



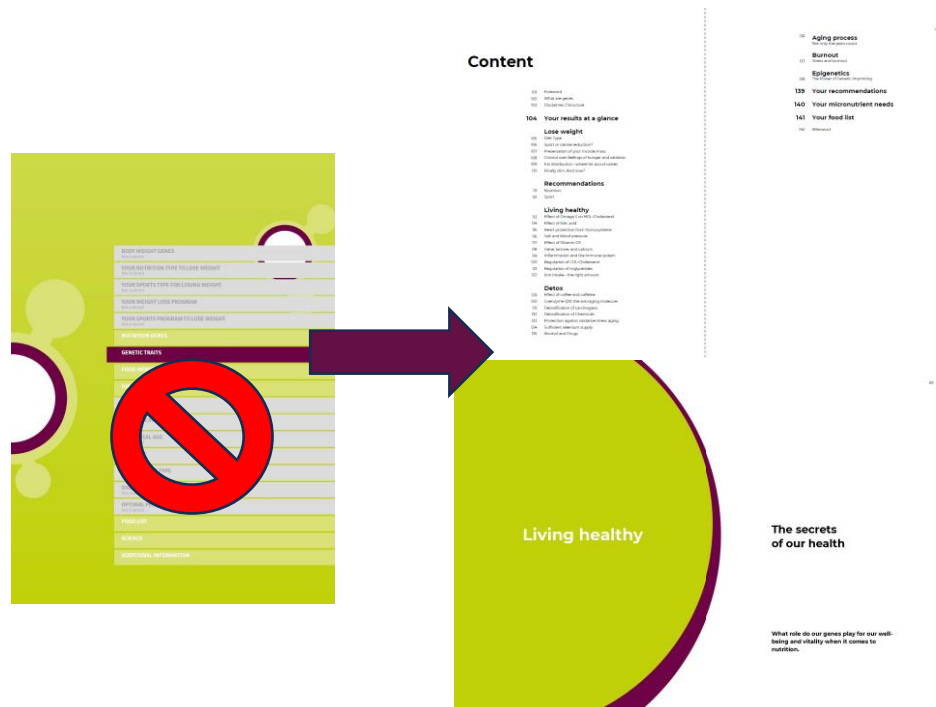
WHAT HAS BEEN IMPROVED? WHAT IS NEW?

Valid for all genetic lifestyle reports
(except Performance Sensor)

GENERAL

Table of Contents

The chapter overview sheet becomes a clear table of contents with page numbers.



Breakdown of the food list into 10 categories: Clearer and more meaningful

More than 900 foods are divided into the following 10 categories:

- Fruit
- Vegetables
- Oils/Spices
- Meat/Sausages
- Fish
- Dairy Products
- Bread/Baked Goods/Cereals
- Sweets
- Beverages including Alcohol
- Menu Components

Recommendations to lose weight				Recommendations for healthy nutrition				Recommendations to improve performance				All values per standard serving	Serving size
g per item	often	rarely	never	often	rarely	never	often	rarely	never	often	rarely		
20 g	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	100	100 g
25 g	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	100	100 g
40 g	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	100	100 g
20 g	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	100	100 g
25 g	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	100	100 g
25 g	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	100	100 g
												Fish	
												g	100 g
												100	100 g
												100	100 g
												100	100 g
												100	100 g
												100	100 g
												100	100 g
												100	100 g

Recommendations to lose weight				Recommendations for healthy nutrition				Recommendations to improve performance				All values per standard serving	Serving size
g per item	often	rarely	never	often	rarely	never	often	rarely	never	often	rarely		
10 g	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	100	100 g
10 g	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	100	100 g
10 g	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	100	100 g
100 g	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	100	100 g
10 g	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	100	100 g
10 g	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	100	100 g
10 g	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	100	100 g
10 g	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	100	100 g
100 g	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	100	100 g
100 g	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	100	100 g
100 g	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	▲▲▲▲	100	100 g
												Dairy products	
												g	100 g
												100	100 g
												100	100 g
												100	100 g
												100	100 g
												100	100 g
												100	100 g
												100	100 g
												100	100 g

GENERAL

Preparation and Structure

The report is divided into two main parts:

1. Summary of the results at the beginning of the report.
2. Detailed information of the various chapters subsequently.

These include:

- Background knowledge about the chapter
- Explanatory videos from Dr. Daniel Wallerstorfer via QR code (with almost all topics)
- Explanation of the processes in the body for the respective gene in general and as result for the customer
- Associated science of the relevant genes

Version History

The version number now starts at 1.1 and will be continuously increased after product management updates.
Last number in the old report: 538.

