ULTAGENOMICS

DECODE YOUR DNA. GUIDE YOUR HEALTH.

Focus and Attention

GENETICS REPORT

1	7	67
Report	Report Panels	Gene Variants

Example Client
Prepared for

September 19, 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 7 panels and 8 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.

1

NEEDS ATTENTION

- Sleep Deprivation Sensitivity

0

MODERATE

7

OPTIMAL

- Omega-6 Risk
- Omega-3 Need
- ADHD Propensity
- Attention
- Caffeine Effects on Sleep
- Reported Sleep Quality
- Glucose Metabolism

1 Omega Fatty Acids

7 variants analyzed

In plain terms: Omega fatty acids, including omega-6 and omega-3, are essential polyunsaturated fats that play vital roles in the body's overall health. This section explores genetic propensities for omega-6 risk and omega-3 need, providing insights into how the body may respond to these fatty acids.

Omega-6 fatty acids are important for many biological processes, but an imbalance between omega-6 and omega-3 intake may have implications for health. Some individuals may have a genetic predisposition for a higher risk of imbalanced omega-6 levels, which may lead to inflammation and other health concerns. These individuals may benefit from a dietary approach that focuses on achieving a balanced ratio of omega-6 to omega-3 fatty acids. Incorporating more sources of omega-3 such as fatty fish can help restore the balance.

Omega-3 fatty acids are known for their anti-inflammatory properties and various health benefits. Some individuals may have a genetic propensity for increased omega-3 needs, indicating a higher requirement to maintain optimal health. These individuals may benefit from consuming higher amounts of omega-3-rich foods or considering omega-3 supplementation, especially if dietary intake is limited.

Understanding genetic tendencies related to omega-6 risk and omega-3 need can provide valuable insights for tailoring dietary choices to support overall health. Genetics is just one aspect, and a well-rounded approach to nutrition, including a diverse and balanced diet, regular physical activity, and other healthy lifestyle habits, is crucial for overall well-being.

Examples of Omega-6 food sources include: various vegetable oils, nuts, and seeds.

Examples of DHA and EPA (Omega-3) food sources include: mackerel, salmon, cod liver, herring, oysters, and sardines.

YOUR RESULTS

Omega-6 Risk



TYPICAL

UNDERSTANDING WHAT THIS MAY MEAN

Individuals with typical omega-6 risk genetic results process omega-6 fatty acids in a manner consistent with the general population. Consuming omega-6s in moderation while ensuring adequate omega-3 intake supports the best balance for cardiovascular and inflammatory health. Blood testing can assist in measuring omega levels.

YOUR RESULTS

Omega-3 Need



TYPICAL

UNDERSTANDING WHAT THIS MAY MEAN

Individuals with typical omega-3 need genetic results have standard omega-3 requirements, which can be met through regular consumption of fatty fish (salmon, mackerel) or standard omega-3 supplementation.

GENETIC SUMMARY

GENE	RS ID	YOUR GENOTYPE	GENE	RS ID	YOUR GENOTYPE
FADS1 C1054-109G	rs174548	**GC**	**NOS3 T894G**	rs1799983	**GG**
ELOVL2 G505+225C	rs2236212	**GG**	**BDNF C196T**	rs6265	**CC**
ELOVL2 T*1041C	rs3734398	**TT**	**TNF G-308A**	rs1800629	**GG**
ELOVL2 G-649A	rs953413	**GG**			

2 ADHD

7 variants analyzed

In plain terms: This section delves into the complex interplay of genetic factors that contribute to the risk of developing Attention-Deficit/Hyperactivity Disorder (ADHD), a neurodevelopmental condition characterized by patterns of inattention, hyperactivity, and impulsivity. This analysis is aimed at uncovering the genetic predispositions that may influence the likelihood of an individual being diagnosed with ADHD.

Research has identified multiple genes associated with an increased risk of ADHD, such as variants in the ANKK1 (dopamine receptor) gene, the COMT gene, and other genes that affect neurotransmitter synthesis, transport, and signaling. These genes are crucial for regulating attention, behavior, and emotional response.

