

ÜFORIATM Science

BEING Ü NEVER FELT BETTER!



WELLNESS DNA REPORT
prepared for 



Congratulations on giving your DNA a voice. Attached are details about your DNA and health that apply only to you. Your customized DNA Wellness Report contains specific indicators that will give you many of the details you need to empower you to act affirmatively to positively affect your health and to fight aging.

At ÜFORIA™, we offer a number of ways to support your fight against aging from the inside and out. If you haven't had us prepare you a personalized DNA supplementation program, please check into it today. We call it ÜTRITION™ and it's a one of a kind nutrition program based upon your personal DNA. We also have best in class informational programs available to support personalized decisions on eating, exercise and skincare.

As the World Health Organization said in their 1948 constitution, "Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity." What they were describing is how healthy life choices can lead to improved wellness for so many of us. It's in that spirit that I want to challenge you to make one or two choices today to help make your wellness a habit.

To get started, pick two of the items below where you want to improve your health and begin to make them a habit for life today. It all begins today!

So, are you getting enough...?

- Fresh air
- Water
- Exercise
- Sunshine
- Time with Friends and Family
- Fun Pursuing Hobbies and Passions
- Rest

Today, more than ever, there is a need to rethink health, aging and nutrition.

The DNA report based upon your unique body makeup in your hand right now is a great first step towards a healthier you. Your report cuts through the noise of 'blind' nutrition and skin treatments offering a one-size fits all view of your body. Enjoy learning what your report has to offer and remember the ÜFORIA™ Science team is here to help every step of the way.

**WELCOME TO ÜFORIA SCIENCE™.
BEING Ü NEVER FELT BETTER!**

KEVIN RAULSTON, CEO

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FAQs and Background Information



IS MY GENETIC INFORMATION CONFIDENTIAL?

ÜFORIA Science™ is HIPAA-compliant. This law requires your personal permission for your test results to be released to any other person or entity. Your results are not shared by the Lab with ÜFORIA Science™ manufacturing team.

HOW LONG HAS THIS SCIENCE BEEN AROUND?

The science used in the ÜFORIA Science™ genetic assessment, and its resulting products is based on scientific research that began in 1994.

WHAT IS A SNP?

“SNP” (*pronounced “snip”*) stands for Single Nucleotide Polymorphism. These are variants that naturally occur in genes, causing changes in their functions. Some SNPs determine characteristics such as hair and eye and skin color. Other SNPs, the ones ÜFORIA Science™ tests for, have functionally significant effects on the gene product, and therefore can tell you how well your body performs key functions that can affect your health and wellness long term. (*See individual genes*).

HOW ARE GENES TESTED?

The customer provides a “sample” by simply swabbing the inside of his or her cheeks. Our specialized laboratory separates out the DNA from skin cells taken from the swab stick, and conducts sophisticated tests to determine if certain genes have SNPs. Swabbing is simple, easy, and totally painless.

WHAT IS “OXIDATION”?

Oxidation in our bodies is not all that different from oxidation we see every day, such as the rusting of iron. The iron is attacked by water and oxygen. The “rusting” is the damage of the metal by conversion of iron into iron oxides, which do not have the same

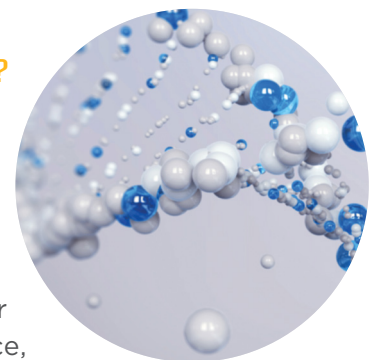
strength as iron and eventually the entire iron mass will disintegrate. Oxidation in our bodies is a similar process. Oxidation is an ordinary part of our lives. Our very consumption and digestion of foods creates damaging reactive oxygen species (*another term is “free radicals”*) which attack and damage molecules in our DNA, proteins, lipid membranes and more. Exercise also produces an increase of free radicals, and so does exposure to sunlight. In essence, our bodies are under constant attack, “rusting” away, if you will. It is believed that aging is a result of cumulative damage caused by oxidation. This theory is called the “Free Radical Theory of Aging.”

WHAT ARE ANTIOXIDANTS?

Antioxidants are molecules that tend to scavenge free radicals and therefore help counteract oxidation. Many plants naturally contain antioxidants, which is one of the reasons fruit and vegetable consumption is so important. Living life to the fullest creates oxidation. Therefore, in the pursuit of health, wellness and longevity, we must offset the negative effects of that oxidation as much as possible.

WHAT ARE “ACTIONABLE” GENES?

These are genes where there is some “action” you can take if you find one or more SNPs that have potential impact on those genes that affects your optimal health. For instance, if a gene SNP indicates you don’t use a particular nutritional ingredient efficiently, you could increase your intake of that ingredient, take another form of that ingredient, or if that were not practical or effective for any reason, substitute some other ingredient. In the case of all of the genes assessed by ÜFORIA Science™, there is some “action” you can take to compensate for the changes in the biochemical pathway effected by the SNP.



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A SINGLE NUCLEOTIDE CAN CHANGE THE FUNCTION OF A GENE.

Our DNA is the “instruction manual” that governs the function of our bodies. This “instruction manual” consists of long strands, containing many individual units called “genes,” which in turn are composed of multiple pairs of molecules called “nucleotides.”

Nucleotides are approximately one-millionth of an inch long. There are about 3 billion pairs of nucleotides on a single strand of DNA, and these pairs of nucleotides are distributed among approximately 25,000 genes.

Think of the nucleotides as the “spelling” that determine the function of each gene. When a single one of the nucleotides in a gene is other than the normal “letter”, it’s a variant from the norm called a “Single Nucleotide Polymorphism” or “SNP” (*pronounced “snip”*) for short. The single nucleotide that is different from what is considered an optimal nucleotide, effects the meaning or function of that gene.

Some SNP variants create individual differences like eye color or hair color or skin color. Rather than just influencing our appearance, others create functional differences, such as blood type. Still others influence actual biochemical reactions in our bodies that are important to our long-term health and wellness. Genes influence functions such as how well our bodies maintain healthy blood pressure or cholesterol levels already in the normal range, how well our collagen cycle functions, even how well our bodies utilize key nutrients such as CoQ10, folate, and Vitamin D.

The ÜFORIA Science™ Healthy-Aging Assessment only looks at “actionable” genes, the genes where there is an “action” you can take if you have SNPs on those genes. This report identifies the SNPs you have on these key actionable genes. The rest of this “Wellness Action Plan” identifies actions you can take in response to your SNPs.

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Your Personal Genetic Assessment Results

Analysis of Your 18 Key Actionable SNPs

Prepared Especially For: XXXXXXXXXX



Scientific Gene / SNP Name	Common Functionality	Number of SNPs
ApoB_rs693* <i>(Apolipoprotein B)</i>	Healthy Lipid Support	
ATP5C1_rs1244414* <i>Mitochondrial ATP Synthase</i>	Mitochondrial Function	
CRP_rs1205* <i>(C-reactive Protein)</i>	Healthy Inflammatory Response	
CYP11B2_rs1799998* <i>(Aldosterone Synthase)</i>	Healthy Blood Pressure	
EPHX1_rs1051740* <i>(Microsomal Epoxide Hydrolase)</i>	Detoxification	
FTO_rs9939609* <i>(Alpha-ketoglutarate-dependent dioxygenase FTO)</i>	Healthy Weight Management	
FTO_rs1121980* <i>(Alpha-ketoglutarate-dependent dioxygenase FTO)</i>	Healthy Weight Management	
FUT2_rs602662* <i>(Galactoside 2-alpha-L-fucosyltransferase 2)</i>	Vitamin B12	
GSTP1_rs1695* <i>(Glutathione S-transferase P1)</i>	Oxidative Stress Support	
IL6_rs1800795* <i>(Interleukin 6)</i>	Healthy Immune System	
MTHFR_rs1801133* <i>(Methylene Tetrahydrofolate Reductase)</i>	Homocysteine Folate	
MTHFR_rs1801131* <i>(Methylene Tetrahydrofolate Reductase)</i>	Homocysteine Folate	
MTRR_rs1801394* <i>(Methionine Synthase Reductase)</i>	Homocysteine Healthy Heart	
NQO1_rs1800566* <i>(Coenzyme Q10 Reductase)</i>	CoQ10 Energy	
PON1_rs662* <i>(Paraoxonase-1)</i>	Lipid Oxidation Support	
SOD2_rs4880* <i>(Manganese Superoxide Dismutase)</i>	Free Radical Defense	
TNF-α_rs1800629* <i>(Tumor Necrosis Factor-alpha)</i>	Healthy Inflammatory Response	
VDR_rs2228570* <i>(Vitamin D Receptor)</i>	Vitamin D Receptor	

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How To Read Your Genetic Assessment:

Each gene in your “panel” is identified with a color code described below. Because you have two parents, you have two of each gene. Therefore, there are three possible results:

0 = 

A Green result means that neither parent gave you the variant.

