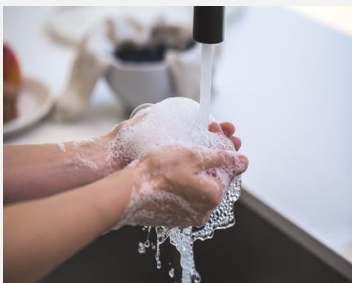
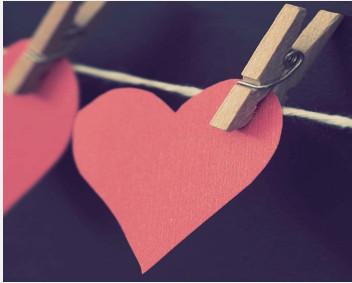


# dnaPower

POWER OVER YOUR HEALTH



YOUR **immunePower** RESULTS

Personal DNA Report for:

Private and Confidential

# YOUR immunePower SUMMARY

This report covers current commonly reported genetic variations related to viral susceptibility. The results provide an indication of your genetic composition for select researched genes related to the area tested.

RED RESULTS ARE NOT A CAUSE FOR ALARM. VARIATIONS DO NOT INDICATE YOUR LIKELIHOOD TO GET SICK. THEY PROVIDE INSIGHT INTO AREAS FOR GREATER FOCUS TO STAY HEALTHY.




AREA TESTED	TELLS YOU (Risk Potential)	YOUR GENETIC COMPOSITION RESULTS	PAGE
<b>VIRAL SUSCEPTIBILITY</b>			
COVID-19	<i>Your normal genetic risk of developing COVID-19</i>		12
ABO Blood Type	<i>Your susceptibility to viral infection based on your ABO blood type</i>		13
SARS	<i>Your normal genetic risk of developing SARS</i>		14
Influenza	<i>Your normal genetic risk of developing influenza</i>		15
<b>DISEASE OUTCOME</b>			
Pneumonia	<i>Your normal genetic risk for pneumonia</i>		17
Respiratory Distress	<i>Your normal genetic risk for acute respiratory distress</i>		18
Cytokine Storm and Sepsis	<i>Your normal genetic risk for cytokine storm and sepsis</i>		19
<b>NUTRITIONAL TRAITS</b>			
Vitamin C Need	<i>How well you process vitamin C for antioxidation and immune function</i>		21
Vitamin D Need	<i>How well you process vitamin D to support healthy immunity and decrease severity of COVID-19</i>		22
Zinc Need	<i>How well you process zinc for antiviral and inflammatory response</i>		23

Normal Genes Variations

# YOUR immunePower ACTION PLAN

Your personal DNA results provide valuable insights into your body based on your unique genetic code. This is a suggested immunePower Action Plan based on your personal DNA results. We have provided you with Action Tips that may help support your DNA and health.

The areas below are where you have higher genetic variations (>50% red in the Genetic Composition graphs). This increases your risk potential in that area over time. By taking action to support your health in these areas and managing lifestyle factors such as diet, exercise, sleep, stress and environmental factors, you increase the opportunity for your genes to function optimally.

AREA TESTED	ACTION TIPS	PAGE
<b>DISEASE OUTCOME</b>		
 Pneumonia	<i>You have a higher genetic risk of contracting and developing pneumonia. If you contract COVID-19, watch for signs of pneumonia including rapid heartbeat, shortness of breath or breathlessness, rapid breathing, dizziness, or heavy sweating. If you have mild symptoms, natural supports include hot peppermint tea or tumeric or ginger tea to help as a decongestant and anti-inflammatory; have a bowl of warm soup; apply a lukewarm compress. Consult with your physician if you have any serious symptoms and for any over-the-counter pain relievers.</i>	17
 Cytokine Storm and Sepsis	<i>You have a higher genetic risk of developing a cytokine storm and sepsis. Take preventative measures to avoid contracting and developing respiratory viruses, including COVID-19. Natural remedies to reduce risk include vitamin C, tumeric, garlic and honey. If you are hospitalized with respiratory illnesses, watch for signs of sepsis following infection. Sepsis is a life threatening condition. Go immediately to hospital if you have an infection and believe you may be at risk. Early detection is key.</i>	19
<b>NUTRITIONAL TRAITS</b>		
 Zinc Need	<i>Increase your consumption of foods high in zinc as a protective and therapeutic antiviral agent. Foods high in zinc include beans, nuts, cashews, pumpkin seeds, whole grains, oysters, crab, lobster, grass-fed beef and dairy. Consider zinc supplementation if you follow a vegetarian or vegan diet or suspect you may be at risk of zinc deficiency.</i>	23

- » Additional Tips are available throughout the report. Focus on areas where you have high red variations.
- » These Action Tips are based on your genetic predisposition only. They are intended to support better health. They are not an indication of a problem and do not take into account where your health may be today.
- » Consult with a healthcare practitioner before embarking on any major lifestyle changes.

# Pneumonia



## YOUR NORMAL GENETIC RISK FOR PNEUMONIA

Pneumonia is an infection that inflames the air sacs in one or both lungs. The air sacs may fill with fluid or pus, causing cough, fever, chills, and difficulty breathing. A variety of organisms, including bacteria, viruses and fungi, can cause pneumonia. Viral pneumonia is usually mild, but in some cases, such as with COVID-19, it can become very serious.

Researchers have investigated genetic predisposition to pneumonia. Inheritable genetic risk factors are important determinants of severe pneumonia. If you have variations in this panel, you may have increased susceptibility to pneumonia. If you contract COVID-19, manage your symptoms early, monitor for signs of pneumonia occurring in your lungs and take action quickly to seek help should issues arise.



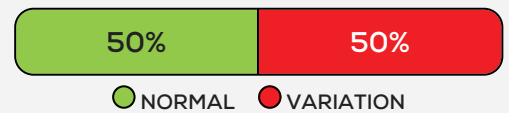
## TIPS TO TAKE POWER OVER YOUR HEALTH

**Prevalence:** Pneumonia affects approximately 450 million people every year.

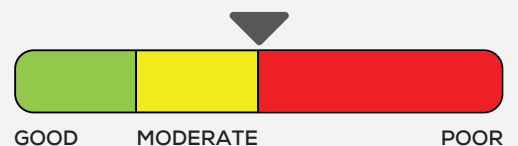
**Symptoms:** Mild signs and symptoms often are similar to those of a cold or flu, but they last longer. Signs and symptoms of pneumonia may include chest pain when you breathe or cough, confusion or changes in mental awareness (in adults age 65 and older), cough, fatigue, fever or lower than normal body temperature, sweating and shaking chills, nausea, vomiting or diarrhea, shortness of breath.

**Outlook:** Pneumonia can range in seriousness from mild to life-threatening. If basic health measures are available there is a rate of around 10 deaths per 100,000 cases. Negative outcome is more common in both under-5-year-old and older than 70-year-old populations and people with health problems or weakened immune systems.

## YOUR GENETIC COMPOSITION %



## YOUR GENE FUNCTION



Associated with slightly increased genetic risk of pneumonia. If you contract COVID-19 watch for signs of pneumonia including rapid heartbeat, shortness of breath or breathlessness, rapid breathing, dizziness, or heavy sweating.