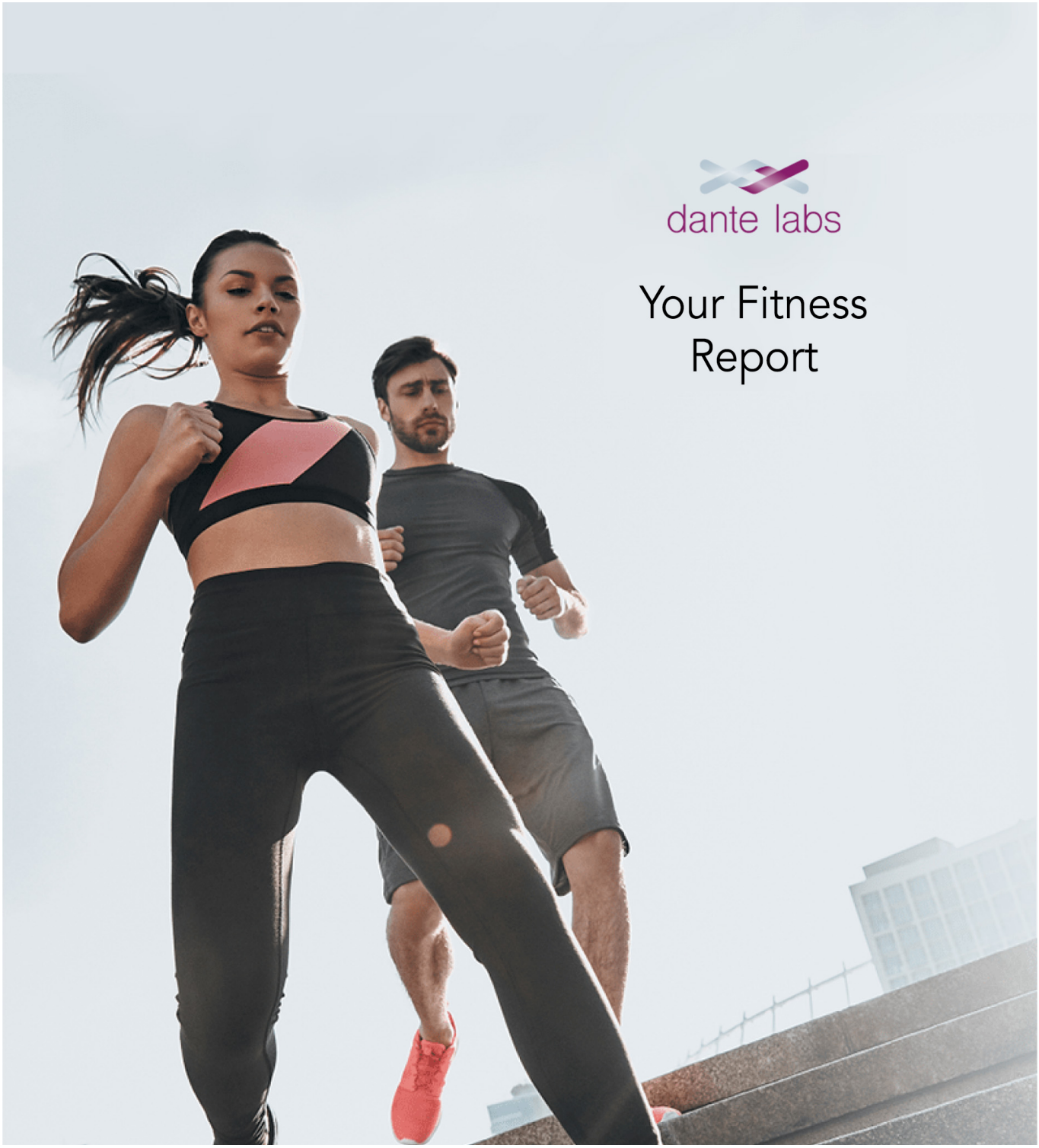
dante labs
Your Fitness Report

INTRODUCTION

This document is your personalized fitness report, a clear and intuitive representation of the results you have obtained from sequencing your DNA at Dante Labs. This report will give you a detailed overview of your genetic predisposition towards certain types of fitness and training, how your body reacts to them and the probability to suffer from specific types of sports-related injuries. Thanks to the information obtained from the report, you can plan, together with a personal trainer, the training program that best suits your needs and matches your genetic characteristics. DNA contributes significantly to personal predispositions in sports and its many variations can also affect the body's metabolism and response to a weight loss program. Knowing your variations will provide you with a powerful tool that can help you optimize the path forward to reach your physical fitness goals. We encourage you to discuss your results with a personal trainer to set up an effective and healthy training regimen.

