ULTAGENOMICS

DECODE YOUR DNA. GUIDE YOUR HEALTH.

Longevity Blueprint

GENETICS REPORT

1	3	34
Report	Report Panels	Gene Variants

Example Client
Prepared for

October 7, 2026
Report Date

Our genetic test provides insights into how your unique genetic profile influences health areas. By understanding these genetic tendencies, you and your healthcare provider can make more informed lifestyle and wellness choices to support long-term health goals.

THESE GENE RESULTS MIGHT TELL YOU

- ✓ How your body may respond to certain nutrients
- ✓ Dietary patterns and environmental factors
- ✓ Potential predispositions in detoxification, metabolism, and physical performance
- ✓ Why some wellness strategies may work differently for you

THESE GENE RESULTS WILL NOT TELL YOU

- ✕ Any medical diagnoses
- ✕ Cancer diagnoses or clinical cancer risk assessments
- ✕ Predictions about future health conditions
- ✕ How lifestyle factors outside of genetics impact health outcomes

This report is intended for informational purposes only and does not constitute medical advice. Results reflect genetic predispositions, not guarantees of health outcomes. Always consult a qualified healthcare practitioner before making changes to your health regimen.

A typical or decreased result does not mean there is no risk, and an increased result does not mean a condition will develop. Environment, lifestyle and family history also play a role. Any result that mentions cancer reflects a genetic tendency only. It is not a clinical cancer risk assessment and does not replace recommended cancer screening.

Talk with a healthcare provider before starting any supplement, especially if pregnant or breastfeeding, taking prescription medications, or managing a medical condition. Do not start, stop or change any medication based on these results without first talking with the prescribing provider.

Statements about supplements in this report have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

Research on how genes relate to health is still developing. Some recommendations are based on limited evidence and may be updated as new research becomes available.

Testing is performed by a CLIA-certified, CAP-accredited laboratory. Genotyping is highly accurate, but no laboratory test is completely error-free. Results that will change clinical decisions may warrant confirmatory testing.

OVERVIEW

Results at a Glance

This report covers 3 panels and 5 individual results. The summary below shows where the genetic profile indicates areas worth focusing on, areas to monitor, and areas where results are favorable. The Moderate results are where targeted support may have the most impact.

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NEEDS ATTENTION

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MODERATE

5

OPTIMAL

- Mitochondrial Function
- Cold Plunge Tolerance
- Cold Plunge Inflammation Benefit
- Longevity Propensity
- Telomere Length Propensity

1 Mitochondria

5 variants analyzed

In plain terms: Mitochondria are central to cellular energy production and play a pivotal role in managing oxidative stress, a byproduct of metabolism that can lead to cellular damage if not adequately controlled. The intricate dance between mitochondrial genetics and the cell's ability to produce energy and neutralize oxidative stress is fundamental to understanding metabolic health, aging, and disease resistance. This section explores how genetic variations affect mitochondrial function, with a focus on oxidative stress management and energy metabolism.

Mitochondrial function is inherently linked to the production of reactive oxygen species (ROS), which, at controlled levels, play roles in cell signaling and homeostasis. However, excessive ROS production, due to genetic predispositions affecting mitochondrial antioxidant defenses (such as variations in genes encoding superoxide dismutase (SOD), glutathione peroxidase, and catalase, can lead to oxidative stress, damaging proteins, lipids, and DNA. Genetic insights into these antioxidant pathways can guide strategies to enhance cellular resilience against oxidative stress.

Advancements in genomics provide opportunities for personalized health strategies aimed at optimizing mitochondrial function and managing oxidative stress. Nutritional interventions that support mitochondrial health (e.g., nutrients that enhance mitochondrial biogenesis and function, like coenzyme Q10, alpha-lipoic acid, and creatine) and lifestyle modifications (e.g., exercise, which stimulates mitochondrial biogenesis and enhances antioxidant defenses) can be tailored based on genetic predispositions to maximize efficacy.

