GENETIC REBALANCE

SAMPLE RESULTS GUIDE

See inside your results



One cheek swab. 45 personalised reports. A clear picture of how your body tends to respond to food, training, sleep and stress, and what you can do about it.

110
genes analysed

45
personalised reports

~10
working days to results

The example pages in this guide come from a real report. Personal details have been removed.

WHAT YOU RECEIVE

45 personalised reports from one swab



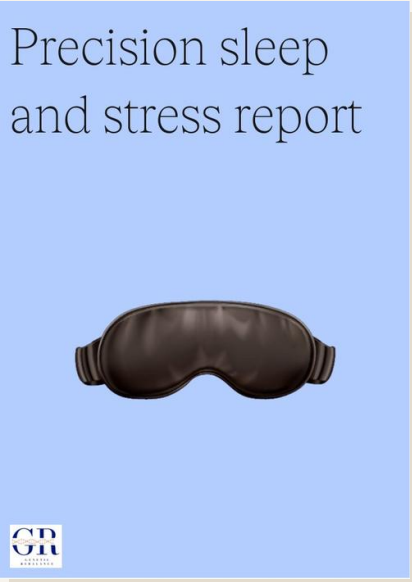
Nutrition

Carbs and fats, vitamins and minerals, caffeine, lactose, salt



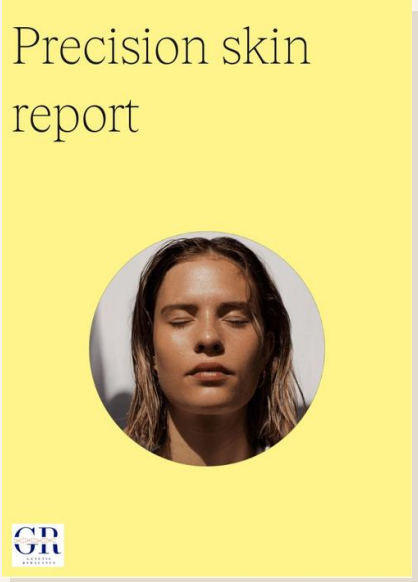
Fitness

Training intensity, aerobic trainability, recovery, injury predisposition



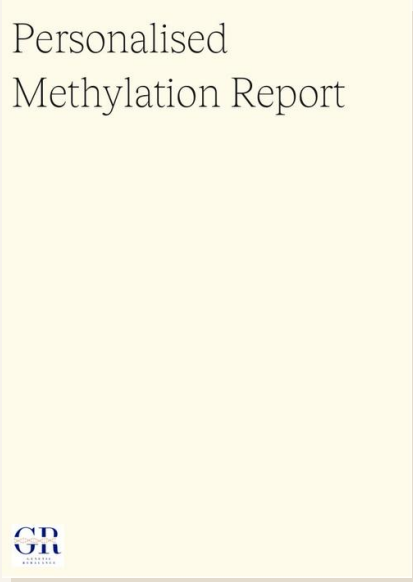
Sleep & stress

Chronotype, sleep quality, caffeine and sleep, stress tolerance



Skin

Skin ageing, oxidative stress, glycation, sensitivities



Methylation

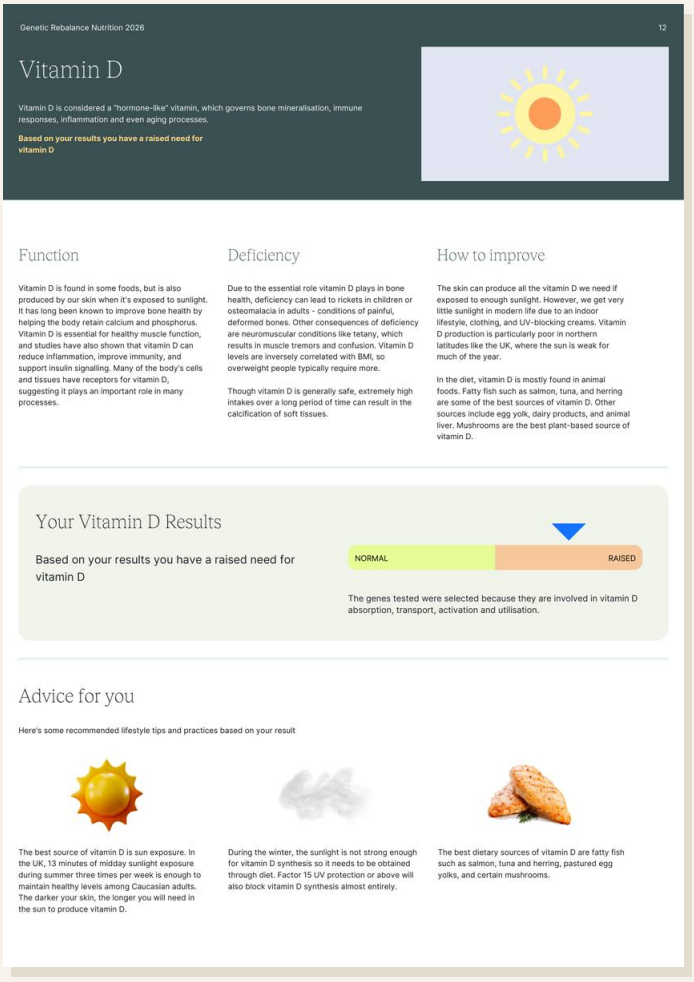
Folate, methionine, transsulphuration, BH4 and urea cycles

