTOLERANCE**

**LACTOSE.** Negative

**FRUCTOSE.** Negative

**ALCOHOL.** Negative

**GLUTEN.** Possible sensitivity to gluten intolerance

**CAFFEINE.** Negative

The test analyzes the genetic polymorphisms predisposing to the indicated functions, the technical evaluation is performed on the panel of genes considered valid and informative to the best of today's scientific knowledge. This evaluation aims to obtain a summary value where the degree of predisposition enhances the population prevalence and frequency data, the magnitude data. The indications are independent of any medical history of the subject, they are not a medical instrument. The indications are a contribution to the optimization of the functional framework of the subject at the disposal of the attending physician. Powered by Eurofin Genoma Group - Nutrinext



## GENE - PERSON

## GENETIC PREDISPOSITION

### Code 046

GENETIC PREDISPOSITION.  
WEIGHT CONTROL. METABOLISM AND PHYSICAL ACTIVITY. HOMOCYSTEINE. CARDIOVASCULAR HEALTH

CARBOHYDRATES-LIPIDS. Metabolic balance: HIGH. Sensitivity sugars AVERAGE Fat sensitivity LOW effectiveness of low-calorie diets HIGH

FATS. Fatty acid metabolic sensitivity: LOW

WEIGHT. Tendency to gain weight: MEDIUM HIGH

PHYSICAL EXERCISE. Increased fat burning with exercise: HIGH

GENETIC PREDISPOSITION  
BONE, CIRCULATORY AND MUSCULAR FUNCTIONALITY - INJURIES - PERFORMANCE

BONE FUNCTIONALITY. Defect in the functionality of the osteo-tendon metabolism: LOW

MUSCLE METABOLISM. Efficiency of circulatory and muscular metabolism BALANCED, predisposition to resistant strength

GENETIC PREDISPOSITION METABOLISM XENOBIOTES DETOXI

FREE RADICALS. Normal  
NICKEL. Normal  
SULFITES. Not significant  
HISTAMINE. Normal

INTOLERANCE

LACTOSE. Negative  
FRUCTOSE. Negative  
ALCOHOL. Negative  
GLUTEN. Possible sensitivity to gluten intolerance  
CAFFEINE. Rapid metabolism of caffeine in heavy smokers

The test analyzes the genetic polymorphisms predisposing to the indicated functions, the technical evaluation is performed on the panel of genes considered valid and informative to the best of today's scientific knowledge. This evaluation aims to obtain a summary value where the degree of predisposition enhances the population prevalence and frequency data, the magnitude data. The indications are independent of any medical history of the subject, they are not a medical tool. The indications are a contribution to the optimization of the functional framework of the subject at the disposal of the attending physician. Powered by Eurofin Genoma Group - Nutrinext

**Code 047**

GENETIC PREDISPOSITION.  
WEIGHT CONTROL. METABOLISM AND PHYSICAL ACTIVITY. HOMOCYSTEINE. CARDIOVASCULAR HEALTH

CARBOHYDRATES-LIPIDS. Metabolic balance: HIGH . Sugar sensitivity. HIGH Sensitivity to fats  
LOW Effectiveness of low-calorie diets HIGH

FATS. Fatty acid metabolic sensitivity: LOW

WEIGHT. Tendency to gain weight: LOW

PHYSICAL EXERCISE. Increased fat burning with exercise: HIGH

GENETIC PREDISPOSITION  
BONE, CIRCULATORY AND MUSCULAR FUNCTIONALITY - INJURIES - PERFORMANCE

BONE FUNCTIONALITY. Defect in the functionality of the osteo-tendon metabolism: LOW

MUSCLE METABOLISM. Efficiency of circulatory and muscular metabolism HIGH, predisposition to resistant strength

GENETIC PREDISPOSITION METABOLISM XENOBIOTES DETOXI

FREE RADICALS. Normal  
NICKEL. Normal  
SULFITES. Not significant  
HISTAMINE. Normal

**INTOLERANCE**

LACTOSE. Possible sensitivity to lactose intolerance in adulthood (50% of the Italian population)  
FRUCTOSE. Negative  
ALCOHOL. Negative  
GLUTEN. Negative  
CAFFEINE. Negative

The test analyzes the genetic polymorphisms predisposing to the indicated functions, the technical evaluation is performed on the panel of genes considered valid and informative to the best of today's scientific knowledge. This evaluation aims to obtain a summary value where the degree of predisposition enhances the population prevalence and frequency data, the magnitude data. The indications are independent of any medical history of the subject, they are not a medical tool. The indications are a contribution to the optimization of the functional framework of the subject at the disposal of the attending physician. Powered by Eurofin Genoma Group - Nutrinext

**Code 048**

**GENETIC PREDISPOSITION.**  
**WEIGHT CONTROL. METABOLISM AND PHYSICAL ACTIVITY. HOMOCYSTEINE. CARDIOVASCULAR HEALTH**

**CARBOHYDRATES-LIPIDS.** Metabolic balance: **LOW** . Sensitivity to sugars **HIGH**. Sensitivity to fats **VERY HIGH**. Effectiveness of low- calorie diets **MEDIUM**

**FATS.** Fatty acid metabolic sensitivity: **HIGH**

**WEIGHT.** Tendency to gain weight: **MEDIUM**

**PHYSICAL EXERCISE.** Increase in fat burning with exercise: **LOW**

**GENETIC PREDISPOSITION**  
**BONE, CIRCULATORY AND MUSCULAR FUNCTIONALITY - INJURIES - PERFORMANCE**

**BONE FUNCTIONALITY.** Defect in the functionality of the osteo-tendon metabolism: **MEDIUM**

**MUSCLE METABOLISM.** Efficiency of circulatory and muscular metabolism **BALANCED**, predisposition to resistant strength

**GENETIC PREDISPOSITION METABOLISM XENOBIOTES DETOXI**

**FREE RADICALS.** Normal

**NICKEL.** Normal

**SULFITES.** Not significant

**HISTAMINE.** Normal

**INTOLERANCE**

**LACTOSE.** Possible sensitivity to lactose intolerance in adulthood (50% of the Italian population)

**FRUCTOSE.** Negative

**ALCOHOL.** Negative

**GLUTEN.** Possible sensitivity to gluten intolerance

**CAFFEINE.** Negative

The test analyzes the genetic polymorphisms predisposing to the indicated functions, the technical evaluation is performed on the panel of genes considered valid and informative to the best of today's scientific knowledge. This evaluation aims to obtain a summary value where the degree of predisposition enhances the population prevalence and frequency data, the magnitude data. The indications are independent of any medical history of the subject, they are not a medical tool. The indications are a contribution to the optimization of the functional framework of the subject at the disposal of the attending physician. Powered by Eurofin Genoma Group - Nutrinext

Code 049

GENETIC PREDISPOSITION.