YOUR RESULTS

Mitochondrial Function



TYPICAL

UNDERSTANDING WHAT THIS MAY MEAN

Individuals with typical mitochondrial function genetic results exhibit genetic markers that reflect the average population's mitochondrial efficiency in energy production. Regular exercise, a diet rich in fruits, vegetables and omega-3 fatty acids, and avoiding excess alcohol and tobacco can support mitochondrial health.

GENETIC SUMMARY

GENE	RS ID	YOUR GENOTYPE	GENE	RS ID	YOUR GENOTYPE
SIRT1 T1718C	rs3758391	**CC**	**CAT (C>T)**	rs1001179	**CC**
SIRT6 C137T	rs352493	**TT**	**SOD2 A47G**	rs4880	**AG**
CAT C1167T	rs769217	**CC**			

2 Cold Plunge

6 variants analyzed

In plain terms: Cold plunge therapy, also known as cold water immersion, involves immersing the body in cold water for short periods. This practice is gaining popularity due to its potential health benefits, including enhanced muscle recovery, reduced inflammation, improved circulation, and increased mental resilience. The physiological responses to cold exposure, such as the constriction of blood vessels and the activation of brown fat, contribute to these benefits. Understanding the genetic factors that influence an individual's response to cold exposure can help tailor cold plunge therapy for optimal results.

Genetic factors play a significant role in how the body responds to cold exposure. Variations in genes related to cold sensitivity, vascular response, and metabolic rate can affect an individual's experience and benefits from cold plunge therapy. For instance, genes that influence the function of blood vessels, such as those involved in vasoconstriction and vasodilation, can determine how effectively the body adapts to cold temperatures. Additionally, genetic differences in the activation of brown adipose tissue, which generates heat in response to cold, can impact the metabolic benefits of cold plunge therapy. By analyzing these genetic markers, it is possible to understand an individual's potential response to cold exposure and optimize therapy protocols.

Understanding genetic predispositions related to cold plunge therapy can help maximize its benefits. For individuals with genetic variations that enhance cold tolerance and metabolic response, cold water immersion can be particularly effective in promoting muscle recovery and boosting metabolism. Those with less favorable genetic markers might benefit from a more gradual approach to cold exposure or shorter immersion times. Combining cold plunge therapy with other recovery techniques, such as stretching or light exercise, can also enhance its effectiveness. Personalized approaches may include monitoring individual responses and adjusting the duration and frequency of cold plunges to achieve the best outcomes. By leveraging genetic information, healthcare providers and wellness coaches can develop tailored cold plunge therapy protocols, enhancing overall health and well-being.

YOUR RESULTS

Cold Plunge Tolerance



TYPICAL

UNDERSTANDING WHAT THIS MAY MEAN

Individuals with typical cold plunge tolerance genetic results show an average sensitivity to cold exposure. Gradual acclimation, controlled breathing and short durations can help enhance comfort and tolerance to cold plunges.

YOUR RESULTS

Cold Plunge Inflammation Benefit



TYPICAL

UNDERSTANDING WHAT THIS MAY MEAN

Individuals with typical cold plunge inflammation benefit genetic results show a typical benefit from cold plunges in reducing inflammation. This indicates an average likelihood of experiencing anti-inflammatory effects from cold water exposure. Regularly incorporating cold plunges, along with maintaining a healthy lifestyle, can support overall inflammation management and contribute to overall well-being.

GENETIC SUMMARY

GENE	RS ID	YOUR GENOTYPE	GENE	RS ID	YOUR GENOTYPE
UCP1 (T>C)	rs1800592	**TT**	**TNF G-308A**	rs1800629	**GG**
TNF C-857T	rs1799724	**CC**	**PPARGC1A C1444T**	rs8192678	**TC**
TNF T-1031C	rs1799964	**TT**	**ACTN3 C1729T**	rs1815739	**TT**

3 Longevity

23 variants analyzed

In plain terms: Longevity refers to a long life span, characterized by a greater number of years of healthy living. While lifestyle factors such as diet, exercise, and stress management play significant roles in determining longevity, genetic factors also contribute to the ability to live a long and healthy life. Understanding the genetic components that influence longevity can provide insights into strategies for promoting health and well-being into older age.

