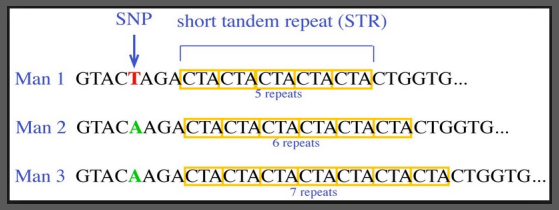
GeneAdvise
Advisor in Human Genetics

Lamberto Camurri, PhD, PM

Medi Saluser Parma
Mendel Genetica Medica Modena
Fellow Università Tor Vergata Roma-
Istituto Genetica Medica

Centro Cuore Salute Reggio Emilia
FASI Fed.Arrampicata Sportiva Italiana

Crew
Francesca Camurri, BS, PA
Angela Godi Palmi, AA, EA



GENE-PERSONA

GENETICS AND PERSONALIZED MEDICINE
PREDICTIVE AND FUNCTIONAL MARKERS

MODEL FOR INTERACTIVE EVALUATION OF GENETIC PROFILES (april 2023)

METHABOLISM, CARBO-LIPIDIC BALANCE,SPORT AND DIET

GeneAdvise

GENE-PERSONA

GENETICS AND PERSONALIZED MEDICINE
PREDICTIVE AND FUNCTIONAL MARKERS

POLYMORPHIC GENES

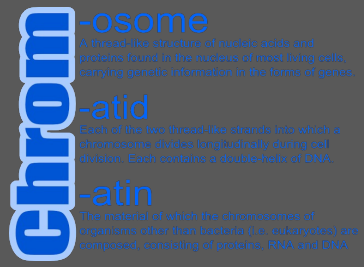
GENETIC VARIANTS AND BODY WEIGHT CONTROL

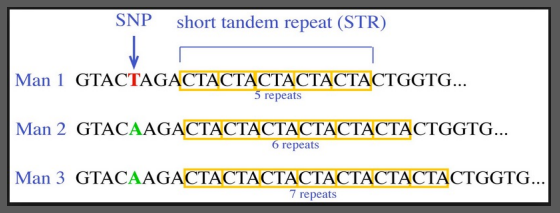
CLIC AN FIND YOUR PROFILE

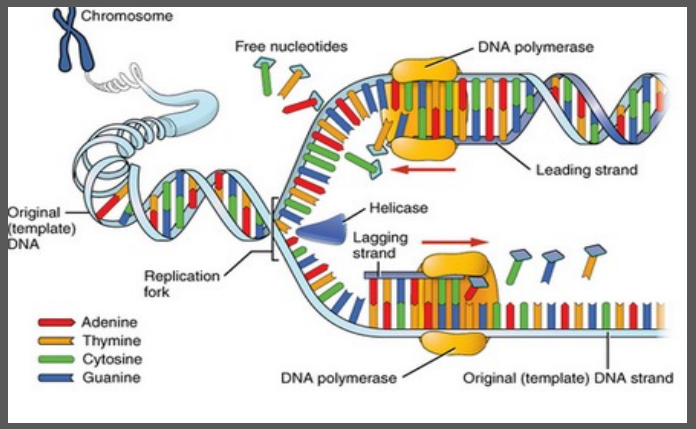
GeneAdvise

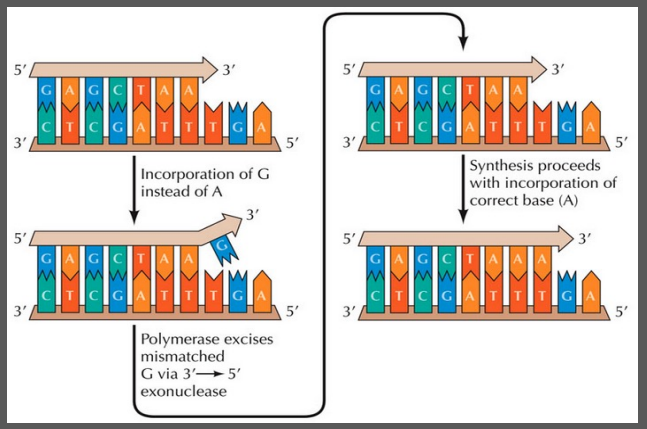
Some technical / scientific information.

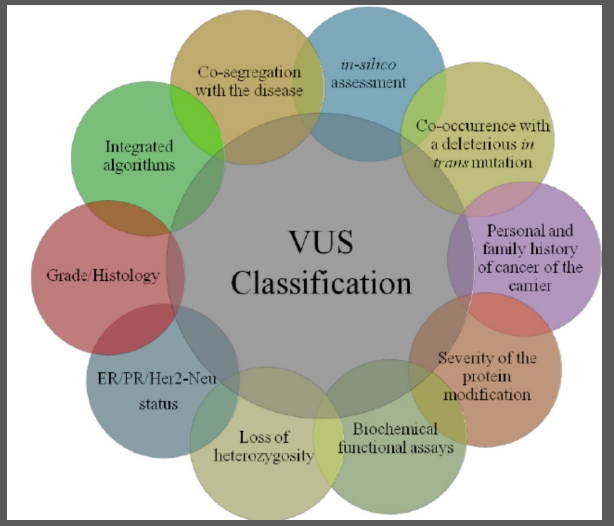
Each gene is present in the cells of the body in two copies (alleles). The same gene can differ from one person to another even for just one base, one letter of its code: SNP (Single Nucleotide Polymorphism) Variations in the sequence of genes can give rise to Variants. Pathogenetic variants have harmful effects on the functioning of the gene, even blocking it. Non-pathogenic variants have different frequency in the general population and are associated with differences that modify the function of the gene without compromising it.









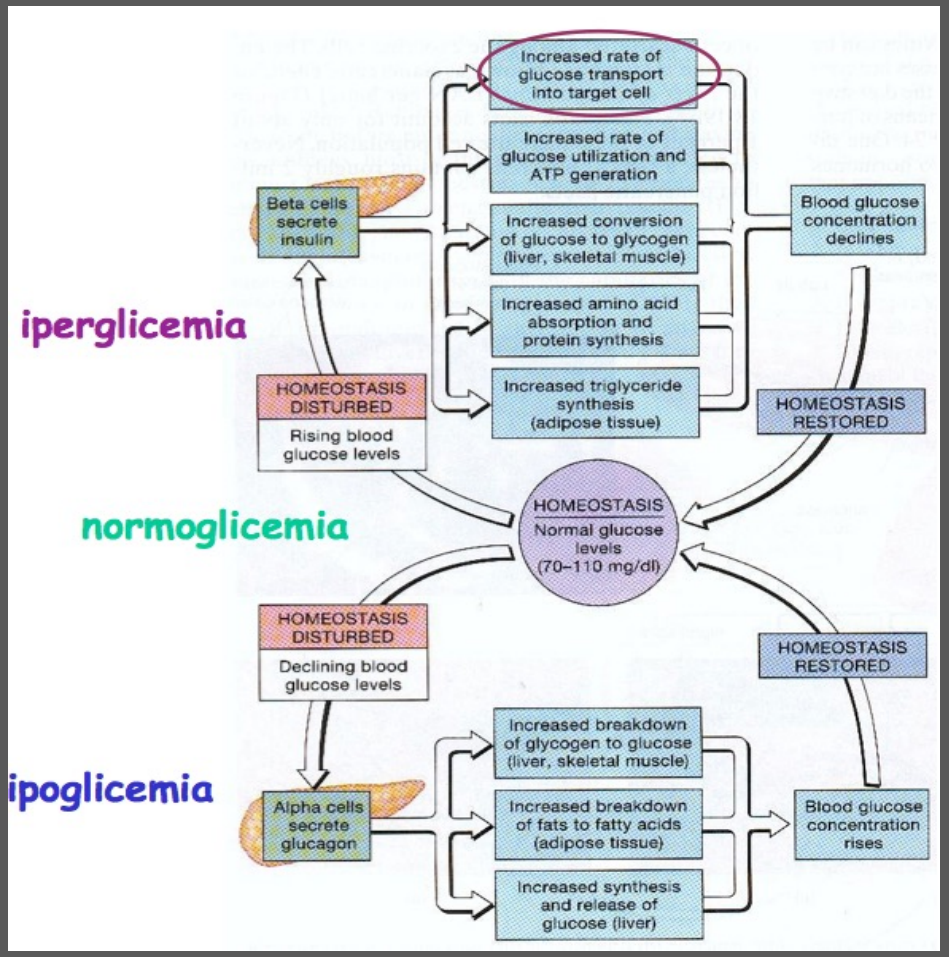


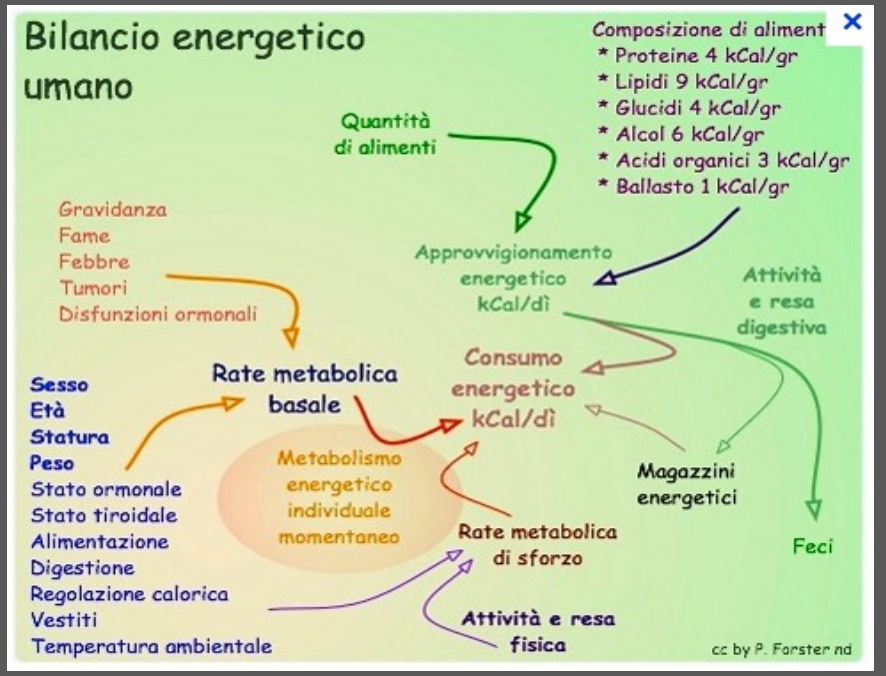
GeneAdvise

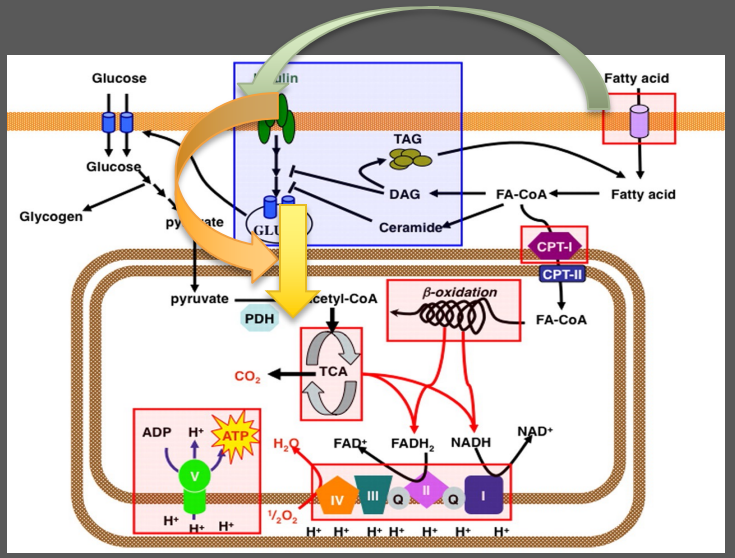
PERSONALIZED PHYSIOLOGY

FOOD AND ENERGETIC CONSUMPTION

CARBO-LIPO COMPLEX







GeneAdvise

PERSONALIZED PHYSIOLOGY

FOOD AND ENERGETIC CONSUMPTION

CARBO-LIPO COMPLEX

Fatty acid-binding protein-2 **FABP2 (A54T G-A rs1799883)**
absorption of fatty acids, abdominal fat deposits, leptin levels (appetite and satiety, calorie expenditure)

