

# Personal Genomics Report

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# Let us introduce you to the world of DNA

DNA, namely deoxyribonucleic acid, is a complex molecule that is present deep inside cells through all over your body. DNA contains all of the information necessary to build and define you. DNA is written in code to form genes, making you one-of-a-kind on this planet.

The DNA molecule consists of two strands that wind around one another to form a shape known as a double helix. Each strand has a sugar-phosphate backbone loaded with four bases: Adenine (A), Cytosine (C), Guanine (G) and Thymine (T). The two strands spiral about one another by base-pairing: an A with a T, and a C with a G. DNA strands are so long that they must be packed, in the form of chromosome, in order to fit in the nucleus of every cell.



# Explore your DNA, know yourself better.

"Genes are like the story, and DNA is the language that the story is written in."

Our service can help you understand your "stories" better by exploring through your DNA. You can make a better living with food your body may prefer, or even know what exercise options are safer and effective for you.





# Anti-Aging

Starting from a deep understanding of the attributes of every inch of skin, skin characteristics help you understand your own beauty more thoroughly. Pick nicely a suitable skin care plan based on your DNA profile.







Antioxidant Ability	
	Moderate
Anti-Glycation	
	Moderate
Anti-Freckle Ability	
	Strong
Ability To Resist Senile Plaques	<b>T</b>
	Weak
Ability To Resist Sunburn	
	Strong
Ability To Resist Varicose Veins	<b>*</b>
	Weak
Anti-Skin Wrinkle Ability	
,	Strong
Anti-Sagging Eyelid Ability	
	Strong



Ability To Resist Cellulite

Moderate

▼



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## Antioxidant Ability

Antioxidant ability refers to the skin's ability to resist various free radicals and other harmful oxidizing substances. Continuous contact with the outside world, including respiration, external pollution and radiation exposure, constantly accumulate free radicals in the human body, eventually leading to skin dehydration, dullness, relaxation and aging.

# My Antioxidant Ability

# Moderate

# 31.2% of DNAset users are similar to me

## Suggestions

- Your antioxidant capacity is medium, and it is recommended to pay extra attention to skin protection.
- Antioxidant refers to antioxidant free radicals, and too much Free radicals may be relevant to lots of diseases, such as cancer. Therefore, you should control the Source of free radicals.
- Using of cosmetic containing antioxidants such as SOD (superoxide dismutase) is good for your skin.
- The foods that can help your free radical scavenging maybe the first choice for you, such as: Fruits rich in Vitamin C as kiwifruit and Pomegranate, or Marine foods in moderation.
- Antioxidant such as Grape seed oil, Resveratrol, L-glutathione. Vitamin E is a vital part of the body's internal defense against free radicals.
- Paying attention to sun protection, reducing smoking and other good living habits are also the key to antioxidant.

Knowledge



## 🔟 Antioxidant theory

Anti-oxidant refers to the abbreviation of Antioxidant free radical. Free radicals are constantly generated in the human body due to continuous contact with the outside world, including respiration (oxidation reactions), external pollution, radiation exposure, and other factors. Scientific research have shown that cancer, aging or other diseases are mostly related to the production of excessive free radicals. The mechanism of anti-oxidation can be either directly acting on free radicals, or indirectly consuming substances that are prone to generate free radicals to prevent further reactions.

#### Free Radical Sources

In summary, the sources of free radicals are as follows:

1. Smoking (second-hand smoke), and alcohol abuse (each cigarette produces hundreds of millions of free radicals).

2. Radiation, ultraviolet rays, electromagnetic waves, sun exposure, or radiation therapy for cancer patients, all of which produce free radicals.

3. Environmental pollution, including air pollution, drinking water pollution, industrial wastewater pollution, soil pollution, etc.

4. The abuse of chemical drugs, such as the abuse of food additives, pesticides, fruit and vegetable pollution, drugs, and therapeutic drugs.

5. Mental conditions, excessive stress, irritability, anxiety, depression, tension and other emotional problems can also produce free radicals.

### Antioxidant Food

Tomato: Tomato is rich in lycopene, which has antioxidant function. In addition, how should tomatoes be eaten to be more effective in antioxidant? That is to eat them cooked. Although the vitamin C contained in cooked or processed tomatoes (tomato sauce, tomato juice, canned tomatoes) will be destroyed, the content of lycopene can be increased several times, and the antioxidant function is also stronger. Grapes: The anthocyanin glycosides in grape seeds have an antioxidant capacity that is 20 times that of vitamin C and 50 times that of vitamin E, which can achieve the purpose of anti-oxidation.

Salmon: The delicious salmon contains potent omega-3 polyunsaturated fatty acids, so it has a strong antioxidant effect.

## My Genetic Result Details



Gene locus	Gene name	My genotype	Description
RS1050450	GPX1	GG	weak skin antioxidant ability
RS1800566	NQ01	AA	weak skin antioxidant ability
RS35652124	NFE2L2	СТ	moderate antioxidant ability
RS4880	SOD2	AG	moderate antioxidant ability

### Test details

### Applicable situation

The skin antioxidant capacity item uses 4 polymorphic loci on the genes GPX1 and NFE2L2: rs1050450, RS35652124, RS1800566 and RS4880.

