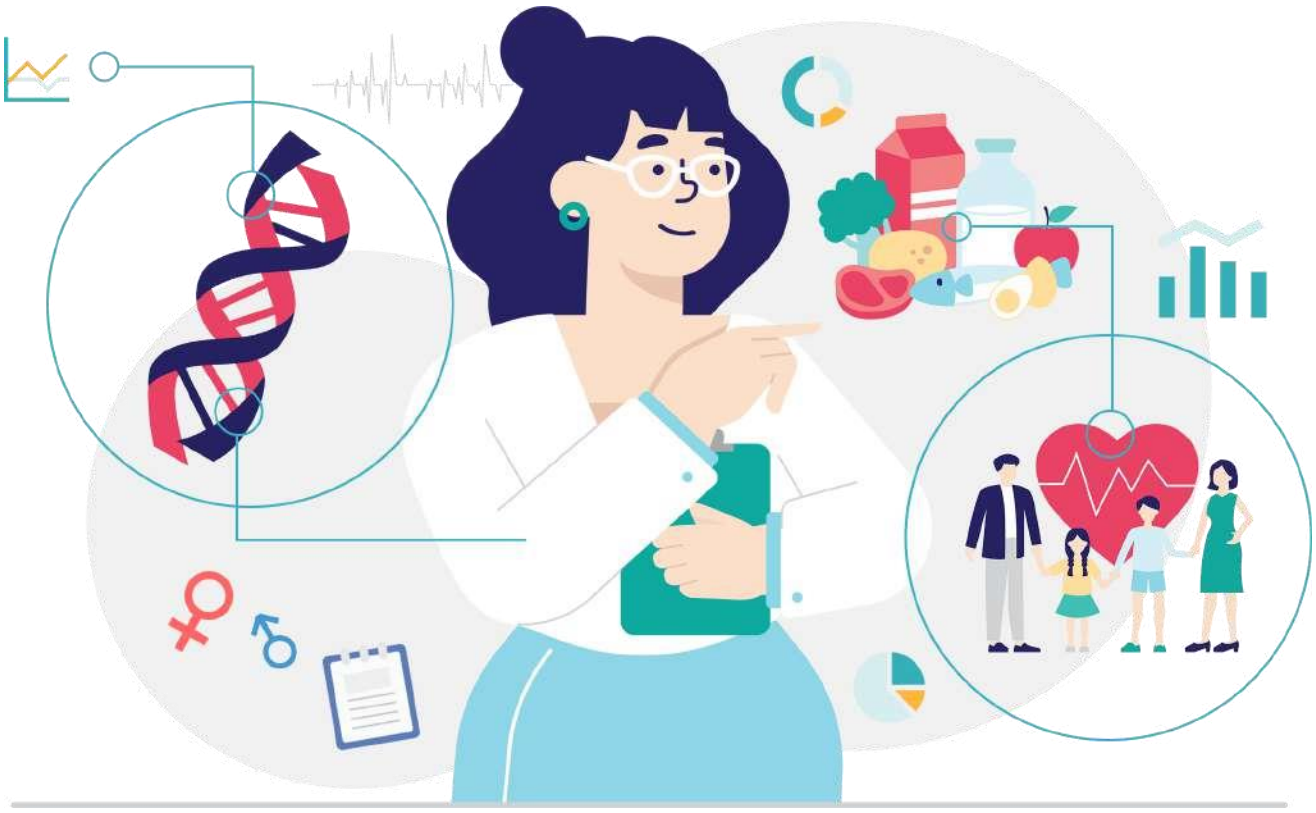
Personal Genomics Report

Customer ID:	**36220513024104**
Date of Birth (DD/MM/YYYY):	**01/01/1970**
Gender:	**/**
Reported Date (DD/MM/YYYY):	**22/08/2024**



Ginekalix laboratory Address: Stevo Crvenkovski No. 32-1, Ext. 2 and 3; 1000, Skopje; North Macedonia
Tel: +389 2 20 30 424 | E-mail:laboratory@ginekaliks.mk

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.

