G

GENETICS

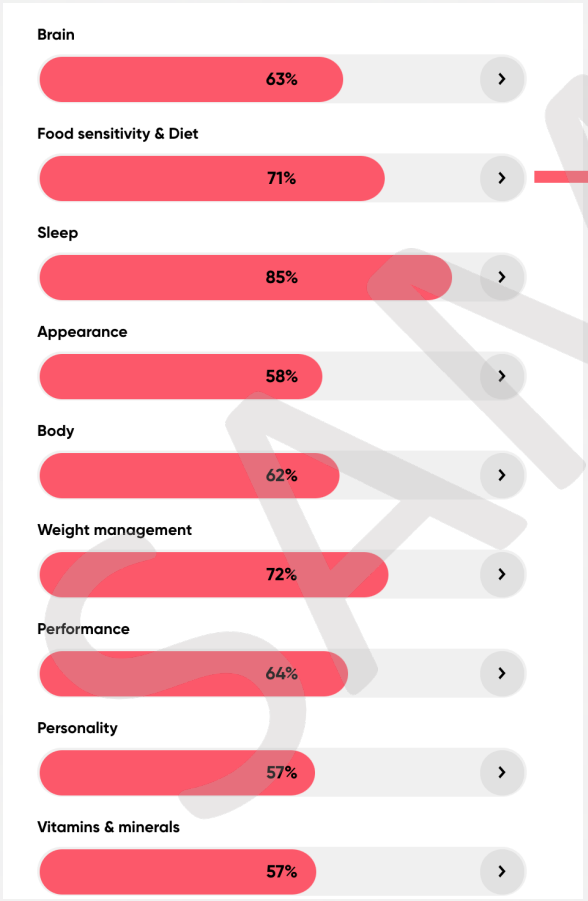
65%

Your genetics score explained

Your genes are responsible for every aspect of your wellbeing. We sub divided your genes into 10 main areas, represented below. Each score will reflect how the contributing genes are affecting these areas. The higher the score the less your genes are potentially impacting you.

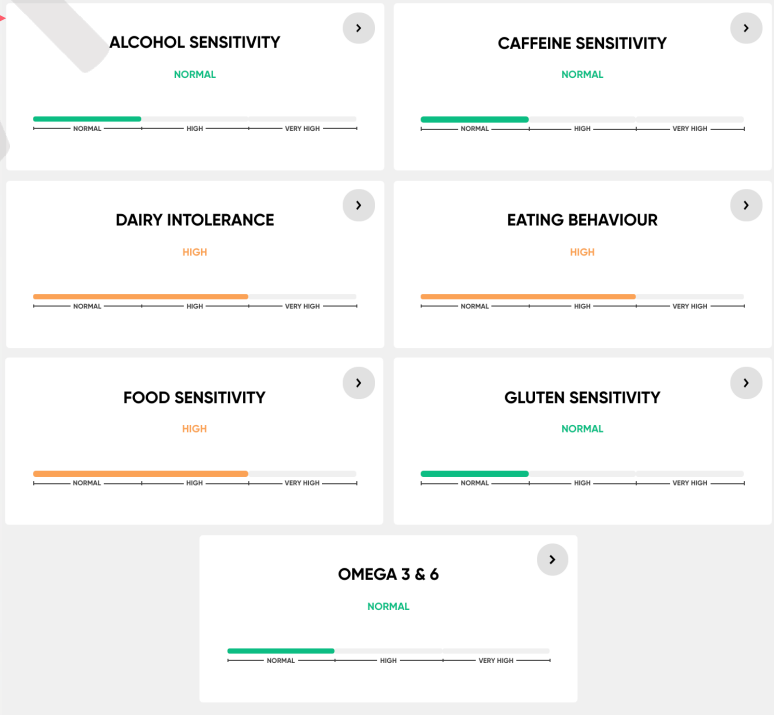
Your score breakdown

You will receive a score breakdown of the following areas that all contribute to your overall Genetics score.



Understanding your score

These results can then be filtered down to see the specific results that are defining your score.



DIABETES (TYPE 2) RISK

HIGH

Type 2 diabetes is a common metabolic condition that causes the level of sugar (glucose) in the blood to become too high because the body does not produce enough insulin to reduce the sugar anymore.

