DNA4me

MY Fitness

Maria Musterfrau
DEMO_ML

COVER LETTER

Dear Ms. Musterfrau,

Your sample for the analysis arrived on 05/02/2018 in the laboratory and was evaluated according to the highest laboratory quality standards (ISO 15189). The results were evaluated and released by two independent geneticists and molecular biologists. After obtaining the results, your personal report was compiled. We hereby transmit the results to you in the format of your choice.

We would like to thank you for your trust and hope that you are satisfied with our service. We are always open for questions and suggestions, please do not hesitate to contact us. This is the only way we can continuously improve our services.

We hope the analysis meets your expectations.

Kind regards,

Dr. Daniel Wallerstorfer BSc.
Laboratory Director

Florian Schneebauer, MSc.
Laboratory Manager

Performance Sensor

Personal analysis results for:
Maria Musterfrau | Date of birth: 01/01/1990

Order number:
DEMO_ML

This report contains personal medical information that is highly confidential. Data protection must be ensured.

MUSCLE STRUCTURE AND TALENT

This chapter describes the structure of your muscle cells and analyzes your genetic talent for weight lifting and endurance sports.

Athletics gene 1 (ACTN3 SNP rs181573)

Human muscle fibers can be classified into two categories. Firstly, there are the so-called "slow-twitch" (red) muscle fibers, which are well supplied with blood, and therefore are optimally supplied with oxygen. As such, they fatigue slower, which has a positive effect on persistent activity. These muscle fibers are, however, slow, and do not generate high forces, presenting a disadvantage for fast and powerful movements. The second type are the "fast-twitch" (white) muscle fibers, which are less supplied with blood, and therefore get tired more quickly, but they also react faster and generate higher forces. This property makes these fibers powerful with fast powerful movements.

The ACTN3 gene is active only in fast-twitch (white) muscle fibers, and plays an important role in their function. However, this gene is frequently inactive due to a gene mutation, which reduces the function of white muscle fibers, and thus the power with fast movements. However, the red muscle fibers increase the stamina of the muscles. Because each individual has two genes of this type, the following gene combinations are possible:

- ENDURANCE - Both genes are INACTIVE and produce no ACTN3 protein (24% of population)
- POWER - One of the genes is ACTIVE and produces ACTN3 protein (44% of population)
- POWER - Both genes are ACTIVE and produce ACTN3 protein (31% of population)

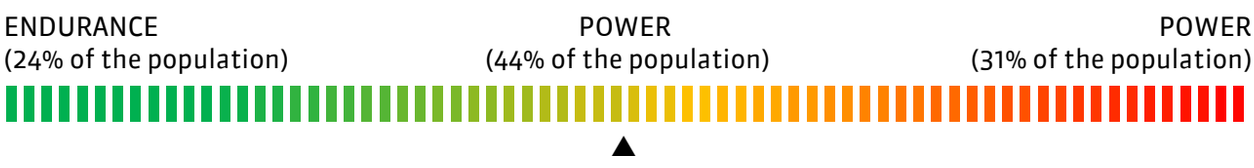
Genetic traits

SYMBOL	rs NCBI	POLYMORPH	GENOTYPE
ACTN3	rs1815739	C>T	C/T

Legend: rsNCBI = database number of genetic variation, Polymorphism = type of genetic change, Genotype = the genetic laboratory result

Your result

The genetic programming of your muscle fibers



One of your two genes is active and hence creates large and strong muscle fibers that are able to produce strong forces and react quickly. On the downside, they tend to tire more quickly. The muscle protein Alpha Actinin is being produced, but in somewhat lower amounts.

Athletics gene 2 (ACE SNP rs4646994)

The human enzyme, "Angiotensin Converting Enzyme", also called ACE, plays an important role in the regulation of the blood pressure. Production of this enzyme is controlled by the ACE gene (Sports gene 2) which occurs in two forms. On the one hand there is the endurance sports variant of the ACE gene, which has a positive effect on endurance of the muscles, commonly found in elite marathon runners. The second form is the power form of the ACE gene, which makes the muscles more suitable for power and sprint sports. Because each individual has two genes of this type, the following gene combinations are possible:

- ENDURANCE - Both genes are the endurance variants (25% of population)
- ENDURANCE - One gene is the endurance variant, the other is the power variant (50% of population)
- POWER - Both genes are the power variants (25% of population)

Genetic traits

SYMBOL	rs NCBI	POLYMORPH	GENOTYPE
ACE	rs4646994	Ins>Del	Ins/Ins

Legend: rsNCBI = database number of genetic variation, Polymorphism = type of genetic change, Genotype = the genetic laboratory result

Your result

The genetic predisposition

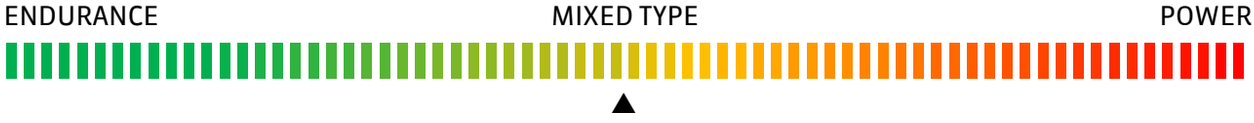
ENDURANCE (25% of the population) | ENDURANCE (50% of the population) | POWER (25% of the population)

Both of your genes of this type are of the endurance type and give you a significant advantage in endurance oriented sports while acting as a certain handicap for power oriented sports.

Summary of the genetic predisposition

If both genes are present, a general genetic predisposition to a particular mix of endurance and strength training, which can vary greatly from person to person, occurs. This knowledge can influence the individual training program, depending on the type of sport performed.

The following conclusion can be drawn, considering both the performance-relevant genes:



Your genetic profile is well balanced and gives you a good basis in both endurance and in power oriented sports. This is a great allrounder-profile that is able to perform in both categories and has a significant advantage over other genetic types in sports that require both. Try to use this knowledge about your strengths against other competitors if possible.

OXYGEN UPTAKE (VO2max)

Your genetic capability to absorb oxygen through the lungs and transport it to the appropriate muscles.

Maximal oxygen uptake

Cells need a certain amount of oxygen that the body gets from the air for the transformation of kinetic energy. The body needs more energy and therefore more oxygen during exercise, which is why breathing is accelerated during exercise.

If there is not enough oxygen in the cells, energy conversion is slowed down and performance drops. The ability to absorb oxygen through the lungs and transport it to the appropriate muscles is called VO2max. This number can be increased through good endurance training. However, there are certain genetic variations that increase the VO2max level considerably and therefore create a better starting point without any training.

Genetic traits

SYMBOL	rs NCBI	POLYMORPH	GENOTYPE
NRF-2	rs7181866	A>G	A/A
VEGF	rs2010963	C>G	C/C
ADRB2	rs1042714	C>G	C/G
ADRB2	rs1042713	C>G	A/G
CRP	rs3093066	A>C	C/C

Legend: rsNCBI = database number of genetic variation, Polymorphism = type of genetic change, Genotype = the genetic laboratory result

Summary of effects

➤ Your body's maximal oxygen uptake capacity is above the average population

Your predisposition for maximal oxygen uptake

LOW AVERAGE HIGHER

Result

OXYGEN UPTAKE (VO2max)

According to your genetics, you have a predisposition for an increased oxygen uptake (VO2max). This means that your body can also provide your cells with oxygen outstandingly well, even without training. Moderately intense endurance training is sufficient to further increase your VO2max level and performance. You can find more ways to determine your VO2max level here.

CALCULATING VO2MAX

The best and most accurate way to calculate the VO2max level is a breath gas analysis. Here, the respiratory gases (oxygen and carbon dioxide) are measured and analyzed under continuously increasing effort. The maximal oxygen uptake is also determined during this analysis.

An (unfortunately considerably less accurate) alternative to breath gas analysis is the Cooper test. The test is a 12-minute run in which determines the maximum distance covered in that time. The VO2max level can then be determined using the following formula:

$$VO2max = (\text{distance covered in metres} - 505) / 45$$

You can assess your VO2max level using this table:

AGE	POOR	MEDIOCRE	GOOD	VERY GOOD	EXCELLENT
20 - 29	≤ 35	36 - 39	40 - 43	44 - 49	50+
30 - 39	≤ 33	34 - 36	37 - 40	41 - 45	46+
40 - 49	≤ 31	32 - 34	35 - 38	39 - 44	45+
50 - 59	≤ 24	25 - 28	29 - 30	31 - 34	35+
60 - 69	≤ 25	26 - 28	29 - 31	32 - 35	36+
70 - 79	≤ 23	24 - 26	27 - 29	30 - 35	36+

Source: The Cooper Institute for Aerobics Research, The Physical Fitness Specialist Manual. Dallas, TX. 2005.

OXIDATIVE STRESS

Athletes produce considerably more free radicals that can damage the tissue. This chapter describes the degradation of free radicals and analyzes the right dose of antioxidants.

Oxidative stress

Your body constantly produces free radicals, poisonous mole-cults, which damage your tissue and cells, and accelerate the aging process. Athletes produce considerably more of these molecules because they consume more energy during intensive exercise. Because these molecules affect your health and athletic performance so negatively, your body has certain genes that can recognize and neutralize these molecules.

Unfortunately, many people have genetic variations in these genes that disturb the function and the protection and therefore increase the so-called oxidative stress. Certain micro-nutrients, however, the so-called antioxidants, can compensate for the missing protection if they are in the right dose. It is therefore possible to test the appropriate genes and compensate for any genetic weakness with the right dose of micro-nutrients, regardless of the result.

Genetic traits

SYMBOL	rs NCBI	POLYMORPH	GENOTYPE
GSTM1	Null allele	Null allele	INS
GSTT1	Null allele	Null allele	DEL
GSTP1	rs1695	A>G	G/A
SOD2	rs4880	Val16Ala	T/T
GPX1	rs1050450	C>T	T/T
NQO1	rs1800566	C>T	C/C

Legend: rsNCBI = database number of genetic variation, Polymorphism = type of genetic change, Genotype = the genetic laboratory result

Summary of effects

- You have a significantly elevated level of oxidative stress in your cells
- You should consume a high amount of antioxidants
- Your body is able to activate inactive coenzyme Q10
- Your diet or a dietary supplement can be a source of coenzyme Q10
- Your body requires more selenium

Your oxidative stress in cells

Recommended dose of antioxidants

Activation of coenzyme Q10 to ubiquinol

Recommended antioxidant substance

Your daily requirement of selenium

Prevention

OXIDATIVE STRESS

Your genetics unfortunately only offer you little protection against oxidative stress and therefore, free radicals in your body can only be removed very slowly. In addition, the sport-related increase in free radical production increases your oxidative stress even more. For this reason, you should counteract with a very high dose of antioxidant supplements to protect your cells and tissue. The results of this paragraph will later be considered in the “Optimal Supply of Micro-nutrients” section.

COENZYME Q10 MECHANISM

The co-enzyme Q10 micro-nutrient must be converted to the active ubiquinol form by a gene to be able to protect you from free radicals. Your gene functions normally, and you can therefore use co-enzyme Q10 as an effective antioxidant.

SELENIUM NEEDS

The GPX1 gene protects your body against a certain kind of free radicals, but can be impaired by a common genetic variation. Studies have shown that impaired GPX1 genes can be reactivated by a particularly high does of selenium. Both of your GPX1 genes have this genetic variation and therefore, you need a higher dose of selenium to compensate for this genetic variation.

INFLAMMATORY RESPONSE AND INJURY

Certain genes control the aggressiveness of the immune system and can lead to a higher risk of injury. This chapter describes your inflammatory responses and analyzes your risk of injury.

Inflammatory responses and risk of injury

During excessive exercise, the tissue is slightly damaged in many places. The immune system normally recognizes this as a normal process and there is no inflammation or swelling. The immune system only reacts to serious damage and a swelling of the ankle, for example, occurs.

Certain genes control the aggressiveness of the immune system. So, in some cases, light sport-related tissue damage can lead to an excessively aggressive inflammation, which doesn't trigger any apparent swelling but causes excessive tissue damage. Therefore, tendon injuries (usually the Achilles tendon or the tendons in the knee) can occur over a longer period of time.

Genetic traits

SYMBOL	rs NCBI	POLYMORPH	GENOTYPE
IL1RN	rs419598	C>T	C/T
IL6	rs1800795	G>C	G/C
TNFa	rs1800629	G>A	G/G
GDF5	rs143383	G>A	G/A
COL5A1	rs12722	T>C	C/C
IL-6R	rs2228145	A>C	A/A
Col1A1	rs1800012	G>T	T/T
CRP	rs3093066	A>C	C/C

Legend: rsNCBI = database number of genetic variation, Polymorphism = type of genetic change, Genotype = the genetic laboratory result

Summary of effects

- The aggressiveness of your inflammatory responses is not increased
- You have a certain protection against injuries

Aggressiveness of your inflammatory responses

Your risk of injury

Prevention

PREVENTING INFLAMMATION

According to your genetics, your immune system functions normally and therefore, your tendons and tissue are not damaged further by inflammation. For this reason, you do not need to take any specific measures.

PREVENTING INJURIES

Because of your genetics, you have a certain protection against sports- or exercise-related injuries. Therefore, only the following general precautionary measures apply to you to prevent injuries:

- Optimal preparation (warm-up) for sport minimizes the risk of injury.
- The risk of injury can be lowered through special exercises that improve the interaction of certain muscles (“muscle groups”).
- Avoid over straining the tendons and ligaments during your training sessions.
- Watch out for small strains and pains and look after the affected joint to prevent further damage to the tissue.
- You should never train when you’re sick or injured.
- Correct taping can reduce the risk of injury.
- Make sure to wear the appropriate gear (the right footwear is especially important).
- Use protective equipment.
- Avoid overestimating yourself and take timely breaks.
- Get the right nutrition and a sufficient supply of micronutrients (learn more about this in the paragraph: Optimal Nutrition).
- “Cooling down” (ex: jogging) after exercise reduces recovery time and prevents injuries.

RECOVERY PHASE

This chapter gives you information on rest periods between training sessions.

Recovery and rest period

Because the tissue gets damaged in many places and many free radicals form during extreme physical activity, the body normally needs a certain rest period to recover from the stress. Therefore, the recovery period varies greatly from person to person because of the varying genetics (in relation to inflammation and oxidative stress).

However, through your gene analysis, we know your genetic strengths and weaknesses and can compensate for your genetic weaknesses with supplements and a proper diet. For this reason, your body's needed rest periods are normally reduced. When you can adhere to the nutritional and micro-nutrient recommendations, you can train as follows:

You should rest for two days between particularly intense training sessions, where you either are not physically active at all, or you only do a light training session. Elite athletes can increase the number of intense training sessions to 6 times a week, but they should rest at least one day per week.

OPTIMAL CALORIE BALANCE

Calories are the fuel for our cells and athletic performance. Peak performances can only be achieved with the optimal distribution.

Ideal calorie distribution

Calories are the fuel for our cells and for athletic performance, and they are mainly obtained from the macronutrients fat, carbohydrates and protein. During the resting phase, the body gains from carbohydrates (glucose) and fat (triglycerides), roughly in equal proportions. Only when a great lack of energy occurs, the body starts to consume proteins from the muscles break down, in order to produce energy; this should, of course, be avoided in competitive sports. Additionally, the shape of the muscle plays a crucial role. As previously stated in this report, the ACTN3 gene controls the ratio between the white and the red muscle fibers, which burn different nutrients in order to produce energy. The amount of fat and carbohydrates needed during exercise thus depends on the nature (strength/endurance/mixture) and extent (short/long) of the activity.

Energy balance during power sports

The white muscle fibers are used when in power and speed sports. These activities use energy stored in the muscle, without oxygen, to power the muscles (the so-called anaerobic area). After about 20 seconds to 8 minutes without oxygen, this energy decreases, and the muscle fibers begin to convert carbohydrates into energy. More oxygen is thus needed, which is why breathing becomes faster. This form of energy consumes the stored carbohydrates (glycogen), which also gets depleted after a long period exercising. After exercising, the carbohydrate storage refill. For power sports the white muscle fibers are the main ones, and carbohydrates are exclusively used. For this reason, this type of physical activity requires a high-carbohydrate diet.

Energy balance during endurance sports

In case of mild exercise the red muscle fibers are mainly used. In comparison to the white muscle fiber, the energy is obtained not only from carbohydrates, but also from fat. This process yields about 3 times more energy than the production from carbohydrates, but it requires significantly more oxygen and is limited by respiration. In this form of exercise the carbohydrate stores (Glycogen) remain in majority untouched and are available for short sprints available.

Endurance athletes therefore use, as opposed to the strength athletes, not only carbohydrates, but also fat. For this reason, the supply of the right amounts of fat and carbohydrates for endurance athletes is of great importance.

Energy balance during play sports

Playing sports are usually a mixture of endurance sports, which is maintained throughout the game, and weight training, with short sprints and high efforts. For this reason, the red muscle fat and carbohydrates are mostly used, while the carbohydrate stores remain in the muscles.

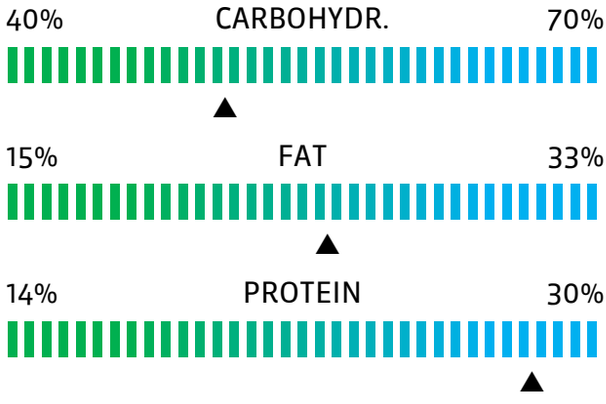
During the short periods of high intensity and high force, burning the white muscle fibers carbohydrates provides more strength. For this reason, the nutrient demand of game-athletes is a mixture between the demand of the endurance and the strength athletes.

Your optimal caloric distribution

On the basis of individual genetic relationship between red and white muscle fibers, as well as the type of sport you practice, we can define a calorie distribution that will lead to your best performance.

Your result

Here you can see the optimal calorie distribution for your genes and sport. If you adjust your diet before the competition, the body is supplied exactly with the right proportion of macronutrients. The result is better performance in power as well as in the endurance sport. So it would be advisable to turn your diet before a competition on this distribution to increase your maximum performance.



Based on the analysis, you should obtain your daily calories from the specified macronutrients, also following the recommended percentages:

- 50% of calories from carbohydrates
- 24% of calories from fat
- 26% of calories from protein

Achieve the optimal caloric distribution

Based on your analysis, we know the ideal ratio between fat, carbohydrates and protein, for improving your athletic performance. In order to benefit from this knowledge, you must follow a specific diet. Almost every food contains certain amounts of these three macronutrients, but the ratio may be sometimes inappropriate for your needs.

Therefore, the goal should be to eat mainly of the foods with the optimal distributions, and to avoid the foods with the wrong distribution. All foods were evaluated individually, in order to easily allow you to put these principles into practice. Foods that have an optimal distribution for you are marked with a green trophy icons. Foods with an unfavorable distribution are marked with red trophy icons.

Green trophy icons

Green trophy icons indicate, that the calorie balance in this type of food is optimal for your athletic performance. This type of food contains a good balance of calorie fuel for your muscles. The more green trophy icons a type of food has, the better it will influence your athletic performance.

Red trophy icons

Red trophy icons indicate that the distribution of calories in these foods is not optimal for your body. These foods do contain calories, but not the ones you need for optimal performance. Try to avoid these foods jsut before you want to perform athletically.

Warning - Genetic ingredients warning

A warning sign (!) in this column means that this type of food contains a substance that may cause digestion problems or other signs of a food intolerance due to your genetics. When eating these foods, watch for digestive problems or other signs and avoid these foods if necessary. If no problems occur, you can continue eating this food.

Warning - Order form information

If you have informed us of any allergies or intolerances that you suffer from or you just want to avoid some kind of food, you may find a warning symbol (!) in this section of the table. This means that this type of food may contain substances that can cause allergic reactions or symptoms of a food intolerance. This warning is solely based on the information you provided in

the order form and no genes are tested for this section. PLEASE NOTE! This warning is a guideline to help you plan your diet and is in no way a complete and accurate list of ingredients. Always check the components of each food item you eat if you suffer from a known food allergy.

STRATEGIC PLAN

This chapter gives you a strategic plan for your entire athletic career.

The schedule of the performance program

Now that your genes were evaluated in terms of your performance, you know how to change your diet accordingly. The question is, what should you do, and when.

During the training season

The optimal caloric distribution is important during your workout. Summer or winter breaks are, however, of little relevance. Pay attention to the red and green trophy icons before an intensive training or competition, in order to achieve better performance.

Frequency of the meals (training phase)

Since as a competitive athlete you consume an excessive amount of energy, and the absorption capacity of the intestine is limited, you should divide your food into several smaller servings per day. Ideally, if circumstances permit, you should have five to six meals daily. To achieve the optimal distribution of energy intake, relative to the total daily energy, the following is recommended:

- Breakfast 25%
- Snack 10%
- Lunch 30%
- Snack 10%
- Dinner 25%

45 minutes after training

The first meal/snack should be taken no later than 45 minutes after training. The glycogen is usually largely depleted after the training, and the body begins to consume energy from other sources, such as the muscle proteins (preferred) or the body fat. In order to keep the muscles from breakdown, you should take a carbohydrate rich snack immediately after training. Drinks with a high glucose content (6-10%) or solid foods with easily digestible carbohydrates such as glucose, and foods with a high glycemic index are recommended.

The absorption of carbohydrates into the bloodstream causes the rise of the insulin level, and leads to the storage of carbohydrates in the muscles. In addition to insulin, your body needs proteins, for increasing the muscle mass. So ensure that your meal/snack contains not only carbohydrates, but also sufficient amounts of proteins, to promote the development of the muscle cells. The recommended dosage is 0.4 grams per kilogram of body weight. The easiest way to meet the needs of your body after a workout is with a low-fat shake containing both carbohydrates and proteins.

Competition diet

The diet during the competition is particularly important, as you need to be in your best form. The competition diet does not start immediately before the competition, but days or weeks in advance. You already know what you should eat during the preparation phase. This section elaborates on the optimal nutrition before, during, and after a competition.

The 5 days before the competition - fill up the glycogen stores

Since the glycogen stores (sugar stored in the muscles) is one of the most effective sources of energy during exercises, it is important to fill these reserves as much as possible. This is crucial especially in sports that require speed and power.

To charge this stores, in the 5 days preceding the competition you should eat plenty of food reach in carbohydrate (bread, potatoes, pasta, cereal products, sweets, sugar). Potassium is stored together with the sugar in the muscles, and should be supplied in larger quantities by fruit. With this diet, you can increase the glycogen stored in the muscles with 25 - 100%.

The last hours before the competition

Basically: an athlete should start a competition neither hungry nor with undigested food in the stomach. The last large meal should be three to four hours before the competition. There are certain criteria for choosing the right nutrients. The athlet should be already accustomed with the food, and known to tolerate it well. It is optimal if the meal contains about 200-300g carbs (from cereals, bread, pasta, rice, etc) it is low in fiber, has a moderate protein content, and sufficiently liquid supplies. It is particularly important that the carbohydrates slowly pass into the blood, since otherwise performance degradation is expected. The food should have a low to medium glycemic index (10 to 70).

One to one and a half hours before the sports activity only smaller portion should be included. An excessive amount of food leads to an increased accumulation of blood in the gastrointestinal tract, thereby preventing the optimum blood circulation in the muscles. Moreover, due to a stretched stomach, the diaphragmatic breathing is obstructed, which becomes especially noticeable in endurance exercise.

During the competition (if possible)

If there are breaks during the athletic competition (for example, in team sports) or multiple competitions within the same day (for example, in martial arts), the loss of minerals, fluid and carbohydrates should be compensated. Recommended are suitable sports drinks, and easily digestible carbohydrates. Ideally, the athlete should consume about 30-60g of carbohydrates per hour.

If you are in the preparatory phase, and the glycogen stores are not filled, you can still catch up in the short term by consuming a snack every 15 minutes, during the race (optimally glucose / dextrose). These carbohydrates should now have a high glycemic index, so that they are absorbed quickly into the bloodstream.