Several genes have been identified that are associated with longevity and healthy aging. These genes are involved in various biological processes, including DNA repair, cellular maintenance, metabolism, and the regulation of inflammation and oxidative stress. For example, variations in the FOXO3 gene, which is involved in cellular stress response and longevity, have been linked to an increased lifespan. Additionally, genes related to the maintenance of telomeres (the protective caps on the ends of chromosomes) such as TERT, play a crucial role in cellular aging. Genetic variations that enhance the body's ability to manage oxidative stress and inflammation, such as those in the SIRT and IL-6 genes, can also contribute to a longer, healthier life. By examining these genetic markers, it is possible to gain insights into an individual's potential for longevity and develop personalized strategies to support healthy aging.

Understanding genetic predispositions to longevity can inform personalized health and wellness strategies aimed at promoting a longer, healthier life. For individuals with genetic variations associated with increased longevity, recommendations may include maintaining a balanced diet rich in antioxidants, engaging in regular physical activity, and practicing stress management techniques to support overall health. Supplements that promote cellular health, such as omega-3 fatty acids, vitamin D, and antioxidants, may also be beneficial. Additionally, lifestyle interventions that promote DNA repair and cellular maintenance, such as intermittent fasting and caloric restriction, can be considered. Regular health screenings and proactive management of chronic conditions are crucial to preventing age-related diseases. By leveraging genetic information, healthcare providers can develop individualized strategies to enhance longevity and improve the quality of life, helping individuals to live longer, healthier lives.

YOUR RESULTS

Longevity Propensity



TYPICAL

UNDERSTANDING WHAT THIS MAY MEAN

Individuals with typical longevity propensity genetic results show a typical propensity for longevity. This indicates an average likelihood of experiencing a typical lifespan. Maintaining a balanced lifestyle with regular physical activity, a nutritious diet, proper sleep, stress management, and avoiding harmful habits can help support overall health and potentially enhance longevity.

YOUR RESULTS

Telomere Length Propensity



TYPICAL

UNDERSTANDING WHAT THIS MAY MEAN

Individuals with typical telomere length propensity genetic results have an average likelihood of having telomeres of typical length. Maintaining a healthy lifestyle, including a nutritious diet, regular physical activity, stress reduction, and avoiding harmful habits like smoking, can support overall cellular health and longevity.

GENETIC SUMMARY

GENE	RS ID	YOUR GENOTYPE	GENE	RS ID	YOUR GENOTYPE
COMT C186T	rs4633	**CT**	**KL T1054G**	rs9536314	**TT**
COMT G597A	rs769224	**GG**	**COMT G472A**	rs4680	**GA**
SIRT1 g.T3660C	rs12778366	**TT**	**CYP2B6 G516T**	rs3745274	**GG**
STN1 C133+755A	rs9420907	**AA**	**IL-6 A211-285G**	rs2069837	**AA**
NAF1 (A>G)	rs7675998	**GG**	**TP53 G215C**	rs1042522	**GG**
MYNN C18T	rs10936599	**TC**	**CETP G1264A**	rs5882	**AG**

GENETIC SUMMARY

GENE	RS ID	YOUR GENOTYPE	GENE	RS ID	YOUR GENOTYPE
TERT g.C28A	rs2736100	**AC**	**IGF1R G3129A**	rs2229765	**GG**
TERT C1951-205T	rs10069690	**CC**	**FOXO3 A*35-1743G**	rs1935949	**AG**
MTR A2756G	rs1805087	**AA**	**FOXO3 G621+25486T**	rs2802292	**TG**
ATM G5557A	rs1801516	**GG**	**SIRT1 T1718C**	rs3758391	**CC**
C2 G73+1410A	rs558702	**GG**	**SIRT6 C137T**	rs352493	**TT**
BHMT G716A	rs3733890	**AG**			