1 = 

A Yellow result means that one parent gave you the variant and one gave you a gene with no variant.

2 = 

A Red result means that both parents gave you the variant.

INTERPRETING YOUR RESULTS:

Look at your gene panel in the results above, and turn to the next section to learn the significance or impact of these genes and the variants. We focus on the impact of these variants on nutrition and its impact on your long term health and wellness, and we describe the nutritional “actions” you can take in response to each variant found in your genes.

WILL MY GENES EVER CHANGE?

No, your genes — including the variants found and reported on above — will never change. These are variants you inherited from your parents. They are found in virtually every strand of DNA in your body. You also have the potential to pass each gene along to your offspring, including any variants you have. For example, if you have a “green” result for a gene, both of the genes you inherited — one from each parent — do not contain the variant and therefore you cannot pass on the variant. Likewise, if you are “red”, you can only pass along a gene with the variant. And finally, if your result is “yellow”, you could pass on either the variant or nonvariant gene when you conceive a child. Our nutritional recommendations support your health and wellbeing in those areas where you have variants.

**The rs number is an accession number used by researchers and databases to refer to specific SNPs. It stands for Reference SNP cluster ID. When researchers identify a SNP, they send the report, which includes the sequence immediately surrounding the SNP, to the dbSNP database.*

HOW ACCURATE ARE THE ÜFORIA SCIENCE™ GENETIC TESTS AND WILL I EVER NEED TO BE RETESTED?

All of our genetic tests are performed in laboratories that are CAP (*College of American Pathologists*) accredited and CLIA (*Clinical Laboratory Improvement Act*) certified. This means that all of the genetic tests are performed using the highest possible laboratory standards. The lab runs the ÜFORIA Science™ test using cutting-edge DNA microarray technology and utilizes robotic extraction and processing. We believe the Uforia Science test to be one of the most accurate tests conducted in the world of genetics, in terms of accuracy and repeatability.



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GENES AND NUTRITION

This section explains the known function(s) and importance of each gene in the ÜFORIA Science™ Healthy-Aging Panel and describes the dietary recommendations.



Key Genes: ApoB BEING Ü NEVER FELT BETTER!

Healthy LDL Cholesterol Gene or ApoB rs693

WHAT IS THE PURPOSE OF THE ApoB GENE?

The ApoB gene helps support a healthy heart by maintaining healthy cholesterol levels already in the normal range.

WHY IS THIS GENE IMPORTANT?

Cholesterol is carried through the bloodstream on various lipoproteins: low-density lipoprotein (LDL) and high-density lipoprotein (HDL).

Apolipoprotein B (ApoB) which is regulated by the ApoB gene, is the main protein component of LDL. In fact, without ApoB, LDL cannot form. LDL levels maintained in the healthy range are typically associated with good cardiovascular health. Research has shown that there is an inverse association between ApoB levels and cardiovascular health.

DIETARY RECOMMENDATIONS FOR APOB GENE:

The ApoB SNP is supported by ingredients that help manage ApoB production, help retain healthy cholesterol levels already in the normal range and support a healthy vascular system.

Green Tea Extract (*Polyphenols, Catechins*)

- A clinical trial reported that supplementation with 500mg/day tea catechins supported healthy LDL levels in adults.⁹¹
- Green tea catechins have been shown to support a reduction of ApoB activity.^{92,93}
- A study of healthy Japanese workers reported that consumption of one cup of green tea per day supported healthy cholesterol levels already in the normal range.⁹⁴

Grape Skin Extract (*Polyphenols, Resveratrol*)

- Red wine polyphenols have been shown in vitro to help reduce ApoB levels.⁹⁵

Pomegranate Extract (*Ellagic acid*)

- Research has shown pomegranate juice consumption promotes cardiovascular health in healthy humans and also increased activity of serum paraoxonase (*an HDL-associated esterase that can protect against lipid peroxidation*).⁹⁶
- Animal models have also shown that ellagic acid, a major phytochemical found in pomegranate, suppresses oxidation.^{97,98}

Artichoke Extract (*Chlorogenic acid, Caffeoylquinic acids*)

- Artichoke extract is well-documented to support cholesterol levels in the normal range.⁹⁹
- Artichoke extract also has been shown to positively modulate endothelial function.¹⁰⁰ Positive endothelial function is associated with a healthy heart and vascular system.¹⁰¹

Individuals with a SNP in this gene can benefit from supplementation with ingredients that:

- Help maintain ApoB production
- Help retain healthy cholesterol levels already in the normal range
- Support overall cardiovascular health



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Key Genes: ATP5C1

Mitochondrial Function or ATP5C1
rs1244414



WHAT IS THE PURPOSE OF THE ATP5C1 GENE?

This gene encodes the gamma subunit of the mitochondrial ATP synthase enzyme. It is part of complex V in the mitochondrial respiratory chain.

WHY IS THIS GENE IMPORTANT?

It is important for energy (ATP) production within the cell.

DIETARY RECOMMENDATIONS FOR ATP5C1 GENE:

PQQ (*Pyroloquinoline Quinone*)

- Also known as methoxatin, PQQ supports mitochondria by increasing their number and improving efficiency.

Ubiquinone and ubiquinol

CoQ10 is a major antioxidant that supports cardiovascular health and is important for cellular energy. As we age, production of CoQ10 levels decrease.¹³

- **Green:** 50 mg ubiquinone
- **Yellow:** 25 mg ubiquinone and 25 mg ubiquinol
- **Red:** 50 mg ubiquinol

Alpha Lipoic Acid

- Alpha Lipoic Acid is an antioxidant commonly found in food which helps the body restore certain vitamin levels and breaks down carbohydrates. It is also used to decrease blood sugar levels.

Individuals with a SNP in this gene can benefit from supplementation with ingredients that:

- Support mitochondrial function
- Support cellular energy



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Key Genes: CRP BEING Ü NEVER FELT BETTER!

Healthy Inflammatory Response or CRP
rs1205

WHAT IS THE PURPOSE OF THE CRP GENE?

CRP is known as C-reactive protein. This is an acute phase reactant that is produced in the liver and then secreted into the bloodstream. It is stimulated by IL-6 that is produced by macrophages and fat cells. CRP can be detected as a blood marker for inflammation.

WHY IS THIS GENE IMPORTANT?

CRP levels rise quickly and rapidly over baseline levels as a consequence of any type of viral or bacterial inflammation, coronary artery disease, rheumatoid arthritis and a whole host of cancers.

DIETARY RECOMMENDATIONS FOR CRP GENE:

Turmeric Root Powder

- Turmeric contains a yellow-colored curcuminoid compound called curcumin. In addition to being used as a spice for thousands of years, turmeric has been used as well as a medicinal herb for its strong anti-inflammatory properties as well as its value as an antioxidant.
- Curcumin in turmeric also blocks NF- κ B, a nuclear transcription factor which regulates the expression of various genes involved in the inflammatory process.

Individuals with a SNP in this gene can benefit from supplementation with ingredients that:

- Inhibit CRP activity
- Support a healthy inflammatory response



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Key Genes: CYP11B2

Healthy Blood Pressure Gene or CYP11B2 rs1799998

WHAT IS THE PURPOSE OF THE CYP11B2 GENE?

The CYP11B2 gene helps to maintain blood pressure in normal ranges, essential for a healthy heart.

WHY IS THIS GENE IMPORTANT?

Maintaining blood pressure within the normal range is essential to a healthy heart. The CYP11B2 gene encodes for the enzyme aldosterone synthase, an enzyme necessary in the biosynthesis of aldosterone. Aldosterone is a steroid hormone that plays a role in the proper salt and fluid levels in the body and is therefore important for maintaining healthy blood pressure in the normal range.

DIETARY RECOMMENDATIONS FOR CYP11B2 GENE:

The CYP11B2 SNP is supported by ingredients that help maintain blood pressure levels already in the normal range and support overall cardiovascular health.

Hawthorn Berry Extract (*Polyphenols, Flavonoids*)

- Historically hawthorn has been used as a comprehensive cardiogenic and studies support its use to strengthen heart function, reinforce healthy blood pressure and cholesterol levels already in the normal range.^{84,85,86,87,88,89,90}



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Magnesium and Potassium

- Magnesium and Potassium are the two most important minerals for supporting healthy blood pressure already in the normal range.
- The National Institutes of Health landmark human clinical DASH study also recommends increased dietary intake of magnesium and potassium.