YOUR RESULTS

ADHD Propensity



TYPICAL

UNDERSTANDING WHAT THIS MAY MEAN

Individuals with typical risk level genetic results possess an average genetic likelihood of developing ADHD. This means their chances of exhibiting ADHD symptoms align with the general population. Individuals in this group are advised to monitor for common symptoms but are not at an elevated genetic risk.

GENETIC SUMMARY

GENE	RS ID	YOUR GENOTYPE	GENE	RS ID	YOUR GENOTYPE
HTR1B1 C861G	rs6296	**CC**	**MAO-A T891G**	rs6323	**TG**
ANKK1 G2137A	rs1800497	**GG**	**CLOCK A*213G**	rs1801260	**AA**
COMT G472A	rs4680	**GA**	**HNMT A*60G**	rs1050891	**AG**
SNAP-25 G*239T	rs3746544	**TG**			

3 Attention

10 variants analyzed

In plain terms: Attention is the ability to focus on what matters, filter out distractions and shift focus when needed. Genetic variation in pathways that regulate brain signaling may influence how easily attention is sustained and regulated. This section looks at genetic tendencies for attention, which can help guide strategies such as structured routines, regular breaks, sleep and exercise that support focus.

YOUR RESULTS

Attention



TYPICAL

UNDERSTANDING WHAT THIS MAY MEAN

Individuals with typical predisposition for attention genetic results are likely to exhibit focus and concentration abilities that align with the average population. Their capability to stay engaged with tasks, avoid distractions, and manage multiple tasks simultaneously should match general expectations. Engaging in activities that require sustained focus, along with maintaining a healthy lifestyle and practicing mindfulness, can support and potentially improve attentional skills.

GENETIC SUMMARY

GENE	RS ID	YOUR GENOTYPE	GENE	RS ID	YOUR GENOTYPE
COMT C186T	rs4633	**CT**	**BDNF C196T**	rs6265	**CC**
COMT G597A	rs769224	**GG**	**CHRM2 T-46-5906A**	rs324650	**AT**
COMT G472A	rs4680	**GA**	**APOE C526T**	rs7412	**CC**
KL T1054G	rs9536314	**TT**	**APOE C388T**	rs429358	**TT**
SNAP-25 G-63-21820A	rs363050	**AA**	**ADA C22T**	rs73598374	**TC**

4 Caffeine and Sleep

11 variants analyzed

> **In plain terms:** Many people rely on caffeine to wake up and stay alert during the day. However, the effects of caffeine on sleep, and on long-term health can vary significantly from person to person.

Caffeine Effects on Sleep refers to an individual's unique response to the stimulating effects of caffeine on sleep. Some individuals are more sensitive to caffeine and may experience difficulties falling asleep, staying asleep, or experience restless and disrupted sleep patterns even with relatively small amounts of caffeine intake. On the other hand, some individuals may be less sensitive to the sleep-disrupting effects of caffeine and can consume it without significant impact on their sleep quality.

Measured effects and self-reported effects on sleep quality can vary, so using a biometric tracker can assist in ensuring an accurate reading of effects.

This page provides information on the likely effects of caffeine on sleep, suggesting how different individuals may respond to caffeine.

YOUR RESULTS

Caffeine Effects on Sleep



TYPICAL

UNDERSTANDING WHAT THIS MAY MEAN

Individuals with typical caffeine sensitivity genetic results experience standard sleep-disrupting effects from caffeine. Caffeine increases alertness and delays sleep onset, so limiting intake after 12-2 PM supports better sleep quality.

