

myDNA Personalized Insight	Gene
Appetite & Body Weight	FTO
Fat Storage	PPARG
Fat Burning	ADIPOQ
Body Size and weight regain	MTIF3
Power vs Endurance	ACTN3, AGT, AMPD1, IL6, PPARGC1A
Injury Risk	COL1A1, COL5A1
Stamina	AGT, IL6, PPARGC1A
Recovery	IL6, ACTN3, AMPD1
Caffeine Metabolism	CYP1A1-CYP1A2
Caffeine's Effect on Sleep	CYP1A2
Caffeine Induction	ADORA2A
Sun-induced wrinkles	MC1R
Age Spots	IRF4, RALY/ASIP
Vitamin B6	NBPF3
Folate	MTHFR
Vitamin B12	FUT2
Vitamin D	GC, CYP2R1, DHCR7
Calcium	GC, VDR
Vitamin A	BCM01
Processing Dietary Fats	LIPC
Fibre	APOA5
Processing of Omega 3 and Omega 6	FADS1
Sleep Duration	CLOCK
Morning and Evening people	PER3
Sleep Deprivation	BDNF
Sleep Fragmentation	ADORA2A
Social Jetlag	BDNF
Movement in Sleep	MEIS
Sleep and Weight Management	CLOCK
Sleep and healthy blood sugar levels	MTNR1B
Iron	TMPRSS6, TF
Vitamin C	SLC23A1
Lactose Tolerance	MCM6
Fat Taste	CD36
Bitter Taste	TAS2R38
Sweet Tooth	TAS1R2