For events lasting more than 45 minutes, the adequate intake of fluid is of great importance. After the first 45 minutes, drink every 15 minutes about 200ml of fluid.

After the competition

After the competition, follow the same instructions as after a normal workout.

Strategic plan for your athletic career

Based on this table, you can see which of the instructions you should consider, and at what time. Permanently avoid foods that can negatively affect your health and your performance. In addition, your body is supplied with the right nutrients, ensuring you remain healthy and in best form.

During the competitions, your diet will be tailored to best fill the glycogen stores, taking into account the type of sport you practice.

	Observe the red/green trophy icons	5 meals per day	Carbohydrates with low glycemic index	Carbohydrates with high glycemic index	High protein intake	Increased potassium intake (fruit)	Fiber intake
Outside the TRAINING SEASON			X				High
TRAINING/WORK-OUT PHASE	X	X	X				High
45 minutes after the TRAINING				100g	30g		Low
5 days before the COMPETITION			X			X	High
2 hours before the COMPETITION			250g				Low
During the COMPETITION				45g/h			Low
45 minutes after the COMPETITION				100g	30g		Low

FOOD LIST

This individual food list contains approx. 900 food products assessed according to your genes and helps you to plan your nutrition optimally.

The food table explained

The food list includes more than 900 different food types that were evaluated according to your genes and which should help to achieve your goals.

Please note: Irrespective of your goal with this program, you should ensure a varied and balanced diet. To reach this, consider the typical portion amount as your maximum daily amount for this type of food. Also try to vary your choice of food types and do not eat many of the same or similar food types at once. Alcoholic beverages should be limited to a maximum of three times per week.

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problems occur, you can continue eating this food.

Question marks

If you have not ordered certain products, it is possible that question marks are displayed in a column. This means that not all relevant results are available for this evaluation. If you want to order this additional analysis, please contact us.

Recommendations to lose weight		Recommendations for healthy nutrition		Recommendations to improve performance		genet. warning 1	genet. warning 2	your preference	Bread and pastry	All values per standard serving					Glyc. Index
often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat	
?	not ordered	?	not ordered			?	?		Baguette	30	85	5	20	5	95
?	not ordered	?	not ordered			?	?		Buckwheat bread	45	106	5	25	5	47
?	not ordered	?	not ordered			?	?		Croissant	70	357	5	35	25	60
?	not ordered	?	not ordered			?	?		Spelt bread	50	117	5	20	5	50
?	not ordered	?	not ordered			?	?		Pita bread	50	121	5	25	5	40
?	not ordered	?	not ordered			?	?		Brown/rye bread with sunflower seeds	45	99	5	20	5	35
?	not ordered	?	not ordered			?	?		Brown bread - rye-wheat bread	45	101	5	25	0	65
?	not ordered	?	not ordered			?	?		Brown bread - mixed wheat bread	45	106	5	25	5	48
?	not ordered	?	not ordered			?	?		Green seed bread	45	108	5	25	5	51
?	not ordered	?	not ordered			?	?		Millet bread	45	106	5	25	5	71
?	not ordered	?	not ordered			?	?		Potato Bread	50	122	5	25	5	80
?	not ordered	?	not ordered			?	?		Crispbread - multigrain bread	10	34	5	10	0	59
?	not ordered	?	not ordered			?	?		Crispbread - rye-wheat bread	10	34	5	10	0	55
?	not ordered	?	not ordered			?	?		Crispbread - mixed wheat bread	10	36	5	10	0	63
?	not ordered	?	not ordered			?	?		Pretzel	50	171	5	35	5	83
?	not ordered	?	not ordered			?	?		Cornbread	45	104	5	20	5	99
?	not ordered	?	not ordered			?	?		Pumpernickel bread	40	78	5	20	5	41
?	not ordered	?	not ordered			?	?		Rice bread	45	107	5	25	5	70
?	not ordered	?	not ordered			?	?		Wholemeal bread with sunflower seeds	50	110	5	20	5	95
?	not ordered	?	not ordered			?	?		Wholemeal bread - barley wholemeal bread	50	102	5	20	5	54
?	not ordered	?	not ordered			?	?		Wholemeal bread - rye-wheat bread	50	103	5	20	5	54
?	not ordered	?	not ordered			?	?		Wholemeal bread - whole wheat bread	50	102	5	20	0	95
?	not ordered	?	not ordered			?	?		White bread	30	73	5	15	0	70

Recommendations to lose weight		Recommendations for healthy nutrition		Recommendations to improve performance		genet. warning 1	genet. warning 2	your preference	Bread and pastry	All values per standard serving					Glyc. Index
often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat	
?	not ordered	?	not ordered			?	?		White bread - toast	30	78	5	15	5	70

Recommendations to lose weight		Recommendations for healthy nutrition		Recommendations to improve performance		genet. warning 1	genet. warning 2	your preference	Cereals, grains and grain products, rice	All values per standard serving					Glyc. Index
often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat	
?	not ordered	?	not ordered			?	?		Amaranth Wholemeal (as flour, semolina, grain or flakes)	15	46	5	10	5	3
?	not ordered	?	not ordered			?	?		Buckwheat peeled (as flour, semolina, grain or flakes)	40	137	5	30	5	37
?	not ordered	?	not ordered			?	?		Buckwheat whole grains (as flour, semolina, grain or flakes)	60	206	10	45	5	37
?	not ordered	?	not ordered			?	?		Bulgur	180	585	20	125	5	50
?	not ordered	?	not ordered			?	?		Spelt peeled (as flour, semolina, grain or flakes)	20	68	5	15	0	60
?	not ordered	?	not ordered			?	?		Spelt whole grains (as flour, semolina, grain or flakes)	100	329	20	60	5	60
?	not ordered	?	not ordered			?	?		Barley peeled (as flour, semolina, grain or flakes)	60	193	10	40	5	40
?	not ordered	?	not ordered			?	?		Barley whole grains (as flour, semolina, grain or flakes)	40	128	5	25	5	40
?	not ordered	?	not ordered			?	?		Unripe spelt grain peeled (from flour, semolina, grain or ..	60	196	10	40	5	65
?	not ordered	?	not ordered			?	?		Unripe spelt grain wholegrain (from flour, semolina, grain..	40	131	5	25	5	42
?	not ordered	?	not ordered			?	?		Oats peeled (from flour, semolina, grain or flakes)	60	199	10	35	5	16
?	not ordered	?	not ordered			?	?		Oats wholegrain (from flour, semolina, grain or flakes)	10	33	5	10	5	15
?	not ordered	?	not ordered			?	?		Millet peeled (from flour, semolina, grain or flakes)	60	214	10	45	5	44
?	not ordered	?	not ordered			?	?		Millet wholegrain (from flour, semolina, grain or flakes)	20	66	5	15	5	44
?	not ordered	?	not ordered			?	?		Khorasan wholegrain (from flour, semolina, grain or flakes)	100	337	15	70	5	36

Recommendations to lose weight		Recommendations for healthy nutrition		Recommendations to improve performance		genet. warning 1	genet. warning 2	your preference	Cereals, grains and grain products, rice	All values per standard serving					Glyc. Index
often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat	
?	not ordered	?	not ordered			?	?		Corn peeled (from flour, semolina, grain or flakes)	20	66	5	15	5	48
?	not ordered	?	not ordered			?	?		Corn wholegrain (from flour, semolina, grain or flakes)	60	197	5	40	5	46
?	not ordered	?	not ordered			?	?		Breadcrumbs	20	72	5	15	0	40
?	not ordered	?	not ordered			?	?		Popcorn	30	111	5	20	5	22
?	not ordered	?	not ordered			?	?		Quinoa peeled (from flour, semolina, grain or flakes)	100	355	15	65	10	6
?	not ordered	?	not ordered			?	?		Rice peeled (from flour, semolina, grain or flakes)	40	140	5	35	0	82
?	not ordered	?	not ordered			?	?		Rice wholegrain (from flour, semolina, grain or flakes)	60	211	5	45	5	75
?	not ordered	?	not ordered			?	?		Rye peeled (from flour, semolina, grain or flakes)	60	180	10	40	5	41
?	not ordered	?	not ordered			?	?		Rye wholegrain (from flour, semolina, grain or flakes)	40	120	5	25	5	41
?	not ordered	?	not ordered			?	?		Wheat peeled (from flour, semolina, grain or flakes)	60	183	10	40	5	5
?	not ordered	?	not ordered			?	?		Wheat wholegrain (from flour, semolina, grain or flakes)	40	122	5	25	5	27

Recommendations to lose weight		Recommendations for healthy nutrition		Recommendations to improve performance		genet. warning 1	genet. warning 2	your preference	Confectionary, sugar, sweets, chocolate, sweet spread, ice cream	All values per standard serving					Glyc. Index
often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat	
?	not ordered	?	not ordered			?	?		Maple syrup	100	274	0	70	0	55
?	not ordered	?	not ordered			?	?		Candy sour	5	20	0	5	0	41
?	not ordered	?	not ordered			?	?		Ice strawberry	30	26	0	5	5	2
?	not ordered	?	not ordered			?	?		Ice vanilla	30	58	5	10	5	11
?	not ordered	?	not ordered			?	?		Fruit drops	5	20	0	5	0	41

Recommendations to lose weight		Recommendations for healthy nutrition		Recommendations to improve performance		genet. warning 1	genet. warning 2	your preference	Confectionary, sugar, sweets, chocolate, sweet spread, ice cream	All values per standard serving					Glyc. Index
often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat	
?	not ordered	?	not ordered			?	?		Gumdrops	15	52	5	15	0	41
?	not ordered	?	not ordered			?	?		Honey	20	61	0	15	0	60
?	not ordered	?	not ordered			?	?		Cocoa powder	5	14	5	5	5	5
?	not ordered	?	not ordered			?	?		Jam apple	25	66	0	20	0	65
?	not ordered	?	not ordered			?	?		Jam apricot	25	63	0	15	0	65
?	not ordered	?	not ordered			?	?		Jam blackberry	25	65	0	20	0	65
?	not ordered	?	not ordered			?	?		Jam strawberry	25	65	0	20	0	65
?	not ordered	?	not ordered			?	?		Jam blueberry	25	66	0	20	0	65
?	not ordered	?	not ordered			?	?		Jam raspberry	25	64	0	15	0	65
?	not ordered	?	not ordered			?	?		Jam orange	25	66	0	20	0	65
?	not ordered	?	not ordered			?	?		Jam peach	25	68	0	20	0	65
?	not ordered	?	not ordered			?	?		Jam plums	25	61	0	15	0	65
?	not ordered	?	not ordered			?	?		Jam cranberry	25	67	0	20	0	65
?	not ordered	?	not ordered			?	?		Jam sour cherry	25	63	0	15	0	65
?	not ordered	?	not ordered			?	?		Jam damson plum	25	68	0	20	0	65
?	not ordered	?	not ordered			?	?		Marshmallow	15	50	0	15	0	61
?	not ordered	?	not ordered			?	?		Marzipan	15	79	5	10	5	6
?	not ordered	?	not ordered			?	?		Nougat	15	78	5	10	5	32
?	not ordered	?	not ordered			?	?		Chocolates	15	49	0	10	5	61
?	not ordered	?	not ordered			?	?		Rum balls	20	81	0	15	5	50
?	not ordered	?	not ordered			?	?		Chocolate kiss	20	71	5	10	5	61
?	not ordered	?	not ordered			?	?		Chocolate bitter	20	79	5	10	5	35
?	not ordered	?	not ordered			?	?		Chocolate milk	20	107	5	15	10	34

Recommendations to lose weight		Recommendations for healthy nutrition		Recommendations to improve performance		genet. warning 1	genet. warning 2	your preference	Confectionary, sugar, sweets, chocolate, sweet spread, ice cream	All values per standard serving					Glyc. Index
often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat	
?	not ordered	?	not ordered			?	?		Chocolate cream	20	99	5	15	5	33
?	not ordered	?	not ordered			?	?		Chocolate unskimmed milk	20	107	5	10	10	44
?	not ordered	?	not ordered			?	?		Chocolate white	20	108	5	15	10	63
?	not ordered	?	not ordered			?	?		Chocolate dark	20	99	5	10	10	23
?	not ordered	?	not ordered			?	?		Sugar white	5	20	0	5	0	58

Recommendations to lose weight		Recommendations for healthy nutrition		Recommendations to improve performance		genet. warning 1	genet. warning 2	your preference	Eggs and egg products, pasta	All values per standard serving					Glyc. Index
often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat	
?	not ordered	?	not ordered			?	?		Glass noodles	100	339	0	85	0	35
?	not ordered	?	not ordered			?	?		Chicken egg	60	82	10	5	10	35
?	not ordered	?	not ordered			?	?		Soba noodles	100	336	15	75	5	48
?	not ordered	?	not ordered			?	?		Noodles	50	109	5	20	5	3
?	not ordered	?	not ordered			?	?		Pasta with egg	150	543	20	105	5	50
?	not ordered	?	not ordered			?	?		Pasta without egg	50	174	10	35	5	53
?	not ordered	?	not ordered			?	?		Wholemeal pasta with egg	150	485	20	95	5	50
?	not ordered	?	not ordered			?	?		Wholemeal pasta without egg	50	162	10	30	5	50

Recommendations to lose weight		Recommendations for healthy nutrition		Recommendations to improve performance		genet. warning 1	genet. warning 2	your preference	Backed goods, cakes and confectionary	All values per standard serving					Glyc. Index
often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat	
?	not ordered	?	not ordered			?	?		Apple crumble cake from shortcrust	150	350	5	50	20	64
?	not ordered	?	not ordered			?	?		Apple strudel	150	249	5	40	10	35
?	not ordered	?	not ordered			?	?		Apricot cream cake from cake batter	100	208	5	25	15	46
?	not ordered	?	not ordered			?	?		Beer batter	100	225	10	35	10	2.7
?	not ordered	?	not ordered			?	?		Biscuit cuts	100	390	5	50	20	46
?	not ordered	?	not ordered			?	?		Puff pastry	100	420	5	30	35	2.4
?	not ordered	?	not ordered			?	?		Choux paste	100	183	10	15	15	1.3
?	not ordered	?	not ordered			?	?		Butter biscuits	25	109	5	20	5	55
?	not ordered	?	not ordered			?	?		Cream cake	120	400	10	40	25	65
?	not ordered	?	not ordered			?	?		Dominoes	15	50	5	10	5	4
?	not ordered	?	not ordered			?	?		Doughnut	60	236	5	30	15	76
?	not ordered	?	not ordered			?	?		Strawberry cream cake from cake batter	100	281	5	25	20	65
?	not ordered	?	not ordered			?	?		Yeast dough (pizza dough)	100	304	10	45	15	3.7
?	not ordered	?	not ordered			?	?		Yogurt cream cake	100	264	5	25	20	65
?	not ordered	?	not ordered			?	?		Carrot nut cake from cake batter	100	318	10	35	20	53
?	not ordered	?	not ordered			?	?		Cheesecake from shortcrust pastry	100	270	10	30	15	65
?	not ordered	?	not ordered			?	?		Cheesecake	120	344	5	30	25	65
?	not ordered	?	not ordered			?	?		Cherry cake from shortcrust pastry	120	354	5	45	20	64
?	not ordered	?	not ordered			?	?		Gingerbread	25	97	5	15	5	76
?	not ordered	?	not ordered			?	?		Linzer cake	120	501	10	55	30	38
?	not ordered	?	not ordered			?	?		Macaroons	50	218	10	25	15	32
?	not ordered	?	not ordered			?	?		Almond cake from yeast dough	100	384	10	45	20	65
?	not ordered	?	not ordered			?	?		Marble cake from batter	70	249	5	30	15	45

Recommendations to lose weight		Recommendations for healthy nutrition		Recommendations to improve performance		genet. warning 1	genet. warning 2	your preference	Backed goods, cakes and confectionary	All values per standard serving					Glyc. Index
often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat	
?	not ordered	?	not ordered			?	?		Marzipan cake	120	421	10	35	30	70
?	not ordered	?	not ordered			?	?		Apple and poppy seed cake from shortcrust	120	346	10	40	20	64
?	not ordered	?	not ordered			?	?		Poppy seed roll from dough	100	358	10	40	20	45
?	not ordered	?	not ordered			?	?		Muffin with chocolate	60	175	5	25	10	50
?	not ordered	?	not ordered			?	?		Muffins with blueberries	60	169	5	25	10	59
?	not ordered	?	not ordered			?	?		Nut cake	50	229	5	20	15	45
?	not ordered	?	not ordered			?	?		Nut cream cake	120	427	10	30	35	65
?	not ordered	?	not ordered			?	?		Gingerbread biscuits	25	96	5	20	5	15
?	not ordered	?	not ordered			?	?		Cookies from shortcrust	50	246	5	30	15	57
?	not ordered	?	not ordered			?	?		Quark-apple cake	120	202	10	30	10	40
?	not ordered	?	not ordered			?	?		Cream cake	50	151	5	15	10	40
?	not ordered	?	not ordered			?	?		Rhubarb cake with meringue	120	218	5	25	15	40
?	not ordered	?	not ordered			?	?		Raisin cake from batter	70	241	5	35	10	65
?	not ordered	?	not ordered			?	?		Red wine cake from batter	70	255	5	30	15	74
?	not ordered	?	not ordered			?	?		Sacher cake	120	462	10	55	25	38
?	not ordered	?	not ordered			?	?		Pretzel sticks	30	106	5	25	0	0
?	not ordered	?	not ordered			?	?		Chocolate cake from batter	70	237	5	25	15	38
?	not ordered	?	not ordered			?	?		Chocolate-nuts cake from batter	100	393	10	35	25	38
?	not ordered	?	not ordered			?	?		Chocolate cake with cream topping from cake batter	100	308	5	50	10	38
?	not ordered	?	not ordered			?	?		Black Forest cake	120	333	5	40	20	38
?	not ordered	?	not ordered			?	?		Chelsea bun with crumbles	75	257	10	40	10	4
?	not ordered	?	not ordered			?	?		Tiramisu	125	390	10	50	20	12
?	not ordered	?	not ordered			?	?		Waffles	50	279	5	25	25	75

Recommendations to lose weight		Recommendations for healthy nutrition		Recommendations to improve performance		genet. warning 1	genet. warning 2	your preference	Backed goods, cakes and confectionary	All values per standard serving					Glyc. Index
often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat	
?	not ordered	?	not ordered			?	?		Damson plum cake from shortcrust	100	212	5	30	10	53

Recommendations to lose weight		Recommendations for healthy nutrition		Recommendations to improve performance		genet. warning 1	genet. warning 2	your preference	Fruit and fruit products	All values per standard serving					Glyc. Index
often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat	
?	not ordered	?	not ordered			?	?		Acerola	120	19	0	5	0	20
?	not ordered	?	not ordered			?	?		Pineapple	125	70	5	20	0	45
?	not ordered	?	not ordered			?	?		Pineapple canned	125	108	0	30	0	65
?	not ordered	?	not ordered			?	?		Apple	125	76	0	20	0	35
?	not ordered	?	not ordered			?	?		Applesauce canned	250	203	5	50	0	38
?	not ordered	?	not ordered			?	?		Apricot	50	22	0	5	0	57
?	not ordered	?	not ordered			?	?		Apricot canned	125	99	5	25	0	65
?	not ordered	?	not ordered			?	?		Avocado	225	293	5	10	30	10
?	not ordered	?	not ordered			?	?		Banana	100	90	5	20	0	51
?	not ordered	?	not ordered			?	?		Tree gooseberry (starfruit)	125	34	5	5	5	15
?	not ordered	?	not ordered			?	?		Soft fruit	125	40	5	10	5	40
?	not ordered	?	not ordered			?	?		Pear	140	73	5	20	0	40
?	not ordered	?	not ordered			?	?		Pear canned	125	83	0	20	0	55
?	not ordered	?	not ordered			?	?		Blackberry	125	45	5	10	5	25
?	not ordered	?	not ordered			?	?		Breadfruit	125	130	5	30	0	65

Recommendations to lose weight		Recommendations for healthy nutrition		Recommendations to improve performance		genet. warning 1	genet. warning 2	your preference	Fruit and fruit products	All values per standard serving					Glyc. Index
often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat	
?	not ordered	?	not ordered			?	?		Cashew apple	125	68	5	15	5	22
?	not ordered	?	not ordered			?	?		Clementine	40	18	0	5	0	0
?	not ordered	?	not ordered			?	?		Date	125	350	5	85	5	42
?	not ordered	?	not ordered			?	?		Durian	125	180	5	40	5	44
?	not ordered	?	not ordered			?	?		Strawberry	250	80	5	15	5	30
?	not ordered	?	not ordered			?	?		Ground Cherry (Physalis)	125	64	5	15	5	22
?	not ordered	?	not ordered			?	?		Fig	20	13	0	5	0	35
?	not ordered	?	not ordered			?	?		Pomegranate	125	94	5	20	5	35
?	not ordered	?	not ordered			?	?		Grapefruit	250	110	5	20	0	53
?	not ordered	?	not ordered			?	?		Guava	125	43	5	10	5	24
?	not ordered	?	not ordered			?	?		Guava small	125	69	5	15	5	78
?	not ordered	?	not ordered			?	?		Rosehip	125	119	5	20	5	1
?	not ordered	?	not ordered			?	?		Blueberry	125	46	5	10	5	28
?	not ordered	?	not ordered			?	?		Raspberry	125	43	5	10	0	25
?	not ordered	?	not ordered			?	?		Elderberry	125	69	5	10	5	4
?	not ordered	?	not ordered			?	?		Currant red	125	41	5	10	0	25
?	not ordered	?	not ordered			?	?		Currant black	125	50	5	10	0	15
?	not ordered	?	not ordered			?	?		Currant white	125	51	5	10	0	35
?	not ordered	?	not ordered			?	?		Japanese persimmon	125	89	5	20	0	1.3
?	not ordered	?	not ordered			?	?		Prickly pear	125	46	5	10	5	0
?	not ordered	?	not ordered			?	?		Cape gooseberry	125	95	5	20	5	15
?	not ordered	?	not ordered			?	?		Cherry canned	125	68	5	20	0	20
?	not ordered	?	not ordered			?	?		Cherry sour	120	62	5	15	5	45

Recommendations to lose weight		Recommendations for healthy nutrition		Recommendations to improve performance		genet. warning 1	genet. warning 2	your preference	Fruit and fruit products	All values per standard serving					Glyc. Index
often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat	
?	not ordered	?	not ordered			?	?		Cherry sweet	120	72	5	20	0	22
?	not ordered	?	not ordered			?	?		Kiwi	45	24	0	5	0	52
?	not ordered	?	not ordered			?	?		Coconut	50	181	5	5	20	0
?	not ordered	?	not ordered			?	?		Kumquat	125	85	5	20	0	0
?	not ordered	?	not ordered			?	?		Lime	125	59	5	5	5	26.6
?	not ordered	?	not ordered			?	?		Litchi	125	94	5	25	0	50
?	not ordered	?	not ordered			?	?		Litchi canned	125	120	5	30	0	38
?	not ordered	?	not ordered			?	?		Mamey apple	125	71	5	15	0	3
?	not ordered	?	not ordered			?	?		Mandarins	40	20	0	5	0	19
?	not ordered	?	not ordered			?	?		Mandarins canned	125	104	0	25	0	47
?	not ordered	?	not ordered			?	?		Mango	125	74	5	20	5	50
?	not ordered	?	not ordered			?	?		Mangosteen	125	93	5	20	5	1
?	not ordered	?	not ordered			?	?		Mulberry	125	55	5	10	0	25
?	not ordered	?	not ordered			?	?		Mirabelle	125	80	5	20	0	3
?	not ordered	?	not ordered			?	?		Medlar	25	12	0	5	0	0
?	not ordered	?	not ordered			?	?		Nectarine	115	64	5	15	0	35
?	not ordered	?	not ordered			?	?		Orange	150	65	5	15	0	42
?	not ordered	?	not ordered			?	?		Pampelmuse	125	58	5	15	0	53
?	not ordered	?	not ordered			?	?		Papaya	125	40	5	10	0	55
?	not ordered	?	not ordered			?	?		Passion fruit	125	80	5	15	5	24
?	not ordered	?	not ordered			?	?		Peach	115	47	5	10	0	28
?	not ordered	?	not ordered			?	?		Plums	125	56	5	15	0	0
?	not ordered	?	not ordered			?	?		Cranberry	125	44	0	10	5	2