Chronic high glucose levels can increase your risk of getting serious problems with your eyes, heart and nerves. It is a lifestyle condition that, if not managed, can affect your everyday life.

Most commonly this is managed through medication, however, while the body still produces insulin, this can be easily managed and improved by diet changes and exercise.

Your high results means that you are more likely to develop Diabetes Type 2.

Select the related gene groupings below to see which genes are affecting this result.

Related gene groups — HIDE

Insulin sensitivity — HIDE

PPARG	Low
SLC2A2	High
FTO	Low
TCF7L2	Low

Diabetes (Type 2) — SHOW

Glucose level — SHOW

The platform allows you to click through each gene that may be affecting your overall result. As well as links to all the related research to enable you to dive deeper and learn more about your unique genetic profile.

Gene

PPARG

SNP	Type	Risk
1801282	**CC**	**Low**

Peroxisome proliferator-activated receptor gamma (PPARG) is a protein subfamily of nuclear receptors. PPARG regulates adipocyte differentiation and is implicated in diseases including obesity, diabetes and atherosclerosis.

Linked Research

PPARA/ rs1801282 G allele carriers are associated with greater improvements in glucose and insulin metabolism in response to regular endurance training.

View research

Gene

SLC2A2

SNP	Type	Risk
5400	**GG**	**High**

Solute carrier family 2 member 2 (SLC2A2) is an integral glycoprotein responsible for glucose transport and seen as glucose sensor. SLC2A2 is associated with blood sugar related issues and sensitivity to sweet tasting foods.

Linked Research

SLC2A2/ rs5400 G Allele are associated with decreased glucose uptake and impaired insulin secretion which may lead to insulin resistance increasing the risk of T2D. However, high physical activity is shown to be beneficial in reducing that risk.

View research

Possible symptoms

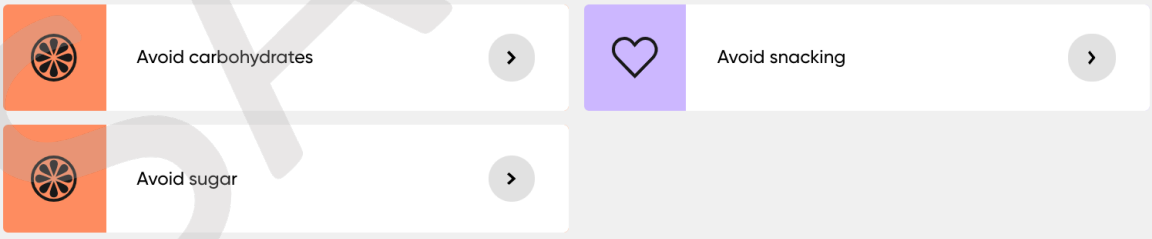
- Frequent infections
- Insulin resistance
- Numbness and tingling in hands and feet
- Weight gain

Recommendations

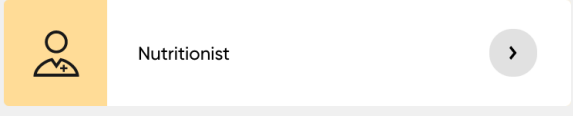
Based on your score you will then be given a list of all your Genes recommendations. These results can also be filtered down to get more details and understand which results are contributing to the advice. Including things to do, things to avoid, things to take and people to see where necessary.

Things to do

Things to avoid



People to see



Nutrition

Watch your glycaemic load

Your results indicate that you may be mildly sensitive to the type and amount of sugar in the diet, with regards to susceptibility to obesity and diabetes. Overall sugar consumption should be reduced. Switching to eating mainly low GI carbohydrates that slowly trickle glucose into your blood stream has many benefits.

Eating foods with a low glycemic index translates to eating a diet which reduces large fluctuations in your blood sugar, thus limiting the release of insulin, a key peptide hormone secreted by the pancreas.

Eating foods with a lower glycemic index may confer health advantages. One of the main benefits of eating foods with a lower glycemic index is that it may help you to cut cravings and urges by limiting spikes in your blood sugar which the trigger release of insulin, ultimately leading to fat storage and weight gain.