WEIGHT CONTROL. METABOLISM AND PHYSICAL ACTIVITY. HOMOCYSTEINE. CARDIOVASCULAR HEALTH

CARBOHYDRATES-LIPIDS. Metabolic balance: LOW . Sugar sensitivity HIGH. Fat sensitivity MODERATE  
Effectiveness of low-calorie diets MODERATE

FATS. Fatty acid metabolic sensitivity: LOW

WEIGHT. Tendency to gain weight: MEDIUM

PHYSICAL EXERCISE. Increase in fat burning with exercise: MEDIUM

GENETIC PREDISPOSITION

BONE, CIRCULATORY AND MUSCULAR FUNCTIONALITY - INJURIES - PERFORMANCE

BONE FUNCTIONALITY. Defect in the functionality of the osteo-tendon metabolism: MEDIUM

MUSCLE METABOLISM. Efficiency of circulatory and muscular metabolism BALANCED, predisposition to resistant strength

GENETIC PREDISPOSITION METABOLISM XENOBIOTES DETOXI

FREE RADICALS. Normal

NICKEL. Normal

SULFITES. Not significant

HISTAMINE. Normal

INTOLERANCE

LACTOSE. Negative

FRUCTOSE. Negative

ALCOHOL. Negative

GLUTEN. Negative

CAFFEINE. Negative

The test analyzes the genetic polymorphisms predisposing to the indicated functions, the technical evaluation is performed on the panel of genes considered valid and informative to the best of today's scientific knowledge. This evaluation aims to obtain a summary value where the degree of predisposition enhances the population prevalence and frequency data, the magnitude data. The indications are independent of any medical history of the subject, they are not a medical tool. The indications are a contribution to the optimization of the functional framework of the subject at the disposal of the attending physician. Powered by Eurofin Genoma Group - Nutrinext

## GENE - PERSON

## GENETIC PREDISPOSITION

### Code 050

GENETIC PREDISPOSITION.  
WEIGHT CONTROL. METABOLISM AND PHYSICAL ACTIVITY. HOMOCYSTEINE. CARDIOVASCULAR HEALTH

CARBOHYDRATES-LIPIDS. Metabolic balance: BALANCED. Sugar sensitivity . LOW Sensitivity to fats MODERATE effectiveness of low-calorie diets GOOD

PHYSICAL EXERCISE. Increase in fat burning with exercise: LOW

FATS. Fatty acid metabolic sensitivity: HIGH

WEIGHT. Tendency to gain weight: LOW

GENETIC PREDISPOSITION  
BONE, CIRCULATORY AND MUSCULAR FUNCTIONALITY - INJURIES - PERFORMANCE

BONE FUNCTIONALITY. Defect in the functionality of the osteo-tendon metabolism: LOW

MUSCLE METABOLISM. Efficiency of circulatory and muscular metabolism BALANCED, predisposition to EXPLOSIVE strength

GENETIC PREDISPOSITION METABOLISM XENOBIOTES DETOXI

FREE RADICALS. Normal

NICKEL. Normal

SULFITES. Not significant

HISTAMINE. Normal

INTOLERANCE

LACTOSE. Possible sensitivity to lactose intolerance in adulthood (50% of the Italian population)

FRUCTOSE. Negative

ALCOHOL. Negative

GLUTEN. Possible sensitivity to gluten intolerance

CAFFEINE. Rapid metabolism of caffeine in heavy smokers

The test analyzes the genetic polymorphisms predisposing to the indicated functions, the technical evaluation is performed on the panel of genes considered valid and informative to the best of today's scientific knowledge. This evaluation aims to obtain a summary value where the degree of predisposition enhances the population prevalence and frequency data, the magnitude data. The indications are independent of any medical history of the subject, they are not a medical instrument. The indications are a contribution to the optimization of the functional framework of the subject at the disposal of the attending physician.  
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**Code 051**

**GENETIC PREDISPOSITION.**  
WEIGHT CONTROL. METABOLISM AND PHYSICAL ACTIVITY. HOMOCYSTEINE. CARDIOVASCULAR HEALTH

CARBOHYDRATES-LIPIDS. Metabolic balance: HIGH . Sugar sensitivity LOW. LOW fat sensitivity. Effectiveness of low-calorie diets HIGH

FATS. Fatty acid metabolic sensitivity: LOW

WEIGHT. Tendency to gain weight: LOW

PHYSICAL EXERCISE. Increased fat burning with exercise: HIGH

**GENETIC PREDISPOSITION**  
BONE, CIRCULATORY AND MUSCULAR FUNCTIONALITY - INJURIES - PERFORMANCE

BONE FUNCTIONALITY. Defect in the functionality of the osteo-tendon metabolism: LOW

MUSCLE METABOLISM. Efficiency of circulatory and muscular metabolism BALANCED, predisposition to resistant strength

**GENETIC PREDISPOSITION METABOLISM XENOBIOTES DETOXI**

FREE RADICALS. Normal  
NICKEL. Normal  
SULFITES. Not significant  
HISTAMINE. Normal

**INTOLERANCE**

LACTOSE. Possible sensitivity to lactose intolerance in adulthood (50% of the Italian population)  
FRUCTOSE. Negative  
ALCOHOL. Negative  
GLUTEN. Negative  
CAFFEINE. Negative

The test analyzes the genetic polymorphisms predisposing to the indicated functions, the technical evaluation is performed on the panel of genes considered valid and informative to the best of today's scientific knowledge. This evaluation aims to obtain a summary value where the degree of predisposition enhances the population prevalence and frequency data, the magnitude data. The indications are independent of any medical history of the subject, they are not a medical tool. The indications are a contribution to the optimization of the functional framework of the subject at the disposal of the attending physician. Powered by Eurofin Genoma Group - Nutrinext

**Code 052**

**GENETIC PREDISPOSITION.**  
WEIGHT CONTROL. METABOLISM AND PHYSICAL ACTIVITY. HOMOCYSTEINE. CARDIOVASCULAR HEALTH

CARBOHYDRATES-LIPIDS. Metabolic balance: HIGH . Sugar sensitivity. HIGH Sensitivity to fats  
LOW Effectiveness of low-calorie diets HIGH

