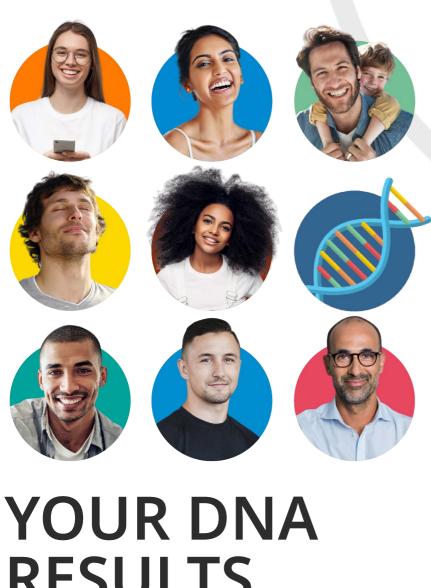
Circle

VITAL



RESULTS

Vital Circle

Report Date: 30 Dec 2019



Personal Information

Customer: Vital Circle

Date of Birth: 5 Apr 1981

Gender: Male

Report Date: 30 Dec 2019

Sample ID: **6264-4064-0745-30**

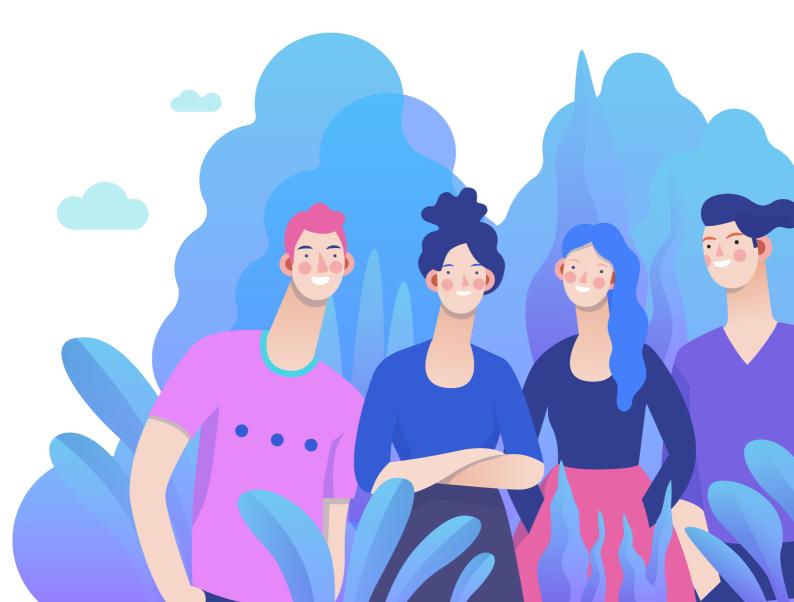


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Welcome

Dear Vital,

Welcome to your personalised Circle DNA test report. It's our absolute pleasure to introduce you to you!

Your life is a story spelled out with your DNA. The most interesting facts that uniquely belong to you are wrapped up in the strands of your genes. So, if you could rewrite your story – what would it say?

Circle Whole Exome Sequencing (WES) is the ultimate way to care for your future self by giving you a wealth of information that allows you to alter what might have been your genetic destiny.

Our team of scientists have carefully analysed your saliva sample at our internationally-accredited laboratory to bring you a living analysis of your DNA. In your report, you will discover insights into the incredible story of your genome, your health, traits, and needs. Armed with this information, you will have the power to live a longer, healthier and happier life.

By choosing Circle Whole Exome Sequencing (WES), you have joined countless individuals who have had life-changing experiences due to the priceless data provided by genetic testing.

Read on to kickstart your journey, and to empower yourself with valuable and actionable health and wellness insights so that you can make better choices, for you.

In health & happiness, The Circle Team



Getting Started with Circle

To help you get the most out of this report, here's a quick 'Genetics 101'. Once you've got an understanding of the basics, you'll be all set to make the best use of your results and help apply them to make the lifestyle changes that are right for you.

IMPORTANT TO KNOW

Circle reports tell you about genetic mutations associated with certain traits and health conditions. They do not diagnose for any conditions or determine medical action.

Having a certain risk does not mean you will definitely develop a trait or condition. Similarly, you could still develop a trait or condition even if you don't have a mutation detected. It is possible to have other genetic mutations not included in these reports.

Genetics isn't a crystal ball - it cannot predict what will or won't be. Factors like lifestyle and environment can also affect whether a person develops a health condition or trait. Our reports cannot tell you about your overall risk for these conditions, and they cannot determine if you will or will not develop a condition.



These reports do not replace visits to a healthcare professional. Your results serve as a reference point, and should not be interpreted as medical advice. Consult with a healthcare professional for help interpreting and using genetic results.

