

Supplementary Needs Analysis

Detoxification Pathway

Supplements in this category are designed to assist your body increase its own detoxification pathways. It is a good idea to keep these pathways balanced as our world has become very toxic. Increased toxicity levels can have an effect on your brain chemistry and mood.

Questionnaire Results: 38

Your score on the questionnaire indicates that you are currently experiencing some of the symptoms associated with imbalances in the detoxification pathways. The combination of findings on the questionnaire and your genetic report is important in calculating your need for specific nutrients to assist in helping your body detox certain substances and in turn these nutrients can influence your mood and energy.

Hormone Pathways

Supplements in this category help the body balance the hormone production and elimination from the body.

Questionnaire Results: 22

Your score on the symptom questionnaire indicates that you are currently experiencing some of the symptoms associated with imbalances in the hormone production or breakdown pathways. The goal is to eventually reach 0 and have no symptoms in this category. The combination of findings from the questionnaire and your genetic report is important in calculating your need for specific nutrients and in turn, these nutrients can influence your mood and energy. Comparing your results from other responses you have given previously can help to let you know you are on the right track!

Brain Chemistry Pathways

The supplements recommended in this category are designed to help balance your brain chemistry. They may help you make more serotonin or dopamine or help you break these brain chemicals down more efficiently.

WARNING: If you are already under the care of a psychiatrist or other mental health care professional, please consult them before taking any supplements in this category. There may be some contraindications to some supplements with some medications.

Genes associated with imbalances in the Brain Chemistry Pathway (tetrahydrobiopterin) or affecting this pathway include:

COMT, GAD1, GAD2, TPH1, TPH2, TH, MAO-A, MAO-B, MTHFR, PNMT, VDR, BCMO1, OXT, OXTR, SLC6A4, SLC6A3, SLC6A15

Questionnaire Results: 41

Your score on the questionnaire indicates that you are currently experiencing some of the symptoms associated with imbalances in the brain neurotransmitter production or breakdown pathways. The goal is to eventually reach 0 and have no symptoms in this category. The combination of findings from the questionnaire and your genetic report is important in calculating your need for specific nutrients and in turn, these nutrients can influence your mood and energy. Comparing your results from other responses you have given previously can indicate whether your symptoms are improving or not.

Methylation Pathway

Supplements in this category can help your body make methyl groups to help your body achieve overall balance. Methyl groups are important in overall [brain and mood health](#).

Questionnaire Results: 47

Your score on the questionnaire indicates that you are currently experiencing some of the symptoms associated with methylation imbalances. The combination of findings from your genetic report and the questionnaire is important in calculating your need for specific nutrients and in turn these nutrients can influence your mood and energy.

Histamine and Allergy Pathways

Supplements in this category as designed to help balance levels of histamine in the body. These are general recommendations for good brain health.

Questionnaire Results: 32

Your score on the questionnaire indicates that you are currently experiencing some of the symptoms associated with imbalances in the histamine pathways. The combination of findings with your questionnaire and your genetics is important in calculating your need for specific nutrients and in turn these nutrients can influence your mood and energy.

Immune System Pathway

Supplements in this category are designed to help your immune system stay in balance. In addition, this pathway is critical to helping your brain chemistry balance.

Genes involved in the immune system pathways of the chart include:

NOS2, VDR

Questionnaire Results: 42

Your score on the questionnaire indicates that you are currently experiencing some of the symptoms associated with imbalances in the immune system pathways. The combination of findings from the questionnaire and your genetic report is important in calculating your need for specific nutrients and in turn these nutrients can influence your mood and energy.

Inflammation Pathways

The supplements recommended in this category are designed to help your body reduce inflammation.

Questionnaire Results: 48

Your score on the questionnaire indicates that you are currently experiencing some of the symptoms associated with imbalances in inflammation-producing pathways. The combination of findings from the questionnaire and your genetic report is important in calculating your need for specific nutrients, and in turn these nutrients can influence your mood and energy.

Energy Production Pathway

The supplements recommended in this category are designed to help your body produce more energy by helping your mitochondria function better.