FATS. Fatty acid metabolic sensitivity: LOW

WEIGHT. Tendency to gain weight: LOW

PHYSICAL EXERCISE. Increased fat burning with exercise: HIGH

**GENETIC PREDISPOSITION**  
**BONE, CIRCULATORY AND MUSCULAR FUNCTIONALITY - INJURIES - PERFORMANCE**

BONE FUNCTIONALITY. Defect in the functionality of the osteo-tendon metabolism: LOW

MUSCLE METABOLISM. Efficiency of circulatory and muscular metabolism HIGH, predisposition to resistant strength

**GENETIC PREDISPOSITION METABOLISM XENOBIOTES DETOXI**

FREE RADICALS. Normal  
NICKEL. Normal  
SULFITES. Not significant  
HISTAMINE. Normal

**INTOLERANCE**

LACTOSE. Possible sensitivity to lactose intolerance in adulthood (50% of the Italian population)  
FRUCTOSE. Negative  
ALCOHOL. Negative  
GLUTEN. Negative  
CAFFEINE. Negative

The test analyzes the genetic polymorphisms predisposing to the indicated functions, the technical evaluation is performed on the panel of genes considered valid and informative to the best of today's scientific knowledge. This evaluation aims to obtain a summary value where the degree of predisposition enhances the population prevalence and frequency data, the magnitude data. The indications are independent of any medical history of the subject, they are not a medical tool. The indications are a contribution to the optimization of the functional framework of the subject at the disposal of the attending physician. Powered by Eurofin Genoma Group - Nutrinext

Code 053

GENETIC PREDISPOSITION.  
WEIGHT CONTROL. METABOLISM AND PHYSICAL ACTIVITY. HOMOCYSTEINE. CARDIOVASCULAR HEALTH

CARBOHYDRATES-LIPIDS. Metabolic balance: LOW . High sugar sensitivity . Moderate fat sensitivity. Low- calorie diets are effective.

FATS. Fatty acid metabolic sensitivity: LOW

WEIGHT. Tendency to gain weight: MEDIUM

PHYSICAL EXERCISE. Increase in fat burning with exercise: MEDIUM

GENETIC PREDISPOSITION  
BONE, CIRCULATORY AND MUSCULAR FUNCTIONALITY - INJURIES - PERFORMANCE

BONE FUNCTIONALITY. Defect in the functionality of the osteo-tendon metabolism: LOW

MUSCLE METABOLISM. Efficiency of circulatory and muscular metabolism HIGH, predisposition to resistant strength

GENETIC PREDISPOSITION METABOLISM XENOBIOTES DETOXI

FREE RADICALS. Normal

NICKEL. Normal

SULFITES. Not significant

HISTAMINE. Normal

INTOLERANCE

LACTOSE. Negative

FRUCTOSE. Negative

ALCOHOL. Negative

GLUTEN. Possible sensitivity to gluten intolerance

CAFFEINE. Negative

The test analyzes the genetic polymorphisms predisposing to the indicated functions, the technical evaluation is performed on the panel of genes considered valid and informative to the best of today's scientific knowledge. This evaluation aims to obtain a summary value where the degree of predisposition enhances the population prevalence and frequency data, the magnitude data. The indications are independent of any medical history of the subject, they are not a medical instrument. The indications are a contribution to the optimization of the functional framework of the subject at the disposal of the attending physician. Powered by Eurofin Genoma Group - Nutrinext



**Code 054**

**GENETIC PREDISPOSITION.**  
**WEIGHT CONTROL. METABOLISM AND PHYSICAL ACTIVITY. HOMOCYSTEINE. CARDIOVASCULAR HEALTH**

**CARBOHYDRATES-LIPIDS.** Metabolic balance: LOW. Increased trend of fat deposits and BMI. Good efficacy low calorie diets for weight loss

**FATS.** Fat accumulation propensity : MEDIUM - HIGH

**WEIGHT.** Tendency to gain weight: HIGH

**PHYSICAL EXERCISE.** Increase in fat burning with exercise: MEDIUM

**GENETIC PREDISPOSITION**  
**BONE, CIRCULATORY AND MUSCULAR FUNCTIONALITY - INJURIES - PERFORMANCE**

**BONE FUNCTIONALITY.** Defect in the functionality of the osteo-tendon metabolism: LOW

**MUSCLE METABOLISM.** Efficiency of circulatory and muscular metabolism HIGH, predisposition to resistant strength

**GENETIC PREDISPOSITION METABOLISM XENOBIOTES DETOXI**

**FREE RADICALS.** Normal  
**NICKEL.** Normal  
**SULFITES.** Not significant  
**HISTAMINE.** Normal

**INTOLERANCE**

**LACTOSE.** Possible sensitivity to lactose intolerance in adulthood (50% of the Italian population)  
**FRUCTOSE.** Negative  
**ALCOHOL.** Negative  
**GLUTEN.** Negative  
**CAFFEINE.** Negative

The test analyzes the genetic polymorphisms predisposing to the indicated functions, the technical evaluation is performed on the panel of genes considered valid and informative to the best of today's scientific knowledge. This evaluation aims to obtain a summary value where the degree of predisposition enhances the population prevalence and frequency data, the magnitude data. The indications are independent of any medical history of the subject, they are not a medical instrument. The indications are a contribution to the optimization of the functional framework of the subject at the disposal of the attending physician. Powered by Eurofin Genoma Group - Nutrinext

**Code 055**

**GENETIC PREDISPOSITION.**  
**WEIGHT CONTROL. METABOLISM AND PHYSICAL ACTIVITY. HOMOCYSTEINE. CARDIOVASCULAR HEALTH**

**CARBOHYDRATES-LIPIDS.** Metabolic balance: **LOW**. Increased trend of fat deposits and BMI. Sensitive to carbohydrates. Fairly effective low-calorie diets.