Vitamin C (*as ascorbic acid*)

Garlic Powder

Individuals with a SNP in this gene can benefit from supplementation with ingredients that:

- Help maintain blood pressure levels already in the normal range
- Support overall cardiovascular health

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Key Genes: EPHX1

Detoxification Gene or EPHX1
rs1051740

WHAT IS THE PURPOSE OF THE EPHX1 GENE?

The EPHX1 gene supports the detoxification of the myriad of pollutants we are exposed to every day, including cigarette smoke, car exhaust, pesticides, alcohol, smoke from burning wood, etc., by encoding for the production of the EPHX1 enzyme.

WHY IS THIS GENE IMPORTANT?

Detoxification refers to the elimination of toxic substances from the body. The body's first line of defense against toxic substances is found in the liver and is called "xenobiotic metabolism" (*xenobiotic= foreign substances*). When the liver detoxifies these foreign chemicals, highly-reactive epoxides are formed. Some reactive epoxides are responsible for oxidation reactions with critical biological targets such as DNA and proteins. The body's way of eliminating these damaging epoxides is through the EPHX1 enzyme. A poorly performing detoxification system may lead to overwhelmed liver function, which in turn can influence energy levels, appetite, skin and your ability to react to stress.

DIETARY RECOMMENDATIONS FOR EPHX1 GENE:

The EPHX1 SNP is supported by ingredients that help increase activity of the EPHX1 enzyme along with ingredients that support and enhance the liver's natural detoxification mechanisms.

Green Tea Extract (Polyphenols, Catechins)

Population-based studies have shown that green tea consumption is correlated with a healthy liver.⁵ In vitro studies have shown that green tea extract resulted in a dramatic increase in the gene expression for EPHX1.⁶



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THISTLE FAMILY Milk Thistle Extract (Silymarin)

- A strong liver antioxidant that helps protect the liver against free radicals caused by pollutants and environmental toxins.⁷
- Supports membrane stability important for liver tissue regeneration.⁹
- Helps increase the synthesis of glutathione (*an essential liver compound for detoxification and optimal immune function*).⁸
- Protects the liver against epoxides.⁸

Artichoke Extract (Phenolic compounds)

Exerts a major effect on bile flow and liver protection.¹⁰ Bile is a fluid secreted by the liver and required for the removal of toxic chemicals and metabolites.

CRUCIFEROUS VEGETABLES

Broccoli and Kale (*Indole-3-carbinols, Sulphoraphane*)

- Help stimulate detoxification enzymes.¹¹
- Promote the activation of phase II enzymes which are responsible for elimination and detoxification of toxins.¹²

Burdock Root Powder

Schisandra Berry Powder

Gotu Kola Herb Extract

Individuals with a SNP in this gene can benefit from supplementation with ingredients that:

- Promote increased activity of the EPHX1 enzyme
- Support and protect overall liver health
- Support and enhance the natural detoxification mechanism in the liver
- Scavenge free radicals caused by environmental pollutants
- Support healthy response to oxidation

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Key Genes: FTO

Healthy Weight Management or FTO
rs9939609 / rs1121980



WHAT IS THE PURPOSE OF THE FTO GENE?

This is known as fat mass and obesity associated protein. It is also known as alpha-ketoglutarate-dependent dioxygenase FTO. It is now known to be an RNA demethylase.

WHY IS THIS GENE IMPORTANT?

There are multiple clinical studies showing that common SNP variants of the FTO genes are clearly associated with obesity and increased BMI. Patients with the high-risk SNPs consume significantly more calories. SNPs in the FTO gene are also associated with type II diabetes and the metabolic syndrome. At this time, the FTO SNP association with obesity is clear but the precise mechanism is still being investigated.

DIETARY RECOMMENDATIONS FOR FTO GENE:

Berberine

- Berberine is a bioactive alkaloid found in a number of plants and shrubs with a long history of use as a supplement. There is evidence that it activates an enzyme (*AMP-activated protein kinase*) that regulates metabolism.



Vitamin C

- Increased Vitamin C levels have been associated with body fat oxidation and have been associated with lower BMI (*body mass index*).



Alpha Lipoic Acid

- Alpha Lipoic Acid is an antioxidant commonly found in food which helps the body restore certain vitamin levels and breaks down carbohydrates. It is also used to decrease blood sugar levels.

Individuals with a SNP in this gene can benefit from supplementation with ingredients that:

- Support healthy BMI
- Regulate metabolism
- Decrease blood sugar levels

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Key Genes: FUT2 BEING Ü NEVER FELT BETTER!

Vitamin B12 or FUT2
rs602662

WHAT IS THE PURPOSE OF THE FUT2 GENE?

FUT2 gene encodes an enzyme known as galactoside 2-alpha-L-fucosyltransferase 2. This protein is found within the cell. It adds the sugar fucose to the oligosaccharide tree found on certain glycoproteins. FUT2 controls the secretion status of the ABO blood group antigens that are typically found on epithelial and other cell types.

WHY IS THIS GENE IMPORTANT?

FUT2 is important for producing the important prebiotic 2'-fucosyllactose (2'-FL). 2'-FL is important for gut bacteria health. It is an important nutrient for the health producing bacteria Bifobacterium. Such bacteria produce certain small chain fatty acids as well as the amino acids lysine, tryptophan and tyrosine. In addition, low levels of FUT2 can lead to decreased B12 levels-leading to anemia, increased homocysteine levels and impaired immune system. This promotes the growth of deleterious bacteria. As a consequence, patients with FUT2 SNPs can suffer from depression, anxiety, and mitochondrial dysfunction.

DIETARY RECOMMENDATIONS FOR FUT2 GENE:

Reduced Folate (*5-methyltetrahydrofolic acid*) as



- Reduced folate is the bioactive form of folate. Supplementation with reduced 5-methyltetrahydrofolic acid has been shown to support healthy homocysteine levels.

Vitamin B12 (*as methylcobalamin*)

- Vitamin B12, a complex water-soluble vitamin, is known as cobalamin. In its natural form, methylcobalamin (*which contains a methyl group*), it is found

in dairy products such as milk and eggs as well as in fish and meat and is more readily digestible by people who have a SNP on the MTHFR gene.

Adomix®SAmE (*S-adenosyl-L-methionine*)

Individuals with a SNP in this gene can benefit from supplementation with ingredients that:

- Help manage homocysteine levels
- Support immune function



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Key Genes: GSTP1

Oxidative Stress Support or EPHX
rs1695



WHAT IS THE PURPOSE OF THE GSTP1 GENE?

GSTP1 is one of many glutathione S-transferases. These are a set of enzymes found in many cells.

WHY IS THIS GENE IMPORTANT?

They are involved in the detoxification of foreign compounds in a process called phase II detoxification wherein reduced glutathione is bound to a compound that renders it more water soluble. Glutathione is the most potent antioxidant found in human cells. It can act alone on intracellular reactive oxygen species but works with GSTP1 to neutralize foreign compounds. This conjugated compound is no longer toxic and can be secreted from the body. Thus GSTP1 is effective in reducing oxidative stress.

Oxidative stress is an important cellular pathway, along with inflammation, that is important in the pathogenesis of many chronic diseases including neurodegenerative diseases like Alzheimer's, Parkinson's and macular degeneration. The SNP we test for leads to decreased activity of the GSTP1 protein making the cell more vulnerable to oxidative stress.

DIETARY RECOMMENDATIONS FOR GSTP1 GENE:

Broccoli Powder

- Broccoli naturally contains a number of important nutrients including flavonoids, carotenoids, tocopherols, beta-carotene, indoles, and isothiocyanates. It has high antioxidant properties.



**EMOTHION® is a registered trademark of Gnosis*



Quercetin - 98%

- Quercetin is another antioxidant that scavenges free radicals. Additionally, it has anti-inflammatory and antihistamine effects.

Resveratrol - 50%

- Resveratrol is a natural phenol with anti-oxidation properties.

S-Acetyl Glutathione as



- Glutathione is considered one of the most powerful antioxidants in the body.

Individuals with a SNP in this gene can benefit from supplementation with ingredients that:

- Support a healthy inflammatory response
- Provide maximum antioxidant support

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Key Genes: IL6

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Healthy Immune System or IL6
rs1800795

WHAT IS THE PURPOSE OF THE IL6 GENE?

IL-6. Interleukin 6 is a well-known pro-inflammatory cytokine. It is produced by macrophages and adipocytes (*fat cells*). Increased levels of IL-6 are found in obese people. IL-6 crosses the blood brain barrier and can lead to increased body temperature.

