

PROGRAM COMPARISON				GXNUTRIENT	GXSLIM	GXRENEW	GXPERFORM	ISSA: DNA BASED FITNESS
NUTRIENTS	VITAMINS	Vitamins	BCM01	☑	☑	☑	☑	☑
		Vitamin A	NBPF3	☑	☑	☑	☑	☑
		Vitamin B6 Tendency	MTHFR	☑	☑	☑	☑	☑
		Vitamin B9 - Folate Tendency	FUT2	☑	☑	☑	☑	☑
		Vitamin B12 Tendency	SLC23A1	☑	☑	☑	☑	☑
		Vitamin C Tendency	GC	☑	☑	☑	☑	☑
		Vitamin D Tendency	GC,NADSYN1,CYP2R1	☑	☑	☑	☑	☑
		Vitamin E Tendency	ZPR1,SCARB1,CYP4F2	☑	☑	☑	☑	☑
		Dietary Choline Tendency	PENT	☑	☑	☑	☑	☑
		Minerals	Calcium Levels	CSAR,DGKD,GCKR,LINC00709, CARS,LOC105370176	☑	☑	☑	☑
	Copper Levels	SHIM1,SELENBP1	☑	☑	☑	☑	☑	
	Iron Levels	TFR2,HFE,TFR3SS6	☑	☑	☑	☑	☑	
	Magnesium Levels	MUC1,SHO0M3,TFRM6,DCDC5, ATP2B1,MECOM	☑	☑	☑	☑	☑	
	Phosphorus Levels	ALPL,CSTA,IHPK3,PDE7B,C12orf4, IHPK3	☑	☑	☑	☑	☑	
Selenium Levels	DMGDH	☑	☑	☑	☑	☑		
Zinc Levels	CA1,PPCDC,LINC01420	☑	☑	☑	☑	☑		
FOOD	FOOD SENSITIVITY	POLYUNSATURATED FATTY ACID LEVELS	FADS1-2	☑	☑	☑	☑	☑
		CHOLESTEROL RESPONSE TO DIETARY FATS	LIPC	☑	☑	☑	☑	☑
		INSULIN RESPONSE TO DIETARY FAT	FTO,PPM1K	☑	☑	☑	☑	☑
		LACTOSE INTOLERANCE	MCM6	☑	☑	☑	☑	☑
		SWEETS PREFERENCE	FGF21,SLCA2	☑	☑	☑	☑	☑
		CAFFIENE METABOLISM	AHR,RP11-10017.3-001, CYP1A1	☑	☑	☑	☑	☑
		BITTERNESS SENSITIVITY	TAS2R38	☑	☑	☑	☑	☑
	NUTRIENT UTILIZATION	PROTEIN UTILIZATION	FTO	☑	☑	☑	☑	☑
		FAT UTILIZATION	PPARG,TCF7L2,APOA5,CRY2, MTNR1B,PPM1K	☑	☑	☑	☑	☑
		CARB UTILIZATION	IRS1	☑	☑	☑	☑	☑
PHYSICAL FOUNDATION & EXERCISE	EXERCISE RESPONSE	FAT LOSS RESPONSE TO CARDIO	ADPB2,LPL	☑	☑	☑	☑	☑
		FITNESS RESPONSE TO CARDIO	AMPD1,APOE	☑	☑	☑	☑	☑
		BODY COMPOSITION RESPONSE TO STRENGTH TRAINING	NOXN3,GNPD2,LRRN6C,PRKD1,GP RC5B,SLC39A8,FTO,FLJ35779,MAP2 K,QPCTL, GIPR,NEGR1,LRP1B,MTCH2,MTIF3,R PL27A,EC16B,FAM12,FANCL,ETV5,TF AP2B	☑	☑	☑	☑	☑
		Hdl RESPONSE TO CARDIO	APOE	☑	☑	☑	☑	☑