The glycemic load (GL) of food is a number that estimates how much the food will raise a person's blood glucose level after eating it.

The glycemic load accounts for how much carbohydrate is in the food and how much each gram of carbohydrate in the food raises blood glucose levels.

Examples

Proteins

- Grass-fed Meat (Beef, Pork)

Dairy

- Reduced fat milk

Carbohydrates

- Wholegrains (Brown rice/bread/pasta)

....and many more!

NOTE: For each recommendation we will provide you with a list of food items. These are split up into the main categories of: Proteins, Carbohydrates, Legumes, Dairy, Fruit, Vegetables, Nuts/Seeds, Oils, Herbs/Spices as well as an Others category for any of those added extras we haven't categorised!

Why should you do this?

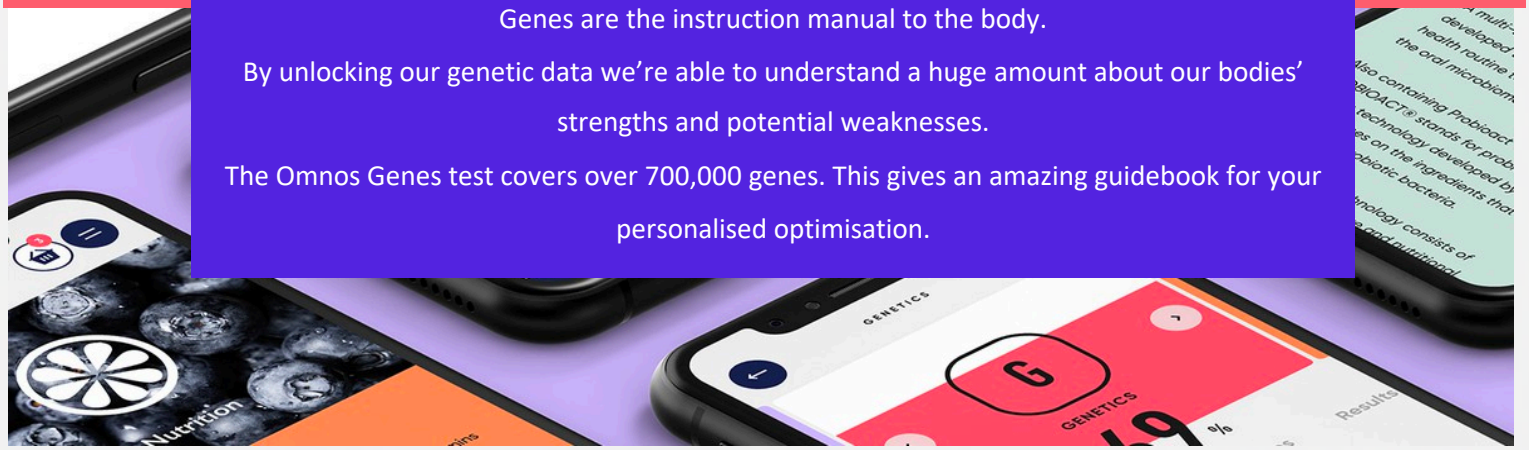
This recommendation relates to the following results:

- Diabetes (Type 2) risk - High
- Eating behaviour - High

Genes are the instruction manual to the body.

By unlocking our genetic data we're able to understand a huge amount about our bodies' strengths and potential weaknesses.

The Omnos Genes test covers over 700,000 genes. This gives an amazing guidebook for your personalised optimisation.



Overview

Your personal genome carries more than 20,000 genes that code for something, influencing everything from your eye colour to your metabolism.

Your DNA can give valuable insights into your exercise responsiveness, dietary needs and much more. By understanding your genes you can make lifestyle choices that complement your unique genetic profile.

Unlock the hidden secret of your genes

Uncover great insight about your health priorities, your nutritional needs, or most efficient weight loss plan. Forget about conflicting health advice, this test will clear the path towards your health goals

What you will get

- We test for over 700,000 genes
- Get insights from over 350 genes
- Unlock over 500 gene reports contained in over 70 categories of your health and wellness
- Get get a detailed breakdown of your genetic health and personalised advice.
- Never test again and get ongoing updates about new gene reports
- You own your data, can access the raw results and request all of your data at any time