GENETIC SUMMARY

GENE	RS ID	YOUR GENOTYPE	GENE	RS ID	YOUR GENOTYPE
ADORA2A C-274-2427T	rs3761422	**CC**	**CYP1A2 C1291T**	rs28399424	**CC**
ADORA2A C333-527T	rs2236624	**CC**	**CYP1A2 C-729T**	rs12720461	**CC**
ADORA2A G3088-4992A	rs5751862	**AG**	**CYP1A2 T739G**	rs2069526	**TT**
ADORA2A-AS1 (C>G)	rs4822492	**GG**	**CYP1A2 G-3860A**	rs2069514	**GG**
ADORA2A C-275+1797T	rs2298383	**TT**	**CYP1A2 C-163A**	rs762551	**AC**
ADORA2A T1083C	rs5751876	**CC**			

5 Reported Sleep Quality

9 variants analyzed

In plain terms: Sleep quality has a direct effect on focus, memory and mood the next day. How well individuals feel they slept does not always match what is measured by sleep tracking equipment, and genetics can influence how sleep quality is perceived and reported. This section looks at genetic tendencies for reported sleep quality, which may help guide sleep habits that support daytime attention, such as a consistent bedtime routine, limiting caffeine and alcohol in the evening and a dark, quiet sleep environment.

YOUR RESULTS

Reported Sleep Quality



TYPICAL

UNDERSTANDING WHAT THIS MAY MEAN

Individuals with typical subjective sleep quality genetic results are likely to have average self-reported satisfaction with their sleep. Good sleep hygiene and consistent sleep habits support this baseline.

GENETIC SUMMARY

GENE	RS ID	YOUR GENOTYPE	GENE	RS ID	YOUR GENOTYPE
ADA C22T	rs73598374	**TC**	**PPARGC1B C78+13951G**	rs6888451	**CC**
COMT G472A	rs4680	**GA**	**MEIS1 T965+6302G**	rs2300478	**TT**
BTBD9 G1154+104406A	rs3923809	**AA**	**PTPRD G103-113009A**	rs1975197	**AG**
FABP7 C182T	rs2279381	**CC**	**BDNF C196T**	rs6265	**CC**
CLOCK A793-1130G	rs11932595	**AA**			

6 Sleep Deprivation Sensitivity

3 variants analyzed

In plain terms: Sleep deprivation can have significant impacts on physical and mental well-being, affecting cognitive function, mood, performance, and overall health. However, not everyone experiences the same effects of sleep deprivation, in fact, there are individuals who seem to function relatively well even with less sleep.

It is important to note that while genetics play a role, other factors such as lifestyle, stress levels, and sleep hygiene practices also influence sleep deprivation sensitivity. Maintaining a healthy sleep routine, creating a conducive sleep environment, and managing stress can all contribute to better sleep quality and minimize the impact of sleep deprivation.

This page explores the genetic predisposition for sleep deprivation sensitivity, suggesting how different individuals may respond to sleep loss.

YOUR RESULTS

Sleep Deprivation Sensitivity



INCREASED

UNDERSTANDING WHAT THIS MAY MEAN

Individuals with increased sleep deprivation sensitivity genetic results are more susceptible to cognitive impairment, mood changes and performance decline during periods of sleep loss, and recovery from sleep deprivation typically takes longer. Consistent, adequate sleep is especially important for this result.

RECOMMENDATIONS

SUPPLEMENT

Melatonin

1 to 3 mg 30 to 60 min before bed

Regulates the sleep-wake cycle; helps improve sleep onset especially with disrupted circadian rhythms.

SUPPLEMENT

Valerian Root

300 to 600 mg 30 to 60 min before bed

Has sedative properties and increases GABA availability, promoting relaxation and improved sleep.

DIET

Magnesium-Rich Foods

Evening consumption of avocado, pumpkin seeds, and dark chocolate supports GABA and sleep onset.

DIET

Butternut Squash Seeds

1 oz with last meal

High in L-tryptophan, a melatonin and serotonin precursor that supports sleep readiness.

LIFESTYLE

Consistent Sleep Schedule

7 to 8 hours/night

Establishing consistent sleep and wake times is the highest-leverage sleep intervention.

LIFESTYLE

Sleep Environment

Dark, cool, and quiet sleeping environment maximizes deep sleep and reduces night waking.

