












TRAITS AND TRAIT CATEGORIES


 = Consider Action



VITAMINS,
MINERALS &
OMEGA-3S


Vitamin A (retinol)	
Vitamin B2 (riboflavin)	
Vitamin B6 (pyridoxine)	
Folate	
Choline	
Vitamin B12 (cobalamin)	
Vitamin C (ascorbic acid)	
Vitamin D	
Vitamin E (alpha-tocopherol)	
Iron Overload	
Zinc	
Omega-3 fatty acids	


DETOXIFICATION


Antioxidant enzymes	
Environmental toxins	
Estrogen metabolism	
Caffeine metabolism	






GLUCOSE
METABOLISMS


Glucose metabolism	
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METABOLIC &
WEIGHT
MANAGEMENT

Eating between meals	
Protein intake	
Saturated fat response	
Adiponectin levels	
Monounsaturated fat response	




COGNITIVE
HEALTH &
MEMORY


Executive function	
Stimulant sensitivity	
Serotonin production	
Brain-Derived Neurotrophic Factor	
Dopamine Receptor Function	
Cannabis response	






IMMUNE
HEALTH


IL-6 Activation	
TNF-alpha Activation	



ENERGY &
FITNESS

Strength & power	
Endurance	
Tendon or ligament injury	
Achilles tendon injury	
Endurance potential	
Aerobic capacity	
Exercise-related fatigue	
Body fat and exercise	
Muscle soreness	
Glucose response to exercise	


CARDIOVASCULAR
HEALTH

Response to Saturated Fat	
Salt sensitivity	
C-reactive protein level	
Caffeine metabolism	
Paraoxonase-1 (PON1) activity	
HDL Cholesterol level	
HDL Cholesterol and Exercise	
Coenzyme Q10 levels	


GASTROINTESTINAL
HEALTH

Lactose intolerance	
Processed meat sensitivity	
Microbial balance in the stomach	
Microbial balance in the intestine	

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