For more information, please visit our website at https://www.dantelabs.com/ and https://dantelabs.com/pages/faq

QUICK SUMMARY

TRAINING	
CONDITION NAME	**MAIN MESSAGE**
Endurance Workout	People with your genetic profile are more likely to gain normal health benefits from an endurance workout
Strength Workout	People with your genetic profile are likely to receive more benefits from a strength workout.
Muscle Strength	People with your genetic profile are predisposed to have normal muscle strength.
Physical Activity in Weight Loss	People with your genetic profile are predisposed to being overweight.
Blood Pressure Response to Physical Activity	People with your genetic profile are likely to have normal blood pressure levels, even with low exercise habits.
HDL (good) Cholesterol Response to Physical Activity	People with your genetic profile are predisposed to benefit from increased HDL levels through exercise.
Loss of Body Fat Response to Physical Activity	People with your genetic profile are likely to not have any enhanced benefits from exercise to lose body fat.
Insulin Sensitivity Response to Physical Activity	People with your genetic profile are likely to have an enhanced insulin sensitivity in response to exercise.
Post Exercise Recovery	People with your genetic profile are likely to need longer recovery times post exercise.
Increase of glucose uptake in response to exercise	People with your genetic profile are likely to have an increased glucose uptake in muscle fiber in response to exercise.
Sprint	People with your genetic profile are likely to have an increased ability to sprint.
Interaction between LDL cholesterol levels and physical activity	People with your genetic profile are likely to have a stronger reduction of LDL levels in response to physical activity.
Hand Grip Strength	People with your genetic profile tend to have a reduced grip ability following physical activity.
Pulse at rest	People with your genetic profile are likely to have an increased diastolic blood pressure at rest.
Increased heart rate in response to exercise	People with your genetic profile are susceptible to an excessive increase in heart rate following physical activity.
Heart rate response to post-recovery exercise	People with your genetic profile are likely to have a slower decrease in heart rate during recovery.
Predisposition to moderate to vigorous physical activity levels	People with your genetic profile are likely to have a predisposition to benefit from vigorous physical activity levels.
Predisposition to intense sports	People with your genetic profile are likely to have a normal predisposition to benefit from intensive sports.
Prepared for speed sports	People with your genetic profile are likely to have high propensity to benefit from speed sports.

TRAINING	
CONDITION NAME	**MAIN MESSAGE**
Cognitive Benefits (high motor coordination)	People with your genetic profile are likely to have a lower tendency to receive cognitive benefits for motor coordination from physical activity.
Reaction time (reflexes)	People with your genetic profile are likely to have a regular reflex response.
Pace and variability of gait	People with your genetic profile are likely to walk at a higher pace.
World-class athletic resistance	People with your genetic profile are likely to have high physical resistance.
Equilibrium	People with your genetic profile are likely to have altered equilibrium.
Agility	People with your genetic profile are likely to have good agility.
Precision	People with your genetic profile are likely to have good eyesight precision.
Motivation to exercise	People with your genetic profile are likely to have an increased motivation to exercise.
Athletic difficulties due to reduced heart rate	People with your genetic profile are likely to have a lower heart rate.
Muscle response to resistance training	People with your genetic profile are likely to have low muscle response to resistance training.
Skeletal musculature performance	People with your genetic profile are likely to have an enhanced muscular performance.
Percentage of fibers that make up the muscle: white fibers	People with your genetic profile are likely to have a regular white muscle fiber percentage.
Percentage of fibers that make up the muscle: red fibers	People with your genetic profile are likely to have an average red muscle fiber percentage.
Bone mineral density	People with your genetic profile are likely to have decreased bone mineral density.
Respiratory capacity	People with your genetic profile are likely to have a regular respiratory capacity.
Strenuous sports	People with your genetic profile are likely to have a predisposition for strenuous sports

