AuraGen BLUEPRINT

Comprehensive Genomic Wellness Panel

Seven Domains. One DNA Sample. Your Genomic Blueprint.

RESEARCH USE ONLY | SAMPLE REPORT

NAME	SAMPLE PATIENT	SEX	ON FILE
KIT TYPE	WGS + Blueprint	REPORT DATE	Aug 13, 2026
ACC #	AG-BP-SAMPLE	LAB	Powered by Intelliseq iFlow

What's inside

- Micronutrients & Methylation
- Weight & Metabolic Response
- Cardiovascular & Lipids
- Hormones & Fertility
- Exercise & Recovery
- Sleep, Cognition & Stress
- Inflammation & Longevity

Dear Sample Patient,

Welcome to your AuraGen Blueprint report. This panel looks across seven areas of biology - from how your body processes nutrients, to metabolic response, cardiovascular wellness, hormones, exercise physiology, sleep and stress, and cellular aging - to give you one integrated view of your genetic wellness profile.

Each finding pairs a well-studied genetic marker with practical, general wellness guidance. Where a domain connects to a deeper AuraGen specialty report, we've flagged it so you know exactly where to go for a more detailed picture.

As always, we believe in scientific honesty over hype: every marker in this report is backed by peer-reviewed research, and every recommendation is framed as general wellness information, not a diagnosis.

How to read this report

- Each domain page lists representative markers with their finding and a general wellness note.
- A copper-colored note means the marker connects to a deeper AuraGen add-on report.
- Each marker includes a Low / Moderate / High gauge showing the strength of that genetic association for you - not a risk score. A "High" reading on a favorable trait (like ACTN3 muscle power) is a good thing.

A quick-reference summary across all seven domains. Full findings and context begin on the next page.

Micronutrients & Methylation MTHFR methylation	MODERATE
Weight & Metabolic Response FTO obesity risk	MODERATE
Cardiovascular & Lipids APOE lipid metabolism	HIGH
Hormones & Fertility ESR1 estrogen signaling	MODERATE
Exercise & Recovery ACTN3 muscle power	MODERATE
Sleep, Cognition & Stress CYP1A2 caffeine metabolism	LOW
Inflammation & Longevity SOD2 antioxidant defense	MODERATE

How your body processes B-vitamins, vitamin D, folate-cycle intermediates, and key trace minerals.

MTHFR (rs1801133)

Methylation

GENE FUNCTION
Encodes methylenetetrahydrofolate reductase, the key enzyme converting dietary folate into its active form for the methylation cycle.

YOUR RESULT
Moderately reduced folate-cycle enzyme efficiency, associated with mildly elevated homocysteine in population studies.

Wellness guidance: Diets adequate in folate and riboflavin support this genotype.

MTHFR (rs1801131)

Methylation (A1298C)

GENE FUNCTION
A second, independent MTHFR variant (A1298C). Combined with rs1801133 (C677T) above, this completes your compound MTHFR genotype - the two together are more informative than either alone.

YOUR RESULT
One copy of the A1298C variant; modest additional effect on folate-cycle efficiency.

Wellness guidance: Consider this alongside your C677T (rs1801133) result above rather than in isolation.

FUT2 (rs602662)

B12 status

GENE FUNCTION
Determines blood-group secretor status and shapes gut microbiome composition; secretor status is consistently linked to B12 absorption.

YOUR RESULT
Non-secretor variant associated with lower circulating vitamin B12 across multiple cohorts.

Wellness guidance: Consistent dietary B12 intake or periodic monitoring is worth discussing with your physician.

GC (rs2282679)

Vitamin D transport

GENE FUNCTION
Encodes the vitamin D binding protein, the primary carrier transporting vitamin D through the bloodstream to target tissues.

YOUR RESULT
Typical vitamin D transport efficiency.

LOW | MODERATE | HIGH

Wellness guidance: Regular sun exposure and dietary vitamin D intake are commonly recommended for this genotype.

VDR (rs2228570)

Vitamin D receptor

GENE FUNCTION
Encodes the vitamin D receptor, the protein vitamin D binds to in order to act on bone, immune, and metabolic tissue.

YOUR RESULT
Common receptor variant studied for its role in vitamin D signaling efficiency; no notable deviation.

LOW | MODERATE | HIGH

Wellness guidance: Pairs well with the vitamin D transport finding above - worth discussing together.

FADS1 (rs174537)

Omega-3 conversion

GENE FUNCTION
Encodes a rate-limiting enzyme in converting plant-based ALA omega-3 into the active, usable forms EPA and DHA.