Ginekalix laboratory

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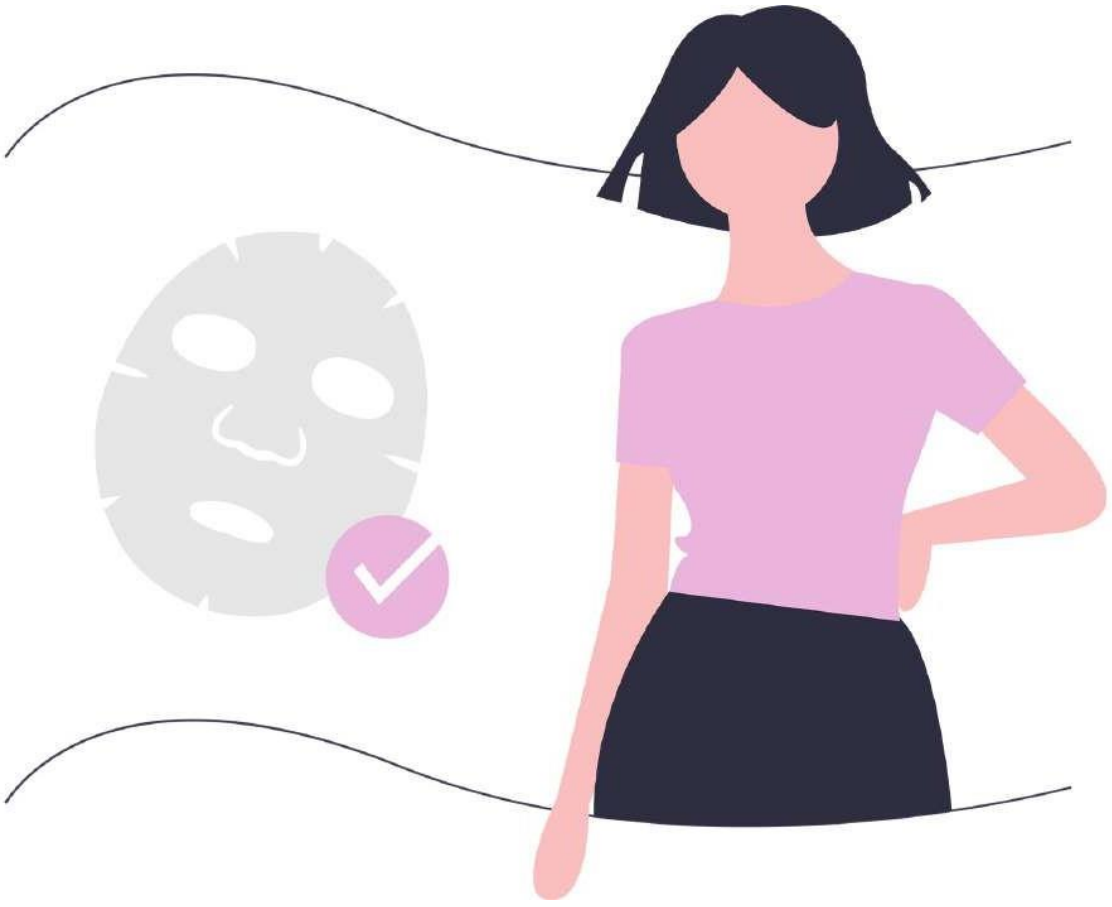
Skin Care

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.



Skin Care

8 Reports

Anti-Tanning Reaction Ability	Weak
Skin Moisturizing Ability	Strong
Ability To Resist Acne	Strong
Ability To Resist Stretch Marks	Weak
Skin Oil Control Ability	Strong
Ability To Resist Rosacea	Strong
Collagen Retention Ability	Moderate
Ability To Resist Cellulite	Moderate

Contents

Anti-Tanning Reaction Ability

Tanning reaction refers to the process of melanin synthesis in the skin when the skin receives ultraviolet light. People with a weak anti-tanning response can tan if they are exposed to the sun for a long time.

