

# Prevention Guide

For:

Sample ID: H170601126

Sex: M

Race: 0

Age: 64 ani

Test ID: B14.14-NDDN

Lot: AN\_290818-01

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## I. Actions to be performed from nutritional and medical point of view

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### a) Nutritional

Knowing the NUTRIGENETIC PROFILE, you can benefit from the following information for personal nutritional management:

- i. Exact quantity of NUTRIENTS list to cover nutritional needs, based on your genetic variance interpretation
- ii. Opportunity to determine the exact quantity of FOOD and SUPPLEMENTS intake for a week to cover nutritional needs, using **NutriCare.Life** a nutrition assessment digital platform.

### b) Medical

In case of a genetic diagnosis **Positive** for one or more of the mutations mentioned in chapter "Genotypes associated with some medical conditions" from "Your Nutrigenetic Report", it is necessary to ask a specialized physician, to assess:

- i. Biochemical, immunological or imaging specific analysis scheme
- ii. The prevention strategy or mitigation the risk of developing associated manifestations, by personalized medication

## II. NUTRIGENETIC PROFILE and STANDARD nutritional needs

The test was performed using **86 genes** which are relevant to nutritional targets and for assessing the risk of serious diseases of happening, for this analysis were chosen a total of **382 genetic variations detected**.

The Next Generation Sequencing technology was used for your test with the depth of 100x which indicates the highest accuracy.

Based on your genetic profile are identified the custom values (critical nutrient thresholds) that will be required for healthy eating.

In case you have a lifestyle that will not repeatedly allow you to reach these thresholds, you are liable to deficiencies associated with metabolic imbalances.

Were analyzed **36 of nutrients and nutritional variables**:

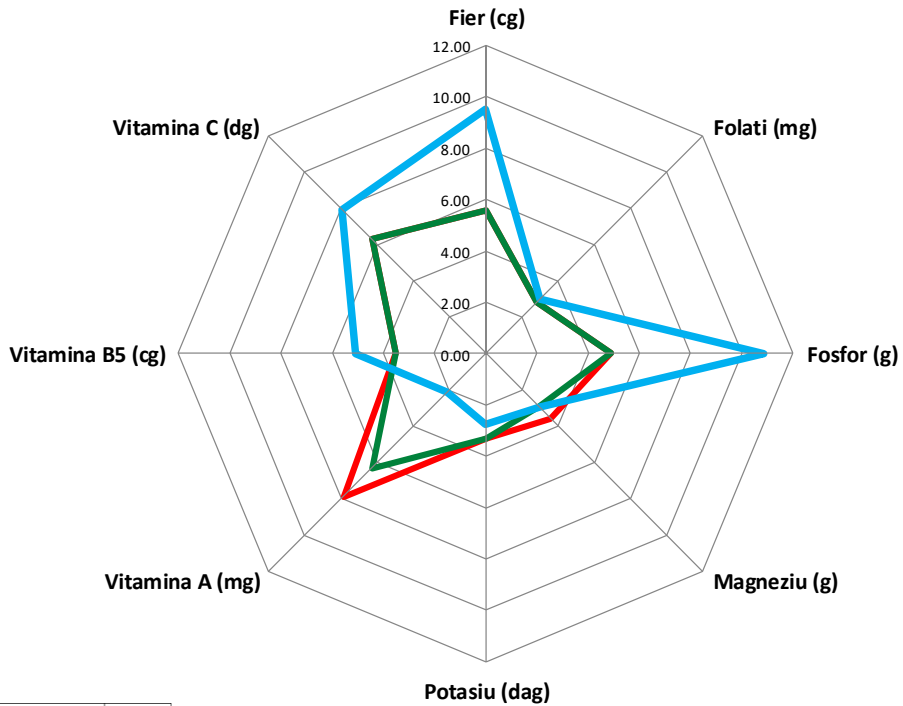
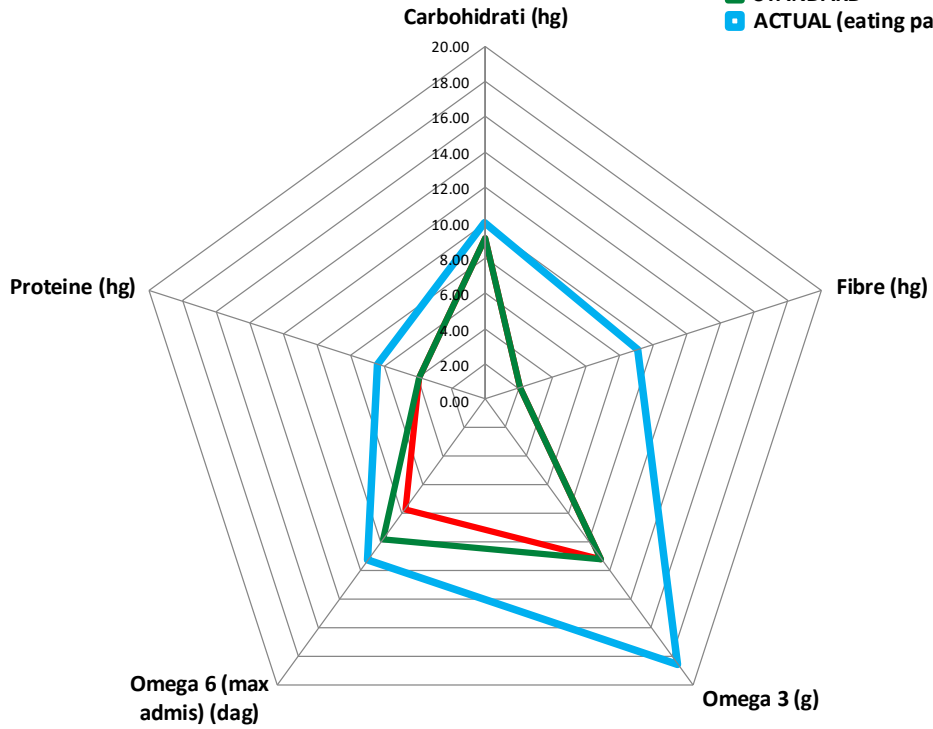
- a) For 26 nutrients you are in **standard values** of nutritional intake,
- b) For **10** nutrients you show differences which **deviates compared to standard values**,