YOUR RESULT
One copy of a variant associated with reduced conversion of plant-based omega-3 to its active forms.

LOW | **MODERATE** | HIGH

Wellness guidance: Direct EPA/DHA sources (fish oil, algae oil) are commonly recommended over relying on ALA alone for this genotype.

LCT (rs4988235)

Lactose tolerance

GENE FUNCTION
A regulatory variant near the lactase gene that determines whether lactase production persists into adulthood.

YOUR RESULT
One copy of the lactase-persistence allele; often associated with at least partial adult lactose tolerance.

LOW | **MODERATE** | HIGH

Wellness guidance: If you experience dairy discomfort despite this result, lactase enzyme supplements or hard cheeses (naturally lower in lactose) are common starting points.

Appetite regulation, incretin signaling, and body-weight set point.

FTO (rs9939609)

Obesity risk

GENE FUNCTION
The most replicated gene in human obesity genetics, expressed in the hypothalamus where it shapes appetite and energy-expenditure signaling.

YOUR RESULT
One copy of the obesity-associated variant; modestly higher average BMI across large studies.

Wellness guidance: Regular physical activity is shown to attenuate this genotype's association with BMI.

MC4R (rs17782313)

Appetite regulation

GENE FUNCTION
Encodes the melanocortin-4 receptor, the brain's hunger "off-switch." Common variants have modest effects on appetite drive.

YOUR RESULT
One copy of a variant near MC4R linked to modestly higher hunger drive.

Wellness guidance: Protein-forward meals and structured eating windows are commonly discussed for this genotype.

GIPR (rs1800437)

Incretin signaling

GENE FUNCTION
Encodes the receptor for GIP, an incretin hormone that regulates insulin secretion and is a target of GLP-1/GIP dual-agonist medications.

YOUR RESULT
Reference genotype at this GIP receptor variant.

Wellness guidance: See your GLP-1 & Metabolic Response report for the full pharmacogenomic picture on this pathway.

-> See your GLP-1 & Metabolic Response report for the full picture.

TCF7L2 (rs7903146)

Glucose homeostasis

GENE FUNCTION
The strongest common genetic risk factor for type 2 diabetes identified to date, affecting insulin secretion and glucose production.

YOUR RESULT
Two copies of the strongest common variant associated with type 2 diabetes risk across studied populations.

Wellness guidance: Carbohydrate quality and regular glucose monitoring are commonly discussed for this genotype.

GIPR (rs10423928)

Incretin regulation (2nd variant)

GENE FUNCTION
A second, independent GIPR variant, distinct from rs1800437 above, studied in relation to GIP receptor regulation and incretin signaling.

YOUR RESULT
One copy of a variant studied in relation to GIPR modulation, distinct from the rs1800437 finding above.

Wellness guidance: See your GLP-1 & Metabolic Response report for how this combines with your other incretin-pathway findings.

-> See your GLP-1 & Metabolic Response report for the full picture.

GLP1R (rs6923761)

GLP-1 receptor binding

GENE FUNCTION
Encodes the GLP-1 receptor itself - the direct binding target of semaglutide, liraglutide, and other GLP-1 receptor agonist medications.

YOUR RESULT
Reference GLP1R genotype.

Wellness guidance: This is a preview only - see your GLP-1 & Metabolic Response report for the full pharmacogenomic interpretation befo discussing GLP-1 therapy with a prescriber.

-> See your GLP-1 & Metabolic Response report for the full picture.

LDL/HDL cholesterol, triglycerides, and lipoprotein(a) - genomic context for your cardiovascular wellness picture.

APOE (rs429358)

Lipid metabolism

GENE FUNCTION
Encodes apolipoprotein E, a key driver of how cholesterol and fat are packaged and cleared from the blood. Among the most consequential lipid-genetics variants.

YOUR RESULT
Two copies of a variant combination influencing LDL cholesterol clearance and long-term cardiovascular research associations.

Wellness guidance: Regular lipid panel monitoring is commonly recommended for higher-risk carriers.

APOE (rs7412)

Lipid metabolism (2nd SNP)

GENE FUNCTION
The second of the two SNPs (alongside rs429358 above) that together determine your full APOE e2/e3/e4 diplotype - the standard clinical way this gene is reported.

YOUR RESULT
Typical result at this second APOE position.

Wellness guidance: Your full e2/e3/e4 status depends on both this result and rs429358 above taken together, not either alone.

