**JANE DOE’S RESULTS**

**CATEGORY 1: Fine Lines & Wrinkles**
Fine lines and wrinkles are not only formed from a decline in collagen levels but they can also be formed by Advanced Glycation End (AGE) products. AGEs have the ability to target and stick to collagen and elastin fibers causing them to become rigid and brittle. This is sometimes likened to rusty springs in a mattress. The effects of glycation at skin’s cellular level may result in wrinkling, stiff or hardened collagen fibers, loss of elasticity and compromised skin-barrier functions. The more sugar you consume, whether processed or natural, the more AGEs are produced.

**CATEGORY 2: Sun Protection**
Your body is equipped with natural responses that help break down photo products once they have penetrated your skin. A photochemical process helps assist in breaking down UV rays before they can do any major damage.

**CATEGORY 3: Skin Sensitivity**
Skin sensitivities can create unnecessary stress and trauma to the dermis, leading to tired and aged cells. This type of trauma can lead to even further sensitivity issues. Understanding if sensitivity may be an issue allows you to better understand the type of things to avoid and helps keep your skin as stress-free as possible.

**CATEGORY 4: Skin Elasticity**
When you are younger, your body has the ability to maintain skin flexibility; but after approximately age 40, skin elasticity can decline due to a group of enzymes called MMPs. MMPs can increase structural damage to the skin and create imbalances, leading to unstable collagen support for skin and structure.

**CATEGORY 5: Pigmentation**
Melanin helps protect your skin by absorbing damaging UV rays when you are exposed to the sun. This exposure to sunlight can also cause your skin to produce more melanin in an attempt to protect the skin. As melanin production increases, our skin begins to tan and darken. Most irregular skin pigmentation is either caused by an over- or under-production of melanin in the body.

**CATEGORY 6: Collagen Quality**
Collagen makes up approximately 75% of skin, and youthful skin is in large part do to healthy collagen levels. While collagen production naturally occurs throughout our lives, the quality and quantity vary. As such, many people can experience different levels of skin-aging attributes based on each individual’s level of collagen quality.

**CATEGORY 7: Skin Antioxidants**
Premature skin-aging is often a result of free-radical activity within the body. Free radicals are harmful molecules that are produced naturally from environmental exposures such as tobacco smoke, pollution, and oxygen. The role of antioxidants is to help break down the damaging effects of free radicals. Antioxidants can also help slow some of the physical signs of aging in order to help preserve your skin’s natural glow.
**SKIN CARE DNA ANALYSIS | Category 1 Fine Lines & Wrinkles**

**What This Category Examines:** The genetic variations tested in this category can help identify if the processors responsible for turning sugar into energy are functioning at an ideal level or if their function is reduced. Having variations in this category may result in skin glycation.

**YOUR SCORE FOR THIS CATEGORY**

**WHAT YOUR SCORE MEANS**

Blood sugar levels can affect the appearance of your skin, in addition to your overall health. Your results indicate you carry gene variations that increase your risk for glucose-related fine lines and wrinkles.

**WHY DO WE EXPERIENCE THIS?**

Excess blood sugar can not only cause a number of health concerns, but can also affect the skin. The body breaks sugar down into many forms and each one requires a set of processors designed to convert sugar into energy. If there is too much sugar in the body or if the body is unable to break it down efficiently, protein molecules can cross-link with the sugar molecules. The result is sugar-protein molecules called Advanced Glycation End Products (AGEs). This cross-linking causes collagen to become fragile and break, ultimately leading to the formation of fine lines, wrinkles, and thinning skin.

**VISIBLE & INTERNAL SIGNS**

<table>
<thead>
<tr>
<th>Visible:</th>
<th>Internal:</th>
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</thead>
<tbody>
<tr>
<td>Fine Lines &amp; Wrinkles</td>
<td>Reduced Elasticity</td>
</tr>
<tr>
<td>Thinning Skin</td>
<td>Hardness of Skin</td>
</tr>
<tr>
<td>Skin Dehydration</td>
<td>Collagen Breakdown</td>
</tr>
<tr>
<td></td>
<td>Premature Wrinkling</td>
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</tbody>
</table>