### **ATTENTION!**

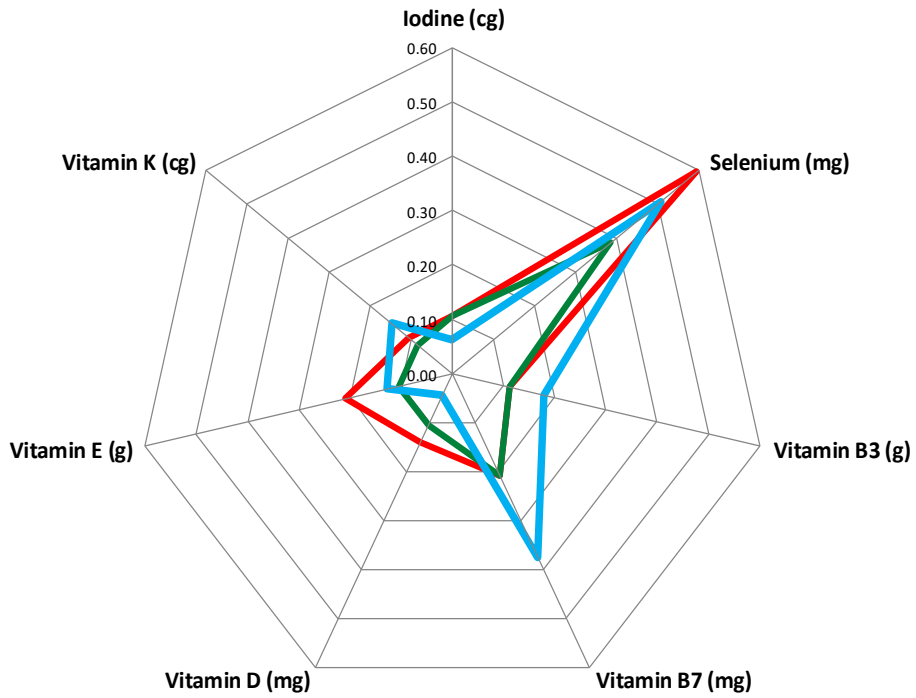
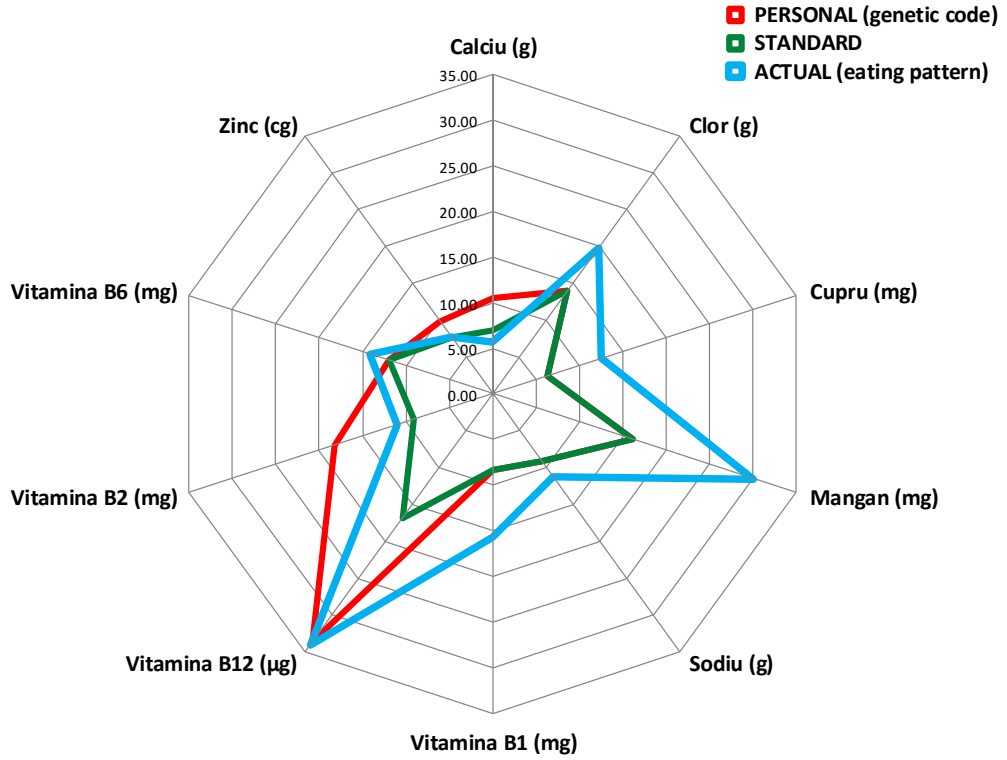
**For all nutrients the recommended quantities are minimal, except for Omega 6 where the quantity is maximum recommended.**

**For ACTUAL data (the blue line on the following charts) you need to use NutriCare.Life, a nutrition assessment digital platform and input the following personal data: actual eating pattern, intolerances, preferences, physical activity, antropometric data for basal metabolism calculation, etc.**

- PERSONAL (genetic code)
- STANDARD
- ACTUAL (eating pattern)



Echivalent	Cantitate	Unitate masura	Simbol
1 gram	0.001	kilograme	kg
	0.01	hectograme	hg
	0.1	decagrame	dag
	10	decigrame	dg
	100	centigrame	cg
	1000	miligrame	mg
	1000000	micrograme	µg



Echivalent	Cantitate	Unitate masura	Simbol
1 gram	0.001	kilogramme	kg
	0.01	hectogramme	hg
	0.1	decagramme	dag
	10	decigramme	dg
	100	centigramme	cg
	1000	miligramme	mg
	1000000	microgramme	µg

### **III. The answer to drug treatments**

There were analyzed **6 Types of treatments** of which:

- a) in case of 3 treatments you do not present metabolic deterioration
- b) in case of 3 treatments specific dosage is recommended:
  - i. Tratamentul cu tiopurine
  - ii. Tratamentul dermatitei atopice - răspunsul la vitamina D
  - iii. Tratamentul cu metotrexat

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### **IV. The risk of some diseases or syndromes diseases causing**

There have been analyzed **15 diseases or syndromes associated with the most frequent genetic mutations** of which:

- a) in 14 of cases will be in the standard values
- b) in 1 cases present deviations from standard values are as follows:
  - i. Volum tiroidian
- c) in 1 Cases present genetic variations associated with a wearer status (generally not accompanied by manifestations, but the carrier may transmit this mutation to his children's genetics).
  - i. Deficienta primara de lactază

### **V. Food intake recomandations that satisfy the personalized nutritional needs**

#### **a) Daily:**

- i. **Water consumption**  
These results recommend the consumption of 3.7 Liters of water/day (Water + food water)
- ii. **Alcohol consumption**  
Limitarea consumului de alcool la maximum 5 g/zi (total alcool 100%).
- iii. **Consumul de cafea**  
Limitarea consumului de cafea la maximum 250 ml/zi (echivalent cafea filtru) sau echivalent cafeină conținută în alte băuturi (tip Cola, băuturi energizante, etc.). Alternativ se poate consuma cafea decafeinată (maximum 1000 mL/zi echivalent cafea filtru). O ceașcă de cafea (tip european) este echivalentă cu 250 ml cafea filtru (sau "1 cup" tip american).

#### **b) Weekly: Food and Supplements intake recommendation, example.**

#### **ATTENTION!**

**Please, use NutriCare.Life nutrition assessment digital platform and input the following personal data: actual eating pattern, intolerances, preferences, physical activity and antropometric data for basal metabolism calculation, etc.**

**Accuracy of supplements recommendation is highly impacted by accuracy of eating pattern data inserted.**

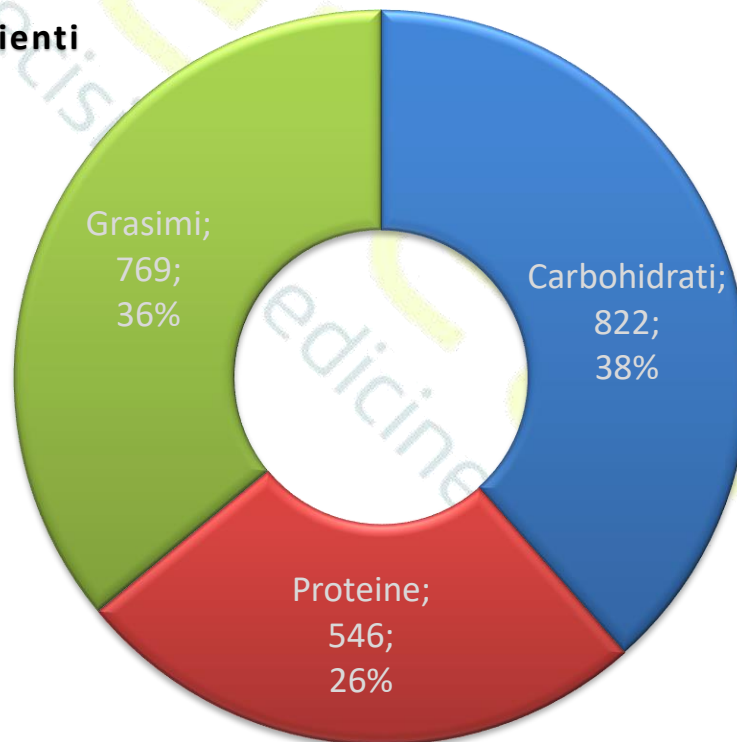
**i. Nutrition Assessment and Supplements list**