Genetics 101

Genes load the gun, but lifestyle pulls the trigger.

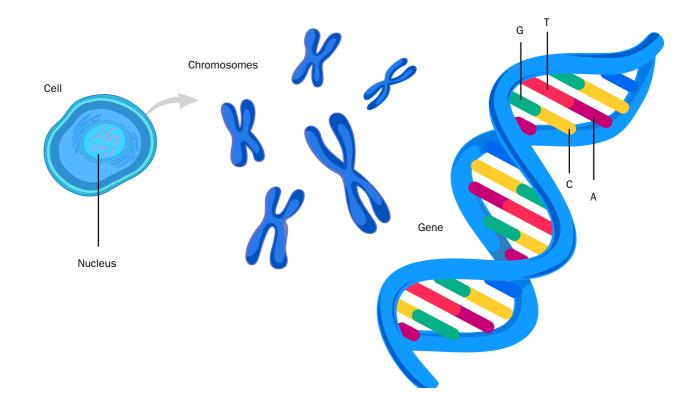
To understand exactly what this means, it's important to know the basics of genetics.

What is DNA?

DNA - also known as deoxyribonucleic acid - is an extremely long chain of molecules that contains the genetic blueprint of life on Earth. The DNA acts like a computer program - where the cell is the hardware and the DNA is the code. This code contains all the instructions that a living organism needs in order to grow, reproduce and function.

DNA is shaped like a ladder that's been twisted to form what's known as a double helix. The steps of the ladder are made of four nucleotides also known as bases: Adenine (A), Thymine (T), Cytosine (C), and Guanine (G). A always pairs with T, and G always pairs with C. Although there are only four bases, the As, Cs, Ts and Gs combine in thousands of combinations to make up our entire DNA - which is a total of 3 billion base pairs in length!

If someone were to unwind all the DNA molecules within a human body, the total length would reach from the Earth to Pluto and back. A complete base genome would take up three gigabytes of storage space. The entire human genome would take 50 years to type if someone types at a speed of 60 words-per-minute, eight hours a day!



How it Works

Chromosomes carry genetic information in a molecule called DNA. Genes are segments of DNA that influence what we look like on the outside and how we work on the inside. They contain the information our body needs to make chemicals called proteins, which form our bodily structure and play an important role in the processes that keep us alive. We are born with two copies of every gene - we inherit one copy from the father, and the other from the mother. The two genes interact to make each of us a unique combination of our parents' genetic identity.

Humans have 23 pairs of chromosomes, for a total of 46 chromosomes. Of these contain 22 pairs of autosomes, which look the same in both men and women. However, the 23rd pair consists of one allosome pair, the sex chromosome. Allosomes differ between males and females - males have an X chromosome and a Y chromosome; females have two X chromosomes. These sex chromosomes account for the biological differences between men and women.

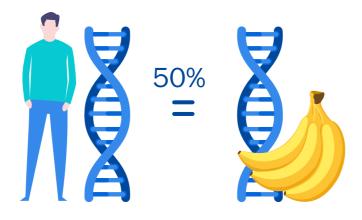


Did you know? Mature red blood cells do not have DNA.

There are many different types of cells in the human body, such as nerve cells, hair cells, heart cells, skin cells, and many more, all with different shapes and forms. The only human cells that do not contain chromosome pairs are reproductive cells that carry just one copy of each chromosome.

Chromosomes vary in number and shape, though they do not determine how complex different organisms are. With 48 chromosomes, potatoes are certainly not more complex than humans.

Different organisms also have different genes, which is ultimately why each organism looks and functions uniquely. But one of the many reasons why scientists believe that all life on earth is related, is that the basic DNA code – the language of A, C, T and G – is pretty much the same for all living things. Many organisms even share some of the same genes as us. For example, any two unrelated humans share 99.9% of their genes with one another. Humans and chimpanzees – who are closely related – share 98.4% of their genetic code. Surprisingly, we also share roughly 50% of our genes with bananas.



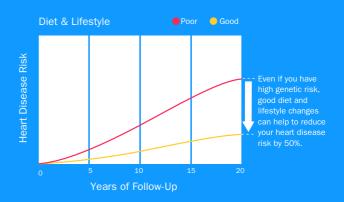
Nature Vs Nurture

Your genotype is the set of genes in your DNA which is responsible for a particular trait. The phenotype is the physical expression, or characteristics, of that trait.

