## Antiaging personalized by your genetics

# DEMO REPORT

# Beauty Full Package Test Kit

*Health begins with us.*

LIFE PROCOMCURE

| | |
|---|---|
| **Sample ID** | **beNGSXX** |
| **Sample receipt** | **DD.MM.YYYY** |

# COVER LETTER

Dear customer,

Thank you very much for sending us your sample and for placing your trust in our work. Your sample has been evaluated according to the highest quality standards by experienced male and female scientists. We are an ISO-certified laboratory and operate according to the following ISO standards:

**ISO 9001:2015**

**EN ISO 13485:2016**

**EN ISO 15189:2022**

We are hereby sending you your individually compiled results. Should you have any questions, suggestions, or require further information, please do not hesitate to contact us. We are at your disposal (see the last page).

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# Influence of Genes on Our Aging

Environmental factors and a lack of nutrient supply influence the aging processes in the body. This can be particularly reflected in the skin's appearance. Besides external factors, genes also have a significant impact on aging. Regardless of personal lifestyle habits, genetic variations lead to an individual aging trajectory.

Within the genetic makeup of all individuals lie the genes that should prevent premature skin aging. However, these genes can exist in different variants. These alterations (mutations) affect gene function and consequently can drive aspects of aging, leading to faster visible aging, such as skin aging, in some individuals compared to others.

This beauty-gen analysis examines the changes and functions of these genes, drawing conclusions about the individual predisposition regarding skin aging.

To provide an overview of your genetic predisposition, we analyze specific genes and their potential mutations from your saliva sample, which can contribute to a youthful skin appearance. Additionally, within a gene, multiple mutations at different locations can affect the skin's appearance. Each gene in the human body appears twice, allowing for three possible genetic predispositions (variations) due to mutations. Mutations can occur in just one of the genes, both genes, or neither.



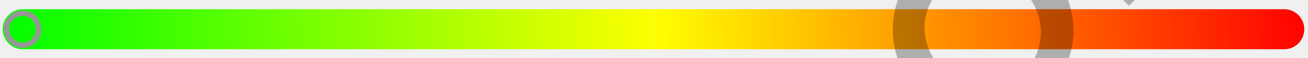
# Your genetic analyses

Here are the results of your beauty gene analysis, which examines the most relevant factors of skin aging. Throughout the rest of your report, these factors will be explained in detail.

## Collagen degradation

| Gene Name | rs Number | Variation | Result |
|---|---|---|---|
| MMP1 | rs1799750 | | DD |

**Your Result:**

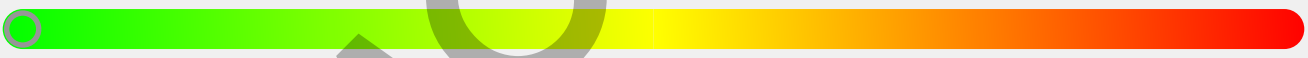


The mutation analysis has shown that your genetic variation does not contribute to an increased collagen breakdown.

## Collagen production

| Gene Name | rs Number | Variation | Result |
|---|---|---|---|
| CYP1A2 | rs762551 | | AA |

**Your Result:**

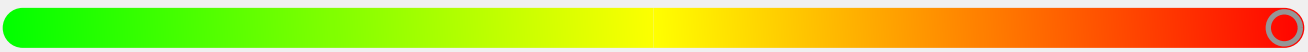


Your genetic variation contributes well to the regular production of collagen.

## Cellulite

| Gene Name | rs Number | Variation | Result |
|---|---|---|---|
| HIF1A | rs11549465 | | CC |
| ACE | rs1799752 | | DD |

**Your Result:**



The mutation analysis has shown that you have a higher risk of cellulite.

## Moisture balance

| Gene Name | rs Number | Variation | Result |
|---|---|---|---|
| MC1R | rs885479 | | GG |
| MC1R | rs11547464 | | GA |
| MC1R | rs1805006 | | CC |
| MC1R | rs1805007 | | CC |
| STXBP5L | rs322458 | | GA |
| KIF3A | rs11740584 | | CC |
| KIF3A | rs2299007 | | AA |

**Your Result:**

The mutation analysis has revealed that your genes support a good moisture balance of the skin.

