OPTIMAL HEALTH v PRO v COMPARISON

REPORTS	ASSESSMENT	OPTIMAL HEALTH	OPTIMAL HEALTH **PRO**
1.Body measurements	Measurements contributing to health risk.	BMI Waist Hip:Waist	BMI Waist Hip:Waist
2. Habits	Lifestyle choices contributing to health risk.	Alcohol intake Exercise frequency Smoking	Alcohol intake Exercise frequency Smoking
3. Sleep	Genetic variant influencing circadian/sleep-wake patterns alongside symptoms of poor sleep.	CLOCK Sleep questionnaire	CLOCK Sleep questionnaire
4. Stress	Genetic variants making a person more sensitive to biological stress alongside symptoms of stress questionnaire.	CLOCK, COMT, MAO-A Stress questionnaire	CLOCK, COMT, MAO-A Stress questionnaire
5. Burnout	Genetic variants making a person more sensitive to biological stress alongside symptoms of burnout questionnaire.	CLOCK, COMT, MAO-A Burnout questionnaire	CLOCK, COMT, MAO-A Burnout questionnaire
6. Appetite Regulation	Genetic variants contributing to appetite regulation alongside a cravings symptom checker.	CLOCK, FTO, MC4R Cravings questionnaire	CLOCK FTO MC4R Cravings questionnaire
7. Propensity to higher BMI	Algorithm designed to highlight factors from related areas such as appetite regulation and blood sugar control which are associated with higher BMI.	Algorithm	Algorithm
8. Saturated Fat Balance	Genetic variants associated with an impaired saturated fat metabolism and changes in blood triglyceride levels. Also includes a dietary fat questionnaire.	APOA2, APOA5 Fat dietary questionnaire	APOA2, APOA5 Fat dietary questionnaire
9. Cholesterol Insights	Genetic variants contributing to an unbalanced cholesterol lipoprotein profile and associated health issues such as cardiovascular disease. Also includes a dietary fat questionnaire.	APOA5, FABP2, GCKR, PPARG Fat dietary questionnaire	APOA5, FABP2, GCKR, PPARG Fat dietary questionnaire
10. Omega 3/6 Balance	Genetic variants contributing to an omega 6:3 imbalance which is associated with inflammatory response. Also includes an essential fatty acids deficiency checker and an omega 3 and omega 6 dietary intake questionnaire.	FADS1, FADS2 EFA questionnaire Fat dietary questionnaire	FADS1, FADS2 EFA questionnaire Fat dietary questionnaire
11. Blood Sugar Balance	Genetic variants contributing to risk for insulin resistance and type 2 diabetes alongside a carbohydrate (sugar) sensitivity symptom checker for hyperglycaemia and insulin sensitivity.	ADIPOQ, GCKR, PPARG, TCF7L2 Blood sugar questionnaire	ADIPOQ, GCKR, PPARG, TCF7L2 Blood sugar questionnaire
12. Inflammation	Genetic variants making a person more prone to low-grade chronic inflammation alongside an inflammation symptom checker questionniare.	IL6R, MnSOD, TNFa Inflammation questionnaire	IL6R, MnSOD, TNFa Inflammation questionnaire
13. Lactose	Genetic variant determining a person's risk to lactose intolerance (dairy).	MCM6	MCM6
14. Caffeine	Genetic variant determining a person's ability to process caffeine.	CYP1A2	CYP1A2

REPORTS	ASSESSMENT	OPTIMAL HEALTH	OPTIMAL HEALTH PRO
15. Vitamin D	Genetic variants to indicate risk of a vitamin D deficiency which is linked to a number of metabolic conditions and bone health.	VDRfok, VDRtaq	VDRfok, VDRtaq
16. Detoxification	Genetic variants and gene deletions contributing to impaired phase I and phase II detoxification pathways alongside a toxicity and sleep symptom checker questionnaires.	X	CYP1A1, CYP1A2, COMT, GSTM1, GSTT1, NQO1 Toxicity & Sleep questionnaires
17. Oestrogen Imbalance (Females only)	Genetic variants and gene deletions contributing to oestrogen imbalance alongside symptom checker questionnaires.	X	COMT CYP1A1 CYP1B1 GSTM1 GSTT1 Oestrogen & Toxicity Questionnaires
18. Methylation Cycle Balance	Genetic variants contributing to potential methylation cycle imbalance alongside symptom checker questionnaires.	X	MTHFR677 MTHFR1298 MTR MTRR Toxicity & Sleep Questionnaires
19. APoE Genotypes	Report one of the following six combinations or genotypes: E2/E2, E2/E3, E2/E4, E3/E3, E3/4 or E4/E4. APoE4 is associated with risk for cardio vascular disease and late-onset Alzheimer's. *Client has to opt-in to receive the result	X	APoE
20. Risk for Coeliac Disease/Gluten Intolerance	A risk assessment for coeliac disease using genotyping of six highly associated HLA SNPs in a unique algorithm. There is also a symptom checker questionnaire.	X	6 x HLA SNPs - algorithm Gut Health Questionnaire
21. Risk for Hemochromatosis	Normally, humans absorb about 8-10% of the iron in foods that they eat but a person with hemochromatosis (too much iron) can absorb four times more iron than normal.	X	HFE H63D, HFE C282Y
22. Antioxidants	Genetic factors determining a person's predisposition to oxidative stress and antioxidant needs. The score has taken into account some of the defence systems and is by no means a comprehensive analysis.	X	GSTT1, GSTM1, MnSOD, NQ01
23. Cholesterol lowering foods response	Genetic variants including CYP7A1 and lifestyle assessment scores in a unique algorithm to determine response to cholesterol lowering foods.	X	Algorithm + CYP7A1
24. Exercise Profile	Type of exercise recommended using the relevant genetic data.	ACTN3, ACE	ACTN3, ACE
25. Dietary Type	Recommended personalised dietary approach based on the genetic and questionnaire data.	New Algorithm	New Algorithm