TEST REPORT
Real Time PCR Genotyping

TEST REPORT No	
Applicant	
Name and Surname	
Date of birth	
Sample collection date	
Sample receipt date	
Analysis date	
Analysis code	

ATHLETIC APTITUDE TEST

Gentras ID	Gene	Your genotype result		Variant
GTS026	ACTN-3	X	X	ENDURANCE

The athletic aptitude test highlighted a variant of the ACTN3 gene on your DNA which predisposes you to endurance sports. The ACTN3 gene has important functions at the level of skeletal muscle, coding for a protein that makes the muscle capable of repeating low-intensity physical activity for a long period without feeling fatigue. In your case, your genetics predispose you to an activity of the ACTN3 gene which favors slow and prolonged muscle contraction, predisposing you to endurance sports.

RECOVERY EFFICIENCY TEST

Gentras ID	Gene	Your genotype result		Variant
GTS028	IL-6	C	C	UNFAVORABLE

The Recovery Efficiency test highlighted on your DNA an unfavorable variant of the IL-6 gene, which produces Interleukin-6. Interleukin-6 is a cytokine produced by the muscle during physical activity and regulates inflammation following physical effort. In your case, your genetics predispose you to a less efficient activity of IL-6, therefore the inflammation induced by physical activity has a prolonged duration and post-workout recovery is slowed down.

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DETOXIFYING CAPACITY TEST

Gentras ID	Gene	Your genotype result		Variant
GTS006	MnSOD2	T	C	UNFAVORABLE

The Detoxifying Capacity test highlighted an unfavorable variant of the MnSOD2 gene on your DNA. The MnSOD2 gene acts at the mitochondrial level and is the main detoxifying agent that inactivates free radicals produced during physical activity. Free radicals are unstable molecules that can damage cellular structures and accelerate aging processes. In your case, your genetics predispose you to a reduced defense against free radicals and a greater predisposition to delayed onset muscle pain (DOMS) after physical activity.

JOINT RESISTANCE TEST

Gentras ID	Gene	Your genotype result		Variant
GTS029	COL1A1	T	T	FAVORABLE

The Joint Resistance test highlighted a favorable variant of the COL1A1 gene on your DNA.
The COL1A1 gene has an important structural role in joints and produces type 1 collagen, a protein that connects bones and muscles. In your case, your genetics predispose you to adequate production of type 1 collagen, consequently your joints have good mechanical resistance during physical effort.

CAFFEINE METABOLISM EFFICIENCY TEST

Gentras ID	Gene	Your genotype result		Variant
GTS008	CYP1A2	A	C	UNFAVORABLE

The Caffeine Metabolism Efficiency test has highlighted an unfavorable variant of the CYP1A2 gene on your DNA. The CYP1A2 gene controls the metabolism of caffeine and is responsible for the disposal of caffeine itself, once the latter has exerted its action. In your case, your genetics predispose you to a slowed caffeine metabolism (you are therefore a "slow metabolizer") and to a greater risk of incurring its side effects, such as nausea, tachycardia, insomnia, hypertension.

The Scientific Director