Recommendations to lose weight		Recommendations for healthy nutrition		Recommendations to improve performance		genet. warning 1	genet. warning 2	your preference	Fruit and fruit products	All values per standard serving					Glyc. Index
often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat	
?	not ordered	?	not ordered		?	?			Quince	150	59	5	15	5	35
?	not ordered	?	not ordered		?	?			Rhubarb	150	20	5	5	0	13
?	not ordered	?	not ordered		?	?			Raisins	25	76	5	20	0	28
?	not ordered	?	not ordered		?	?			Round plum	125	56	5	15	0	33
?	not ordered	?	not ordered		?	?			Sea buckthorn berry	125	108	5	5	10	0
?	not ordered	?	not ordered		?	?			Gooseberry	125	46	5	10	0	25
?	not ordered	?	not ordered		?	?			Starfruit	100	27	5	5	5	0
?	not ordered	?	not ordered		?	?			Wild blackberry	125	45	5	10	5	51
?	not ordered	?	not ordered		?	?			Wild strawberry	125	40	5	10	5	59
?	not ordered	?	not ordered		?	?			Wild raspberry	125	43	5	10	0	59
?	not ordered	?	not ordered		?	?			Watermelon	125	48	5	10	0	72
?	not ordered	?	not ordered		?	?			Grape red	125	88	5	20	0	45
?	not ordered	?	not ordered		?	?			Grape white	125	88	5	20	0	15
?	not ordered	?	not ordered		?	?			Winter melon	125	35	5	10	0	72
?	not ordered	?	not ordered		?	?			Lemon	125	45	5	5	5	0
?	not ordered	?	not ordered		?	?			Muskmelon	125	69	5	20	0	68
?	not ordered	?	not ordered		?	?			Plum	35	15	0	5	0	29

Recommendations to lose weight		Recommendations for healthy nutrition		Recommendations to improve performance		genet. warning 1	genet. warning 2	your preference	Vegetables and vegetable products	All values per standard serving					Glyc. Index
often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat	
?	not ordered	?	not ordered			?	?		Algae	5	2	0	0	0	1
?	not ordered	?	not ordered			?	?		Artichokes	150	33	5	5	0	20
?	not ordered	?	not ordered			?	?		Aubergine	250	43	5	10	0	20
?	not ordered	?	not ordered			?	?		Wild garlic	100	19	5	5	0	16
?	not ordered	?	not ordered			?	?		Kale	150	20	5	5	0	0
?	not ordered	?	not ordered			?	?		Cauliflower	150	35	5	5	0	15
?	not ordered	?	not ordered			?	?		Bean white	60	158	15	25	5	35
?	not ordered	?	not ordered			?	?		Beans thick	150	126	15	20	5	46
?	not ordered	?	not ordered			?	?		Beans green	150	50	5	10	0	54
?	not ordered	?	not ordered			?	?		Nettle	150	63	15	5	5	0
?	not ordered	?	not ordered			?	?		Broccoli	150	42	10	5	0	0
?	not ordered	?	not ordered			?	?		Bush beans green	150	50	5	10	0	54
?	not ordered	?	not ordered			?	?		Chicory	50	9	5	5	0	15
?	not ordered	?	not ordered			?	?		China beans	150	170	15	30	5	0
?	not ordered	?	not ordered			?	?		Chinese cabbage	150	20	5	5	0	0
?	not ordered	?	not ordered			?	?		Iceberg lettuce	50	7	5	5	0	0
?	not ordered	?	not ordered			?	?		Endives	50	8	5	5	0	15
?	not ordered	?	not ordered			?	?		Pea green	150	123	10	20	5	35
?	not ordered	?	not ordered			?	?		Pea green canned	150	57	5	10	5	45
?	not ordered	?	not ordered			?	?		Lamb's lettuce	50	8	5	0	0	47
?	not ordered	?	not ordered			?	?		Fennel bulb	150	29	5	5	0	0.3
?	not ordered	?	not ordered			?	?		Vegetable mix Chinese art	150	56	5	10	5	42
?	not ordered	?	not ordered			?	?		Vegetable mix Mexican art	150	77	5	15	5	32

Recommendations to lose weight		Recommendations for healthy nutrition		Recommendations to improve performance		genet. warning 1	genet. warning 2	your preference	Vegetables and vegetable products	All values per standard serving					Glyc. Index
often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat	
?	not ordered	?	not ordered			?	?		Sweet pepper yellow	150	45	5	10	0	35
?	not ordered	?	not ordered			?	?		Sweet pepper green	150	29	5	5	0	20
?	not ordered	?	not ordered			?	?		Sweet pepper red	150	56	5	10	5	30
?	not ordered	?	not ordered			?	?		Kale	150	56	10	5	5	7
?	not ordered	?	not ordered			?	?		Cucumber	150	18	5	5	0	15
?	not ordered	?	not ordered			?	?		Legume vegetables	150	50	5	10	0	18
?	not ordered	?	not ordered			?	?		Capers	100	23	5	5	0	0
?	not ordered	?	not ordered			?	?		Carrot	150	50	5	10	0	30
?	not ordered	?	not ordered			?	?		Kidney beans	60	151	15	25	5	23
?	not ordered	?	not ordered			?	?		Garlic	5	3	0	5	0	16
?	not ordered	?	not ordered			?	?		Celeriac	150	29	5	5	0	85
?	not ordered	?	not ordered			?	?		Kohlrabi	150	38	5	10	0	0
?	not ordered	?	not ordered			?	?		Turnip	150	45	5	10	0	72
?	not ordered	?	not ordered			?	?		Lettuce	50	6	5	5	0	15
?	not ordered	?	not ordered			?	?		Pumpkin Butternut	150	38	5	10	0	0
?	not ordered	?	not ordered			?	?		Pumpkin Hokkaido	150	38	5	10	0	0
?	not ordered	?	not ordered			?	?		Spring onion	30	13	0	5	0	3
?	not ordered	?	not ordered			?	?		Lima bean	150	98	5	20	0	46
?	not ordered	?	not ordered			?	?		Lollo Rosso	100	20	5	5	0	0
?	not ordered	?	not ordered			?	?		Dandelion	150	44	5	5	5	0
?	not ordered	?	not ordered			?	?		Chard	150	24	5	5	0	32
?	not ordered	?	not ordered			?	?		Horseradish	150	96	5	20	0	0
?	not ordered	?	not ordered			?	?		Mixed pickles	200	72	5	15	5	75

Recommendations to lose weight		Recommendations for healthy nutrition		Recommendations to improve performance		genet. warning 1	genet. warning 2	your preference	Vegetables and vegetable products	All values per standard serving					Glyc. Index
often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat	
?	not ordered	?	not ordered			?	?		Okra	150	30	5	5	0	0
?	not ordered	?	not ordered			?	?		Olive green	20	26	0	5	5	30
?	not ordered	?	not ordered			?	?		Olive black	20	69	0	5	10	0
?	not ordered	?	not ordered			?	?		Palm heart	150	54	5	10	0	32
?	not ordered	?	not ordered			?	?		Peppers	150	29	5	5	0	0
?	not ordered	?	not ordered			?	?		Parsnips	150	89	5	20	5	52
?	not ordered	?	not ordered			?	?		Pearl onion	15	11	0	5	0	3
?	not ordered	?	not ordered			?	?		Purslane	150	18	5	5	5	2
?	not ordered	?	not ordered			?	?		Scarlet runner bean	150	126	15	20	5	15
?	not ordered	?	not ordered			?	?		Radicchio	50	7	5	5	0	0
?	not ordered	?	not ordered			?	?		Radishes	100	15	5	5	0	15
?	not ordered	?	not ordered			?	?		Radish	150	24	5	5	0	15
?	not ordered	?	not ordered			?	?		Romanesco	150	35	5	5	0	46
?	not ordered	?	not ordered			?	?		Romano salad	50	8	5	5	0	15
?	not ordered	?	not ordered			?	?		Brussels sprouts	150	54	10	5	5	15
?	not ordered	?	not ordered			?	?		Red cabbage	150	35	5	5	0	15
?	not ordered	?	not ordered			?	?		Beet red	150	63	5	15	0	91
?	not ordered	?	not ordered			?	?		Beet white	150	39	5	10	0	30
?	not ordered	?	not ordered			?	?		Rocket	100	27	5	5	5	32
?	not ordered	?	not ordered			?	?		Sorrel	150	33	5	5	5	0
?	not ordered	?	not ordered			?	?		Pickled cabbage	150	26	5	5	0	25
?	not ordered	?	not ordered			?	?		Shallot	30	7	0	5	0	8
?	not ordered	?	not ordered			?	?		Leaf lettuce	50	10	5	5	0	0

Recommendations to lose weight		Recommendations for healthy nutrition		Recommendations to improve performance		genet. warning 1	genet. warning 2	your preference	Vegetables and vegetable products	All values per standard serving					Glyc. Index
often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat	
?	not ordered	?	not ordered			?	?		Black salsify	150	29	5	5	5	0
?	not ordered	?	not ordered			?	?		Pearl onions	30	8	0	5	0	3
?	not ordered	?	not ordered			?	?		Soybeans	150	216	20	20	10	18
?	not ordered	?	not ordered			?	?		Asparagus canned	150	18	5	5	0	15
?	not ordered	?	not ordered			?	?		Asparagus white	150	27	5	5	0	15
?	not ordered	?	not ordered			?	?		Spinach	150	29	5	5	0	15
?	not ordered	?	not ordered			?	?		Pointed cabbage	150	35	5	5	0	15
?	not ordered	?	not ordered			?	?		Runner beans green	150	50	5	10	0	30
?	not ordered	?	not ordered			?	?		Stalk celery	150	26	5	5	0	15
?	not ordered	?	not ordered			?	?		Bush beans	150	132	15	20	5	30
?	not ordered	?	not ordered			?	?		Pigeon peas	60	172	15	30	5	22
?	not ordered	?	not ordered			?	?		Soup vegetables	150	38	5	10	0	3
?	not ordered	?	not ordered			?	?		Tomatoes	80	14	5	5	0	15
?	not ordered	?	not ordered			?	?		Tomatoes canned	80	14	5	5	0	31
?	not ordered	?	not ordered			?	?		Wax beans	150	48	5	10	0	20
?	not ordered	?	not ordered			?	?		Wax gourd	150	21	5	5	0	0
?	not ordered	?	not ordered			?	?		Wasabi raw	150	185	10	35	5	8
?	not ordered	?	not ordered			?	?		Vine leaves	100	114	10	20	5	2
?	not ordered	?	not ordered			?	?		White cabbage	150	38	5	10	0	20
?	not ordered	?	not ordered			?	?		Savoy cabbage	150	41	5	5	0	0
?	not ordered	?	not ordered			?	?		Parsley root	150	59	5	10	5	5
?	not ordered	?	not ordered			?	?		Zucchini	150	32	5	5	0	15
?	not ordered	?	not ordered			?	?		Sugar peas	150	89	10	15	0	65

Recommendations to lose weight		Recommendations for healthy nutrition		Recommendations to improve performance		genet. warning 1	genet. warning 2	your preference	Vegetables and vegetable products	All values per standard serving					Glyc. Index
often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat	
?	not ordered	?	not ordered			?	?		Sweetcorn	150	134	5	25	5	0
?	not ordered	?	not ordered			?	?		Onion	80	22	5	5	0	3

Recommendations to lose weight		Recommendations for healthy nutrition		Recommendations to improve performance		genet. warning 1	genet. warning 2	your preference	Potatoes and potato products, starchy plant parts, mushrooms	All values per standard serving					Glyc. Index
often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat	
?	not ordered	?	not ordered			?	?		Oyster mushroom	100	23	5	5	0	0
?	not ordered	?	not ordered			?	?		Batata (sweet potato)	150	167	5	40	5	8
?	not ordered	?	not ordered			?	?		Birch mushroom	200	50	10	0	5	0
?	not ordered	?	not ordered			?	?		Slippery Jack	200	30	5	5	5	67
?	not ordered	?	not ordered			?	?		Champignon	100	21	5	5	0	0
?	not ordered	?	not ordered			?	?		Champignon canned	100	19	5	0	5	0
?	not ordered	?	not ordered			?	?		Red pine mushroom	200	36	10	0	5	0
?	not ordered	?	not ordered			?	?		Gnocchi	125	203	5	45	5	70
?	not ordered	?	not ordered			?	?		Armillaria	200	38	10	0	5	61
?	not ordered	?	not ordered			?	?		Chinese artichoke	200	362	10	75	5	3.1
?	not ordered	?	not ordered			?	?		Potato chips	25	132	0	5	10	77
?	not ordered	?	not ordered			?	?		Potatoes peeled	200	146	5	35	0	70
?	not ordered	?	not ordered			?	?		Potatoes unpeeled	240	175	5	40	0	65
?	not ordered	?	not ordered			?	?		Potatoes frozen	200	290	5	35	15	76

Recommendations to lose weight		Recommendations for healthy nutrition		Recommendations to improve performance		genet. warning 1	genet. warning 2	your preference	Potatoes and potato products, starchy plant parts, mushrooms	All values per standard serving					Glyc. Index
often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat	
?	not ordered	?	not ordered		3	?	?		Potato starch flour	20	68	0	20	0	32
?	not ordered	?	not ordered		1	?	?		Lotus root	150	119	5	25	0	6
?	not ordered	?	not ordered		3	?	?		Manioc	200	274	5	65	0	20
?	not ordered	?	not ordered		3	?	?		Morel	200	30	5	5	5	0
?	not ordered	?	not ordered	1		?	?		Arrowroot	200	208	15	40	5	6
?	not ordered	?	not ordered		3	?	?		Chanterelle	200	30	5	0	5	0
?	not ordered	?	not ordered		3	?	?		Boletes	200	34	5	5	5	0
?	not ordered	?	not ordered		1	?	?		Sago palm	200	362	10	75	5	5
?	not ordered	?	not ordered		3	?	?		Shiitake mushroom	200	84	5	25	0	0
?	not ordered	?	not ordered		4	?	?		Porcini	200	54	15	5	5	0
?	not ordered	?	not ordered		3	?	?		Taro	150	153	5	35	0	11
?	not ordered	?	not ordered	6		?	?		Jerusalem artichoke	200	62	5	10	5	7
?	not ordered	?	not ordered	2		?	?		Truffle	200	118	20	15	5	23
?	not ordered	?	not ordered	4		?	?		Wild mushroom mix canned	200	118	5	15	10	20
?	not ordered	?	not ordered		1	?	?		Yam bean	200	82	5	20	0	32
?	not ordered	?	not ordered		2	?	?		Yam	200	202	5	45	0	12

Recommendations to lose weight		Recommendations for healthy nutrition		Recommendations to improve performance		genet. warning 1	genet. warning 2	your preference	Spices, seasonings, additives	All values per standard serving					Glyc. Index
often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat	
?	not ordered	?	not ordered			?	?		Agar-Agar	5	3	0	0	0	12
?	not ordered	?	not ordered			?	?		Agave syrup	100	270	5	65	0	20
?	not ordered	?	not ordered			?	?		Anise	5	0	0	0	0	0
?	not ordered	?	not ordered			?	?		Apple vinegar	15	3	0	0	0	5
?	not ordered	?	not ordered			?	?		Balsamic vinegar	100	99	0	25	0	5
?	not ordered	?	not ordered			?	?		Barbecue sauce	45	54	5	5	5	19
?	not ordered	?	not ordered			?	?		Basil	5	0	0	0	0	5
?	not ordered	?	not ordered			?	?		Cayenne pepper	5	0	0	0	0	5
?	not ordered	?	not ordered			?	?		Chili red	5	0	0	0	0	5
?	not ordered	?	not ordered			?	?		Chutney apple	20	29	0	10	0	5
?	not ordered	?	not ordered			?	?		Chutney mango	20	28	0	10	0	5
?	not ordered	?	not ordered			?	?		Chutney tomato	20	21	0	5	0	5
?	not ordered	?	not ordered			?	?		Curry powder	5	0	0	0	0	1
?	not ordered	?	not ordered			?	?		Curry sauce	60	91	5	5	10	0
?	not ordered	?	not ordered			?	?		Dill	5	0	0	0	0	5
?	not ordered	?	not ordered			?	?		Dressing cocktail	20	116	0	5	15	40
?	not ordered	?	not ordered			?	?		Dressing vinegar-herb	45	134	0	5	15	0
?	not ordered	?	not ordered			?	?		Dressing French	60	222	5	5	25	0
?	not ordered	?	not ordered			?	?		Dressing Italian	60	146	5	5	15	0
?	not ordered	?	not ordered			?	?		Dressing mayonnaise	50	360	5	0	40	1
?	not ordered	?	not ordered			?	?		Tarragon	5	0	0	0	0	5
?	not ordered	?	not ordered			?	?		Gelatin	5	3	5	0	0	12
?	not ordered	?	not ordered			?	?		Vegetable stock granulated	100	176	20	15	10	0

Recommendations to lose weight		Recommendations for healthy nutrition		Recommendations to improve performance		genet. warning 1	genet. warning 2	your preference	Spices, seasonings, additives	All values per standard serving					Glyc. Index
often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat	
?	not ordered	?	not ordered			?	?		Hoisin sauce	20	35	5	10	5	4
?	not ordered	?	not ordered			?	?		Chicken stock granulated	5	7	5	5	0	15
?	not ordered	?	not ordered			?	?		Ginger	5	0	0	0	0	0
?	not ordered	?	not ordered			?	?		Cardamom	5	0	0	0	0	5
?	not ordered	?	not ordered			?	?		Ketchup	20	22	0	5	0	80
?	not ordered	?	not ordered			?	?		Coriander	5	0	0	0	0	5
?	not ordered	?	not ordered			?	?		Herb vinegar	15	3	0	0	0	5
?	not ordered	?	not ordered			?	?		Cumin	5	0	0	0	0	5
?	not ordered	?	not ordered			?	?		Caraway	5	0	0	0	0	5
?	not ordered	?	not ordered			?	?		Turmeric	5	0	0	0	0	5
?	not ordered	?	not ordered			?	?		Bay leaf	5	0	0	0	0	5
?	not ordered	?	not ordered			?	?		Mace	5	0	0	0	0	5
?	not ordered	?	not ordered			?	?		Marjoram	5	0	0	0	0	5
?	not ordered	?	not ordered			?	?		Balm	5	0	0	0	0	5
?	not ordered	?	not ordered			?	?		Nutmeg	5	0	0	0	0	5
?	not ordered	?	not ordered			?	?		Cloves	5	0	0	0	0	5
?	not ordered	?	not ordered			?	?		Fruit vinegar	15	3	0	0	0	5
?	not ordered	?	not ordered			?	?		Oregano	5	0	0	0	0	5
?	not ordered	?	not ordered			?	?		Paprika sweet	5	0	0	0	0	10
?	not ordered	?	not ordered			?	?		Pectins	5	1	0	0	0	12
?	not ordered	?	not ordered			?	?		Parsley	5	0	0	0	0	0
?	not ordered	?	not ordered			?	?		Pepper green	5	0	0	0	0	5
?	not ordered	?	not ordered			?	?		Pepper black	5	0	0	0	0	5

Recommendations to lose weight		Recommendations for healthy nutrition		Recommendations to improve performance		genet. warning 1	genet. warning 2	your preference	Spices, seasonings, additives	All values per standard serving					Glyc. Index
often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat	
?	not ordered	?	not ordered			?	?		Pepper white	5	0	0	0	0	5
?	not ordered	?	not ordered			?	?		Allspice	5	0	0	0	0	5
?	not ordered	?	not ordered			?	?		Rosemary	5	0	0	0	0	5
?	not ordered	?	not ordered			?	?		Saffron	5	0	0	0	0	5
?	not ordered	?	not ordered			?	?		Sage	5	0	0	0	0	5
?	not ordered	?	not ordered			?	?		Sambal Oelek	20	28	5	5	5	5
?	not ordered	?	not ordered			?	?		Chives	5	0	0	0	0	5
?	not ordered	?	not ordered			?	?		Mustard hot	5	4	0	0	0	35
?	not ordered	?	not ordered			?	?		Mustard sweet	5	4	0	0	0	55
?	not ordered	?	not ordered			?	?		Soy sauce	15	17	5	5	5	4
?	not ordered	?	not ordered			?	?		Tabasco	5	1	0	0	0	0
?	not ordered	?	not ordered			?	?		Thyme	5	0	0	0	0	5
?	not ordered	?	not ordered			?	?		Tomato paste	10	4	0	5	0	45
?	not ordered	?	not ordered			?	?		Vanilla pod	5	0	0	0	0	5
?	not ordered	?	not ordered			?	?		Juniper berry	5	4	0	0	0	15
?	not ordered	?	not ordered			?	?		Wine vinegar	15	3	0	0	0	15
?	not ordered	?	not ordered			?	?		Cinnamon	5	0	0	0	0	5

Recommendations to lose weight		Recommendations for healthy nutrition		Recommendations to improve performance		genet. warning 1	genet. warning 2	your preference	Legumes (mellow), nuts, oil and other seeds	All values per standard serving					Glyc. Index
often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat	
?	not ordered	?	not ordered			?	?		Bamboo shoots	150	27	5	5	0	20
?	not ordered	?	not ordered			?	?		Bean sprouts	15	5	0	5	0	15
?	not ordered	?	not ordered			?	?		Cashew	60	355	15	15	30	25
?	not ordered	?	not ordered			?	?		Chia seeds	30	137	5	15	10	1
?	not ordered	?	not ordered			?	?		Sweet chestnut	60	118	5	25	5	30
?	not ordered	?	not ordered			?	?		Peas germinated	15	4	5	0	0	0
?	not ordered	?	not ordered			?	?		Peanut	100	576	30	10	50	0
?	not ordered	?	not ordered			?	?		Grain sprouts	15	8	0	5	0	35
?	not ordered	?	not ordered			?	?		Hazelnut	60	390	10	5	40	0
?	not ordered	?	not ordered			?	?		Chickpeas	60	161	15	25	5	26
?	not ordered	?	not ordered			?	?		Chickpeas germinated	15	4	5	0	0	30
?	not ordered	?	not ordered			?	?		Pumpkin seed	20	113	10	5	10	53
?	not ordered	?	not ordered			?	?		Flaxseeds	20	89	5	5	10	0
?	not ordered	?	not ordered			?	?		Lima beans	60	167	15	30	5	32
?	not ordered	?	not ordered			?	?		Lentils	60	185	15	30	5	30
?	not ordered	?	not ordered			?	?		Lentils germinated	15	4	5	0	0	29
?	not ordered	?	not ordered			?	?		Lupine seeds	100	371	40	40	10	24
?	not ordered	?	not ordered			?	?		Alfalfa sprout	15	4	0	0	0	0
?	not ordered	?	not ordered			?	?		Macadamia nut	60	418	5	5	45	39
?	not ordered	?	not ordered			?	?		Almond	60	353	15	5	35	35
?	not ordered	?	not ordered			?	?		Poppy	20	97	5	5	10	0
?	not ordered	?	not ordered			?	?		Mung beans	60	164	15	25	5	25
?	not ordered	?	not ordered			?	?		Brazil nut	60	412	10	5	45	10

Recommendations to lose weight		Recommendations for healthy nutrition		Recommendations to improve performance		genet. warning 1	genet. warning 2	your preference	Legumes (mellow), nuts, oil and other seeds	All values per standard serving					Glyc. Index
often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat	
?	not ordered	?	not ordered			?	?		Pecan nut	60	419	10	5	45	0
?	not ordered	?	not ordered			?	?		Pine nut	20	115	5	5	10	0
?	not ordered	?	not ordered			?	?		Pistachio	60	352	15	10	35	18
?	not ordered	?	not ordered			?	?		Sesame	20	114	5	5	10	0
?	not ordered	?	not ordered			?	?		Soy bran	10	11	5	5	0	7
?	not ordered	?	not ordered			?	?		Soy sprouts	15	6	5	5	0	15
?	not ordered	?	not ordered			?	?		Sunflower seed	20	96	5	10	5	20
?	not ordered	?	not ordered			?	?		Walnut	40	286	10	5	30	0