METABOLISM	
CONDITION NAME	**MAIN MESSAGE**
Aerobic metabolism	People with your genetic profile are likely to have a reduced oxygen consumption capacity.
Sodium Levels	People with your genetic profile are likely to have an increase of blood pressure in response to sodium uptake.
Calcium Levels	People with your genetic profile are likely to have calcium blood levels in the indicated standard range.
Body mass index	People with your genetic profile are predisposed to have a tendency to gain weight easily.
Osmotic stress	People with your genetic profile are likely to have lower osmotic stress.
Body energy expenditure (24 hours)	People with your genetic profile are likely to have a regular metabolic rate.
Metabolism at rest	People with your genetic profile are likely to have regular catalytic rate at rest.
Lean mass	People with your genetic profile are likely to have a regular lean mass.
Energy expenditure	People with your genetic profile are likely to have a normal consumption of energy.
Energy supply	People with your genetic profile are likely to have greater energy intake.
Metabolism of essential amino acids	People with your genetic profile are likely to have a high metabolism of essential amino acids.
Metabolism of branched amino acids	People with your genetic profile are likely to have high metabolism of branched amino acids.
Arginine metabolism	People with your genetic profile are likely to have a normal metabolism of Arginine.
Ornithine metabolism	People with your genetic profile are likely to have a normal metabolism of Ornithine.
Hydroxy methyl butyrate (HMB) metabolism	People with your genetic profile are likely to have a regular metabolism of Hydroxy methyl butyrate (HMB).
Phosphatidylserine metabolism	People with your genetic profile are likely to have a regular metabolism of Phosphatidylserine.
Creatinine metabolism	People with your genetic profile are likely to have an altered Creatinine metabolism.

METABOLISM	
CONDITION NAME	**MAIN MESSAGE**
L-glutamine metabolism	People with your genetic profile are likely to have a normal metabolism of L-glutamine.
Spirulina metabolism	People with your genetic profile are likely to have altered Spirulina metabolism.
Anaerobic metabolism	People with your genetic profile are likely to have an increased anaerobic metabolism.
Lactacyd metabolism	People with your genetic profile are likely to have a regular metabolism of Lactacyd.
Metabolism of unbranched Carbohydrates	People with your genetic profile are likely to have a normal metabolism of unbranched Carbohydrates.
Folate Metabolism	People with your genetic profile are likely to have a lower metabolism of folate.
Glutathione metabolism	People with your genetic profile are likely to have a normal metabolism of glutathione.
Deficiency Of Colina	People with your genetic profile tend to have a choline deficiency.
Coenzyme Q10 deficiency	People with your genetic profile tend to have a Coenzyme Q10 deficiency.
Histamine intolerance	People with your genetic profile are likely to not have histamine intolerance.
Growth potential of lean mass	People with your genetic profile are likely to have a lower growth potential of lean mass.

DIET	
CONDITION NAME	**MAIN MESSAGE**
Potassium balance (K)	People with your genetic profile are likely to have a decreased intracellular concentration of potassium.
Creatine kinase	People with your genetic profile are likely to have a costant creatine kinase level after racing.
Waist-hip ratio adjusted for body mass index	People with your genetic profile are likely to have a regular distribution of body fat.
Body mass index (non-smoking vs. smokers interaction)	People with your genetic profile are likely to have an increase in body mass index in response to cigarette smoking.
Subcutaneous adipose tissue	People with your genetic profile are likely to have a reduced accumulation of subcutaneous adipose tissue.
Waist circumference adjusted for body mass index	People with your genetic profile tend to have ~2 cm increased waist circumference than average
Difficulty in losing weight	People with your genetic profile are likely to have an increased difficulty in losing weight.
Adiponectin levels	People with your genetic profile are likely to have regular adiponection levels.
Weight loss-regain	People with your genetic profile are likely to show weight loss maintenance.
Obesity in the absence of metabolic diseases	People with your genetic profile have a greater tendency to become obese.
Taking dietary macronutrients	People with your genetic profile tend to lose more weight by taking personalised dietary macronutrients.
Postprandial response of triglycerides to high-fat diet meals	People with your genetic profile tend to have a higher plasma fat concentration.
Magnesium balance (Mg)	People with your genetic profile are likely to have a normal Magnesium level.
Balance of sodium / potassium ratio (Na/K)	People with your genetic profile are likely to have a high sodium/potassium ratio.
Phosphorus balance (Ph)	People with your genetic profile are likely to have a regular Phosphorus balance.
Iron balance (Fe)	People with your genetic profile are likely to have altered iron levels.
Zinc balance (Zn)	People with your genetic profile are likely to have a low zinc level.
Vitamin A metabolism	People with your genetic profile are likely to have a regular Vitamin A metabolism.
Vitamin B2 metabolism	People with your genetic profile are likely to have a normal Vitamin B2 metabolism.
Vitamin C metabolism	People with your genetic profile are likely to have a higher Vitamin C metabolism.
Vitamin D metabolism	People with your genetic profile are likely to have a lower vitamin D metabolism.
Vitamin E metabolism	People with your genetic profile have a tendency to have a higher Vitamin E metabolism.