### Notification

1. The basis of the test is mainly from the research of Caucasian populations, other populations are for reference only.

2. This test may not cover all genes or sites that related to skin antioxidant capacity.

## Scoring model

According to the frequency of the reference sample and the control sample carrying the corresponding genotype in the literature, the weight of each locus is divided. Finally, the item is scored according to the detected genotype and the weight of the locus itself. The average score of all users and the distribution of scores are obtained through the algorithm, and the user is divided into project results accordingly



## How to use the test results

## Notification

An individual's skin characteristics are determined by multiple factors such as genes and environment. This test only evaluates your skin's antioxidant capacity at the genetic level. Since This test does not involve consideration of other factors, it does not represent your true status.



### Study population

The basis of the test is mainly from the research of Caucasian.



Limited by the current technology and the level of scientific cognition, and the test report may not cover all genes or loci that affect skin's antioxidant capacity.



## Anti-Glycation Ability

The glycation reaction in the skin field refers to the fact that the skin's metabolism is too slow, causing excess sugar to be free in the blood for a long time, and too much sugar will adhere to the collagen, breaking or disorder the collagen. The skin will appear yellowish, wrinkled, and rough.



## Suggestions

#### 1. Skin care advice

a. Daily use of anti-glycation and antioxidant products: good use of anti-glycation and anti-oxidation products can effectively improve the problem of dull skin tone and reduce the glycation reaction.

#### 2. Life advice

a. Reduce the intake of sugar in daily life: eating too much sugar will accelerate the glycation reaction of collagen in the cells, making the skin dark yellow and loose.

b. Regular work and rest: maintain a regular life, happy mood, balanced diet, adequate sleep, and proper exercise

### Knowledge

### Advanced Glycation End-products (AGEs)

Advanced glycationend products (AGEs) are the combined products of excess sugar and protein. There are two sources in the body. One is the synthesis of AGEs in the body by excess sugar and protein, and the other is the presence of food in food through eating. The AGEs are ingested into the body. AGEs can combine with the tissue cells of the body and destroy them.

### AGEs harm to human body

AGEs can combine with various tissue cells of the human body and destroy these tissue cells, thus causing harm to the human body. Researches have proved that: AGEs can accelerate the aging of the human body and can cause various chronic degenerative diseases, such as



diabetes, Alzheimer's disease, atherosclerosis and other diseases. Therefore, reducing AGEs can play a role in anti-aging and prevent various chronic degenerative diseases.

Gene locus	Gene name	My genotype	Description
RS1800624	AGER, PBX2	AA	strong anti-glycation ability
RS1800625	AGER, PBX2	AG	moderate anti-glycation ability

#### My Genetic Result Details

#### Test details

• Applicable situation

The skin anti-glycation ability item uses 2 polymorphic loci on the AGER gene: rs1800624 and rs1800625.

### Notification

1. The basis of the test is mainly from the research of Caucasian, other populations are for reference only.

2. The test may not cover all genes or loci that affect skin antioxidant capacity.

### Scoring model

According to the frequency of the reference sample and the control sample carrying the corresponding genotype in the literature, the weight of each locus is divided. Finally, the item is scored according to the detected genotype and the weight of the locus itself. The average score of all users and the distribution of scores are obtained through the algorithm, and the user is divided into project results accordingly.

How to use the test results

• Notification

An individual's skin characteristics are determined by multiple factors such as genes and environment. This test only evaluates your skin's antioxidant capacity at the genetic level. It does not involve consideration of other factors and does not represent your true situation.

Population samples

The basis of the test is mainly from the research of Caucasian.

Limit of detection



Limited by the current technology and the level of scientific cognition, the test may not cover all genes or loci that related to the skin's antioxidant capacity.



## Anti-Freckle Ability

Freckles refer to yellowish brown punctate pigmentation spots on facial skin. Sun exposure can induce and aggravate skin lesions.

# My Anti-Freckle Ability

# Strong

# 40.4% of DNAset users are similar to me

## Suggestions

- Your anti-freckle ability is Strong, it is recommended to take normal care to maintain a healthy skin condition.
- Freckle is a kind of light brown spots, which is related to genetics, sun exposure, endocrine disorders and other factors. It often appears on the forehead, beams and cheeks.
- Pay attention to Sun protection and Face cleansing. Good skin care habits are good for the skin.
- Use some sunscreen food in moderation, such as kiwi, Pomegranate that so rich Vitamin C,or intake the right amount of Marine food.
- Grape seed oil:Resveratrol, L-Glutathione, Vitamin E anti-oxidants, etc., can protect the skin from absorbing ultraviolet rays.
- Pay attention to sun protection, regular work and rest, etc. Good living habits is also the key to anti- freckles.

## Knowledge

## Causes of freckles

The basal layer of the skin is scattered with a certain number of pigment cells. The pigment cells continuously produce the pigment, and the pigment plays a role in resisting the damage of various rays in the universe (mainly ultraviolet rays) to the human body. Freckle spots are formed by genetically mutated black cells. The size of the mutated chromatin cells is larger than that of the ordinary chromatin cells, and the dendrites are increased and enlarged. The dendrites are full of black elements, and a single black point is revealed on the skin surface.