WHY IS THIS GENE IMPORTANT?

IL-6 is associated with a whole host of chronic diseases including diabetes, atherosclerosis and Alzheimer's disease. In addition, IL-6 is associated with many autoimmune disorders such as rheumatoid arthritis.

Under stress, our cortisol levels rise as do IL-6 levels. Chronically increased IL-6 increases the susceptibility to viral and other infections.

DIETARY RECOMMENDATIONS FOR IL6 GENE:

Turmeric Root Powder

- Turmeric contains a yellow colored curcuminoid compound called curcumin. In addition to being used as a spice for thousands of years, turmeric has been used as well as a medicinal herb for its strong anti-inflammatory properties as well as its value as an antioxidant.
- Curcumin in turmeric also blocks NF-kB, a nuclear transcription factor which regulates the expression of various genes involved in the inflammatory response.

Individuals with a SNP in this gene can benefit from supplementation with ingredients that:

- Support immune function
- Support a healthy inflammation response



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Key Genes: MTHFR

Homocysteine/Folic Acid Gene or MTHFR
rs1801133 / rs1801131



WHAT IS THE PURPOSE OF THE MTHFR GENE?

The MTHFR gene also helps your body manage homocysteine by determining which form of folic acid (*folic acid or reduced folate*) your body uses most efficiently.

WHY IS THIS GENE IMPORTANT?

The MTHFR gene encodes for the MTHFR enzyme, which catalyzes the conversion of dietary folic acid to the bioactive form that is more effectively used by the body. This converted form (*reduced folate*) is in turn used in many biochemical pathways and is essential for women of childbearing age. One of the most important functions for reduced folate is in the recycling of homocysteine back into methionine. Research has shown it is important to control homocysteine levels in order to preserve cardiovascular health. Like the MTRR enzyme, the MTHFR enzyme is responsible for controlling levels of homocysteine for a healthy heart.



**Quatrefolic® is a registered trademark of Gnosis*

You should consult with your physician prior to making changes in your lifestyle, including but not limited to: diet, exercise and other medical routines.

DIETARY RECOMMENDATIONS FOR MTHFR GENE:

The MTHFR SNP is supported by reduced folate, the bioactive form of folate, as well as ingredients recommended for maintaining healthy homocysteine levels and supporting overall cardiovascular health.



Trimethylglycine (*also known as TMG or Betaine*)

- TMG is a key compound for the conversion of homocysteine to methionine⁵¹ and therefore supports healthy homocysteine levels^{52,53}
- TMG also enhances the activity of the B Vitamins.

Choline Bitartrate

- Choline is oxidized in the body to form TMG. Similar to TMG, choline supports homocysteine levels.^{57,58}

Choline and Trimethylglycine

- Epidemiological studies suggest that long term dietary intake of betaine and choline supports cardiovascular health⁵⁹ and helps to support healthy homocysteine levels.⁶⁰

Reduced Folate (*5-methyltetrahydrofolic acid*) as



- Reduced folate is the bioactive form of folate. Supplementation with reduced folate 5-methyltetrahydrofolic acid has been shown to support healthy homocysteine levels in women with a SNP on MTHFR gene compared to folic acid.⁶¹

Individuals with a SNP in this gene can benefit from supplementation with ingredients that:

- Help manage homocysteine levels
- Support overall cardiovascular health

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Key Genes: MTRR BEING Ü NEVER FELT BETTER!

Homocysteine/Healthy Heart Gene or MTRR
rs1801394

WHAT IS THE PURPOSE OF THE MTRR GENE?

The MTRR gene encodes for the MTRR enzyme, which specifically supports cardiovascular health by regulating homocysteine levels.

WHY IS THIS GENE IMPORTANT?

Homocysteine is a metabolite of the amino acid methionine. One of the body's methods for keeping homocysteine levels in check is the Methionine Synthase Reductase (MTRR) enzyme. This enzyme transforms homocysteine back into methionine. Research has shown it is important to control homocysteine levels in order to preserve cardiovascular health.

DIETARY RECOMMENDATIONS FOR MTRR GENE:

The MTRR SNP is supported by a combination of ingredients that support healthy homocysteine levels, enhance glutathione activity and support overall cardiovascular health.

B Vitamins



Numerous studies have shown that Vitamins B2, B6, folate, and B12 work synergistically to aid the body in the healthy processing of homocysteine.^{46,47,48}

Niacin (*Vitamin B3*) has been used for decades for overall cardioprotection.^{49,50}

Trimethylglycine (also known as TMG or Betaine)

- TMG is a key compound for the conversion of homocysteine to methionine⁵¹ and therefore supports healthy homocysteine levels.^{52,53}
- TMG also enhances the activity of the B Vitamins.



Dong Quai Extract

- Chinese herbalists have used Dong Quai for thousands of years to strengthen the lung, liver and heart.⁵⁴ Don Quai fortifies the liver by improving oxygen utilization in the liver and increasing the activity of glutathione enzymes in the liver,⁵⁵ which helps reduce oxidative damage that may cause unbalanced homocysteine levels.

Zinc

- Zinc is a cofactor in the conversion of homocysteine to methionine, acting in conjunction with Vitamin B6 to promote this reaction.⁵⁶

Individuals with a SNP in this gene can benefit from supplementation with ingredients that:

- Help manage homocysteine levels
- Supports the conversion of homocysteine to methionine
- Support overall cardiovascular health

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Key Genes: NQ01

CoQ10 (Energy) Gene or NQ01
rs1800566



WHAT IS THE PURPOSE OF THE NQ01 GENE?

The NQ01 gene determines which form of CoQ10 (*ubiquinone or ubiquinol*) your body uses most efficiently to help eliminate free radicals and provide cellular energy.

WHY IS THIS GENE IMPORTANT?

CoQ10 is a powerful antioxidant. It is also critical to the generation of energy in every cell of our bodies but is concentrated in cells with high-energy requirements. One of the most critical high-energy organs in our body is our heart! Our bodies produce some CoQ10 (*although production decreases as we age*) and we also receive more from a healthy diet. When ubiquinone, the oxidized form of CoQ10, is ingested, the body quickly transforms it into ubiquinol. The NQ01 gene encodes for the enzyme that catalyzes this conversion. A SNP in the NQ01 gene results in the production of a version of the NQ01 enzyme that has negligible ability to convert the inactive oxidized form (*ubiquinone*) to its active reduced form (*ubiquinol*).

In addition to heart health, CoQ10 has also been shown to be important for cellular energy, cognitive function, mitochondrial function, and nerve health.

DIETARY RECOMMENDATIONS FOR NQ01 GENE:

This is the only gene in the panel of genes where ÜFORIA™ recommends all customers supplement their diets. Those customers with a “Green” result on their Healthy-Aging Panel may supplement with the more common form of CoQ10, ubiquinone. It is suggested those with a “Yellow” result include some ubiquinol, and those with a “Red” result supplement entirely with ubiquinol.

CoQ10 is a major antioxidant that supports cardiovascular health and is important for cellular energy. As we age, internal production of CoQ10 levels decreases.¹³

You should consult with your physician prior to making changes in your lifestyle, including but not limited to: diet, exercise and other medical routines.

Ubiquinone and Ubiquinol

- **Green:** 50 mg ubiquinone
- **Yellow:** 25 mg ubiquinone and 25 mg ubiquinol
- **Red:** 50 mg ubiquinol

Individuals with a SNP in this gene can benefit from supplementation with ubiquinol, the bioavailable form of CoQ10.

Ubiquinol supports:

- Optimal energy
- Cardiovascular health
- Healthy response to oxidation



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Key Genes: PON1 BEING Ü NEVER FELT BETTER!

Cholesterol Oxidation Gene or PON1
rs662

WHAT IS THE PURPOSE OF THE PON-1 GENE?

The PON1 gene supports healthy lipid levels and cardiovascular health by encoding for the PON1 enzyme.

WHY IS THIS GENE IMPORTANT?

PON1 is an enzyme that is transported on High Density Lipoprotein (HDL) in the plasma. By attaching to HDL, the PON1 enzyme protects LDL from becoming oxidized. When LDL becomes oxidized (*attacked by free radicals*), it is recognized by the body as foreign. Managing levels of oxidized LDL is important for optimal cardiovascular health.

DIETARY RECOMMENDATIONS FOR PON1 GENE:

The PON1 SNP is supported by ingredients that help maintain healthy lipid levels, manage PON1 activity and support overall cardiovascular health.

Mushroom Extracts (Polysaccharides)

- Reishi mushroom contains compounds shown to support healthy lipid levels in animals.^{74,75}
- Similar effects were seen with Maitake^{76,77} and Shiitake^{78,79} mushrooms.