My Anti-Tanning Reaction Ability

Weak

27.9% of DNAset users are similar to me

Suggestions

- Your Resistance to tanning response is Weak and you are more prone to produce melanin under the same exposure conditions, so extra attention to sun protection for your skin is recommended
- Skin care habits such as paying attention to Sunscreen and doing After-sun whitening repair are beneficial for resistance to tanning
- Eat sun-protective foods such as kiwi, Pomegranate and other fruits rich in Vitamin C or moderate intake of Marine biomass foods
- Daily use of skin care products containing Whitening ingredients such as vitamin C, Arbutin, Nicotinamide, etc. is effective for sun protection and whitening
- Antioxidants such as Grape seed oil, Resveratrol, L-glutathione, Vitamin E, etc. can protect the skin from damages caused by absorbing UV rays
- Physical sun protections such as hats, umbrellas, masks, etc. are also key to anti-tanning.
- Appropriate use of skin care products containing After-sun repair ingredients such as Pro-xylane is often used to repair skin damage and protect the skin barrier after sun exposure.

Knowledge

Reasons for Sun Protection

When the skin receives excessive UV exposure, it will damage the epidermal cells; activate the tyrosinase, accelerate pigment synthesis, destroy the moisturizing function of the skin, dry the skin, damage the elastic fibers in the dermis, cause fine lines, and cause skin inflammation and burns under intense exposure. In the case of abnormalities, it can become pigmented skin cancer.

Sunscreen Effectiveness

When choosing a sunscreen, the effectiveness of the sunscreen products in terms of UV protection can be used for assessment.

The algorithm used by brands in Japan and the United States is the sun protection factor (SPF), while in European countries, mainly France, it is expressed as "IP". There is also PA, which is an objective assessment of the effectiveness of sunscreen cosmetics in protecting against UVA. The smaller the SPF value, the worse the sun protection; the larger the SPF value, the better the sun protection. PA + represents a maintenance effect, and PA +++ represents a very good maintenance effect.

Sunscreen food

Vitamin C fruits: guava, kiwi, strawberries, cherry tomatoes, tomatoes or citrus are rich in vitamin C.

Yellow and red fruits and vegetables: red, yellow fruits and vegetables and dark green leafy vegetables such as carrots, mangoes, tomatoes, papaya, water spinach, etc., contain a of carotenoids, which help antioxidant, enhance skin resistance.

Soy products: Isoflavones in soy are a kind of phytoestrogen with antioxidant ability

My Genetic Result Details

Gene locus	Gene name	My genotype	Description
RS1015362	intergenic	CC	weak anti-sunburn ability
RS11703668	KIAA0930	AG	moderate anti-sunburn ability
RS9561570	DCT	GT	moderate anti-sunburn ability
RS746586	intergenic	CC	weak anti-sunburn ability
RS35563099	intergenic	CC	strong anti-sunburn ability

Test details

Applicable situation

The capacity of skin in anti-tanning item uses 17 polymorphic loci on the genes of HERC2, IRF4, etc.

Notification

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

2. The test may not cover all genes or loci that affect the capacity of skin in anti-tanning.

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.

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 capacity of skin in anti-tanning.

Skin Moisturizing Ability

Skin moisturizing ability usually refers to the skin's ability to retain water and prevent dryness, sensitivity and other symptoms of skin moisture loss. Strong skin moisturizing ability can ensure that the skin has sufficient water channels and sufficient natural moisturizing factors to make the skin moist and transparent.

My Skin Moisturizing Ability

Strong

8.6% of DNAset users are similar to me

Suggestions

1. Skin care recommendations

    a. Use the correct skin care steps: In the skin care process, what we have to do is to moisturize first and then moisturize. Therefore, the general skin care step is to replenish moisture: toner or lotion replenishes moisture to the skin. Moisturizing: Essences, lotions, and creams consolidate and form a protective film for the skin, thereby tightly locking in moisture. The mask is generally based on moisturizing, after applying the mask, you must remember to do skin care in time and thoroughly moisturize.

    b. Skin care management of different skin types: For sensitive skin, it is best to choose moisturizing products that do not contain lead and mercury; for oily skin, attention should be paid to clean, oil control, and hydration integration; for mixed skin, it is best to follow the climate conditions in different regions Adjust the maintenance plan with the skin condition of the day

2. Life advice

    a. Remember to wash your face with mild running water in the morning, so that the protective film on the skin's surface will not be damaged.

    b. Be sure to add enough plain water every day, and don't wait until you are thirsty to think of drinking water.

    c. Avoid spicy and greasy foods. Drink less and try not to smoke, which is harmful to the skin.