FURTHER TESTING

Sleep Study (PSG)

Rules out sleep apnea, restless leg syndrome, and other disorders that cause sleep deprivation.

FURTHER TESTING

Melatonin Timing (DLMO)

Dim-light melatonin onset test identifies circadian phase delay, guiding optimal timing of melatonin use.

GENETIC SUMMARY

GENE	RS ID	YOUR GENOTYPE	GENE	RS ID	YOUR GENOTYPE
ADA C22T	rs73598374	**TC**	**COMT G472A**	rs4680	**GA**

GENETIC SUMMARY

GENE	RS ID	YOUR GENOTYPE	GENE	RS ID	YOUR GENOTYPE
DEC2 G1151C	rs121912617	**GG**			

7 Glucose Metabolism

20 variants analyzed

In plain terms: Steady blood sugar supports steady energy and concentration. Large swings in glucose after meals can be followed by dips in focus and alertness. This section looks at genetic tendencies in how the body processes glucose, which may help guide meal timing and food choices that keep energy and attention more even through the day.

YOUR RESULTS

Glucose Metabolism

TYPICAL

UNDERSTANDING WHAT THIS MAY MEAN

Individuals with typical glucose metabolism genetic results exhibit genetic markers that reflect the average population's ability to metabolize glucose. This indicates a standard efficiency in processing blood sugar, with lifestyle and dietary habits playing a significant role in maintaining healthy glucose levels. Individuals with this predisposition are advised to follow a healthy lifestyle, including regular exercise, a balanced diet, and regular medical check-ups, to support optimal glucose metabolism and prevent metabolic disorders.

GENETIC SUMMARY

GENE	RS ID	YOUR GENOTYPE	GENE	RS ID	YOUR GENOTYPE
ADORA2A T1083C	rs5751876	**CC**	**PPM1K (C>T)**	rs1440581	**TT**
CYP1A2 C-163A	rs762551	**AC**	**PPARG C34G**	rs1801282	**CC**
KCNJ11 T67C	rs5219	**CC**	**PLIN1 C772-799T**	rs894160	**TC**
PPARG2 C-76-681G	rs10865710	**CC**	**IRS1 (T>C)**	rs2943641	**TC**
ADIPOQ G-9+3481A	rs822396	**AA**	**GCKR T1423-418C**	rs780094	**TC**
GCK (G>A)	rs4607517	**AG**	**GCK C-30T**	rs1799884	**TC**
MTNR1B C223+5596G	rs10830963	**CC**	**FTO T46-23525A**	rs9939609	**TT**
NAT2 A803G	rs1208	**AA**	**DIO2 T274C**	rs225014	**TT**
FTO T46-39685G	rs17817449	**TT**	**CETP C861T**	rs5883	**CC**
UCP3 G-238A	rs1800849	**GG**	**BDNF C196T**	rs6265	**CC**

APPENDIX A

Supplement Recommendations

Based on your results

Supplements listed below are recommended for panels where at least one result was outside the typical range.

SUPPLEMENT	RATIONALE	PANEL
Melatonin 1 to 3 mg 30 to 60 min before bed	Regulates the sleep-wake cycle; helps improve sleep onset especially with disrupted circadian rhythms.	Sleep Deprivation Sensitivity
Valerian Root 300 to 600 mg 30 to 60 min before bed	Has sedative properties and increases GABA availability, promoting relaxation and improved sleep.	Sleep Deprivation Sensitivity

APPENDIX B

Further Testing Recommendations

Based on your results

Lab tests and assessments recommended for panels where at least one result was outside the typical range.

TEST / ASSESSMENT	CLINICAL RATIONALE	PANEL
Sleep Study (PSG)	Rules out sleep apnea, restless leg syndrome, and other disorders that cause sleep deprivation.	Sleep Deprivation Sensitivity
Melatonin Timing (DLMO)	Dim-light melatonin onset test identifies circadian phase delay, guiding optimal timing of melatonin use.	Sleep Deprivation Sensitivity