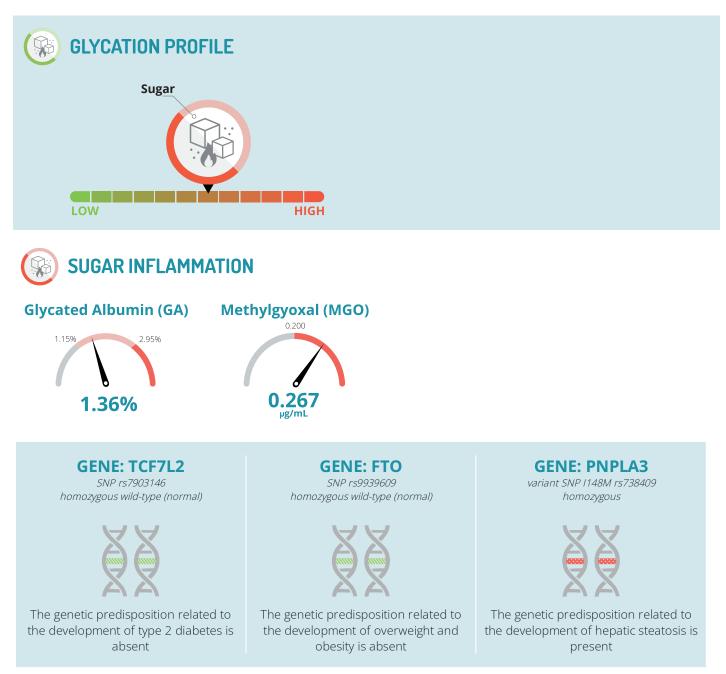


SUGAR INFLAMMATION PROFILE WITH GENETIC COMPONENT

MEDICAL REPORT



- **Q** Mary Smith, 73 years
- GEK Lab





#### N NULL UN

#### Corr Mary Smith.

the next is in the Gassifiet are sponted and an abilities in the following pages. Sense a real easing rest much form our on present in today or exempt, in a prior select market pair at controls with regard and following, with the security acids for a worker as and market pair shap of ecidences.

6 Repli & "Renas

CRUM

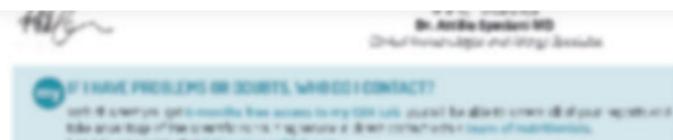
The Gips Techs an interestion and cut specialized, one of only based on the imageneed concernent of two specific globred sectorises that an virtual effects in the methods demages cuerts existing interesting and specific definitions (new prosuble cuerciped)

the educative version is account provide damages that is monotone may be any built of 6 others, phones, indexes actively, come and alterity whatevers world remove that is necessary constituent of 6 others, phones, indexes, thereges is approaches, income any is represent to a present the exclusion of 6 anders and many other of the matery recongress give designs, is preventible as the any difference and removal or angular to require the

temportadio i repetere manerement<sup>er en</sup> facing south planter are gleaned samption, done, are total from to read the starts of total impact, be lighted out only glob over dists, hade dollar manuscriptic distances are setted and device calculation of a

Privatelliken ihren ann in geneti, se lante resided un right un seer risk undereing eleverus minsky eine begrund einer eine Inn auf mittelliken eine begringe das seiter sehn ogen baregen, to sattar eine andereineren teter eine das

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



A 16 St to gas r writte, if of temps into a gablish case,

United to an actual grant case.

O GLYCO	Laborating mode		10010-01	
Radon-Beeller 1984 - H Handrich Berler 1984 - Handrich Berler 1985 - Handrich Berler 1985	Tasan Majina Mahasahar (2011) Mahasahar (2011)			
Trends				
Ret	Realize	Reference resident	Tate .	
Or and all all all all all all all all all al	1.0	14.00127		
and good story	84.00	11-78	14	
-		-		
Beller Berler		+ (#11) (c) (c) (c)		
Refui		New 2405		
		Read to d		
Sad				

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

and general restriction of the second s

Minut All Control of the second secon

Lideolater and - No. and increases on consider a like both of Figure 3 blocks as a second of the depose of "R1 and deposition of the second dep