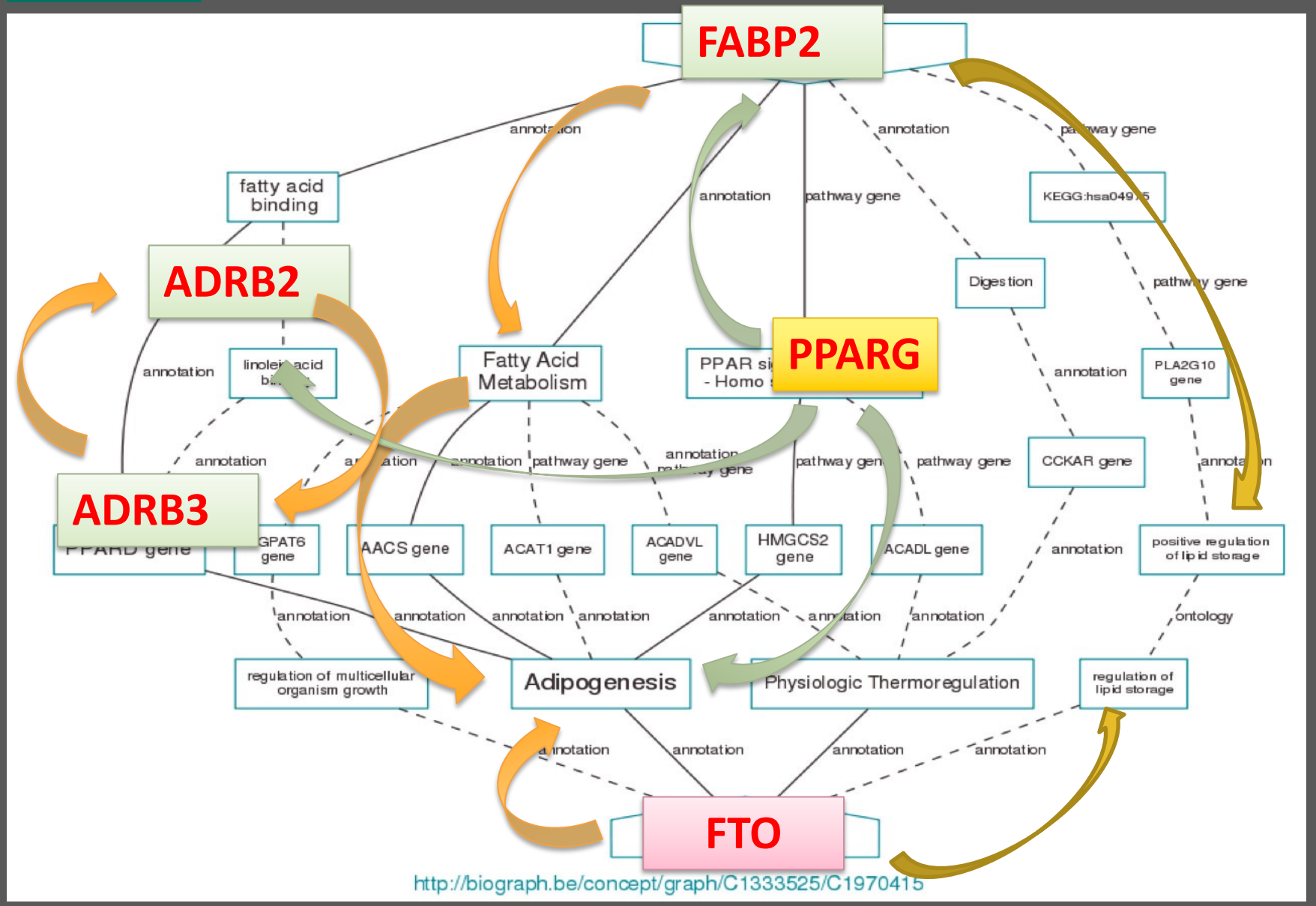
Peroxisome proliferator-activated receptor **PPARg (P12A C-G rs1801282)**
Differentiation of fat cells, regulation of glucose-lipid balances, diet-sport combination

Adrenergic-beta-2-receptor **ADRB2 (G16R G-A rs1042713)**
use of cell fat for energy is strongly involved in the combined diet-sport action

Adrenergic-beta-3-receptor **ADRB3 (W64R T-C rs4994)**
consumption of fat for thermoregulation purposes and is conditioned by physical activity

Fat Mass and Obesity Associated Gene **FTO (T-A rs9939609)**
risk of obesity, is modulated by physical activity

GeneAdvise


FABP2
ADRB2
ADRB3
PPARG
FTO
fatty acid binding
Fatty Acid Metabolism
Digestion
KEGG:hsa04975
PLA2G10 gene
CCKAR gene
GPAT6 gene
AACS gene
ACAT1 gene
ACADVL gene
HMGCS2 gene
ACADL gene
positive regulation of lipid storage
regulation of multicellular organism growth
Adipogenesis
Physiologic Thermoregulation
regulation of lipid storage
annotation
pathway gene
ontology
http://biograph.be/concept/graph/C1333525/C1970415

GeneAdvise

Gene FABP2

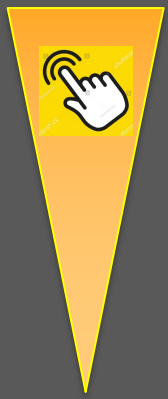
Fatty acid-binding protein-2

Localizzazione: cromosoma 4 (locus 4q28-q31)
Dimensioni e struttura: 11.912 paia di basi, contiene 4 esoni
Prodotto proteico corrispondente: proteina intracellulare, denominata ***fatty acid-binding protein-2*** (FABP2), composta da 132 aminoacidi.

FABP2 encodes the proteins involved in the uptake, transport and intracellular metabolism of long-chain fatty acids.

FABP2 is also able to bind unsaturated fatty acids, always with a long chain. It probably participates in the maintenance of energy homeostasis by functioning as a "lipid sensor".

Polimorfismo A54T
Genotipo AA-AG



The presence of the AA-AG genotype is correlated with:
increased absorption of fatty acids in the intestine
high body mass index and increased abdominal fat deposits

high level of leptin, a hormone in adipose tissue that limits satiety and the mechanisms of calorie expenditure

less efficacy of low caloric diets and
exercise as weight loss strategies
postprandial increase in triglycerid levels
if homozygous

Polimorfismo A54T
Genotipo GG

The presence of the GG genotype is correlated with:

normal absorption of fatty acids

a normal postprandial level of triglycerides

greater responsiveness to low-calorie diets and exercise as strategies aimed at increasing weight loss.

GeneAdvise

Gene PPAR
Peroxisome proliferator-activated receptor

Localizzazione: cromosoma 3 (locus 3p25)
Dimensioni e struttura: 3302 paia di basi, contiene 6 esoni
Prodotto proteico: ***peroxisome proliferator-activated receptor-gamma*** (PPARg), composta da 477 aminoacidi.

PPARg regulates inflammatory processes, cell differentiation, glucose and lipid homeostasis,

PPARg is a determining factor for the transformation and maturation of adipocytes.
Alterations in PPARg function are related to diabetes-2. It is a candidate as a critical factor in obesity.

PPARCC polymorphism is related to decreased activity of the protein.
.

Polimorfismo 12Pro/Ala
Genotipo GG/CG

The presence of the GG / GC genotype is correlated with:

A lower susceptibility to body weight gain in relation to the amount of fat consumed in the diet

High response to weight loss following constant exercise and a controlled diet.

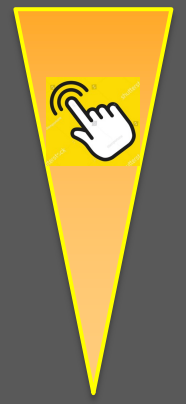
FABP2 AA-AG

Polimorfismo 12Pro/Ala
Genotipo CC

The presence of the CC genotype is correlated with:

greater sensitivity of the Body Mass Index to the amount of fat consumed in the diet

ability to lose weight poorly conditioned by exercise



GeneAdvise

Gene PPAR
Peroxisome proliferator-activated receptor

Localizzazione: cromosoma 3 (locus 3p25)
Dimensioni e struttura: 3302 paia di basi, contiene 6 esoni
Prodotto proteico: ***peroxisome proliferator-activated receptor-gamma*** (PPARg), composta da 477 aminoacidi.

PPARg regulates inflammatory processes, cell differentiation, glucose and lipid homeostasis,

PPARg is a determining factor for the transformation and maturation of adipocytes.
Alterations in PPARg function are related to diabetes-2. It is a candidate as a critical factor in obesity.

PPARCC polymorphism is related to decreased activity of the protein.

Polimorfismo 12Pro/Ala
Genotipo GG/CG

The presence of the GG / GC genotype is correlated with:

A lower susceptibility to body weight gain in relation to the amount of fat consumed in the diet

High response to weight loss following constant exercise and a controlled diet.

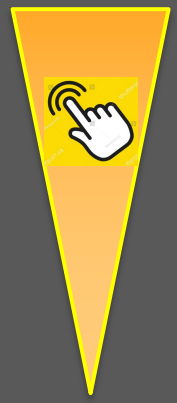
FABP2 GG

Polimorfismo 12Pro/Ala
Genotipo CC

The presence of the CC genotype is correlated with:

greater sensitivity of the Body Mass Index to the amount of fat consumed in the diet

ability to lose weight poorly conditioned by exercise



GeneAdvise

Gene ADRB2

Localizzazione: cromosoma 5 (locus 5q31-q32)
Dimensioni e struttura: 2033 paia di basi, contiene 4 esoni
Prodotto : proteina intracellulare, **adrenergic- beta-2- receptor** (ADRB2), composta da 413 aminoacidi.

ADRB2 encodes the type 2 beta adrenergic receptor which inserts into the cell membrane where it interacts with mediators (adrenaline / noradrenaline).

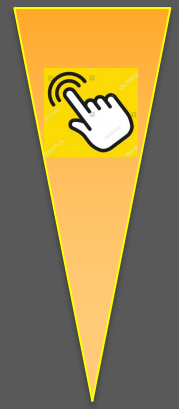
The ADRB2 receptor is directly associated with its final effector, an L-type calcium channel (Ca (V) 1.2). This receptor / channel complex binds to a cAMP-dependent G protein that allows for the rapid transmission of specific biochemical signals.

ADRB2 is preferentially expressed in adipose tissue and is responsible for the processes of mobilization of fat for energy purposes.

Polimorfismo 16Gly/Arg
Genotipo AA/AG

The presence of the AA / AG genotype:

Increase in pathology in asthmatic patients
greater weight gain a low attitude to lose weight
following physical exercise



Polimorfismo 16Gly/Arg
Genotipo GG

The presence of the GG genotype:

low susceptibility to weight gain with increasing age

good predisposition to lose weight following
exercise good aerobic sports performance

FABP2 GG
PPARG GG-CG

GeneAdvise

Gene ADRB2

Localizzazione: cromosoma 5 (locus 5q31-q32)
Dimensioni e struttura: 2033 paia di basi, contiene 4 esoni
Prodotto : proteina intracellulare, **adrenergic- beta-2- receptor** (ADRB2), composta da 413 aminoacidi.

ADRB2 encodes the type 2 beta adrenergic receptor which inserts into the cell membrane where it interacts with mediators (adrenaline / noradrenaline).

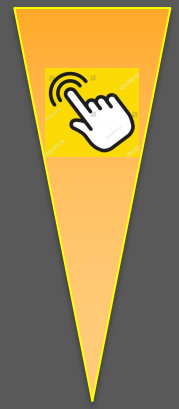
The ADRB2 receptor is directly associated with its final effector, an L-type calcium channel (Ca (V) 1.2). This receptor / channel complex binds to a cAMP-dependent G protein that allows for the rapid transmission of specific biochemical signals.

ADRB2 is preferentially expressed in adipose tissue and is responsible for the processes of mobilization of fat for energy purposes.

Polimorfismo 16Gly/Arg
Genotipo AA/AG

The presence of the AA / AG genotype:

Increase in pathology in asthmatic patients
greater weight gain a low attitude to lose weight
following physical exercise



Polimorfismo 16Gly/Arg
Genotipo GG

The presence of the GG genotype:

low susceptibility to weight gain with increasing age

good predisposition to lose weight following
exercise good aerobic sports performance

FABP2 AA-AG
PPARG GG-CG

GeneAdvise

Gene ADRB2

Localizzazione: cromosoma 5 (locus 5q31-q32)
Dimensioni e struttura: 2033 paia di basi, contiene 4 esoni
Prodotto : proteina intracellulare, **adrenergic- beta-2- receptor** (ADRB2), composta da 413 aminoacidi.

ADRB2 encodes the type 2 beta adrenergic receptor which inserts into the cell membrane where it interacts with mediators (adrenaline / noradrenaline).

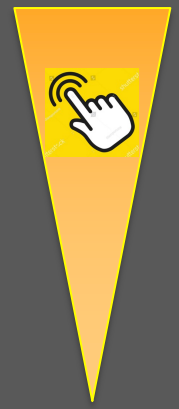
The ADRB2 receptor is directly associated with its final effector, an L-type calcium channel (Ca (V) 1.2). This receptor / channel complex binds to a cAMP-dependent G protein that allows for the rapid transmission of specific biochemical signals.

ADRB2 is preferentially expressed in adipose tissue and is responsible for the processes of mobilization of fat for energy purposes.

Polimorfismo 16Gly/Arg Genotipo AA/AG

The presence of the AA / AG genotype:

Increase in pathology in asthmatic patients
greater weight gain a low attitude to lose weight
following physical exercise



Polimorfismo 16Gly/Arg Genotipo GG

The presence of the GG genotype:

low susceptibility to weight gain with increasing age

good predisposition to lose weight following
exercise good aerobic sports performance

FABP2 GG
PPARG CC

GeneAdvise

Gene ADRB2

Localizzazione: cromosoma 5 (locus 5q31-q32)
Dimensioni e struttura: 2033 paia di basi, contiene 4 esoni
Prodotto : proteina intracellulare, **adrenergic- beta-2- receptor** (ADRB2), composta da 413 aminoacidi.

ADRB2 encodes the type 2 beta adrenergic receptor which inserts into the cell membrane where it interacts with mediators (adrenaline / noradrenaline).

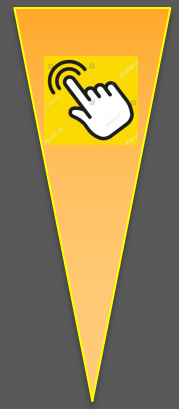
The ADRB2 receptor is directly associated with its final effector, an L-type calcium channel (Ca (V) 1.2). This receptor / channel complex binds to a cAMP-dependent G protein that allows for the rapid transmission of specific biochemical signals.

ADRB2 is preferentially expressed in adipose tissue and is responsible for the processes of mobilization of fat for energy purposes.

Polimorfismo 16Gly/Arg
Genotipo AA/AG

The presence of the AA / AG genotype:

Increase in pathology in asthmatic patients
greater weight gain a low attitude to lose weight
following physical exercise



Polimorfismo 16Gly/Arg
Genotipo GG

The presence of the GG genotype:

low susceptibility to weight gain with increasing age

good predisposition to lose weight following
exercise good aerobic sports performance

FABP2 AA-AG
PPARG CC

GeneAdvise

Gene ADRB3

Localizzazione: cromosoma 8 (locus 8p12-p11.2)
Dimensioni e struttura: 10672 paia di basi, non contiene introni
Prodotto: proteina intracellulare, **adrenergic- beta- 3- receptor** (ADRB3), composta da 408 aminoacidi.

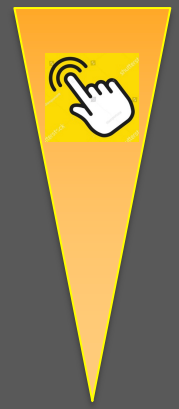
ADRB3 encodes the type 3 beta adrenergic receptor, which regulates cellular or tissue functions by acting with transmitters such as adrenaline or noradrenaline.

ADRB3 is expressed in visceral adipose tissue and is present in fat deposits, where it is involved in lipolysis processes and thermal regulation.