**FATS.** Fat accumulation propensity: **MEDIUM**

**WEIGHT.** Tendency to gain weight: **MEDIUM**

**PHYSICAL EXERCISE.** Increase in fat burning with exercise: **MEDIUM**

**GENETIC PREDISPOSITION**  
**BONE, CIRCULATORY AND MUSCULAR FUNCTIONALITY - INJURIES - PERFORMANCE**

**BONE FUNCTIONALITY.** Defect in the functionality of the osteo-tendon metabolism: **LOW**

**MUSCLE METABOLISM.** Efficiency of circulatory and muscular metabolism **HIGH**, predisposition to resistant strength

**GENETIC PREDISPOSITION METABOLISM XENOBIOTES DETOXI**

**FREE RADICALS.** Normal  
**NICKEL.** Normal  
**SULFITES.** Not significant  
**HISTAMINE.** Normal

**INTOLERANCE**

**LACTOSE.** Possible sensitivity to lactose intolerance in adulthood (50% of the Italian population)  
**FRUCTOSE.** Negative  
**ALCOHOL.** Negative  
**GLUTEN.** Negative  
**CAFFEINE.** Negative

The test analyzes the genetic polymorphisms predisposing to the indicated functions, the technical evaluation is performed on the panel of genes considered valid and informative to the best of today's scientific knowledge. This evaluation aims to obtain a summary value where the degree of predisposition enhances the population prevalence and frequency data, the magnitude data. The indications are independent of any medical history of the subject, they are not a medical tool. The indications are a contribution to the optimization of the functional framework of the subject at the disposal of the attending physician. Powered by Eurofin Genoma Group - Nutrinext

**Code 056**

**GENETIC PREDISPOSITION.**  
**WEIGHT CONTROL. METABOLISM AND PHYSICAL ACTIVITY. HOMOCYSTEINE. CARDIOVASCULAR HEALTH**

**CARBOHYDRATES-LIPIDS.** Metabolic balance: **LOW**. Increased trend of fat deposits and BMI. Sensitive to sugars. Fairly effective low-calorie diets.

**FATS.** Fat accumulation propensity: **MEDIUM**

**WEIGHT.** Tendency to gain weight: **HIGH**

**PHYSICAL EXERCISE.** Increase in fat burning with exercise: **LOW**

**GENETIC PREDISPOSITION**  
**BONE, CIRCULATORY AND MUSCULAR FUNCTIONALITY - INJURIES - PERFORMANCE**

**BONE FUNCTIONALITY.** Defect in the functionality of the osteo-tendon metabolism: **MEDIUM**

**MUSCLE METABOLISM.** Efficiency of circulatory and muscular metabolism **HIGH**, predisposition to resistant strength

**GENETIC PREDISPOSITION METABOLISM XENOBIOTES DETOXI**

**FREE RADICALS.** Normal  
**NICKEL.** Normal  
**SULFITES.** Not significant  
**HISTAMINE.** Normal

**INTOLERANCE**

**LACTOSE.** Possible sensitivity to lactose intolerance in adulthood (50% of the Italian population)  
**FRUCTOSE.** Negative  
**ALCOHOL.** Negative  
**GLUTEN.** Possible sensitivity to gluten intolerance  
**CAFFEINE.** Negative

The test analyzes the genetic polymorphisms predisposing to the indicated functions, the technical evaluation is performed on the panel of genes considered valid and informative to the best of today's scientific knowledge. This evaluation aims to obtain a summary value where the degree of predisposition enhances the population prevalence and frequency data, the magnitude data. The indications are independent of any medical history of the subject, they are not a medical tool. The indications are a contribution to the optimization of the functional framework of the subject at the disposal of the attending physician. Powered by Eurofin Genoma Group - Nutrinext

**Code 057**

**GENETIC PREDISPOSITION.  
WEIGHT CONTROL. METABOLISM AND PHYSICAL ACTIVITY. HOMOCYSTEINE. CARDIOVASCULAR  
HEALTH**

**CARBOHYDRATES-LIPIDS.** Metabolic balance: **LOW**. Increased trend of fat deposits and BMI. Sensitive to fats and carbohydrates. Fairly effective low-calorie diets.

**FATS.** Fat accumulation propensity: **MEDIUM**

**WEIGHT.** Tendency to gain weight: **MEDIUM**

**PHYSICAL EXERCISE.** Increase in fat burning with exercise: **LOW**

**GENETIC PREDISPOSITION  
BONE, CIRCULATORY AND MUSCULAR FUNCTIONALITY - INJURIES - PERFORMANCE**

**BONE FUNCTIONALITY.** Defect in the functionality of the osteo-tendon metabolism: **MEDIUM**

**MUSCLE METABOLISM.** Efficiency of circulatory and muscular metabolism **BALANCED**, predisposition to explosive strength

**GENETIC PREDISPOSITION METABOLISM XENOBIOTES DETOXI**

**FREE RADICALS.** Normal  
**NICKEL.** Normal  
**SULFITES.** Not significant  
**HISTAMINE.** Normal

**INTOLERANCE**

**LACTOSE.** Possible sensitivity to lactose intolerance in adulthood (50% of the Italian population)  
**FRUCTOSE.** Negative  
**ALCOHOL.** Negative  
**GLUTEN.** Possible sensitivity to gluten intolerance  
**CAFFEINE.** Rapid metabolism of caffeine in heavy smokers

The test analyzes the genetic polymorphisms predisposing to the indicated functions, the technical evaluation is performed on the panel of genes considered valid and informative to the best of today's scientific knowledge. This evaluation aims to obtain a summary value where the degree of predisposition enhances the population prevalence and frequency data, the magnitude data. The indications are independent of any medical history of the subject, they are not a medical instrument. The indications are a contribution to the optimization of the functional framework of the subject at the disposal of the attending physician. Powered by Eurofin Genoma Group - Nutrinext

**Code 058**

**GENETIC PREDISPOSITION.  
WEIGHT CONTROL. METABOLISM AND PHYSICAL ACTIVITY. HOMOCYSTEINE. CARDIOVASCULAR  
HEALTH**

**CARBOHYDRATES-LIPIDS.** Metabolic balance: **LOW**. Moderate sensitivity to fats, high to sugars.  
Increased trend of fat deposits and BMI. Good efficacy low-calorie diets.

