



SUGAR INFLAMMATION PROFILE
WITH GENETIC COMPONENT

MEDICAL REPORT



GLYCATION PROFILE

Sugar



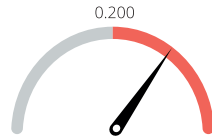
SUGAR INFLAMMATION

Glycated Albumin (GA)



1.36%

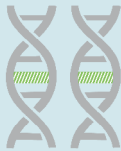
Methylglyoxal (MGO)



0.267
µg/mL

GENE: TCF7L2

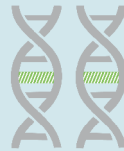
SNP rs7903146
homozygous wild-type (normal)



The genetic predisposition related to the development of type 2 diabetes is absent

GENE: FTO

SNP rs9939609
homozygous wild-type (normal)



The genetic predisposition related to the development of overweight and obesity is absent

GENE: PNPLA3

variant SNP I148M rs738409
homozygous



The genetic predisposition related to the development of hepatic steatosis is present



REPORT

Hi **Mary Smith**,

The results of the GlycoTest are reported and explained in the following pages. Give a full reading to the instructions on the report to make the most of a comprehensive manual your doctor will give you along with the report. It will contain the test and the GlycoTest description.

The GlycoTest is an immediate result, specialist, laboratory-based test designed to measure the quality of glucose metabolism. The test is based on the measurement of fructosamine, a form of glucose that is attached to the amino group of proteins.

The objective of this test is to provide you with the information you need to know about your blood glucose levels, which can help you manage your diabetes. The test is a simple, painless procedure that can be performed in a laboratory or at home. It is a non-invasive test that does not require any special preparation. The test is a simple, painless procedure that can be performed in a laboratory or at home. It is a non-invasive test that does not require any special preparation. The test is a simple, painless procedure that can be performed in a laboratory or at home. It is a non-invasive test that does not require any special preparation.

If you have any questions, please contact us at info@glycotest.com or call us at 1-800-555-1234. We are here to help you understand your results and how to manage your diabetes.

You will be able to read all the contents within your report



Dr. Anita Spelman MD
Chief, Endocrinology and Metabolic Diseases

IF I HAVE PROBLEMS OR QUESTIONS, WHO DO I CONTACT?

Call Dr. Spelman at 1-800-555-1234 for access to my 24-hour patient care center. If you have any questions, please contact us at info@glycotest.com or call us at 1-800-555-1234.

Learn more at www.glycotest.com

Labelling results
2024-10-10 10:17
The following table shows the results of the labelling process.

Labelling results
2024-10-10 10:17



Summary

Item	Label	Percentage	Total
Item 1	Label 1	100%	100%
Item 2	Label 2	100%	100%

Item	Label
Item 1	Label 1
Item 2	Label 2
Item 3	Label 3

Labelling results
2024-10-10 10:17

You will be able to read all the contents within your report

Labelling results
2024-10-10 10:17

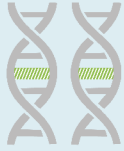
Labelling results
2024-10-10 10:17

Labelling results
2024-10-10 10:17

GENETIC PREDISPOSITIONS

GENE: TCF7L2

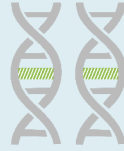
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GENETIC PREDISPOSITION

In order to better guide the controls, it is really important to also know the genetic condition behind a possible altered value in sugar sensitivity. Through the analysis of the genetic predisposition for certain conditions such as obesity, diabetes or liver steatosis, you never read a specific evolution toward the disease, but you can simply understand if there is a structural, genetic or familiar aspect that can drive toward a specific condition when you do not take appropriate measures.