Knowledge

The three defenses of the skin moisturizing system

The first line of defense: the sebum flim. The sebum membrane is the most important layer of skin's moisture retention. It can effectively lock moisture, prevent excessive evaporation of skin moisture, and prevent large amounts of external moisture and certain substances from penetrating. As a result, the moisture content of the skin remains normal.

The second line of defense: stratum corneum lipids. The lipids between the stratum corneum cells like cement. Keratinocytes+ lipids form the stratum corneum. Just like the bricks and cement on the wall, it can prevent the loss of moisture. Many people excessively degreasing and frequent physical friction. If the stratum corneum is damaged, the skin will become sensitive and easily dry and desquamated.

The third line of defense: natural moisturizing factor. There are various natural moisturizing factors in the stratum corneum, which are different from lipids. Moisturizing factors can absorb water and lock in moisture like a sponge. However, excessive exfoliation and exfoliation will cause these moisturizing factors to be lost.

Causes of Dry Skin

a. Genetic factors.

b. As the age increases, the skin's natural moisturizing factors are lost, sebaceous gland secretion is insufficient, mucopolysaccharide synthesis ability is reduced, cell metabolism is reduced, and the accumulation of old dead keratin is caused, which affects the skin's moisturizing ability.

c. The keratin is hyperproliferative and tighter, making it impossible to supply water to each cell.

d. The relative humidity of the external environment decreases, which speeds up the evaporation of epidermal moisture.

e. Excessive sun exposure.

f. Many improper maintenance methods can also cause dry skin. For example, using alkali-containing facial soap, over-cleaning, or using hot water with high temperature to wash your face, etc., will destroy the sebum film.

g. Improper diet, and excessive smoking and alcohol.

My Genetic Result Details

Gene locus	Gene name	My genotype	Description
RS137852931	ST14	GG	strong skin moisturizing ability
RS61816761	FLG	GG	strong skin moisturizing ability
RS17553719	AQP3	TT	strong skin moisturizing ability
RS11103631	intergenic	GG	strong skin moisturizing ability

Test details

- Applicable situation

The skin moisturizing ability item uses 4 polymorphic loci on AQP3, ST14, FLG genes and between them: rs17553719, rs137852931, rs61816761, and rs11103631.

- 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 ability to moisturize.

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 skin moisturizing ability.

Ability To Resist Acne

Acne, also known as acne vulgaris, which is closely related to factors such as excessive sebum secretion, clogged hair follicle sebaceous ducts, bacterial infection and inflammation.

My Ability To Resist Acne

Strong

7.5% of DNAset users are similar to me

Suggestions

- Your ability to resist acne is strong, it is recommended to take care of the skin to maintain a healthy skin condition.
- Cleansing, oil controlling and moisturizing Good skin care habits are good for the skin. Try not to eat too salty, spicy, and greasy foods, and pay attention to eating healthily.
- Don't stay up late, pay attention to sun protection and so on Good living habits are also the key to fighting acne.
- Squeezing acne is not recommended, it is very likely to leave acne marks.
- If you have to squeeze out the acne, it is recommended to use the Correct way to squeeze out.