Polimorfismo 64Arg/Trp
Genotipo CC/CT

The presence of the CC / CT genotype:

reduced lipolysis in response to catecholamines and consequent lower response to physical activity as a strategy aimed at weight loss
Increase in body mass index and greater risk of obesity poor responsiveness to low-calorie diets



Polimorfismo 64Arg/Trp
Genotipo TT

The presence of the TT genotype:

good response to low-caloric diets

good predisposition to loose weight following exercise

FABP2 GG
PPARG GG-CG
ADRB2 AA-AG

GeneAdvise

Gene ADRB3

Localizzazione: cromosoma 8 (locus 8p12-p11.2)
Dimensioni e struttura: 10672 paia di basi, non contiene introni
Prodotto: proteina intracellulare, **adrenergic- beta- 3- receptor** (ADRB3), composta da 408 aminoacidi.

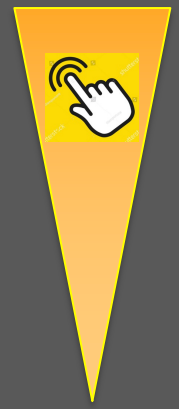
ADRB3 encodes the type 3 beta adrenergic receptor, which regulates cellular or tissue functions by acting with transmitters such as adrenaline or noradrenaline.

ADRB3 is expressed in visceral adipose tissue and is present in fat deposits, where it is involved in lipolysis processes and thermal regulation.

Polimorfismo 64Arg/Trp
Genotipo CC/CT

The presence of the CC / CT genotype:

reduced lipolysis in response to catecholamines and consequent lower response to physical activity as a strategy aimed at weight loss
Increase in body mass index and greater risk of obesity poor responsiveness to low-calorie diets



Polimorfismo 64Arg/Trp
Genotipo TT

The presence of the TT genotype:

good response to low-caloric diets

good predisposition to loose weight following exercise

FABP2 GG
PPARG GG-CG
ADRB2 GG

GeneAdvise

Gene ADRB3

Localizzazione: cromosoma 8 (locus 8p12-p11.2)
Dimensioni e struttura: 10672 paia di basi, non contiene introni
Prodotto: proteina intracellulare, **adrenergic- beta- 3- receptor** (ADRB3), composta da 408 aminoacidi.

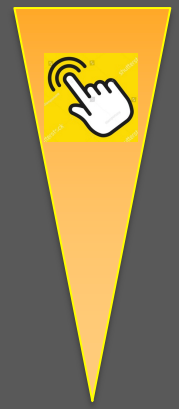
ADRB3 encodes the type 3 beta adrenergic receptor, which regulates cellular or tissue functions by acting with transmitters such as adrenaline or noradrenaline.

ADRB3 is expressed in visceral adipose tissue and is present in fat deposits, where it is involved in lipolysis processes and thermal regulation.

Polimorfismo 64Arg/Trp
Genotipo CC/CT

The presence of the CC / CT genotype:

reduced lipolysis in response to catecholamines and consequent lower response to physical activity as a strategy aimed at weight loss
increase in body mass index and greater risk of obesity poor responsiveness to low-calorie diets



Polimorfismo 64Arg/Trp
Genotipo TT

The presence of the TT genotype:

good response to low-caloric diets

good predisposition to loose weight following exercise

FABP2 AA-AG
PPARG GG-CG
ADRB2 AA-AG

GeneAdvise

Gene ADRB3

Localizzazione: cromosoma 8 (locus 8p12-p11.2)
Dimensioni e struttura: 10672 paia di basi, non contiene introni
Prodotto: proteina intracellulare, **adrenergic- beta- 3- receptor** (ADRB3), composta da 408 aminoacidi.

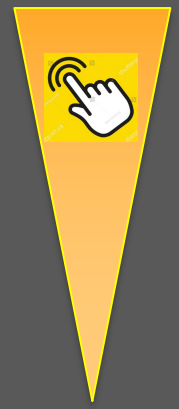
ADRB3 encodes the type 3 beta adrenergic receptor, which regulates cellular or tissue functions by acting with transmitters such as adrenaline or noradrenaline.

ADRB3 is expressed in visceral adipose tissue and is present in fat deposits, where it is involved in lipolysis processes and thermal regulation.

Polimorfismo 64Arg/Trp
Genotipo CC/CT

The presence of the CC / CT genotype:

reduced lipolysis in response to catecholamines and consequent lower response to physical activity as a strategy aimed at weight loss
increase in body mass index and greater risk of obesity poor responsiveness to low-calorie diets



Polimorfismo 64Arg/Trp
Genotipo TT

The presence of the TT genotype:

good response to low-caloric diets

good predisposition to loose weight following exercise

FABP2 AA-AG
PPARG GG-CG
ADRB2 GG

GeneAdvise

Gene ADRB3

Localizzazione: cromosoma 8 (locus 8p12-p11.2)
Dimensioni e struttura: 10672 paia di basi, non contiene introni
Prodotto: proteina intracellulare, **adrenergic- beta- 3- receptor** (ADRB3), composta da 408 aminoacidi.

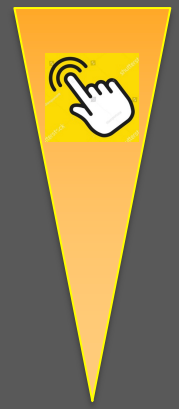
ADRB3 encodes the type 3 beta adrenergic receptor, which regulates cellular or tissue functions by acting with transmitters such as adrenaline or noradrenaline.

ADRB3 is expressed in visceral adipose tissue and is present in fat deposits, where it is involved in lipolysis processes and thermal regulation.

Polimorfismo 64Arg/Trp
Genotipo CC/CT

The presence of the CC / CT genotype:

reduced lipolysis in response to catecholamines and consequent lower response to physical activity as a strategy aimed at weight loss
increase in body mass index and greater risk of obesity poor responsiveness to low-calorie diets



Polimorfismo 64Arg/Trp
Genotipo TT

The presence of the TT genotype:

good response to low-caloric diets

good predisposition to loose weight following exercise

FABP2 GG
PPARG CC
ADRB2 AA-AG

GeneAdvise

Gene ADRB3

Localizzazione: cromosoma 8 (locus 8p12-p11.2)
Dimensioni e struttura: 10672 paia di basi, non contiene introni
Prodotto: proteina intracellulare, **adrenergic- beta- 3- receptor** (ADRB3), composta da 408 aminoacidi.

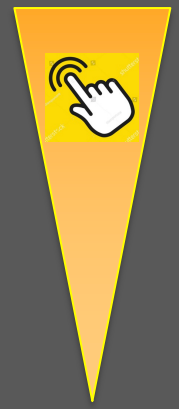
ADRB3 encodes the type 3 beta adrenergic receptor, which regulates cellular or tissue functions by acting with transmitters such as adrenaline or noradrenaline.

ADRB3 is expressed in visceral adipose tissue and is present in fat deposits, where it is involved in lipolysis processes and thermal regulation.

Polimorfismo 64Arg/Trp
Genotipo CC/CT

The presence of the CC / CT genotype:

reduced lipolysis in response to catecholamines and consequent lower response to physical activity as a strategy aimed at weight loss
increase in body mass index and greater risk of obesity poor responsiveness to low-calorie diets



Polimorfismo 64Arg/Trp
Genotipo TT

The presence of the TT genotype:

good response to low-caloric diets

good predisposition to loose weight following exercise

FABP2 GG
PPARG CC
ADRB2 GG

GeneAdvise

Gene ADRB3

Localizzazione: cromosoma 8 (locus 8p12-p11.2)
Dimensioni e struttura: 10672 paia di basi, non contiene introni
Prodotto: proteina intracellulare, **adrenergic- beta- 3- receptor** (ADRB3), composta da 408 aminoacidi.

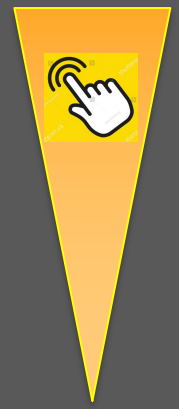
ADRB3 encodes the type 3 beta adrenergic receptor, which regulates cellular or tissue functions by acting with transmitters such as adrenaline or noradrenaline.

ADRB3 is expressed in visceral adipose tissue and is present in fat deposits, where it is involved in lipolysis processes and thermal regulation.

Polimorfismo 64Arg/Trp
Genotipo CC/CT

The presence of the CC / CT genotype:

reduced lipolysis in response to catecholamines and consequent lower response to physical activity as a strategy aimed at weight loss
increase in body mass index and greater risk of obesity poor responsiveness to low-calorie diets



Polimorfismo 64Arg/Trp
Genotipo TT

The presence of the TT genotype:

good response to low-caloric diets

good predisposition to loose weight following exercise

FABP2 AA-AG
PPARG CC
ADRB2 AA-AG

GeneAdvise

Gene ADRB3

Localizzazione: cromosoma 8 (locus 8p12-p11.2)
Dimensioni e struttura: 10672 paia di basi, non contiene introni
Prodotto: proteina intracellulare, **adrenergic- beta- 3- receptor** (ADRB3), composta da 408 aminoacidi.

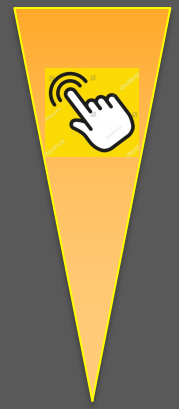
ADRB3 encodes the type 3 beta adrenergic receptor, which regulates cellular or tissue functions by acting with transmitters such as adrenaline or noradrenaline.

ADRB3 is expressed in visceral adipose tissue and is present in fat deposits, where it is involved in lipolysis processes and thermal regulation.

Polimorfismo 64Arg/Trp
Genotipo CC/CT

The presence of the CC / CT genotype:

reduced lipolysis in response to catecholamines and consequent lower response to physical activity as a strategy aimed at weight loss
increase in body mass index and greater risk of obesity poor responsiveness to low-calorie diets



Polimorfismo 64Arg/Trp
Genotipo TT

The presence of the TT genotype:

good response to low-caloric diets

good predisposition to loose weight following exercise

FABP2 AA-AG
PPARG CC
ADRB2 GG

GeneAdvise

Gene FTO “FAT GENE”

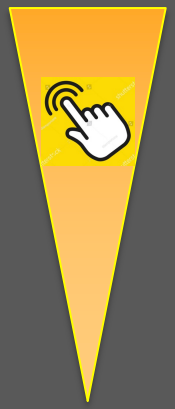
Localizzazione: cromosoma 16
Dimensioni e struttura: 410505 paia di basi, contiene 9 esoni
Prodotto : proteina diossigenase alfa-chetoglutarato-dipendente, composta da 505 aminoacidi.

FTO (Fat Mass and Obesity Associated Gene) has unknown function.
It appears to be a role of FTO in DNA demethylation. Its level of expression is regulated by the nutritional behaviour.
FTO has particular importance in regulating body weight due to the relationship between its polymorphisms and the impact of physical exercise on anthropometric parameters.

Rs9939609 Genotipo AA/AT
Presence of genotype AA/AT

increase in anthropometric indices, risk of obesity

good responsiveness of the subject to physical exercise



Rs9939609 Genotipo TT
Presence of genotype TT

normal increase in anthropometric parameters, low risk of obesity.

poor sensitivity of the body mass index to physical exercise as a strategy for weight loss

FABP2 GG
PPARG GG-CG
ADRB2 AA-AG
ADRB3 CC-CT

GeneAdvise

Gene FTO “FAT GENE”

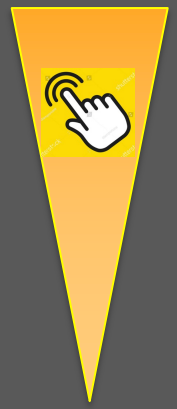
Localizzazione: cromosoma 16
Dimensioni e struttura: 410505 paia di basi, contiene 9 esoni
Prodotto : proteina diossigenase alfa-chetoglutarato-dipendente, composta da 505 aminoacidi.

FTO (Fat Mass and Obesity Associated Gene) has unknown function.
It appears to be a role of FTO in DNA demethylation. Its level of expression is regulated by the nutritional behaviour.
FTO has particular importance in regulating body weight due to the relationship between its polymorphisms and the impact of physical exercise on anthropometric parameters.

Rs9939609 Genotipo AA/AT
Presence of genotype AA/AT

increase in anthropometric indices, risk of obesity

good responsiveness of the subject to physical exercise



Rs9939609 Genotipo TT
Presence of genotype TT

normal increase in anthropometric parameters, low risk of obesity.

poor sensitivity of the body mass index to physical exercise as a strategy for weight loss

FABP2 GG
PPARG GG-CG
ADRB2 AA-AG
ADRB3 TT

GeneAdvise

Gene FTO “FAT GENE”

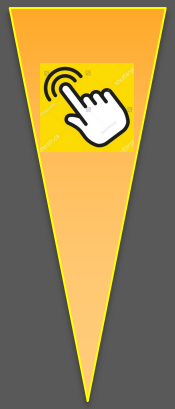
Localizzazione: cromosoma 16
Dimensioni e struttura: 410505 paia di basi, contiene 9 esoni
Prodotto : proteina diossigenase alfa-chetoglutarato-dipendente, composta da 505 aminoacidi.

FTO (Fat Mass and Obesity Associated Gene) has unknown function.
It appears to be a role of FTO in DNA demethylation. Its level of expression is regulated by the nutritional behaviour.
FTO has particular importance in regulating body weight due to the relationship between its polymorphisms and the impact of physical exercise on anthropometric parameters.

Rs9939609 Genotipo AA/AT
Presence of genotype AA/AT

increase in anthropometric indices, risk of obesity

good responsiveness of the subject to physical exercise



Rs9939609 Genotipo TT
Presence of genotype TT

normal increase in anthropometric parameters, low risk of obesity.

poor sensitivity of the body mass index to physical exercise as a strategy for weight loss

FABP2 GG
PPARG GG-CG
ADRB2 GG
ADRB3 AA-AT

GeneAdvise

Gene FTO “FAT GENE”

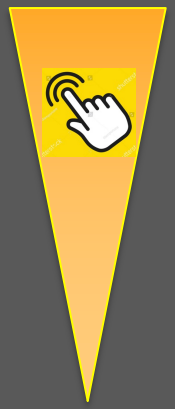
Localizzazione: cromosoma 16
Dimensioni e struttura: 410505 paia di basi, contiene 9 esoni
Prodotto : proteina diossigenase alfa-chetoglutarato-dipendente, composta da 505 aminoacidi.

