

The PureGenomics™ Antioxidant & Cellular Defence Protocol

Developed with Nathan Morris, M.D.†

Gene	SNP	What it means	Recommendations	Pure Encapsulations® Products
SOD2	Val16Ala (rs4880)	Alters the location of the SOD2 enzyme, which compromises antioxidant defences	<ul style="list-style-type: none"> • Astaxanthin • Vitamin C • DIM • Sulforaphane 	<ul style="list-style-type: none"> • Nrf2* • Astaxanthin • Ascorbic Acid or Buffered Ascorbic Acid (capsule or powder) • DIM & Detox
GSTP1	Ile105Val (rs1695)	Reduced ability to conjugate certain toxins with glutathione	<ul style="list-style-type: none"> • Glutathione • Alpha Lipoic Acid • N-Acetyl-L-Cysteine • DIM • Sulforaphane 	<ul style="list-style-type: none"> • Nrf2* • Liposomal Glutathione • Alpha Lipoic Acid 400 mg • NAC 600 mg • DIM & Detox

Please note that patients may not require all supplements listed. The selection can be fine-tuned by assessing nutrient levels (refer to suggested monitoring below) or by other testing you would normally include in the patient evaluation.

SNP	Assessment Method(s) to evaluate progress
SOD2 Val16Ala (rs4880)	<ul style="list-style-type: none"> • NutrEval® FMV (Genova Diagnostics®) includes analysis of antioxidant status as part of a comprehensive evaluation. The Oxidative Stress Analysis 2.0 (Genova Diagnostics®) provides a more in-depth assessment of antioxidant defences. Urinary F₂-isoprostanes are also useful in assessing and monitoring systemic antioxidant status.
GSTP1 Ile105Val (rs1695)	<ul style="list-style-type: none"> • Estrogen metabolite ratios (2-OHE1:16α-OHE1) reflect the amount of protective estrogen (2-hydroxyestrone) relative to the stronger estrogen, 16α-hydroxyestrone. Cruciferous vegetables and their metabolites, such as DIM, support a healthy ratio.

*Coming Soon

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

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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