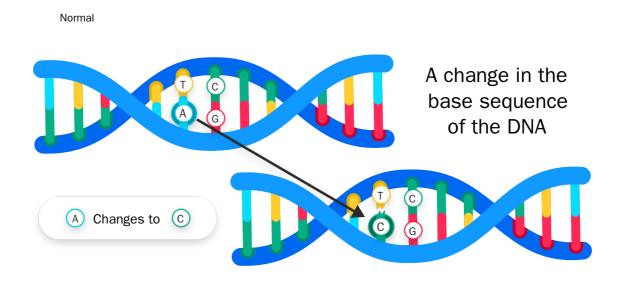
Most phenotypes are influenced by both your genotype and by the unique circumstances in which you have lived your life, including everything that has ever happened to you. We often refer to these as "nature" - the unique genome you carry - and "nurture" - the environment in which you have lived.

Diet and lifestyle choices are major environmental factors that influence the risks of several common diseases including diabetes, high blood pressure, and high cholesterol. Studies have shown that those who are more susceptible to heart diseases can reduce the risk by 50% simply by following healthier diets and making better lifestyle choices.

The graph on the right illustrates how lifestyle can impact the risk of developing certain diseases over time.



What is a mutation?



Understanding Whole Exome Sequencing

Humans have about 20,000 genes. Each gene is responsible for something your body needs - such as a pigment to make your eye colour, or an enzyme to digest lactose. Scientists are discovering more and more aspects of the human DNA that can help us understand more about our traits and disease risks.

A variation in the DNA sequence is known as a mutation. Some DNA variations have been linked to health issues. Other DNA variations are not related to health, but they may indicate interesting aspects such as your physical traits, personality traits or behavioural tendencies. For example, you may have never considered traits such as the texture of your earwax and whether or not you're likely to get grey hair prematurely are related to your DNA.

Introns and exons are nucleotide sequences within a gene. Exons are the parts of your genes that code for proteins, and introns are non-coding parts of your genes. During protein synthesis, the exons are transcribed to make mRNA, which you can think of as a protein precursor. All the exons put together are called the exome, which makes up about 1% of our genome.

In whole exome sequencing, exons in the genes are closely examined for changes - like a typo found in a sentence - that may cause certain health conditions. Likewise, there may also be changes in a gene that won't cause any problems at all, or may even be beneficial to you.

Scientists believe that the exome is the most important part of our genome, and where most disease causing mutations occur.





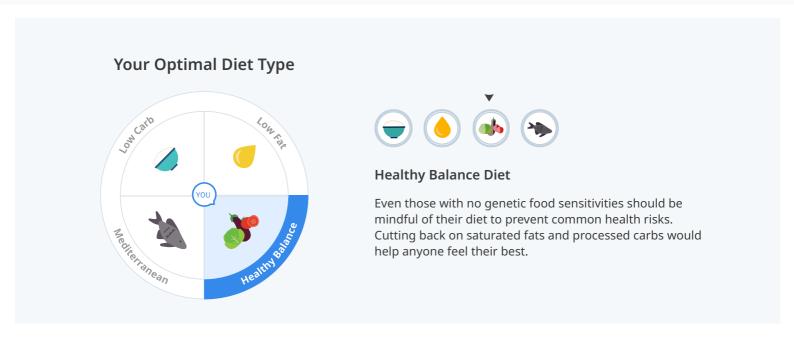
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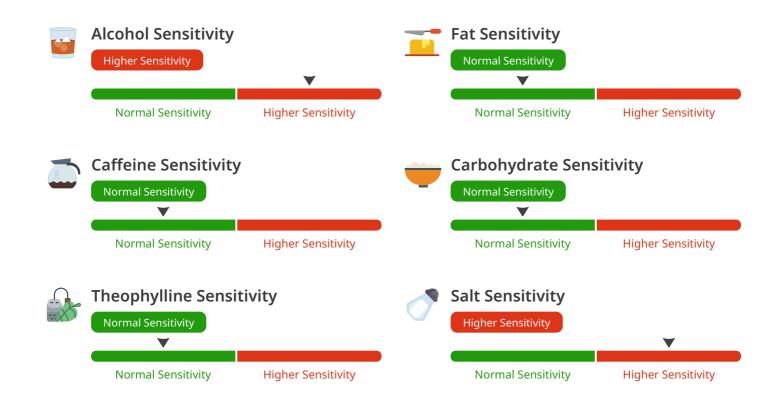
Diet

Take full control of your diet and nutrition by unlocking everything there is to know about your dietary DNA profile. Learn about your body's sensitivity to many of the foods you eat, whether or not you have certain dietary allergies, and the impact your genes may have on your ability to digest certain food groups. Supported by genetically-guided consultations, turn your DNA insights into actionable food decisions that make your body happy.