Recommendations to lose weight		Recommendations for healthy nutrition		Recommendations to improve performance		genet. warning 1	genet. warning 2	your preference	Mostly animal menu components	All values per standard serving					Glyc. Index
often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat	
?	not ordered	?	not ordered			?	?		White bean soup with meat	450	275	25	30	10	64
?	not ordered	?	not ordered			?	?		Chicken burger	150	378	15	50	15	15
?	not ordered	?	not ordered			?	?		Chilli con carne	250	258	20	15	15	34
?	not ordered	?	not ordered			?	?		Chicken cordon bleu	150	300	35	15	15	70
?	not ordered	?	not ordered			?	?		Pork cordon bleu	150	329	35	15	15	4.4
?	not ordered	?	not ordered			?	?		Curried sausage with fries	100	184	5	15	15	70
?	not ordered	?	not ordered			?	?		Debreziner bean goulash	350	420	25	20	30	79
?	not ordered	?	not ordered			?	?		Roasted duck with oranges and sauce	300	507	35	10	35	68

Recommendations to lose weight		Recommendations for healthy nutrition		Recommendations to improve performance		genet. warning 1	genet. warning 2	your preference	Mostly animal menu components	All values per standard serving					Glyc. Index
often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat	
?	not ordered	?	not ordered			?	?		Fish and chips	350	931	25	105	50	32
?	not ordered	?	not ordered			?	?		Fish roll with tomato sauce	350	301	40	15	15	35
?	not ordered	?	not ordered			?	?		Fish sticks	150	380	20	25	25	33
?	not ordered	?	not ordered			?	?		Meat pie	350	945	40	60	65	1.4
?	not ordered	?	not ordered			?	?		Roast goose with gravy	300	672	50	10	55	0
?	not ordered	?	not ordered			?	?		Poultry cream soup	350	340	30	5	25	19
?	not ordered	?	not ordered			?	?		Poultry croquette	200	378	20	15	30	0
?	not ordered	?	not ordered			?	?		Chicken salad with pineapple and mushrooms	100	194	20	5	15	0
?	not ordered	?	not ordered			?	?		Kale stew with cooked sausage	450	365	20	20	25	42
?	not ordered	?	not ordered			?	?		Goulash soup canned	150	164	20	5	10	0
?	not ordered	?	not ordered			?	?		Herring cooked in tomato sauce	80	98	10	5	10	35
?	not ordered	?	not ordered			?	?		Venison stew with red wine	350	508	50	10	30	20
?	not ordered	?	not ordered			?	?		Hot Dog	115	267	15	30	15	61
?	not ordered	?	not ordered			?	?		Chicken fricassee with mushrooms	450	693	45	15	55	25
?	not ordered	?	not ordered			?	?		Sliced veal with curry-garlic sauce	250	433	35	10	30	10
?	not ordered	?	not ordered			?	?		Filled veal roll, with sauce	200	302	40	5	15	10
?	not ordered	?	not ordered			?	?		Veal shoulder braised in cream sauce	200	164	25	5	10	2.9
?	not ordered	?	not ordered			?	?		Carrot stew with pork belly	450	365	20	20	25	30
?	not ordered	?	not ordered			?	?		Cheese souffle	140	424	20	5	40	86
?	not ordered	?	not ordered			?	?		Stuffed cabbage with meat filling	300	258	20	15	15	55
?	not ordered	?	not ordered			?	?		Königsberger meatballs	200	388	35	15	25	0
?	not ordered	?	not ordered			?	?		Herbal pâté	350	588	65	5	40	0.1
?	not ordered	?	not ordered			?	?		Lamb meatballs with curry in tomato sauce	200	340	20	15	25	35

Recommendations to lose weight		Recommendations for healthy nutrition		Recommendations to improve performance		genet. warning 1	genet. warning 2	your preference	Mostly animal menu components	All values per standard serving					Glyc. Index
often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat	
?	not ordered	?	not ordered			?	?		Lasagna with minced meat	475	665	30	40	45	0
?	not ordered	?	not ordered			?	?		Liver dumplings	350	536	40	50	25	50
?	not ordered	?	not ordered			?	?		Liver pâté	150	294	25	10	20	0
?	not ordered	?	not ordered			?	?		Oxtail soup	350	350	15	15	30	0
?	not ordered	?	not ordered			?	?		Paprika chicken with sauce	250	263	30	10	15	25
?	not ordered	?	not ordered			?	?		Ragout fin	180	236	20	10	15	0
?	not ordered	?	not ordered			?	?		Ravioli stuffed with meat in tomato sauce	200	276	15	30	15	75
?	not ordered	?	not ordered			?	?		Beef goulash	400	472	40	10	35	0
?	not ordered	?	not ordered			?	?		Stewed beef with red wine sauce	350	382	35	10	15	0
?	not ordered	?	not ordered			?	?		Scrambled eggs	120	193	15	5	15	50
?	not ordered	?	not ordered			?	?		Cream herring	100	129	10	5	15	50
?	not ordered	?	not ordered			?	?		Pork with sauce	250	583	35	10	50	0
?	not ordered	?	not ordered			?	?		Breaded pork cutlet, fried	180	454	35	35	25	4.4
?	not ordered	?	not ordered			?	?		Breaded pollock fillet	180	407	35	20	25	0
?	not ordered	?	not ordered			?	?		Spaghetti Bolognese	250	350	15	55	10	38
?	not ordered	?	not ordered			?	?		Brawn Berliner style	250	238	25	5	15	0
?	not ordered	?	not ordered			?	?		Sushi	400	1224	45	220	20	55
?	not ordered	?	not ordered			?	?		Dumplings stuffed with cheese and ham	250	803	40	25	65	84
?	not ordered	?	not ordered			?	?		Squid fried in beer batter	280	375	45	30	15	32
?	not ordered	?	not ordered			?	?		Tomatoes stuffed with minced meat	250	330	30	15	20	60
?	not ordered	?	not ordered			?	?		Wild ragout with sauce	250	270	30	10	15	0
?	not ordered	?	not ordered			?	?		Boar sour sweet	300	522	50	10	35	0
?	not ordered	?	not ordered			?	?		Game sauce	60	45	5	5	5	0

Recommendations to lose weight		Recommendations for healthy nutrition		Recommendations to improve performance		genet. warning 1	genet. warning 2	your preference	Mostly animal menu components	All values per standard serving					Glyc. Index
often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat	
?	not ordered	?	not ordered			?	?		Game soup	350	315	35	15	15	54
?	not ordered	?	not ordered			?	?		Sausage salad	100	202	10	5	20	25

Recommendations to lose weight		Recommendations for healthy nutrition		Recommendations to improve performance		genet. warning 1	genet. warning 2	your preference	Mostly vegetable menu components	All values per standard serving					Glyc. Index
often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat	
?	not ordered	?	not ordered			?	?		Apple cold soup	350	161	0	40	0	52
?	not ordered	?	not ordered			?	?		Apple turnover	250	768	15	75	50	3
?	not ordered	?	not ordered			?	?		Baguette with mozzarella and tomatoes	200	434	20	55	20	30
?	not ordered	?	not ordered			?	?		Bami Goreng	450	689	40	80	25	0
?	not ordered	?	not ordered			?	?		Cauliflower casserole	300	204	10	15	15	15
?	not ordered	?	not ordered			?	?		Bean casserole white	450	473	35	40	20	35
?	not ordered	?	not ordered			?	?		Bean soup green	400	208	10	20	15	94
?	not ordered	?	not ordered			?	?		Bouillabaisse	400	344	35	5	20	0.1
?	not ordered	?	not ordered			?	?		Broccoli cream soup	300	96	5	10	10	15
?	not ordered	?	not ordered			?	?		Bread soup	400	252	15	30	10	70
?	not ordered	?	not ordered			?	?		Buttermilk cold soup	350	196	15	35	5	79
?	not ordered	?	not ordered			?	?		Champignon cream soup	350	315	20	20	20	32
?	not ordered	?	not ordered			?	?		Champignon pâté	200	514	25	20	40	15
?	not ordered	?	not ordered			?	?		Champignon stuffed	250	315	25	10	20	54

Recommendations to lose weight		Recommendations for healthy nutrition		Recommendations to improve performance		genet. warning 1	genet. warning 2	your preference	Mostly vegetable menu components	All values per standard serving					Glyc. Index
often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat	
?	not ordered	?	not ordered			?	?		Champignon in batter	200	282	15	30	15	51
?	not ordered	?	not ordered			?	?		Cornflakes with milk and sugar	150	252	10	50	5	84
?	not ordered	?	not ordered			?	?		Vegetarian kebab	350	504	20	85	15	49
?	not ordered	?	not ordered			?	?		Egg gruel	320	122	5	10	10	40
?	not ordered	?	not ordered			?	?		Pea stew	450	297	10	30	15	66
?	not ordered	?	not ordered			?	?		Falafel in pita bread	350	364	30	45	10	86
?	not ordered	?	not ordered			?	?		Fish stock	100	6	0	5	0	0
?	not ordered	?	not ordered			?	?		Tarte flambée	75	136	10	20	5	0
?	not ordered	?	not ordered			?	?		Spring rolls	150	362	15	20	30	50
?	not ordered	?	not ordered			?	?		Spring soup clear	350	168	15	25	5	0
?	not ordered	?	not ordered			?	?		Vegetable broth	300	57	5	5	10	38
?	not ordered	?	not ordered			?	?		Vegetable burger	200	276	10	40	10	59
?	not ordered	?	not ordered			?	?		Vegetable stew	350	196	20	10	10	48
?	not ordered	?	not ordered			?	?		Yeast dumplings	330	581	20	85	20	52
?	not ordered	?	not ordered			?	?		Grains patty	200	250	15	40	10	0
?	not ordered	?	not ordered			?	?		Greek salad	120	110	5	5	10	0
?	not ordered	?	not ordered			?	?		Semolina dumplings	30	26	5	5	5	75
?	not ordered	?	not ordered			?	?		Green beans in tomato sauce	250	113	5	15	5	40
?	not ordered	?	not ordered			?	?		Grain burger	180	256	15	30	15	65
?	not ordered	?	not ordered			?	?		Porridge	310	270	15	25	15	60
?	not ordered	?	not ordered			?	?		Oatmeal pithy	330	109	5	10	10	58
?	not ordered	?	not ordered			?	?		Yeast flakes	5	16	5	5	0	35
?	not ordered	?	not ordered			?	?		Yeast dumplings	180	518	15	85	20	28

Mostly vegetable menu components

Recommendations to lose weight		Recommendations for healthy nutrition		Recommendations to improve performance		genet. warning 1	genet. warning 2	your preference		All values per standard serving					Glyc. Index
often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat	
?	not ordered	?	not ordered			?	?		Yeast cake with plums	540	842	20	155	20	32
?	not ordered	?	not ordered			?	?		Light sauce	110	62	5	5	5	0
?	not ordered	?	not ordered			?	?		Chicken broth with noodles	330	281	20	15	20	19
?	not ordered	?	not ordered			?	?		Hummus	100	166	10	15	10	5
?	not ordered	?	not ordered			?	?		Italian salad	100	97	10	5	10	0
?	not ordered	?	not ordered			?	?		Caramel sauce	60	53	5	10	5	48
?	not ordered	?	not ordered			?	?		Potato gratin without cheese	350	417	10	50	25	85
?	not ordered	?	not ordered			?	?		Potato croquettes	250	375	10	45	20	30
?	not ordered	?	not ordered			?	?		Mashed potatoes	250	240	10	40	10	57
?	not ordered	?	not ordered			?	?		Potato salad with vinegar/oil dressing	250	270	5	30	15	85
?	not ordered	?	not ordered			?	?		Potato soup	400	356	15	40	20	63
?	not ordered	?	not ordered			?	?		Cheese salad	150	314	20	10	25	15
?	not ordered	?	not ordered			?	?		Cheese sauce	60	67	5	5	5	4
?	not ordered	?	not ordered			?	?		Cheese noodles	200	492	25	65	20	2.6
?	not ordered	?	not ordered			?	?		Dumplings from boiled potatoes	200	194	10	35	5	77
?	not ordered	?	not ordered			?	?		Herb cream sauce	60	94	5	5	10	0
?	not ordered	?	not ordered			?	?		Herb sauce	60	58	5	5	5	0
?	not ordered	?	not ordered			?	?		Pumpkin cream soup	350	217	10	15	15	0
?	not ordered	?	not ordered			?	?		Lentil stew	450	342	20	35	15	40
?	not ordered	?	not ordered			?	?		Mangold steamed, in light sauce	100	58	5	5	5	70
?	not ordered	?	not ordered			?	?		Swabian ravioli	250	343	30	40	10	1.2
?	not ordered	?	not ordered			?	?		Horseradish sauces from lighter sauce	60	67	5	5	5	0
?	not ordered	?	not ordered			?	?		Dumplings	200	278	10	50	10	0

Recommendations to lose weight		Recommendations for healthy nutrition		Recommendations to improve performance		genet. warning 1	genet. warning 2	your preference	Mostly vegetable menu components	All values per standard serving					Glyc. Index
often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat	
?	not ordered	?	not ordered			?	?		Milk cold soup	320	285	10	40	15	31
?	not ordered	?	not ordered			?	?		Rice pudding	250	235	10	40	10	67
?	not ordered	?	not ordered			?	?		Rice pudding with cream and cherries	200	248	5	30	15	1
?	not ordered	?	not ordered			?	?		Milk soup with flour	350	291	15	35	15	20
?	not ordered	?	not ordered			?	?		Cereals with milk 3.5%	200	270	15	40	10	25
?	not ordered	?	not ordered			?	?		Cereals with milk, sugar and fruit	150	207	10	35	5	30
?	not ordered	?	not ordered			?	?		Nasi Goreng	550	677	45	70	30	0
?	not ordered	?	not ordered			?	?		Pasta casserole with cheese	350	627	30	60	35	45
?	not ordered	?	not ordered			?	?		Pasta salad with vegetables/mayonnaise	350	508	15	75	20	95
?	not ordered	?	not ordered			?	?		Omelet	140	249	20	5	20	50
?	not ordered	?	not ordered			?	?		Pancake	150	284	10	40	10	67
?	not ordered	?	not ordered			?	?		Pepper sauce	100	118	5	10	10	0
?	not ordered	?	not ordered			?	?		Mushroom ragout au gratin	250	398	25	5	35	20
?	not ordered	?	not ordered			?	?		Pizza al formaggio (with cheese)	250	753	40	70	40	86
?	not ordered	?	not ordered			?	?		Pizza al funghi (with mushrooms)	250	498	20	70	20	58
?	not ordered	?	not ordered			?	?		Pizza napolitana	250	578	25	75	25	30
?	not ordered	?	not ordered			?	?		Pizza salami	250	590	20	80	25	58
?	not ordered	?	not ordered			?	?		French fries	200	234	5	35	10	75
?	not ordered	?	not ordered			?	?		Cranberry sauce	60	43	0	10	0	17
?	not ordered	?	not ordered			?	?		Cream sauce	60	113	5	5	15	9
?	not ordered	?	not ordered			?	?		Ratatouille	350	189	5	15	15	20
?	not ordered	?	not ordered			?	?		Brussels sprouts puree	250	195	10	15	15	32
?	not ordered	?	not ordered			?	?		Beetroot steamed sweet/sour	250	148	5	20	10	29.3

Mostly vegetable menu components

Recommendations to lose weight		Recommendations for healthy nutrition		Recommendations to improve performance		genet. warning 1	genet. warning 2	your preference		All values per standard serving					Glyc. Index
often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat	
?	not ordered	?	not ordered			?	?		Red wine sauce	60	37	0	5	5	12
?	not ordered	?	not ordered			?	?		Rum sauce	60	61	5	10	5	0
?	not ordered	?	not ordered			?	?		Cream dressing	60	112	5	5	15	0
?	not ordered	?	not ordered			?	?		Horseradish cream	60	85	5	5	10	0
?	not ordered	?	not ordered			?	?		Processed cheese with mushrooms	30	86	5	5	10	0
?	not ordered	?	not ordered			?	?		Chocolate sauce	60	52	5	10	5	0
?	not ordered	?	not ordered			?	?		Chocolate waffle	50	267	5	20	20	70
?	not ordered	?	not ordered			?	?		Potato dumplings	125	160	10	30	5	52
?	not ordered	?	not ordered			?	?		Seitan	100	370	75	15	5	7
?	not ordered	?	not ordered			?	?		Braised celery, in light sauce	250	145	5	10	15	0
?	not ordered	?	not ordered			?	?		Bread dumplings	290	447	20	55	20	74
?	not ordered	?	not ordered			?	?		Mustard sauce	60	67	5	5	5	19
?	not ordered	?	not ordered			?	?		Sauces dark	60	37	0	5	5	0
?	not ordered	?	not ordered			?	?		Spaghetti with tomato sauce	250	320	15	60	5	38
?	not ordered	?	not ordered			?	?		Asparagus casserole	550	418	20	30	25	15
?	not ordered	?	not ordered			?	?		Asparagus cream soup	300	240	15	15	15	15
?	not ordered	?	not ordered			?	?		Spinach casserole with cheese	300	393	15	5	40	0
?	not ordered	?	not ordered			?	?		Soups dark, bound	350	119	15	5	10	41
?	not ordered	?	not ordered			?	?		Soups light, bound	350	221	10	30	10	41
?	not ordered	?	not ordered			?	?		Clear soups with vegetables.	350	175	10	20	10	53
?	not ordered	?	not ordered			?	?		Tagliatelle with tomatoes and parsley	250	320	10	50	10	55
?	not ordered	?	not ordered			?	?		Tapioca pearls	100	0	0	90	0	62
?	not ordered	?	not ordered			?	?		Tempeh	20	30	5	0	5	1

Recommendations to lose weight		Recommendations for healthy nutrition		Recommendations to improve performance		genet. warning 1	genet. warning 2	your preference	Mostly vegetable menu components	All values per standard serving					Glyc. Index
often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat	
?	not ordered	?	not ordered			?	?		Tofu	100	77	10	5	5	15
?	not ordered	?	not ordered			?	?		Tomato cream soup	300	156	5	10	15	38
?	not ordered	?	not ordered			?	?		Tomato and mozzarella salad with olive oil	100	159	10	5	15	15
?	not ordered	?	not ordered			?	?		Tomato sauce	100	65	5	5	10	4
?	not ordered	?	not ordered			?	?		Tomato soup, clear	300	90	10	5	5	50
?	not ordered	?	not ordered			?	?		Tzatziki	20	11	5	5	0	0
?	not ordered	?	not ordered			?	?		Custard	60	52	5	10	5	0
?	not ordered	?	not ordered			?	?		Wholemeal pasta with tomato sauce	250	305	15	35	15	42
?	not ordered	?	not ordered			?	?		Whole grain pasta salad with vegetables	330	503	20	70	20	50
?	not ordered	?	not ordered			?	?		Whole grain pizza with vegetables	230	331	20	40	15	60
?	not ordered	?	not ordered			?	?		Wax beans steamed	250	155	5	15	10	20
?	not ordered	?	not ordered			?	?		Sabayon sauce	60	118	5	20	5	3
?	not ordered	?	not ordered			?	?		White beans in tomato sauce	250	173	15	25	5	35
?	not ordered	?	not ordered			?	?		White wine sauce	100	95	5	5	10	0
?	not ordered	?	not ordered			?	?		Semolina porridge	320	109	5	10	10	87
?	not ordered	?	not ordered			?	?		Savoy cabbage with cheese sauce	100	54	5	5	5	35
?	not ordered	?	not ordered			?	?		Zucchini cream sauce	60	72	5	5	10	0
?	not ordered	?	not ordered			?	?		Plum dumplings with sugar/cinnamon	200	284	5	50	10	0
?	not ordered	?	not ordered			?	?		Onion tart	215	368	15	40	20	15
?	not ordered	?	not ordered			?	?		Onion sauce	60	43	5	5	5	4
?	not ordered	?	not ordered			?	?		Onion soup, clear	300	159	10	10	10	15

Recommendations to lose weight		Recommendations for healthy nutrition		Recommendations to improve performance		genet. warning 1	genet. warning 2	your preference	Milk, milk products and cheese	All values per standard serving					Glyc. Index
often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat	
?	not ordered	?	not ordered			?	?		Blue cheese min. 50% fat	30	107	10	0	10	0
?	not ordered	?	not ordered			?	?		Brie	30	109	5	0	10	0
?	not ordered	?	not ordered			?	?		Butter cheese	30	90	10	0	10	31
?	not ordered	?	not ordered			?	?		Buttermilk	150	56	5	10	5	31
?	not ordered	?	not ordered			?	?		Camembert	30	85	10	0	10	0
?	not ordered	?	not ordered			?	?		Cashewmilch	100	155	5	10	15	4
?	not ordered	?	not ordered			?	?		Chester	30	110	10	0	10	75
?	not ordered	?	not ordered			?	?		Creme fraiche 30% fat	100	277	5	10	30	0
?	not ordered	?	not ordered			?	?		Danablu	30	104	10	0	10	50
?	not ordered	?	not ordered			?	?		Curdled milk (sour milk) 1.5% fat	150	69	5	10	5	0
?	not ordered	?	not ordered			?	?		Curdled milk (sour milk) 10% fat	150	177	5	10	15	0
?	not ordered	?	not ordered			?	?		Curdled milk (sour milk) less than 1.5% fat	150	51	5	10	0	0
?	not ordered	?	not ordered			?	?		Curdled milk	100	95	5	20	5	10
?	not ordered	?	not ordered			?	?		Edam	30	106	10	0	10	27
?	not ordered	?	not ordered			?	?		Blue cheese	30	91	10	0	10	0
?	not ordered	?	not ordered			?	?		Emmental	30	113	10	0	10	30
?	not ordered	?	not ordered			?	?		Feta	30	85	5	0	10	27
?	not ordered	?	not ordered			?	?		Cream cheese	30	101	5	5	10	47
?	not ordered	?	not ordered			?	?		Gorgonzola	30	107	10	0	10	0
?	not ordered	?	not ordered			?	?		Gouda	30	109	10	0	10	27
?	not ordered	?	not ordered			?	?		Grill and pan cheese (Halloumi)	100	378	30	0	30	17
?	not ordered	?	not ordered			?	?		Oat milk	100	109	0	5	5	10
?	not ordered	?	not ordered			?	?		Hard cheese	30	88	10	0	5	0

Recommendations to lose weight		Recommendations for healthy nutrition		Recommendations to improve performance		genet. warning 1	genet. warning 2	your preference	Milk, milk products and cheese	All values per standard serving					Glyc. Index
often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat	
?	not ordered	?	not ordered			?	?		Hard cheese 10% fat	30	50	15	0	0	0
?	not ordered	?	not ordered			?	?		Hard cheese min. 30% fat	30	112	15	0	10	0
?	not ordered	?	not ordered			?	?		Hard cheese min. 45% fat	30	113	10	0	10	0
?	not ordered	?	not ordered			?	?		Hard cheese min. 50% fat	30	119	10	0	10	0
?	not ordered	?	not ordered			?	?		Hazelnut milk	100	176	5	5	20	0
?	not ordered	?	not ordered			?	?		Cottage cheese	30	31	5	5	5	38
?	not ordered	?	not ordered			?	?		Yogurt 1% fat	150	56	5	10	0	35
?	not ordered	?	not ordered			?	?		Yogurt 1.5% fat	150	74	5	10	5	0.4
?	not ordered	?	not ordered			?	?		Yogurt 10% fat	150	177	5	10	15	36
?	not ordered	?	not ordered			?	?		Yogurt 3.5% fat	150	104	10	10	10	36
?	not ordered	?	not ordered			?	?		Coffee cream 10% fat	5	6	0	0	5	0
?	not ordered	?	not ordered			?	?		Coffee cream 20% fat	5	10	0	0	5	0
?	not ordered	?	not ordered			?	?		Coffee cream 30% fat	5	14	0	0	5	0
?	not ordered	?	not ordered			?	?		Kefir	150	98	5	5	5	0
?	not ordered	?	not ordered			?	?		Cooked cheese	30	37	5	5	5	0
?	not ordered	?	not ordered			?	?		Condensed milk, sweetened	15	48	5	10	5	33
?	not ordered	?	not ordered			?	?		Cow milk 1.5% fat	150	72	5	10	5	39
?	not ordered	?	not ordered			?	?		Cow milk 3.5% fat	150	98	5	10	5	39
?	not ordered	?	not ordered			?	?		Macadamia milk	100	201	5	5	25	0
?	not ordered	?	not ordered			?	?		Almond milk	100	163	10	10	15	0
?	not ordered	?	not ordered			?	?		Mascarpone	30	116	5	5	15	0
?	not ordered	?	not ordered			?	?		Whey	150	38	5	10	0	36
?	not ordered	?	not ordered			?	?		Whey cheese	30	101	5	20	5	30