### **GENETIC PREDISPOSITIONS**



### **GENETIC PREDISPOSITION**

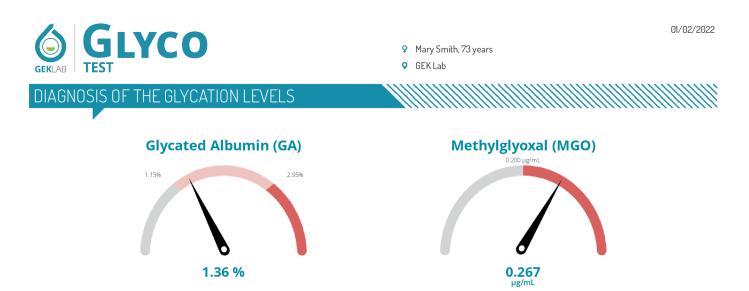
In order to better guide the controls, it is really important to also know the genetic condition behind a possible altered value in sugar sensitivity. Through the analysis of the genetic predisposition for certain conditions such as obesity, diabetes or liver steatosis, you never read a specific evolution 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 secondo positive aspect of knowing your genetic analysis. Based on a study published in 2018 on BMJ<sup>(G9)</sup> 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.





**Glycated Albumin (GA)** reflects short-term glycemia and it is particularly sensitive to changes in average plasma glucose levels over approximately 3 weeks<sup>(G5)</sup>. 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<sup>(G6)</sup>. 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<sup>(G12,G13)</sup>.

**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<sup>(G8)</sup>. 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.





Extension and To approxime, among to J	Do entitare
Carnualit o cardooxidenci calffinacii (sette, pere getitte, )	Occuloration
Cermali e carboidenti integrali patto, pregnitto. ;	in made prevalence
Modulità di cottune Witte creati taleri .	Productibility service ad abortion
Konnecesstici suggestel Integratore contenente Cromo 100 mogiticos 1 el di pimero Integratore contenente Aceto Alfarpaco 400 mgiticos 1 el di pimero	Cool da 1 meza alfannoj





3111-1918/3018-10-034



(templo musil)	and the second s
Regard association 1 wateries 125 gl association (co. 125 gl association (culture cogResso)	
Negori proteci condoloficati 1 vonto pa 125 g deropi intella un bio espot recentra deprine chaire appre ambientoreal	
Encode: 30 g	and a second sec
Brudito di sidicatato grande: 1 ptotti portune dattero e alleccoste o propre anco e ingres crestante (feo esci	-
Realty disideatate piccale, 7-8 hattes destroit-oncome teache d'grop	
Pancalia Industriale: 40 g	





3111-1945/044-12-634



Caramaria gammona: 25 g(cma-l petzt)	-	1
Comme de maetricere anche delc/ficate con polici i gonne aucherate 3	The sector of	• •
Exectivery Bianco a Higgrania 1 custificance	-	• •
senane i cacchaeno reso	The sector of	- 1
Doktificanti 2 genne o 1 compresso.	-	• •
guarantee specific actual to optimise and the specific actual		- 1





Esempio di menù

i prodictó indicat in questo exemplo settimanale possono essene mobilitati secondo le proprie atitudini. La indicazioni di setta, 'tic, quinca c altri consal, conse unche la fonti proteiche segnalate, si possono sociture in base al propri guti, favorendo la vorie à ulmentare. Gi altmenti indicati possono essene usati come primo in secondo piato a come piato unico.

Nethers/Lotter
171.4

123	0140196		
	- Roch d or kill - Snands-regitale ner Antifrass - Rocks	- Radina Hagan con verbala e affettato é press - Inutar (20) p	- streets & egum - Sumagin regionate - Cudité & writurs - Trutte / K.g
	- Origen con larite d'oarean, latte 6.000 - Reconstrueget de sen triofficies - Ruite (2019)	- Paria Imagnae can saga di pena - Piuta amia - Uantum upterari	- Galletta di mais - Affettato - Anaratistato - Trada (1912)

	- Rena Integrale - Affantacio - Benanciano generare suor do officiano - Renato CHEL p	- Roc united - Pecca - Vendure motor con adva di asia - Russachili p	- fara integrale - Cartos Balica - Terdure or altre colto
	- Querras anfilias - Musica satica - Yagun gales deares - Nume (200 g	-Salette di grano sanaceno -Siliva - Netture - Fouture	- Bisc baarnati integrato - Taña - Tantann saliane
	- Ros Heappak saffata - Tagust gasta bianta - Halan (JRC g	- Parta Tressa di Londi - Ragili di Lotte o pesne - raesture	- Salletta di risc Integnale - Dina solle con materiale, terre, rantario - Trada / NC gi



