

YOUR PERSONALIZED WEIGHT LOSS ANALYSIS

Congratulations Jane Doe! Enclosed is your Personalized SkinnyDNA analysis. Your analysis will allow you to focus on your body's unique strengths and weaknesses to create a highly-effective weight loss program so you can look and feel your best.

If you've ever tried to lose weight, then you understand that there are multiple factors that can influence your ability to achieve success in both the short and long-term. For example, simply reducing the number of calories you eat each day and exercising more may initially seem to work, but these same tools often leave you feeling tired, hungry, and deprived over a period of

Category	Priority	Score (Desired = 1)
Dietary Fats	Highest	0.38
Carbohydrates	High	0.5
Brain Chemistry	Medium	0.63
Food Sensitivity	Low	0.7
Exercise	Lowest	0.75

weeks leading to long-term failure. You end up feeling frustrated by your inability to lose the weight you want and angry about the effort you have spent with very little result. You give up, eventually gaining all the weight back you've lost plus a few pounds, only to try losing the same weight again in the

future with the same approach unsuccessfully.

This type of yo-yo dieting shifts your body composition over time in favor of holding on to more fat with each weight loss attempt, making it more difficult for you to achieve your long term ideal weight. In addition, as your percentage of body fat increases, it can impair your body's ability to regulate healthy blood sugar, disrupt your hormonal balance, stall energy production, elevate stress, and disrupt your sleep.

And of course, in addition to the health-related functions that are impacted by carrying around too much weight, it will influence how you move, fit into your clothes, and feel about yourself;

SkinnyDNA

By Ruthie Harper MD

Name:

Date:

indicating that the struggle with weight takes a physical, mental, and emotional toll. Wouldn't it be great if your days of dieting were over?

They can be thanks to SkinnyDNA, a genetically-based *weight loss* program that identifies your body's strengths and weaknesses when trying to reach and maintain your ideal weight.

We all share the same set of genes that are the blueprint that instructs our body to produce the physical structures and biochemical functions necessary for us to survive and be optimally healthy.

However, just as we all carry variations in our genetic makeup that give us blue eyes versus brown, or make us grow tall versus short, variations also exist in our genes that impact how we process food, how fast our metabolism is, and what our behavior will be when we eat food like how it curbs our hunger and creates satiety.

These differences in our genetic coding are referred to as single nucleotide polymorphisms, or SNPs that result in single base pair changes in the sequence of your DNA that can affect the structure, function, and regulation of the genes related to your weight.

For example, you may have a tendency to absorb more fat from your diet than someone who is leaner, in which case your ideal eating plan for weight loss would recommend the correct amount of fat for you to eat to lose or maintain your weight. Or your body may not metabolize carbohydrates as efficiently as someone else's, and so carbohydrates may need to be limited in your diet.

Likewise, the genes that regulate your brain chemistry may make you more susceptible to sugar cravings or may cause you to eat more than someone else to feel satiated and full. Or, you may have sensitivities or intolerances to certain foods that can slow down or prevent successful weight loss.

In all of these cases, a personalized SkinnyDNA Program will help you determine your ideal food intake to balance your blood chemistries, eliminate both cravings and foods that you are sensitive to, and regulate the essential factors that will help you reach your ideal weight and maintain it.

The SkinnyDNA Genetic DNA test analyzes five categories of health that impact your weight, including Dietary Fat, Carbohydrates, Brain Chemistry, Food Intolerances or Sensitivities, and Exercise. Your DNA results are then used to design your personalized SkinnyDNA Weight Loss

SkinnyDNA

By Ruthie Harper MD

Name:

Date:

Multivitamin, Multi-mineral with Antioxidants and Vitamin D

Supplement Facts	
Serving Size 2 Packs (2 Vegetarian Capsules / 2 Capsules / 2 Softgels)	
Servings Per Container 30	
Amount Per Serving	%DV
Calories	9
Calories from Fat	9
Total Fat	1 g 2%
Vitamin A (as Retinyl Palmitate 500,000 IU/g)	4,000 IU 80%
Vitamin C (as ascorbic acid)	500 mg 833%
Vitamin D	400 IU 100%
Vitamin E (as d-alpha-tocopheryl acetate with mixed tocopherols)	400 IU 1,343%
Thiamine (as vitamin B-1)	50 mg 3,333%
Riboflavin (as vitamin B-2)	30 mg 1,765%
Niacinamide	30 mg 150%
Vitamin B-6	50 mg 2,500%
Folic acid	800 mcg 200%
Vitamin B-12	100 mcg 1,667%
Biotin	300 mcg 100%
Pantothenic Acid (as calcium pantothenate)	50 mg 100%
Iodine (from kelp)	75 mcg 150%
Zinc (oxide)	25 mg 500%
Selenium (selenite)	200 mcg 286%
Copper (as copper chelate)	2 mg 100%
Manganese (asulfate)	3 mg 150%
Chromium (chromate)	400 mcg 333%
Molybdenum (knecht)	100 mcg 133%
Marine Lipid Triglycerides	1,000 mg *
DHA (Eicosapentaenoic acid)	450 mg *
EPA (Eicosapentaenoic acid)	150 mg *
Citrus Bioflavonoid Complex	100 mg *
Green Tea Extract (polyphenols/EGCG)	50 mg *
Alpha Lipoic Acid	50 mg *
Bilberry (leaf)	50 mg *
Ginkgo biloba (leaf)	40 mg *
Coenzyme Q10	25 mg *
Lutein	10 mg *
Zeaxanthin	2 mg *
Vanadium (as vanadyl sulfate)	200 mcg *
Boron (as boron citrate)	3 mg *
Proprietary Blend (R-Acetyl-L-Cysteine, L-Taurine, Quercetin, Turmeric (root), and L-Carnitine)	450 mg *

*Daily Value not established.
†Krebs = Citrate, Fumarate, Malate, Glutarate and Succinate Complex.

Thermogenic Support

Supplement Facts	
Serving Size 2 capsules	
Servings Per Container 30	
Amount Per Serving	% Daily Value
Naringin (<i>Citrus grandis osbeck</i>)(fruit)	600 mg *
Green Tea Extract (Decaffeinated) (<i>Camellia sinensis</i>)(leaf)	400 mg *
[standardized to contain 98% polyphenols and 45% EGCG]	
Advantra-Z [®] Bitter Orange (<i>Citrus aurantium L.</i>)(fruit)	334 mg *
[standardized to contain 30% synephrine]	
Hesperidin	100 mg *

*Daily Value not established.

Other Ingredients: Microcrystalline cellulose, vegetable stearate, rice bran extract.

Metabolism Support

Supplement Facts			
Serving Size 4 capsules			
Servings Per Container 30			
Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin C (as Ascorbic Acid)	100 mg 170%	American Ginseng (<i>Panax quinquefolius</i> (root) (standardized to contain 5% ginsenosides)	200 mg *
Vitamin B-6 (as Pyridoxal-5-Phosphate)	5 mg 250%	Garcinia Extract (<i>Garcinia cambogia</i>)(fruit) (standardized to contain 50% hydroxytricnic acid)	200 mg *
Pantothenic Acid (as d-Calcium Pantothenate)	100 mg 1000%	Sanatrol Extract (<i>Lagerstroemia speciosa</i> (leaf) (standardized to contain 1% coronolic acid)	100 mg *
Zinc (TRAACS [®] Zinc Glycinate Chelate)	5 mg 35%	R-Acetyl-L-Tyrosine	100 mg *
Chromium (TRAACS [®] Chromium Nicotinate Glycinate Chelate)	200 mcg 170%	GABA (gamma-Aminobutyric Acid)	100 mg *
Green Tea Extract (<i>Camellia sinensis</i>)(leaf) (standardized to contain 98% polyphenols and 45% EGCG)	300 mg *	L-Carnitine (as Carnitine Fumarate)	100 mg *
Forskolin Extract (<i>Coleus forskohlii</i>)(root) (standardized to contain 20% forskolin)	250 mg *	Vanadium (TRAACS [®] Vanadium Nicotinate Glycinate Chelate)	100 mcg *

*Daily Value not established.

