

The PureGenomics™ Metabolic Support Protocol

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Gene	SNP	What it means	Recommendations	Pure Encapsulations® Products
ADIPOQ	rs17366568	Associated with low blood levels of adiponectin, a hormone that maintains healthy glucose and lipid metabolism. This relationship has been demonstrated in Caucasians of European descent. Its relevance to other ethnic groups has not been established.	<ul style="list-style-type: none"> • Omega-3 fatty acids • Alpha lipoic acid, berberine and resveratrol • Exercise • Mediterranean or plant-based diet emphasizing whole foods, vegetables and healthy fats 	<ul style="list-style-type: none"> • EPA/DHA essentials • Metabolic Xtra
FTO	rs9939609	Genetic predisposition to a higher body weight and body fat percentage. This is due, in part, to increased appetite and diminished satiety after meals. Carriers may be more likely to lose weight through diet and lifestyle modifications than non-carriers.	<ul style="list-style-type: none"> • Increase protein intake • Fucoxanthin and green tea • Whole food diet emphasizing colourful fruits and vegetables • The Mediterranean diet may reduce the impact of the FTO SNP on metabolic health • Adequate sleep to help reduce cravings • Regular exercise 	<ul style="list-style-type: none"> • PureLean® with or without stevia • XanthiTrim • PureLean® Fibre
FADS	rs174547	Diminished capacity to convert omega-3 fatty acid precursors from plant sources (linolenic acid from flaxseed oil, for example) to active omega-3 fatty acids (EPA and DHA).	<ul style="list-style-type: none"> • EPA and DHA 	<ul style="list-style-type: none"> • EPA/DHA essentials
APOA2	rs5082	Associated with increased food intake and weight gain, particularly when saturated fat intake is high.	<ul style="list-style-type: none"> • Reduce saturated fat intake. In one study, consuming less than 22g/day reduced the effect of this genotype on body weight. 	<ul style="list-style-type: none"> • PureLean® Fibre

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.

Gene and SNP	Assessment Method(s) to evaluate progress
ADIPOQ (rs17366568)	<ul style="list-style-type: none"> • Serum adiponectin is a useful method to determine a patient's levels and to monitor the effect of diet and lifestyle interventions on metabolic health. Metabolic Xtra should be considered if other testing determines that glucose homeostasis is a clinical objective.
FTO (rs9939609)	<ul style="list-style-type: none"> • Anthropometric measurements (body weight and body composition). • Assess vitamin D levels. Correcting a deficiency may reduce the effect of the SNP on body weight.
FADS (rs174547)	<ul style="list-style-type: none"> • Omega-3 index or similar blood testing is useful for monitoring. The Essential and Metabolic Fatty Acids Analysis RBC (Genova Diagnostics®) is recommended.
APOA2 (rs5082)	<ul style="list-style-type: none"> • Anthropometric measurements (body weight and body composition).

†Our Medical Advisors have been retained as consultants 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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