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Vitamin E

- Numerous epidemiological studies (e.g. *Nurses' Health Study*) have shown correlations between increased consumption of Vitamin E from diet and/or supplementation and a healthy heart.^{79,80}
- Vitamin E functions as an antioxidant in preventing the oxidation of LDL.
- Animal studies have shown that Vitamin E supports healthy lipid metabolism and increased PON1 activity.^{81,82}
- Vitamin E has been shown to help reverse exercise-induced reduction of serum PON1.⁸³

Individuals with a SNP in this gene can benefit from supplementation with ingredients that:

- Help maintain healthy lipids
- Increase PON1 activity

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Key Genes: SOD2

Free Radical Defense Gene or SOD2
rs4880



WHAT IS THE PURPOSE OF THE SOD2 GENE?

The SOD2 gene helps protect against oxidation by eliminating toxic superoxide free radicals by regulating the production of an enzyme called manganese superoxide dismutase (*mSOD*), which is exceptionally efficient in eliminating superoxide radicals and thereby in protecting the cell machinery and DNA from damage.

WHY IS THIS GENE IMPORTANT?

The superoxide radical is a major type of free radical and is used by the immune system to destroy invading microorganisms. Because the superoxide radical is so toxic, most organisms have evolved an enzyme that eliminates them. The superoxide free radical is found in every cell in our bodies, and is the starting point of free radical chain reactions, making it one of the most dangerous free radicals that contribute to the “oxidation,” or wearing out of our critical tissues. The *mSOD* enzyme acts as a first line of defense against oxidative damage by scavenging the superoxide radical. *mSOD* also has the distinction of being the only enzyme in the mitochondria that can neutralize superoxide, making it harmless.

DIETARY RECOMMENDATIONS FOR SOD2 GENE:

The SOD2 SNP is supported by antioxidant ingredients with specific activity against the superoxide radical as well as helping increase *mSOD* activity.

Green Tea and White Tea Extracts (Polyphenols, Catechins)

- The potent antioxidant activity of these teas has been supported in epidemiological studies, cellular research and animal studies.
- Tea catechins have shown direct scavenging activity against superoxide radicals.^{14,15} Animal studies have shown that epigallocatechin-3-gallate

(EGCG), the major catechin found in tea extracts, promotes the activity of *mSOD*, helps protect against oxidation and helps reduce superoxide radical concentration.^{16,17,18,19}

Bilberry Extract (Anthocyanins)

- Anthocyanins found in bilberry have known superoxide scavenging activity.²⁰
- Bilberry has traditionally been used for many age-related vision problems^{21, 22} and evidence of bilberry’s effect on vision is supported by the fact that retinal oxidation damage leading to vision problems has been linked to reduced *mSOD*.²³



Spirulina Powder

- Contains a relatively high level of superoxide dismutase (*mSOD*).²⁴ Phycocyanin, the main plant pigment found in spirulina, has been shown to significantly decrease cardiac production of the superoxide radical in animal studies.²⁵

Niacin (Vitamin B3)

- Nicotinamide, a derivative of niacin, is required by the body for the production of certain coenzymes essential for proper functioning of *mSOD*.

Individuals with a SNP in this gene can benefit from supplementation with ingredients that:

- Support a healthy response to oxidation
- Provide specific antioxidant activity against the superoxide radical
- Provide antioxidant support to help manage all free radicals

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Key Genes: TNF- α BEING Ü NEVER FELT BETTER!

Inflammatory Response Gene or TNF- α
rs1800629

WHAT IS THE PURPOSE OF THE TNF- α (PRONOUNCED “ALPHA”) GENE?

The TNF- α gene helps regulate a healthy inflammatory response.

WHY IS THIS GENE IMPORTANT?

TNF- α gene regulates the production of TNF- α , a chemical messenger (*cytokine*) of the immune system that plays a role in inflammatory processes. Inflammation is the body’s immune system response to attack from various sources such as pathogens, damaged cells, or irritants. Aging also results in an increased level of cytokines. TNF- α mobilizes white blood cells in response to infections and injuries. While that response is helpful in the short term, if the inflammatory response becomes unbalanced (*too much TNF- α*), it can negatively affect the cells, tissues, and ultimately, the organs. An optimal inflammatory response requires a healthy balance of TNF- α .

DIETARY RECOMMENDATIONS FOR TNF- α GENE:

The TNF- α SNP is supported by ingredients that specifically help regulate TNF- α levels, support a healthy inflammatory response and help fight the increased production of free radicals caused by high levels of TNF- α and aging.

Polyphenols from Green Tea, Grape Seed, and Pomegranate Extracts

- Increased polyphenol consumption supports overall health and healthy aging.
- Green Tea polyphenols reduce the expression of TNF- α as shown in both in vitro studies and animal studies.^{62,63,64,65,66,67}
- Green Tea extract supplementation has been shown to reduce TNF- α levels in humans.⁶⁸
- Green Tea and Grape Seed polyphenols have been shown to modulate inflammatory response in humans.



- Polyphenols in pomegranate support modulation of inflammatory cell signaling by suppressing TNF- α induction of various inflammatory proteins.⁷⁰
- Polyphenol compounds in grape seed extract, known as proanthocyanidins or OPCs, help reduce the expression of the vascular cell adhesion molecule-1 gene (VCAM-1),⁷¹ which plays a critical role in healthy inflammatory responses. VCAM-1 is induced by TNF- α .

Milk Thistle Extract (*Silymarin*)

- Silymarin helps reduce TNF- α induced activation of NF- κ B. NF- κ B is a nuclear transcription factor which regulates the expression of various genes involved in the inflammatory response.⁷²
- Silymarin helps protect against TNF- α induced production of reactive oxygen species in lipid peroxidation.⁷²
- Animal studies have shown Silymarin supports the inhibition of TNF- α gene expression.⁷³

Individuals with a SNP in this gene can benefit from supplementation with ingredients that:

- Inhibit TNF- α activity
- Fight the increased production of free radicals caused by high TNF- α
- Support a healthy inflammatory response

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Key Genes: VDR BEING Ü NEVER FELT BETTER!

Vitamin D Gene or VDR
rs2228570

WHAT IS THE PURPOSE OF THE VDR GENE?

The VDR gene ("Vitamin D Receptor") produces a protein receptor that plays a key role in effectively utilizing Vitamin D.

WHY IS THIS GENE IMPORTANT?

Long recognized as one of the truly important nutrients for healthy bones, it has been known for some time that people can receive adequate Vitamin D from sunlight. Reductions in sun exposure due to the increased awareness of sun damage, coupled with the more common use of sunblock, have compromised our ability to obtain sufficient Vitamin D from sunlight.

Vitamin D works in concert with Vitamin K and Calcium to optimize bone density. Our bodies are constantly creating new bone (*formation*) as well as breaking down bone (*resorption*). Formation outpaces resorption until peak bone mass (*maximum bone density and strength*) is reached around age 30 when resorption slowly begins to exceed bone formation. One of the most important roles of Vitamin D is to maintain skeletal calcium balance by promoting calcium absorption in the intestines. This, in turn, promotes bone formation, by maintaining calcium and phosphate levels, and allows proper functioning of parathyroid hormone to maintain serum calcium levels.

In addition, the current adequate intake allowance of Vitamin D, recommended by the federal government in 1997, is considered by many scientists to be too low and to be focused only on Vitamin D's actions on calcium and bone issues. New evidence has shown that Vitamin D has other major roles in other metabolic pathways including regulation of parathyroid hormone synthesis, modulation of the endocrine and immune systems, cardiovascular health and brain function.



DIETARY RECOMMENDATIONS FOR VDR GENE:

Calcium (as calcium carbonate)

- Optimal dietary calcium intake is the most critical factor for maintaining bone health..

Vitamin K2 (as menaquinone)

- Vitamin K2 is found in animal foods and fermented foods but is nearly nonexistent in junk food, with little being consumed even in a healthy Western diet.¹⁰²⁻¹⁰⁹

Vitamin D3 (as cholecalciferol)

- Vitamin D is essential for maximizing calcium absorption in our bodies.
- Doses higher than RDI, at least 800 IU/day are recommended for optimal bone health, bone density, and dental health.⁴
- Vitamin D is as necessary as calcium for maintaining bone health.

Individuals with a SNP in this gene can benefit from supplementation with ingredients that:

- Promote optimal calcium absorption
- Support healthy bone mineral density
- Support overall bone health

You should always consult with your physician prior to changing your diet, especially if you are pregnant or taking prescription medication.