Plus your personal guidance

An optional free 15-minute discovery call before your results, and a written summary of what matters most for you.

HOW TO READ A RESULT

Clear results, practical advice



Example page from a nutrition report. Personal details removed.

1 **Your result, at a glance**

A simple scale shows where you sit. Here: a **raised need for vitamin D**.

2 **What it means**

Plain-English background on what the nutrient or trait does and why your genes matter.

3 **How to improve**

Food sources and everyday habits that support your result.

4 **Advice for you**

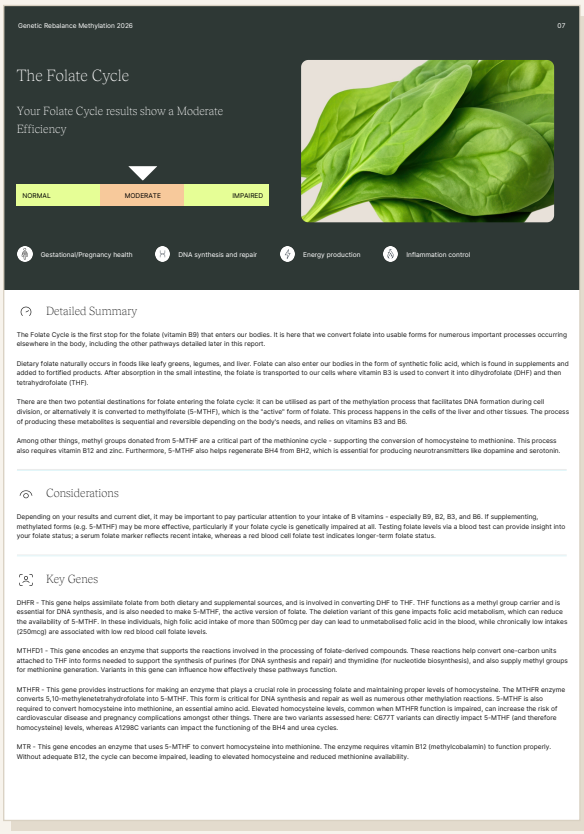
Practical lifestyle tips, picked for your specific result.

Good to know

Your results show genetic tendencies, not a diagnosis. Genes are one part of the picture, alongside your diet, lifestyle and environment.

A FEW MORE EXAMPLES

Insights you can use every day


Genetic Rebalance Methylation 2026 07

The Folate Cycle

Your Folate Cycle results show a Moderate Efficiency

NORMAL MODERATE IMPAIRED

Gestational/Pregnancy health · DNA synthesis and repair · Energy production · Inflammation control

Detailed Summary

The Folate Cycle is the first stop for the folate (vitamin B9) that enters our bodies. It is here that we convert folate into usable forms for numerous important processes occurring elsewhere in the body, including the other pathways detailed later in this report.

Dietary folate naturally occurs in foods like leafy greens, legumes, and liver. Folate can also enter our bodies in the form of synthetic folic acid, which is found in supplements and added to fortified products. After absorption in the small intestine, the folate is transported to our cells where vitamin B3 is used to convert it into dihydrofolate (DHF) and then tetrahydrofolate (THF).

There are then two potential destinations for folate entering the folate cycle: it can be utilised as part of the methylation process that facilitates DNA formation during cell division, or alternatively it is converted to methylfolate (5-MTHF), which is the "active" form of folate. This process happens in the cells of the liver and other tissues. The process of producing these metabolites is sequential and reversible depending on the body's needs, and relies on vitamins B3 and B6.

Among other things, methyl groups donated from 5-MTHF are a critical part of the methionine cycle - supporting the conversion of homocysteine to methionine. This process also requires vitamin B12 and zinc. Furthermore, 5-MTHF also helps regenerate BH4 from BH2, which is essential for producing neurotransmitters like dopamine and serotonin.

Considerations

Depending on your results and current diet, it may be important to pay particular attention to your intake of B vitamins - especially B9, B2, B3, and B6. If supplementing, methylated forms (e.g. 5-MTHF) may be more effective, particularly if your folate cycle is genetically impaired at all. Testing folate levels via a blood test can provide insight into your folate status; a serum folate marker reflects recent intake, whereas a red blood cell folate test indicates longer-term folate status.