**YOUR RECOMMENDATIONS**

**TOPICAL INGREDIENTS**

- **PEPTIDES:** Activates collagen, elastin, and hyaluronic acid to help reduce fine lines and wrinkle depth
- **L-CARNITINE:** Reduces the level of hardened collagen fibers that lead to wrinkling
- **BLUEBERRY EXTRACT:** Reduces the level of hardened collagen fibers that accumulate in the skin
- **GREEN TEA EXTRACT:** Protects against sugar-protein bonds that accumulate in the skin
- **GLYCOLIC ACID (MILD):** Reduces the appearance of fine lines and wrinkles
- **HYALURONIC ACID:** Holds 1,000x its weight in water and can help reduce the appearance of fine lines and wrinkles

**SUPPLEMENT INGREDIENTS**

- **CARNOSINE:** Helps protect against sugar-protein bonds that accumulate in the skin and cause wrinkles
- **ALPHA LIPOIC ACID (ALA):** Helps protect against sugar-protein bonds that accumulate in the skin and cause wrinkles
- **VITAMIN B1:** Helps activate enzymes that reduce sugar-protein bonds in the skin
- **BLUEBERRY EXTRACT:** Helps protect against sugar-protein bonds that accumulate in the skin and cause wrinkles
- **POMEGRANATE:** Helps protect against sugar-protein bonds that accumulate in the skin and cause wrinkles

**PROFESSIONAL TREATMENTS**

- **REDUCED SUGAR DIET:** Helps protect against sugar-protein bonds that accumulate in the skin and cause wrinkles
- **SKIN NEEDLING:** Helps stimulate collagen production and reduce fine lines and wrinkles
- **HYDRATION FILLERS:** Helps restore hydration and reduce the appearance of fine lines and wrinkles

**YOUR GENE PROFILE**

<table>
<thead>
<tr>
<th>Gene</th>
<th>Score</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>3P25.2</td>
<td>Non-Ideal</td>
<td>ANTI-WRINKLE PROMOTER</td>
</tr>
<tr>
<td>This gene reduces one of the processors that cause collagen fibers to harden, leading to wrinkles. Your results show that it functions at a sub-optimal level and that your risk is increased.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1P31.3</td>
<td>Non-Ideal</td>
<td>WRINKLE FORMATION FACTOR 1</td>
</tr>
<tr>
<td>This gene helps the body break down excess glucose. Extra glucose can stick to collagen and elastin, causing the collagen to become fragile and break. This leads to fine lines, wrinkles, and thinning skin. Your results show that the gene functions at a sub-optimal level and that you have increased risk.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6P21.32</td>
<td>Non-Ideal</td>
<td>WRINKLE FORMATION FACTOR 2</td>
</tr>
<tr>
<td>Combined with Wrinkle Formation Factor 1, this gene can speed up the onset of fine lines and wrinkles. Your results show you have increased risk associated with the hardening of collagen fibers.</td>
<td></td>
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</tr>
</tbody>
</table>
WHAT YOUR SCORE MEANS
Your results indicate you carry gene variations that weaken your skin’s natural protection against the sun.

WHY DO WE EXPERIENCE THIS?
The sun’s UV rays are a major cause of premature skin-aging. Over time, excessive sun exposure (particularly UVA rays) can cause a decline in the visual appearance and overall health of your skin. UVA Rays have very minimal immediate outward effects and their damage may not visible become visible for many years.

VISIBLE & INTERNAL SIGNS
Fine Lines & Wrinkles  Thinning Skin  Sun Sensitivity  Leathery Skin

YOUR RECOMMENDATIONS

TOPICAL INGREDIENTS
- COENZYME Q10 COQ10: Helps prevent damage and other adverse affects associated with UV exposure
- FERULIC ACID: Helps restore collagen synthesis after UV exposure
- PINE BARK EXTRACT (PINUS PINASTI, PYCNOGENOL): Reduces redness after UV exposure
- RESVERATROL: Helps prevent UV damage to skin
- GREEN TREE EXTRACT: Helps prevent UV damage to skin
- ZINC OXIDE: Blocks/reduces UV penetration into the skin

SUPPLEMENT INGREDIENTS
- NIACINAMIDE (VITAMIN B3): Helps repair damage when skin has been exposed to too much UV light
- VITAMIN C: Limits the damage cause by UV exposure
- GREEN TEA: Helps repair structural damage when skin has been exposed to too much UV light
- BETA CAROTENE: Provides added skin support against UV exposure
- VITAMIN D: Ideal if you are not receiving regular sun exposure
- POMEGRANATE: Provides added skin support against UV exposure

PROFESSIONAL TREATMENTS
- LED LIGHT THERAPY: Helps repair DNA damage caused by UV exposure