FTO (Fat Mass and Obesity Associated Gene) has unknown function.
It appears to be a role of FTO in DNA demethylation. Its level of expression is regulated by the nutritional behaviour.
FTO has particular importance in regulating body weight due to the relationship between its polymorphisms and the impact of physical exercise on anthropometric parameters.

Rs9939609 Genotipo AA/AT
Presence of genotype AA/AT

increase in anthropometric indices, risk of obesity

good responsiveness of the subject to physical exercise



Rs9939609 Genotipo TT
Presence of genotype TT

normal increase in anthropometric parameters, low risk of obesity.

poor sensitivity of the body mass index to physical exercise as a strategy for weight loss

FABP2 GG
PPARG GG-CG
ADRB2 GG
ADRB3 TT

GeneAdvise

Gene FTO “FAT GENE”

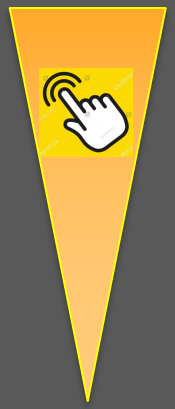
Localizzazione: cromosoma 16
Dimensioni e struttura: 410505 paia di basi, contiene 9 esoni
Prodotto : proteina diossigenase alfa-chetoglutarato-dipendente, composta da 505 aminoacidi.

FTO (Fat Mass and Obesity Associated Gene) has unknown function.
It appears to be a role of FTO in DNA demethylation. Its level of expression is regulated by the nutritional behaviour.
FTO has particular importance in regulating body weight due to the relationship between its polymorphisms and the impact of physical exercise on anthropometric parameters.

Rs9939609 Genotipo AA/AT
Presence of genotype AA/AT

increase in anthropometric indices, risk of obesity

good responsiveness of the subject to physical exercise



Rs9939609 Genotipo TT
Presence of genotype TT

normal increase in anthropometric parameters, low risk of obesity.

poor sensitivity of the body mass index to physical exercise as a strategy for weight loss

FABP2 AA-AG
PPARG GG-CG
ADRB2 AA-AG
ADRB3 AA-AT

GeneAdvise

Gene FTO “FAT GENE”

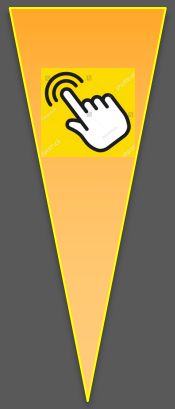
Localizzazione: cromosoma 16
Dimensioni e struttura: 410505 paia di basi, contiene 9 esoni
Prodotto : proteina diossigenase alfa-chetoglutarato-dipendente, composta da 505 aminoacidi.

FTO (Fat Mass and Obesity Associated Gene) has unknown function.
It appears to be a role of FTO in DNA demethylation. Its level of expression is regulated by the nutritional behaviour.
FTO has particular importance in regulating body weight due to the relationship between its polymorphisms and the impact of physical exercise on anthropometric parameters.

Rs9939609 Genotipo AA/AT
Presence of genotype AA/AT

increase in anthropometric indices, risk of obesity

good responsiveness of the subject to physical exercise



Rs9939609 Genotipo TT
Presence of genotype TT

normal increase in anthropometric parameters, low risk of obesity.

poor sensitivity of the body mass index to physical exercise as a strategy for weight loss

FABP2 AA-AG
PPARG GG-CG
ADRB2 AA-AG
ADRB3 TT

GeneAdvise

Gene FTO “FAT GENE”

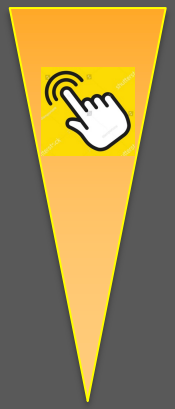
Localizzazione: cromosoma 16
Dimensioni e struttura: 410505 paia di basi, contiene 9 esoni
Prodotto : proteina diossigenase alfa-chetoglutarato-dipendente, composta da 505 aminoacidi.

FTO (Fat Mass and Obesity Associated Gene) has unknown function.
It appears to be a role of FTO in DNA demethylation. Its level of expression is regulated by the nutritional behaviour.
FTO has particular importance in regulating body weight due to the relationship between its polymorphisms and the impact of physical exercise on anthropometric parameters.

Rs9939609 Genotipo AA/AT
Presence of genotype AA/AT

increase in anthropometric indices, risk of obesity

good responsiveness of the subject to physical exercise



Rs9939609 Genotipo TT
Presence of genotype TT

normal increase in anthropometric parameters, low risk of obesity.

poor sensitivity of the body mass index to physical exercise as a strategy for weight loss

FABP2 AA-AG
PPARG GG-CG
ADRB2 GG
ADRB3 AT-TT

GeneAdvise

Gene FTO “FAT GENE”

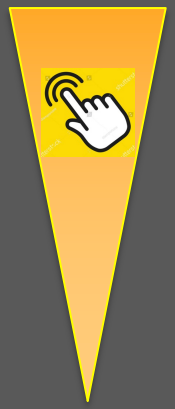
Localizzazione: cromosoma 16
Dimensioni e struttura: 410505 paia di basi, contiene 9 esoni
Prodotto : proteina diossigenase alfa-chetoglutarato-dipendente, composta da 505 aminoacidi.

FTO (Fat Mass and Obesity Associated Gene) has unknown function.
It appears to be a role of FTO in DNA demethylation. Its level of expression is regulated by the nutritional behaviour.
FTO has particular importance in regulating body weight due to the relationship between its polymorphisms and the impact of physical exercise on anthropometric parameters.

Rs9939609 Genotipo AA/AT
Presence of genotype AA/AT

increase in anthropometric indices, risk of obesity

good responsiveness of the subject to physical exercise



Rs9939609 Genotipo TT
Presence of genotype TT

normal increase in anthropometric parameters, low risk of obesity.

poor sensitivity of the body mass index to physical exercise as a strategy for weight loss

FABP2 AA-AG
PPARG GG-CG
ADRB2 GG
ADRB3 TT

GeneAdvise

Gene FTO “FAT GENE”

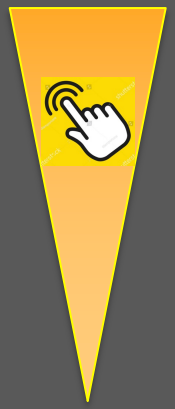
Localizzazione: cromosoma 16
Dimensioni e struttura: 410505 paia di basi, contiene 9 esoni
Prodotto : proteina diossigenase alfa-chetoglutarato-dipendente, composta da 505 aminoacidi.

FTO (Fat Mass and Obesity Associated Gene) has unknown function.
It appears to be a role of FTO in DNA demethylation. Its level of expression is regulated by the nutritional behaviour.
FTO has particular importance in regulating body weight due to the relationship between its polymorphisms and the impact of physical exercise on anthropometric parameters.

Rs9939609 Genotipo AA/AT
Presence of genotype AA/AT

increase in anthropometric indices, risk of obesity

good responsiveness of the subject to physical exercise



Rs9939609 Genotipo TT
Presence of genotype TT

normal increase in anthropometric parameters, low risk of obesity.

poor sensitivity of the body mass index to physical exercise as a strategy for weight loss

FABP2 GG
PPARG CC
ADRB2 AA-AG
ADRB3 AA-AT

GeneAdvise

Gene FTO “FAT GENE”

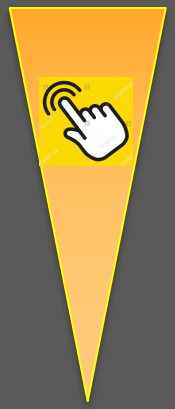
Localizzazione: cromosoma 16
Dimensioni e struttura: 410505 paia di basi, contiene 9 esoni
Prodotto : proteina diossigenase alfa-chetoglutarato-dipendente, composta da 505 aminoacidi.

FTO (Fat Mass and Obesity Associated Gene) has unknown function.
It appears to be a role of FTO in DNA demethylation. Its level of expression is regulated by the nutritional behaviour.
FTO has particular importance in regulating body weight due to the relationship between its polymorphisms and the impact of physical exercise on anthropometric parameters.

Rs9939609 Genotipo AA/AT
Presence of genotype AA/AT

increase in anthropometric indices, risk of obesity

good responsiveness of the subject to physical exercise



Rs9939609 Genotipo TT
Presence of genotype TT

normal increase in anthropometric parameters, low risk of obesity.

poor sensitivity of the body mass index to physical exercise as a strategy for weight loss

FABP2 GG
PPARG CC
ADRB2 AA-AG
ADRB3 TT

GeneAdvise

Gene FTO “FAT GENE”

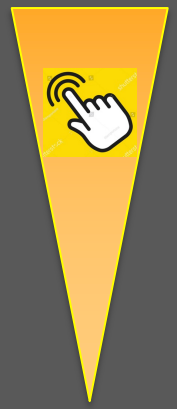
Localizzazione: cromosoma 16
Dimensioni e struttura: 410505 paia di basi, contiene 9 esoni
Prodotto : proteina diossigenase alfa-chetoglutarato-dipendente, composta da 505 aminoacidi.

FTO (Fat Mass and Obesity Associated Gene) has unknown function.
It appears to be a role of FTO in DNA demethylation. Its level of expression is regulated by the nutritional behaviour.
FTO has particular importance in regulating body weight due to the relationship between its polymorphisms and the impact of physical exercise on anthropometric parameters.

Rs9939609 Genotipo AA/AT
Presence of genotype AA/AT

increase in anthropometric indices, risk of obesity

good responsiveness of the subject to physical exercise



Rs9939609 Genotipo TT
Presence of genotype TT

normal increase in anthropometric parameters, low risk of obesity.

poor sensitivity of the body mass index to physical exercise as a strategy for weight loss

FABP2 GG
PPARG CC
ADRB2 GG
ADRB3 AA-AT

GeneAdvise

Gene FTO “FAT GENE”

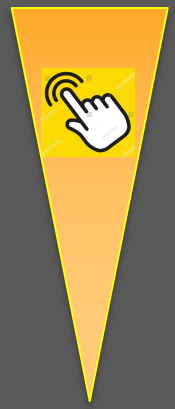
Localizzazione: cromosoma 16
Dimensioni e struttura: 410505 paia di basi, contiene 9 esoni
Prodotto : proteina diossigenase alfa-chetoglutarato-dipendente, composta da 505 aminoacidi.

FTO (Fat Mass and Obesity Associated Gene) has unknown function.
It appears to be a role of FTO in DNA demethylation. Its level of expression is regulated by the nutritional behaviour.
FTO has particular importance in regulating body weight due to the relationship between its polymorphisms and the impact of physical exercise on anthropometric parameters.

Rs9939609 Genotipo AA/AT
Presence of genotype AA/AT

increase in anthropometric indices, risk of obesity

good responsiveness of the subject to physical exercise



Rs9939609 Genotipo TT
Presence of genotype TT

normal increase in anthropometric parameters, low risk of obesity.

poor sensitivity of the body mass index to physical exercise as a strategy for weight loss

FABP2 GG
PPARG CC
ADRB2 GG
ADRB3 TT

GeneAdvise

Gene FTO “FAT GENE”

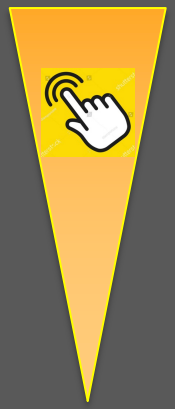
Localizzazione: cromosoma 16
Dimensioni e struttura: 410505 paia di basi, contiene 9 esoni
Prodotto : proteina diossigenase alfa-chetoglutarato-dipendente, composta da 505 aminoacidi.

FTO (Fat Mass and Obesity Associated Gene) has unknown function.
It appears to be a role of FTO in DNA demethylation. Its level of expression is regulated by the nutritional behaviour.
FTO has particular importance in regulating body weight due to the relationship between its polymorphisms and the impact of physical exercise on anthropometric parameters.

Rs9939609 Genotipo AA/AT
Presence of genotype AA/AT

increase in anthropometric indices, risk of obesity

good responsiveness of the subject to physical exercise



Rs9939609 Genotipo TT
Presence of genotype TT

normal increase in anthropometric parameters, low risk of obesity.

poor sensitivity of the body mass index to physical exercise as a strategy for weight loss

FABP2 AA-AG
PPARG CC
ADRB2 GG
ADRB3 AA-AT

GeneAdvise

Gene FTO “FAT GENE”

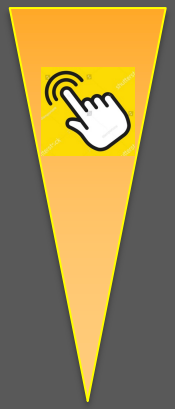
Localizzazione: cromosoma 16
Dimensioni e struttura: 410505 paia di basi, contiene 9 esoni
Prodotto : proteina diossigenase alfa-chetoglutarato-dipendente, composta da 505 aminoacidi.

FTO (Fat Mass and Obesity Associated Gene) has unknown function.
It appears to be a role of FTO in DNA demethylation. Its level of expression is regulated by the nutritional behaviour.
FTO has particular importance in regulating body weight due to the relationship between its polymorphisms and the impact of physical exercise on anthropometric parameters.

Rs9939609 Genotipo AA/AT
Presence of genotype AA/AT

increase in anthropometric indices, risk of obesity

good responsiveness of the subject to physical exercise



Rs9939609 Genotipo TT
Presence of genotype TT

normal increase in anthropometric parameters, low risk of obesity.

poor sensitivity of the body mass index to physical exercise as a strategy for weight loss

FABP2 AA-AG
PPARG CC
ADRB2 GG
ADRB3 TT

GeneAdvise

Gene FTO “FAT GENE”

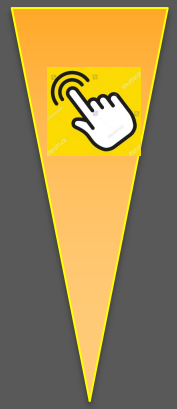
Localizzazione: cromosoma 16
Dimensioni e struttura: 410505 paia di basi, contiene 9 esoni
Prodotto : proteina diossigenase alfa-chetoglutarato-dipendente, composta da 505 aminoacidi.

