

myDNA Comprehensive Health Report FAQs (27.10.22)

What will I find out from this analysis?

The *myDNA Comprehensive Health Report* is a digital health analysis and focuses on 8 health categories (Macronutrient Metabolism, DNA Protection & Repair, Hormone Health, Immune Support, Methylation, Mental Health, Detoxification, Cardiovascular Health & Athletic Performance) that show where your vitamin and mineral requirements may be higher, which foods, drinks, drugs, and toxins you may be most sensitive to, and how this applies to your family history and current blood work. This allows you to get a customized food list and in-depth research into the root causes of health issues based on your personal genetic and biochemical makeup. We specialize in nutrigenomics, informing you of what modifications to make in terms of your diet, lifestyle, and environment to change the effect of your genes, building a healthier you from the ground up. We include over 1,000 peer-reviewed sources as the foundation of our evidence-based approach.

We use cheek swabs for sample collection and run each sample on parallel arrays including Next Generation Sequencing technology for extremely accurate results.

Does this report tell me which diseases I am at a higher risk for?

The myDNA Comprehensive Health Report does not focus on disease statistics based on SNPs. The analysis does give you an understanding of how deficiency or toxicity may play a role in affecting gene function and certain health disorders that run in your family, and what you can actively do to decrease the probability of disease through the epigenetic application of diet, lifestyle and exercise.

Do you test BRCA1 or BRCA2?

No. Other DNA repair genes are analyzed and there is a section on ways to improve BRCA1 and BRCA2 (and other tumor suppressor genes) through diet if you have variants in a certain DNA repair gene.

Do you analyze genes for hormones and neurotransmitters?

Yes. Genes involved in estrogen, progesterone, testosterone, the thyroid (T3 and T4) and all the neurotransmitters are analyzed. These genes can be very useful for understanding mental and emotional health.

I'm very interested in Inflammation – how do you cover this?

The report covers Inflammation very thoroughly from different points of view:

- DNA repair, which highlights underlying inflammation

- Toxin sensitivity, which highlights external causes that can flare up inflammatory responses

DNA tests for these aspects of inflammation are very valuable as they are hard to investigate via blood tests

Do you test for HLAs?

We do test for the HLA DQ2.5 and HLA-DQ8 SNPs, relative to Celiac disease/Gluten sensitivity.

When do I receive the generated report?

Once you order the myDNA Comprehensive Health DNA kit and the swabs arrive at the lab, your analysis will be emailed to your practitioner in 10-15 working days using a HIPAA compliant process. The end to end process takes around 21-26 business days.

How is the data protected? Where is it stored?

We firmly believe your DNA should remain your property. Your data is stored on secure, encrypted servers and can't be used to identify you.

We process Personal Information in order to provide our Service, which includes analysing DNA samples and delivering results. Where third-party platforms are used to perform these functions, all data is anonymised, and limit access of information to authorised personnel, based on job function and role.

Our analysis is limited to the DNA markers we report on. Your results won't include diseases, can't be used to identify you, nor will they have any bearing towards insurance policies.

Can you delete customer data after I receive the report?

Of course - just ask! Privacy always comes first, and please know that we never, ever sell customer genetic data. However, if you would like us to delete all of your data after you receive your report, just send us an email support@mydna.life. We'll then promptly delete all of your data and destroy your sample.

Do you test APO-E?

Yes.

Does the myDNA Comprehensive Health Report report on food allergies?

No. The report does not take into account food allergies. Food allergies are rarely connected to genetic results and are more often connected to alterations in the microbiome.

Is your lab certified?

Yes, the lab is CLIA and CAP Certified

Is SNP testing 100% certain?

It's important to begin by discussing the difference between the accuracy of your actual genotypes and the interpretation of what these genotypes signify from a nutrigenomic perspective. In terms of your genotypes - this is black and white. This is your foundational "blueprint", and your genotypes are not "up for debate".

However, in the myDNA Comprehensive Health Report, when discussing the significance and meaning of your genotypes, from a nutrigenomic and epigenetic perspective, you will see language like "you may, you might, you could . . .". This is included for the following reasons:

- Simply put, the company felt that due to the nature of epigenetics, it wasn't entirely fair to give someone a concrete (completely fixed) label. For example, certain genotypes (your foundational, linear blueprint) could suggest that you might have reduced enzyme function in a certain area. However, you could already be taking certain actions in your daily routine that epigenetically influence the expression of this particular gene, meaning you are able to naturally up-regulate gene function and correct the reduced enzyme function. This test is an analysis of your base genetic blueprint. It is a starting point so that you can identify potential weaknesses and then learn of various ways to epigenetically improve them.
 - A concrete example is that you might have genotypes that suggest (based on current research) that you might have difficulty efficiently transporting and recycling B12. However, this test cannot tell you your current B12 levels - it can just alert you to give special focus here (for example, testing intracellular levels). Again, you could already be taking various actions that up-regulate the function of these genes as well, so it's impossible to make a definitive statement.
- Genetics is still in its infancy. Our report is unique in that it lists all of the peer reviewed literature consulted to create the report. We believe in full transparency and healthy debate. That being said,

research changes, new hypotheses are proposed, tested, and adopted - until they are proven wrong again. Your report will be a living, breathing document that is continually updated as new research is validated and published.

- We always want to use as much caution as possible to make it extremely clear that we are not diagnosing any diseases.

Do you run quality assurance on all SNPs found in the raw data txt file?

All SNPs that are integrated into the myDNA Comprehensive Health report undergo three stages of quality assurance. Results that do not pass our QA are automatically filtered out of the report.

However, our raw data txt file contains over 650,000 SNPs that are *not used* in this report. Since these SNPs are not used in our reporting, they are not subject to quality assurance and are provided for general informational and educational purposes. Although this is customary in the industry, we do include call rate percentages (accuracy measurements) on each SNP in the raw data txt file for additional transparency.