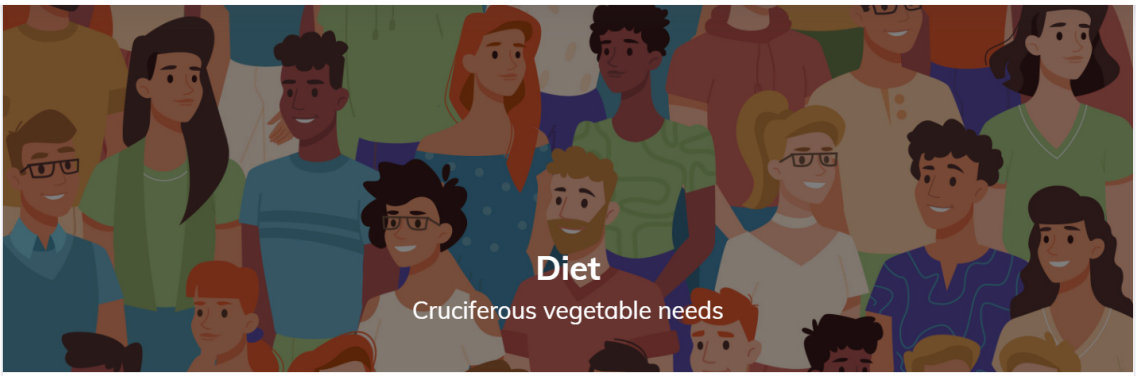

DEMO REPORT

Cruciferous vegetable needs

Cruciferous vegetables are low-calorie, and rich in folate, vitamins C, E, and K, and fiber. Fiber is an important nutrient to incorporate if weight loss is the goal, as it helps keep you fuller longer.

Your genetic results

Based on your genetic results, your predisposition to this trait is

Higher genetic predisposition

Confidence Score

★★★★★ Very high

Scientific Details

We looked at a genetic marker (SNP) that influences whether you are more likely to have this trait. For each genetic marker, we calculated a score and compare it to the average score of your main ancestry. This approach allows us to predict how common is your genetic score compared to this population.

Genes

We have tested the following 5 genes that are associated with your genetic predisposition to this trait.

CYP7B1

This gene encodes a member of the cytochrome P450 superfamily of enzymes. The cytochrome P450 proteins are monooxygenases which catalyze many reactions involved in drug metabolism and synthesis of cholesterol, steroids and other lipids. This endoplasmic reticulum membrane protein catalyzes the first reaction in the cholesterol catabolic pathway of extrahepatic tissues, which converts cholesterol to bile acids. This enzyme likely plays a minor role in total bile acid synthesis, but may also be involved in the development of atherosclerosis, neurosteroid metabolism and sex hormone synthesis. Mutations in this gene have been associated with hereditary spastic paraplegia (SPG5 or HSP), an autosomal recessive disorder.

More information about this gene in GENECARDS

Location

This gene is located at the following position in your dna:

Chromosome 8

Position: (HG19) 65499132 - 65711294

SNP	Genotype
rs1406491	CC

INTS3

The protein encoded by this gene can form a complex with human single-strand DNA binding proteins 1 or 2 (hSSB1 and hSSB2) and other proteins to mediate genome stability and the DNA damage response. The encoded protein is also part of a multiprotein complex that interacts with the C-terminal domain of RNA polymerase II large subunit to help regulate processing of U1 and U2 small nuclear RNAs.

More information about this gene in GENECARDS

Location

This gene is located at the following position in your dna:

Chromosome 1

Position: (HG19) 153700526 - 153747284

SNP	Genotype
rs9427220	TT

View 3 more genes

Tested SNPs

These are the SNPs we have tested for this trait. The variants found in your genome are indicated in the column "Variant Found". The SNPs that has "--" genotype means they were not found in your DNA file. Sometimes the DNA files does not contains all the DNA markers we use for the analysis or the genotype couldn't be read by the laboratory.

SNP	Chromosome	Genotype	Variant allele	Variant allele frequency
rs2494667	1	GA	A	49.30%
rs9427220	1	TT	T	44.50%
rs1598778	2	TT	T	46.70%
rs2915859	5	TT	T	35.40%
rs6958768	7	AC	C	16.70%
rs2897290	8	CT	T	40.70%
rs1406491	8	CC	A	26.10%
rs78916474	13	GG	A	1.70%

DNA Genics always reports genotypes based on the 'positive' strand of the human genome reference sequence (build 37). Other companies may report genotypes using the opposite strand, so the genotypes may not be the same (they have to be reverted).

Disclaimer This report is intended as educational information. It is not intended to provide medical advice or be used solely by the customer in the diagnosis, cure, mitigation, treatment or prevention of disease. If you have any serious medical condition(s), including but not limited to, being over or under weight, or having diabetes or heart disease, you should not make any changes to your diet or exercise without consulting your doctor. Under no circumstances, should you make changes to your medication or other medical care without consulting your physician

References

1. Observational or Genetically Predicted Higher Vegetable Intake and Kidney Function Impairment: An Integrated Population-Scale Cross-Sectional Analysis and Mendelian Randomization Study (05/11/2021)
   Park S, Lee S, Kim Y, Lee Y, Kang MW, Kim K, Kim YC, Han SS, Lee H, Lee JP, Joo KW, Lim CS, Kim YS, Kim DK

   - **Journal**: J Nutr
   - **Sample size and ancestry**: 337138 individuals with european ancestry

   ★★★★ **Very strong scientific evidence**