FTO (Fat Mass and Obesity Associated Gene) has unknown function.
It appears to be a role of FTO in DNA demethylation. Its level of expression is regulated by the nutritional behaviour.
FTO has particular importance in regulating body weight due to the relationship between its polymorphisms and the impact of physical exercise on anthropometric parameters.

Rs9939609 Genotipo AA/AT
Presence of genotype AA/AT

increase in anthropometric indices, risk of obesity

good responsiveness of the subject to physical exercise



Rs9939609 Genotipo TT
Presence of genotype TT

normal increase in anthropometric parameters, low risk of obesity.

poor sensitivity of the body mass index to physical exercise as a strategy for weight loss

FABP2 AA-AG
PPARG CC
ADRB2 AA-AG
ADRB3 TT

GeneAdvise

Gene FTO “FAT GENE”

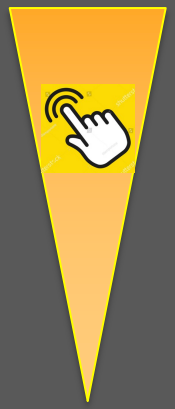
Localizzazione: cromosoma 16
Dimensioni e struttura: 410505 paia di basi, contiene 9 esoni
Prodotto : proteina diossigenase alfa-chetoglutarato-dipendente, composta da 505 aminoacidi.

FTO (Fat Mass and Obesity Associated Gene) has unknown function.
It appears to be a role of FTO in DNA demethylation. Its level of expression is regulated by the nutritional behaviour.
FTO has particular importance in regulating body weight due to the relationship between its polymorphisms and the impact of physical exercise on anthropometric parameters.

Rs9939609 Genotipo AA/AT
Presence of genotype AA/AT

increase in anthropometric indices, risk of obesity

good responsiveness of the subject to physical exercise



Rs9939609 Genotipo TT
Presence of genotype TT

normal increase in anthropometric parameters, low risk of obesity.

poor sensitivity of the body mass index to physical exercise as a strategy for weight loss

FABP2 AA-AG
PPARG CC
ADRB2 AA-AG
ADRB3 TAA-AT

GeneAdvise

GENETIC TRAITS REGULATE THE BODY WEIGHT CONTROL WITH THE METABOLIC BALANCE OF DIETARY FATS AND CARBOHYDRATES, THE PREDISPOSITION TO OBESITY, THE EFFICACY OF TRAINING EXERCISE AND DIET INCOME. THE PANEL SHOWS FIVE CHARACTERS CONDITIONING THE WEIGHT CONTROL, EACH WITH DIFFERENT TOLERANCE RANGES ALSO CONDENSED IN COLORS (GREEN – GOOD PERFORMANCE, YELLOW-MID RATE, RED-LOW RATE). THE DIETARY COMPOSITION DOES NOT CONSIDER THE ACTUAL BMI.
THE PERSONAL DIETARY PROGRAM WILL BE COMPLETED BY PHIYICIAN, TRAINER, NUTRITIONIST. THIS IS NOT A MEDICAL DEVICE, IT IS INFORMATIVE ITEM FOR PHYSICIANS.

FABP2 GG
PPARG GG-CG
ADRB2 AA-AG
ADRB3 CC-CT
FTO AA-AT

SENSITIVITY-TOLERANCE FOR BODY WEIGHT REGULATION

1

SENSITIVE/TOLERANT TO FAT	**MODERATE TOLERANCE**	DIETARY INTAKE	
SENSITIVE/TOLERANT TO CARBOHYDRATE	**VERY SENSITIVE-LOW TOLERANCE**	FAT %	**30**
PRONE TO OBESITY	**PRONE**	CARBOHYDRATES %	**25**
		PROTEIN %	**45**
EFFECT SPORT-EXERCISE IN WEIGHT CONTROL	**MODERATE**	FIBERS g	**35**
EFFECT OF DIET IN BODY WEIGHT CONTROL	**MODERATE**		

GeneAdvise

GENETIC TRAITS REGULATE THE BODY WEIGHT CONTROL WITH THE METABOLIC BALANCE OF DIETARY FATS AND CARBOHYDRATES, THE PREDISPOSITION TO OBESITY, THE EFFICACY OF TRAINING EXERCISE AND DIET INCOME. THE PANEL SHOWS FIVE CHARACTERS CONDITIONING THE WEIGHT CONTROL, EACH WITH DIFFERENT TOLERANCE RANGES ALSO CONDENSED IN COLORS (GREEN – GOOD PERFORMANCE, YELLOW-MID RATE, RED-LOW RATE). THE DIETARY COMPOSITION DOES NOT CONSIDER THE ACTUAL BMI.
THE PERSONAL DIETARY PROGRAM WILL BE COMPLETED BY PHIYICIAN, TRAINER, NUTRITIONIST. THIS IS NOT A MEDICAL DEVICE, IT IS INFORMATIVE ITEM FOR PHYSICIANS.

FABP2 GG
PPARG GG-CG
ADRB2 AA-AG
ADRB3 CC-CT
FTO TT

SENSITIVITY-TOLERANCE FOR BODY WEIGHT REGULATION

1

SENSITIVE/TOLERANT TO FAT	**MODERATE TOLERANCE**	DIETARY INTAKE	
SENSITIVE/TOLERANT TO CARBOHYDRATE	**VERY SENSITIVE-LOW TOLERANCE**	FAT %	**30**
PRONE TO OBESITY	**NOT PRONE**	CARBOHYDRATES %	**25**
		PROTEIN %	**45**
EFFECT SPORT-EXERCISE IN WEIGHT CONTROL	**LOW**	FIBERS g	**35**
EFFECT OF DIET IN BODY WEIGHT CONTROL	**MODERATE**		

GeneAdvise

GENETIC TRAITS REGULATE THE BODY WEIGHT CONTROL WITH THE METABOLIC BALANCE OF DIETARY FATS AND CARBOHYDRATES, THE PREDISPOSITION TO OBESITY, THE EFFICACY OF TRAINING EXERCISE AND DIET INCOME. THE PANEL SHOWS FIVE CHARACTERS CONDITIONING THE WEIGHT CONTROL, EACH WITH DIFFERENT TOLERANCE RANGES ALSO CONDENSED IN COLORS (GREEN – GOOD PERFORMANCE, YELLOW-MID RATE, RED-LOW RATE). THE DIETARY COMPOSITION DOES NOT CONSIDER THE ACTUAL BMI.
THE PERSONAL DIETARY PROGRAM WILL BE COMPLETED BY PHIYICIAN, TRAINER, NUTRITIONIST. THIS IS NOT A MEDICAL DEVICE, IT IS INFORMATIVE ITEM FOR PHYSICIANS.

FABP2 GG
PPARG GG-CG
ADRB2 AA-AG
ADRB3 TT
FTO AA-AT

SENSITIVITY-TOLERANCE FOR BODY WEIGHT REGULATION

2

SENSITIVE/TOLERANT TO FAT	**HIGHER TOLERANCE**
SENSITIVE/TOLERANT TO CARBOHYDRATE	**MODERATE**
PRONE TO OBESITY	**PRONE**
EFFECT SPORT-EXERCISE IN WEIGHT CONTROL	**VERY HIGH**
EFFECT OF DIET IN BODY WEIGHT CONTROL	**HIGH**

DIETARY INTAKE	
FAT %	**30**
CARBOHYDRATES %	**45**
PROTEIN %	**20**
FIBERS g	**25**

GeneAdvise

GENETIC TRAITS REGULATE THE BODY WEIGHT CONTROL WITH THE METABOLIC BALANCE OF DIETARY FATS AND CARBOHYDRATES, THE PREDISPOSITION TO OBESITY, THE EFFICACY OF TRAINING EXERCISE AND DIET INCOME. THE PANEL SHOWS FIVE CHARACTERS CONDITIONING THE WEIGHT CONTROL, EACH WITH DIFFERENT TOLERANCE RANGES ALSO CONDENSED IN COLORS (GREEN – GOOD PERFORMANCE, YELLOW-MID RATE, RED-LOW RATE). THE DIETARY COMPOSITION DOES NOT CONSIDER THE ACTUAL BMI.
THE PERSONAL DIETARY PROGRAM WILL BE COMPLETED BY PHIYICIAN, TRAINER, NUTRITIONIST. THIS IS NOT A MEDICAL DEVICE, IT IS INFORMATIVE ITEM FOR PHYSICIANS.

FABP2 GG
PPARG GG-CG
ADRB2 AA-AG
ADRB3 TT
FTO TT

SENSITIVITY-TOLERANCE FOR BODY WEIGHT REGULATION

2

SENSITIVE/TOLERANT TO FAT	**HIGHER TOLERANCE**
SENSITIVE/TOLERANT TO CARBOHYDRATE	**MODERATE TOLERANCE**
PRONE TO OBESITY	**NOT PRONE**
EFFECT SPORT-EXERCISE IN WEIGHT CONTROL	**HIGH**
EFFECT OF DIET IN BODY WEIGHT CONTROL	**HIGH**

DIETARY INTAKE	
FAT %	**30**
CARBOHYDRATES %	**45**
PROTEIN %	**20**
FIBERS g	**25**

GeneAdvise

GENETIC TRAITS REGULATE THE BODY WEIGHT CONTROL WITH THE METABOLIC BALANCE OF DIETARY FATS AND CARBOHYDRATES, THE PREDISPOSITION TO OBESITY, THE EFFICACY OF TRAINING EXERCISE AND DIET INCOME. THE PANEL SHOWS FIVE CHARACTERS CONDITIONING THE WEIGHT CONTROL, EACH WITH DIFFERENT TOLERANCE RANGES ALSO CONDENSED IN COLORS (GREEN – GOOD PERFORMANCE, YELLOW-MID RATE, RED-LOW RATE). THE DIETARY COMPOSITION DOES NOT CONSIDER THE ACTUAL BMI.
THE PERSONAL DIETARY PROGRAM WILL BE COMPLETED BY PHIYICIAN, TRAINER, NUTRITIONIST. THIS IS NOT A MEDICAL DEVICE, IT IS INFORMATIVE ITEM FOR PHYSICIANS.

FABP2 GG
PPARG GG-CG
ADRB2 GG
ADRB3 AA-AT
FTO AA-AT

SENSITIVITY-TOLERANCE FOR BODY WEIGHT REGULATION

3

SENSITIVE/TOLERANT TO FAT	**SENSITIVE-LOW TOLERANCE**	DIETARY INTAKE	
SENSITIVE/TOLERANT TO CARBOHYDRATE	**MODERATE TOLERANCE**	FAT %	**30**
PRONE TO OBESITY	**PRONE**	CARBOHYDRATES %	**25**
		PROTEIN %	**45**
EFFECT SPORT-EXERCISE IN WEIGHT CONTROL	**HIGH**	FIBERS g	**35**
EFFECT OF DIET IN BODY WEIGHT CONTROL	**MODERATE**		

GeneAdvise

GENETIC TRAITS REGULATE THE BODY WEIGHT CONTROL WITH THE METABOLIC BALANCE OF DIETARY FATS AND CARBOHYDRATES, THE PREDISPOSITION TO OBESITY, THE EFFICACY OF TRAINING EXERCISE AND DIET INCOME. THE PANEL SHOWS FIVE CHARACTERS CONDITIONING THE WEIGHT CONTROL, EACH WITH DIFFERENT TOLERANCE RANGES ALSO CONDENSED IN COLORS (GREEN – GOOD PERFORMANCE, YELLOW-MID RATE, RED-LOW RATE). THE DIETARY COMPOSITION DOES NOT CONSIDER THE ACTUAL BMI.
THE PERSONAL DIETARY PROGRAM WILL BE COMPLETED BY PHIYICIAN, TRAINER, NUTRITIONIST. THIS IS NOT A MEDICAL DEVICE, IT IS INFORMATIVE ITEM FOR PHYSICIANS.

FABP2 GG
PPARG GG-CG
ADRB2 GG
ADRB3 AA-AT
FTO TT

SENSITIVITY-TOLERANCE FOR BODY WEIGHT REGULATION

3

SENSITIVE/TOLERANT TO FAT	**SENSITIVE-LOW TOLERANCE**	DIETARY INTAKE	
SENSITIVE/TOLERANT TO CARBOHYDRATE	**MODERATE TOLERANCE**	FAT %	**30**
PRONE TO OBESITY	**NOT PRONE**	CARBOHYDRATES %	**25**
		PROTEIN %	**45**
EFFECT SPORT-EXERCISE IN WEIGHT CONTROL	**MODERATE**	FIBERS g	**35**
EFFECT OF DIET IN BODY WEIGHT CONTROL	**MODERATE**		

GeneAdvise

GENETIC TRAITS REGULATE THE BODY WEIGHT CONTROL WITH THE METABOLIC BALANCE OF DIETARY FATS AND CARBOHYDRATES, THE PREDISPOSITION TO OBESITY, THE EFFICACY OF TRAINING EXERCISE AND DIET INCOME. THE PANEL SHOWS FIVE CHARACTERS CONDITIONING THE WEIGHT CONTROL, EACH WITH DIFFERENT TOLERANCE RANGES ALSO CONDENSED IN COLORS (GREEN – GOOD PERFORMANCE, YELLOW-MID RATE, RED-LOW RATE). THE DIETARY COMPOSITION DOES NOT CONSIDER THE ACTUAL BMI.
THE PERSONAL DIETARY PROGRAM WILL BE COMPLETED BY PHIYICIAN, TRAINER, NUTRITIONIST. THIS IS NOT A MEDICAL DEVICE, IT IS INFORMATIVE ITEM FOR PHYSICIANS.