DIET	
CONDITION NAME	**MAIN MESSAGE**
Vitamin B12 metabolism	People with your genetic profile are likely to have a lower Vitamin B12 metabolism.
Metabolism of Omega 3	People with your genetic profile are likely to have a regular Omega-3 metabolism.

INJURIES	
CONDITION NAME	**MAIN MESSAGE**
Tendinopathy	People with your genetic profile have an increased likelihood of getting tendonitis.
Sport Injury Risk	People with your genetic profile are likely to have a regular tendency to incur in sport injuries.
Cruciate ligament/anterior Cruciate ligament injuries	People with your genetic profile likely have a high risk factor for anterior cruciate ligament injuries.
Carpal tunnel syndrome	People with your genetic profile are likely to have a lower tendency to develop Carpal tunnel syndrome.
Shoulder dislocation	People with your genetic profile likely have a regular tendency to dislocate their shoulder easily.
Rotator cuff disease	People with your genetic profile are likely to have a higher susceptibility to rotator cuff disease.
Muscle Cramps	People with your genetic profile are likely to have an increased risk of incurring muscle cramps following intensive exercise.
Exercise-induced myopathy	People with your genetic profile are likely to have a higher tendency to experience myopathy.
Quadriceps strength	People with your genetic profile are likely to increase quadriceps strength easier during workouts.
Joint mobility	People with your genetic profile have a lower range of joint motion and less joint laxity and flexibility.
Predisposition to tendinopathies	People with your genetic profile are likely to have a high predisposition to tendonitis and other tendinopathies.
Predisposition to the development of inguinal stress hernias	People with your genetic profile are likely to have a low predisposition for inguinal stress hernias.
Risk of suffering muscle damage	People with your genetic profile are likely to have a regular risk of suffering muscle damage.
Propensity to the development of muscle pain	People with your genetic profile are likely to have a normal propensity to feel muscle pain.
Slow muscle repair	People with your genetic profile are likely to have slower muscle repair abilities.
Stress fracture	People with your genetic profile are likely to have a low tendency to get stress fractures.
Joint fragility	People with your genetic profile are likely to have an increased chance of joint fragility.
Propensity to the development of arthritic problems	People with your genetic profile are likely to have an enhanced propensity to develop arthritic problems.
Wear of the hip cartilage	People with your genetic profile are likely to have a predisposition to develop wear and tear on the hip cartilage.
Knee osteoarthritis	People with your genetic profile are likely to not have an increased risk to develop Knee osteoarthritis
Ankle injury	People with your genetic profile are likely to not have an increased risk to develop Ankle injury
Predisposition to epicondylitis (Tennis Elbow)	People with your genetic profile are likely to have an increased predisposition to epicondylitis.
Flexion contracture	People with your genetic profile are likely to not have an increased risk to develop Flexion contracture
Lumbar Disc Disease Susceptibility	People with your genetic profile are likely to have an increased risk to Lumbar Disc Disease
De Quervain's Tenosynovitis	People with your genetic profile are likely to not have a predisposition for De Quervain's tenosynovitis .

Scientific Fitness Report

Patient: PATIENT 1

Kit ID: SAMPLE

SCIENTIFIC DETAILS			
SCN5A	rs1417036453	GG	✓
SCN5A	rs72549410	CC	✓
SCN5A	rs28937318	CC	✓
SCN5A	rs1060501136	CC	✓
SCN5A	rs45546039	CC	✓
SCN5A	rs794728849	GG	✓
SCN5A	rs199473554	CC	✓
SCN5A	rs1553607561	AA	✓
SCN1B	rs16969925	GG	✓