### The difference between freckles and pigment spots

Freckles and pigmented spots are both classified as pigmented moles. There is a certain difference in morphology between the two, but the difference is not very significant. Therefore, many people mix the two together. Freckles are not unfamiliar to many families. Freckles often appear on exposed parts of the body and body, and appear as brown or light brown skin spots. They usually appear after the age of 5, with a certain degree of Heredity. Freckles are only pigmented in the basal tissues of the skin. The pigment spots are larger than the freckles, which appear as small or large black patches on the skin surface. Pigment spots are mostly found when they appear, and some pigment spots can gradually darken as they grow larger. Color pigment spots are the same as freckles, they are pigmented on the surface of the skin, and there is no malignant change.

Gene locus	Gene name	My genotype	Description
RS1042602	TYR	СС	weak anti-freckle ability
RS1393350	TYR	GG	strong anti-freckle ability
RS2153271	BNC2	CC	strong anti-freckle ability
RS4911414	intergenic	GG	strong anti-freckle ability
RS4911442	NCOA6	AA	strong anti-freckle ability

### My Genetic Result Details

### Test details



### Applicable situation

The skin anti-freckle ability item uses 5 polymorphic loci on BNC2, NCOA6 genes and between genes: rs2153271, rs4911414, rs4911442, rs1042602 and rs1393350.

### Notification

1. The basis of the test is mainly from the research of Caucasians, other populations are for reference only.

2. The test may not cover all genes or loci that affect skin's ability to resist freckles.



## Scoring model

According to the frequency of the reference sample and the control sample carrying the corresponding genotype in the literature, the weight of each locus is divided. Finally, the item is scored according to the detected genotype and the weight of the locus itself. The average score of all users and the distribution of scores are obtained through the algorithm, and the user is divided into project results accordingly.

### How to use the test results

### Notification

An individual's skin characteristics are determined by multiple factors such as genes and environment. This test only evaluates your skin's antioxidant capacity at the genetic level. It does not involve consideration of other factors and does not represent your true situation.

### Study population

The basis of the test is mainly from the research of Caucasians.

Limit of detection

Limited by the current technology and the level of scientific cognition, the test may not cover all genes or loci that related to the skin's antioxidant capacity.



## Ability To Resist Senile Plaques

Senile plaques, also known as liver spots and solar spots, are small dark areas on the skin. They vary in size and usually appear on the face, hands, shoulders and arms, the areas most exposed to the sun. senile plaques.



### Suggestions

#### 1. Skin care advice

Use sunscreen: Use sunscreen before being out in the sun to protect yourself from ultraviolet (UV) light. Try to use a sunscreen with a high sun protection factor. Reapply about every two hours, or more frequently if you are swimming or sweating.

#### 2. Life Advice

a. Sun protection: Sun protection protects you from free radicals in the sun. You should choose appropriate sun protection measures, such as using sunscreen properly, wearing long sleeves and pants, wearing a broadbrim, holding an umbrella, and avoiding going out between 10 a.m. and 2 p.m.

b. Regular routine: maintain a regular routine, a happy mood, a balanced diet, sufficient sleep, appropriate exercise, and quit bad habits such as smoking, drinking and staying up late.

c. Anti-senile plaque food: Eat fruits and vegetables rich in anti-senile plaque ingredients, such as tomatoes, ginger and kiwi fruit.



#### Knowledge

#### Characteristics of senile plaque

1. Senile plaque may affect people of all skin types, but they are more common in people with light skin.

2. Increased pigmentation in areas that are mostly flat and oval; usually tan, brown, or black.

3. They usually appear on skin that has been exposed to the most sunlight for many years, such as the back of the hands, feet, face, shoulders, or upper back.

#### Causes of senile plaque

Senile plaque are caused by overactive pigment cells. Ultraviolet (UV) light accelerates the production of melanin. Senile plaque appear when melanin becomes "clumped" or is produced in high concentrations in areas of the skin that have experienced years of frequent and prolonged sun exposure. The use of commercial tanning lamps and tanning beds also contribute to the development of senile plaques

#### When to see a doctor

Senile plaque are usually harmless and do not require medical attention. If dark or altered looking spots are present, a doctor may be needed to aid in the diagnosis. This is because these changes may be a symptom of melanoma, a serious type of skin cancer. It is best to have any new skin changes evaluated by a physician, especially if the spots:

- 1. are very dark in color
- 2. are rapidly expanding
- 3. have irregular borders
- 4. have an unusual combination of colors

5. are accompanied by symptoms such as itching, redness, tenderness to palpation or bleeding.

#### Anti-senile plaque foods

Tomato: It has the effect of maintaining skin and eliminating freckles. Its rich lycopene and vitamin C are the effective ingredients to inhibit melanin formation. There is experimental evidence that regular consumption of tomatoes can effectively reduce melanin formation.

Ginger: Ginger contains a variety of active ingredients, including gingerol, which has a strong effect against senile plaque. By drinking ginger and honey water, the senile plaques



on the face and back of hands may change, either disappearing, shrinking in varying degrees, or becoming lighter in color.