LPA (rs10455872)

Lipoprotein(a)

GENE FUNCTION
Encodes apolipoprotein(a), the defining component of Lp(a) particles. Unlike LDL, Lp(a) is almost entirely genetically determined.

YOUR RESULT
Typical Lp(a) genetic profile.

Wellness guidance: A one-time Lp(a) blood test is a reasonable conversation to have with your physician.

PCSK9 (rs11206510)

LDL regulation

GENE FUNCTION
Regulates how many LDL receptors liver cells have available to clear LDL cholesterol - the target of a modern injectable cholesterol-lowering drug class.

YOUR RESULT
Reference PCSK9 genotype.

LOW | MODERATE | HIGH

Wellness guidance: See your Cardiovascular Chain report for the full lipid-pathway breakdown.

-> See your Cardiovascular Chain report for the full picture.

CETP (rs247616)

HDL metabolism

GENE FUNCTION
Encodes cholesteryl ester transfer protein, which shuttles cholesterol between HDL and LDL particles - a major determinant of HDL levels.

YOUR RESULT
Typical HDL metabolism at this locus.

LOW | MODERATE | HIGH

Wellness guidance: General cardiovascular wellness guidance applies.

Estrogen signaling, hormone transport, and reproductive-wellness markers.

ESR1 (rs2234693)

Estrogen signaling

GENE FUNCTION
Encodes estrogen receptor alpha, the primary receptor mediating estrogen's effects on bone, cardiovascular, and reproductive tissue.

YOUR RESULT
One copy of an estrogen receptor variant studied in relation to bone density and hormone-related wellness traits.

Wellness guidance: See your Women's Hormonal Health report for the full hormonal panel and cycle-specific findings.

-> See your Women's Hormonal Health report for the full picture.

SHBG (rs6259)

Hormone binding

GENE FUNCTION
Encodes sex hormone-binding globulin, the transport protein determining how much testosterone and estrogen circulate in active form.

YOUR RESULT
Typical SHBG levels.

Wellness guidance: Relevant to how much active hormone is available in circulation - discuss with your physician if symptomatic.

AMH (rs10417628)

Ovarian reserve marker

GENE FUNCTION
Encodes anti-Mullerian hormone, produced by ovarian follicles and used clinically as a marker of ovarian reserve.

YOUR RESULT
Typical AMH-related genetic profile.

Wellness guidance: Best interpreted alongside a clinical AMH blood test, not as a standalone marker.

OXTR (rs53576)

Oxytocin & bonding

GENE FUNCTION

Encodes the oxytocin receptor. Oxytocin is a hormone central to social bonding, trust, and attachment behavior, studied extensively in relationship and parenting research.

YOUR RESULT

One copy of the GG-associated allele linked to stronger prosocial and bonding response patterns in research settings.

LOW | **MODERATE** | HIGH

Wellness guidance: Social connection and relationship quality are broadly beneficial for wellbeing regardless of genotype.

Muscle fiber composition, tendon and ligament structure, and inflammatory recovery capacity.

ACTN3 (rs1815739)

Muscle power

GENE FUNCTION
Encodes alpha-actinin-3, a structural protein in fast-twitch (type II) muscle fibers. The most-studied single gene in sports genetics.

YOUR RESULT
One functional copy of ACTN3, associated with a blend of power and endurance muscle performance.

LOW | **MODERATE** | HIGH

Wellness guidance: Power and sprint-style training may align especially well with this genotype.

PPARGC1A (rs8192678)

Aerobic capacity

GENE FUNCTION
PGC-1alpha is the master regulator of mitochondrial biogenesis - how many mitochondria your cells build in response to endurance training.

YOUR RESULT
One copy of a variant associated with baseline aerobic capacity (VO2max).

LOW | **MODERATE** | HIGH

Wellness guidance: Endurance training remains broadly beneficial regardless of genotype.

COL5A1 (rs12722)

Tendon & ligament structure

GENE FUNCTION
Encodes type V collagen, which regulates the diameter and structural organization of collagen fibrils in tendons and ligaments.

YOUR RESULT
Typical tendon collagen structure.

LOW | MODERATE | HIGH

Wellness guidance: Extended warm-up and gradual load progression are commonly recommended for this genotype.

IL6 (rs1800795)

Inflammatory recovery

GENE FUNCTION
Encodes interleukin-6, a cytokine released by working muscle that drives both phases of post-exercise inflammatory recovery.

YOUR RESULT
Typical inflammatory recovery response.

LOW | MODERATE | HIGH

Wellness guidance: Recovery nutrition and adequate rest intervals support this genotype.