FABP2 GG
PPARG GG-CG
ADRB2 GG
ADRB3 TT
FTO AA-AT

SENSITIVITY-TOLERANCE FOR BODY WEIGHT REGULATION

4

SENSITIVE/TOLERANT TO FAT	**HIGHER TOLERANCE**
SENSITIVE/TOLERANT TO CARBOHYDRATE	**MODERATE TOLERANCE**
PRONE TO OBESITY	**PRONE**
EFFECT SPORT-EXERCISE IN WEIGHT CONTROL	**VERY HIGH**
EFFECT OF DIET IN BODY WEIGHT CONTROL	**HIGH**

DIETARY INTAKE	
FAT %	**35**
CARBOHYDRATES %	**40**
PROTEIN %	**25**
FIBERS g	**25**

GeneAdvise

GENETIC TRAITS REGULATE THE BODY WEIGHT CONTROL WITH THE METABOLIC BALANCE OF DIETARY FATS AND CARBOHYDRATES, THE PREDISPOSITION TO OBESITY, THE EFFICACY OF TRAINING EXERCISE AND DIET INCOME. THE PANEL SHOWS FIVE CHARACTERS CONDITIONING THE WEIGHT CONTROL, EACH WITH DIFFERENT TOLERANCE RANGES ALSO CONDENSED IN COLORS (GREEN – GOOD PERFORMANCE, YELLOW-MID RATE, RED-LOW RATE). THE DIETARY COMPOSITION DOES NOT CONSIDER THE ACTUAL BMI.
THE PERSONAL DIETARY PROGRAM WILL BE COMPLETED BY PHIYICIAN, TRAINER, NUTRITIONIST. THIS IS NOT A MEDICAL DEVICE, IT IS INFORMATIVE ITEM FOR PHYSICIANS.

FABP2 GG
PPARG GG-CG
ADRB2 GG
ADRB3 TT
FTO TT

SENSITIVITY-TOLERANCE FOR BODY WEIGHT REGULATION

4

SENSITIVE/TOLERANT TO FAT	**HIGHER TOLERANCE**
SENSITIVE/TOLERANT TO CARBOHYDRATE	**MODERATE TOLERANCE**
PRONE TO OBESITY	**NOT PRONE**
EFFECT SPORT-EXERCISE IN WEIGHT CONTROL	**HIGH**
EFFECT OF DIET IN BODY WEIGHT CONTROL	**HIGH**

DIETARY INTAKE	
FAT %	**35**
CARBOHYDRATES %	**40**
PROTEIN %	**25**
FIBERS g	**25**

GeneAdvise

GENETIC TRAITS REGULATE THE BODY WEIGHT CONTROL WITH THE METABOLIC BALANCE OF DIETARY FATS AND CARBOHYDRATES, THE PREDISPOSITION TO OBESITY, THE EFFICACY OF TRAINING EXERCISE AND DIET INCOME. THE PANEL SHOWS FIVE CHARACTERS CONDITIONING THE WEIGHT CONTROL, EACH WITH DIFFERENT TOLERANCE RANGES ALSO CONDENSED IN COLORS (GREEN – GOOD PERFORMANCE, YELLOW-MID RATE, RED-LOW RATE). THE DIETARY COMPOSITION DOES NOT CONSIDER THE ACTUAL BMI.
THE PERSONAL DIETARY PROGRAM WILL BE COMPLETED BY PHIYICIAN, TRAINER, NUTRITIONIST. THIS IS NOT A MEDICAL DEVICE, IT IS INFORMATIVE ITEM FOR PHYSICIANS.

FABP2 AA-AG
PPARG GG-CG
ADRB2 AA-AG
ADRB3 AA-AT
FTO AA-AT

SENSITIVITY-TOLERANCE FOR BODY WEIGHT REGULATION

5

SENSITIVE/TOLERANT TO FAT	**VERY SENSITIVE-LOW TOLERANCE**	DIETARY INTAKE	
SENSITIVE/TOLERANT TO CARBOHYDRATE	**MODERATE TOLERANCE**	FAT %	**20**
PRONE TO OBESITY	**PRONE**	CARBOHYDRATES %	**45**
		PROTEIN %	**35**
EFFECT SPORT-EXERCISE IN WEIGHT CONTROL	**LOW**	FIBERS g	**30**
EFFECT OF DIET IN BODY WEIGHT CONTROL	**LOW**		

GeneAdvise

GENETIC TRAITS REGULATE THE BODY WEIGHT CONTROL WITH THE METABOLIC BALANCE OF DIETARY FATS AND CARBOHYDRATES, THE PREDISPOSITION TO OBESITY, THE EFFICACY OF TRAINING EXERCISE AND DIET INCOME. THE PANEL SHOWS FIVE CHARACTERS CONDITIONING THE WEIGHT CONTROL, EACH WITH DIFFERENT TOLERANCE RANGES ALSO CONDENSED IN COLORS (GREEN – GOOD PERFORMANCE, YELLOW-MID RATE, RED-LOW RATE). THE DIETARY COMPOSITION DOES NOT CONSIDER THE ACTUAL BMI.
THE PERSONAL DIETARY PROGRAM WILL BE COMPLETED BY PHIYICIAN, TRAINER, NUTRITIONIST. THIS IS NOT A MEDICAL DEVICE, IT IS INFORMATIVE ITEM FOR PHYSICIANS.

FABP2 AA-AG
PPARG GG-CG
ADRB2 AA-AG
ADRB3 AA-AT
FTO TT

SENSITIVITY-TOLERANCE FOR BODY WEIGHT REGULATION

5

SENSITIVE/TOLERANT TO FAT	**VERY SENSITIVE-LOW TOLERANCE**	DIETARY INTAKE	
SENSITIVE/TOLERANT TO CARBOHYDRATE	**MODERATE TOLERANCE**	FAT %	**20**
PRONE TO OBESITY	**NOT PRONE**	CARBOHYDRATES %	**45**
		PROTEIN %	**35**
EFFECT SPORT-EXERCISE IN WEIGHT CONTROL	**LOW**	FIBERS g	**30**
EFFECT OF DIET IN BODY WEIGHT CONTROL	**LOW**		

GeneAdvise

GENETIC TRAITS REGULATE THE BODY WEIGHT CONTROL WITH THE METABOLIC BALANCE OF DIETARY FATS AND CARBOHYDRATES, THE PREDISPOSITION TO OBESITY, THE EFFICACY OF TRAINING EXERCISE AND DIET INCOME. THE PANEL SHOWS FIVE CHARACTERS CONDITIONING THE WEIGHT CONTROL, EACH WITH DIFFERENT TOLERANCE RANGES ALSO CONDENSED IN COLORS (GREEN – GOOD PERFORMANCE, YELLOW-MID RATE, RED-LOW RATE). THE DIETARY COMPOSITION DOES NOT CONSIDER THE ACTUAL BMI.
THE PERSONAL DIETARY PROGRAM WILL BE COMPLETED BY PHIYICIAN, TRAINER, NUTRITIONIST. THIS IS NOT A MEDICAL DEVICE, IT IS INFORMATIVE ITEM FOR PHYSICIANS.

FABP2 AA-AG
PPARG GG-CG
ADRB2 AA-AG
ADRB3 TT
FTO AA-AT

SENSITIVITY-TOLERANCE FOR BODY WEIGHT REGULATION

6

SENSITIVE/TOLERANT TO FAT	**SENSITIVE-LOW TOLERANCE**	DIETARY INTAKE	
SENSITIVE/TOLERANT TO CARBOHYDRATE	**MODERATE TOLERANCE**	FAT %	**25**
PRONE TO OBESITY	**PRONE**	CARBOHYDRATES %	**45**
		PROTEIN %	**30**
EFFECT SPORT-EXERCISE IN WEIGHT CONTROL	**MODERATE**	FIBERS g	**25**
EFFECT OF DIET IN BODY WEIGHT CONTROL	**MODERATE**		

GeneAdvise

GENETIC TRAITS REGULATE THE BODY WEIGHT CONTROL WITH THE METABOLIC BALANCE OF DIETARY FATS AND CARBOHYDRATES, THE PREDISPOSITION TO OBESITY, THE EFFICACY OF TRAINING EXERCISE AND DIET INCOME. THE PANEL SHOWS FIVE CHARACTERS CONDITIONING THE WEIGHT CONTROL, EACH WITH DIFFERENT TOLERANCE RANGES ALSO CONDENSED IN COLORS (GREEN – GOOD PERFORMANCE, YELLOW-MID RATE, RED-LOW RATE). THE DIETARY COMPOSITION DOES NOT CONSIDER THE ACTUAL BMI.
THE PERSONAL DIETARY PROGRAM WILL BE COMPLETED BY PHIYICIAN, TRAINER, NUTRITIONIST. THIS IS NOT A MEDICAL DEVICE, IT IS INFORMATIVE ITEM FOR PHYSICIANS.

FABP2 AA-AG
PPARG GG-CG
ADRB2 AA-AG
ADRB3 TT
FTO TT

SENSITIVITY-TOLERANCE FOR BODY WEIGHT REGULATION

6

SENSITIVE/TOLERANT TO FAT	**SENSITIVE-LOW TOLERANCE**	DIETARY INTAKE	
SENSITIVE/TOLERANT TO CARBOHYDRATE	**MODERATE TOLERANCE**	FAT %	**25**
PRONE TO OBESITY	**NOT PRONE**	CARBOHYDRATES %	**45**
		PROTEIN %	**30**
EFFECT SPORT-EXERCISE IN WEIGHT CONTROL	**MODERATE**	FIBERS g	**25**
EFFECT OF DIET IN BODY WEIGHT CONTROL	**MODERATE**		

GeneAdvise

GENETIC TRAITS REGULATE THE BODY WEIGHT CONTROL WITH THE METABOLIC BALANCE OF DIETARY FATS AND CARBOHYDRATES, THE PREDISPOSITION TO OBESITY, THE EFFICACY OF TRAINING EXERCISE AND DIET INCOME. THE PANEL SHOWS FIVE CHARACTERS CONDITIONING THE WEIGHT CONTROL, EACH WITH DIFFERENT TOLERANCE RANGES ALSO CONDENSED IN COLORS (GREEN – GOOD PERFORMANCE, YELLOW-MID RATE, RED-LOW RATE). THE DIETARY COMPOSITION DOES NOT CONSIDER THE ACTUAL BMI.
THE PERSONAL DIETARY PROGRAM WILL BE COMPLETED BY PHIYICIAN, TRAINER, NUTRITIONIST. THIS IS NOT A MEDICAL DEVICE, IT IS INFORMATIVE ITEM FOR PHYSICIANS.

FABP2 AA-AG
PPARG GG-CG
ADRB2 GG
ADRB3 AT-TT
FTO AA-AT

SENSITIVITY-TOLERANCE FOR BODY WEIGHT REGULATION

7

SENSITIVE/TOLERANT TO FAT	**VERY SENSITIVE-LOW TOLERANCE**	DIETARY INTAKE	
SENSITIVE/TOLERANT TO CARBOHYDRATE	**MODERATE TOLERANCE**	FAT %	**20**
PRONE TO OBESITY	**PRONE**	CARBOHYDRATES %	**45**
		PROTEIN %	**35**
EFFECT SPORT-EXERCISE IN WEIGHT CONTROL	**MODERATE**	FIBERS g	**30**
EFFECT OF DIET IN BODY WEIGHT CONTROL	**MODERATE**		

GeneAdvise

GENETIC TRAITS REGULATE THE BODY WEIGHT CONTROL WITH THE METABOLIC BALANCE OF DIETARY FATS AND CARBOHYDRATES, THE PREDISPOSITION TO OBESITY, THE EFFICACY OF TRAINING EXERCISE AND DIET INCOME. THE PANEL SHOWS FIVE CHARACTERS CONDITIONING THE WEIGHT CONTROL, EACH WITH DIFFERENT TOLERANCE RANGES ALSO CONDENSED IN COLORS (GREEN – GOOD PERFORMANCE, YELLOW-MID RATE, RED-LOW RATE). THE DIETARY COMPOSITION DOES NOT CONSIDER THE ACTUAL BMI.
THE PERSONAL DIETARY PROGRAM WILL BE COMPLETED BY PHIYICIAN, TRAINER, NUTRITIONIST. THIS IS NOT A MEDICAL DEVICE, IT IS INFORMATIVE ITEM FOR PHYSICIANS.

FABP2 AA-AG
PPARG GG-CG
ADRB2 GG
ADRB3 AT-TT
FTO TT

SENSITIVITY-TOLERANCE FOR BODY WEIGHT REGULATION

7

SENSITIVE/TOLERANT TO FAT	**VERY SENSITIVE-LOW TOLERANCE**	DIETARY INTAKE	
SENSITIVE/TOLERANT TO CARBOHYDRATE	**MODERATE TOLERANCE**	FAT %	**20**
PRONE TO OBESITY	**NOT PRONE**	CARBOHYDRATES %	**45**
		PROTEIN %	**35**
EFFECT SPORT-EXERCISE IN WEIGHT CONTROL	**MODERATE**	FIBERS g	**30**
EFFECT OF DIET IN BODY WEIGHT CONTROL	**MODERATE**		

GeneAdvise

GENETIC TRAITS REGULATE THE BODY WEIGHT CONTROL WITH THE METABOLIC BALANCE OF DIETARY FATS AND CARBOHYDRATES, THE PREDISPOSITION TO OBESITY, THE EFFICACY OF TRAINING EXERCISE AND DIET INCOME. THE PANEL SHOWS FIVE CHARACTERS CONDITIONING THE WEIGHT CONTROL, EACH WITH DIFFERENT TOLERANCE RANGES ALSO CONDENSED IN COLORS (GREEN – GOOD PERFORMANCE, YELLOW-MID RATE, RED-LOW RATE). THE DIETARY COMPOSITION DOES NOT CONSIDER THE ACTUAL BMI.
THE PERSONAL DIETARY PROGRAM WILL BE COMPLETED BY PHIYICIAN, TRAINER, NUTRITIONIST. THIS IS NOT A MEDICAL DEVICE, IT IS INFORMATIVE ITEM FOR PHYSICIANS.