Kiwi fruit: Kiwi fruit is rich in vitamin C, which has a strong antioxidant capacity and can help the skin expel toxins, inhibit the production and deposition of melanin in the skin, strengthen the skin's resistance, brighten the skin tone, and restore the skin's elasticity and luster.

#### My Genetic Result Details

Gene locus	Gene name	My genotype	Description
RS35563099	intergenic	CC	weak ability to resist senile plaques
RS251468	PPARGC1B	CC	weak ability to resist senile plaques
RS61866017	intergenic	GG	weak ability to resist senile plaques

### Test details

Applicable situation

The resistance to senile plaques item uses 3 polymorphic loci on and between the genes PPARGC1B: rs251468、rs35563099、rs61866017.

Notification

1. The basis of the test is mainly from the research of Japanese populations, other populations are for reference only.

2. The test may not cover all genes or loci that affect resistance to senile plaques.

## Scoring model

According to the frequency of the reference sample and the control sample carrying the corresponding genotype in the literature, the weight of each locus is divided. Finally, the item is scored according to the detected genotype and the weight of the locus itself. The average score of all users and the distribution of scores are obtained through the algorithm, and the user is divided into project results accordingly.

### How to use the test results

Notification

An individual's skin characteristics are determined by multiple factors such as genes and environment. This test only evaluates your resistance to senile plaques at the genetic level.



Since This test does not involve consideration of other factors, it does not represents your true status.

Study population

The basis of the test is mainly from the research of Japanese.

S Limit of detection

Limited by the current technology and the level of scientific cognition, the testmay not cover all genes or loci that related to the resistance to senile plaques.



## Ability To Resist Sunburn

Sunburn is mainly formed by sunlight purple rays, which are elliptical protrusions or smooth patches, and are dark brown or brownish black in color. It usually occurs on the face, the outer forearm, the back of the hand, and the front of the calf.



## Suggestions

- Your ability to resist sunburn is strong, it is recommended to take normal care to maintain healthy skin condition
- Sunburn are mainly formed by excessive ultraviolet rays from the sun. The spots are elliptical protrusions or smooth patches, and the color is dark brown or light brown.
- Note that Sunscreen and good skin care habits such as After-sun repair are good for the skin
- Properly eat sunscreen foods, such as kiwi fruit, Pomegranate and other fruits rich in Vitamin C or moderate intake of Marine food.
- Grape seed oil, Resveratrol, L-Glutathione, Vitamin E and other antioxidants, which can protect the skin against ultraviolet (UV) rays
- Pay attention to sunscreen, regular work and rest, etc. Good living habits are also the key to resist sunburn.

## Knowledge

### Causes of sunburn

The main reason for the formation of sunburn is excessive exposure to ultraviolet rays from the sun, that is, photoaging caused by the sun. At present, the main cause of sunburn in most sunburn patients may not be the single factor of sunlight and ultraviolet rays, but because long-term use of metal-containing cosmetics has caused certain damage to the



skin, the skin's resistance has been reduced, and the skin's metabolic capacity has been disordered.

### Characteristics of sunburn

Sunburn, also known as solar sunspots, are oval-shaped protrusions or smooth patches, and are dark brown or light brown in color. Generally, it is easy to appear on the face, the outside of the forearm, the back of the hand and the front of the lower leg. Before sunburn forms on the skin, it may first appear pain, itching and peeling, and then color spots will form in the later stage.

### The difference between sunburn and freckles

Sunburn is formed by the sun. Generally, erythema, edema, blisters, pigmentation, and desquamation appear after normal skin exposure. First, there will be pain, itching, and peeling, and then spots will form later. The color of the sunburn is dark brown or light brown, protruding or smooth on the skin surface, with different sizes and clear boundaries. It is easy to appear on the outside of the forearm, the front of the calf, the back of the hand and the face. Freckles are a kind of hereditary spots, which generally appear around the age of five, and gradually increase with age, and are the most serious in puberty. Freckles occur frequently on the face, usually symmetrically, and are punctate, light yellow or yellowish brown in color. The spots change with the seasons. The sun will aggravate the freckles in summer and become lighter in winter. Sunburn is darker than freckles

Gene locus	Gene name	My genotype	Description
RS12203592	IRF4	CC	strong ability to resist sunspot
RS35063026	intergenic	CC	strong ability to resist sunspot
RS62543565	intergenic	AC	moderate ability to resist sunburn
RS6059655	RALY	GG	strong ability to resist sunspot
RS10733310	BNC2	ТТ	strong ability to resist sunspot

#### My Genetic Result Details

## Test details

### Applicable situation

The ability to resist sunburn item uses 5 polymorphic loci on and between genes in IRF4 and BNC2, including rs12203592 and rs35063026, etc.



### Notification

1. The basis of the test is mainly from the research of Caucasian, other populations are for reference only.

2. The test may not cover all genes or loci that affect ability to resist sunburn.

## Scoring model

According to the frequency of the reference sample and the control sample carrying the corresponding genotype in the literature, the weight of each locus is divided. Finally, the item is scored according to the detected genotype and the weight of the locus itself. The average score of all users and the distribution of scores are obtained through the algorithm, and the user is divided into project results accordingly.