Knowledge

Causes of Acne

The occurrence of acne (acne) is closely related to factors such as excessive sebum secretion, clogged hair follicle sebaceous ducts, bacterial infections and inflammatory reactions. After entering puberty, the level of androgens, especially testosterone, in the human body rises rapidly, which promotes the development of sebaceous glands and produces a large amount of sebum. At the same time, the abnormal keratinization of the hair follicle sebaceous ducts causes the ducts to be blocked, the sebum discharge is obstructed, and the keratinous plugs or micro-acne are formed. A variety of microorganisms in hair follicles, especially Propionibacterium acnes, multiply. Lipase produced by Propionibacterium acnes decomposes sebum to generate free fatty acids. At the same time, it chemoattracts inflammatory cells and mediators, and ultimately induces and aggravates the inflammatory response.

Classification of acne (acne)

According to the nature and severity of acne lesions, acne is divided into grade 3 and grade 4.
Grade 1 (mild): Only acne.

Grade 2 (moderate): In addition to acne, there are some inflammatory papules.

Grade 3 (moderate): In addition to acne, there are more inflammatory papules or pustules.

Grade 4 (severe): In addition to acne, inflammatory papules and pustules, there are nodules, cysts or scars.

Graded Treatment of Acne

Level 1: Local treatment is generally adopted, and topical tretinoin preparations are the first choice.

Level 2: Combine topical tretinoin and benzoyl peroxide or antibiotics, if necessary, combine oral antibiotics.

Grade 3: Combination therapy is often required. Oral antibiotics combined with topical benzoyl peroxide and/or tretinoin are the first choice. Indicated female patients may also consider anti-androgen therapy.

Grade 4: Oral isotretinoin is the most effective treatment and can be used as a first-line treatment. For patients with more inflammatory papules and pustules, systemic antibiotics combined with topical benzoyl peroxide can also be applied first, and oral isotretinoin can be used for sequential treatment after the skin lesions are significantly improved.

My Genetic Result Details

Gene locus	Gene name	My genotype	Description
RS1060573	C11orf49	AA	weak ability to resist acne
RS1159268	MIR548F3	GG	strong ability to resist acne
RS38055	intergenic	GG	strong ability to resist acne
RS478304	intergenic	GG	strong ability to resist acne
RS747650	C11orf49	TT	strong ability to resist acne

Test details

Applicable situation

The skin moisturizing ability item uses 6 polymorphic loci on C11orf49、MIR548F3 genes and between genes: rs478304, rs1159268, rs38055, rs1060573, rs747650, rs7531806.

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 acne.

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 Caucasian and 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 related to the skin's ability to resist acne.

Ability To Resist Stretch Marks

Stretch marks are pink or purplish red wavy patterns that appear on the skin of the abdomen during pregnancy. Stretch marks have both their own physical reasons and their prenatal care, but also genetic reasons.

My Ability To Resist Stretch Marks

Weak

14.9% of DNAset users are similar to me

Knowledge

Causes of Stretch Marks

The human abdomen has many layers from outside to inside. They are skin, skin elastic fibers, subcutaneous fat layer, rectus abdominis composed of muscle fibers and tendons, preperitoneal fat layer and peritoneum. Under normal circumstances, the elastic fibers of the skin and the rectus abdominis maintain a certain degree of elasticity and can stretch freely within a certain limit. When a woman is pregnant for more than 3 months, the enlarged uterus protrudes from the pelvic cavity and develops into the abdominal cavity. The abdomen begins to swell. Affected by the enlarged uterus, skin elastic fibers and abdominal muscles begin to elongate. Especially after 6 months of pregnancy, it is more obvious. When a certain limit is exceeded, the elastic fibers of the skin are broken, and the rectus abdominis tendons are separated to varying degrees. As a result, irregular vertical cracks of pink or purple red appeared on the skin of the abdomen, that is stretch marks.

Diet health

a. Eat more foods rich in collagen and collagen fibers to enhance skin elasticity, such as fish.

b. Control sugar intake and eat less foods with high pigment content.

c. Drink one cup of skimmed milk every morning and evening, eat fiber-rich vegetables, fruits, and foods rich in vitamins and minerals to increase the permeability of cell membranes and the metabolism of the skin.

d. Vitamin E has anti-aging effects on the skin. Foods rich in vitamin E include cabbage, sunflower oil, rapeseed oil and so on. Vitamin A and B2 are also indispensable substances for smooth and moisturizing skin.

