



# HairLife Test

## Personalized Report

Name: Michael Reed

Gender: Male

Hair Loss Type: Receding Hairline



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# HAIR LOSS SUMMARY REPORT



## Male Hair Loss & Greying

Traits	Common Symptoms	Risk	Recommendations
Androgenetic Alopecia	Increased thinning at part line followed by hair loss at top of head	High	You are recommended a diet rich in anti-inflammatory fruits, veggies, and fish or supplements. Apply 1% Ketoconazole shampoo. You have a low response to Finasteride while Minoxidil response is positive.
Alopecia Areata	Hair loss on scalp, eyebrows and eyelashes	High	You are recommended a diet rich in veggies and fresh herbs. Vitamin D and Zinc supplements are recommended. You have a low response to glucocorticoid treatment, instead Sulfasalazine (by prescription) would be more effective.
Hair Greying	The hair turns grey or white from its original color	Interme- diate	You are recommended to maintain a healthy diet.



## Hair & Eyebrow Shape

Traits	Impact
Eyebrow thickness	Intermediate
Curliness	Intermediate



## Male Beard Thickness

Traits	Impact
Beard Thickness	Positive



## Hair Nutrition

Traits	Risk	Recommendations
Vitamin A	High	Include foods such as pumpkin, carrots, sweet potatoes, and spinach in your diet to meet your daily requirement.
Vitamin D	High	Include fatty fish, fish liver oils, and milk or cereals fortified with vitamin D in your diet to meet your daily requirement.



## Minerals Needs

Traits	Risk	Recommendations
Zinc	High	Include legumes in your daily diet or oral supplements to meet dailyneeds.
Antioxidant Response	High	Maintain standard intake of antioxidant rich diet such as apple, green tea, omega 3 fatty acid etc. as per recommended dietary allowance



# HAIRLIFE REPORT

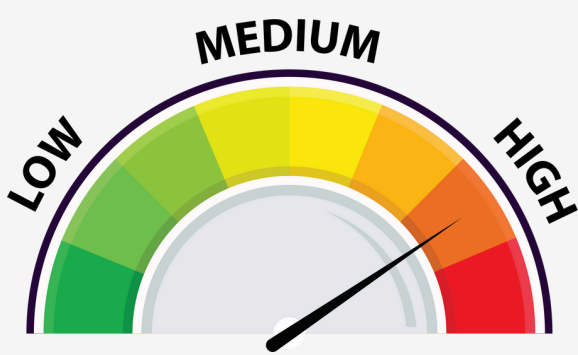
Name: Michael Reed

Condition: Receding Hairline

## RESULTS

Test results indicates a high risk of Androgenetic Alopecia due to variation in AR gene.

## Androgenetic Alopecia Risk



## KEY RISK GENES

AR & CYP3A4

## PERSONALIZED RECOMMENDATIONS

Vitamin	Result	Diet Recommendations	Supplement Recommendation
Vitamin B12	low vitamin B12 absorption	Include Beef liver, Egg, Chicken, Low-fat Milk, Yogurt, and Cheese in your diet.	Nature's Bounty Vitamin B12 or Nature Made Vitamin B12 Supplement

Mineral	Result	Diet Recommendations	Supplement Recommendation
Antioxidant	Low antioxidant response	Include Beans, Beets, Avocados, Nuts in your diet.	ELMNT 2150mg Super Antioxidant or Qunol CoQ10 100mg Softgels

## TREATMENT RECOMMENDATIONS

- Genetic analysis indicates low response to Finasteride.
- Topical Minoxidil should be considered as an alternative.

Pharmacogenetic Analysis			
Condition	Non-Responder	Positive Response	Product Recommendations
Androgenetic Alopecia	Low finasteride response	Minoxidil	Nizoral Anti-Dandruff Shampoo with 1% Ketoconazole or Rogaine Men's Thickening 2 in 1 shampoo



# HAIRLIFE REPORT

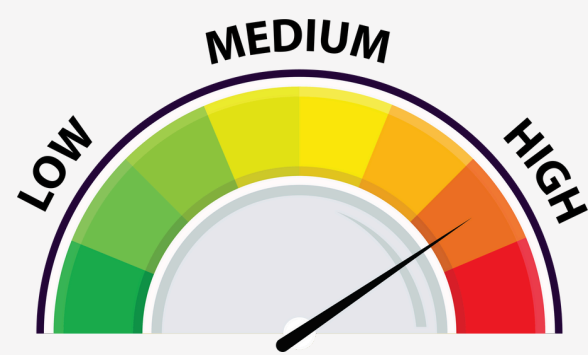
Name: Michael Reed

Condition: Alopecia Areata

## RESULTS

Test results indicate a high risk of patchy hair loss due to a variation in HLA-DQB1 gene.

## Alopecia Areata Risk



## KEY RISK GENES

HLA-DQB1 & NR3C1

## PERSONALIZED RECOMMENDATIONS

Vitamin	Result	Diet Recommendations	Supplement Recommendation
Vitamin D	low vitamin D response	Include fatty fish, fish liver oils, and milk in your diet.	Metagenics Vitamin D3 5000 , Or D-Pearls Vitamin D3 5000

Mineral	Result	Diet Recommendations	Supplement Recommendation
Zinc	Low Zinc Absorption	Include legumes like chickpeas, lentils and beans in your diet.	Nature's Potent Zinc 50 mg, Or Nature's Bounty Zinc

## TREATMENT RECOMMENDATIONS

- Genetic analysis indicates low response to glucocorticoid-associated treatment.
- Non-glucocorticoid anti-inflammatory agents should be considered as an alternative.

Pharmacogenetic Analysis			
Condition	Non-Responder	Positive Response	Product Recommendations
Alopecia Areata	Low glucocorticoid response	Sulfasalazine (by prescription)	Nizoral Anti-Dandruff Shampoo with 1% Ketoconazole or Rogaine Men's Thickening 2 in 1 shampoo



# GENETIC INSIGHTS & RESULT INTERPRETATION

## What is a Gene?

Genes are the basic units of heredity, made of DNA. They provide instructions for proteins that influence various aspects of health, including metabolism, weight, food sensitivities, stress, sleep, hair, and skin. Our analysis focuses on genetic variations (SNPs) that impact these factors.

## What are SNPs?

Single Nucleotide Polymorphisms (SNPs) are small DNA variations where a single nucleotide (A, T, C, or G) differs. While most SNPs are harmless, some can increase the risk of conditions like weight gain, lactose intolerance, or hair loss.

## Why Are SNPs Important?

Research has identified SNPs linked to metabolism, environmental sensitivities, and hereditary conditions. Identifying these variations helps assess risks and enables proactive measures to manage or mitigate potential health concerns.

## UNDERSTANDING YOUR RESULTS

Your results include a gene table listing genetic variations associated with specific traits or conditions. Each gene is assessed for its risk level or impact.

### Risk or Impact Levels:

High – Increased likelihood of a condition.

Intermediate – Moderate (around 50%) likelihood.

Low – Decreased likelihood.

## Recommendations

Based on peer-reviewed research, recommendations are provided to help manage identified risks. These may include lifestyle changes, nutrition, or treatments. Consult a healthcare professional before making any significant adjustments.

## References:

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