### How to use the test results

Notification

An individual's skin characteristics are determined by multiple factors such as genes and environment. This test only evaluates your your emotional stability at the genetic level. Because it does not involve consideration of other factors, it does not represent your true situation.

Study population

The basis of the test is mainly from the research of Caucasian.

Limit of detection

Limited by the current technology and the level of scientific cognition, the test may not cover all genes or loci that related to ability to resist sunburn.



## Ability To Resist Varicose Veins

Varicose veins are abnormally tortuous and dilated blood vessels, which most often occur in the lower extremities. This is usually because the veins are under pressure for a long time, weakening and destroying the vascular valves and blood vessel walls.

# My Ability To Resist Varicose Veins

Weak

# 21.5% of DNAset users are similar to me

## Suggestions

1. Maintain a healthy weight: Being overweight puts unnecessary stress on your legs and circulatory system. If you are overweight, losing weight can reduce stress and thus reduce the risk of developing varicose veins.

2. Avoid standing and sitting for a long time: regular activities can promote blood reflux and reduce venous pressure through the function of calf muscle pump, which can prevent the formation of varicose veins.

3. Raise limbs during rest: promote blood reflux through gravity. Note that patients with varicose veins should not soak their feet in hot water for a long time, which will increase the flow of local arterial blood, aggravate the burden of venous blood stasis and reflux, aggravate the expansion of venous vessels, and worsen the condition.

## Knowledge

How varicose veins are formed?

Our leg veins have one-way valves that keep blood flowing in the right direction, which called venous valves. Normally, these valves allow venous blood to flow from our legs up and into our heart even when we're standing, and if something goes wrong with these valves, it's like a leaky door that won't close. Blood flows back due to gravity and accumulates in the legs causing high venous pressure, causing leg swelling and sometimes cramping and other symptoms. Over time, the veins in our legs become weaker, dilated and twisted by excessive pressure.

What kind of people are prone to varicose veins?



- Genetics: Varicose veins are more genetics, if a family member has this condition, the chance that other members suffer from varicose veins will also be greatly increased.
- Occupation related: it is particularly common in some occupations that need to stand for a long time, such as teachers, salespeople, waiters, etc.
- Weight change related: obesity and pregnancy are risk factors that trigger varicose veins.
- Age-related: The risk of varicose veins increases with age.

### How do I simply predict varicose veins

Watch out for varicose veins when you have the following symptoms. From the appearance, in the early stage, the subcutaneous capillaries of the limbs will dilate, and over time, the subcutaneous blood vessels will dilate and twist into clusters, and there will be acid swelling and pain after standing for a long time; In the later stage, there will be limb swelling, concave edema, skin pruritus, dermatitis, pigmentation and ulceration in the boot area. In secondary superficial vein thrombosis, thrombophlebitis may occur with localized redness, swelling, heat, pain, or palpable swelling.

### My Genetic Result Details

Gene locus	Gene name	My genotype	Description
RS1801131	MTHFR	GT	moderate ability to resist varicose veins
RS1801133	MTHFR	AG	moderate ability to resist varicose veins

## Test details

## Applicable situation

The ability to resist varicose veins item uses two polymorphic loci of MTHFR gene: rs1801131, rs1801133.

## Notification

- 1. The basis of the test is mainly from the research of Caucasian, other populations are for reference only.
- 2. The test may not cover all genes or loci that affect the ability to resist varicose veins.



## Scoring model

According to the frequency of the reference sample and the control sample carrying the corresponding genotype in the literature, the weight of each locus is divided. Finally, the item is scored according to the detected genotype and the weight of the locus itself. The average score of all users and the distribution of scores are obtained through the algorithm, and the user is divided into project results accordingly.

## How to use the test results

## Notification

An individual's psychological traits are the common result of the interaction of genes, environment, and living habits. This test only evaluates your cognitive ability at the genetic level. Since the test does not involve consideration of other factors, it does not mean your true health status.

## Population samples

The basis of the test is mainly from the research of Caucasian.



Limited by the current technology and the level of scientific cognition, the test may not cover all genes or loci that affect the ability to resist varicose veins.



## Anti-Skin Photoaging Ability

Photoaging is the damage caused by long-term exposure to sunlight, which promotes the premature appearance of aging changes in the skin.



## Suggestions

- Your anti-photoaging ability is Strong, it is recommended to take normal care of the skin to maintain a healthy skin condition.
- Photoaging is a phenomenon of Skin aging caused by the destruction of elastin structure caused by long-term ultraviolet radiation.
- Pay attention to good skin care habits such as Sun protection and After-sun repair, which are beneficial to the skin.
- Appropriate consumption of sunscreen foods, such as Kiwi fruit, Pomegranate and other fruits rich in Vitamin C, or appropriate intake of Marine organisms foods.
- Grape Seed Oil, Resveratrol, L-Glutathione, Vitamin E and other antioxidants can protect the skin from UV damage.
- Retinoids are often used to prevent photoaging and can promote the removal of melanin.
- Pay attention to Good living habits such as sun protection, regular work and rest, etc, which are the key to anti-photoaging.

