

The PureGenomics™ Vitamin A & D Protocol

Developed with Nathan Morris, M.D.[†]

Gene	SNP	What it means	Recommendations	Pure Encapsulations® Products
BCMO1	R267S (rs12934922) and/or A379V (rs7501331)	Reduced ability to convert beta-carotene to vitamin A	<ul style="list-style-type: none"> Preformed vitamin A (retinol) 	Vitamin A + Carotenoids* <ul style="list-style-type: none"> Provides 5 000 IU preformed vitamin A (retinol) Also provides lutein, zeaxanthin and astaxanthin to support ocular health
GC	(rs2282679)	Delivery of vitamin D to cells may be limited	<ul style="list-style-type: none"> Vitamin D₃ 	Vitamin D₃ liquid* <ul style="list-style-type: none"> Provides 1 000 IU vitamin D₃ per drop

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
BCMO1 (R267S and/or A379V)	<ul style="list-style-type: none"> Serum retinol is useful in ruling out severe deficiency. Elevated serum beta-carotene indicates limited conversion of dietary beta-carotene to retinol.
GC (rs2282679)	<ul style="list-style-type: none"> Serum 25-hydroxy vitamin D is the best indicator of vitamin D status, regardless of genotype.

*Coming Soon. Vitamin A 10 000 IU is also available.

[‡]Vitamin D₃ is also available in: 1 000 IU Capsules.

[†]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



866-856-9954 | PureEncapsulations.ca



490 Elgin Mills Road E., Richmond Hill, ON L4C 0L8

©2017 Pure Encapsulations, Inc., All Rights Reserved