**FATS.** Fat accumulation propensity: **MEDIUM**

**PHYSICAL EXERCISE.** Increase in fat burning with exercise: **LOW**

**WEIGHT.** Tendency to gain weight: **MEDIUM**

**GENETIC PREDISPOSITION  
BONE, CIRCULATORY AND MUSCULAR FUNCTIONALITY - INJURIES - PERFORMANCE**

**BONE FUNCTIONALITY.** Defect in the functionality of the osteo-tendon metabolism: **MEDIUM**

**MUSCLE METABOLISM.** Efficiency of circulatory and muscular metabolism **HIGH**, predisposition to  
resistant strength

**GENETIC PREDISPOSITION METABOLISM XENOBIOTES DETOXI**

**FREE RADICALS.** Normal

**NICKEL.** Normal

**SULFITES.** Not significant

**HISTAMINE.** Normal

**INTOLERANCE**

**LACTOSE.** Possible sensitivity to lactose intolerance in adulthood (50% of the Italian population)

**FRUCTOSE.** Negative

**ALCOHOL.** Negative

**GLUTEN.** Possible sensitivity to gluten intolerance

**CAFFEINE.** Rapid metabolism of caffeine in heavy smokers

The test analyzes the genetic polymorphisms predisposing to the indicated functions, the technical evaluation is performed on the panel of genes considered valid and informative to the best of today's scientific knowledge. This evaluation aims to obtain a summary value where the degree of predisposition enhances the population prevalence and frequency data, the magnitude data. The indications are independent of any medical history of the subject, they are not a medical tool. The indications are a contribution to the optimization of the functional framework of the subject at the disposal of the attending physician. Powered by Eurofin Genoma Group - Nutrinext

**Code 059**

**GENETIC PREDISPOSITION.  
WEIGHT CONTROL. METABOLISM AND PHYSICAL ACTIVITY. HOMOCYSTEINE. CARDIOVASCULAR HEALTH**

CARBOHYDRATES-LIPIDS. Metabolic balance: LOW. Increased trend of fat deposits and BMI. Sensitive to sugars. Fairly effective low-calorie diets.

FATS. Fat accumulation propensity: MEDIUM

WEIGHT. Tendency to gain weight: HIGH

PHYSICAL EXERCISE. Increase in fat burning with exercise: LOW

**GENETIC PREDISPOSITION  
BONE, CIRCULATORY AND MUSCULAR FUNCTIONALITY - INJURIES - PERFORMANCE**

BONE FUNCTIONALITY. Defect in the functionality of the osteo-tendon metabolism: MEDIUM

MUSCLE METABOLISM. Efficiency of circulatory and muscular metabolism HIGH, predisposition to resistant strength

**GENETIC PREDISPOSITION METABOLISM XENOBIOTES DETOXI**

FREE RADICALS. Normal

NICKEL. Normal

SULFITES. Not significant

HISTAMINE. Normal

**INTOLERANCE**

LACTOSE. Possible sensitivity to lactose intolerance in adulthood (50% of the Italian population)

FRUCTOSE. Negative

ALCOHOL. Negative

GLUTEN. Possible sensitivity to gluten intolerance

CAFFEINE. Negative

The test analyzes the genetic polymorphisms predisposing to the indicated functions, the technical evaluation is performed on the panel of genes considered valid and informative to the best of today's scientific knowledge. This evaluation aims to obtain a summary value where the degree of predisposition enhances the population prevalence and frequency data, the magnitude data. The indications are independent of any medical history of the subject, they are not a medical tool. The indications are a contribution to the optimization of the functional framework of the subject at the disposal of the attending physician. Powered by Eurofin Genoma Group - Nutrinext

**Code 060**

**GENETIC PREDISPOSITION.  
WEIGHT CONTROL. METABOLISM AND PHYSICAL ACTIVITY. HOMOCYSTEINE. CARDIOVASCULAR HEALTH**

CARBOHYDRATES-LIPIDS. Metabolic balance: LOW. Increased trend of fat deposits and BMI. Sensitive to fats and carbohydrates. Fairly effective low-calorie diets.

FATS. Fat accumulation propensity: MEDIUM

WEIGHT. Tendency to gain weight: MEDIUM

PHYSICAL EXERCISE. Increase in fat burning with exercise: LOW

**GENETIC PREDISPOSITION  
BONE, CIRCULATORY AND MUSCULAR FUNCTIONALITY - INJURIES - PERFORMANCE**

BONE FUNCTIONALITY. Defect in the functionality of the osteo-tendon metabolism: MEDIUM

MUSCLE METABOLISM. Efficiency of circulatory and muscular metabolism BALANCED, predisposition to explosive strength

**GENETIC PREDISPOSITION METABOLISM XENOBIOTES DETOXI**

FREE RADICALS. Normal

NICKEL. Normal

SULFITES. Not significant

HISTAMINE. Normal

**INTOLERANCE**

LACTOSE. Possible sensitivity to lactose intolerance in adulthood (50% of the Italian population)

FRUCTOSE. Negative

ALCOHOL. Negative

GLUTEN. Possible sensitivity to gluten intolerance

CAFFEINE. Rapid metabolism of caffeine in heavy smokers

The test analyzes the genetic polymorphisms predisposing to the indicated functions, the technical evaluation is performed on the panel of genes considered valid and informative to the best of today's scientific knowledge. This evaluation aims to obtain a summary value where the degree of predisposition enhances the population prevalence and frequency data, the magnitude data. The indications are independent of any medical history of the subject, they are not a medical instrument. The indications are a contribution to the optimization of the functional framework of the subject at the disposal of the attending physician. Powered by Eurofin Genoma Group - Nutrinext

**Code 061**

**GENETIC PREDISPOSITION.  
WEIGHT CONTROL. METABOLISM AND PHYSICAL ACTIVITY. HOMOCYSTEINE. CARDIOVASCULAR  
HEALTH**

CARBOHYDRATES-LIPIDS. Metabolic balance: LOW. Moderate sensitivity to fats, high to sugars.  
Increased trend of fat deposits and BMI. Good efficacy low-calorie diets.

FATS. Fat accumulation propensity: MEDIUM

PHYSICAL EXERCISE. Increase in fat burning with exercise: LOW

WEIGHT. Tendency to gain weight: MEDIUM

**GENETIC PREDISPOSITION  
BONE, CIRCULATORY AND MUSCULAR FUNCTIONALITY - INJURIES - PERFORMANCE**

BONE FUNCTIONALITY. Defect in the functionality of the osteo-tendon metabolism: MEDIUM

MUSCLE METABOLISM. Efficiency of circulatory and muscular metabolism HIGH, predisposition to  
resistant strength

**GENETIC PREDISPOSITION METABOLISM XENOBIOTES DETOXI**

FREE RADICALS. Normal

NICKEL. Normal

SULFITES. Not significant

HISTAMINE. Normal

**INTOLERANCE**

LACTOSE. Possible sensitivity to lactose intolerance in adulthood (50% of the Italian population)

FRUCTOSE. Negative

ALCOHOL. Negative

GLUTEN. Possible sensitivity to gluten intolerance

CAFFEINE. Rapid metabolism of caffeine in heavy smokers

The test analyzes the genetic polymorphisms predisposing to the indicated functions, the technical evaluation is performed on the panel of genes considered valid and informative to the best of today's scientific knowledge. This evaluation aims to obtain a summary value where the degree of predisposition enhances the population prevalence and frequency data, the magnitude data. The indications are independent of any medical history of the subject, they are not a medical tool. The indications are a contribution to the optimization of the functional framework of the subject at the disposal of the attending physician. Powered by Eurofin Genoma Group - Nutrinext



**Code 062**

**GENETIC PREDISPOSITION.  
WEIGHT CONTROL. METABOLISM AND PHYSICAL ACTIVITY. HOMOCYSTEINE. CARDIOVASCULAR  
HEALTH**

CARBOHYDRATES-LIPIDS. Metabolic balance: LOW . High sugar sensitivity, High fat sensitivity . Low efficacy of low-calorie diets.