## Knowledge

## 🔟 What is photoaging?

Photoaging is the unnatural aging of the body caused by long-term exposure to sunlight. Ultraviolet (UV) radiation in sunlight has strong penetrating power and can reach the dermal layer of the skin, leading to the formation of melanin, destroying the structure of elastin, and causing skin damage. Specific manifestations include pigmentation, rough skin, dryness, sagging, appearance of wrinkles, and premature skin aging.



### T Factors affecting skin photoaging

Photoaging is a slow development process that accumulates over time, and its influencing factors are bound to be extensive and complex. Irradiation doses of different light wavelengths, physiological factors such as age, skin color, diet and daily life, pathological factors, occupational and environmental factors can all affect the occurrence of skin photoaging.

- Radiation spectrum and dose: The ultraviolet radiation in sunlight is the main spectrum that causes skin photoaging. UVC in ultraviolet radiation is blocked by the earth's atmosphere and cannot reach the earth's surface, so UVB and UVC radiation are the main participants in photoaging.
- Physiological factors:
- a) Age: Skin photoaging begins to accumulate since it receives sunlight. With the increase of age, skin structure will change, such as the integrity of the surface stratum corneum, the thickness of the epidermis, the color, and the content of light-absorbing substances in the skin. These factors all can affect the reflection, scattering, absorption and penetration of ultraviolet radiation, thus affecting the occurrence and development of photoaging.
- b) Skin color: The color of the skin is determined by the melanin in the epidermis, which has a good absorption of ultraviolet radiation of various wavelengths. Therefore, the melanin in the epidermis is a natural barrier against ultraviolet radiation.
- Pathological factors: A variety of skin diseases and pathological states can enhance the sensitivity of the body to ultraviolet radiation, which can lead to or promote skin photoaging.
- Occupational factors:

Different occupational workers receive different doses of sunlight, and the occurrence of photoaging is also very different.

Gene locus	Gene name	My genotype	Description
RS11547464	MC1R	GG	strong anti-skin photoaging ability
RS1805006	MC1R	CC	strong anti-skin photoaging ability
RS1805007	MC1R	CC	strong anti-skin photoaging ability
RS322458	intergenic	TT	strong anti-skin photoaging ability
RS885479	MC1R	AA	strong anti-skin photoaging ability

## My Genetic Result Details



## Test details

## Applicable situation

The skin anti-photoaging ability item uses five polymorphic loci on and between MC1R gene: rs322458, rs11547464, etc.

### Notification

1. The basis of the test is mainly from the research of Caucasian, other populations are for reference only.

2. The test may not cover all genes or loci that affect the skin's anti-photoaging ability.

### Scoring model

According to the frequency of the reference sample and the control sample carrying the corresponding genotype in the literature, the weight of each locus is divided. Finally, the item is scored according to the detected genotype and the weight of the locus itself. The average score of all users and the distribution of scores are obtained through the algorithm, and the user is divided into project results accordingly.

### How to use the test results

## Notification

An individual's psychological traits are the common result of the interaction of genes, environment, and living habits. This test only evaluates your digit Memory ability at the genetic level. Since the test does not involve consideration of other factors, it does not mean your true health status.

## Population samples

The basis of the test is mainly from the research of Caucasian.

## Limit of detection

Limited by the current technology and the level of scientific cognition, the testmay not cover all genes or loci that affect the skin anti-photoaging ability.



## Anti-Skin Wrinkle Ability

Wrinkles refer to small fine lines and wrinkles formed by the skin affected by the external environment to form free radicals, which destroy collagen and active substances in normal cell membrane tissue and oxidize cells.

# My Anti-Skin Wrinkle Ability

# Strong

# 39.4% of DNAset users are similar to me

### Suggestions

- Your anti-wrinkle ability is Strong, it is recommended to take normal care to maintain a healthy skin condition.
- Appropriate consumption of anti-wrinkle foods, such as Kiwi fruit, Pomegranate and other fruits rich in Vitamin C or moderate intake of Marine food.
- Grape Seed Oil, Resveratrol, L-Glutathione, Vitamin E and other antioxidants can protect the skin from UV damage.
- Pay attention to good skin care habits such as Sun protection and moderate Facial cleansing and Pay attention to moisturizing to prevent wrinkles caused by the degradation of collagen induced by ultraviolet radiation.
- Good living habits such as reducing frowning, getting enough sleep, etc, are also the key to anti- wrinkle skin.

### Knowledge

### Causes of wrinkles

Collagen, elastic fiber and hyaluronic acid are the most abundant components in the skin. The former two are most closely related to skin thickness and elasticity, while the latter is closely related to skin moisture content. These components are synthesized by cells in the skin. With the aging of individuals and the damage of the external environment, the cell vitality decreases, the synthesis of these components also decreases gradually, and the skin becomes loose and dry. Because ultraviolet rays can directly damage dermal cells and elastic fibers, causing skin photoaging, dark skin can block more ultraviolet radiation because of more melanin in the epidermal layer, so dermal cells and tissue fibers will suffer less damage, cell vitality will be better, and wrinkles will be less.



In addition, the hardest-hit areas of wrinkles are often around the eyes (crow's feet), forehead (forehead wrinkles) and mouth. Because these areas are rich in expression muscles, they constantly pull the skin on the surface every day. Over the years, elastic fibers will be damaged and wrinkles will also occur.