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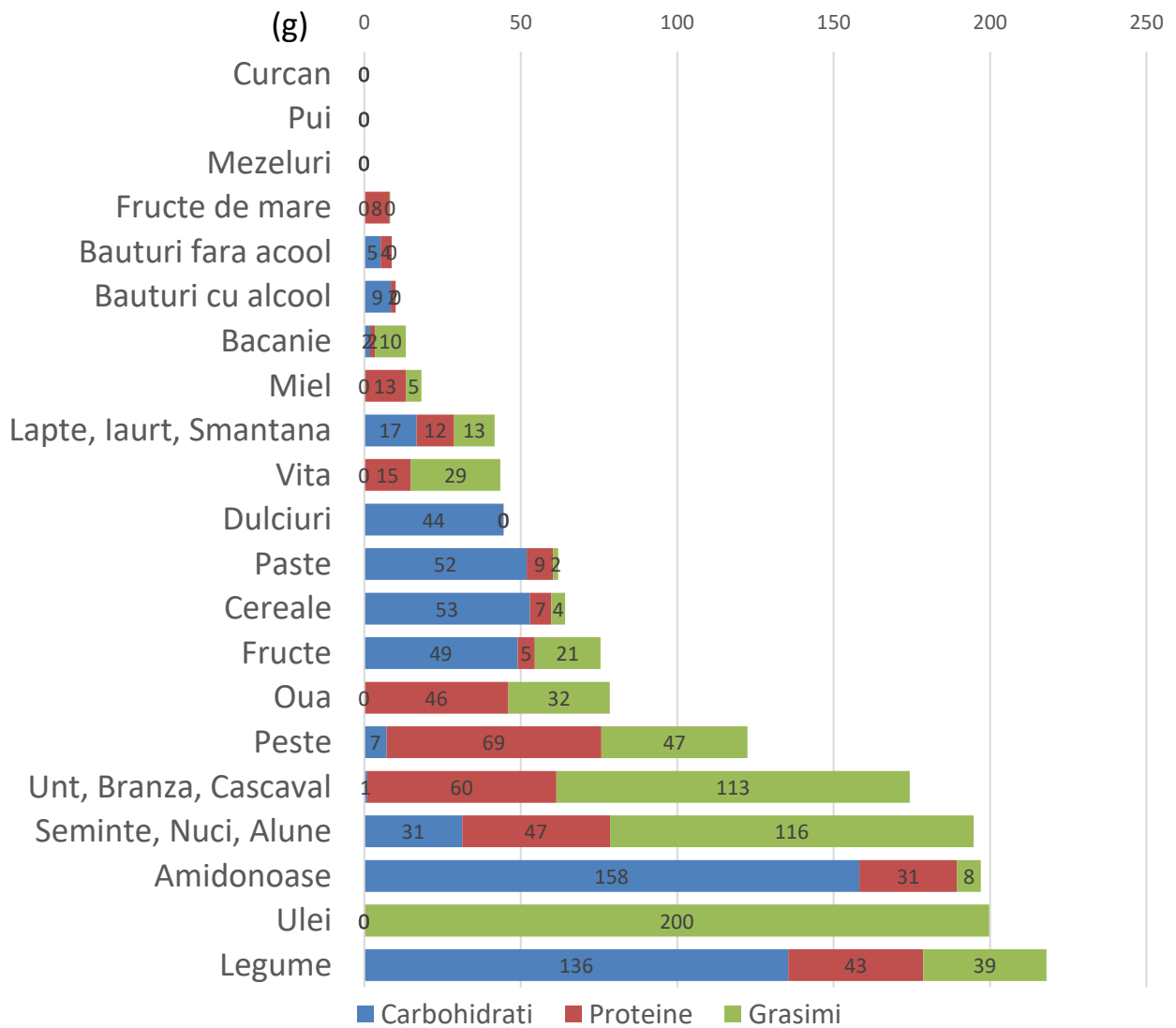
Need to be supplemented / week	Over the maximum admitted / week
Iodine -437 (µg)	Omega 6 (max admis) 36 (g)
Selenium -88 (µg)	
Vitamin D -95 (µg)	
Vitamin E -81 (mg)	
Calcium -4774 (mg)	
Vitamin B2 -7 (mg)	
Zinc -21 (mg)	
Magnesium -593 (mg)	
Potassium -5 (g)	
Vitamin A -5737 (µg)	