3 1 1 4 PM # 30 PM \_ 1 2 A 3 A

### Glicazione

La lettura dei valori di Metigliossale e della sercentuale di Abumina gliata conserte di clentificaro i loeli personali di glicazione. Quenta può interferite con proteine, escrini, 1994 e 1994, constando morte di clentificaro i loeli personali di do disturbi e patologio importanti come diabeta, ceclino cognitivo, malactie condinascolari e sovrappeso e malatte belle muccos, folla solo, standucos cronica i squilleri ormenali. Hoch di glicazione continutare i danni provinciti di sutti itipi ci pucheri, da quelli naturai come il fruttoso alle sostanze analoghe per metabolismo, come alciti o delcificarti, questi dati, sia nei diabetico sia nei sano, permettoro di imposta e una della personatzoitare di suggerire integritori che modularo il metalolostolo gliamico, per autore priserzione i trattamento dei danti da succheri.

### Integrator'

### Chosen

De solo o mocelaro ad altri noveral, grazie cila buono azione di ribuzione della rezistenza multinia perferica, è di auto nelle attevazioni dell'equilizzo ipelico e gicomeco, una buona megiazione di cioneo corresponde a orca

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

### ACIDIO LIPCICO

Chodo Alfa ciposo, un composto reco di zofo, sudge un ruolo essenzale nei processi metabolici comioli rella probatore di energia, principalmente nel relacordini, essendo il cofattore dinumenco espini che partecipano al processo di comienzone del glucosio, degli aciò grassi e di altre forci energetate in ATP. Presensa quindria funzionaltà reloccidinale. Scornigiato in granitanza e alattamento.

### CANNELLA

Costruito di cannola è un fiscomposto dalla riconecciuta azone sugliconizzante, auta coit a rogalare il metabo lonio degli zuccheri, editi un ottino cuelluvarte nel dinagrimento sopratutto se si è sotti accunurare grasso nel grovita i preparati a base di escrato secco di cannela possore essere utilizzati anche pe periodi protunget. Scon sigliato in gravitanza e allattomento, consultare il medico per il suo utilizzo atomato a farmaci pogliconizzant.

### GLUTAMANA

La L Glatamenina e un ammoacido essenziale precursore dell'acido glutamenco, un'importante fonto di energia per le cellure centinali, che contribuisse al corretto funzionamento centinale e al mantenimento del tano dell'amore. Il suo uno anza a riprittinare l'integrità della mucosa intestinale, contribuando al controllo delle cause almentari di infammazione.



#### LINE 3 HUMBER

CAN' TEAMMA

an area worked to an an array work. The " of a prior at a prior and site, which prior its prior at the " which prior i

the second correspondence is to used of the history of concasts in the rectionalism of the face-size, shared a ray to history, it and the page the second seco

6 Repli & "Rona

Chips

Beneric, verst scalits werdigh ghot income griptale of gestivale distantal cliection of y stear charces so register all distances the

1. Statistic diseases and dynamotabilities (as a locate second receive or to be "a a consultor or goothal harright or and footing goothals carrier highlight the requirements' goothal receives and footing goothals carrier highlight the requirements' goothals rightness and footing goothals carrier highlight the requirements' goothals rightness and footing control to goothal forming to be a statement of a goothal forming being goothals rightness. In this day, the received to move the statement of a goothal forming being goothals rightness. In this day, the received to move the statement of a statement of a statement of a goothal rightness of a statement of the statement of a statement of

B. Spatemic influencestian. A 2014, for a finite is solved a pits exterior and for the of a flacendary or complete contains firs area made is a set product to like, by a same destination and advects artight one finity manufactors are figures on the passes in all geometry is flats the to assess plates are function. A super-scattering states on the plate the figure on the plate the plates are functioned and plates are functioned.

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

Exetual point is a serving study in compose 2.1 accurs you are preparitienally to the gloss "Composers on to the least at 8 access, considering the more and concepts. Methogenesis is comes as a supportion of georyph and in condition of specifiet" a Nectual Providers Reproductor. A devid access sugar after the tender's another, Proceeding the device top or next in ageing condition of the Boart" we is an orthologonal in matters Released, maters Bridge to depice of sursure.