### Treatments for wrinkles

Physical therapy: Dot matrix laser, electric wave skin pulling, thermage, photorejuvenation, etc., all exert acute physical damage on the dermis, so that the skin starts the repair mechanism, the cells are rejuvenated, the elastic fibers and collagen fibers can be rearranged to restore elasticity, and the local microcirculation will be improved. It has a good effect on early wrinkles.

Surgery treatment: At present, there is a new technology, which penetrates the absorbable thread with barbs into the skin and fascia system and fixes the upper end, so as to achieve the effect of minimally invasive improvement of the face and treatment of wrinkles. In addition, traditional surgery makes incisions in hidden parts (such as the hairline and behind the ears), lifts SMAS (superficial muscle aponeurosis system), and resects part of the skin, which has a significant effect on very obvious wrinkles and facial ptosis.

### Anti-wrinkle foods for skin

1. Food rich in chondroitin: Dermis is the main factor affecting skin beauty. Dermis is composed of elastic fibers, and the main material of elastic fibers is chondroitin sulfate. Eating more foods rich in chondroitin sulfate can delay the occurrence of skin wrinkles and keep the skin elastic and delicate. Recommended food: pig bone soup, cow bone soup, chicken skin, chicken bone soup. All foods with more cartilage are the best source of cartilage.

2. Foods rich in vitamin C and E: Vitamin C and E are antioxidants, which can prevent subcutaneous fat oxidation, enhance the vitality of skin epidermis and dermal cells, and avoid premature skin aging. Pay attention to the intake of foods rich in vitamin C and E, which is also conducive to anti- wrinkle. Recommended food: vegetables and fruit.

Gene locus	Gene name	My genotype	Description
RS2066853	AHR	GG	strong anti-skin wrinkle ability

### My Genetic Result Details



## Test details



### Applicable situation

The skin anti-wrinkle ability item uses one polymorphic locus on AHR gene: rs2066853.

• Notification

1. The basis of the test is mainly from the research of Caucasian and Chinese, other populations are for reference only.

2. The test may not cover all genes or loci that affect the skin's anti-wrinkle ability.

### Scoring model

According to the frequency of the reference sample and the control sample carrying the corresponding genotype in the literature, the weight of each locus is divided. Finally, the item is scored according to the detected genotype and the weight of the locus itself. The average score of all users and the distribution of scores are obtained through the algorithm, and the user is divided into project results accordingly.

### How to use the test results

• Notification

An individual's psychological traits are the common result of the interaction of genes, environment, and living habits. This test only evaluates your spatial Memory ability at the genetic level. Since the test does not involve consideration of other factors, it does not mean your true health status.

• Study population

The basis of the test is mainly from the research of Chinese Han population.

Limit of detection

Limited by the current technology and the level of scientific cognition, the testmay not cover all genes or loci that affect the skin anti-wrinkle ability.



## Anti-Sagging Eyelid Ability

The skin of the eyelid loses its elasticity, the fat of the orbital septum droops, the wrinkles appear in the outer canthus, and the eyelids are sagging and drooping, which are more common in middle-aged and elderly people.



## Suggestions

• Skin care advice

Choosing the right eye cream: Anti-age eye cream can promote the increase of collagen protein and can re-support the skin around the eyes, which may have a certain effect on improving sagging.

Life advice

Daily eye protection: People who often face the computer screen should be careful not to use your eyes for a long time, and do not rub your eyes severely. When you put on makeup, be gentle and don't pull the eye skin with much strength. Avoid working with your eyes under long-term sunlight.

## Knowledge

Causes of sagging eyelid

1. Genetic factors: hereditary or congenital causes of sagging eyelid.

2. Causes of edema: 20-35 years old, sagging eyelid due to edema.

3. Causes of aging: The sagging eyelid that gradually appears with age after 40 years old are mainly due to skin aging. The degree and speed of aging are related to heredity..

Characteristics of episodic memory ability



The formation of episodic memory includes different steps. First, it is necessary to collect and process the information of the experienced scene, and then consolidate the information in the brain, which is to transform these events into stable long-term memory. The hippocampus plays an important role in this process. Finally these memories can be recalled when needed. Our episodic memory is often triggered by something, for example, an image, a sentence or even a smell can evoke specific episodic memory content.

### Manifestations of sagging eyelid

- 1. Mild sagging eyelid : The original double eyelid is narrowed, or the shape of the double eyelid is not satisfactory, the eyelid curve is not smooth, the outer corner of the eye is slightly drooping, the eyelashes are slightly covered by loose skin, eyelashes of people with single eyelids are covered partly
- 2. Moderate and severe sagging of upper eyelid: Double eyelid is significantly narrowed or becomes epicanthic fold or multiple folds of the eyelid, increased skin wrinkles, accompanied by sunken upper eyelid, obvious sagging and drooping of the outer corner of the eye, deepening of the tail wrinkles, eyelashes may be partially or completely covered by sagging skin, eye morphology may be significantly changed, triangular eyes, sagging skin may cover pupils and vision.