Recommendations to lose weight		Recommendations for healthy nutrition		Recommendations to improve performance		genet. warning 1	genet. warning 2	your preference	Milk, milk products and cheese	All values per standard serving					Glyc. Index
often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat	
?	not ordered	?	not ordered			?	?		Mozzarella	150	395	30	5	35	23
?	not ordered	?	not ordered			?	?		Münster	30	87	10	0	10	1
?	not ordered	?	not ordered			?	?		Parmesan	30	119	10	0	10	0
?	not ordered	?	not ordered			?	?		Quark	30	22	5	5	0	0
?	not ordered	?	not ordered			?	?		Rice milk	100	104	5	25	0	16
?	not ordered	?	not ordered			?	?		Ricotta, low fat	100	79	15	5	5	0
?	not ordered	?	not ordered			?	?		Cream 10% fat	15	18	0	5	5	0
?	not ordered	?	not ordered			?	?		Cream 30% fat	15	45	0	0	5	0
?	not ordered	?	not ordered			?	?		Brine cheese from cow milk	100	226	15	5	20	65
?	not ordered	?	not ordered			?	?		Sour milk quark	30	35	10	0	0	52
?	not ordered	?	not ordered			?	?		Sour cream (heavy sour cream) 20% fat	25	51	5	5	5	1
?	not ordered	?	not ordered			?	?		Sour cream (heavy sour cream) 30% fat	25	72	5	5	10	1
?	not ordered	?	not ordered			?	?		Sour cream (heavy sour cream) 40% fat	25	93	5	5	10	1
?	not ordered	?	not ordered			?	?		Sour cream 10% fat	25	47	5	5	5	0
?	not ordered	?	not ordered			?	?		Sour cream 20% fat	25	51	5	5	5	0.3
?	not ordered	?	not ordered			?	?		Sheep milk	150	141	10	10	10	38
?	not ordered	?	not ordered			?	?		Sheep cheese	30	85	5	0	10	15
?	not ordered	?	not ordered			?	?		Layered cheese	30	33	5	5	5	0
?	not ordered	?	not ordered			?	?		Whipped cream 10% fat	25	30	5	5	5	0
?	not ordered	?	not ordered			?	?		Whipped cream 30% fat	25	76	5	5	10	1
?	not ordered	?	not ordered			?	?		Processed cheese	30	98	5	0	10	27
?	not ordered	?	not ordered			?	?		Processed cheese with spices	30	86	5	5	10	2
?	not ordered	?	not ordered			?	?		Soy milk	100	48	5	10	5	4

Recommendations to lose weight		Recommendations for healthy nutrition		Recommendations to improve performance		genet. warning 1	genet. warning 2	your preference	Milk, milk products and cheese	All values per standard serving					Glyc. Index
often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat	
?	not ordered	?	not ordered			?	?		Soy cream	30	41	0	5	5	1
?	not ordered	?	not ordered			?	?		Tilsit	30	106	10	0	10	2
?	not ordered	?	not ordered			?	?		Quadrangle hard cheese	30	115	10	0	10	0
?	not ordered	?	not ordered			?	?		Soft cheese	30	83	10	0	10	64
?	not ordered	?	not ordered			?	?		Goat milk	150	101	10	10	10	27

Recommendations to lose weight		Recommendations for healthy nutrition		Recommendations to improve performance		genet. warning 1	genet. warning 2	your preference	Deep sea fish, fresh water fish, crustaceans, shellfishes, mollusks	All values per standard serving					Glyc. Index
often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat	
?	not ordered	?	not ordered			?	?		Eel	150	417	25	0	40	0
?	not ordered	?	not ordered			?	?		Oyster	100	67	10	5	5	3
?	not ordered	?	not ordered			?	?		Perch	150	123	30	0	5	0
?	not ordered	?	not ordered			?	?		Perch marinated	65	80	15	5	5	0
?	not ordered	?	not ordered			?	?		Cod liver	150	920	10	5	100	0
?	not ordered	?	not ordered			?	?		Flounder	150	110	25	0	5	0
?	not ordered	?	not ordered			?	?		Crayfish	100	70	15	5	0	0
?	not ordered	?	not ordered			?	?		Trout	150	155	30	0	5	0
?	not ordered	?	not ordered			?	?		Shrimp	100	92	20	5	5	0
?	not ordered	?	not ordered			?	?		Shrimp marinated	65	86	15	5	5	0
?	not ordered	?	not ordered			?	?		Yellowfin tuna.	150	227	35	0	10	0

Recommendations to lose weight		Recommendations for healthy nutrition		Recommendations to improve performance		genet. warning 1	genet. warning 2	your preference	Deep sea fish, fresh water fish, crustaceans, shellfishes, mollusks	All values per standard serving					Glyc. Index
often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat	
?	not ordered	?	not ordered			?	?		Pike	150	123	30	0	5	20
?	not ordered	?	not ordered			?	?		Halibut	150	144	30	0	5	0
?	not ordered	?	not ordered			?	?		Herring	150	347	30	0	30	0
?	not ordered	?	not ordered			?	?		Herring marinated	140	360	25	5	30	0
?	not ordered	?	not ordered			?	?		Lobster	100	83	20	5	5	0
?	not ordered	?	not ordered			?	?		Scallops	100	77	15	10	5	2
?	not ordered	?	not ordered			?	?		Cod	150	117	30	0	5	0
?	not ordered	?	not ordered			?	?		Carp	150	174	30	0	10	0
?	not ordered	?	not ordered			?	?		Carp marinated	100	153	20	5	10	0
?	not ordered	?	not ordered			?	?		Catfish	150	120	25	0	5	0
?	not ordered	?	not ordered			?	?		Clam	100	65	15	5	5	0
?	not ordered	?	not ordered			?	?		Crab marinated	150	197	25	5	10	0
?	not ordered	?	not ordered			?	?		Crabs	100	91	20	5	5	0
?	not ordered	?	not ordered			?	?		Salmon	150	270	30	0	20	0
?	not ordered	?	not ordered			?	?		Salmon marinated	150	317	30	5	25	27
?	not ordered	?	not ordered			?	?		Crawfish	100	85	20	5	5	0
?	not ordered	?	not ordered			?	?		Shad	150	215	30	0	15	0
?	not ordered	?	not ordered			?	?		Mackerel	150	272	30	0	20	0
?	not ordered	?	not ordered			?	?		Mackerel marinated	100	212	20	5	20	0
?	not ordered	?	not ordered			?	?		Dutch herring	150	398	25	0	35	0
?	not ordered	?	not ordered			?	?		Mussel	100	70	15	5	5	50
?	not ordered	?	not ordered			?	?		Pangasius	100	77	15	0	5	0
?	not ordered	?	not ordered			?	?		Pickled herring canned	50	70	5	0	5	0

Recommendations to lose weight		Recommendations for healthy nutrition		Recommendations to improve performance		genet. warning 1	genet. warning 2	your preference	Deep sea fish, fresh water fish, crustaceans, shellfishes, mollusks	All values per standard serving					Glyc. Index
often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat	
?	not ordered	?	not ordered			?	?		Redfish	150	159	30	0	5	0
?	not ordered	?	not ordered			?	?		Bluefin tuna	150	207	35	0	10	0
?	not ordered	?	not ordered			?	?		Lemon sole	150	110	25	0	5	0
?	not ordered	?	not ordered			?	?		Anchovy	150	153	30	0	5	0
?	not ordered	?	not ordered			?	?		Anchovy canned	65	92	15	5	5	0
?	not ordered	?	not ordered			?	?		Sardine	150	179	30	0	10	0
?	not ordered	?	not ordered			?	?		Haddock	150	117	30	0	5	30
?	not ordered	?	not ordered			?	?		Shield mackerel	150	171	30	0	10	0
?	not ordered	?	not ordered			?	?		Tench	150	117	30	0	5	0
?	not ordered	?	not ordered			?	?		Plaice	150	129	30	0	5	0
?	not ordered	?	not ordered			?	?		Greenland halibut	150	215	20	0	15	0
?	not ordered	?	not ordered			?	?		Swordfish	150	177	30	0	10	0
?	not ordered	?	not ordered			?	?		Hake	150	141	30	0	5	45
?	not ordered	?	not ordered			?	?		Pollock	150	150	30	0	5	39
?	not ordered	?	not ordered			?	?		Pollock marinated	65	90	15	5	5	0
?	not ordered	?	not ordered			?	?		Monkfish	150	99	25	0	5	0
?	not ordered	?	not ordered			?	?		Sole	150	125	30	0	5	0
?	not ordered	?	not ordered			?	?		Sprat	150	321	25	0	25	0
?	not ordered	?	not ordered			?	?		Turbot	150	125	25	0	5	0
?	not ordered	?	not ordered			?	?		Surimi (crab meat imitation)	100	114	10	15	5	0
?	not ordered	?	not ordered			?	?		Tuna	150	336	35	0	25	52
?	not ordered	?	not ordered			?	?		Octopus	150	123	25	5	5	0
?	not ordered	?	not ordered			?	?		Clam	100	77	15	10	5	50

Deep sea fish, fresh water fish, crustaceans, shellfishes, mollusks

Recommendations to lose weight		Recommendations for healthy nutrition		Recommendations to improve performance		genet. warning 1	genet. warning 2	your preference		All values per standard serving					Glyc. Index
often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat	
?	not ordered	?	not ordered			?	?		Albacore	150	264	35	0	15	0
?	not ordered	?	not ordered			?	?		Catfish	150	243	25	0	20	0
?	not ordered	?	not ordered			?	?		Sander	150	126	30	0	5	0

Sausage, embutidos

Recommendations to lose weight		Recommendations for healthy nutrition		Recommendations to improve performance		genet. warning 1	genet. warning 2	your preference		All values per standard serving					Glyc. Index
often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat	
?	not ordered	?	not ordered			?	?		Berliner sausages	30	98	5	0	10	2
?	not ordered	?	not ordered			?	?		Beer ham sausage/ham pâté	30	52	5	5	5	0
?	not ordered	?	not ordered			?	?		Bockwurst	115	312	15	0	30	0
?	not ordered	?	not ordered			?	?		Bratwurst/RhinelandBratwurst	150	408	20	0	40	28
?	not ordered	?	not ordered			?	?		Cervelatwurst	30	117	10	0	10	13
?	not ordered	?	not ordered			?	?		Corned Beef	30	42	10	0	5	0
?	not ordered	?	not ordered			?	?		Meatloaf	125	188	25	0	10	40
?	not ordered	?	not ordered			?	?		Foie gras	30	75	10	5	5	0
?	not ordered	?	not ordered			?	?		Foie roll	80	192	15	5	20	0
?	not ordered	?	not ordered			?	?		Poultry bratwurst	100	115	25	0	5	0
?	not ordered	?	not ordered			?	?		Vegetable aspic	30	11	5	5	0	0
?	not ordered	?	not ordered			?	?		Stag pâté	30	68	10	0	5	0
?	not ordered	?	not ordered			?	?		Jagdwurst	30	61	5	0	5	0

Sausage, embutidos

Recommendations to lose weight		Recommendations for healthy nutrition		Recommendations to improve performance		genet. warning 1	genet. warning 2	your preference		All values per standard serving					Glyc. Index
often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat	
?	not ordered	?	not ordered			?	?		Veal aspic	30	33	10	0	5	80
?	not ordered	?	not ordered			?	?		Veal sausage	125	401	20	0	40	38
?	not ordered	?	not ordered			?	?		Kassel	30	32	10	0	5	0
?	not ordered	?	not ordered			?	?		Polish Colbassa	30	92	5	0	10	2
?	not ordered	?	not ordered			?	?		Rolled fillet of ham	200	232	40	5	10	0
?	not ordered	?	not ordered			?	?		Liver sausage	30	86	5	0	10	0
?	not ordered	?	not ordered			?	?		Lyon sausage	125	383	15	0	40	40
?	not ordered	?	not ordered			?	?		Sausage coarse	30	88	10	0	10	28
?	not ordered	?	not ordered			?	?		Smoked meat	30	39	5	0	5	0
?	not ordered	?	not ordered			?	?		Beef cured meat smoked	30	41	5	0	5	0
?	not ordered	?	not ordered			?	?		Beef aspic	30	42	10	0	5	65
?	not ordered	?	not ordered			?	?		Salami	30	113	10	5	10	0
?	not ordered	?	not ordered			?	?		Ham roll	30	83	10	0	10	0
?	not ordered	?	not ordered			?	?		Ham sausage	30	92	5	0	10	0
?	not ordered	?	not ordered			?	?		Pork bacon	30	46	10	0	5	0
?	not ordered	?	not ordered			?	?		Pork bacon smoked	30	96	5	0	10	50
?	not ordered	?	not ordered			?	?		Sausage spread	30	137	5	0	15	0
?	not ordered	?	not ordered			?	?		White sausage	125	371	15	5	35	32
?	not ordered	?	not ordered			?	?		Wiener sausages	70	183	10	0	20	40

Recommendations to lose weight		Recommendations for healthy nutrition		Recommendations to improve performance		genet. warning 1	genet. warning 2	your preference	Beef, calf, pork, mutton and lamb meat	All values per standard serving					Glyc. Index
often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat	
?	not ordered	?	not ordered			?	?		Mutton breast	100	376	15	0	40	0
?	not ordered	?	not ordered			?	?		Mutton chop	100	343	15	0	35	0
?	not ordered	?	not ordered			?	?		Veal belly	125	298	25	0	25	0
?	not ordered	?	not ordered			?	?		Veal breast	125	250	25	0	20	0
?	not ordered	?	not ordered			?	?		Veal filet	150	153	35	0	5	0
?	not ordered	?	not ordered			?	?		Veal goulash	150	188	30	0	10	0
?	not ordered	?	not ordered			?	?		Veal mince meat	100	148	20	0	10	15
?	not ordered	?	not ordered			?	?		Veal knuckle	150	177	30	0	10	0
?	not ordered	?	not ordered			?	?		Veal leg	125	114	30	0	5	0
?	not ordered	?	not ordered			?	?		Veal chop	150	219	30	0	15	0
?	not ordered	?	not ordered			?	?		Veal nut/fricandeau	125	128	30	0	5	0
?	not ordered	?	not ordered			?	?		Veal neck	125	138	30	0	5	0
?	not ordered	?	not ordered			?	?		Veal ball	125	128	30	0	5	0
?	not ordered	?	not ordered			?	?		Veal roll	150	153	35	0	5	0
?	not ordered	?	not ordered			?	?		Veal back	150	162	35	0	5	0
?	not ordered	?	not ordered			?	?		Veal shoulder	125	119	30	0	5	0
?	not ordered	?	not ordered			?	?		Veal steak	150	162	35	0	5	0
?	not ordered	?	not ordered			?	?		Veal fore knuckle	150	177	30	0	10	0
?	not ordered	?	not ordered			?	?		Lamb breast	100	287	20	0	25	0
?	not ordered	?	not ordered			?	?		Lamb chop	100	216	20	0	20	0
?	not ordered	?	not ordered			?	?		Lamb neck	100	190	20	0	15	0
?	not ordered	?	not ordered			?	?		Lamb ball	100	122	20	0	5	0
?	not ordered	?	not ordered			?	?		Beef belly	125	314	25	0	25	0

Recommendations to lose weight		Recommendations for healthy nutrition		Recommendations to improve performance		genet. warning 1	genet. warning 2	your preference	Beef, calf, pork, mutton and lamb meat	All values per standard serving					Glyc. Index
often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat	
?	not ordered	?	not ordered			?	?		Beef hip	125	135	30	0	5	0
?	not ordered	?	not ordered			?	?		Beef breast	125	328	25	0	30	0
?	not ordered	?	not ordered			?	?		Beef filet	125	151	30	0	5	0
?	not ordered	?	not ordered			?	?		Beef goulash	150	194	30	0	10	0
?	not ordered	?	not ordered			?	?		Beef minced meat	100	207	25	0	15	15
?	not ordered	?	not ordered			?	?		Beef leg	150	182	35	0	10	0
?	not ordered	?	not ordered			?	?		Beef chop	150	240	30	0	15	0
?	not ordered	?	not ordered			?	?		Beef neck	150	240	30	0	15	0
?	not ordered	?	not ordered			?	?		Beef olives	125	156	30	0	10	0
?	not ordered	?	not ordered			?	?		Beef oxtail	150	441	35	0	35	0
?	not ordered	?	not ordered			?	?		Beef roll	150	182	35	0	10	0
?	not ordered	?	not ordered			?	?		Beef back	125	163	30	0	10	0
?	not ordered	?	not ordered			?	?		Beef escalope	125	151	30	0	5	0
?	not ordered	?	not ordered			?	?		Beef shoulder	125	161	25	0	10	0
?	not ordered	?	not ordered			?	?		Beef steak	150	219	35	0	10	0
?	not ordered	?	not ordered			?	?		Sheep belly	125	290	25	0	25	0
?	not ordered	?	not ordered			?	?		Sheep breast	125	204	25	0	15	0
?	not ordered	?	not ordered			?	?		Sheep filet	125	141	30	0	5	0
?	not ordered	?	not ordered			?	?		Sheep goulash	150	209	30	0	10	0
?	not ordered	?	not ordered			?	?		Sheep knuckle	125	244	25	0	20	0
?	not ordered	?	not ordered			?	?		Sheep chop	150	318	30	0	25	0
?	not ordered	?	not ordered			?	?		Sheep neck	125	216	25	0	15	0
?	not ordered	?	not ordered			?	?		Sheep roll	150	293	30	0	20	0

Recommendations to lose weight		Recommendations for healthy nutrition		Recommendations to improve performance		genet. warning 1	genet. warning 2	your preference	Beef, calf, pork, mutton and lamb meat	All values per standard serving					Glyc. Index
often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat	
?	not ordered	?	not ordered			?	?		Sheep escalope	150	293	30	0	20	0
?	not ordered	?	not ordered			?	?		Sheep shoulder	125	174	25	0	10	0
?	not ordered	?	not ordered			?	?		Sheep steak	150	302	30	0	25	0
?	not ordered	?	not ordered			?	?		Pork belly	150	389	30	0	35	0
?	not ordered	?	not ordered			?	?		Pork breast	150	362	25	0	30	0
?	not ordered	?	not ordered			?	?		Pork filet	125	134	30	0	5	0
?	not ordered	?	not ordered			?	?		Pork goulash	150	326	30	0	25	0
?	not ordered	?	not ordered			?	?		Pork minced meat	100	276	20	0	25	1
?	not ordered	?	not ordered			?	?		Pork knuckle	175	312	40	0	20	0
?	not ordered	?	not ordered			?	?		Pork leg	125	170	30	0	10	0
?	not ordered	?	not ordered			?	?		Pork chop	150	200	35	0	10	0
?	not ordered	?	not ordered			?	?		Pork loin	150	161	35	0	5	0
?	not ordered	?	not ordered			?	?		Pork neck	150	294	30	0	25	0
?	not ordered	?	not ordered			?	?		Pork roll	150	204	35	0	10	0
?	not ordered	?	not ordered			?	?		Pork escalop	125	134	30	0	5	0
?	not ordered	?	not ordered			?	?		Pork shoulder	150	326	30	0	25	0
?	not ordered	?	not ordered			?	?		Pork trotter	125	416	20	0	40	0
?	not ordered	?	not ordered			?	?		Pork steak	150	200	35	0	10	0

Recommendations to lose weight		Recommendations for healthy nutrition		Recommendations to improve performance		genet. warning 1	genet. warning 2	your preference	Wild game, poultry, game birds, giblets	All values per standard serving					Glyc. Index
often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat	
?	not ordered	?	not ordered			?	?		Deer liver	125	171	25	5	10	0
?	not ordered	?	not ordered			?	?		Duck meat with skin	150	338	30	0	30	50
?	not ordered	?	not ordered			?	?		Duck meat without skin	150	179	30	0	10	45
?	not ordered	?	not ordered			?	?		Duck liver	125	164	25	5	10	0
?	not ordered	?	not ordered			?	?		Duck leg	150	374	25	0	35	0
?	not ordered	?	not ordered			?	?		Pheasant	150	231	40	0	10	0
?	not ordered	?	not ordered			?	?		Piglets	150	347	30	0	30	0
?	not ordered	?	not ordered			?	?		Frog legs	75	52	15	0	0	0
?	not ordered	?	not ordered			?	?		Goose meat with skin, raw	150	507	25	0	50	0
?	not ordered	?	not ordered			?	?		Goose meat without skin, raw	150	233	35	0	15	45
?	not ordered	?	not ordered			?	?		Goose leg	150	327	25	0	30	0
?	not ordered	?	not ordered			?	?		Goose liver	125	164	25	10	5	0
?	not ordered	?	not ordered			?	?		Rabbit	150	171	35	0	5	0
?	not ordered	?	not ordered			?	?		Venison	150	170	35	0	5	0
?	not ordered	?	not ordered			?	?		Chicken breast	150	153	35	0	5	0
?	not ordered	?	not ordered			?	?		Chicken wings	150	312	25	0	25	0
?	not ordered	?	not ordered			?	?		Chicken gizzard	125	141	25	5	5	0
?	not ordered	?	not ordered			?	?		Chicken leg	150	260	30	0	20	0
?	not ordered	?	not ordered			?	?		Chicken heart	125	156	25	5	10	0
?	not ordered	?	not ordered			?	?		Chicken liver	125	170	30	5	10	0
?	not ordered	?	not ordered			?	?		Veal sweetbread	125	125	25	0	5	0
?	not ordered	?	not ordered			?	?		Veal hart	125	138	20	0	10	0
?	not ordered	?	not ordered			?	?		Veal liver	125	109	20	5	5	0

Recommendations to lose weight		Recommendations for healthy nutrition		Recommendations to improve performance		genet. warning 1	genet. warning 2	your preference	Wild game, poultry, game birds, giblets	All values per standard serving					Glyc. Index
often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat	
?	not ordered	?	not ordered			?	?		Veal tongue	125	224	25	5	15	0
?	not ordered	?	not ordered			?	?		Lamb sweetbread	125	115	20	0	5	2
?	not ordered	?	not ordered			?	?		Lamb liver	125	168	25	5	10	2
?	not ordered	?	not ordered			?	?		Guinea-fowl	150	219	30	0	15	0
?	not ordered	?	not ordered			?	?		Horse	150	164	35	5	5	0
?	not ordered	?	not ordered			?	?		Turkey breast	150	161	40	0	5	0
?	not ordered	?	not ordered			?	?		Turkey wings	150	287	30	0	20	0
?	not ordered	?	not ordered			?	?		Turkey leg	150	173	35	0	5	0
?	not ordered	?	not ordered			?	?		Partridge	150	333	55	0	15	0
?	not ordered	?	not ordered			?	?		Deer	150	183	35	0	5	0
?	not ordered	?	not ordered			?	?		Beef hart	125	155	25	5	10	0
?	not ordered	?	not ordered			?	?		Beef liver	125	165	25	10	5	0
?	not ordered	?	not ordered			?	?		Beef tongue	125	275	20	5	20	0
?	not ordered	?	not ordered			?	?		Sheep sweetbreads	125	115	20	0	5	0
?	not ordered	?	not ordered			?	?		Sheep hart	125	201	25	5	15	0
?	not ordered	?	not ordered			?	?		Sheep liver	125	160	30	5	5	0
?	not ordered	?	not ordered			?	?		Snails	50	35	10	5	5	0
?	not ordered	?	not ordered			?	?		Pork hart	125	116	25	5	5	0
?	not ordered	?	not ordered			?	?		Pork liver	125	163	30	5	10	2
?	not ordered	?	not ordered			?	?		Pork tongue	125	200	25	5	15	3
?	not ordered	?	not ordered			?	?		Pigeon	150	254	35	0	15	0
?	not ordered	?	not ordered			?	?		Boar	125	201	25	0	15	0
?	not ordered	?	not ordered			?	?		Goat	150	224	30	0	15	0