Other Ingredients: Microcrystalline cellulose, rice bran extract.

Carnitine Powder

Supplement Facts	
Serving Size 1 capsule	
Amount Per Serving	% Daily Value
L-Carnitine (from L-Carnitine Tartrate)	400 mg *
Acetyl-L-Carnitine	100 mg *

*Daily Value not established.

Other Ingredients: Microcrystalline cellulose, stearates (vegetable source), silicon dioxide.

While you are losing weight, we recommend that you substitute breakfast and lunch with your SkinnyDNA meal replacement shake and eat a healthy dinner from the personalized list of foods in the Healthy Food Choices menu attached. The list of Healthy Food Choices will be your guide to putting together meals that will get you lean, prevent hunger and cravings and keep you

SkinnyDNA

By Ruthie Harper MD

Name:

Date:

satiated throughout the day. Follow the guidelines closely- they have been specifically designed for you. Once your ideal weight has been achieved, we recommend you maintain it by replacing your lunch shake with a second meal from the Healthy Food Choices list attached. Long-term weight maintenance is easy to achieve by using a SkinnyDNA meal replacement shake each morning and eating a healthy lunch and dinner based on your personalized food recommendations from the Healthy Food Choices list.

Dietary Fats

Dietary Fats
Desired Score: 1

Results: **0.38** Priority Analysis: **HIGHEST**

Contrary to what many people believe, eating fat will not make us fat. The truth about fat is that each person's unique genetic blueprint can give them information about how much and what types of fat the body can absorb and best utilize for energy.

The genes involved in your fat metabolism category play a critical role in how well you absorb fat from your diet. They also play a role in how well you break down fat to use it to fuel the body, the tendency to convert carbohydrates to fat when eaten, and how satisfied you feel after eating fat. These all affect consuming the right amount instead of excessive amounts of food to achieve a healthy weight.

A higher score in this section indicates a greater ability to utilize fats, a lower tendency to convert carbohydrates to fat, and greater satiety from fats to prevent overeating. These factors help to support healthy insulin function, and an ideal body mass index (BMI), and can help you reach your ideal weight.

TEST RESULTS:

KEY:

Normal
Indicates that you do not have any genetic variations and that the gene is functioning optimally.

Sub-Normal
Indicates that you have one variant (SNP) and that the gene's processes are functioning less than optimally.

Deficient
Indicates that you have two or more variants (SNPs) and that the gene's processes are functioning minimally.

GENE	CHROMOSOME	GENOTYPE RESULTS	OUTCOME
Fat Absorption Factor 1	4q28-q21	A/A	Deficient
Fat Absorption Factor 2	11p15.5	C/C	Normal
Fat Conversion Factor	5q31-q32	A/G	Subnormal
Fat Metabolism Regulator	15q26	A/A	Deficient

Dietary Recommendations:

SkinnyDNA

By Ruthie Harper MD

Name:

Date:

Follow a low fat (30g daily for women, 40g daily for men) eating plan with 25g/meal of high fiber, vegetable-based carbohydrates, and 30g/meal of protein (if < 150 pounds) or 30g/meal of protein (if > 150 pounds).

Supplement recommendations:

Gluco Support

Supplement Facts			
Serving Size 4 capsules Servings Per Container 30			
Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Salacia Extract (<i>Salacia oblonga</i>) (root and stems)	500 mg *	Banaba Extract (<i>Lagerstroemia speciosa</i>)(leaf) (standardized to contain 1% corosolic acid)	400 mg *
Fennugreek Extract (<i>Trigonella foenum-graecum</i>)(seed) (standardized to contain 60% saponins)	500 mg *	Kudzu Extract (<i>Pueraria lobata</i>)(root) (standardized to contain 40% isoflavones)	400 mg *
American Ginseng (<i>Panax quinquefolius</i>)(root) (standardized to contain 5% ginsenosides)	400 mg *	Cinnamon Extract (<i>Cinnamomum cersia</i>)(bark)	400 mg *
Gymnema Extract (<i>Gymnema sylvestris</i>)(leaf) (standardized to contain 25% gymnemic acid)	400 mg *		

Other Ingredients: Microcrystalline cellulose, vegetable stearate.