FATS. Fatty acid metabolic sensitivity: LOW

WEIGHT. Tendency to gain weight: MEDIUM

PHYSICAL EXERCISE. Increase in fat burning with exercise: LOW

**GENETIC PREDISPOSITION  
BONE, CIRCULATORY AND MUSCULAR FUNCTIONALITY - INJURIES - PERFORMANCE**

MUSCLE METABOLISM. Efficiency of circulatory and muscular metabolism HIGH, predisposition to resistant strength

BONE FUNCTIONALITY. Defect in the functionality of the osteo-tendon metabolism: LOW

**GENETIC PREDISPOSITION METABOLISM XENOBIOTES DETOXI**

FREE RADICALS. Normal

NICKEL. Normal

SULFITES. Not significant

HISTAMINE. Normal

**INTOLERANCE**

LACTOSE. Negative

FRUCTOSE. Negative

ALCOHOL. Negative

GLUTEN. Possible sensitivity to gluten intolerance

CAFFEINE. Negative

The test analyzes the genetic polymorphisms predisposing to the indicated functions, the technical evaluation is performed on the panel of genes considered valid and informative to the best of today's scientific knowledge. This evaluation aims to obtain a summary value where the degree of predisposition enhances the population prevalence and frequency data, the magnitude data. The indications are independent of any medical history of the subject, they are not a medical instrument. The indications are a contribution to the optimization of the functional framework of the subject at the disposal of the attending physician. Powered by Eurofin Genoma Group - Nutrinext

**Code 063**

**GENETIC PREDISPOSITION.**  
**WEIGHT CONTROL. METABOLISM AND PHYSICAL ACTIVITY. HOMOCYSTEINE. CARDIOVASCULAR HEALTH**

CARBOHYDRATES-LIPIDS. Metabolic balance: LOW . High sugar sensitivity. High fat sensitivity. Low-medium efficacy low-calorie diets.

FATS. Fatty acid metabolic sensitivity: LOW

WEIGHT. Tendency to gain weight: MEDIUM/HIGH

PHYSICAL EXERCISE. Increase in fat burning with exercise: LOW

**GENETIC PREDISPOSITION**  
**BONE, CIRCULATORY AND MUSCULAR FUNCTIONALITY - INJURIES - PERFORMANCE**

MUSCLE METABOLISM. Efficiency of circulatory and muscular metabolism HIGH, predisposition to resistant strength

BONE FUNCTIONALITY. Defect in the functionality of the osteo-tendon metabolism: LOW

**GENETIC PREDISPOSITION METABOLISM XENOBIOTES DETOXI**

FREE RADICALS. Normal

NICKEL. Normal

SULFITES. Not significant

HISTAMINE. Normal

**INTOLERANCE**

LACTOSE. Possible sensitivity to lactose intolerance in adulthood (50% of the Italian population)

FRUCTOSE. Negative

ALCOHOL. Negative

GLUTEN. Possible sensitivity to gluten intolerance

CAFFEINE. Negative

The test analyzes the genetic polymorphisms predisposing to the indicated functions, the technical evaluation is performed on the panel of genes considered valid and informative to the best of today's scientific knowledge. This evaluation aims to obtain a summary value where the degree of predisposition enhances the population prevalence and frequency data, the magnitude data. The indications are independent of any medical history of the subject, they are not a medical tool. The indications are a contribution to the optimization of the functional framework of the subject at the disposal of the attending physician. Powered by Eurofin Genoma Group - Nutrinext

**Code 064**

**GENETIC PREDISPOSITION.  
WEIGHT CONTROL. METABOLISM AND PHYSICAL ACTIVITY. HOMOCYSTEINE. CARDIOVASCULAR  
HEALTH**

CARBOHYDRATES-LIPIDS. Metabolic balance: LOW . High sugar sensitivity . Moderate fat sensitivity.  
Fairly effective low-calorie diets.

FATS. Fatty acid metabolic sensitivity: LOW

WEIGHT. Tendency to gain weight: HIGH

PHYSICAL EXERCISE. Increase in fat burning with exercise: MEDIUM

**GENETIC PREDISPOSITION  
BONE, CIRCULATORY AND MUSCULAR FUNCTIONALITY - INJURIES - PERFORMANCE**

MUSCLE METABOLISM. Efficiency of circulatory and muscular metabolism BALANCED, predisposition to  
resistant strength

BONE FUNCTIONALITY. Defect in the functionality of the osteo-tendon metabolism: LOW

**GENETIC PREDISPOSITION METABOLISM XENOBIOTES DETOXI**

FREE RADICALS. Normal

NICKEL. Normal

SULFITES. Not significant

HISTAMINE. Normal

**INTOLERANCE**

LACTOSE. Negative

FRUCTOSE. Negative

ALCOHOL. Negative

GLUTEN. Negative

CAFFEINE. Negative

The test analyzes the genetic polymorphisms predisposing to the indicated functions, the technical evaluation is performed on the panel of genes considered valid and informative to the best of today's scientific knowledge. This evaluation aims to obtain a summary value where the degree of predisposition enhances the population prevalence and frequency data, the magnitude data. The indications are independent of any medical history of the subject, they are not a medical tool. The indications are a contribution to the optimization of the functional framework of the subject at the disposal of the attending physician. Powered by Eurofin Genoma Group - Nutrinext

**Code 065**

**GENETIC PREDISPOSITION.**  
WEIGHT CONTROL. METABOLISM AND PHYSICAL ACTIVITY. HOMOCYSTEINE. CARDIOVASCULAR HEALTH

CARBOHYDRATES-LIPIDS. Metabolic balance: HIGH . Sugar sensitivity LOW. LOW fat sensitivity. Effectiveness of low-calorie diets HIGH

FATS. Fatty acid metabolic sensitivity: LOW

WEIGHT. Tendency to gain weight: LOW

PHYSICAL EXERCISE. Increased fat burning with exercise: HIGH

**GENETIC PREDISPOSITION**  
BONE, CIRCULATORY AND MUSCULAR FUNCTIONALITY - INJURIES - PERFORMANCE

BONE FUNCTIONALITY. Defect in the functionality of the osteo-tendon metabolism: LOW