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ÜFORIA Science™ focuses exclusively on genes with SNPs that affect your long-term health and wellbeing AND have known, scientifically supported nutritional studies available. Our primary goal is to provide you with the knowledge and information necessary to empower you to be the best “Ü” you can be! For that reason, this report and Wellness Action Plan is your “blueprint” for that nutritional support. The previous pages list your SNPs and the relevance of your particular SNPs. Most importantly, we tell you what you should focus on to support your health to the maximum in these areas, and what specific nutrients and other nutritional ingredients support your SNPs.

The rest of the Wellness Action Plan focuses on the proprietary formulation of ingredients for your ÜTRITION™. The only nutritional supplements inspired by your DNA.

While on the surface combining all of these nutritional components in the right concentrations, quantities, and combinations into your diet may seem overwhelming, ÜFORIA Science™ makes that process the ultimate in simplicity – with its exclusive ÜTRITION™. If you calculate the possible number of combinations of ingredients for each of the gene SNPs, there are close to 400 million possible combinations! And, while this may appear to be too complicated to be applied accurately to your diet, that’s exactly what we do, and for a lower cost than it would be for you to source all of the individual ingredients separately! ÜFORIA Science™ can provide you with your very own personalized ÜTRITION™ formula, combining all of the valuable BASE INGREDIENTS with the quantities of ingredients necessary to support your health in each area where you have a SNP. This formula is provided to you monthly, and you can choose between a 30-day supply with 300 capsules (recommended to be taken twice per day, five capsules at a time) or 225g in powder-form to be mixed with your favorite protein shake, smoothie or healthy beverage to prepare to your own taste, making your ÜTRITION™ a pleasurable and fun experience!

The “Autoship” allows you to schedule your ÜTRITION™ to be charged to your credit card and shipped to you every 30 days for your convenience. You can edit your Autoship anytime to change from powder-form to capsules, and back to powder anytime you want, and even cancel anytime.

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FAQs About ÜTRITION™

ARE THERE ANY KNOWN ALLERGENS IN ÜTRITION™?

The FDA requires all food and dietary supplement labels to include an allergen statement for eight major food allergens: milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat, and soybeans. While rare food allergies are possible with any edible product, none of these eight food categories is represented in the ÜTRITION™ formulas. There are two less common potential allergens that you should be aware of: [Maltodextrin (*derived from corn and is gluten-free*) is used as an excipient to increase solubility of some plant-based juices and extracts. It is used in the base formula and in some boosts.] All of the possible combinations of the formulas are wheat- and gluten-free. So if you have a less common allergy to corn or tomato products you will not be able to consume ÜTRITION™.

ARE ALL ÜTRITION™ FORMULAS GLUTEN-FREE?

Yes. All possible combinations of are both wheat- and gluten-free.

ARE THE ÜTRITION™ FORMULAS VEGAN OR VEGETARIAN?

All ÜTRITION™ formulas are vegetarian as well as vegan. By definition, a vegan product cannot contain any material that is derived from any animal. A vegetarian diet, on the other hand, consists of a diet free from animal or seafood meat or flesh, but can include by-products of animals if harmlessly collected. The primary source of commercial quality D3, including our certified organic supply, is from the lanolin that is derived from sheep's wool. Sheep can dispense with their wool without pain or harm.

Vitamin D3 is considered an important nutrient and is used in hundreds of biochemical processes within the human body. It is an ingredient used in conjunction with Vitamin K and Calcium to support optimal bone density. Because ÜTRITION™ does



not include a VDR boost at this time, the current product is Vegan as well as Vegetarian.

ARE THERE ANY HORMONES ADDED TO ANY OF THE ÜTRITION™ FORMULAS?

ÜTRITION™ contains no anabolic hormones and none of the 18 SNPs we test are associated with hormone function.

IS ÜTRITION™ KOSHER?

Neither grape seed nor grape skin-based ingredients used in ÜTRITION™ formulas are grown under Kosher supervision and therefore the entire formula cannot be Kosher certified. Because the VDR Boost containing D3 derived from sheep's wool is excluded from all customized formulas (*see previous section*), many who keep a Kosher diet have chosen to use our product as long as it is understood that the grape-derived products cannot be certified as Kosher.

IS THERE ANY CAFFEINE IN ÜTRITION™?

The amount of caffeine in the typical formula ranges from 3-25 mg, and that is only because 100% of the caffeine can't be removed from the green and

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white tea ingredients. To put this in perspective, a cup of coffee can range from 2-13 mg for a cup of decaffeinated coffee, and up to 200 mg or more for an espresso. If you are sensitive to caffeine, you may want to take your ÜTRITION™ during the day to avoid any stimulant effect at night.

ARE THERE ANY LIMITATIONS ON THE USE OF ÜTRITION™?

Yes. Some people are sensitive to some of the ingredients in any supplement or certain ingredients may have prescription drug interactions. We provide you with a complete list of ingredients in your formula. If you have ANY concerns, check with your doctor. These formulas were designed for adults. Pregnancy or other medical conditions were not considered in developing these formulas. Pregnant or lactating women, diabetics, individuals with hypoglycemia, and people with known medical conditions and/or taking prescription drugs should consult with a licensed physician and/or pharmacist prior to taking all dietary supplements.

IS MY ÜTRITION™ FORMULA REALLY CUSTOMIZED TO MY DNA?

Yes, it really is. And because the ÜFORIA Science™ Healthy- Aging Assessment is 99.9% accurate, you can rest assured ÜFORIA Science™ has included the best ingredients to support your SNPs! So, with the exception of people with the exact same distribution of SNPs, your contents are definitely different from everyone else's. In fact, there are almost 400 million possible combinations of ingredients in ÜTRITION™!

DO I NEED ADDITIONAL (_____ FILL IN THE BLANK) IF I'M TAKING ÜTRITION™?

While everyone is unique and ÜTRITION™ is based upon an individual's personal genetic panel, we understand where this question is coming from. Especially if the person is under the guidance of a healthcare professional, there may be a desire

to supplement with a certain amount of a number of different key nutrients. And it is logical for that person to want to know, as a starting point, how much of each of those key ingredients are in their ÜTRITION™ formula. So as courtesy to our customers we run calculations of more than thirty different common ingredients added to that person's formula to support any given SNP. This detailed analysis will be included in the box containing that person's shipments of ÜTRITION™ rather than including it one-time in your genetic report. Because our science and our products are constantly under evaluation for improvement, this will keep your list current in the event we change ingredients, add SNPs, or otherwise continue to improve our products.

While this list contains all of the ingredients customers have asked us about, if you need information on the total quantity of something not on this list, please feel free to send a request for that information to support@uforiascience.com. Not only will we respond to your request, if it's something others would be interested in, we will add it permanently to our list!



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WHAT DOES ÜFORIA SCIENCE™ USE FOR BASE INGREDIENTS?

For starters, let's explain what the Base Ingredients do not have! There are no fillers or binders of any kind. All ingredients are active ingredients, included for a specific value and nutritional purpose. There are very small amounts of excipient, which is an inactive substance used as a carrier for some of the active ingredients to provide solubility and to keep those specific ingredients from caking.

ADDITIONALLY, EVERYONE'S FORMULA INCLUDES:

- Organic Inulin (*from Jerusalem Artichoke*) 90% (*root*)
- Vitamins (*A, C, E, all B's, folate, biotin*)
- Zinc
- Omega 3's from flax seeds
- 10 Fruit and Vegetable juice powders
- High potency superfruits
- Mangosteen extract
- Goji Berry extract
- Acai Juice extract
- High ORAC antioxidant blend
- Digestive enzyme blend (*cellulase, protease, amylase, lipase*)
- ac-11

WHY IS INULIN (JERUSALEM ARTICHOKE) HELIANTHUS TUBEROSUS ROOT INCLUDED?

ÜTRITION™ formulas use Inulin, a prebiotic fiber that comes from *helianthus tuberosus* (*Jerusalem artichoke*) root. It is a heterogeneous mix of mostly fructose polymers of various lengths found in this plant. While not a "sugar" like sucrose, our prebiotic fiber feeds the "good" bacteria, which helps balance the microflora in the gut. Prebiotic fiber has been well studied and a balanced intestinal microflora is

important for optimal health and immune function, as well as optimal calcium absorption. With facts like that, who couldn't benefit from improved digestion?

WHY ARE DIGESTIVE ENZYMES ADDED AS WELL?

The value of EVERYTHING you consume is enhanced based upon your ability to absorb the individual components. It doesn't matter what you eat, if your body doesn't absorb it, the nutritional value is lost. So everyone can benefit from improved digestion, including everyone's immune system which occurs primarily in the gut. Improving your diet does you no good if your body can't use the improved content!

WHY ARE THERE SO MANY FRUITS AND VEGETABLES IN THE BASE FORMULA? DON'T THEY ADD SUGAR?