Circadian rhythm, caffeine metabolism, and stress-response neurochemistry.

CYP1A2 (rs762551)

Caffeine metabolism

GENE FUNCTION
Encodes the liver enzyme responsible for roughly 95% of caffeine clearance - one of the best-validated genes in nutrigenomics.

YOUR RESULT
Fast caffeine metabolizer genotype.

Wellness guidance: Slow metabolizers may benefit from limiting caffeine, particularly in the afternoon and evening.

COMT (rs4680)

Stress & dopamine clearance

GENE FUNCTION
Encodes the enzyme that breaks down dopamine in the prefrontal cortex, shaping a tradeoff between stress resilience and working memory.

YOUR RESULT
Intermediate dopamine clearance - a blend of stress resilience and working-memory sensitivity.

Wellness guidance: Informational - pairs well with your own observations about focus and stress response.

CLOCK (rs1801260)

Circadian rhythm

GENE FUNCTION
A core component of the molecular circadian clock governing your roughly 24-hour sleep-wake cycle.

YOUR RESULT
Typical circadian timing.

Wellness guidance: Consistent sleep and wake scheduling supports this genotype.

BDNF (rs6265)

Neuroplasticity

GENE FUNCTION
Encodes brain-derived neurotrophic factor, supporting neuron growth and survival. Exercise is a strong natural stimulator of BDNF release.

YOUR RESULT
One copy of a variant affecting BDNF secretion, studied in relation to exercise-induced mood benefit.

Wellness guidance: Regular aerobic exercise is a strong natural stimulator of BDNF regardless of genotype.

OPRM1 (rs1799971)

Pain sensitivity

GENE FUNCTION
Encodes the mu-opioid receptor, the primary target of both the body's natural pain-relief system and opioid pain medications.

YOUR RESULT
One copy of a variant studied in relation to reduced analgesic response and pain tolerance.

Wellness guidance: Worth mentioning to a prescriber if opioid pain management is ever being considered - non-opioid approaches may be effective for this genotype.

Oxidative stress defense and cellular aging pathways.

SOD2 (rs4880)

Antioxidant defense

GENE FUNCTION
Encodes manganese superoxide dismutase, the primary mitochondrial antioxidant enzyme neutralizing reactive oxygen species.

YOUR RESULT
One copy of a variant studied in relation to oxidative stress handling.

Wellness guidance: An antioxidant-rich diet is commonly discussed for this genotype.

NQO1 (rs1800566)

Detoxification

GENE FUNCTION
Encodes an enzyme in the body's phase II detoxification system, protecting cells from oxidative damage and reactive quinone compounds.

YOUR RESULT
Typical phase II detoxification enzyme activity.

Wellness guidance: Cruciferous vegetables support this detoxification pathway.

GSTP1 (rs1695)

Detoxification

GENE FUNCTION
Encodes a glutathione S-transferase enzyme involved in phase II detoxification, neutralizing reactive compounds by conjugating them to glutathione.

YOUR RESULT
Typical glutathione-conjugation detox capacity.

Wellness guidance: Pairs with the NQO1 finding above as part of your broader detox picture.

FOXO3 (rs2802292)

Longevity marker

GENE FUNCTION

Encodes a transcription factor central to cellular stress resistance and DNA repair - one of the few genes consistently replicated across longevity studies.

YOUR RESULT

One copy of one of the most replicated human longevity-associated variants.

Wellness guidance: Associated with healthy aging in observational research; no specific action needed.

Your AuraGen Blueprint panel is a broad wellness overview. For the domains where your results stood out, these specialty reports use the same DNA sample already on file to unlock a full, pathway-level analysis.

GLP-1 & Metabolic Response

Deep-dive pharmacogenomic analysis of GLP-1/GIP receptor pathways, appetite hormones, and metabolic response markers.

$89

Skin + Cancer Connection

Collagen structure, photoaging, pigmentation, and dermatologic-relevant cancer-risk markers.

$89

Women's Hormonal Health

Comprehensive hormonal panel covering endometriosis, PCOS, bone density, and menopause-timing markers.

$99

Cardiovascular Chain

Extended lipid and cardiovascular risk panel with a full pathway-level breakdown.

$129

Ready to go deeper? Visit auragenwellness.com/reports to add any of these to your profile.

Your existing WES/WGS sample is already on file - no new kit required.

Every marker in this report is grounded in peer-reviewed literature. Citations are listed below by gene, in the order markers appear in the report.

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