An feadily indicated controls the latest of WGD with a describution action may sump WGL and, the late reactive community indicates "Atlant on the latest same and reactive according to the second and the total of the reactive children the broke involve involvements reactive according to the second process of same prove there is also and plantal incontinue to a control type and anti-income second control of the prove the same of the total of the second control of the second control of the prove the second of the second control of the second co

The Break products provide a single runder description of an electric condition of a dimpole result for the tendent of a second condition of the dimpole result for the poly for the question of the dimpole runder of the poly for the question of the dimpole runder of the poly for the question of the dimpole runder of the question of the dimpole runder of the question of the dimpole runder of the question of the q

the tipes points up can't a the digitation is a net are dis following.

• El el Payne 108 est an el 201888, constructuelle gan 10, inter (Dellarda "AP) • el Barrio 108 est carrier (DEPRES, constructuelle) del constructuelle El anciente (Dellarda El Molt El DEPER, constant el 2017 2017 per 108 per las (MEDE-100807, constructuelle) el constructuelle El anciente (Della Della El DEPER, constant En 1960 5.

NUMBER OF A DESCRIPTION OF



THE THE MUCH

(1) If these does non-tool company is easing below, or reported the plan of presentes becomprised by an element to a spectra below gradies are conducted without a present to be reader of encoders and the page sectors.

6 Repli & "Renas

COLD

#### DENETH VARIANT TOTAL

He come to d a spectral of the sympletic theory additional to the original control of the discrete states of a spectral of the structure states of the structure spectra of the structure states and the structure states and the structure states and the structure states and the structure states are structure at the structure structure states are structure at the structure structure states are structure at the structure structure structure at the structure structure structure at the structure st

#### COMPTC VARIANT FTD

the company of a single of the property and the conductor incompany of the energy field, company to the consisting side. The property and contracted and the property side and filling other facts and on the side of a open at 2018 a 11 or 1600 varies from "2" to 150. The ends rate to a subsort income the editors of a size of 2 or from a chart and property flat in the statistic of a grant of a grant rate of a statistic from end of the from a size at any grant flat ", the statistic of a grant for the grant rate of a statistic from end of the from a scient, for a grant flat is a statistic of a statistic of the grant rate of a grant rate of a statistic of the from a scient, for a grant of the statistic of a statistic of the statistic of the statistic of the from a scient, for a grant of the statistic of a statistic of the statistic of the statistic of the from a scient, for a grant of the statistic of the statistic of the statistic of the statistic of the from a scient, for a grant of the statistic of the statistic of the statistic of the statistic of the from a scient for a grant of the statistic of the statistic of the statistic of the statistic of the from a scient for a grant of the statistic of the statistic of the statistic of the statistic of the from a scient for a grant of the statistic of the statistic of the statistic of the statistic of the from a scient for a scient of the statistic of the from a scient for a scient of the statistic of the

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

Alternative Complete States and the second of the second and the second form of the second sprant of the second of the second second of the second second of the second second

In contacting peak actions we prove on peak contraction used for further account duction of the residented on the angenesistic account of any searching group, an excession contraction on the trap despecting on subgrouters account to work the peak of the second second second second descent account of the second second second second second second second peak of the second second second second second descent account of the second second second second second second peak of the second second

Frid map 47,

Dr. Antillio Speciard MD

Const monorchight are forig Souther



Fayli 4 "Rysa
EDLa

### ALCOST MAL

service informations (10), 7 Min. 14 at 17 consideration and the other of the and the second state of the second second Balled i Par del Balde reso a fra tribute de la Paler paste bran i Balespartiga fada en Bala Priva (Bala en paste de la Paler) Ban interaction of Automa provability & Surger party of B The second state of the BETTER THE BERGEN PERSON BEING THAT Binghas pharmatics 1 altraint and have an an an entry interim and the set of an an a set of the same in a set and service of the first of a to be to be added a to be and a service and the service of the service of the service and the BETHER, AND FRAME OF BUILDING SHITLER Balancerita & an elle de la serie en la Parallella de and state of the second BERGER, I CONTRACT TO A CONTRACT OF A the root of a second strain in Works of a sufficiencies of and data to a straight a straight to the second straight to the second s AND THE R. P. LEWIS CO., NY & MILLING MILLING MILLING. and the property of the second s the original press and part of the data of the second press and BELIEVER AND THE FILL CALLS A MICHAELE