		INSULIN SENSITIVITY RESPONSE TO CARDIO	LIPC	☑	☑	☑	☑	☑
		GLUCOSE RESPONSE TO CARDIO	PPARG	☑	☑	☑	☑	☑
		TRIGLYCERIDE RESPONSE TO CARDIO	CVR1,GLT8D2,RBFX1,ZNF385D	☑	☑	☑	☑	☑
	PHYSICAL FOUNDATION	POWER AND ENDURANCE POTENTIAL	ACTN3,AGT,IL-6,NOS3,ACE, FTO,IGF1,GNB3,IL6-174	☑	☑	☑	☑	☑
		GRIP STRENGTH AND MUSCULAR FITNESS	TGFA,POLD3,ERP27,HOBX3,GLIS1,P EX14,LRPPRC,MGMT,SYT11,HLA, GBF1,KANS1,SLC8A1,ACTG1, ACTG1	☑	☑	☑	☑	☑
		TESTOSTERONE LEVELS	SHBG	☑	☑	☑	☑	☑
TRAINING RESPONSE	VO2 MAX	AMPD1,APOE	☑	☑	☑	☑	☑	
	EXERCISE HEART RATE RESPONSE	CREB1	☑	☑	☑	☑	☑	
	EXERCISE STROKE VOLUME	KIF5B	☑	☑	☑	☑	☑	
	INJURY RISK	SPTBN1,MEPE,SLC25A13, MBL2/DK1,LRP5,C18orf19	☑	☑	☑	☑	☑	
WEIGHT LOSS TENDENCY	WEIGHT LOSS	METABOLISM	LEFR,CHRNA3,CRY21	☑	☑	☑	☑	☑
		WEIGHT LOSS TENDENCY	FTO,TCF7L2,MTNR1B,PPARG, BDNF,ABC11	☑	☑	☑	☑	☑
		WEIGHT REGAIN	FTO,PPARG,BDNF,NEGR1,TMEM18,K TCD15,GNPDA2	☑	☑	☑	☑	☑
		SATIETY	FTO	☑	☑	☑	☑	☑
AGING AND FUNCTION	LOOK	SUN SENSITIVITY	IRF4,LOC105374876,NTM,TYR, HERC2,MC1R,CPNE7,MC1R,CPNE7, RPS2P1,RPS2P1,ASIP	☑	☑	☑	☑	☑
		SKIN AGING	IRF4,SPATA33,RALY/ASIP,BNC2	☑	☑	☑	☑	☑
		FACIAL AGING	STXB5I	☑	☑	☑	☑	☑
		STRETCH MARKS	ELN,SRPX,HMCN3,LOC10537353	☑	☑	☑	☑	☑
		SKIN GLYCATION	AGER,GLO1	☑	☑	☑	☑	☑
		INTRINSIC MOTIVATION TO EXERCISE	BDNF	☑	☑	☑	☑	☑
	FEEL	ADDICTIVE BEHAVIOR / STIMULUS CONTROL	DRD2	☑	☑	☑	☑	☑
		IMPULSE CONTROL & TASTE PREFERENCE WITH AGING	FTO	☑	☑	☑	☑	☑
		SLEEP DURATION	ABCC9,LOC101927400,DRD2	☑	☑	☑	☑	☑
		SUGAR INTAKE	SLC2A2,GLUT2	☑	☑	☑	☑	☑
		COGNITIVE DECLINE WITH AGING	APOE,BDNF	☑	☑	☑	☑	☑
		AGE RELATED HEARING LOSS	GRM7	☑	☑	☑	☑	☑
		KIDNEY FUNCTION WITH AGING	UMOD,GALNT5,GALNT11	☑	☑	☑	☑	☑
		LONGEVITY	FOXO3,APOC1(APOE-CI-CII)	☑	☑	☑	☑	☑
FUNCTION	SYSTEMIC INFLAMMATION	CRP,APOC1(APOE-CI-CII),HNF1A	☑	☑	☑	☑	☑	