Recommendations to lose weight		Recommendations for healthy nutrition		Recommendations to improve performance		genet. warning 1	genet. warning 2	your preference	Oils, fats, butter, lard	All values per standard serving					Glyc. Index
often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat	
?	not ordered	?	not ordered			?	?		Butter	20	148	0	0	20	15
?	not ordered	?	not ordered			?	?		Concentrated butter	10	88	0	0	10	0
?	not ordered	?	not ordered			?	?		Safflower oil	15	106	0	0	15	0
?	not ordered	?	not ordered			?	?		Peanut oil	15	106	0	0	15	0
?	not ordered	?	not ordered			?	?		Cocoa butter	20	177	0	0	20	15
?	not ordered	?	not ordered			?	?		Coconut fat	20	177	0	0	20	0
?	not ordered	?	not ordered			?	?		Pumpkin seed oil	15	106	0	0	15	0
?	not ordered	?	not ordered			?	?		Linseed oil	15	106	0	0	15	0
?	not ordered	?	not ordered			?	?		Corn oil	15	106	0	0	15	0
?	not ordered	?	not ordered			?	?		Margarine	20	142	0	0	20	0
?	not ordered	?	not ordered			?	?		Mayonnaise 80% fat	25	186	0	5	25	0
?	not ordered	?	not ordered			?	?		Nutmeg butter	20	176	0	0	20	15
?	not ordered	?	not ordered			?	?		Olive oil	15	106	0	0	15	0
?	not ordered	?	not ordered			?	?		Palm oil	15	106	0	0	15	0
?	not ordered	?	not ordered			?	?		Rapeseed oil	15	106	0	0	15	0
?	not ordered	?	not ordered			?	?		Sesame oil	15	106	0	0	15	0
?	not ordered	?	not ordered			?	?		Shea butter	20	177	0	0	20	15
?	not ordered	?	not ordered			?	?		Soybean oil	15	106	0	0	15	0
?	not ordered	?	not ordered			?	?		Sunflower oil	15	106	0	0	15	0
?	not ordered	?	not ordered			?	?		Cream butter	20	147	0	0	20	40
?	not ordered	?	not ordered			?	?		Walnut oil	15	106	0	0	15	0
?	not ordered	?	not ordered			?	?		Wheat germ oil	15	106	0	0	15	0

Recommendations to lose weight		Recommendations for healthy nutrition		Recommendations to improve performance		genet. warning 1	genet. warning 2	your preference	Non-alcoholic beverages (coffee, tea, soft drinks)	All values per standard serving					Glyc. Index
often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat	
?	not ordered	?	not ordered	?		?	?		Bancha tea	125	0	0	0	0	0
?	not ordered	?	not ordered			?	?		Beer non-alcoholic	330	86	5	20	0	0
?	not ordered	?	not ordered			?	?		Cappuccino	150	57	5	10	5	47
?	not ordered	?	not ordered			?	?		Cola beverage	250	141	0	35	0	120
?	not ordered	?	not ordered			?	?		Cola drink (low calorie)	200	8	0	5	0	70
?	not ordered	?	not ordered			?	?		Iced Tea lemon	200	20	0	5	0	0
?	not ordered	?	not ordered			?	?		Espresso	25	1	0	0	0	40
?	not ordered	?	not ordered			?	?		Filter coffee	150	3	0	0	0	0
?	not ordered	?	not ordered			?	?		Fruit tea	125	1	0	0	0	45
?	not ordered	?	not ordered			?	?		Hot chocolate	100	131	5	25	5	51
?	not ordered	?	not ordered			?	?		Isotonic drink	200	38	0	10	0	45
?	not ordered	?	not ordered			?	?		Isotonic drink (low calorie)	200	38	0	10	0	45
?	not ordered	?	not ordered			?	?		Coconut water	60	6	0	5	0	41
?	not ordered	?	not ordered			?	?		Herbal tea	125	1	0	0	0	45
?	not ordered	?	not ordered			?	?		Latte Macchiato	125	55	5	5	5	49
?	not ordered	?	not ordered			?	?		Lemonade-herbs	200	72	0	20	0	25
?	not ordered	?	not ordered			?	?		Lemonade-lemon	200	58	0	15	0	15
?	not ordered	?	not ordered			?	?		Lemonade-orange	200	58	0	15	0	45
?	not ordered	?	not ordered	?		?	?		Matcha tea	125	0	0	0	0	0
?	not ordered	?	not ordered	?		?	?		Mate tea	150	0	0	0	0	45
?	not ordered	?	not ordered			?	?		Multi fruit nectar	200	114	0	30	0	42
?	not ordered	?	not ordered			?	?		Multi fruit juice	200	76	5	20	0	45
?	not ordered	?	not ordered			?	?		Orange juice	100	54	0	15	0	45

Recommendations to lose weight		Recommendations for healthy nutrition		Recommendations to improve performance		genet. warning 1	genet. warning 2	your preference	Non-alcoholic beverages (coffee, tea, soft drinks)	All values per standard serving					Glyc. Index
often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat	
?	not ordered	?	not ordered			?	?		Mint tea	125	1	0	0	0	45
?	not ordered	?	not ordered			?	?		Juice spritzer pineapple	200	44	0	10	0	45
?	not ordered	?	not ordered			?	?		Juice spritzer apple	200	66	0	15	0	45
?	not ordered	?	not ordered			?	?		Juice spritzer grapefruit	200	10	0	5	0	45
?	not ordered	?	not ordered			?	?		Juice spritzer currant	200	56	0	15	0	45
?	not ordered	?	not ordered			?	?		Juice spritzer carrots	200	24	0	5	0	45
?	not ordered	?	not ordered			?	?		Juice spritzer - orange	200	50	0	10	0	45
?	not ordered	?	not ordered			?	?		Juice spritzer - peach / passion fruit	200	126	5	30	0	42
?	not ordered	?	not ordered			?	?		Juice spritzer - lemon	200	6	0	5	0	15
?	not ordered	?	not ordered			?	?		Sparkling wine nonalcoholic	100	25	0	5	0	0
?	not ordered	?	not ordered			?	?		Sencha tea	125	0	0	0	0	0
?	not ordered	?	not ordered			?	?		Soy drink	150	41	5	5	5	46
?	not ordered	?	not ordered			?	?		Tea green	125	0	0	0	0	45
?	not ordered	?	not ordered			?	?		Tea black	125	0	0	0	0	0
?	not ordered	?	not ordered			?	?		Tea black with milk	125	3	0	0	0	45
?	not ordered	?	not ordered			?	?		Turkish mocha	100	69	0	20	0	40
?	not ordered	?	not ordered			?	?		Water and mineral water	200	0	0	0	0	0

Recommendations to lose weight		Recommendations for healthy nutrition		Recommendations to improve performance		genet. warning 1	genet. warning 2	your preference	Alcoholic beverages (beer, wine, spirits)	All values per standard serving					Glyc. Index
often	rarely	often	rarely	often	rarely					g	kcal	Prot	Carb	Fat	
?	not ordered	?	not ordered			?	?		Beer dark	330	122	5	10	0	0
?	not ordered	?	not ordered			?	?		Beer light	330	129	5	10	0	25
?	not ordered	?	not ordered			?	?		Beer Pils light	330	139	5	10	0	43
?	not ordered	?	not ordered			?	?		Brands from sugarcane	20	46	0	0	0	0
?	not ordered	?	not ordered			?	?		Champagne	100	83	0	5	0	0
?	not ordered	?	not ordered			?	?		Cognac	20	47	0	0	0	0
?	not ordered	?	not ordered			?	?		Gin	20	52	0	0	0	0
?	not ordered	?	not ordered			?	?		Fruit wine	130	53	0	5	0	0
?	not ordered	?	not ordered			?	?		Red wine light	130	88	0	5	0	0
?	not ordered	?	not ordered			?	?		Red wine medium	130	88	0	5	0	0
?	not ordered	?	not ordered			?	?		Red wine heavy	130	107	0	5	0	0.2
?	not ordered	?	not ordered			?	?		Rum	20	46	0	0	0	0
?	not ordered	?	not ordered			?	?		Sparkling wine	100	83	0	5	0	0
?	not ordered	?	not ordered			?	?		Sherry	50	59	0	5	0	0
?	not ordered	?	not ordered			?	?		Wine rose	100	88	0	5	0	0
?	not ordered	?	not ordered			?	?		White wine medium dry	130	95	0	5	0	0
?	not ordered	?	not ordered			?	?		White wine sweeet	130	127	0	10	0	0
?	not ordered	?	not ordered			?	?		White wine dry	130	94	0	0	0	0
?	not ordered	?	not ordered			?	?		Whiskey	20	49	0	0	0	0
?	not ordered	?	not ordered			?	?		Vodka	20	46	0	0	0	0

SCIENCE

This chapter shows the science behind the test.

Athletic performance

Angiotensin converting enzyme - ACE (rs4646994)

Angiotensin-converting enzyme, or "ACE" indirectly increases blood pressure by causing blood vessels to constrict. It does that by converting angiotensin I to angiotensin II, which constricts the vessels. For this reason, drugs known as ACE inhibitors are used to lower blood pressure. Studies have shown a link between genetic variations in this gene and athletic performance.

RES	Genotype	POP	Possible results
X	Ins/Ins	25%	Genetic talent for endurance sports
	Ins/Del	50%	Genetically balanced endurance and power talent
	Del/Del	25%	Genetic power oriented athletic talent

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Alpha actinin 3 - ACTN3 (rs1815739)

The protein Alpha Actinin 3 is found exclusively in white muscle fibers (large cells) and leads to a faster and more powerful response of the muscle cells. Since larger cells can suffer from a diminished supply of oxygen, they tend to tire faster. The genetic variation leads to a complete loss of protein production, and has no medical effect except a predisposition to power or endurance sports.

RES	Genotype	POP	Possible results
	C/C	31%	High production of Alpha Actinin 3 High proportion of white muscle fibers High genetic predisposition to power sports
X	C/T	44%	Moderate production of Alpha Actinin 3 Moderate proportion of white muscle fibers Moderate genetic predisposition to power sports
	T/T	24%	No production of Alpha Actinin 3 Low proportion of white muscle fibers High genetic predisposition to endurance sports

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Maximal oxygen uptake (VO2max)

Nuclear Respiratory Factor 2 - NRF-2 (rs7181866)

The NRF-2 (Nuclear Respiratory Factor 2) transcription factor induces mitochondrial biogenesis and plays an important role in nuclear-mitochondrial interactions along with Factor 1. It was shown that NRF-2 has an impact on the maximal oxygen uptake and that the AG genotype appears more frequently in endurance athletes.

RES	Genotype	POP	Possible results
X	A/A	98%	No increased maximal oxygen uptake (VO2max)
	G/A	1%	Increased maximal oxygen uptake (VO2max)
	G/G	1%	Increased maximal oxygen uptake (VO2max)

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Vascular Endothelial Growth Factor - VEGF (rs2010963)

The Vascular Endothelial Growth Factor (VEGF) is an important signal molecule that transmits extracellular signals inside the cell and is involved in the growth of blood vessels. Mutations in the VEGF gene can modify the expression and therefore the amount of protein in the body. A higher level of VEGF is associated with a better VO2max level.

RES	Genotype	POP	Possible results
X	C/C	14%	Increased maximal oxygen uptake (VO2max)
	C/G	44%	Increased maximal oxygen uptake (VO2max)
	G/G	42%	No increased maximal oxygen uptake (VO2max)

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ADRB2 adrenoceptor beta 2, surface (rs1042714)

The beta-2 adrenergic receptor (β2 adrenoreceptor), also known as ADRB2, is a beta-adrenergic receptor within a cell membrane which reacts with adrenaline (epinephrine) as a hormone or neurotransmitter affecting muscles or organs. The ADRB2 gene is intronless. Different polymorphic forms, point mutations, and/or downregulation of this gene are associated with nocturnal asthma, excessive weight and type 2 diabetes. This receptor is directly associated with one of its ultimate effectors, the class C L-type calcium channel CaV1.2. This receptor-channel complex is coupled to the Gs G protein, which activates adenylyl cyclase, catalysing the formation of cyclic adenosine monophosphate (cAMP) which then activates protein kinase A, and the counterbalancing phosphatase PP2A.

RES	Genotype	POP	Possible results
	C/C	42%	Increased maximal oxygen uptake (VO2max)
X	C/G	51%	Increased maximal oxygen uptake (VO2max)
	G/G	7%	No increased maximal oxygen uptake (VO2max)

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ADRB2 adrenoceptor beta 2, surface (rs1042713)

The beta-2 adrenergic receptor (β2 adrenoreceptor), also known as ADRB2, is a beta-adrenergic receptor within a cell membrane which reacts with adrenaline (epinephrine) as a hormone or neurotransmitter affecting muscles or organs. The ADRB2 gene is intronless. Different polymorphic forms, point mutations, and/or downregulation of this gene are associated with nocturnal asthma, excessive weight and type 2 diabetes. This receptor is directly associated with one of its ultimate effectors, the class C L-type calcium channel CaV1.2. This receptor-channel complex is coupled to the Gs G protein, which activates adenylyl cyclase, catalysing the formation of cyclic adenosine monophosphate (cAMP) which then activates protein kinase A, and the counterbalancing phosphatase PP2A.

RES	Genotype	POP	Possible results
	A/A	22%	Increased maximal oxygen uptake (VO2max)
X	A/G	51%	Increased maximal oxygen uptake (VO2max)
	G/G	27%	No increased maximal oxygen uptake (VO2max)

References

Wagoner LE et al. Polymorphisms of the beta(2)-adrenergic receptor determine exercise capacity in patients with heart failure. Circ Res. 2000 Apr 28,86(8):834-40.

Wolfarth B et al. Association between a beta2-adrenergic receptor polymorphism and elite endurance performance. Metabolism. 2007 Dec,56(12):1649-51.

CRP - C-Reactive Protein (rs3093066)

The protein encoded by the CRP gene (C-reactive protein) belongs to the acute-phase proteins and elevated levels of CRP in the blood can be found in inflammatory processes. CRP binds to phosphocholine which is located on the surface of dead or dying cells and activates the complement system, binds to phagocytes and triggers a part of the non-specific defense mechanism. CRP is used as a marker of acute inflammation. The rs3093066 polymorphism is associated with a lower CRP concentration in the blood.

RES	Genotype	POP	Possible results
	A/A	12%	Increased maximal oxygen uptake (VO2max)
	A/C	30%	No increased maximal oxygen uptake (VO2max)
X	C/C	58%	No increased maximal oxygen uptake (VO2max)

References

Kullo IJ et al. Markers of inflammation are inversely associated with VO2 max in asymptomatic men. J Appl Physiol (1985). 2007 Apr,102(4):1374-9.

Kuo et al. Association of cardiorespiratory fitness and levels of C-reactive protein: Data from the National Health and Nutrition Examination Survey 1999–2002. Int J Cardiol. 2007 Jan 2,114(1):28-33.

Oxidative stress

GSTM1 - glutathione S-transferase mu1 (null allele)

The glutathione S-transferases are found in the liver and in the lymphocytes, and are involved in the detoxification of endogenous and exogenous substances. A defective GSTM1 gene reduces the enzymatic activity of the protein, which leads to a limited cellular detoxification.

RES	Genotype	POP	Possible results
X	INS	56%	Good protection against oxidative stress / free radicals
	DEL	44%	Limited protection against oxidative stress / free radicals

References

McWilliams et al. Glutathione S-transferase M1 (GSTM1) deficiency and lung cancer risk. Cancer Epidemiol Biomarkers Prev 1995,4:589-594.

Sreeja et al. Glutathione S-transferase M1, T1 and P1 polymorphisms: susceptibility and outcome in lung cancer patients. J Exp Ther Oncol. 2008,7(1):73-85.

Funke et al. Genetic Polymorphisms in Genes Related to Oxidative Stress (GSTP1, GSTM1, GSTT1, CAT, MnSOD, MPO, eNOS) and Survival of Rectal Cancer Patients after Radiotherapy. J Cancer Epidemiol. 2009, 2009: 302047.

GSTP1 - Glutathione S-transferase pi 1 (rs1695)

The glutathione S-transferases are found in the liver and in the lymphocytes, and are involved in the detoxification of endogenous and exogenous substances. The GSTP1 enzymes are involved in the metabolism of endogenous metabolites, and protect the cells against oxidative stress, similar with GSTM1 and GSTT1.

RES	Genotype	POP	Possible results
	A/A	48%	Good protection against oxidative stress / free radicals
X	A/G	42%	Limited protection against oxidative stress / free radicals
	G/G	10%	Limited protection against oxidative stress / free radicals

References

Sreeja et al. Glutathione S-transferase M1, T1 and P1 polymorphisms: susceptibility and outcome in lung cancer patients. J Exp Ther Oncol. 2008,7(1):73-85.

Miller et al. An association between glutathione S-transferase P1 gene polymorphism and younger age at onset of lung carcinoma. Cancer. 2006 Oct 1,107(7):1570-7.

Funke et al. Genetic Polymorphisms in Genes Related to Oxidative Stress (GSTP1, GSTM1, GSTT1, CAT, MnSOD, MPO, eNOS) and Survival of Rectal Cancer Patients after Radiotherapy. J Cancer Epidemiol. 2009, 2009: 302047.

Stücker et al. Genetic polymorphisms of glutathione S-transferases as modulators of lung cancer susceptibility. Carcinogenesis. 2002 Sep, 23(9):1475-81.

GSTT1 - glutathione S-transferase theta 1 (null allele)

The glutathione S-transferases are found in the liver and in the lymphocytes, and are involved in the detoxification of endogenous and exogenous substances. A defective GSTM1 gene reduces the enzymatic activity of the protein, which leads to a limited cellular detoxification.

RES	Genotype	POP	Possible results
	INS	74%	Good protection against oxidative stress / free radicals
X	DEL	26%	Limited protection against oxidative stress / free radicals

References

Sreeja et al. Glutathione S-transferase M1, T1 and P1 polymorphisms: susceptibility and outcome in lung cancer patients. J Exp Ther Oncol. 2008,7(1):73-85.

Funke et al. Genetic Polymorphisms in Genes Related to Oxidative Stress (GSTP1, GSTM1, GSTT1, CAT, MnSOD, MPO, eNOS) and Survival of Rectal Cancer Patients after Radiotherapy. J Cancer Epidemiol. 2009, 2009: 302047.

SOD2 - Superoxide dismutase 2, mitochondrial (rs4880)

SOD2 encodes the superoxide dismutase enzyme 2 and it is involved in the degradation of reactive oxygen molecules (ROS), thus protecting the body against oxidative stress. Defects may affect the enzymatic activity of the SOD2 enzyme, resulting in a limited protection against the free radicals.

RES	Genotype	POP	Possible results
	C/C	20%	Good protection against oxidative stress / free radicals
	C/T	53%	Limited protection against oxidative stress / free radicals
X	T/T	27%	Limited protection against oxidative stress / free radicals

References

Sutton et al. The manganese superoxide dismutase Ala16Val dimorphism modulates both mitochondrial import and mRNA stability. Pharmacogenet Genomics. 2005 May,15(5):311-9.

Funke et al. Genetic Polymorphisms in Genes Related to Oxidative Stress (GSTP1, GSTM1, GSTT1, CAT, MnSOD, MPO, eNOS) and Survival of Rectal Cancer Patients after Radiotherapy. J Cancer Epidemiol. 2009, 2009: 302047.

GPX1 - Glutathione Peroxidase (rs1050450)

The GPX gene encodes the enzyme glutathione peroxidase, which catalyzes the reduction of peroxides and hydrogen peroxide. Thus, GPX plays a role in protecting the body against oxidative stress.

RES	Genotype	POP	Possible results
	C/C	67%	Good protection against oxidative stress / free radicals
	C/T	26%	Limited protection against oxidative stress / free radicals
X	T/T	7%	Limited protection against oxidative stress / free radicals

References

Tang et al. Association between the rs1050450 glutathione peroxidase-1 (C > T) gene variant and peripheral neuropathy in two independent samples of subjects with diabetes mellitus. Nutr Metab Cardiovasc Dis. 2012 May,22(5):417-25.

Bhatti et al. Lead exposure, polymorphisms in genes related to oxidative stress and risk of adult brain tumors. Cancer Epidemiol Biomarkers Prev. Jun 2009, 18(6): 1841–1848.

Xiong et al. Association study between polymorphisms in selenoprotein genes and susceptibility to Kashin-Beck disease. Osteoarthritis Cartilage. 2010 Jun,18(6):817-24.

Soerensen et al. The Mn-superoxide dismutase single nucleotide polymorphism rs4880 and the glutathione peroxidase 1 single nucleotide polymorphism rs1050450 are associated with aging and longevity in the oldest old. Mech Ageing Dev. 2009 May,130(5):308-14.

Steinbrecher et al. Effects of selenium status and polymorphisms in selenoprotein genes on prostate cancer risk in a prospective study of European men. Cancer Epidemiol Biomarkers Prev. 2010 Nov,19(11):2958-68.

Chen et al. GPx-1 polymorphism (rs1050450) contributes to tumor susceptibility: evidence from meta-analysis. J Cancer Res Clin Oncol. 2011 Oct,137(10):1553-61.

Karunasinghe et al. Serum selenium and single-nucleotide polymorphisms in genes for selenoproteins: relationship to markers of oxidative stress in men from Auckland, New Zealand. Genes Nutr. 2012 Apr,7(2):179-90.

Hong et al. GPX1 gene Pro200Leu polymorphism, erythrocyte GPX activity, and cancer risk. Mol Biol Rep. 2013 Feb,40(2):1801-12.

Jablonska E et al. Association between GPx1 Pro198Leu polymorphism, GPx1 activity and plasma selenium concentration in humans. Eur J Nutr. 2009 Sep,48(6):383-6.

NQO1 - NAD(P)H dehydrogenase, quinone 1 (rs1800566)

The enzyme NAD(P)H dehydrogenase, encoded by the NQO1, is a so-called oxidoreductase, and catalyzes the oxidation of nicotinamide adenine dinucleotide (NAD). The polymorphism rs1800566 inhibits the enzymatic activity, and coenzyme Q10 cannot be converted into ubiquinol, or the conversion is slower than normal.

RES	Genotype	POP	Possible results
X	C/C	66%	The enzyme NQO1 effectively converts the coenzyme Q10 into the antioxidant ubiquinol.
	C/T	30%	The enzyme NQO1 converts the coenzyme Q10 into the antioxidant ubiquinol at a slower rate
	T/T	4%	The enzyme NQO1 cannot convert the coenzyme Q10 into the antioxidant ubiquinol

References

Fischer et al. Association between genetic variants in the Coenzyme Q10 metabolism and Coenzyme Q10 status in humans. Published online Jul 21, 2011.

Freriksen et al. Genetic polymorphism 609C>T in NAD(P)H:quinone oxidoreductase 1 enhances the risk of proximal colon cancer. J Hum Genet. 2014 May 15.

Inflammation and risk of injury

IL6 - interleukin 6 (rs1800795)

Interleukin 6 is a pro-inflammatory cytokine and is an essential part of the immune response to inflammatory processes. The rs1800795 polymorphism lies in the gene's promoter and modifies the expression of the cytokine. People who have the C-allele have a higher CK activity after intense training.

RES	Genotype	POP	Possible results
	G/G	25%	No increased risk of inflammation
X	G/C	43%	Increased risk of inflammation
	C/C	32%	Increased risk of inflammation

References

Yamin C et al. IL6 (-174) and TNFA (-308) promoter polymorphisms are associated with systemic creatine kinase response to eccentric exercise. Eur J Appl Physiol. 2008 Oct,104(3):579-86.

Huuskonen A et al. A common variation in the promoter region of interleukin-6 gene shows association with exercise performance. J Sports Sci Med. 2009 Jun 1,8(2):271-7.

Helge JW et al. The effect of graded exercise on IL-6 release and glucose uptake in human skeletal muscle. J Physiol. 2003 Jan 1, 546(Pt 1):299-305.

Maffulli N et al. The genetics of sports injuries and athletic performance. Muscles Ligaments Tendons J. 2013 Aug 11,3(3):173-89.

TNF-α - tumor necrosis factor a (TNF superfamily, member 2) (rs1800629)

The tumor necrosis factor (TNF or TNF-α) is a cytokine of the human immune system, regulating the activity of the immune cells. TNF regulates apoptosis, cell proliferation, cell differentiation and the secretion of various cytokines. The polymorphism rs1800629 leads to a highly increased TNFa expression, and thus to an increased inflammatory capacity. Das A-Allel ist außerdem mit einer höheren CRP Konzentration assoziiert.

RES	Genotype	POP	Possible results
X	G/G	67%	No increased risk of inflammation
	G/A	31%	No increased risk of inflammation
	A/A	2%	Increased risk of inflammation

References

Lakka HM et al. The TNF-alpha G-308A polymorphism is associated with C-reactive protein levels: the HERITAGE Family Study. Vascul Pharmacol. 2006 May,44(5):377-83.