MUSCLE METABOLISM. Efficiency of circulatory and muscular metabolism BALANCED, predisposition to resistant strength

**GENETIC PREDISPOSITION METABOLISM XENOBIOTES DETOXI**

FREE RADICALS. Normal  
NICKEL. Normal  
SULFITES. Not significant  
HISTAMINE. Normal

**INTOLERANCE**

LACTOSE. Possible sensitivity to lactose intolerance in adulthood (50% of the Italian population)  
FRUCTOSE. Negative  
ALCOHOL. Negative  
GLUTEN. Negative  
CAFFEINE. Negative

The test analyzes the genetic polymorphisms predisposing to the indicated functions, the technical evaluation is performed on the panel of genes considered valid and informative to the best of today's scientific knowledge. This evaluation aims to obtain a summary value where the degree of predisposition enhances the population prevalence and frequency data, the magnitude data. The indications are independent of any medical history of the subject, they are not a medical tool. The indications are a contribution to the optimization of the functional framework of the subject at the disposal of the attending physician. Powered by Eurofin Genoma Group - Nutrinext

**Code 066**

GENETIC PREDISPOSITION.  
WEIGHT CONTROL. METABOLISM AND PHYSICAL ACTIVITY. HOMOCYSTEINE. CARDIOVASCULAR HEALTH

CARBOHYDRATES-LIPIDS. Metabolic balance: LOW . High sugar sensitivity, High fat sensitivity . Low efficacy of low-calorie diets.

FATS. Fatty acid metabolic sensitivity: LOW

WEIGHT. Tendency to gain weight: MEDIUM

PHYSICAL EXERCISE. Increase in fat burning with exercise: LOW

GENETIC PREDISPOSITION  
BONE, CIRCULATORY AND MUSCULAR FUNCTIONALITY - INJURIES - PERFORMANCE

MUSCLE METABOLISM. Efficiency of circulatory and muscular metabolism HIGH, predisposition to resistant strength

BONE FUNCTIONALITY. Defect in the functionality of the osteo-tendon metabolism: LOW

GENETIC PREDISPOSITION METABOLISM XENOBIOTES DETOXI

FREE RADICALS. Normal

NICKEL. Normal

SULFITES. Not significant

HISTAMINE. Normal

INTOLERANCE

LACTOSE. Negative

FRUCTOSE. Negative

ALCOHOL. Negative

GLUTEN. Possible sensitivity to gluten intolerance

CAFFEINE. Negative

The test analyzes the genetic polymorphisms predisposing to the indicated functions, the technical evaluation is performed on the panel of genes considered valid and informative to the best of today's scientific knowledge. This evaluation aims to obtain a summary value where the degree of predisposition enhances the population prevalence and frequency data, the magnitude data. The indications are independent of any medical history of the subject, they are not a medical tool. The indications are a contribution to the optimization of the functional framework of the subject at the disposal of the attending physician. Powered by Eurofin Genoma Group - Nutrinext

**Code 067**

**GENETIC PREDISPOSITION.  
WEIGHT CONTROL. METABOLISM AND PHYSICAL ACTIVITY. HOMOCYSTEINE. CARDIOVASCULAR  
HEALTH**

CARBOHYDRATES-LIPIDS. Metabolic balance: LOW . High sugar sensitivity . Moderate fat sensitivity.  
Low- calorie diets are effective.

FATS. Fatty acid metabolic sensitivity: LOW

WEIGHT. Tendency to gain weight: MEDIUM

PHYSICAL EXERCISE. Increase in fat burning with exercise: MEDIUM

**GENETIC PREDISPOSITION  
BONE, CIRCULATORY AND MUSCULAR FUNCTIONALITY - INJURIES - PERFORMANCE**

BONE FUNCTIONALITY. Defect in the functionality of the osteo-tendon metabolism: LOW

MUSCLE METABOLISM. Efficiency of circulatory and muscular metabolism HIGH, predisposition to  
resistant strength

**GENETIC PREDISPOSITION METABOLISM XENOBIOTES DETOXI**

FREE RADICALS. Normal

NICKEL. Normal

SULFITES. Not significant

HISTAMINE. Normal

**INTOLERANCE**

LACTOSE. Negative

FRUCTOSE. Negative

ALCOHOL. Negative

GLUTEN. Possible sensitivity to gluten intolerance

CAFFEINE. Negative

The test analyzes the genetic polymorphisms predisposing to the indicated functions, the technical evaluation is performed on the panel of genes considered valid and informative to the best of today's scientific knowledge. This evaluation aims to obtain a summary value where the degree of predisposition enhances the population prevalence and frequency data, the magnitude data. The indications are independent of any medical history of the subject, they are not a medical instrument. The indications are a contribution to the optimization of the functional framework of the subject at the disposal of the attending physician. Powered by Eurofin Genoma Group - Nutrinext

## GENE - PERSON

## GENETIC PREDISPOSITION

### Code 068

GENETIC PREDISPOSITION.  
WEIGHT CONTROL. METABOLISM AND PHYSICAL ACTIVITY. HOMOCYSTEINE. CARDIOVASCULAR HEALTH

CARBOHYDRATES-LIPIDS. Metabolic balance: LOW . High sugar sensitivity. High fat sensitivity. Low-medium efficacy low-calorie diets.

FATS. Fatty acid metabolic sensitivity: LOW

WEIGHT. Tendency to gain weight: MEDIUM/HIGH

PHYSICAL EXERCISE. Increase in fat burning with exercise: LOW

GENETIC PREDISPOSITION  
BONE, CIRCULATORY AND MUSCULAR FUNCTIONALITY - INJURIES - PERFORMANCE

MUSCLE METABOLISM. Efficiency of circulatory and muscular metabolism HIGH, predisposition to resistant strength

BONE FUNCTIONALITY. Defect in the functionality of the osteo-tendon metabolism: LOW

GENETIC PREDISPOSITION METABOLISM XENOBIOTES DETOXI

FREE RADICALS. Normal

NICKEL. Normal

SULFITES. Not significant

HISTAMINE. Normal

INTOLERANCE

LACTOSE. Possible sensitivity to lactose intolerance in adulthood (50% of the Italian population)