FABP2 AA-AG
PPARG GG-CG
ADRB2 GG
ADRB3 TT
FTO AA-AT

SENSITIVITY-TOLERANCE FOR BODY WEIGHT REGULATION

8

SENSITIVE/TOLERANT TO FAT	**SENSITIVE-LOW TOLERANCE**	DIETARY INTAKE	
SENSITIVE/TOLERANT TO CARBOHYDRATE	**MODERATE TOLERANCE**	FAT %	**20**
PRONE TO OBESITY	**PRONE**	CARBOHYDRATES %	**45**
		PROTEIN %	**35**
EFFECT SPORT-EXERCISE IN WEIGHT CONTROL	**MODERATE**	FIBERS g	**30**
EFFECT OF DIET IN BODY WEIGHT CONTROL	**MODERATE**		

GeneAdvise

GENETIC TRAITS REGULATE THE BODY WEIGHT CONTROL WITH THE METABOLIC BALANCE OF DIETARY FATS AND CARBOHYDRATES, THE PREDISPOSITION TO OBESITY, THE EFFICACY OF TRAINING EXERCISE AND DIET INCOME. THE PANEL SHOWS FIVE CHARACTERS CONDITIONING THE WEIGHT CONTROL, EACH WITH DIFFERENT TOLERANCE RANGES ALSO CONDENSED IN COLORS (GREEN – GOOD PERFORMANCE, YELLOW-MID RATE, RED-LOW RATE). THE DIETARY COMPOSITION DOES NOT CONSIDER THE ACTUAL BMI.
THE PERSONAL DIETARY PROGRAM WILL BE COMPLETED BY PHIYICIAN, TRAINER, NUTRITIONIST. THIS IS NOT A MEDICAL DEVICE, IT IS INFORMATIVE ITEM FOR PHYSICIANS.

FABP2 AA-AG
PPARG GG-CG
ADRB2 GG
ADRB3 TT
FTO TT

SENSITIVITY-TOLERANCE FOR BODY WEIGHT REGULATION

8

SENSITIVE/TOLERANT TO FAT	**SENSITIVE-LOW TOLERANCE**	DIETARY INTAKE	
SENSITIVE/TOLERANT TO CARBOHYDRATE	**MODERATE TOLERANCE**	FAT %	**20**
		CARBOHYDRATES %	**45**
PRONE TO OBESITY	**NOT PRONE**	PROTEIN %	**35**
EFFECT SPORT-EXERCISE IN WEIGHT CONTROL	**MODERATE**	FIBERS g	**30**
EFFECT OF DIET IN BODY WEIGHT CONTROL	**MODERATE**		

GeneAdvise

GENETIC TRAITS REGULATE THE BODY WEIGHT CONTROL WITH THE METABOLIC BALANCE OF DIETARY FATS AND CARBOHYDRATES, THE PREDISPOSITION TO OBESITY, THE EFFICACY OF TRAINING EXERCISE AND DIET INCOME. THE PANEL SHOWS FIVE CHARACTERS CONDITIONING THE WEIGHT CONTROL, EACH WITH DIFFERENT TOLERANCE RANGES ALSO CONDENSED IN COLORS (GREEN – GOOD PERFORMANCE, YELLOW-MID RATE, RED-LOW RATE). THE DIETARY COMPOSITION DOES NOT CONSIDER THE ACTUAL BMI.
THE PERSONAL DIETARY PROGRAM WILL BE COMPLETED BY PHIYICIAN, TRAINER, NUTRITIONIST. THIS IS NOT A MEDICAL DEVICE, IT IS INFORMATIVE ITEM FOR PHYSICIANS.

FABP2 GG
PPARG CC
ADRB2 AA-AG
ADRB3 AA-AT
FTO AA.AT

SENSITIVITY-TOLERANCE FOR BODY WEIGHT REGULATION

9

SENSITIVE/TOLERANT TO FAT	**SENSITIVE-LOW TOLERANCE**
SENSITIVE/TOLERANT TO CARBOHYDRATE	**VERY SENSITIVE-LOW TOLERANCE**
PRONE TO OBESITY	**PRONE**
EFFECT SPORT-EXERCISE IN WEIGHT CONTROL	**LOW**
EFFECT OF DIET IN BODY WEIGHT CONTROL	**LOW**

DIETARY INTAKE	
FAT %	**25**
CARBOHYDRATES %	**25**
PROTEIN %	**50**
FIBERS g	**35**

GeneAdvise

GENETIC TRAITS REGULATE THE BODY WEIGHT CONTROL WITH THE METABOLIC BALANCE OF DIETARY FATS AND CARBOHYDRATES, THE PREDISPOSITION TO OBESITY, THE EFFICACY OF TRAINING EXERCISE AND DIET INCOME. THE PANEL SHOWS FIVE CHARACTERS CONDITIONING THE WEIGHT CONTROL, EACH WITH DIFFERENT TOLERANCE RANGES ALSO CONDENSED IN COLORS (GREEN – GOOD PERFORMANCE, YELLOW-MID RATE, RED-LOW RATE). THE DIETARY COMPOSITION DOES NOT CONSIDER THE ACTUAL BMI.
THE PERSONAL DIETARY PROGRAM WILL BE COMPLETED BY PHIYICIAN, TRAINER, NUTRITIONIST. THIS IS NOT A MEDICAL DEVICE, IT IS INFORMATIVE ITEM FOR PHYSICIANS.

FABP2 GG
PPARG CC
ADRB2 AA-AG
ADRB3 AA-AT
FTO TT

SENSITIVITY-TOLERANCE FOR BODY WEIGHT REGULATION

9

SENSITIVE/TOLERANT TO FAT	**SENSITIVE-LOW TOLERANCE**
SENSITIVE/TOLERANT TO CARBOHYDRATE	**VERY SENSITIVE-LOW TOLERANCE**
PRONE TO OBESITY	**NOT PRONE**
EFFECT SPORT-EXERCISE IN WEIGHT CONTROL	**MODERATE**
EFFECT OF DIET IN BODY WEIGHT CONTROL	**LOW**

DIETARY INTAKE	
FAT %	**25**
CARBOHYDRATES %	**25**
PROTEIN %	**50**
FIBERS g	**35**

GeneAdvise

GENETIC TRAITS REGULATE THE BODY WEIGHT CONTROL WITH THE METABOLIC BALANCE OF DIETARY FATS AND CARBOHYDRATES, THE PREDISPOSITION TO OBESITY, THE EFFICACY OF TRAINING EXERCISE AND DIET INCOME. THE PANEL SHOWS FIVE CHARACTERS CONDITIONING THE WEIGHT CONTROL, EACH WITH DIFFERENT TOLERANCE RANGES ALSO CONDENSED IN COLORS (GREEN – GOOD PERFORMANCE, YELLOW-MID RATE, RED-LOW RATE). THE DIETARY COMPOSITION DOES NOT CONSIDER THE ACTUAL BMI.
THE PERSONAL DIETARY PROGRAM WILL BE COMPLETED BY PHIYICIAN, TRAINER, NUTRITIONIST. THIS IS NOT A MEDICAL DEVICE, IT IS INFORMATIVE ITEM FOR PHYSICIANS.

FABP2 GG
PPARG CC
ADRB2 AA-AG
ADRB3 TT
FTO AA-AT

SENSITIVITY-TOLERANCE FOR BODY WEIGHT REGULATION

10

SENSITIVE/TOLERANT TO FAT	**MODERATE TOLERANCE**
SENSITIVE/TOLERANT TO CARBOHYDRATE	**VERY SENSITIVE-LOW TOLERANCE**
PRONE TO OBESITY	**PRONE**
EFFECT SPORT-EXERCISE IN WEIGHT CONTROL	**MODERATE**
EFFECT OF DIET IN BODY WEIGHT CONTROL	**LOW**

DIETARY INTAKE	
FAT %	**30**
CARBOHYDRATES %	**25**
PROTEIN %	**45**
FIBERS g	**35**

GeneAdvise

GENETIC TRAITS REGULATE THE BODY WEIGHT CONTROL WITH THE METABOLIC BALANCE OF DIETARY FATS AND CARBOHYDRATES, THE PREDISPOSITION TO OBESITY, THE EFFICACY OF TRAINING EXERCISE AND DIET INCOME. THE PANEL SHOWS FIVE CHARACTERS CONDITIONING THE WEIGHT CONTROL, EACH WITH DIFFERENT TOLERANCE RANGES ALSO CONDENSED IN COLORS (GREEN – GOOD PERFORMANCE, YELLOW-MID RATE, RED-LOW RATE). THE DIETARY COMPOSITION DOES NOT CONSIDER THE ACTUAL BMI.
THE PERSONAL DIETARY PROGRAM WILL BE COMPLETED BY PHIYICIAN, TRAINER, NUTRITIONIST. THIS IS NOT A MEDICAL DEVICE, IT IS INFORMATIVE ITEM FOR PHYSICIANS.

FABP2 GG
PPARG CC
ADRB2 AA-AG
ADRB3 TT
FTO TT

SENSITIVITY-TOLERANCE FOR BODY WEIGHT REGULATION

10

SENSITIVE/TOLERANT TO FAT	**MODERATE TOLERANCE**	DIETARY INTAKE	
SENSITIVE/TOLERANT TO CARBOHYDRATE	**VERY SENSITIVE-LOW TOLERANCE**	FAT %	**30**
PRONE TO OBESITY	**NOT PRONE**	CARBOHYDRATES %	**25**
		PROTEIN %	**45**
EFFECT SPORT-EXERCISE IN WEIGHT CONTROL	**MODERATE**	FIBERS g	**35**
EFFECT OF DIET IN BODY WEIGHT CONTROL	**MODERATE**		

GeneAdvise

GENETIC TRAITS REGULATE THE BODY WEIGHT CONTROL WITH THE METABOLIC BALANCE OF DIETARY FATS AND CARBOHYDRATES, THE PREDISPOSITION TO OBESITY, THE EFFICACY OF TRAINING EXERCISE AND DIET INCOME. THE PANEL SHOWS FIVE CHARACTERS CONDITIONING THE WEIGHT CONTROL, EACH WITH DIFFERENT TOLERANCE RANGES ALSO CONDENSED IN COLORS (GREEN – GOOD PERFORMANCE, YELLOW-MID RATE, RED-LOW RATE). THE DIETARY COMPOSITION DOES NOT CONSIDER THE ACTUAL BMI.
THE PERSONAL DIETARY PROGRAM WILL BE COMPLETED BY PHIYICIAN, TRAINER, NUTRITIONIST. THIS IS NOT A MEDICAL DEVICE, IT IS INFORMATIVE ITEM FOR PHYSICIANS.

FABP2 GG
PPARG CC
ADRB2 GG
ADRB3 AA-AT
FTO AA-AT

SENSITIVITY-TOLERANCE FOR BODY WEIGHT REGULATION

11

SENSITIVE/TOLERANT TO FAT	**SENSITIVE-LOW TOLERANCE**
SENSITIVE/TOLERANT TO CARBOHYDRATE	**MODERATE TOLERANCE**
PRONE TO OBESITY	**PRONE**
EFFECT SPORT-EXERCISE IN WEIGHT CONTROL	**MODERATE**
EFFECT OF DIET IN BODY WEIGHT CONTROL	**LOW**

DIETARY INTAKE	
FAT %	**25**
CARBOHYDRATES %	**45**
PROTEIN %	**30**
FIBERS g	**35**

GeneAdvise

GENETIC TRAITS REGULATE THE BODY WEIGHT CONTROL WITH THE METABOLIC BALANCE OF DIETARY FATS AND CARBOHYDRATES, THE PREDISPOSITION TO OBESITY, THE EFFICACY OF TRAINING EXERCISE AND DIET INCOME. THE PANEL SHOWS FIVE CHARACTERS CONDITIONING THE WEIGHT CONTROL, EACH WITH DIFFERENT TOLERANCE RANGES ALSO CONDENSED IN COLORS (GREEN – GOOD PERFORMANCE, YELLOW-MID RATE, RED-LOW RATE). THE DIETARY COMPOSITION DOES NOT CONSIDER THE ACTUAL BMI.
THE PERSONAL DIETARY PROGRAM WILL BE COMPLETED BY PHIYICIAN, TRAINER, NUTRITIONIST. THIS IS NOT A MEDICAL DEVICE, IT IS INFORMATIVE ITEM FOR PHYSICIANS.

FABP2 GG
PPARG CC
ADRB2 GG
ADRB3 AA-AT
FTO TT

SENSITIVITY-TOLERANCE FOR BODY WEIGHT REGULATION

11

SENSITIVE/TOLERANT TO FAT	**SENSITIVE-LOW TOLERANCE**
SENSITIVE/TOLERANT TO CARBOHYDRATE	**MODERATE TOLERANCE**
PRONE TO OBESITY	**NOT PRONE**
EFFECT SPORT-EXERCISE IN WEIGHT CONTROL	**MODERATE**
EFFECT OF DIET IN BODY WEIGHT CONTROL	**LOW**

DIETARY INTAKE	
FAT %	**25**
CARBOHYDRATES %	**45**
PROTEIN %	**30**
FIBERS g	**35**

GeneAdvise

GENETIC TRAITS REGULATE THE BODY WEIGHT CONTROL WITH THE METABOLIC BALANCE OF DIETARY FATS AND CARBOHYDRATES, THE PREDISPOSITION TO OBESITY, THE EFFICACY OF TRAINING EXERCISE AND DIET INCOME. THE PANEL SHOWS FIVE CHARACTERS CONDITIONING THE WEIGHT CONTROL, EACH WITH DIFFERENT TOLERANCE RANGES ALSO CONDENSED IN COLORS (GREEN – GOOD PERFORMANCE, YELLOW-MID RATE, RED-LOW RATE). THE DIETARY COMPOSITION DOES NOT CONSIDER THE ACTUAL BMI.
THE PERSONAL DIETARY PROGRAM WILL BE COMPLETED BY PHIYICIAN, TRAINER, NUTRITIONIST. THIS IS NOT A MEDICAL DEVICE, IT IS INFORMATIVE ITEM FOR PHYSICIANS.