My Genetic Result Details

Gene locus	Gene name	My genotype	Description
RS7787362	intergenic	CT	moderate ability to resist stretch marks
RS10798036	MIR548F1	CG	moderate ability to resist stretch marks
RS35318931	SRPX	GG	weak ability to resist stretch marks
RS7594220	intergenic	AA	weak ability to resist stretch marks

Test details

Applicable situation

The skin resistance to stretch mark ability item uses 4 polymorphic loci on MIR548F1, SRPX genes and between genes: rs7787362, rs10798036, rs35318931, rs7594220.

- 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 stretch marks.

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 moisturizing ability at the genetic level. As 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 the skin's ability to resist stretch marks.

Skin Oil Control Ability

On the one hand, the oil secreted by the skin has the functions of moisturizing and resisting environmental pollution, but if the skin's oil control ability is weak and there will be excessive secretion of oil, it may also cause acne.

My Skin Oil Control Ability

Strong

16.9% of DNAset users are similar to me

Suggestions

- Skin care tips
- Correct cleaning habits: It is best to use mild cleaning products to clean the skin, and it is not suitable to use products with strong cleanliness. Because the skin's own oil is washed away, the skin will produce more oil in order to protect itself, causing the skin to become oilier and even cause acne. Do not wash your face frequently or always use facial cleanser. Frequent washing of your face will dry your facial skin.
- Pay attention to skin hydration: The skin maintains the balance of water and oil. When there is too much oil, the most essential thing is lack of water, and enough water should be added.
- Apply an appropriate amount of sunscreen: A thin layer of sunscreen on the face (except around the eyes) is enough. It should be noted that the application is repeated every two or three hours, and there is no need to apply too thick each time. Otherwise, the skin will not be able to breathe, and the pores will be blocked, causing too much oil to accumulate and cause acne.
- Lifestyle tips
- Reduce the consumption of greasy food: Eating too greasy food is one reason why the skin is prone to oil. If too much oil accumulates in the body, it will be excreted through the pores of the skin. The pores will become thicker as a result, and it will also put pressure on the skin and make it easier to get oil.

- Participate in physical exercise: Exercise more, practice relaxation or meditation, and other exercises that can relieve stress. Studies have found that the human body produces higher levels of androgens under stress. This in turn stimulates the sebaceous glands, causing them to increase the secretion of oil.

Knowledge

Why is oily skin prone to acne

The pH value of sebum (the oil from the skin) is weakly acidic and has a certain antibacterial effect. However, when the sebum secretion is excessive, it will lead to a decrease in the inhibitory effect on bacteria, and the normal flora existing on the skin surface will start to multiply and cause some skin diseases. Excessive sebum secretion can easily cause the hair follicle ducts that excrete sebum to be unable to excrete all of the sebum to the surface of the skin in time, which will block the hair follicle opening. Once the hair follicle opening is blocked, acne bacilli will multiply, and the surface sebum is easy to be contaminated with dust and dirt. In addition, there are a lot of skin flora, and under the action of multiple reasons, the skin begins to develop acne.

My Genetic Result Details

Gene locus	Gene name	My genotype	Description
RS174547	FADS1	CC	strong skin oil control ability
RS1801282	PPARG	CC	strong skin oil control ability
RS743572	CYP17A1	AG	moderate skin oil control ability

Test details

Applicable situation

The skin oil control ability item uses 3 polymorphic loci on genes and between genes, including the CYP17A1 gene, such as rs743572, rs1801282 and rs174547, 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 skin oil control 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 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 skin oil control ability.

Ability To Resist Rosacea

Rosacea, also known as acne rosacea, is a chronic inflammatory skin disease that occurs on the face. It often occurs in the middle of the face, the tip of the nose and the wing of the nose, and can also extend to the cheeks, jaw and forehead.