FRUCTOSE. Negative

ALCOHOL. Negative

GLUTEN. Possible sensitivity to gluten intolerance

CAFFEINE. Negative

The test analyzes the genetic polymorphisms predisposing to the indicated functions, the technical evaluation is performed on the panel of genes considered valid and informative to the best of today's scientific knowledge. This evaluation aims to obtain a summary value where the degree of predisposition enhances the population prevalence and frequency data, the magnitude data. The indications are independent of any medical history of the subject, they are not a medical tool. The indications are a contribution to the optimization of the functional framework of the subject at the disposal of the attending physician. Powered by Eurofin Genoma Group - Nutrinext

**Code 069**

**GENETIC PREDISPOSITION.  
WEIGHT CONTROL. METABOLISM AND PHYSICAL ACTIVITY. HOMOCYSTEINE. CARDIOVASCULAR  
HEALTH**

CARBOHYDRATES-LIPIDS. Metabolic balance: LOW. Increased trend of fat deposits and BMI. Good efficacy low calorie diets for weight loss

FATS. Fat accumulation propensity : MEDIUM - HIGH

WEIGHT. Tendency to gain weight: HIGH

PHYSICAL EXERCISE. Increase in fat burning with exercise: MEDIUM

**GENETIC PREDISPOSITION  
BONE, CIRCULATORY AND MUSCULAR FUNCTIONALITY - INJURIES - PERFORMANCE**

BONE FUNCTIONALITY. Defect in the functionality of the osteo-tendon metabolism: LOW

MUSCLE METABOLISM. Efficiency of circulatory and muscular metabolism HIGH, predisposition to resistant strength

**GENETIC PREDISPOSITION METABOLISM XENOBIOTES DETOXI**

FREE RADICALS. Normal  
NICKEL. Normal  
SULFITES. Not significant  
HISTAMINE. Normal

**INTOLERANCE**

LACTOSE. Possible sensitivity to lactose intolerance in adulthood (50% of the Italian population)  
FRUCTOSE. Negative  
ALCOHOL. Negative  
GLUTEN. Negative  
CAFFEINE. Negative

The test analyzes the genetic polymorphisms predisposing to the indicated functions, the technical evaluation is performed on the panel of genes considered valid and informative to the best of today's scientific knowledge. This evaluation aims to obtain a summary value where the degree of predisposition enhances the population prevalence and frequency data, the magnitude data. The indications are independent of any medical history of the subject, they are not a medical instrument. The indications are a contribution to the optimization of the functional framework of the subject at the disposal of the attending physician. Powered by Eurofin Genoma Group - Nutrinext



**Code 070**

**GENETIC PREDISPOSITION.  
WEIGHT CONTROL. METABOLISM AND PHYSICAL ACTIVITY. HOMOCYSTEINE. CARDIOVASCULAR  
HEALTH**

**CARBOHYDRATES-LIPIDS.** Metabolic balance: **LOW**. Increased trend of fat deposits and BMI. Sensitive to carbohydrates. Fairly effective low-calorie diets.

**FATS.** Fat accumulation propensity: **MEDIUM**

**WEIGHT.** Tendency to gain weight: **MEDIUM**

**PHYSICAL EXERCISE.** Increase in fat burning with exercise: **MEDIUM**

**GENETIC PREDISPOSITION  
BONE, CIRCULATORY AND MUSCULAR FUNCTIONALITY - INJURIES - PERFORMANCE**

**BONE FUNCTIONALITY.** Defect in the functionality of the osteo-tendon metabolism: **LOW**

**MUSCLE METABOLISM.** Efficiency of circulatory and muscular metabolism **HIGH**, predisposition to resistant strength

**GENETIC PREDISPOSITION METABOLISM XENOBIOTES DETOXI**

**FREE RADICALS.** Normal

**NICKEL.** Normal

**SULFITES.** Not significant

**HISTAMINE.** Normal

**INTOLERANCE**

**LACTOSE.** Possible sensitivity to lactose intolerance in adulthood (50% of the Italian population)

**FRUCTOSE.** Negative

**ALCOHOL.** Negative

**GLUTEN.** Negative

**CAFFEINE.** Negative

The test analyzes the genetic polymorphisms predisposing to the indicated functions, the technical evaluation is performed on the panel of genes considered valid and informative to the best of today's scientific knowledge. This evaluation aims to obtain a summary value where the degree of predisposition enhances the population prevalence and frequency data, the magnitude data. The indications are independent of any medical history of the subject, they are not a medical tool. The indications are a contribution to the optimization of the functional framework of the subject at the disposal of the attending physician. Powered by Eurofin Genoma Group - Nutrinext

**Code 071**

**GENETIC PREDISPOSITION.  
WEIGHT CONTROL. METABOLISM AND PHYSICAL ACTIVITY. HOMOCYSTEINE. CARDIOVASCULAR HEALTH**

**CARBOHYDRATES-LIPIDS.** Metabolic balance: **LOW**. Increased trend of fat deposits and BMI. Sensitive to sugars. Fairly effective low-calorie diets.

**FATS.** Fat accumulation propensity: **MEDIUM**

**WEIGHT.** Tendency to gain weight: **HIGH**

**PHYSICAL EXERCISE.** Increase in fat burning with exercise: **LOW**

**GENETIC PREDISPOSITION  
BONE, CIRCULATORY AND MUSCULAR FUNCTIONALITY - INJURIES - PERFORMANCE**

**BONE FUNCTIONALITY.** Defect in the functionality of the osteo-tendon metabolism: **MEDIUM**

**MUSCLE METABOLISM.** Efficiency of circulatory and muscular metabolism **HIGH**, predisposition to resistant strength

**GENETIC PREDISPOSITION METABOLISM XENOBIOTES DETOXI**

**FREE RADICALS.** Normal

**NICKEL.** Normal

**SULFITES.** Not significant

**HISTAMINE.** Normal

**INTOLERANCE**

**LACTOSE.** Possible sensitivity to lactose intolerance in adulthood (50% of the Italian population)

**FRUCTOSE.** Negative

**ALCOHOL.** Negative

**GLUTEN.** Possible sensitivity to gluten intolerance

**CAFFEINE.** Negative

The test analyzes the genetic polymorphisms predisposing to the indicated functions, the technical evaluation is performed on the panel of genes considered valid and informative to the best of today's scientific knowledge. This evaluation aims to obtain a summary value where the degree of predisposition enhances the population prevalence and frequency data, the magnitude data. The indications are independent of any medical history of the subject, they are not a medical tool. The indications are a contribution to the optimization of the functional framework of the subject at the disposal of the attending physician. Powered by Eurofin Genoma Group - Nutrinext