#### Correction of sagging eyelid

1. Simple double eyelid removal: After lifting the upper eyelid skin and deep myofascial membrane, the fine lines of the eye will be stretched and disappear. After the excess skin is removed, the phenomenon of sagging and drooping of the skin and covering the pupils is improved, and the charm of the eyes is revealed.

2. Eyelid margin incision and double eyelid surgery: It is mainly aimed at elderly beauty seekers who do not want to change too obviously. Generally, the double eyelid effect is not required. They just hope to improve the current situation of blepharoptosis through surgery and make life and travel more comfortable.

3. Eyebrow lifting or eyebrow cutting operation: The operation adopts local infiltration anesthesia. The doctor selects the incision in the middle of the eyebrow, the upper edge of the eyebrow and the lower edge of the eyebrow according to the distance between eyebrows and eyes of the beauty seeker. Cut the skin, subcutaneous and orbital orbicularis oculi muscles according to the design line, and cut off the unhealthy eyebrows and loose skin.



### My Genetic Result Details

Gene locus	Gene name	My genotype	Description
RS11876749	DLGAP1	СТ	strong anti-sagging eyelid ability
RS11979919	intergenic	Π	strong anti-sagging eyelid ability

## Test details

## Applicable situation

The anti-sagging eyelid ability item uses 2 polymorphic loci on and between DLGAP1 gene: rs11876749, rs11979919.

## Notification

1. The basis of the test is mainly from the research of Caucasian, other populations are for reference only.

2. The test may not cover all genes or loci that affect anti-sagging eyelid ability.

## Scoring model

According to the frequency of the reference sample and the control sample carrying the corresponding genotype in the literature, the weight of each locus is divided. Finally, the item is scored according to the detected genotype and the weight of the locus itself. The average score of all users and the distribution of scores are obtained through the algorithm, and the user is divided into project results accordingly.

### How to use the test results

Notification

An individual's psychological traits are the common result of the interaction of genes, environment, and living habits. This study only evaluates your conscientiousness at the genetic level. Since the test does not involve consideration of other factors, it does not mean your true health status.

Population samples

The basis of the test is mainly from the research of Caucasian, Chinese Han population.

• Limit of detection



Limited by the current technology and the level of scientific cognition, the test may not cover all genes or loci that affect anti-sagging eyelid ability.



## Ability To Resist Cellulite

Cellulite refers to the appearance of unevenness on the surface of the skin, showing a surface state similar to orange peel.



## Suggestions

1. Maintain a healthy weight: losing weight doesn't completely eliminate cellulite, but it does help prevent and reduce its appearance. This is because when you keep a healthy weight, the fat under the skin is less, thereby reducing the possibility of skin forming concave lines.

2. Adhere to physical exercise: exercise helps to reduce fat and promote blood circulation.

3. Adopt low-fat diet: eating a low-fat diet rich in lean protein and fresh vegetables can reduce body fattics.

### Knowledge

🔟 Cellulite is not a disease

Cellulite does not develop overnight, It usually develops slowly. Cellulite neither causes pain nor affects health, it's an aesthetic concern.

The developmental stages of cellulite

Cellulite goes through four stages of development : Grade 0: No visible cellulite.

Grade 1: Smooth skin when standing, but orange-peel appearance when sitting. Grade 2: Skin has orange-peel appearance when standing and sitting.

Grade 3: Skin has orange-peel appearance when standing with deep raised and depressed areas.

Factors affecting cellulite



1. Sex: Orange-peel tissue is more common in women than in men and women's fat is usually distributed in the common areas of thighs, buttocks and hips, the areas where adipose tissue is deposited.

2. Age : Most women develop some cellulite after puberty, and it becomes more common as the skin loses its elasticity.

- 3. Weight: Thin people can have cellulite, but it's more noticeable in those with more body fat.
- 4. Genetic factors: Genetic history plays a role in the development of cellulite.
- 5. Lack of exercise : An inactive lifestyle can also increase your chances of developing cellulite.
- 6. Diet: A high-fat diet increases the likelihood of cellulite.

## My Genetic Result Detail

Gene locus	Gene name	My genotype	Description
RS11549465	HIF1A	CC	weak ability to resist cellulite

## Test details

## Applicable situation

The ability to resist cellulite item uses one polymorphic locus of HIF1A gene: rs11549465.

## Notification

1. The basis of the test is mainly from the research of Caucasian, other populations are for reference only.

2. The test may not cover all genes or loci that affect the ability to resist cellulite.

## Scoring model

According to the frequency of the reference sample and the control sample carrying the corresponding genotype in the literature, the weight of each locus is divided. Finally, the item is scored according to the detected genotype and the weight of the locus itself. The average score of all users and the distribution of scores are obtained through the algorithm, and the user is divided into project results accordingly.



### How to use the test results

### Notification

An individual's psychological traits are the common result of the interaction of genes, environment, and living habits. This study only evaluates your verbal Memory ability at the genetic level. Since the test does not involve consideration of other factors, it does not mean your true health status.

Population samples

The basis of the test is mainly from the research of Caucasian.

Limit of detection

Limited by the current technology and the level of scientific cognition, the test may not cover all genes or loci that affect the ability to resist cellulite.