

Name: Mutze User
Date: 04-14-2025

Name	Results
Antioxidant capacity	Average levels
Apolipoprotein A1 levels	High levels
Apolipoprotein B levels	High levels
Bitter taste perception	Ability to perceive bitter taste
Blood glucose	High levels
Body fat percentage	High percentage
Body mass index	Low body mass index
Bone mineral density	Low density
Caffeine and anxiety	Average levels of caffeine cravings
Caffeine and sports performance	Increased performance
Caffeine dependence after prolonged consumption	High caffeine dependence
Calcium levels	Low levels
Celiac disease predisposition	Predisposition to develop it
Creatinine levels	Low levels
Diastolic blood pressure levels	High levels
Exercise-induced muscle damage (initial phase)	Slightly high risk
Exercise-induced muscle damage (regeneration capacity)	Slower regeneration
Exercise-induced muscle damage (second phase)	Medium risk
Farmer-hunter profile	Hunter-gatherer profile
Food intake control	Slight tendency to overeat
Galectin-3 levels	Low levels
Genetic predisposition to peanut allergy	High predisposition
Glycated hemoglobin levels	Low levels
HDL cholesterol levels	High levels
Histamine intolerance	Probability of mild DAO deficiency and histamine intolerance.
Intraocular pressure	High levels
Lactose intolerance	High probability of being tolerant
LDL cholesterol levels	Low levels
Levels of vitamin A (beta carotene)	Slightly high levels
Long-chain omega fatty acids levels	Average levels
Lung function (exhaled air volume)	Average volume
Muscle endurance	Increased probability of being a sprinter
Myoadenylate deaminase (AMPD1 gene)	You have one copy of the C34T variant in the AMPD1 gene
Prediction of visceral adipose tissue	High adipose tissue volume
Preference for sweets	High probability of being increased
Serum phosphate levels	Low levels

Systolic blood pressure levels	Low levels
Tendinopathies in lower extremities (legs)	High risk
Tendinopathies in upper extremities (arms)	Medium risk
Urate levels	Low levels
Vitamin B12 levels	Low levels
Vitamin C levels	High levels
Vitamin D levels	Average levels
Vitamin E levels	Slightly high levels

Antioxidant capacity

The body's antioxidant defense system, especially the enzymes glutathione peroxidase and catalase, are responsible for keeping the levels of reactive oxygen species (ROS) low to avoid a physiological state of oxidative stress.

Your genetic results indicate
Slightly lower than average capacity

SNP	GEN OR REGION	GENOTYPE	INTERPRETATION
rs1001179	CAT	TC	Slight reduction of catalase activity. Probably decreased antioxidant function of catalase.

In order to obtain your results, relevant scientific studies published in recent years are evaluated. These studies have identified different genetic variants associated with a higher probability of expressing a particular trait. These traits usually depend on a small number of variants, so that being a carrier of any of them determines to a large extent whether or not the trait is expressed in the individual with a greater or lesser probability.