FABP2 GG
PPARG CC
ADRB2 GG
ADRB3 TT
FTO AA-AT

SENSITIVITY-TOLERANCE FOR BODY WEIGHT REGULATION

12

SENSITIVE/TOLERANT TO FAT	**MODERATE TOLERANCE**	DIETARY INTAKE	
SENSITIVE/TOLERANT TO CARBOHYDRATE	**SENSITIVE-LOW TOLERANCE**	FAT %	**30**
PRONE TO OBESITY	**PRONE**	CARBOHYDRATES %	**25**
		PROTEIN %	**45**
EFFECT SPORT-EXERCISE IN WEIGHT CONTROL	**HIGH**	FIBERS g	**35**
EFFECT OF DIET IN BODY WEIGHT CONTROL	**MODERATE**		

GeneAdvise

GENETIC TRAITS REGULATE THE BODY WEIGHT CONTROL WITH THE METABOLIC BALANCE OF DIETARY FATS AND CARBOHYDRATES, THE PREDISPOSITION TO OBESITY, THE EFFICACY OF TRAINING EXERCISE AND DIET INCOME. THE PANEL SHOWS FIVE CHARACTERS CONDITIONING THE WEIGHT CONTROL, EACH WITH DIFFERENT TOLERANCE RANGES ALSO CONDENSED IN COLORS (GREEN – GOOD PERFORMANCE, YELLOW-MID RATE, RED-LOW RATE). THE DIETARY COMPOSITION DOES NOT CONSIDER THE ACTUAL BMI.
THE PERSONAL DIETARY PROGRAM WILL BE COMPLETED BY PHIYICIAN, TRAINER, NUTRITIONIST. THIS IS NOT A MEDICAL DEVICE, IT IS INFORMATIVE ITEM FOR PHYSICIANS.

FABP2 GG
PPARG CC
ADRB2 GG
ADRB3 TT
FTO TT

SENSITIVITY-TOLERANCE FOR BODY WEIGHT REGULATION

12

SENSITIVE/TOLERANT TO FAT	**MODERATE TOLERANCE**
SENSITIVE/TOLERANT TO CARBOHYDRATE	**SENSITIVE-LOW TOLERANCE**
PRONE TO OBESITY	**NOT PRONE**
EFFECT SPORT-EXERCISE IN WEIGHT CONTROL	**MODERATE**
EFFECT OF DIET IN BODY WEIGHT CONTROL	**MODERATE**

DIETARY INTAKE	
FAT %	**30**
CARBOHYDRATES %	**25**
PROTEIN %	**45**
FIBERS g	**35**

GeneAdvise

GENETIC TRAITS REGULATE THE BODY WEIGHT CONTROL WITH THE METABOLIC BALANCE OF DIETARY FATS AND CARBOHYDRATES, THE PREDISPOSITION TO OBESITY, THE EFFICACY OF TRAINING EXERCISE AND DIET INCOME. THE PANEL SHOWS FIVE CHARACTERS CONDITIONING THE WEIGHT CONTROL, EACH WITH DIFFERENT TOLERANCE RANGES ALSO CONDENSED IN COLORS (GREEN – GOOD PERFORMANCE, YELLOW-MID RATE, RED-LOW RATE). THE DIETARY COMPOSITION DOES NOT CONSIDER THE ACTUAL BMI.
THE PERSONAL DIETARY PROGRAM WILL BE COMPLETED BY PHIYICIAN, TRAINER, NUTRITIONIST. THIS IS NOT A MEDICAL DEVICE, IT IS INFORMATIVE ITEM FOR PHYSICIANS.

FABP2 AA-AG
PPARG CC
ADRB2 GG
ADRB3 AA-AT
FTO AA-AT

SENSITIVITY-TOLERANCE FOR BODY WEIGHT REGULATION

SENSITIVE/TOLERANT TO FAT	**VERY SENSITIVE-LOW TOLERANCE**
SENSITIVE/TOLERANT TO CARBOHYDRATE	**SENSITIVE-LOW TOLERANCE**
PRONE TO OBESITY	**PRONE**
EFFECT SPORT-EXERCISE IN WEIGHT CONTROL	**MODERATE**
EFFECT OF DIET IN BODY WEIGHT CONTROL	**LOW**

DIETARY INTAKE	
FAT %	**20**
CARBOHYDRATES %	**35**
PROTEIN %	**45**
FIBERS g	**35**

GeneAdvise

GENETIC TRAITS REGULATE THE BODY WEIGHT CONTROL WITH THE METABOLIC BALANCE OF DIETARY FATS AND CARBOHYDRATES, THE PREDISPOSITION TO OBESITY, THE EFFICACY OF TRAINING EXERCISE AND DIET INCOME. THE PANEL SHOWS FIVE CHARACTERS CONDITIONING THE WEIGHT CONTROL, EACH WITH DIFFERENT TOLERANCE RANGES ALSO CONDENSED IN COLORS (GREEN – GOOD PERFORMANCE, YELLOW-MID RATE, RED-LOW RATE). THE DIETARY COMPOSITION DOES NOT CONSIDER THE ACTUAL BMI.
THE PERSONAL DIETARY PROGRAM WILL BE COMPLETED BY PHIYICIAN, TRAINER, NUTRITIONIST. THIS IS NOT A MEDICAL DEVICE, IT IS INFORMATIVE ITEM FOR PHYSICIANS.

FABP2 AA-AG
PPARG CC
ADRB2 GG
ADRB3 AA-AT
FTO TT

SENSITIVITY-TOLERANCE FOR BODY WEIGHT REGULATION

13

SENSITIVE/TOLERANT TO FAT	**VERY SENSITIVE-LOW TOLERANCE**
SENSITIVE/TOLERANT TO CARBOHYDRATE	**SENSITIVE-LOW TOLERANCE**
PRONE TO OBESITY	**NOT PRONE**
EFFECT SPORT-EXERCISE IN WEIGHT CONTROL	**LOW**
EFFECT OF DIET IN BODY WEIGHT CONTROL	**LOW**

DIETARY INTAKE	
FAT %	**20**
CARBOHYDRATES %	**35**
PROTEIN %	**45**
FIBERS g	**35**

GeneAdvise

GENETIC TRAITS REGULATE THE BODY WEIGHT CONTROL WITH THE METABOLIC BALANCE OF DIETARY FATS AND CARBOHYDRATES, THE PREDISPOSITION TO OBESITY, THE EFFICACY OF TRAINING EXERCISE AND DIET INCOME. THE PANEL SHOWS FIVE CHARACTERS CONDITIONING THE WEIGHT CONTROL, EACH WITH DIFFERENT TOLERANCE RANGES ALSO CONDENSED IN COLORS (GREEN – GOOD PERFORMANCE, YELLOW-MID RATE, RED-LOW RATE). THE DIETARY COMPOSITION DOES NOT CONSIDER THE ACTUAL BMI.
THE PERSONAL DIETARY PROGRAM WILL BE COMPLETED BY PHIYICIAN, TRAINER, NUTRITIONIST. THIS IS NOT A MEDICAL DEVICE, IT IS INFORMATIVE ITEM FOR PHYSICIANS.

FABP2 AA-AG
PPARG CC
ADRB2 GG
ADRB3 TT
FTO AA-AT

SENSITIVITY-TOLERANCE FOR BODY WEIGHT REGULATION

14

SENSITIVE/TOLERANT TO FAT	**SENSITIVE-LOW TOLERANCE**	DIETARY INTAKE	
SENSITIVE/TOLERANT TO CARBOHYDRATE	**SENSITIVE-LOW TOLERANCE**	FAT %	**25**
PRONE TO OBESITY	**PRONE**	CARBOHYDRATES %	**30**
		PROTEIN %	**45**
EFFECT SPORT-EXERCISE IN WEIGHT CONTROL	**MODERATE**	FIBERS g	**35**
EFFECT OF DIET IN BODY WEIGHT CONTROL	**MODERATE**		

GeneAdvise

GENETIC TRAITS REGULATE THE BODY WEIGHT CONTROL WITH THE METABOLIC BALANCE OF DIETARY FATS AND CARBOHYDRATES, THE PREDISPOSITION TO OBESITY, THE EFFICACY OF TRAINING EXERCISE AND DIET INCOME. THE PANEL SHOWS FIVE CHARACTERS CONDITIONING THE WEIGHT CONTROL, EACH WITH DIFFERENT TOLERANCE RANGES ALSO CONDENSED IN COLORS (GREEN – GOOD PERFORMANCE, YELLOW-MID RATE, RED-LOW RATE). THE DIETARY COMPOSITION DOES NOT CONSIDER THE ACTUAL BMI.
THE PERSONAL DIETARY PROGRAM WILL BE COMPLETED BY PHIYICIAN, TRAINER, NUTRITIONIST. THIS IS NOT A MEDICAL DEVICE, IT IS INFORMATIVE ITEM FOR PHYSICIANS.

FABP2 AA-AG
PPARG CC
ADRB2 AA-AG
ADRB3 TT
FTO AA-AT

SENSITIVITY-TOLERANCE FOR BODY WEIGHT REGULATION

15

SENSITIVE/TOLERANT TO FAT	**SENSITIVE-LOW TOLERANCE**
SENSITIVE/TOLERANT TO CARBOHYDRATE	**SENSITIVE-LOW TOLERANCE**
PRONE TO OBESITY	**PRONE**
EFFECT SPORT-EXERCISE IN WEIGHT CONTROL	**MODERATE**
EFFECT OF DIET IN BODY WEIGHT CONTROL	**MODERATE**

DIETARY INTAKE	
FAT %	**25**
CARBOHYDRATES %	**30**
PROTEIN %	**45**
FIBERS g	**35**

GeneAdvise

GENETIC TRAITS REGULATE THE BODY WEIGHT CONTROL WITH THE METABOLIC BALANCE OF DIETARY FATS AND CARBOHYDRATES, THE PREDISPOSITION TO OBESITY, THE EFFICACY OF TRAINING EXERCISE AND DIET INCOME. THE PANEL SHOWS FIVE CHARACTERS CONDITIONING THE WEIGHT CONTROL, EACH WITH DIFFERENT TOLERANCE RANGES ALSO CONDENSED IN COLORS (GREEN – GOOD PERFORMANCE, YELLOW-MID RATE, RED-LOW RATE). THE DIETARY COMPOSITION DOES NOT CONSIDER THE ACTUAL BMI.
THE PERSONAL DIETARY PROGRAM WILL BE COMPLETED BY PHIYICIAN, TRAINER, NUTRITIONIST. THIS IS NOT A MEDICAL DEVICE, IT IS INFORMATIVE ITEM FOR PHYSICIANS.

FABP2 AA-AG
PPARG CC
ADRB2 AA-AG
ADRB3 TT
FTO TT

SENSITIVITY-TOLERANCE FOR BODY WEIGHT REGULATION

15

SENSITIVE/TOLERANT TO FAT	**SENSITIVE-LOW TOLERANCE**
SENSITIVE/TOLERANT TO CARBOHYDRATE	**SENSITIVE-LOW TOLERANCE**
PRONE TO OBESITY	**NOT PRONE**
EFFECT SPORT-EXERCISE IN WEIGHT CONTROL	**LOW**
EFFECT OF DIET IN BODY WEIGHT CONTROL	**MODERATE**

DIETARY INTAKE	
FAT %	**25**
CARBOHYDRATES %	**30**
PROTEIN %	**45**
FIBERS g	**35**

GeneAdvise

GENETIC TRAITS REGULATE THE BODY WEIGHT CONTROL WITH THE METABOLIC BALANCE OF DIETARY FATS AND CARBOHYDRATES, THE PREDISPOSITION TO OBESITY, THE EFFICACY OF TRAINING EXERCISE AND DIET INCOME. THE PANEL SHOWS FIVE CHARACTERS CONDITIONING THE WEIGHT CONTROL, EACH WITH DIFFERENT TOLERANCE RANGES ALSO CONDENSED IN COLORS (GREEN – GOOD PERFORMANCE, YELLOW-MID RATE, RED-LOW RATE). THE DIETARY COMPOSITION DOES NOT CONSIDER THE ACTUAL BMI.
THE PERSONAL DIETARY PROGRAM WILL BE COMPLETED BY PHIYICIAN, TRAINER, NUTRITIONIST. THIS IS NOT A MEDICAL DEVICE, IT IS INFORMATIVE ITEM FOR PHYSICIANS.

FABP2 AA-AG
PPARG CC
ADRB2 AA-AG
ADRB3 AA-AT
FTO AA-AT

SENSITIVITY-TOLERANCE FOR BODY WEIGHT REGULATION

16

SENSITIVE/TOLERANT TO FAT	**VERY SENSITIVE-LOW TOLERANCE**
SENSITIVE/TOLERANT TO CARBOHYDRATE	**VERY SENSITIVE-LOW TOLERANCE**
PRONE TO OBESITY	**PRONE**
EFFECT SPORT-EXERCISE IN WEIGHT CONTROL	**LOW**
EFFECT OF DIET IN BODY WEIGHT CONTROL	**LOW**

DIETARY INTAKE	
FAT %	**20**
CARBOHYDRATES %	**25**
PROTEIN %	**55**
FIBERS g	**35**

GeneAdvise

GENETIC TRAITS REGULATE THE BODY WEIGHT CONTROL WITH THE METABOLIC BALANCE OF DIETARY FATS AND CARBOHYDRATES, THE PREDISPOSITION TO OBESITY, THE EFFICACY OF TRAINING EXERCISE AND DIET INCOME. THE PANEL SHOWS FIVE CHARACTERS CONDITIONING THE WEIGHT CONTROL, EACH WITH DIFFERENT TOLERANCE RANGES ALSO CONDENSED IN COLORS (GREEN – GOOD PERFORMANCE, YELLOW-MID RATE, RED-LOW RATE). THE DIETARY COMPOSITION DOES NOT CONSIDER THE ACTUAL BMI.
THE PERSONAL DIETARY PROGRAM WILL BE COMPLETED BY PHIYICIAN, TRAINER, NUTRITIONIST. THIS IS NOT A MEDICAL DEVICE, IT IS INFORMATIVE ITEM FOR PHYSICIANS.

FABP2 AA-AG
PPARG CC
ADRB2 AA-AG
ADRB3 AA-AT
FTO TT

SENSITIVITY-TOLERANCE FOR BODY WEIGHT REGULATION

16

SENSITIVE/TOLERANT TO FAT	**VERY SENSITIVE-LOW TOLERANCE**
SENSITIVE/TOLERANT TO CARBOHYDRATE	**VERY SENSITIVE-LOW TOLERANCE**
PRONE TO OBESITY	**NOT PRONE**
EFFECT SPORT-EXERCISE IN WEIGHT CONTROL	**LOW**
EFFECT OF DIET IN BODY WEIGHT CONTROL	**LOW**

DIETARY INTAKE	
FAT %	**20**
CARBOHYDRATES %	**25**
PROTEIN %	**55**
FIBERS g	**35**