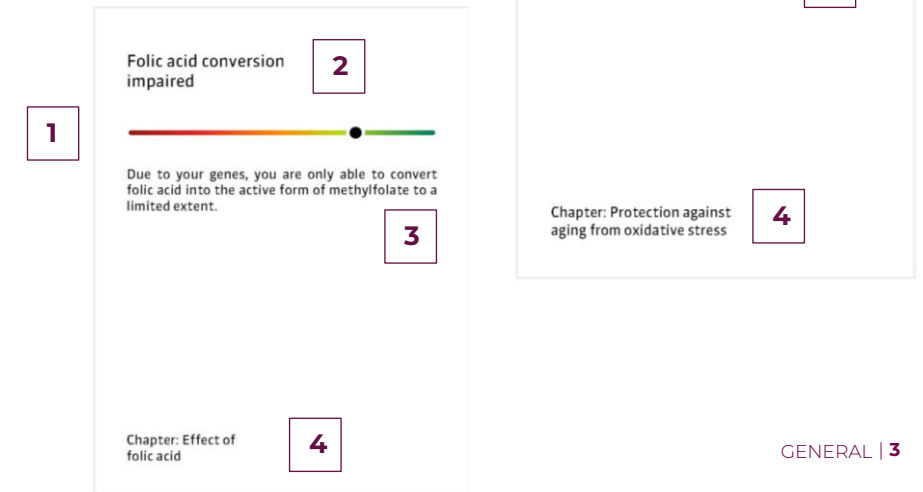
Summary of Results

- (1) Clear overview using the traffic light system red-green
- (2) Meaningful result heading
- (3) Short description of the result
- (4) Reference to detailed information of the chapter

Results
Overview

Your results at a glance

Find out at a glance the results of your personal genetic analysis. Which genes are working - and where is action needed? On the following pages, you will find detailed explanations for all results.