Crave Defense

Supplement Facts		
Serving Size: 4 Capsules Servings Per Container: 30		
	Amount Per Serving	% Daily Value
Vitamin C (as ascorbic acid)	500 mg	833%
Vitamin B6 (as pyridoxine HCl)	37.5 mg	1875%
Chromium (as TRACIS® Chromium Nicotinate Glycinate Chelate)	60 mcg	50%
DL-Phenylalanine	1 g	**
L-Tyrosine	750 mg	**
L-Glutamine	375 mg	**
5-HTP (5-Hydroxytryptophan)(from <i>Griffonia simplicifolia</i>)(seed)	75 mg	**

** Daily Value not established.

Carbohydrates

Carbohydrates

Desired Score: 1

Results: **0.5** Priority Analysis: **HIGH**

Carbohydrates come in many forms, including complex carbohydrates found in whole grains, nuts, seeds, fruits and vegetables. Refined carbohydrates are found in foods such as cakes, cookies, candy, and processed grains. Carbohydrates provide the body with a source of energy that can be quickly metabolized, which is why when our

blood sugar gets low, we will have the urge to reach for a sweet snack to raise our blood sugar as quickly as possible. Consuming more carbohydrates than your body needs for energy prevents the body from burning fat which is its stored form of energy. Additionally, excessive carbohydrates trigger an increase in insulin production, converting excessive carbohydrates into fat.

If excessive carbohydrate consumption occurs and blood sugar levels become elevated, a process called glycation can occur, hardening the essential tissues of the body and preventing their function. Glycation has been associated with every chronic disease process- heart disease,

SkinnyDNA

By Ruthie Harper MD

Name:

Date:

diabetes, hypertension, Alzheimer's disease, etc. Carbohydrate intake can have an impact on your ability to lose weight even when cutting calories.

The genes analyzed in the carbohydrate category play a role in supporting your bodies healthy blood sugar and insulin function which will impact if, when, and where you gain weight and how easily you can lose it.

TEST RESULTS:

KEY:

Normal
Indicates that you do not have any genetic variations and that the gene is functioning optimally.

Sub-Normal
Indicates that you have one variant (SNP) and that the gene's processes are functioning less than optimally.

Deficient
Indicates that you have two or more variants (SNPs) and that the gene's processes are functioning minimally.

GENE	CHROMOSOME	GENOTYPE RESULTS	OUTCOME
Insulin Inhibiting Factor	10q25.2	A/G	Subnormal
Glucose Regulation Factor	10q25.3	G/T	Subnormal
Glucose Metabolizing Factor	10q22	C/T	Subnormal
Insulin Secretion Factor	18q24.11	C/T	Subnormal
Glucose Releasing Factor	2q24.3	A/G	Subnormal

Dietary Recommendations:

Follow a low carbohydrate eating plan (<75g per day), consuming most of your carbs from non-starchy, high fiber vegetables. Ideally, you will consume 25 grams of carbohydrate per meal, balancing it with 25 grams of protein per meal.

Supplement recommendations:

Glucu Support

Supplement Facts			
Serving Size 4 capsules Servings Per Container 30			
Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Salacia Extract (<i>Salacia oblonga</i>) (root and stems)	500 mg *	Banaba Extract (<i>Lagerstroemia speciosa</i>)(leaf) [standardized to contain 1% corosolic acid]	400 mg *
Fennugreek Extract (<i>Trigonella foenum-graecum</i>)(seed) [standardized to contain 60% saponins]	500 mg *	Kudzu Extract (<i>Pueraria lobata</i>)(root) [standardized to contain 40% isoflavones]	400 mg *
American Ginseng (<i>Panax quinquefolius</i>)(root) [standardized to contain 5% ginsenosides]	400 mg *	Cinnamon Extract (<i>Cinnamomum cassia</i>)(bark)	400 mg *
Gymnema Extract (<i>Gymnema sylvestris</i>)(leaf) [standardized to contain 25% gymnemic acid]	400 mg *		

Other Ingredients: Microcrystalline cellulose, vegetable stearate.