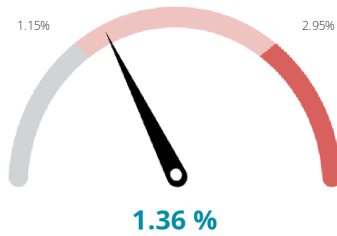
The gene variants or genetic polymorphisms examined in the test are also linked to sugar metabolism. Although they never indicate the development of a disease, these polymorphisms indicate association to develop a specific condition, expressed as odds ratio for some subjects. In these individuals there might be a need for greater nutritional attention due to the presence of a greater personal sensitivity to the type of problem considered. The emerged genetic picture should be considered simply as a "cautionary warning", which can be managed appropriately, sometimes even with simple adjustments of some individually incorrect eating habits.

Those who have an increased predisposition to diabetes, obesity or liver steatosis together with an altered glycation status have the possibility to define and implement a better lifestyle and diet, in order to control in advance potential damages.

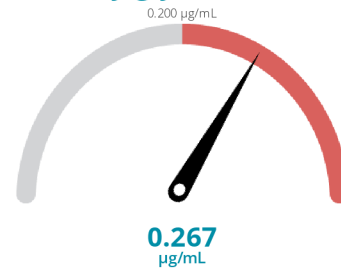
There is also a second positive aspect of knowing your genetic analysis. Based on a study published in 2018 on BMJ^(G9) those who have a genetic predisposition to the development of obesity are also the ones that benefit most with a personalized dietetic approach. In other words, the genetic predisposition can represent either an adverse condition or an advantage also based on how you manage your eating habits.

DIAGNOSIS OF THE GLYCATION LEVELS

Glycated Albumin (GA)



Methylglyoxal (MGO)



Glycated Albumin (GA) reflects short-term glycemia and it is particularly sensitive to changes in average plasma glucose levels over approximately 3 weeks^(G5). In contrast to glycosylated haemoglobin, GA's values take into account the weighted averages of the peaks of fructose or glucose that rise after a meal or after eating sweets or refined starches^(G6). GA represents a “peak index” of the different circulating sugars and it measures the actual effect of protein glycation. In other words, it reads the damage caused by different types of sugars linked to circulating proteins. It is as if sugars “caramelize” circulating proteins, preventing their correct functions^(G12,G13).

Methylglyoxal is one of the oxidative and inflammatory substances that can cause accumulation of free radicals in the body. Its value increases proportionally to the trend of glycaemia and its peaks in relation to the blood fluctuations in the concentration of glucose and fructose^(G8). Certain levels of methylglyoxal also indicate its possible accumulation over time and signal an important alteration in sensitivity to sugars that requires a controlled diet (generally on sweets, wine, fructose, alcohol) to favor their return to basal levels. In addition to the pro-inflammatory actions, methylglyoxal determines an increase in insulin resistance.

The presence of medium/high glycated albumin and methylglyoxal values suggest that your relationship with sugars is altered. These values reveal the harmful effects of glucose, fructose and other sugars, caused by peaks in their intake. Although glycated haemoglobin and fasting blood glucose may appear within the limits, these altered values require an active control of the diet. Methylglyoxal is a marker of oxidative and inflammatory excess and combined with higher levels of glycated albumin, it indicates that sugars can become a problem. Most likely, the value measured is the result of recent excessive eating, therefore, a careful assessment of the overall lifestyle. Eating too much sugar (of any kind) results in glycation process, leading to inflammation. At the same time, the accumulation of methylglyoxal can indicate an existing inflammatory condition.

The resulting advice is certainly to control sugar excesses by putting in practice all possible preventive measures to reduce insulin resistance and control inflammation.