Questionnaire Results: 45

Your score on the questionnaire indicates that you are currently experiencing some of the symptoms associated with imbalances in the energy production pathways. The findings on both the questionnaire and the genetic reports will be used to calculate your need for specific nutrients. In turn, these nutrients can influence your mood and your energy level.

The supplement recommendations are based on the results of your genetic results, including the questionnaire. **Make sure your patients answer as honestly as possible to get correct recommendations.** It is preferable to discontinue supplements for at least 2 days before taking the questionnaire for the first time. On followup visits, you can have them take the questionnaire while on the supplements to see where you might be missing some support. You can also have the patients stop their supplement program for a week and retake the questionnaire to get a fresh program.

It's important that you consider your answers carefully and answer honestly to get a correct analysis with your genetic report. If you are unsure about what a question means consult your practitioner. Sometimes it's helpful to ask your spouse or friend for feedback about some of the questions.

If you get NO supplement recommendations on this report, it generally means you are on the right track with your diet, lifestyle and nutrient support. However, it is still recommended that you consult your practitioner for additional support if they feel it is needed.

Why do we use Physician Lines of supplements? It is always preferable to use the highest

quality of supplements. Those that are called “physician lines” are available from practitioners only, but they are of the highest quality. These physician lines must pass more rigorous testing and evaluation; they must also meet label claim, meaning they must have in them what the label says they contain. This standard does not hold true of many of the over-the-counter brands. Many “over-the-counter” brands of these supplements contain heavy metals, insecticides, and other contaminants. These brands are not regulated as thoroughly as are the physician lines.

NOTE: These supplements are meant to be taken together as a "genetically designed multiple". If you run out of any of the supplements, stop taking them until you have all of them together.

To order your supplements contact your practitioner.

Supplement Name and Dosage
Beta Plus (Biotics Research) 1/day with food (Use especially when the gallbladder has been removed or intolerance to fats.)
Adenosylcobalamin (Allergy Research Group) 1/day The active form of B12 for the energy production pathways. It also plays a role in myelin sheath production and other functions in the body.
ADK Liposomal (DaVinci Labs) 2 drops 1x/day Helps build healthier, stronger, more resilient bones, supports heart health and keep the immune system strong and healthy.
B6 Phos (Biotics Research) 1/day Active form of B6 to help with brain function , brain chemistry/mood , energy production , inflammation , cardiovascular health , liver health and more.

Supplement Name and Dosage

B Complex Plus (Pure Encapsulations) 1/day

Support for energy production, mitochondria support, methylation, brain chemistry, and brain health.

Buffered Vitamin C 1000 (Integrative Therapeutics) 1/day

Support for immune system, inflammation and energy production.

Comprehensive Immune Support MyCommunity (Host Defense) 1/day

Support for the immune system, pregnancy induced hypertension, inflammation

CoQ10 100 (Pure Encapsulations) 1/day

Support for energy production, neurological health, inflammation, heart health, vascular health, reproductive health, and brain health.

L-Carnitine Fumarate 340 mg (Pure Encapsulations) 1/day

Support for energy production, bone health, male fertility and joint health (knees).

Mg-Zyme (Biotics Research) 1/day

Support for energy production, blood pressure control, blood sugar control, weight imbalances, thyroid function, bone health and hormone balance.

Mitochondrial NRG (Designs for Health) 1/day

Support for energy production pathways. TM

Mo Zyme (Biotics Research) 1/2 day

Support for detoxification, and nerve tissue.

Supplement Name and Dosage

Multi Mins Iron and Copper Free (Biotics Research) Note: 1/day

Optimal EFA's (Biotics Research) 2/day

Support for inflammation, mood, brain health, skin, allergies, heart health and immune system function.

Phosphatidyl Choline (Biotics Research) 1/day

Support for liver health, respiratory distress, and methylation.

Tri-K (Designs for Health) 1/day (Do not use with blood thinners)

Support for immune system, blood clotting, bone health and brain health.

Vitamin A 10,000 IU (1.5 mg) (Pure Encapsulations) 1/day

Support for immune system, eye health and brain chemistry.

Vitamin D3 1000 IU (125 mcg) (Pure Encapsulations) 1-2/day

Support for immune system and brain chemistry.