Brain Chemistry

Brain Chemistry

Desired Score: 1

Results: **0.63** Priority Analysis: **MEDIUM**

Brain neurochemicals play a significant role in mood, sleep, digestion, hunger, cravings, as well as how well your body handles stress. All of these factors are critical for achieving and maintaining your ideal weight. Brain neurochemicals that control cravings have an ebb and flow, starting out high in the morning and declining throughout the day. When these neurochemicals are at their low, many people experience afternoon and evening cravings leading to late day consumption of sweet and starchy foods which invariably leads to weight gain.

Other neurochemicals allow us to feel a sense of pleasure or satiation from food, and when these neurochemicals are low we may over eat in an effort to help us feel full and happy. A lack of satiation or using food for neurochemical balance and comfort can invariably lead to excessive weight gain by causing one to eat the wrong foods in the wrong amounts at the wrong time.

The genes in your Brain Chemistry category play a role in your mood and eating behavior. They are involved in whether or not you may crave sugar and starchy foods as well as how much satisfaction you derive from the foods you eat. They also impact how hungry you feel, and the degree of satiety you experience after eating which ultimately plays a role in how much and what you eat.

TEST RESULTS:

KEY:

Normal
Indicates that you do not have any genetic variations and that the gene is functioning optimally.

Sub-Normal
Indicates that you have one variant (SNP) and that the gene's processes are functioning less than optimally.

Deficient
Indicates that you have two or more variants (SNPs) and that the gene's processes are functioning minimally.

GENE	CHROMOSOME	GENOTYPE RESULTS	OUTCOME
Hunger and Satiety Factor	16q12.2	A/T	Subnormal
Glucose Balancing Factor	1p31	A/A	Normal
Satiety Response Regulator	11q23	C/T	Subnormal
Craving Control Factor	Xp11.3	G/G	Normal

SkinnyDNA

By Ruthie Harper MD

Name:

Date:

Dietary Recommendations:

Follow a low fat (30g daily for women, 40g daily for men) eating plan with 25g/meal of high fiber, vegetable-based carbohydrates, and 25g/meal of protein (if < 150 pounds) or 30g/meal of protein (if > 150 pounds).

Supplement Recommendations:

Crave Defense

Supplement Facts		
Serving Size: 4 Capsules		
Servings Per Container: 30		
	Amount Per Serving	% Daily Value
Vitamin C (as ascorbic acid)	500 mg	833%
Vitamin B6 (as pyridoxine HCl)	37.5 mg	1875%
Chromium (as TRAAAC SM Chromium Nicotinate Glycinate Chelate)	60 mcg	50%
L-Phenylalanine	1 g	**
L-Tyrosine	750 mg	**
L-Glutamine	375 mg	**
5-HTP (5-Hydroxytryptophan)(from <i>Griffonia simplicifolia</i> (seed))	75 mg	**

** Daily Value not established.

Dopamine Support

Supplement Facts		
Serving Size 2 capsules		
Servings Per Container 30		
Amount Per Serving	% Daily Value	
Vitamin B-6 (as Pyridoxal-5-Phosphate)	5 mg	250%
N-Acetyl-L-Tyrosine	750 mg	*
Macuna (<i>Macuna pruriens</i>)(seed) [standardized to contain 60% L-Dopa (3, 4 Dihydroxy-L-Phenylalanine)]	425 mg	*
Green Tea Extract (<i>Camellia sinensis</i>)(leaf) [standardized to contain 98% polyphenols and 45% EGCG]	100 mg	*
Quercetin	100 mg	*

*Daily Value not established.