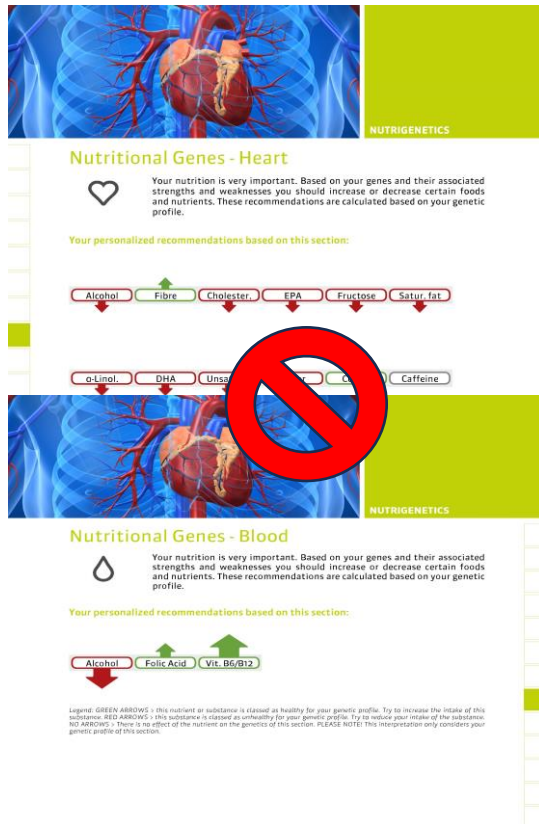


PRODUCT – SPECIFIC INNOVATIONS

NUTRITION SENSOR

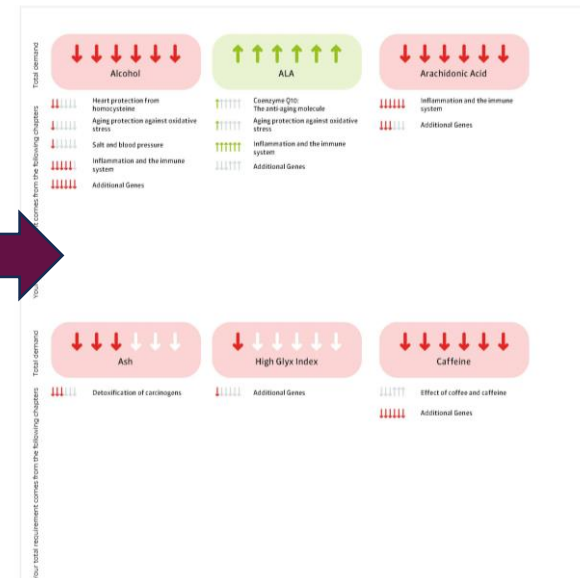
Contents that are presented differently.

Nutrition genes by category (Nutrigenetics, Metabolism, Brain ...) are clearly summarized under „**Your total requirement**“.



Your nutrient requirement

The total nutrient requirement per vitamin and nutrient is often dependent on the results of several chapters in this report. Here you see all chapters and how these influence the total demand of a nutrient.



New Analyses / Results

- Immune System – properly adjusted?
 - TNFA (rs1800629) IL6 (rs1800795) IL1RN (rs419598) CRP (rs3093066) IL6R (rs2228145)
- Iron Intake – normal or too much?
 - HFE (rs1799945) HFE (rs1800730) HFE (rs1800562)
- Detoxification of Burned/Pollutants (soot, smoke, exhaust fumes) How harmful is nicotine for me, food that is grilled and heavily fried?
 - CYP1A1 (rs4646903) CYP1A1 (rs1048943) CYP1B1 (rs1056836)


WEIGHT SENSOR STANDARD

Contents, that are NO LONGER included

- Genetic predisposition to obesity
- Optimal pulse rate

Daily Menus

Daily menus are now only available in the personalized recipe book.




HEART RATE

Determining your optimal heart rate

The optimal heart rate is crucial when doing exercise. The ideal heart rate for aerobic exercise (cardio) depends on your age. Use the following table to define the correct pulse rate for your age.

Age	Pulse	Target heart rate:
5	95-185	
10	165-175	145 - 155
15	160-170	
20	155-165	
25	150-160	
30	145-155	
35	140-150	
40	135-145	
45	130-140	
50	125-135	
55	120-130	
60	115-125	
65	110-120	
70	105-115	
75	100-110	
80	95-105	
85	90-100	
90	85-95	
95	80-90	
100	75-85	

DEMO_LOTTI Page 68 of 155



RESULT

Your Result

You have ordered a genetic test which examines relevant genes for factors that affect your body weight. Here are the conclusions of your genetic analysis:

Body weight gene	Scientific name	Laboratory result
Body weight gene 1	FAAH2 (rs1729883)	A/A
Body weight gene 2	PPARG (rs1801282)	C/C
Body weight gene 3	UCP1 (rs1723713)	A/G
Body weight gene 4		C/G
Body weight gene 5	FTO (rs939598)	T/T
Body weight gene 6	TM6A2 (rs1082935)	T/A
Body weight gene 7	TM6A2 (rs1082935)	T/C
Body weight gene 8	TM6A2 (rs1082935)	A/A

Please keep in mind that the results of this genetic test are only a rough guideline. If you experience light sweating, but you are still able to talk, you are in the correct heart rate zone. If you feel exhausted, you need to adjust to your own body.

Cause analysis

How does your genetic predisposition to excessive weight?

Your genetic predisposition to excessive weight is LOW.

Your result: Your genetic predisposition to excessive weight is moderate, so your genes cause some moderate resistance to your weight loss efforts. This genetic predisposition can be addressed effectively by targeted lifestyle changes.