**ii. Macronutrients ratio**

**Macronutrienti  
(g)  
%**



iii. Food piramide and macronutrients ratio per category



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iv. Food list

	grams/portion	Qty. (g, ml)
<b>Bread</b>	<b>60</b>	<b>480</b>
Bread brown toasted	30	240
Bread wholemeal toasted	30	240
<b>Butter, Cheese</b>	<b>150</b>	<b>315</b>
Butter unsalted	15	45
Cheese hard	30	60
Cheese Parmesan fresh	30	60
Cheese white	75	150
<b>Cereals</b>	<b>100</b>	<b>100</b>



Breakfast cereal fruit and fibre type fortified	50	50
Muesli Swiss style no added sugar or salt unfortified	50	50
<b>Chicken</b>	<b>150</b>	<b>150</b>
Chicken roasted	150	150
<b>Drinks with alcohol</b>	<b>800</b>	<b>3,250</b>
Lager premium	500	2,500
Wine red	150	450
Wine white	150	300
<b>Drinks without alcohol</b>	<b>100</b>	<b>1,800</b>
Coffee infusion	100	1,800
<b>Eggs</b>	<b>100</b>	<b>300</b>
Eggs chicken whole boiled	50	100
Eggs chicken whole fried	50	200
<b>Fish</b>	<b>350</b>	<b>350</b>
Herring pickled	50	50
Salmon farmed baked	150	150
Salmon smoked	100	100
Taramasalata	50	50
<b>Fruits</b>	<b>420</b>	<b>720</b>
Avocado	100	200
Bananas	200	400
Oranges	120	120
<b>Grocery</b>	<b>40</b>	<b>100</b>
Mustard	10	10
Olives	30	90
<b>Lamb</b>	<b>150</b>	<b>150</b>
Lamb loin chops grilled	150	150
<b>Milk, Yogurt, Cream</b>	<b>380</b>	<b>410</b>
Cream fresh single	30	60
Milk semi-skimmed pasteurised	250	250
Yogurt low fat plain	100	100
<b>Oil</b>	<b>30</b>	<b>210</b>
Oil olive	10	80
Oil rapeseed	10	80
Oil sunflower	10	50
<b>Pasta</b>	<b>350</b>	<b>350</b>
Noodles egg fine boiled	100	100
Noodles rice fine boiled	100	100
Pasta wholewheat spaghetti boiled	150	150
<b>Pork</b>	<b>355</b>	<b>555</b>
Bacon rashers back grilled crispy	30	30
Lard	25	75
Pork loin chops barbecued	150	300
Pork loin joint roasted	150	150
<b>Seeds, Nuts</b>	<b>175</b>	<b>225</b>
Cashew nuts kernel only plain	25	25



Peanuts dry roasted	25	25
Pistachio nuts kernel only roasted and salted	25	25
Pumpkin seeds	25	25
Sunflower seeds	25	50
Sunflower seeds toasted	25	50
Walnuts	25	25
<b>Starch</b>	<b>1,050</b>	<b>1,650</b>
Beans boiled	150	450
Beans green boiled	150	150
Courgette boiled	150	150
Parsnip boiled	50	50
Polenta hydrated	150	150
Potatoes old baked	150	300
Potatoes old boiled	150	300
Sweetcorn baby boiled	100	100
<b>Sweets</b>	<b>15</b>	<b>55</b>
Honey	10	30
Sugar brown	5	25
<b>Vegetables</b>	<b>2,345</b>	<b>3,270</b>
Beetroot boiled	100	100
Cabbage white boiled	200	200
Carrots old boiled	100	400
Cauliflower boiled	200	200
Celery boiled	100	100
Garlic	25	100
Gherkins	100	100
Ginger fresh	50	50
Mushrooms	200	200
Mushrooms fried	200	200
Onions	100	500
Onions boiled	200	200
Pepper capsicum red	200	200
Peppers capsicum chilli	20	20
Radish red	50	50
Salad green	150	300
Spinach baby	100	100
Spinach mature boiled	200	200
Tomatoes	50	50
<b>Grand Total</b>	<b>7,120</b>	<b>14,440</b>