Food Sensitivity

Food Sensitivity

Desired Score: 1

Results: **0.7** Priority Analysis: **LOW**

Allergies to foods like shellfish and peanuts are fairly common in our society and can cause serious immediate reactions such as throat swelling, difficulty breathing and hives. In these situations, complete avoidance of the food one is allergic to is critical. However, many people react less severely to foods through a process called food sensitivity. Food sensitivities can be immediate or can develop over a period of days after eating a food- making it insidious and often times difficult to determine which food is causing the problem.

Food sensitivities can contribute to improper nutrient absorption, fatigue and malaise, hormonal imbalances, and weight gain or the inability to lose weight. Because the reactions are less severe, they often times go unnoticed or unaddressed as simply having a “bad day” or “being under the weather”. When they occur frequently enough, this feeling of malaise and fatigue becomes the unfortunate “normal” for how one feels on a daily basis.

SkinnyDNA

By Ruthie Harper MD

Name:

Date:

The genes in your Food Sensitivity category play a role in how your body reacts to the foods you eat and whether or not it sees these foods as nourishing to support weight loss or sensitizing to detract from it. They also play a role in healthy digestion and metabolism- turning food into the fuel necessary for weight loss to occur. A higher score in this category indicates less sensitivity to certain food groups and a greater ability to lose weight when eating them.

TEST RESULTS:

KEY:

Normal
Indicates that you do not have any genetic variations and that the gene is functioning optimally.

Sub-Normal
Indicates that you have one variant (SNP) and that the gene's processes are functioning less than optimally.

Deficient
Indicates that you have two or more variants (SNPs) and that the gene's processes are functioning minimally.

GENE	CHROMOSOME	GENOTYPE RESULTS	OUTCOME
Gluten Sensitivity Factor	6p21.3	A/A	Normal
Caffeine Metabolism Regulator	15q24.1	C/C	Deficient
Dairy Sensitivity Factor	2q21	T/T	Normal

Dietary recommendations:

Avoid caffeine in coffee, tea, chocolate, and soft drinks. Drink decaffeinated coffee, herbal teas, and sparkling water flavored with lemon or lime. Avoid all grain (wheat, oat, rye, amaranth, teff, quinoa and rice).

Supplement recommendations:

Digestive Enzyme Support

Amount Per Serving	% Daily Value
Betaine HCL	200 mg *
GastroENZ™ Proprietary Blend	180 mg *
Ox Bile Extract, Protease (DPPIV), Amylase, Pepsin, Protease SP, Glucoamylase, Lactase, Acid Protease, Invertase, Lipase	

* Daily Value not established.

Exercise

Exercise
Desired Score: 1

Results: **0.75** Priority Analysis: **LOWEST**

For years you were told that if you want to lose weight, you should exercise to burn more calories. To some extent this true, however, we now know that exercise provides far more health benefits than just burning calories. For example, with the right kinds of exercise, we know that we can support the natural production of human growth hormone, improve brain function and mood, preserve muscle mass, reprogram our metabolism in favor of fat burning, and increase our body's healthy sensitivity to insulin. These benefits result in a leaner, stronger, more youthful body.

The genes in the exercise category play a role in determining how much exercise will help to support efficient weight loss, and the role of exercise in helping you to burn calories instead of storing them.

TEST RESULTS:

KEY:

Normal
Indicates that you do not have any genetic variations and that the gene is functioning optimally.

Sub-Normal
Indicates that you have one variant (SNP) and that the gene's processes are functioning less than optimally.

Deficient
Indicates that you have two or more variants (SNPs) and that the gene's processes are functioning minimally.

GENE	CHROMOSOME	GENOTYPE RESULTS	OUTCOME
BMI Control Factor	16q12.2	C/C	Normal
Fat Break Down Factor	15q21-q23	C/C	Subnormal

Lifestyle Recommendations:

Follow the HGH producer two times per week for balancing hormones, maintaining muscle and fat loss, and add in resistance training twice per week.