

Process for DNA Analysis

23andMe.com

Step 1

The screenshot shows the 23andMe website homepage. At the top, there is a navigation bar with the 23andMe logo, a search bar, and links for 'welcome', 'ancestry', 'how it works', 'buy', and 'help'. Below the navigation bar is a blue banner with a warning icon and text: "23andMe provides ancestry-related genetic reports and uninterpreted raw genetic data. We no longer offer our health-related genetic reports. If you are a current customer please go to the [health page](#) for more information. [Close alert](#)." The main content area features a large graphic of a DNA kit box with the text "welcome to you" and the 23andMe logo. To the right of the box is the headline "Find out what your DNA says about you and your family." followed by three bullet points: "Learn what percent of your DNA is from populations around the world", "Contact your DNA relatives across continents or across the street", and "Build your family tree and enhance your experience with relatives". At the bottom right of this section is a pink "order now" button and the price "\$99". The browser's address bar shows "https://www.23andme.com".

Order the Kit and return saliva sample

The screenshot shows the 23andMe website's "how it works" page. The navigation bar is similar to the homepage, but the "how it works" link is highlighted. The main content area has the headline "Getting started is simple." and the sub-headline "Learn more about your ancestry today." with an "order now" button. Below this is a three-step process diagram: 1. Order: "Start by ordering your DNA kit from our online store. We ship [internationally](#)." 2. Register: "When it arrives, be sure to register your specific bar code number so we can process your results." 3. Send: "Our DNA kit includes detailed instructions on how to provide your saliva sample. Once completed, send your kit back to us in the pre-paid packaging provided." The browser's address bar shows "https://www.23andme.com/howitworks/".

Step 2

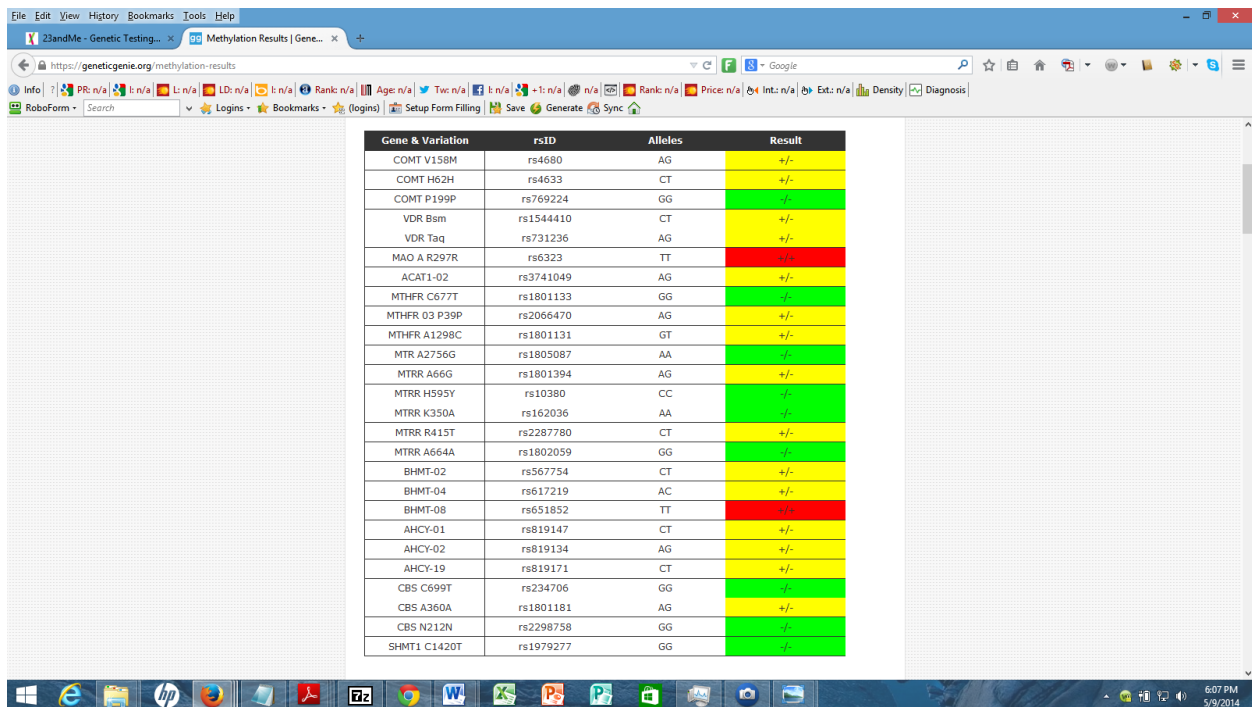
Wait a few weeks for the 23andMe lab to process your sample and the raw data results to appear in your account.

Send us the Zip file or provide us your Login, Password, and “Secret Answer” to your account so we can download the raw data Zip file (send the Zip file to: academyofprecisionmedicine@gmail.com)

Step 3

An Academy representative will email you the final report of your SNPs (single nucleotide polymorphisms) which will look similar to the report shown below. An Educational Wellness Assessment will then be scheduled by phone with Dr. Gant or one of the Academy experts, in which personalized suggestions for changing your lifestyle, diet, nutritional status and other suggestions will be presented in order to change the genetic expression of your SNPs found on testing.

An Educational Wellness Assessment report will be forwarded to you and also to your physician or health care provider if you wish. Generally it is recommended that you review this report with your physician or healthcare professional before putting any of these recommendations into effect.



Gene & Variation	rsID	Alleles	Result
COMT V158M	rs4680	AG	+/-
COMT H62H	rs4633	CT	+/-
COMT P199P	rs769224	GG	-/-
VDR Bsm	rs1544410	CT	+/-
VDR Taq	rs731236	AG	+/-
MAO A R297R	rs6323	TT	+/+
ACAT1-02	rs3741049	AG	+/-
MTHFR C677T	rs1801133	GG	-/-
MTHFR O3 P39P	rs2066470	AG	+/-
MTHFR A1298C	rs1801131	GT	+/-
MTR A2756G	rs1805087	AA	-/-
MTRR A66G	rs1801394	AG	+/-
MTRR H595Y	rs10380	CC	-/-
MTRR K350A	rs162036	AA	+/-
MTRR R415T	rs2287780	CT	+/-
MTRR A664A	rs1802059	GG	-/-
BHMT-02	rs567754	CT	+/-
BHMT-04	rs617219	AC	+/-
BHMT-08	rs651852	TT	+/+
AHCV-01	rs819147	CT	+/-
AHCV-02	rs819134	AG	+/-
AHCV-19	rs819171	CT	+/-
CBS C699T	rs234706	GG	-/-
CBS A360A	rs1801181	AG	+/-
CBS N212N	rs2298758	GG	-/-
SHMT1 C1420T	rs1979277	GG	-/-

NOTE: An analysis can also be done with other lab results you may have.

Note: The Educational Wellness Assessments sponsored by the Academy are not intended to be, or to take the place of, a medical evaluation. The Educational Wellness Assessments are intended to be an educational resource only. There will be no prescriptions prescribed, and any treatment suggestions such as taking nutritional supplements, should be checked with your medical doctor first to determine if they are compatible with your medical situation. Nothing discussed here is intended to diagnose, prevent or treat any disease or disorder.