GIORNALI COA, 2021



INDICAZIONI SETTIMANALI

15
UNITÀ ZUCCHERINE

3
SEMPRE PASTI

Può assumere 15 Unità Zuccherine settimanali, distribuite in un massimo di 3 pasti

Questi pasti sono da scegliere tra i **pasti liberi** della sua dieta

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Sollecitazioni In espansione, anche in...	Da evitare
Cereali e carboidrati raffinati (pane, pasta, pizza...)	Occasionalmente
Cereali e carboidrati integrali (pane, pasta, pizza...)	In modo prevalente
Modestia di consumi di...	Preferibilmente al dente
<p>Supplementi suggeriti</p> <p>Integratore contenente Calcio 100 mg/die (1 al dì)</p> <p>Integratore contenente Acido Alfa-lipoico 400 mg/die (1 al dì) (primero il colà da 1 mese all'anno)</p>	

3. LA PARTIE 3.1

ALIMENT (S)	Unité (S)	Indice Glycémique
Torta 1 portion (ca. 100 g)	100 g	5
Pasticcini végétaux 1 pièce (ca. 30-40 g)	1 pièce	2
Pâte à pain 1 portion (ca. 100-120 g)	100 g	5
Salade verte 1 portion (ca. 100 g)	100 g	5
Bûche végétale à base de lait 1 unité (ca. 125 g)	1 unité	4
Bûche à base de lait 1 unité (ca. 175 g)	1 unité	4
Chocolat au lait 30 g	30 g	3
Chocolat fondant 30 g	30 g	2

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Yaourt (nature)	100 g	3
Yaourt aromatisé 1 unité (ca. 125 g) Yaourt (au lait caillé)	100 g	3
Yaourt protéiné (aromatisé) 1 unité (ca. 125 g) Yaourt à boire, vanille, yaourt intensifié de protéines (sans sucre ajouté)	100 g	3
Yaourt 30 g	30 g	3
Fruit déshydraté grande 1 portion Yaourt à boire et aromatisé (yaourt à boire et yaourt à boire)	100 g	1
Fruit déshydraté petite 1-2 cubes Yaourt à boire (sans sucre ajouté)	100 g	1
Pancake industriel 40 g	40 g	2



3. LE PROFIL SUIVI

Aliments / Boissons	Notes Sucre(s)	
vin: 1 verre (25 cl)		5
vin: 1 verre (40 cl)		7
Cocktail alcoolisé / apéritif: 1 verre (200 ml)		7
1 brick de jus de fruits 1 litre (200 ml)		5
1 super-alcool: 1 bock (20 cl)		5
Alcool: consommation: 1 litre (10 cl) tempo: 10 / 8 (fruit) / alcoolisé / alcoolisé alcoolisé / 10 cl vin / 10 cl jus de fruits / 10 cl jus de fruits		7
spiritueux d'orange: 2 verres		4

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Caramelle gommée: 25 gomme (1 pièce)		3
Sucre de lactose: sucre de lactose avec petit / grande quantité de		1
Sucre blanc et intégré: 1 cuillère		1
vin: 1 cuillère (10 cl)		1
Sucre: 2 gomme / 1 comprimé		1

Notes de suivi de la quantité de consommation journalière de sucre	Notes Sucre(s)	
Quelques g de fruits: 50g		3



IL MANAGER

Esempio di menù

I prodotti indicati in questo esempio settimanale possono essere modificati secondo le proprie abitudini, le indicazioni di dieta, i cibi, i cereali e altri cereali, come anche le fonti proteiche segnalate, o possono sostituire e fare a proprio gusto, facendosi la cura di alimentare. Gli alimenti indicati possono essere usati come primo e secondo piatti e come piatto unico.

	COLAZIONE	PRANZO	CENA
Lunedì	<ul style="list-style-type: none"> - Frutti di cereali - Bevanda vegetale non acidificata - Frutta 	<ul style="list-style-type: none"> - Pasta integrale con verdure e affettato di pesce - Frutta (200 g) 	<ul style="list-style-type: none"> - stinco di agnelli - Formaggio stagionato - Crudo di verdure - Frutta (200 g)
Martedì	<ul style="list-style-type: none"> - Crispi con latte di cocco, latte e olio - Bevanda vegetale non acidificata - Frutta (200 g) 	<ul style="list-style-type: none"> - Pasta integrale con sugo di pesce - Frutta secca - Verdure a piacere 	<ul style="list-style-type: none"> - Gallette di riso - affettato - formaggio - Frutta (200 g)

