

The PureGenomics™ Immune Protocol

Developed with Nathan Morris, M.D.[†]

Gene	SNP	Alleles	What it means	Diet & Lifestyle Recommendations	Pure Encapsulations® Products
IL-6	C-237G or C-174G (rs1800795)	G/G (+/+) G/C (+/-) C/C (-/-)	The G allele is associated with increased production of IL-6 and higher plasma levels.	(+/-) or (+/-) • Manage stress, get adequate sleep and exercise regularly (-/-) • No recommendations	(+/-) or (+/-) • EPA/DHA essentials • Resveratrol EXTRA (-/-) • No recommendation
TNFA	A-308G (rs1800629)	A/A (+/+) A/G (+/-) G/G (-/-)	The A allele is associated with increase in TNF-α expression and higher circulating levels.	(+/-) or (+/-) • Manage stress, get adequate sleep and exercise regularly. Intermittent fasting and fasting mimicking diets have been shown to moderate TNF-alpha. Consider these diets only under medical supervision. (-/-) • No recommendations	(+/-) or (+/-) • EPA/DHA essentials • Resveratrol EXTRA (-/-) • No recommendation
SLC23A1	rs33972313	A/A (+/+) A/G (+/-) G/G (-/-)	Associated with lower circulating vitamin C levels.	(+/-) • Ensure adequate intake of vitamin C. Dietary sources include citrus fruits and berries. 90 mg/day for adult men and 75 mg/day for adult women is generally adequate to maintain healthy immune function. Your healthcare practitioner will determine whether you need a supplement. (+/-) • Ensure adequate intake of vitamin C. Dietary sources include citrus fruits and berries. 90 mg/day for adult men and 75 mg/day for adult women is generally adequate to maintain healthy immune function. 4 to 5 servings of fruit and vegetables typically provides approximately 200 mg. Higher doses are not necessary on the basis of this SNP alone. Your healthcare practitioner will determine whether you need a supplement. (-/-) • No recommendations	(+/-) or (+/-) • Ascorbic Acid or Buffered Ascorbic Acid (capsule or powder) (-/-) • No recommendation

Note: These SNPs are markers of genetic predisposition supported by a limited, yet evolving body of evidence. Due to the many factors that modify their effects on physiology, a positive result does not necessarily mean that any or all of the recommended supplements are needed. Consider additional methods, such as those under Assessment Recommendations below, to determine the need for support.

SNP	Assessment Recommendations*
IL-6	HsCRP: Adults: <1.0 mg/L
TNFA	HsCRP: Adults: <1.0 mg/L
SLC23A1	Self-reported dietary vitamin C intake

[†]Dr. Morris has been retained as a consultant in advising Pure Encapsulations.

*Reference ranges were obtained from Dynacare. These ranges apply to adults only.

This information is intended for use by healthcare practitioners, is for informational purposes only, and does not establish a doctor-patient relationship. Please be sure to consult your physician before taking this or any other product. Consult your physician for any health problems. These products may not be right for everyone. Always read and follow the label.

Available for download at PureGenomics.ca



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