DEMO_LOTTI Page 6 of 155

Menu plan: Traditional					
Meal	Item	Weight loss	Adaptation week 1	Adaptation week 2	Weight maintenance
Breakfast	Corn flakes	73 g	82 g	83 g	110 g
	Milk	79ml	89ml	100ml	118ml
	Banana	168 g	199 g	215 g	253 g
	Tea (beverage)	250ml	250ml	250ml	250ml
	Water or mineral water	500ml	500ml	500ml	500ml
Selection from snack list					
Lunch	Crisp bread	101 g	114 g	129 g	152 g
	Grine cheese made from goat's milk	19 g	21 g	24 g	28 g
	Tomatoes	34 g	38 g	43 g	51 g
	Pecan nut	11 g	13 g	14 g	17 g
	Arugula	168 g	199 g	215 g	253 g
Dinner	Cappuccino (beverage)	28ml	32ml	36ml	42ml
	Water or mineral water	500ml	500ml	500ml	500ml
	Selection from snack list				
Dinner	Beef chops	168 g	199 g	215 g	253 g
	Green beans in tomato sauce	140 g	158 g	179 g	211 g
	Butter	4 g	4 g	5 g	6 g
	Garlic	3 g	4 g	4 g	5 g
	Water or mineral water	500ml	500ml	500ml	500ml
Menu plan: Traditional					
Meal	Item	Weight loss	Adaptation week 1	Adaptation week 2	Weight maintenance
Breakfast	Poached eggs (eggs Benedict)	53 g	60 g	68 g	80 g
	White bread	94 g	106 g	120 g	141 g
	Low-fat margarine	6 g	7 g	8 g	10 g
	Grapes	385 g	433 g	491 g	578 g
	Coffee (beverage)	250ml	250ml	250ml	250ml
Dinner	Water or mineral water	500ml	500ml	500ml	500ml
	Selection from snack list				
Lunch	Lamb skewers	75 g	84 g	95 g	112 g
	Cucumber salad with yogurt	53 g	60 g	68 g	80 g
	Romaine lettuce	164 g	182 g	194 g	217 g
	Water or mineral water	500ml	500ml	500ml	500ml
	Selection from snack list				
Dinner	Skate	107 g	120 g	134 g	159 g
	Boiled potatoes	107 g	120 g	134 g	159 g
	Vegetable mix	160 g	181 g	205 g	241 g
	Sweet chili	2 g	2 g	3 g	3 g
	Garlic	2 g	2 g	3 g	3 g
Dinner	Water or mineral water	500ml	500ml	500ml	500ml
	Selection from snack list				

WEIGHT SENSOR STANDARD

New designation for the diet types

The diet types have been renamed as follows:

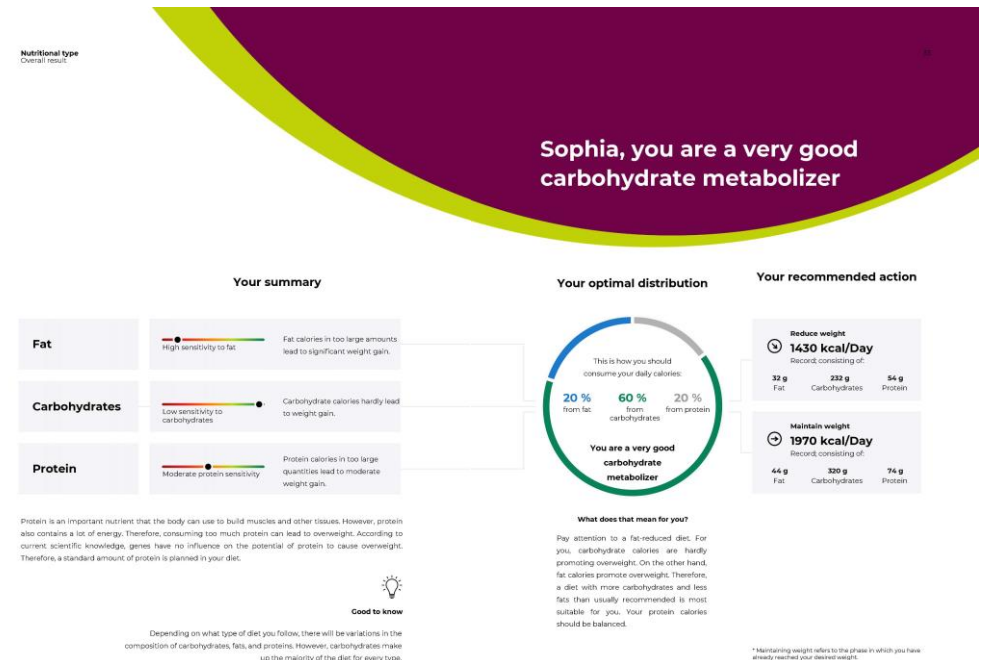
New	Macronutrient distribution
VERY GOOD FAT METABOLIZER	35% Fat 45% Carbohydrates 20% Protein
GOOD FAT METABOLIZER	33% Fat 47% Carbohydrates 20% Protein
FAT METABOLIZER TYPE	31% Fat 49% Carbohydrates 20% Protein
MIXED TYPE I	29% Fat 51% Carbohydrates 20% Protein
MIXED TYPE II	27% Fat 53% Carbohydrates 20% Protein
MIXED TYPE III	25% Fat 55% Carbohydrates 20% Protein
CARBOHYDRATE METABOLIZER	20% Fat 60% Carbohydrates 20% Protein