Key Genes

DHFR - This gene helps assimilate folate from both dietary and supplemental sources, and is involved in converting DHF to THF. THF functions as a methyl group carrier and is essential for DNA synthesis, and is also needed to make 5-MTHF, the active version of folate. The deletion variant of this gene impacts folic acid metabolism, which can reduce the availability of 5-MTHF. In these individuals, high folic acid intake of more than 500mcg per day can lead to unmetabolised folic acid in the blood, while chronically low intakes (250mcg) are associated with low red blood cell folate levels.

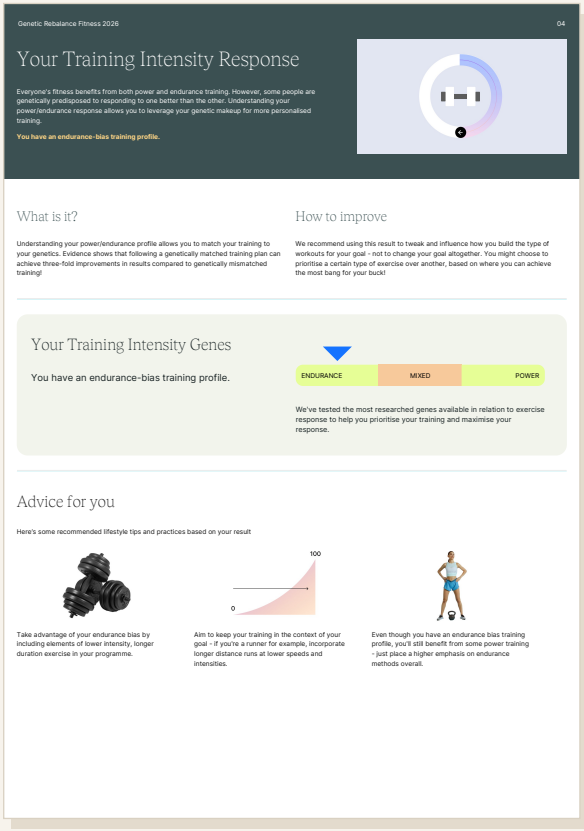
MTHFD1 - This gene encodes an enzyme that supports the reactions involved in the processing of folate-derived compounds. These reactions help convert one-carbon units attached to THF into forms needed to support the synthesis of purines (for DNA synthesis and repair) and thymidine (for nucleotide biosynthesis), and also supply methyl groups for methionine generation. Variants in this gene can influence how effectively these pathways function.

MTHFR - This gene provides instructions for making an enzyme that plays a crucial role in processing folate and maintaining proper levels of homocysteine. The MTHFR enzyme converts 5,10-methylenetetrahydrofolate into 5-MTHF. This form is critical for DNA synthesis and repair as well as numerous other methylation reactions. 5-MTHF is also required to convert homocysteine into methionine, an essential amino acid. Elevated homocysteine levels, common when MTHFR function is impaired, can increase the risk of cardiovascular disease and pregnancy complications amongst other things. There are two variants assessed here: C677T variants can directly impact 5-MTHF (and therefore homocysteine) levels, whereas A1298C variants can impact the functioning of the BH4 and urea cycles.

MTR - This gene encodes an enzyme that uses 5-MTHF to convert homocysteine into methionine. The enzyme requires vitamin B12 (methylcobalamin) to function properly. Without adequate B12, the cycle can become impaired, leading to elevated homocysteine and reduced methionine availability.

Methylation: the folate cycle

How efficiently key methylation pathways tend to work for you, and which B vitamins and foods to focus on.


Genetic Rebalance Fitness 2026 04

Your Training Intensity Response

Everyone's fitness benefits from both power and endurance training. However, some people are genetically predisposed to responding to one better than the other. Understanding your power/endurance response allows you to leverage your genetic makeup for more personalised training.

You have an endurance-bias training profile.

What is it?

Understanding your power/endurance profile allows you to match your training to your genetics. Evidence shows that following a genetically matched training plan can achieve three-fold improvements in results compared to genetically mismatched training!

How to improve

We recommend using this result to tweak and influence how you build the type of workouts for your goal - not to change your goal altogether. You might choose to prioritise a certain type of exercise over another, based on where you can achieve the most bang for your buck!

Your Training Intensity Genes

You have an endurance-bias training profile.

ENDURANCE MIXED POWER

We've tested the most researched genes available in relation to exercise response to help you prioritise your training and maximise your response.

Advice for you

Here's some recommended lifestyle tips and practices based on your result

Take advantage of your endurance bias by including elements of lower intensity, longer duration exercise in your programme.

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Aim to keep your training in the context of your goal - if you're a runner for example, incorporate longer distance runs at lower speeds and intensities.