## Your biological age

| Gene Name | rs Number | Variation | Result |
|---|---|---|---|
| TERT | rs2242652 | | CT |
| TERT | rs2735940 | | TC |
| BICD1 | rs2630578 | | GG |
| PPARG | rs1801282 | | CG |

**Your Result:**

Your genetic variations tend not to contribute to skin aging.

## Oxidative stress

| Gene Name | rs Number | Variation | Result |
|---|---|---|---|
| GSTM1 | Null Allel |  | II |
| GSTT1 | Null Allel |  | DD |
| GSTP1 | rs1695 |  | AA |
| SOD2 | rs4880 |  | TT |
| GPX1 | rs1050450 |  | CT |

**Your Result:**

The mutation analysis revealed that your skin has a moderate capacity to protect against oxidative stress.

## Inflammatory reactions

| Gene Name | rs Number | Variation | Result |
|---|---|---|---|
| TNF-a | rs1800629 |  | GG |
| IL1A | rs1800587 |  | CC |
| IL1RN | rs419598 |  | CC |
| IL1B | rs1143634 |  | TT |

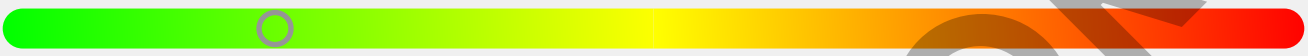
**Your Result:**

Your skin can moderately handle inflammatory reactions.

## UV protection

| Gene Name | rs Number | Variation | Result |
|---|---|---|---|
| MC1R | rs885479 | | GG |
| MC1R | rs11547464 | | GA |
| MC1R | rs1805006 | | CC |
| MC1R | rs1805007 | | CC |
| STXBP5L | rs322458 | | GA |

**Your Result:**

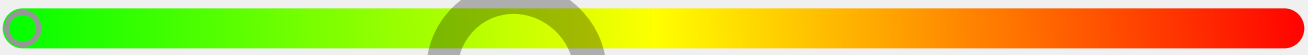


The mutation analysis has shown that your genetic variations likely protect you well against the harmful effects of UV rays.

## Coenzyme Q10

| Gene Name | rs Number | Variation | Result |
|---|---|---|---|
| NQO1 | rs1800566 | | CC |

**Your Result:**



The mutation analysis indicates that you convert Coenzyme Q10 effectively, thus benefiting your skin.

## Selenium

| Gene Name | rs Number | Variation | Result |
|---|---|---|---|
| GPX1 | rs1050450 | | CT |

**Your Result:**

Your genetic variation suggests that you have an increased need for selenium.

## COLLAGEN DEGRADATION

| FROM THE INSIDE | Lutein | Vitamin E | Vitamin C | Phytosterol | α-Lipoic Acid (ALA) |
|---|---|---|---|---|---|
| Nutrition or Diet. Suppl. | ✓ | ✓ | ✓ | ✓ | ✓ |

| FROM THE OUTSIDE | Lutein | Vitamin E | Vitamin C | α-Lipoic Acid (ALA) |
|---|---|---|---|---|
| Cosmetics | ✓ | ✓ | ✓ | ✓ |

## COLLAGEN PRODUCTION

| FROM THE INSIDE | Caffeine | Hydrolyzed collagen | Vitamin C | Folic acid |
|---|---|---|---|---|
| Nutrition or Diet. Suppl. | ✗ | ✓ | ✓ | ✓ |

| FROM THE OUTSIDE | Hydrolyzed collagen | Vitamin C | Folic acid |
|---|---|---|---|
| Cosmetics | ✓ | ✓ | ✓ |

## CELLULITE

| FROM THE INSIDE | Omega-3 | Salt | Collagen peptides |
|---|---|---|---|
| Nutrition or Diet. Suppl. | ✓ | ✗ | ✓ |

| FROM THE OUTSIDE | Knee squats | Step-ups | Glute kick-backs | Lunges | Deadlifts |
|---|---|---|---|---|---|
| Sport | ✓ | ✓ | ✓ | ✓ | ✓ |

Legend: ✓: for recommended, ✗: for avoidance

If you have a genetic predisposition to cellulite, see the table below to find out how you can support your skin through diet and exercise to prevent dimpling. Even if your genetics do not have any disadvantages, these recommendations can help to improve the appearance of your skin.