My Ability To Resist Rosacea

Strong

74.9% of DNAset users are similar to me

Suggestions

1. Skin care recommendations

a. Pay attention to skin care: Many skin care products can irritate the symptoms of rosacea. Try not to use skin care products that contain ethanol, menthol, and witch hazel, and try to use mild skin care products.

b. Pay attention to sun protection: Use sunscreen before going out to prevent ultraviolet (UV) light. Try to use sunscreen with a higher SPF.

2. Life advice

a. Avoid predisposing factors: Common triggers for rosacea include overheating, cold wind blowing on your face, and eating spicy food. These may cause your rosacea to flare up. Different people may have different triggers. Find out what causes rosacea and avoid these triggers.

b. Maintain a happy mood: avoid excessive stress, participate in outdoor activities appropriately, and adjust to a comfortable rhythm of life.

Knowledge

Performance of rosacea

1. Facial redness: Rosacea usually causes continuous redness in the central part of the face. The small blood vessels on the nose and cheeks often swell and become visible.

2. Red and swollen skin: Many people with rosacea also form acne-like pustules on their faces and contain pus. There is a burning sensation on the skin.

3. Eye problems: About half of people with rosacea also experience dry, irritated and swollen eyelids, as well as red and swollen eyelids. In some people, the eye symptoms of rosacea appear before the skin symptoms.

Susceptible groups of rosacea

1. Between 30 and 50 years old.
2. Fair skin, usually seen in people with blond hair and blue eyes.
3. Someone in the family suffers from rosacea or severe acne.
4. Women are more likely to get sick than men. However, men usually have more severe symptoms.

My Genetic Result Details

Gene locus	Gene name	My genotype	Description
RS763035	intergenic	GG	strong ability to resist rosacea

Test details

Applicable situation

The ability to resist rosacea item uses one polymorphic locus between genes: rs763035.

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 ability to resist rosacea.

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.

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 rosacea.

Collagen Retention Ability

Collagen is a very important protein in the human body, mainly found in connective tissues. It keeps the skin elastic, and the aging or loss of collagen can easily cause the skin to age..

My Collagen Retention Ability

Moderate

65.5% of DNAset users are similar to me

Suggestions

- Your Collagen retention ability is medium， so the skin is more prone to wrinkles and sagging than people of the same age.
- Vitamin C is the main raw material for collagen production, so eating with vitamin C has a better effect on maintaining collagen in the skin.
- Appropriate supplementation of Coenzyme Q10 is beneficial to slow down skin aging through its role in repairing damaged collagen.
- Pay attention to good skin care habits such as Sun protection and After-sun repair to prevent the degradation of collagen induced by ultraviolet radiation.
- Medical beauty techniques such as Subcutaneous injection of collagen may be effective in supplementing collagen.
- Good living habits such as sun protection and regular work and rest are also the key to maintaining collagen in the skin.

Knowledge

The effect of collagen on the skin

Collagen and elastic fibers work together to form a mesh-like support, just like the steel structure supporting skin tissue. Sufficient collagen protein can make skin cells plump, make skin moist, delicate and smooth, and can stretch fine lines and wrinkles, which can effectively prevent skin aging.

Causes of collagen loss

There are many reasons for the loss of collagen, such as the increase of age, the damage of ultraviolet, the deterioration of the environment, irregular work and rest, and so on. In addition to the irresistible factor of aging, the most important reason for the loss of collagen is UV damage.

The effect of collagen loss

The loss of collagen will first cause the skin to lose moisture, and wrinkles will appear when the skin is dry. The skin will also lose its elasticity, become sagging, and increase skin pores. In addition, after collagen is swallowed by melanin, if the activated melanin cannot be metabolized in time, it will also bring problems such as spots, uneven skin color or darkness.

My Genetic Result Details

Gene locus	Gene name	My genotype	Description
RS1800795	intergenic	GG	strong collagen retention ability
RS3918242	intergenic	CC	weak collagen retention ability

Test details

Applicable situation

The collagen retention ability item uses 2 polymorphic loci between genes: rs1800795, rs3918242.

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 collagen retention 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 test may not cover all genes or loci that affect collagen retention 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.

My Ability To Resist Cellulite

Weak

90.7% of DNAset users are similar to me

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.