You will be able to read all the contents within your report

Venerdì	<ul style="list-style-type: none"> - Pasta integrale - affettato - Bevanda a piacere non acidificata - Frutta (200 g) 	<ul style="list-style-type: none"> - Riso veneto - Pesce - Verdure miste con salsa di soia - Frutta (200 g) 	<ul style="list-style-type: none"> - Pasta integrale - Carne trafilata - Verdure crude e cotte
Sabato	<ul style="list-style-type: none"> - Crema soffice - Frutta secca - Yogurt greco bianco - Frutta (200 g) 	<ul style="list-style-type: none"> - Gallette di grano saraceno - Olio - Verdure - Frutta (200 g) 	<ul style="list-style-type: none"> - Riso basmati integrale - Tofu - Verdure salate
Domenica	<ul style="list-style-type: none"> - Riso integrale soffice - Yogurt greco bianco - Frutta (200 g) 	<ul style="list-style-type: none"> - Pasta bianca soffice - Sugo di carne e pesce - Verdure 	<ul style="list-style-type: none"> - Gallette di riso integrale - Olio sale con maionese, latte, verdure - Frutta (200 g)



Glicazione

La lettura dei valori di Emoglobina e della percentuale di Albumina glicata consente di identificare i livelli personali di glicemia. Questo può interferire con sintomi come l'itale HbA1c, rivelando tutte strutture dell'organismo, facendo di diabete e patologie importanti come diabete, cancro cognitivo, malattie cardiovascolari e sovrappeso e malattie del re, muscoli, della pelle, sindrome cronica e squilibri ormonali. I livelli di glicazione evidenziano i danni provocati da tutti i tipi di zuccheri, da quelli naturali come il fruttosio alle sostanze analoghe per metabolismo, come alcol o dolcificanti. Questi dati, sia nel diabetico sia nel sano, permettono di impostare una dieta personalizzata e di suggerire integratori che modulano il metabolismo glicemico, per aiutare prevenzione e trattamento dei danni da zuccheri.

Integratori

● **CHROMIUM**

Da solo o miscelato ad altri minerali, grazie alla buona azione di riduzione della resistenza insulinica periferica, è di aiuto nelle alterazioni dell'equilibrio iplico e glicemico. Una buona integrazione di Cromo corrisponde a circa

You will be able to read all the contents within your report

● **ACIDOLIPICO**

L'acido Alfa lipico, un composto ricco di zolfo, svolge un ruolo essenziale nei processi metabolici coinvolti nella produzione di energia, principalmente nel mitocondrio, essendo il cofattore di numerosi enzimi che partecipano al processo di conversione del glucosio, degli acidi grassi ed altre fonti energetiche in ATP. Preserva quindi la funzionalità mitocondriale. Sconsigliato in gravidanza e allattamento.

● **CANNELLA**

L'estratto di cannella è un fitocomposto dalle riconosciute azioni ipoglicemicanti, aiuta così a regolare il metabolismo degli zuccheri, ed è un ottimo coadiuvante nel dimagrimento soprattutto se si è soliti accumulare grasso nel girovita. I preparati a base di estratto secco di cannella possono essere utilizzati anche per periodi prolungati. Sconsigliato in gravidanza e allattamento, consultare il medico per il suo utilizzo associato a farmaci ipoglicemizzanti.

● **GLUTAMINA**

La L-Glutamina è un aminoacido essenziale precursore dell'acido glutammico, un'importante fonte di energia per le cellule cerebrali, che contribuisce al corretto funzionamento centrale e al mantenimento del tono dell'umore. Il suo uso aiuta a ripristinare l'integrità della mucosa intestinale, contribuendo al controllo delle cause alimentari di infiammazione.



STEP 3: ANALYSIS

For this step, you will be asked to analyse the data and to provide a conclusion of the findings, based on the test results. This is a key part of the process and is where you will be asked to provide your own interpretation of the data.

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You will be able to read all the contents
within your report