## MOISTURE BALANCE

| FROM THE INSIDE | Hyaluronic acid |
|---|---|
| Nutrition or Diet. Suppl. | ✓ |

| FROM THE OUTSIDE | Hyaluronic acid | Sunscreen |
|---|---|---|
| Cosmetics | ✓ | ✓ |

## YOUR BIOLOGICAL AGE

| FROM THE INSIDE | Vitamin E | Vitamin D3 | Omega-3 | Resveratrol | Ginko Biloba | Mediterranean diet |
|---|---|---|---|---|---|---|
| Nutrition or Diet. Suppl. | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |

| FROM THE OUTSIDE | Vitamin E | Resveratrol |
|---|---|---|
| Cosmetics | ✓ | ✓ |

## OXIDATIVE STRESS

| FROM THE INSIDE | Vitamin E | Vitamin C | α-Lipoic Acid (ALA) | Zinc | Manganese |
|---|---|---|---|---|---|
| Nutrition or Diet. Suppl. | ✓ | ✓ | ✓ | ✓ | ✓ |

| FROM THE OUTSIDE | Vitamin E | Vitamin C | α-Lipoic Acid (ALA) |
|---|---|---|---|
| Cosmetics | ✓ | ✓ | ✓ |

## INFLAMMATORY RESPONSES

| FROM THE INSIDE | Omega-3 | MSM | Arachidonic acid |
|---|---|---|---|
| Nutrition or Diet. Suppl. | ✓ | ✓ | ✗ |

| FROM THE OUTSIDE | MSM |
|---|---|
| Cosmetics | ✓ |

## UV PROTECTION

| FROM THE INSIDE | Vitamin E | Vitamin C |
|---|---|---|
| Nutrition or Diet. Suppl. | ✓ | ✓ |

| FROM THE OUTSIDE | Sunscreen | Vitamin C | Vitamin E |
|---|---|---|---|
| Cosmetics | ✓ | ✓ | ✓ |

## COENZYME Q10

| FROM THE INSIDE | Vitamin C | α-Lipoic Acid (ALA) | Vitamin E | Manganese | Zinc |
|---|---|---|---|---|---|
| Nutrition or Diet. Suppl. | ✓ | ✓ | ✓ | ✓ | ✓ |

| FROM THE OUTSIDE | Vitamin C | α-Lipoic Acid (ALA) | Vitamin E |
|---|---|---|---|
| Cosmetics | ✓ | ✓ | ✓ |

## SELENIUM

| FROM THE INSIDE | Selenium |
|---|---|
| Nutrition or Diet. Suppl. | ✓ |



Legend: ✓: for recommended, ✗: for avoidance

Refer to the table for substances that, due to potential impairment resulting from genetic predisposition, are particularly recommended because of positive effects, or should be specifically avoided due to negative impacts. Even if your genetics do not pose any disadvantages, the use of beneficial substances can contribute to an improvement in skin appearance.

## NOTES

## MISCELLANEOUS

**Report created by:**

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**Measurement Method:**

**NGS**
PCR Test & DNA Sequencing

**Primary sample or submitted material:**

Saliva sample

**Disclaimer:**

The analysis is based on the polymerase chain reaction (PCR) of selected genes. Changes (mutations) in these genes can be detected using the PCR method and sequencing. The number of detected mutations is not exhaustive, and there may be other mutated genes that were not covered by the PCR. The current interpretation of the selected genes may change in the future due to the publication of new scientific studies. This report is provided to you solely for informational and educational purposes and does not replace a visit to a doctor or the advice or services of a physician. This report does not constitute a medical diagnosis and therefore should not be used as a basis for medical treatment or medication.



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