Moldoveanu AI et al. Exercise elevates plasma levels but not gene expression of IL-1beta, IL-6, and TNF-alpha in blood mononuclear cells. J Appl Physiol (1985). 2000 Oct,89(4):1499-504.

IL1RN - interleukin 1 receptor antagonist (rs419598)

The interleukin-1 receptor antagonist is involved in the control of immune and inflammatory processes. The rs419598 polymorphism can increase inflammatory activity.

RES	Genotype	POP	Possible results
	T/T	47%	Increased risk of inflammation
X	T/C	47%	Increased risk of inflammation
	C/C	6%	No increased risk of inflammation

References

Wójtowicz A et al. IL1B and DEFB1 Polymorphisms Increase Susceptibility to Invasive Mold Infection After Solid-Organ Transplantation. J Infect Dis. 2015 May 15,211(10):1646-57.

Iglesias-Linares A et al. Postorthodontic external root resorption is associated with IL1 receptor antagonist gene variations. Oral Dis. 2012 Mar,18(2):198-205.

X. Wu et al. IL-1 receptor antagonist gene as a predictive biomarker of progression of knee osteoarthritis in a population cohort. Osteoarthritis Cartilage. 2013 Jul, 21(7): 930–938.

CRP - C-Reactive Protein (rs3093066)

The protein encoded by the CRP gene (C-reactive protein) belongs to the acute-phase proteins and elevated levels of CRP in the blood can be found in inflammatory processes. CRP binds to phosphocholine which is located on the surface of dead or dying cells and activates the complement system, binds to phagocytes and triggers a part of the non-specific defense mechanism. CRP is used as a marker of acute inflammation. The rs3093066 polymorphism is associated with a lower CRP concentration in the blood.

RES	Genotype	POP	Possible results
	A/A	12%	No increased risk of inflammation
	A/C	30%	Increased risk of inflammation
X	C/C	58%	Increased risk of inflammation

References

Obisesan TO et al. C-Reactive Protein Genotypes Affect Baseline, but not Exercise Training–Induced Changes, in C-Reactive Protein Levels. Arterioscler Thromb Vasc Biol. 2004 Oct, 24(10): 1874–1879.

Neubauer O et al. Recovery after an Ironman triathlon: sustained inflammatory responses and muscular stress. Eur J Appl Physiol. 2008 Oct,104(3):417-26.

Phillips T et al. A dietary supplement attenuates IL-6 and CRP after eccentric exercise in untrained males. Med Sci Sports Exerc. 2003 Dec,35(12):2032-7.

IL6R - interleukin 6 receptor (rs2228145)

Interleukin 6 is a pro-inflammatory cytokine and is an essential part of the immune response to inflammatory processes. The interleukin-6 receptor (IL-6R) forms a complex and has an impact on IL-6 activity. It has been shown that the rs2228145 polymorphism has an impact on the concentration of sIL-6R and IL-6 and therefore on inflammatory responses.

RES	Genotype	POP	Possible results
X	A/A	42%	No increased risk of inflammation
	A/C	47%	Increased risk of inflammation
	C/C	11%	Increased risk of inflammation

References

Galicia JC et al. Polymorphisms in the IL-6 receptor (IL-6R) gene: strong evidence that serum levels of soluble IL-6R are genetically influenced. Genes Immun. 2004 Sep,5(6):513-6.

Gray SR et al. The response of circulating levels of the interleukin-6/interleukin-6 receptor complex to exercise in young men. Cytokine. 2009 Aug,47(2):98-102.

Pedersen BK et al. The metabolic role of IL-6 produced during exercise: is IL-6 an exercise factor? Proc Nutr Soc. 2004 May,63(2):263-7.

Jones SA et al. IL-6 transsignaling: the in vivo consequences. J Interferon Cytokine Res. 2005 May,25(5):241-53.

Reich Db (2007). Health, Aging and Body Composition (Health ABC) Study: Admixture mapping of an allele affecting interleukin 6 soluble receptor and interleukin 6 levels. Am J Hum Genet. 80(4): 716-726.

Robson-Ansley P et al. (2011). The effect of carbohydrate ingestion on plasma interleukin-6, hepcidin and iron concentrations following prolonged exercise. Cytokine. 53(2):196-200.

GDF5 - Growth Differentiation Factor 5 (rs143383)

The protein encoded by the GDF5 gene (Growth/differentiation factor 5) is a member of the TGF-beta super family and plays a vital, regulative role in the development and repair of bone, joint, and connective tissue. The rs143383 polymorphism leads to a reduced expression of the GDF5 protein and is associated with a higher risk of injury in the knee and Achilles tendon.

RES	Genotype	POP	Possible results
	G/G	12%	No increased injury risk
X	G/A	43%	No increased injury risk
	A/A	45%	Increased injury risk

References

Ge W et al. The GDF5 SNP is associated with meniscus injury and function recovery in male Chinese soldiers. Int J Sports Med. 2014 Jun,35(7):625-8.

Valdes AM et al. Association of the DVWA and GDF5 polymorphisms with osteoarthritis in UK populations. Ann Rheum Dis. 2009 Dec,68(12):1916-20.

Posthumus M et al. Components of the transforming growth factor-beta family and the pathogenesis of human Achilles tendon pathology--a genetic association study. Rheumatology (Oxford). 2010 Nov,49(11):2090-7.

Maffulli N et al. The genetics of sports injuries and athletic performance. Muscles Ligaments Tendons J. 2013 Aug 11,3(3):173-89.

Col1A1 - Collagen, type I, alpha 1 (rs1800012)

The protein encoded by the COL1A1 gene (collagen, type I, alpha 1) is a fibrillary collagen and constitutes the major protein component of many connective tissues like ligaments and tendons, for example. Type 1 collagen is important for the structure and strength, as well as for the interaction with other parts of the extracellular matrix. Defects in the COL1A1 gene's structure can lead to a modification of this connective tissue.

RES	Genotype	POP	Possible results
	G/G	81%	No increased protection against injuries
	G/T	17%	No increased protection against injuries
X	T/T	2%	Increased protection against injuries

References

Collins M et al. Genetic risk factors for musculoskeletal soft tissue injuries. Med Sport Sci. 2009,54:136-49.

Collins M et al. The COL1A1 gene and acute soft tissue ruptures. Br J Sports Med. 2010 Nov,44(14):1063-4.

Maffulli N et al. The genetics of sports injuries and athletic performance. Muscles Ligaments Tendons J. 2013 Aug 11,3(3):173-89.

Khoschnau S et al. Type I collagen alpha1 Sp1 poly-morphism and the risk of cruciate ligament ruptures or shoulder dislocations. Am J Sports Med 2008, 36:2432–2436.

Posthumus M et al. Genetic risk factors for anterior cru-ciate ligament ruptures: COL1A1 gene variant. Br J Sports Med 2009,43:352–356.

Col5A1 - Collagen, type V, alpha 1 (rs12722)

The protein encoded by the COL5A1 gene (collagen, type V, alpha 1) is a fibrillary collagen and is found especially in connective tissue like ligaments and tendons that are composed of up to 10% of the collagen. Defects in this gene are associated with tendon and ligament damage.

RES	Genotype	POP	Possible results
	T/T	25%	No increased protection against injuries
	T/C	64%	No increased protection against injuries
X	C/C	11%	Increased protection against injuries

References

Collins M et al. Genetic risk factors for musculoskeletal soft tissue injuries. Med Sport Sci. 2009,54:136-49.

September AV et al. Variants within the COL5A1 gene are associated with Achilles tendinopathy in two populations. Br J Sports Med. 2009 May,43(5):357-65.

Collins M et al. The COL5A1 genotype is associated with range of motion measurements. Scand J Med Sci Sports. 2009 Dec,19(6):803-10.

Maffulli N et al. The genetics of sports injuries and athletic performance. Muscles Ligaments Tendons J. 2013 Aug 11,3(3):173-89.

Mokone GG et al. The COL5A1 gene and Achilles tendon pathology. Scand J Med Sci Sports. 2006 Feb,16(1):19-26.

ADDITIONAL INFORMATION

In this chapter you will receive useful and helpful information

NutriMe Complete
How it works

Every person is unique and when testing more than 50 different genes, there are more than several hundred trillion potential different outcomes, of which only one applies to you. Every unique genetic profile has other strengths and weaknesses and requires different substances and micronutrients for optimal health.

NutriMe Complete - A genetically personalized micronutrient mixture with the aim of using your inborn strengths and compensating for your inherited genetic weaknesses. Take your personalized micronutrient mixture to supply it with the nutrients it needs.

Microtransporters - optimized nutrient uptake

The vitamins and minerals are packed during their processing into small beads, the so-called micro-transporters. This allows the easy mixture of different amounts of individual micro-transporter and their micro-nutrients. For some people, the final mixture contains a higher proportion of vitamin C-containing micro- transporters, for others a higher proportion of calcium-containing micro- transporters. Thus, any recipe can be quickly and accurately created through a targeted micronutrient blend. In addition, the micro-nutrients are better protected against oxygen by their packaging in the hard micro-transporters and stay much longer stable compared to dissolved micronutrients.

Please note: In order for us to create your personalized micronutrient mixture based on your genetic profile, we first need your genetic testing results of the relevant genes. In case we have not destroyed your DNA sample by the time you order and we do not have the required genetic results for the supplement, we may choose to analyze the relevant genes at our own cost to fulfill your order. By ordering, you give us the permission to do so.

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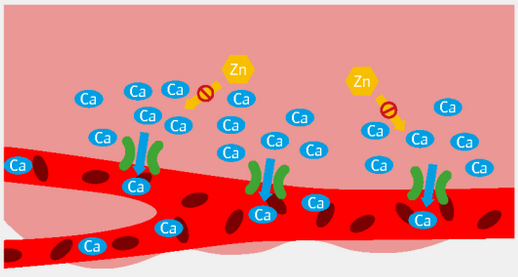
DEMO_ML

Optimized absorption into the blood stream

Proper absorption of micronutrients is a complex issue, since many of the substances can inhibit each other's absorption. Therefore, it is of great importance where and at what speed the micronutrients are released in the intestine.

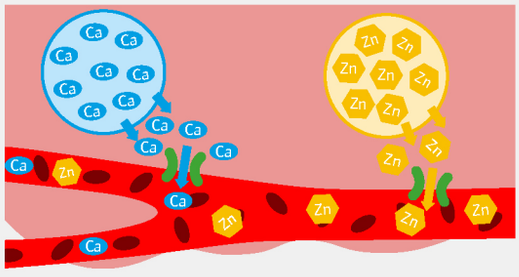
Standard micronutrients: Mutual uptake inhibition



Absorption blocking of certain micronutrients

Certain micronutrients are absorbed through the same processes/channels in the body. A good example of this is calcium and zinc. If a calcium/zinc powder mixture is taken using a gelatin capsule, both components will be released in the intestine. The intestinal mucosa then starts to absorb calcium, which is typically administered with a significantly higher dose. Calcium uses certain uptake channels, which are limited in number. Zinc, which should also be absorbed via these channels, is blocked by the amount of calcium and in many cases it will mostly remain in the intestines until it is excreted. For this reason, certain micronutrients cannot be administered together in the same form. Thus, it's important to be mindful of micronutrients in the form of effervescent tablets or gelatin capsules that contain, for example, mixtures of calcium and zinc.

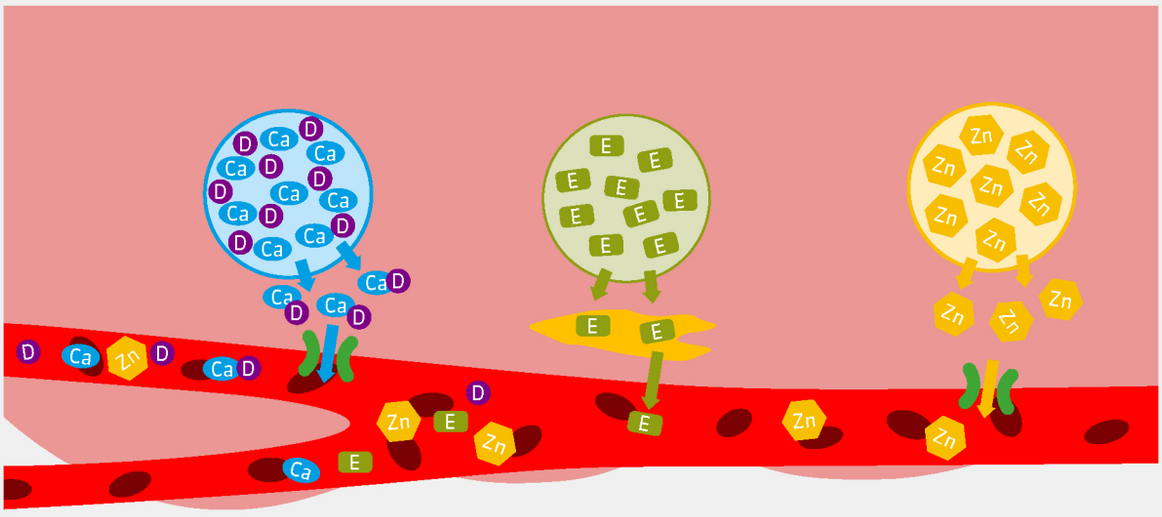
NutriMe Complete - Optimized absorption properties



Physically separated distribution for better absorption

The micro-transporters are designed so that mutually blocking substances are not contained within the same pellets. This way calcium is released in one ocation in the intestine and zinc is released in another location. Thsi way each of these micronutrients are released at a distance from one another and uptake inhibition is reduced to a minimum. Due to the slow release of micronutrients, the uptake channels are not heavily used, as the nutrients are only released at a slow and steady rate.

NutriMe Complete - Optimized uptake of all nutrients



Microtransporters - optimized nutrient uptake

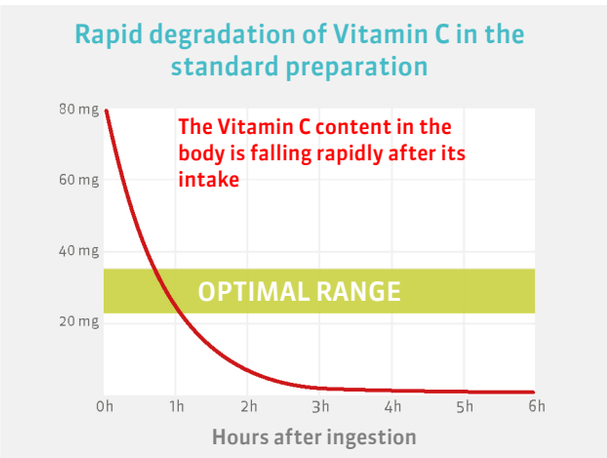
It is also known that certain micronutrients can increase each others absorption. This is why they are released together from the same micro-transporter, so that absorption of micronutrients is increased; this is the case for vitamin D and calcium.

Certain fat-soluble vitamins such as Vitamin E need fat carriers in order to be absorbed into the body. For this reason, it is often recommended to take Vitamin E preparations with a fat-containing meal. Here, the Vitamin E can be dissolved in dietary fat and absorbed into the body. The micro transporters can store the Vitamin E for hours, until they come into contact with fat, which means that the vitamin can then be absorbed. Before a meal it is absorbed to a lesser extent by the combination with the components Omega 3-fatty acids or phytosterols.

NutriMe Complete - Proper care throughout the day

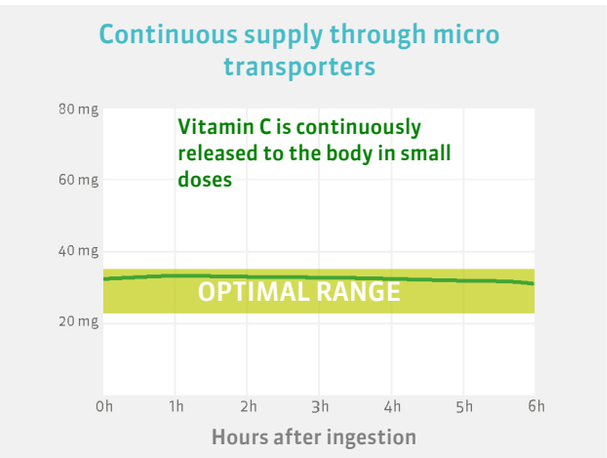
The wrong dosage can quickly indicate that the body is not sufficiently supplied with micronutrients. Therefore, the micronutrient supplements must ensure that the correct micronutrients are released into the body at the correct time.

Standard vitamins: To quickly metabolized by the body



Most micronutrient preparations immediately dissolve in water and are therefore immediately released in the intestine and in the body, and taken up in the bloodstream. This has some important disadvantages: Vitamin C is rapidly removed from the body; with a half-life of 30 minutes, the body loses half of the total Vitamin C from blood in every half hour. From the typical daily amount of 80 mg of Vitamin C, only about 5 mg are left after 2 hours. After 4h, there are less than 1 mg and thus under the effective limit.

NutriMe Complete - Permanent supply



Since the body breaks down Vitamin C very fast, it is necessary to supply the body continuously with small amounts of Vitamin C. The micro-transporters were designed so that they slowly release the vitamins and minerals to the body, throughout the day. This way, the body is constantly supplied with the optimal dose of Vitamin C thoughout the day.

NutriMe Complete - A lifelong product always according to the latest state of scientific knowledge

Science always comes up with new findings in the field of genetics, disease prevention and micronutrients. Since your personalized micronutrient mixture is a lifetime applicable micronutrient preparation we have the ability to customize each new mixture individually to new circumstances, such as your new age, new scientific findings and new recommendations for a healthy diet. Therefore, the individual micronutrient levels are changed from one order to the next and can be individually adapted to the new circumstances. Your personalized micronutrient mixture is a product compiled according to your genes, always adapted for the cutting edge of science and technology.

A product based on various analyzes

Various analyzes from our portfolio can influence the compilation of your personalized product. Thus, it does not matter whether you have the analysis for healthy eating, the analysis for optimum athletic performance or the analysis for optimal micro-nutrients for the breast milk. All available results can be automatically integrated at no extra cost.

NutriMe Complete - The highest quality of raw materials

Your personalized supplements consist of a variety of different raw materials, which are selected and processed according to the highest quality standards. Special attention is being paid to bioavailability (how well and quickly the micronutrient can be added), compatibility and purity.

Biological or pharmaceutical sources?

Vitamins and minerals can be obtained from various sources. On the one hand there are the pharmaceutical preparations containing vitamins, minerals and salts produced in chemical reactions and then purified. On the other hand there are the natural, biological resources. Plants, which contain a high concentration of these micronutrients are harvested and then concentrated. The resulting extract is then highly enriched with the desired vitamin. Pharmaceutically manufactured, as well as natural vitamins, have their advantages and disadvantages. Pharmaceutically manufactured vitamins are usually in higher doses and have a longer expiration period. The higher dosage can be concentrated in smaller quantities, thereby reducing the required tablet size. They are also produced as pure vitamins, allowing for very simple and accurate dosing. As a drawback, they often have a lower bioavailability. This means that the inclusion of synthetic micronutrients is lower than that of biological sources.

Biological micronutrients have the advantage of better bioavailability, i.e. they are faster and better absorbed in the body. They are usually better tolerated and represent a natural alternative due to their biological origin. As a disadvantage, even highly concentrated extracts still contain only small amounts of a particular vitamin. For this reason, a larger volume is needed to supply the body a certain amount of a vitamin. The tablet size is thus significantly greater, particularly when it comes to the supply of a plurality of different vitamins and minerals.

Your personalized micronutrient mixture takes advantage from both sources, and combines them into a product. So a large part (about 80%) are of the micronutrients that are used are from biological sources. This results in a better bioavailability and an improved tolerability of the product. The disadvantage is, unfortunately, a larger volume of micro-transporters must be taken as a daily dose. For better long-term stability, lower volume and more accurate dosing, the some pharmaceutically manufactured vitamins and minerals are also used (about 20% of the total mixture). In this way, your personalized product offers the best of both micronutrients sources.

Calcified algae are a natural source of calcium and trace elements

Calcium, magnesium, and a part of some of the trace elements are obtained from special calcified seaweed (Lithothamnion sp.) in the North Atlantic. The algae grow in cold, pollution-free, mineral-rich waters and accumulate more and more pure minerals with age. After the calcified algae are harvested, they are processed into natural, mineral powder, which has a clearly higher bioavailability compared to chemically prepared mineral salts. In addition to the main constituents, calcium and magnesium, this raw material also includes bioavailable trace elements such as selenium, boron, sodium, copper, iodine, nickel, zinc, iron, fluorine, cobalt and others in small quantities. Thanks to the pure waters of the plantations, the heavy metals are well below the limits of concern and through the natural cultivation of the algae they do not contain allergens, they are suitable for vegetarians and vegans and they do not contain genetically modified organisms.

Sea magnesium, the bioavailable alternative

The magnesium used in your mixture is made from pure seawater, not chemically produced magnesium salts. Thus, it has better bioavailability and is free of contaminating substances.

Effect of your individual micronutrient mixture

Your micronutrient mixture consists of a large number of important vitamins, minerals and trace elements, which control various functions in the body. Based on your genetic analysis, we evaluate some of these substances as more important or less important to your health and adjust the dosage of the product accordingly.