The base formula was designed specifically to contain fruits and vegetables and their phytochemicals for their nutritional value. However, they add little sugar. On average, an entire formula as customized for one individual contains between 250 and 450 mg of sugars per day. For reference, 1/4 teaspoon of sugar weighs approximately 400 mg.

"SUPER FRUITS" (MANGOSTEEN, GOJI BERRY, ACAI):

Superfruits are called "super" for a reason — they contain an extraordinarily high concentration of phytonutrients such as antioxidants, and therefore give the greatest "bang for the buck" in terms of concentrations per volume. For that reason, extracts of all three are used in every ÜTRITION™ formula in the Base Ingredients.

OMEGA-3 FATTY ACIDS:

Omega-3 fatty acids are important to everyone's health. They are commonly found concentrated in fish, and some people take fish oil supplements as a source of omega-3s. Because ÜTRITION™ raw designer nutrition are all plant- and mineral-based.

We obtain our omega-3s from flax seed. They are included in everyone’s formula in the Base Ingredients because of their general value to all diets.

ARE ALL INGREDIENTS FROM “NATURAL” SOURCES?

Depending on your particular formula, synthetic vitamins or nutritional compounds could account for between 5% and 10% of the current supporting ingredients. There is significant debate in nutritional circles about whether or not supplement ingredients must be derived from purely natural sources, i.e. not synthesized. The scientists and researchers who developed the ÜFORIA Science™ supplements believe that the research does not support the notion that synthetic vitamins and minerals will function any differently in the human body than those derived from “natural” sources if they are identical to the “natural” vitamins and minerals at a molecular level. Virtually all of the other ingredients are natural and are derived from natural sources. In fact, some ingredients are certified organic. From a purely practical standpoint, in order to obtain the same quantities of vitamins and minerals from “natural” sources for the average ÜFORIA Science™ formula would create such volume and increased cost as to make the product impractical for human consumption. Therefore, molecularly identical vitamins and minerals are used instead.

WHY “NATURAL” SOURCES FOR EVERYTHING BESIDES VITAMINS AND MINERALS?

While synthetic vitamins and minerals are used for the reasons stated above, plant-based ingredients complete virtually all of the rest of the formula in the form of dried fruit juices, extracts, or dried plant, fruit, and/or seed components. Why? Because “mother nature” does it best! Sure, eating the whole, fresh, complete fruit or vegetable would be the best diet of all. But, after you have reviewed your formula, imagine what it would take to purchase, store, prepare, and eat the equivalent in DAILY intake

of blueberries, strawberries, grapes, tomatoes, green and white tea, Don Quai, mushrooms, milk thistle, pomegranates, artichokes, hawthorn berry, bilberry, spirulina, ginkgo leaf, astragalus root, broccoli, kale... you get the picture. And, because no area of science is ever “complete”, there are literally thousands of individual, distinct phytonutrients and nutritional ingredients in the average formula — far more than we could report on and far more than modern nutritional science can adequately define in terms of importance to your body and your health and wellbeing. For instance, did you know that the high ORAC antioxidant blend included in every formula contains 558 distinctly identifiable phytonutrients, including 91 polyphenols and phenolic acids and 33 catechins; or that green and white tea extract contains 387 distinct phytonutrients, or that tomato juice contains 284 distinct phytochemicals? Multiply this by the number of ingredients we add to each formula, and there are thousands of distinct phytonutrients and nutritional ingredients in your formula!



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With over 2,000 individual, identifiable phyto-nutrients and nutritional components in the Base Formula alone, there is simply too much information to write about every ingredient. However, there are some categories and individual products that don't get the press they deserve. Some of these are entire categories of phytochemicals that have very significant implications for supporting overall health and wellness, and in many cases explain why so much attention is given to fruits and vegetables and why they — and supplements derived from them — can be so valuable to you nutritionally. Your mother was right to tell you to eat your fruits and vegetables!

Anthocyanins:

Anthocyanins belong to the flavonoid class of molecules, and account for the strong colors in many plants, fruit, and flowers. They are powerful antioxidants, and are used in our supplements to scavenge dangerous free radicals as well as promoting cardiovascular health, protecting against age-induced oxidation, and supporting a healthy inflammatory response. ÜFORIA Science™ uses bilberry, blueberry, black currants, and grapes to supply anthocyanins to our supplements. There are 23 distinct anthocyanins in blueberry juice alone!

Polyphenols:

Polyphenols are a complex group of chemicals that have a wide range of effects on plants, animals, and humans. They are found extensively in the skin and seeds of grapes, certain berries (*we use Hawthorn Berry extract*) and both green and white tea. There are 68 distinct polyphenols in the teas alone! Polyphenols are well known antioxidants and their many health benefits are associated with supporting the body's response to oxidation, specifically in the cardiovascular system.

Zinc:

Zinc is found in every cell of the body and serves a myriad of purposes, from supporting

healthy cell division and growth to wound healing to supporting the body's immune system. Because of its overall importance to health, zinc is found in most supplements, has an RDA (*recommended daily allowance*), and is found in many over-the-counter products. Zinc is included in the Base Ingredients of your ÜTRITION™ formula.

Polysaccharides:

Polysaccharides in food are a common source of energy, fall in the category in humans known as “dietary fiber” and are generally metabolized in the gut. They serve a complex function that involves how nutrients and other chemicals are absorbed in the intestines. This action supports healthy lipid levels and positively affects the absorption of various sugars. Because of its positive effect supporting good bacteria in the gut, and its positive impact on digestion, by volume this is the #1 ingredient in your ÜTRITION™ formula in the form of Inulin (*derived from Jerusalem artichoke*).

Artichoke:

Artichokes aren't commonly thought of as “health foods.” Yet they have compounds in them that are well documented to support healthy cholesterol already in normal ranges, as well as positive effects on bile flow and liver protection. Therefore, artichoke extract is regularly used in ÜTRITION™ formulas for people with SNPs on either or both the EPHX1 gene and/or ApoB gene.

Green tea:

Green Tea has been used for thousands of years to support health and wellness. It contains a variety of compounds useful to the ÜTRITION™ formula including being an excellent source of polyphenols and catechins. Both green and white teas are used in your ÜTRITION base formula, with additional added to support the following gene SNPs: EPHX1, SOD2, TNF-α, and ApoB.

Catechins:

Catechins, also in the flavonoid chemical family, interact with a significant number of human genes, including a number in our current panel. Found naturally in a variety of foods, ÜTRITION™ supplies catechins from green and white tea extracts to support everything from liver detoxification to free radical scavenging and supporting healthy LDL levels already in the normal range in adults.

Cruciferous Vegetables:

Broccoli and Kale (*Indole-3-carbinol, Sulphoraphane*) There's

no doubt about it — broccoli and kale are loaded with nutritional value! So much so, that we include some in your ÜTRITION™ base formula, but

also add extra to the formula for people with a SNP on the EPHX1 gene because of its ability to stimulate detoxification enzymes.



ac-11®:

All ÜTRITION™ AND PreTRITION™ formulas use ac-11®, a water soluble proprietary and patented all natural, powdered, bioactive extract of *Uncaria tomentosa*. It has been shown in clinical trials to help the body repair sun and environmental stress-related damage to DNA and to slow down the process of skin aging. Because of its concentration of polyphenols, including tannin, and its ability to support immune function, ac-11® is added to all ÜTRITION™ and PreTRITION™ formulas.

Astaxanthin:

Astaxanthin is a carotenoid that occurs naturally in algae, shrimp, and trout. It is an antioxidant that is also taken as an anti-inflammatory and to improve exercise performance.

Frankincense (Boswellia Serrata Extract):

Frankincense is an aromatic resin that may support healthy blood pressure and a healthy immune system.

Pomegranate:

Pomegranate is a great source of polyphenols which support a healthy inflammatory response, healthy cholesterol levels already in the normal range, and have a long history of supporting a healthy heart!

Milk Thistle:

We'll bet you never thought of milk thistle as a supplement. But it contains an active component called silymarin which has multiple applications in our products supporting a healthy liver and liver function (*SNPs on the EPHX1 gene*), has powerful antioxidant benefits and supports a healthy inflammatory response (*for SNPs on the TNF-a gene*).

TMG:

Trimethylglycine is an organic compound also known as Betaine, that was first discovered in sugar beets. It also occurs in high concentrations in crustaceans and mollusks. One of its major roles in our ÜTRITION™ Supplements is to help the body manage homocysteine levels in the blood, supporting a healthy cardiovascular system.

Are there any limitations to certain people taking ÜTRITION™ Supplements?