New overall result summaries

New clear pages with all important information of the chapters:

- Diet type
- Exercise type
- Weight loss strategy

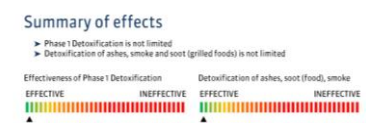
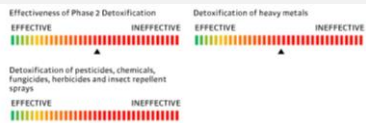
Including action recommendations at a glance



Example of diet type

TOXO SENSOR

Summary of specific results in the respective chapter

Old result transmission	New result transmission
<p>Phase 1 Detoxification of exhaust gases, nicotine smoke, and fried or grilled food</p> <p>2 Results</p> <ul style="list-style-type: none"> Effectiveness of phase 1 detoxification Detoxification of ash, soot (food), smoke 	<p>1 Result</p> <p>Detoxification of burnt substances / Detoxification of Pollutants</p>
<p>Phase 2 detoxification of pesticides and heavy metals</p> <p>3 Ergebnisse</p> <ul style="list-style-type: none"> Effectiveness of phase 2 detoxification Detoxification of heavy metals Detoxification of pesticides, chemicals, fungicides, herbicides, and insect sprays 	<p>1 Result</p> <p>Detoxification of Chemicals</p>

The Toxo in combination with the Nutrition Sensor

When the Toxo Sensor is ordered along with the Nutrition Sensor, the Toxo Sensor includes the chapters from the Nutrition Sensor, namely Coffee and Caffeine | Coenzyme Q10 – the anti - aging molecule | Detoxification of burnt substances | Detoxification of Chemicals | Protection against aging from oxidative stress | Adequate selenium supply, and additionally **Drugs & Alcohol**

Alcohol and Drugs

Recognize the influence your genes have on substances that are co-responsible for alcohol dependence, and find out if there is a genetic probability for mental illness in drug use.

For most people, an occasional glass of wine or beer is not a problem. However, due to gene variations, others carry a higher risk of becoming dependent on alcohol.

Why does one person get drunk more easily?
The so-called CYP2D6 gene influences the function of the enzyme CYP2D6. CYP2D6 is responsible for the metabolism of certain substances in the brain – e.g. dopamine or norepinephrine.

If there is a mutation in this gene, the activity of CYP2D6 may be reduced. The associated increase of dopamine and norepinephrine in the brain can affect the individual's reaction to alcohol. However, it can intensify the desire for reward, thus increasing the risk of becoming dependent on alcohol.

What does this mean?
Just like with alcohol, the CYP2D6 gene can be crucial in determining whether consumption will have lifelong consequences for health.

For a specific variation of this gene, the use of cannabis during adolescence can increase the risk of developing schizophrenia up to 11-fold.

THC, the psychoactive compound in cannabis, can increase the release of dopamine in the brain, causing overstimulation. This increased level of dopamine in the brain is associated with an increased risk of developing psychosis, including schizophrenia.

In general, the use of cannabis is not recommended for anyone. However, it appears to harm some people more than others.

The genetic predisposition is only part of the overall picture. Other factors such as environment and lifestyle also play an important role.

The detoxification from alcohol or drugs requires a comprehensive approach that includes medical, psychological, and social support.

FURTHER INFORMATION

Biological Age Sensor, Burnout Sensor und Epigenetics Information

Content and design improvements have been made to these sensors (see pages 2 and 3).

However, there are no product-specific changes.



DO YOU HAVE QUESTIONS?

Please feel free to contact keyaccount@novogenia.com