Here you can see a complete list of the effects you can expect from your mix according to the current state of science:

Iron

- Contributes to a normal cognitive function
- Contributes to a normal energy metabolism
- Contributes to the normal formation of red blood cells
- Contributes to a normal oxygen transport in the body
- Contributes to a normal function of the immune system
- Helps reduce fatigue and weakness
- Fulfills a function in cell division

Folic acid

- Contributes to the growth of maternal tissue during pregnancy.
- Contributes to normal amino acid synthesis
- Contributes to normal blood formation
- Contributes to normal homocysteine metabolism
- Contributes to normal mental function
- Contributes to a normal function of the immune system
- Helps reduce fatigue and weakness
- Fulfills a function in cell division

Calcium

- Contributes to a normal energy metabolism
- Contributes to a normal muscle function
- Contributes to normal signal transmission between nerve cells
- Contributes to a normal function of digestive enzymes
- Contributes to normal blood clotting
- Fulfills a function in cell division and specialization
- Needed for maintaining normal bones
- Needed for maintaining normal teeth

Copper

- Contributes to maintaining normal connective tissue
- Contributes to a normal energy metabolism
- Contributes to a normal function of the nervous system
- Contributes to a normal hair pigmentation
- Contributes to a normal iron transport in the body
- Contributes to normal skin pigmentation
- Contributes to a normal function of the immune system
- Contributes to protecting the cells from oxidative stress

Magnesium

- Helps reduce fatigue and weakness
- Fulfills a function in cell division
- Contributes to the electrolyte equilibrium
- Contributes to maintaining normal teeth
- Contributes to a normal energy metabolism
- Contributes to maintaining normal bones
- Contributes to a normal function of the nervous system
- Contributes to a normal muscle function
- Contributes to normal protein synthesis
- Contributes to normal mental function

Manganese

- Contributes to a normal energy metabolism
- Contributes to maintaining normal bones
- Contributes to normal connective tissue formation
- Contributes to protecting the cells from oxidative stress

Phytosterol

- Contributes to maintaining a normal cholesterol level in the blood

Selenium

- Contributes to normal sperm formation
- Contributes to maintaining normal hair
- Contributes to maintaining normal nails
- Contributes to a normal function of the immune system
- Contributes to a normal DNA synthesis
- Contributes to protecting the cells from oxidative stress

Vitamin A

- Contributes to a normal iron metabolism
- Contributes to maintaining normal mucosa
- Contributes to maintaining normal skin
- Contributes to maintaining normal vision
- Contributes to a normal function of the immune system
- Fulfills a function in cell specialization

Vitamin B12

- Contributes to a normal energy metabolism
- Contributes to a normal function of the nervous system
- Contributes to a normal homocysteine metabolism
- Contributes to normal mental function
- Contributes to a normal formation of red blood cells
- Contributes to a normal function of the immune system
- Helps reduce fatigue and weakness
- Fulfills a function in cell division

Vitamin B2

- Contributes to a normal energy metabolism
- Helps reduce fatigue and weakness
- Contributes to a normal function of the nervous system
- Contributes to the maintenance of normal mucous membranes
- Contributes to maintaining normal red blood cells
- Contributes to maintaining normal skin
- Contributes to maintaining normal vision
- Contributes to a normal iron metabolism
- Contributes to protecting the cells from oxidative stress

Vitamin B6

- Contributes to normal cysteine synthesis
- Contributes to the regulation of hormone activity
- Contributes to a normal energy metabolism
- Helps reduce fatigue and weakness
- Contributes to a normal function of the nervous system
- Contributes to a normal homocysteine metabolism
- Contributes to a normal protein and glycogen metabolism
- Contributes to normal mental function
- Contributes to the normal formation of red blood cells
- Contributes to a normal function of the immune system

Vitamin A

- Contributes to a normal iron metabolism
- Contributes to maintaining normal mucosa
- Contributes to maintaining normal skin
- Contributes to maintaining normal vision
- Contributes to a normal function of the immune system
- Fulfills a function in cell specialization

Vitamin C

- Contributes to normal collagen formation for normal blood vessel function
- Vitamin C increases the iron intake
- Contributes to normal collagen formation for normal bone function
- Contributes to the regeneration of the reduced form of vitamin E
- Contributes to normal collagen formation for normal cartilage function
- Helps reduce fatigue and weakness
- Contributes to a normal function of the immune system during and after intensive physical activity
- Contributes to protecting the cells from oxidative stress
- Contributes to normal collagen formation for normal gum function
- Contributes to a normal function of the immune system
- Contributes to normal collagen formation for normal skin function
- Contributes to normal mental function
- Contributes to normal collagen formation for normal teeth function
- Contributes to a normal function of the nervous system
- Contributes to a normal energy metabolism

Vitamin D3

- Contributes to a normal uptake/utilization of calcium and phosphorus
- Contributes to a normal calcium level in the blood
- Contributes to maintaining normal bones
- Contributes to maintaining a normal muscle function
- Contributes to maintaining normal teeth
- Contributes to a normal function of the immune system
- Fulfills a function in cell division

Vitamin E DL/D-Alpha-Tocopherol

- Contributes to protecting the cells from oxidative stress

Zinc

- Contributes to a normal acid-base metabolism
- Fulfills a function in cell division
- Contributes to normal carbohydrate metabolism
- Contributes to protecting the cells from oxidative stress
- Contributes to a normal cognitive function
- Contributes to a normal function of the immune system
- Contributes to a normal DNA synthesis
- Contributes to maintaining normal vision
- Contributes to normal fertility and normal reproduction
- Contributes to a normal metabolism of macronutrients
- Contributes to maintaining normal skin
- Contributes to maintaining a normal testosterone level in the blood
- Contributes to a normal fatty acid metabolism
- Contributes to maintaining normal nails
- Contributes to a normal Vitamin A metabolism
- Contributes to maintaining normal hair
- Contributes to normal protein synthesis
- Contributes to maintaining normal bones

Info: In the European Union, micronutrient effect statements are strictly regulated and must be specifically approved. This list includes the permissible effect promises of this product. Other effects from studies have not yet been sufficiently scientifically confirmed by the EU and are expressly NOT indicated as an effect of this product. The effect of this product is limited to this list only. No other aspects of this booklet flow into the effect of the product and it is in no way suggested that certain genetic analysis results cause additional healing effects that reach beyond this list.

Your daily requirement of micro-nutrients

Micro-nutrient	RDA	Your requirement	Unit
Alpha lipoic acid	N/A	98	mg
Calcium	800	562	mg
Coenzyme Q10	N/A	54	mg
Copper	1	0.28	mg
Folic Acid	200	62	µg
Iron	14	4.9	mg
Lutein	N/A	3	mg
Magnesium	375	151	mg
Manganese	2	1.9	mg
Methyl-sulfonyl-methane	N/A	67	mg
Phytosterol	N/A	83	mg
Selenium	55	54	µg
Vitamin A	800	800	µg
Vitamin B12	2.5	0.7	µg
Vitamin B2	1.4	0.3	mg
Vitamin B6	1.4	0.4	mg
Vitamin C	80	77	mg
Vitamin D3	5	1.7	µg
Vitamin E (α-Tocopherol)	12	11.8	mg
Zinc	10	9.4	mg

The RDA values are generally defined standard values for vitamins, minerals and trace elements. However, your actual need will be determined by your genetics and lifestyle.

CAUTION! Your genetic analysis shows that both over- and under-dosing of some of these substances may be harmful to your health. Therefore, please dose the micronutrients exactly according to these values to supply your body with exactly the right amount these vitamins and minerals and to prevent harmful effects of an overdose.

Order now:

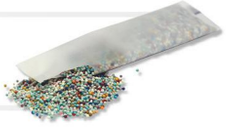
... through your advisor
office@dna4me.eu
+43 664 918 09 20

...online at:
www.DNAnutriControl.com/de/Shop-Page

Your recipe code:
DEMO_ML

Influences on the micronutrient mixture

Your individual micronutrient mixture will be prepared based on various analyzes and data. Here's what aspects affect your personal mix:

MICRONUTRIENTS 

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PERFORMANCE SPORT GENETICS ✓

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Your opinion matters!

You had a good or bad experience with our service or products? Share your story with others!

On our website you can share your experience with others and read more than 100 reviews from our other customers.

You can rate us at:

www.dnanutricontrol.com/de/Testimonials

You need additional advice?

For an additional consultation via telephone or Skype, we can recommend the nutritional adviser, Mrs. Mariella Schmid of Mission Nutrition.

If interested contact us directly at:

Mariella Schmid, MSc

Skype: Mariella.Schmid.MSc
Email: mariella@mission-nutrition.at

Price: €70,-/60 min

mission nutrition
Sport & Ernährung

www.mission-nutrition.at

Certifications

Our laboratory is one of the most modern and automated laboratories in Europe, and has numerous certifications and quality assurance systems that meet international standards or even exceed them. The various fields of business are certified separately to the highest standards.

Analysis for Lifestlye-purposes

Certified through analysis in our ISO 15189 certified laboratory

ZERTIFIZIERTE DURCHFÜHRUNG LIFESTYLE GENANALYSEN ISO 15189:2012

qualityaustria Succeed with Quality

Medical interpretation of genetic analyses

Certified through analysis in our ISO 15189 certified laboratory

ZERTIFIZIERTE BEFUNDUNG MEDIZINISCHE GENANALYSEN ISO 15189:2012

qualityaustria Succeed with Quality

Scientific release of analysis results

Licensed for medical genetic analyses by the Austrian government

ZUGELASSEN VOM ÖSTERREICHISCHEN STAAT

BUNDESMINISTERIUM FÜR GESUNDHEIT

Company and office

Certified through ISO 9001

SYSTEM ZERTIFIZIERUNG NACH ISO 9001 VON LABOR UND BÜRO HÖCHSTE QUALITÄT

qualityaustria Succeed with Quality

Science continues to progress – so do our programs!

Science is progressing rapidly and almost every day new findings in the fields of medicine and genetics allow us more accurate statements. Guidelines for the prevention or treatment of health problems and recommended consumption quantities for vitamins change and improve periodically and therefore the programs we have today are a lot more accurate than what was the science's and technology's status ten years ago. This is exactly the same for genetics.

Every year new genes are discovered, new effects of already known genes are identified and the recommendations for actions that exist for certain genetic profiles changes and improve over time. Since the development of our first product we have integrated more than 400 improvements in the programs to ensure that the product is always up-to-date with science and technology and stays user-friendly.

Although a person's genetic result stays the same for their lifetime, this also means that the interpretation is improving with new available science. We also constantly improve the programs with improved wording, more accurate and better calculation methods for nutrition as well as new findings in regards to how often certain mutations occur in the general population. Therefore it is possible that a few months after you have received your report, some data and statements can already have changed and be more accurate than it was possible at the first version of the report. The genetic reports also consider your current body weight and your age, which is why some recommendations may differ slightly from earlier statements (that are based on a different age and body weight).

A new booklet in accordance with the latest developments of science and product development.

Of course we do not want to withhold the positive improvements of our genetic programs from you. Therefore you have the possibility to enquire at any point in time in the future if there are already new findings that might make a reprint of your old genetic results with the newest interpretation sensible. If this is the case, we can, for a small fee, issue a new and improved booklet for you. There you will of course find certain deviations from the old booklet; these represent the improvements in this area.

Common improvements you might receive this way are:

Product developments:

- New food products in the food list
- New methods to plan your nutrition better
- New ways to plan yourexercise
- More accurate assessment of calorie calculation
- Adjusted values that influence program intensity
- Better clarity of the reports
- New and better prevention and treatment options

Age- and weight-related adjustments

- New calculation of various numbers is based on your current age and body weight
- New micro-nutrient recommendations that consider your new age

Scientific developments:

- New findings on the effects of already tested genes (higher or lower risk or new validity)
- New assessment on the effects of certain treatments or medication
- New findings on the frequency of certain mutations in the general population (that can influence the relative risk)

Current version:

- V515

Here you will find the reports' version history:

- V515 - Magnesium and calcium RDA calculations have been improved
- V514 - Vitamine B2 calculation has been improved and now is more accurate
- V513 - UGL values for Q10 have been adjusted
- V512 - Layout improvements, Design improvements
- V511 - Beauty genetics implementation
- V510 - Explanation has been added to show the influences for each order on the individual micronutrient recipe
- V509 - The BMR calculation for data entered in the order form was improved and now is more accurate
- V508 - Official guidelines for certain drugs have been added to the pharmacogenetics section
- V507 - More drugs were implemented in the pharmacogenetic section
- V506 - Pharmacogenetic calculation improvements
- V505 - Report Automation: Warning when certain order details are missing
- V504 - Colon health OR calculation has been adjusted
- V503 - Colon health chapter has been improved
- V502 - Skin health section has been improved
- V501 - Pharmacogenetic improvements
- V500 - UGL values have been improved
- V499 - GRA calculation has been improved and now is more accurate
- V498 - RDA values of some micronutrients were adjusted to more accurate values based on science and international regulations
- V497 - Implementation of new modules
- V496 - Micronutrient ranges were better adapted to new science and legal requirements
- V495 - Pharmacogenetic improvements
- V494 - Layout improvements, Design improvements, Report adaptations for DC
- V493 - Further genes were included in the pharmacogenetic analysis
- V492 - Performance improvements
- V491 - Implementation of new modules
- V490 - Algorithm improvements
- V489 - Advert pages have been improved
- V488 - Burnout module update
- V487 - Microbiome upgrade has been implemented
- V486 - Layout improvements, Design improvements
- V485 - Implementation of new modules
- V484 - Layout improvements, Design improvements
- V483 - UGL values have been improved
- V482 - GRA calculation has been improved and now is more accurate
- V481 - Toxo module update
- V480 - Layout improvements, Design improvements
- V479 - Implementation of new modules
- V478 - OR calculation has been improved based on current literature
- V477 - DHC modules have been upgraded
- V476 - Epigenetics module update
- V475 - Performance module update
- V474 - Biological age update
- V473 - Implementation of new modules
- V472 - Magnesium values were adjusted to more accurate values
- V471 - Productname integration has been improved
- V470 - Rebranding options have been improved
- V469 - RDA values of MSM were adjusted to more accurate values based on science and international regulations
- V468 - Micronutrient (MSM) calculation has been improved
- V467 - CYP2D6 allele calculation (pharmacogenetics) has been improved
- V466 - Automated layoutchanges have been improved
- V465 - Lung Health calculation integrated and validated
- V464 - Warfarin dose recommendation improved
- V463 - MAX micronutrient values have been improved
- V462 - UGL values have been improved
- V461 - UGL values have been improved
- V460 - GRA calculation has been improved and now is more accurate
- V459 - GRA calculation has been improved and now is more accurate
- V458 - CHD OR calculation has been improved and now is more accurate
- V457 - Scale bar calculation for micronutrient dosages has been improved
- V456 - Calculation of recipes has been improved

- V455 - Layout improvements, Design improvements, Report adaptations for DC
- V454 - Rebranding options have been improved
- V453 - Rearrangement of DHC chapters
- V452 - Psychological disorder risk calculation was added
- V451 - Further genes were included in the nutrition sensor
- V450 - Improved version history
- V449 - Improved calculation of the food list
- V448 - Improved presentation of the food list
- V447 - Micronutrient recipe was improved and takes now more genes into account
- V446 - Improved presentation of the nutrigenetic chapters
- V445 - Improved sport tables. Icons now show the type of the activity
- V444 - Weight Sensor: Low calorie snacks were improved
- V443 - Improved marketing and order sites make it easier for the consumer to order supplements
- V442 - Rearrangement of all DNC chapters
- V441 - New nutrigenetic overviews were implemented
- V440 - Population frequencies were updated according to the 1000 Gene Project Phase 3
- V439 - Improved calculation of disease risks compared to the average population
- V438 - New improved chapter overview implemented
- V437 - A calculation to produce weight management supplements in the form of pellets has been included
- V436 - More drugs were implemented in the pharmacogenetic section
- V435 - Report Automation: Warning when certain order details are missing
- V434 - Odds ratio calculation was imrpoved for all metabolic problems. Population frequencies were updated according to "The 1000 Genomes Project"
- V433 - Food Components: Calculation of kalium scale bar was improved and now is more accurate
- V432 - Foodtable: Excel layout improvements
- V431 - Foodtable: Excel bar size column was integrated. Now the exact value of the bars are shown
- V430 - Foodtable: Calculation of g/article for vegetables improved
- V429 - Foodtable genetic intolerance columns improved
- V428 - RDA values of some micronutrients were adjusted to more accurate values based on science and international regulations
- V427 - More drugs were implemented in the pharmacogenetic section
- V426 - Micronutrient ranges were better adapted to new science and legal requirements
- V425 - The micronutrient dosages were adapted to new government regulations and new sciences (particularily ALA, D3, C, lycopene, luteine and copper)
- V424 - The BMR calculation for data entered in the orderform was improved and now is more accurate
- V423 - The quality control of entered data was improved by a second double-check
- V422 - Formula restructuring
- V421 - The risk for alcohol dependence calculation was improved and is more accurate now
- V420 - The description of detoxification genes and their genetic variations was improved
- V419 - Having a high risk of alcoholism now also affects the food recommendations for alcohol-containing foods
- V418 - Report automation: Certain report sections are shown for athletic performance reports
- V417 - Report update: Special requests of a distributor (JH) were implemented
- V416 - The risk calculation for bone health based on genetics was improved and now is more accurate
- V415 - The warning threshold for: "attention, this food contains lactose" was lowered, so food types with little lactose also trigger the warning
- V414 - Report update: Special requests of a distributor (DPME) were implemented
- V413 - Report update: Special requests of a distributor (DPME) were implemented
- V412 - The new prostate risk calculation results are now applied to the overview scale bars at the front of the reports
- V411 - Report update: Special requests of a distributor (DPME) were implemented
- V410 - Report update: Special requests of a distributor (KRSD) were implemented
- V409 - The basic metabolic rate at rest was locked at a minimum of 1000kcal, irrespective of age. This is more appropriate for younger users of the weight management programs
- V408 - Design improvements (colour codes)
- V407 - The risk calculation for bone health based on genetics was improved and now is more accurate. Changes are now full applied
- V406 - The risk for diabetes calculation was improved and is now (especially for high risk individuals) more accurate
- V405 - Report automation: Reports for athletic performance were improved for automation
- V404 - The calculation for prostate risk was updated with newer science about how common these variations are in the general population. Risk calculations are now more accurate.
- V403 - Report Automation: Formula update gives alert in case customer details are missing
- V402 - Rarely occurring genetic variants relevant in Alzheimer's Disease were included in the formula
- V401 - Report layout and text improvements for athletic performance tests
- V400 - Linoleic acid risk calculation for the food list was improved and now is more accurate
- V399 - The risk of some bone metabolism genes was improved and now is more accurate
- V398 - The risk for certain eye disease risk calculations and the corresponding food recommendations was improved and now is more accurate
- V397 - Linoleic acid risk calculation for the food list was improved and now is more accurate
- V396 - Special adaptations for vegan customers using allergy testing services
- V395 - Layout improvements, Design improvements, Report adaptations for a distributor (DCR)
- V394 - Report update: New naming system doe new-born screening analyses
- V393 - Report update: Special requests of a distributor (ASGX) were implemented
- V392 - Report Automation: Warning when certain order details are missing
- V391 - Report Automation: Warning when certain order details are missing
- V390 - Cardiovascular disease risk and LDL cholesterol disease risk calculation was improved, especially for high risk individuals and is more accurate now. This affects many other sections.
- V389 - Basic metabolic rate at rest calculation was improved for some weight management reports
- V388 - Special feature for Muslims to help avoid pork
- V387 - Certain report improvements for young patients
- V386 - Report automation: Certain texts are hidden under certain conditions in some reports
- V385 - The recommendation calculation for total iron intake was improved and now is more accurate
- V384 - The recommendation calculation of fructose containing food types was improved and now is more accurate
- V383 - Report automation: Recipe book automation was improved
- V382 - Report automation: Alert systems for certain conditions such as missing details were implemented
- V381 - Report automation: Alert systems for missing gene results were implemented
- V380 - Design, layout and text improvements
- V379 - Report covers were improved
- V378 - Scale bar and text colours for fructose risk were improved
- V377 - Iron intake recommendations were linked to iron overload disorder risk in an improved way and is now more accurate. This influences many aspects of the reports such as food recommendations
- V376 - Report update: Special requests of a distributor (PGNS) were implemented
- V375 - Design and text improvements
- V374 - Better BMI calculation for children implemented, making the calculations in these cases more accurate
- V373 - Report update: Special requests of a distributor (SLGN) were implemented
- V372 - Reports now consider the intake of calcium through nutrition more accurately. This affects many aspects of the food recommendations
- V371 - New gene for new-born birth weight added to reports
- V370 - Text improvements
- V369 - Report automation: Alert systems for certain conditions such as missing details were implemented
- V368 - New BMI calculation formulas implemented for some reports. This calculation is now more accurate
- V367 - Hormone replacement therapy genetic testing is now added to larger packages by default
- V366 - Report update: Special requests of a distributor (DNK) were implemented

- V365 - New pregnancy related gene was added
- V364 - Risk calculation for diabetes Type 2 was improved and now is more accurate. This influences many aspects of the report
- V363 - Risk calculations for spontaneous abortion in pregnancy was improved and now is more accurate
- V362 - Risk calculations for preeclampsia in pregnancy was improved and now is more accurate
- V361 - New pregnancy risk calculations were implemented
- V360 - Report update: Special requests of a distributor (PGMS) were implemented
- V359 - Risk calculations for bone health were improved, which influences many parts of the programs
- V358 - Oxidative stress genes added to athletic performance reports
- V357 - Report update: Special requests of a distributor (PHMLT) were implemented
- V356 - Improved food recommendation calculation for omega 3 was implemented, which influences many aspects of the food list
- V355 - Caffeine break down calculations were improved and are now more accurate
- V354 - Effect of coffee on breast cancer risk in women was implemented in several reports
- V353 - Caffeine recommendations based on breakdown capacity was improved
- V352 - Formula restructuring
- V351 - Fructose containing food recommendations were improved and are now more accurate
- V350 - Fructose containing food recommendations were improved and are now more accurate
- V349 - Report update: Special requests of a distributor (PGMS) were implemented
- V348 - Recommendations for iron intake was improved
- V347 - Recommendations for diabetic nutrition was improved and food list is now more suitable for diabetic patients
- V346 - Design and text improvements
- V345 - Report update: Special requests of a distributor (GNBL) were implemented
- V344 - Micronutrient recommendation calculations were improved and are now more accurate
- V343 - Micronutrient recommendation calculations were improved and are now more accurate
- V342 - Supplement calculations: Formula adjustments for personalized supplement production were implemented
- V341 - Certain questions that influence the athletic performance programs have been implemented
- V340 - Scale bars that show the risk of coffee and caffeine have been improved
- V339 - The program now can consider iron deficiency in its nutritional recommendations as well. Added benefit for iron deficient individuals
- V338 - Supplement automation: New automation system for supplement manufacture implemented
- V337 - Report update: Special requests of a distributor (DNK) were implemented
- V336 - Report update: Special requests of a distributor (GB) were implemented
- V335 - Customer details question answers are now shown in the back of some reports for reference
- V334 - Report update: Special requests of a distributor (DNK) were implemented
- V333 - The scale bar for lactose intolerance risk was improved
- V332 - Report update: Special requests of a distributor (DNK) were implemented
- V331 - Report update: Special requests of a distributor (DNK) were implemented
- V330 - The food recommendation for arachidonic acid containing foods was improved and now is more accurate. This affects animal product-based food recommendations
- V329 - Report update: Special requests of a distributor (DNK) were implemented
- V328 - Hand written notes sheets were added to some reports
- V327 - Certain reports now have a video link for video consultation
- V326 - Report update: Special requests of a distributor (PGMS) were implemented
- V325 - Various improvements to text, layout and design
- V324 - The intensity of the weight management program was adjusted and now is equally intense for all customers. This affects and improves many aspects of the weight management report
- V323 - Detoxification results are shown in certain report types
- V322 - Omega 3 risk calculations and recommendations have been improved and now are more accurate. This has an impact on the food list
- V321 - Video consultation links have been implemented in certain reports
- V320 - Supplement automation: New improvements in producing personalized labels
- V319 - Supplement automation: New improvements in automating the personalized production of weight management supplements
- V318 - Text improvement in some athletic performance reports
- V317 - Text improvement in some athletic performance reports and allergy reports as well as allergy warnings
- V316 - Reports can now consider milk protein intolerance and give better food recommendations
- V315 - The calculation and recommendation for fructose containing foods was improved and now is more accurate
- V314 - Supplement automation: better automation of personalized weight management supplements
- V313 - Report update: Special requests of a distributor (DNK) were implemented
- V312 - Supplement automation improvement
- V311 - Supplement intake recommendations were improved. Some individuals now get the recommendations to take supplements 2 times per day, but have to take a reduced volume.
- V310 - Video consultation link in some reports was improved
- V309 - Supplement automation improvement
- V308 - The risk calculation for thrombosis was improved and now is more accurate
- V307 - Supplement automation improvement for label creation
- V306 - The risk calculation for thrombosis was improved and now is more accurate
- V305 - Video consultation link in some reports was improved
- V304 - Report update: Special requests of a distributor (DNK) were implemented
- V303 - The minimum daily calories a person must eat has been defined and makes the product more suitable for users of low body weight
- V302 - The basic metabolic rate at rest calculation was improved and now is more accurate
- V301 - The scale bars for exercise have been improved in some reports
- V300 - The basic metabolic rate at rest calculation was improved and now is more accurate
- V299 - Certain text improvements were done
- V298 - The warning column in the food list can now be hidden or shown automatically

Customer Service

Questions or comments about our service?

Our customer service team is happy to help with any enquiries, questions or problems. You can contact us in the following ways:

- office@dna4me.eu
- +43 664 918 09 20

Our team is looking forward to your call. Customer satisfaction is our first priority. If you are not fully satisfied with our service, please let us know. We will do our best to help find a satisfactory solution to your problem.

Contact | Impressum
DNA 4 ME GmbH
Wehrgasse 5
5020 Salzburg
Austria

Technical details

Address
Musterstrasse 1
1234 Musterstadt
GERMANY

Order number
DEMO_ML

Date of birth
01/01/1990

Product codes
L4PER

Ordering company
DNA 4 ME GmbH
Wehrgasse 5
5020 Salzburg
Austria

Laboratory Director

Dr. Daniel Wallerstorfer Bsc.

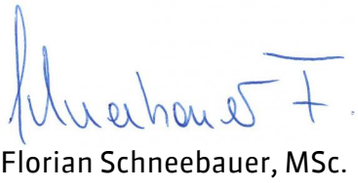
Established analysis methods
qRT-PCR, DNA sequencing, fragment length analysis, CNV assay, GC-MS, Immunocap ISAC, Cytolisa

Detection rate
~>99%

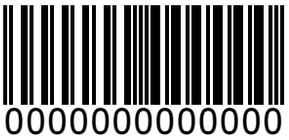
Report generated
07/02/2018

Current version
V515

Analyzing company
DNA Plus - Zentrum für Humangenetik
Georg Wrede Strasse 13
83395 Freilassing
Deutschland

Laboratory Manager

Florian Schneebauer, MSc.

NOTES: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DNA4me

MY Fitness

Maria Musterfrau

DEMO_ML