Yes. Some people are sensitive to some of the ingredients in any supplements or certain ingredients may have drug interactions. We provide you with a complete list of ingredients in your formula. If you have ANY concerns, check with your doctor. These formulas were designed for healthy adults. Pregnancy or other medical conditions were not considered in developing these formulas. Pregnant or lactating women, diabetics, individuals with hypoglycemia, and people with known medical conditions and/or taking drugs, should consult with a licensed physician and/or pharmacist prior to taking all dietary supplements.

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Using the science of nutrigenomics, nutrigenetics and epigenetics, ÜFORIA Science™ created a personalized nutritional formula based on your DNA. This proprietary formula is rich in essential phytonutrients, whole foods, super fruit extracts, and antioxidants to help meet the nutritional needs of your body.

- Proprietary formulas developed by our Scientific Advisory Board
- Highest quality plant-based ingredients plus vitamins and minerals
- Compounded to your exact, personal DNA Healthy-Aging Panel™ results
- Ingredients support your health where you have genetic variants
- HIPAA-compliant data management
- Contains no fillers or binders
(minimum excipients used for processing).



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APPENDIX

(Continued)



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ÜFORIA SCIENCE™

PO Box 44
Washington UT, 84780

ÜFORIASCIENCE.COM

	Amount Per Serving	% Daily Value
Organic JA Inulin Powder (<i>Helianthus tuberosus</i>) (jerusalem artichoke tuber), Organic Flaxseed Powder (<i>Linum usitatissimum</i>) (seed), Acerola Cherry Powder Extract (<i>Malpighia glabra</i>) (fruit), Organic Apple Peel Powder (AppleActiv DAPP®) (<i>Pyrus malus peel</i>) (fruit peel), Rosemary Leaf Extract (<i>Rosmarinus officinalis</i>) (leaf), White Tea Extract (<i>Camellia sinensis</i>) (leaf), Beetroot Juice Powder (<i>Beta vulgaris</i>) (root), Blueberry Juice Powder (<i>Vaccinium uliginosum</i>) (fruit), Mixed Carotenes (from Dunaliella Salina), Acai Juice Powder (AcaiVida®) (<i>Euterpe oleracea</i>) (juice), Broccoli Powder (<i>Brassica oleracea</i>) (whole plant), Carrot Juice Powder (<i>Daucus carota</i>) (root), Cranberry Juice Powder (<i>Vaccinium macrocarpon</i>) (fruit), Mangosteen Extract (<i>Garcinia mangostana</i>) (pericarp), Raspberry Juice Powder (<i>Rubus idaeus</i>) (fruit), Organic Spinach Juice Powder (<i>Spinacia oleracea</i>) (leaves), Tomato Juice Powder (<i>Solanum lycopersicum</i>) (fruit), Wolfberry (Goji) Extract (<i>Lycium barbarum</i>) (fruit), Enzyme Blend (Cellulase, Protease, Amylase, Lipase)		
Proprietary EPHX1 Blend	250mg	†
Milk Thistle Extract (Silymarin) (<i>Silybum marianum</i>) (seed), Green tea (<i>Camellia sinesis</i>) (leaf), Broccoli Sprout Extract (<i>Brassica oleracea</i>) (sprout), Burdock Root Extract (<i>Arctium lappa</i>) (root), Kale Powder (<i>Brassica oleracea</i>) (leaf), Artichoke Leaf Powder (<i>Cynara scolymus</i>) (leaf), Schisandra Berry Powder (berries), Gotu Kola Extract (<i>Asiaticosides</i>) (whole herb)		
Proprietary MTHFR Blend	250mg	†
Trimethylglycine (as Betaine Anhydrous)		
Proprietary PON1 Blend	250mg	†
Reishi Mushroom Extract (<i>Ganoderma lucidum</i>) (fruit body), Organic Shiitake Mushroom Extract (<i>Lentinula edodes</i>) (fruit body), Maitake Mushroom Extract (<i>Lentinus edodes</i>) (sporocarp)		
Proprietary FTO Blend	156mg	†
Alpha Lipoic Acid, Bamboo Leaf Extract (<i>Folium bambusae</i>) (leaf), Berberine (as Dihydroberberine)		
IL6/CRP Supplementation - Organic Turmeric	133mg	†
Organic Turmeric Extract (<i>Curcuma longa</i>) (rhizomes), Bamboo Leaf Extract (<i>Folium bambusae</i>) (leaf)		
Proprietary MTRR Blend	125mg	†
Trimethylglycine (as Betaine Anhydrous), Dong Quai Powder (<i>Angelica sinensis</i>) (root)		
Proprietary SOD2 Blend	125mg	†
Spirulina Powder (<i>Arthrospira platensis</i>) (plant), Green tea (<i>Camellia sinesis</i>) (leaf), White Tea Extract (<i>Camellia sinensis</i>) (leaf), Bilberry Extract (<i>Vaccinium myrtillus</i>) (fruit)		
Proprietary TNF-alpha Blend	125mg	†
Milk Thistle Extract (Silymarin) (<i>Silybum marianum</i>) (seed), Green tea (<i>Camellia sinesis</i>) (leaf), Pomegranate Extract (<i>Punica granatum</i>) (pericarp), Grape Seed Extract (<i>Vitis vinifera</i>) (seed)		
Proprietary FUT2 Blend	63mg	†
SAME (as Adomix® S-adenosyl-L-methionine disulfate p-toluenesulfonate)		
NQ01 Supplementation - Coenzyme Q10	59mg	†
Coenzyme Q10 (as Ubiquinone), Bamboo Leaf Extract (<i>Folium bambusae</i>) (leaf)		

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

† Daily Value not established.

†† Dietary Folate Equivalent.

Other Ingredients: Hypromellose Capsules, Maltodextrin, Corn Starch, Tapioca Maltodextrin, DiCalcium Phosphate.

Allergen Information: This product does not contain wheat, soy, eggs, dairy, artificial colors, flavors or sugars.


UTRITION™-Capsules-US-Auto

This is the estimated nutritional information calculated for you
 Once your customized product is manufactured in either powder or capsule form.
 Supplement Facts Panel with

Directions for Use: For adults ages 18 and over. Consume 1 serving (5 capsules) twice a day with plenty of liquids.

Supplement Facts

Serving Size: 5 Capsules

Servings Per Container: 60

	Amount Per Serving	% Daily Value
Calories	5cal	
Vitamin A (as Retinol Palmitate)	100mcg	11%
Vitamin C (as Ascorbic Acid)	64mg	71%
Vitamin D (as Cholecalciferol)	79mcg	395%
Vitamin E (as DL- α -Tocopheryl Acetate)	13.1mg	87%
Vitamin K2 (as VitaMK7® Natural MK-7/Menaquinone-7)	6mcg	5%
Thiamine (B1) (as Thiamine Hydrochloride)	0.2mg	17%
Riboflavin (B2) (as 5'-Phosphate Sodium)	0.7mg	54%
Niacin (B3) (as Niacinamide)	7.2mg	45%
Vitamin B6 (as Pyridoxine HCl)	0.2mg	12%
Folate (B9) (as Quatrefolic® (6S)-5-Methyltetrahydrofolate, Glucosamine Salt)	525mcg DFE ††	131%
Vitamin B12 (as Methylcobalamin)	637mcg	26542%
Biotin (as D-Biotin)	12mcg	40%
Pantothenic Acid (B5) (as D-Calcium Pantothenate)	0.4mg	8%
Choline (as Choline Bitartrate)	120mg	22%
Calcium (as Calcium Aminomin)	190mg	15%
Magnesium (as Magnesium Citrate)	10mg	2%
Zinc (as Zinc Aspartate)	5.5mg	50%
Sodium	47mg	2%
Potassium (as Tri-Potassium Citrate Mononitrate)	90mg	2%
Proprietary ApoB Blend	500mg	†
Green tea (<i>Camellia sinensis</i>) (leaf), Pomegranate Extract (<i>Punica granatum</i>) (pericarp), Artichoke Leaf Powder (<i>Cynara scolymus</i>) (leaf), Resveratrol (<i>Polygonum cuspidatum</i>) (root)		
Proprietary CYP11B2 Blend	500mg	†
Hawthorn Berry Extract (<i>Crataegus pinnatifid</i>) (fruit), Garlic Powder (<i>Allium sativum</i>) (bulb)		
Proprietary VDR Blend	500mg	†
Proprietary ac-11®, Frankincense, Astaxanthin Blend	406mg	†
ac-11® (Patented Extract of <i>Uncaria Tomentosa</i>) (inner bark), Frankincense (<i>Boswellia Serrata</i>) (resin), Organic Astaxanthin 5% (<i>Haematococcus pluvialis algal</i>) (cells)		
Proprietary Base Blend	308mg	†