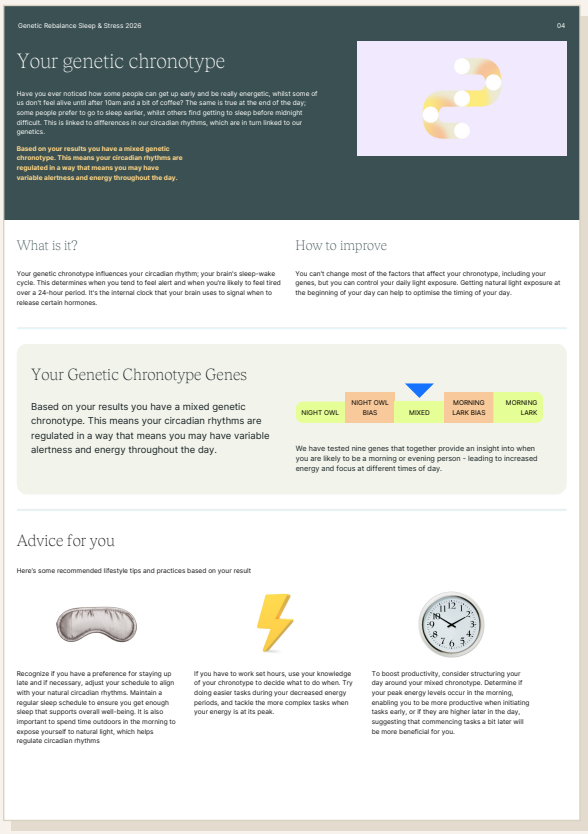
Even though you have an endurance bias training profile, you'll still benefit from some power training - just place a higher emphasis on endurance methods overall.

Fitness: train the way your body responds

Your workout type, aerobic trainability, recovery speed and injury predisposition, so you can train smarter and avoid setbacks.

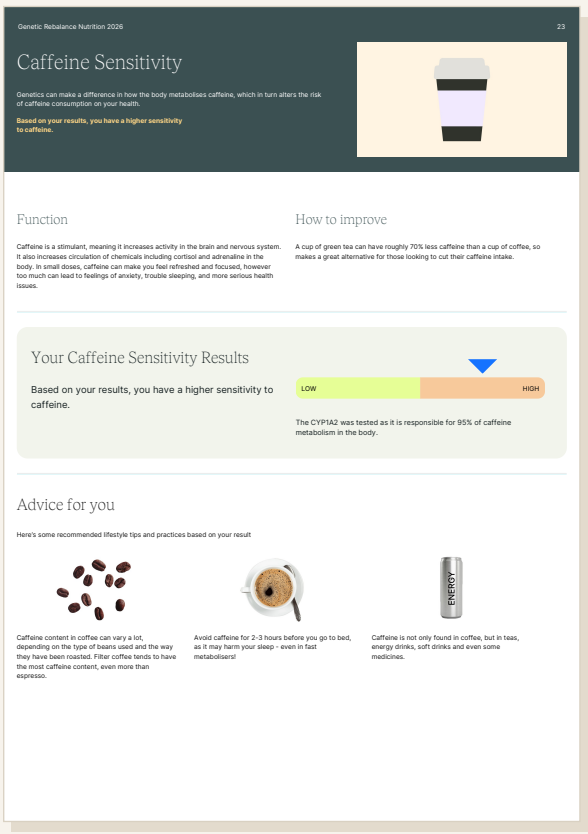
A FEW MORE EXAMPLES

More from your reports



Sleep & stress: your chronotype

Are you a natural early bird or night owl? Use it to plan training, focused work and wind-down time.



Nutrition: caffeine sensitivity

How quickly you tend to process caffeine, and how to time your coffee so it supports your sleep.

FROM INSIGHT TO ACTION

Your report tells you what. Your Blueprint shows you how.

Most people get their results and aren't sure what to do first. That's what the Blueprint session is for.



Your reports

- Your genetic tendencies across 45 reports
- Scales showing where you sit
- General food and lifestyle tips for each result
- Yours to keep and refer back to

Your Blueprint session

45 MINUTES

- A 1:1 walkthrough of your results
- Your priorities: what to focus on first
- A supplement protocol matched to your results, with trusted brands and links
- How and when to take each supplement
- Nutrition, training, sleep and lifestyle plan
- Which blood tests may be worth discussing with your GP
- Your questions answered live

Ready to start?

Order your test at **geneticrebalance.co.uk**. Your kit is posted within 48 hours. Book your free 15-minute discovery call, then your Blueprint session once your results arrive.

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Genetic Rebalance provides wellness and lifestyle guidance. It is not a medical service and does not diagnose, treat or cure any condition. If you have a health concern, please speak to your GP.