Your **Diet** Report Results Summary





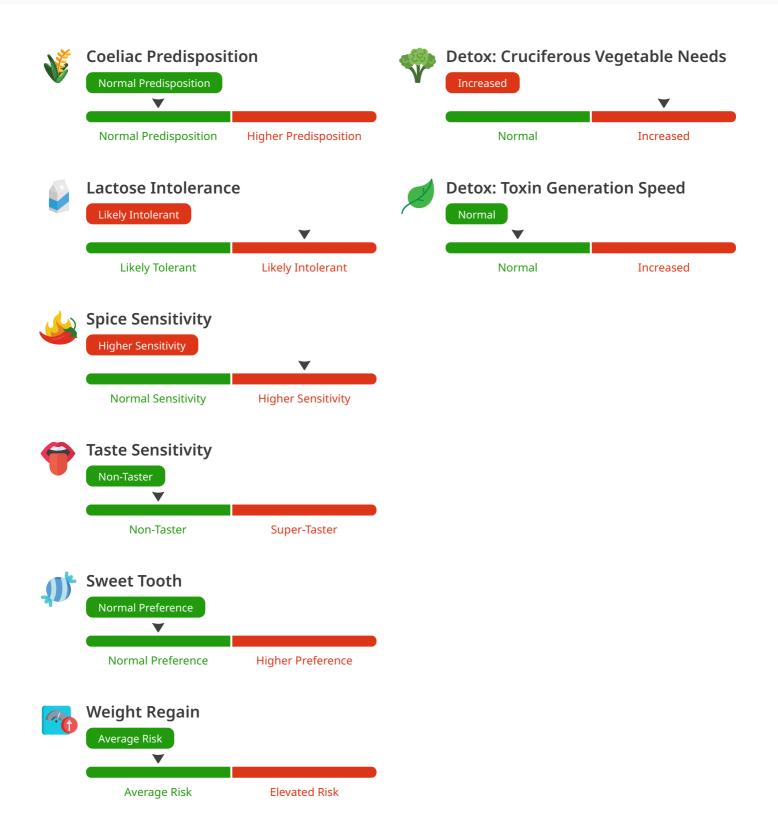


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Your **Diet** Report Results Summary









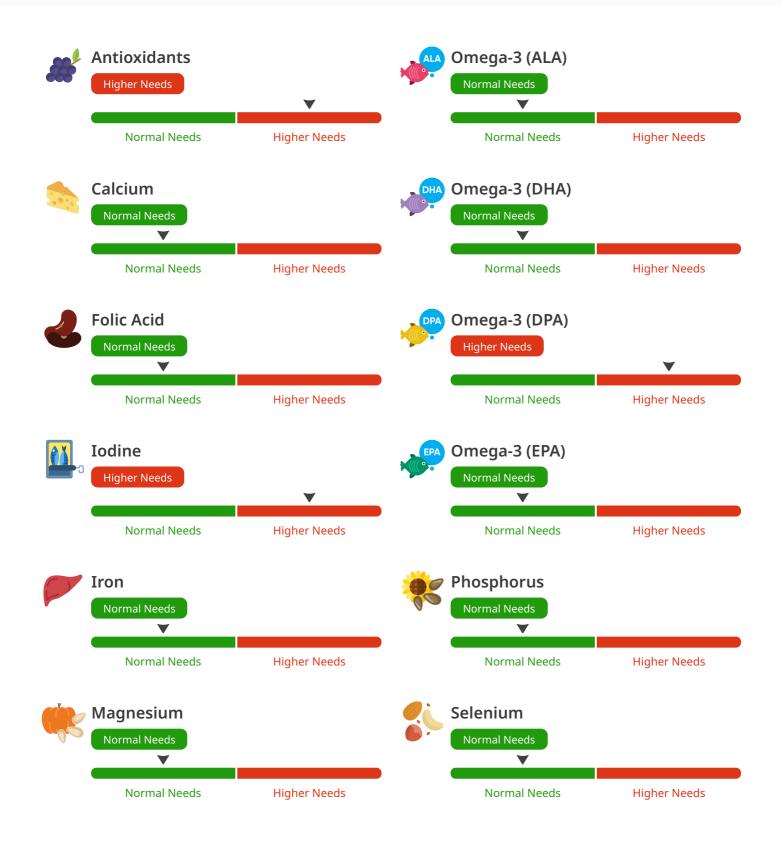
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Nutrition

We all metabolise nutrients differently based on our unique genetic make-up. Your body already knows what it needs, and now you can too by taking the guesswork out of which supplements to choose and which nutrient-dense foods to eat. Learn about how your DNA plays a role in your body's ability to absorb certain vitamins and minerals, so that you can take control of your longterm health with personalised nutrient recommendations.



Your **Nutrition** Report Results Summary





Customer: Vital Circle

Date of Birth: 5 Apr 1981

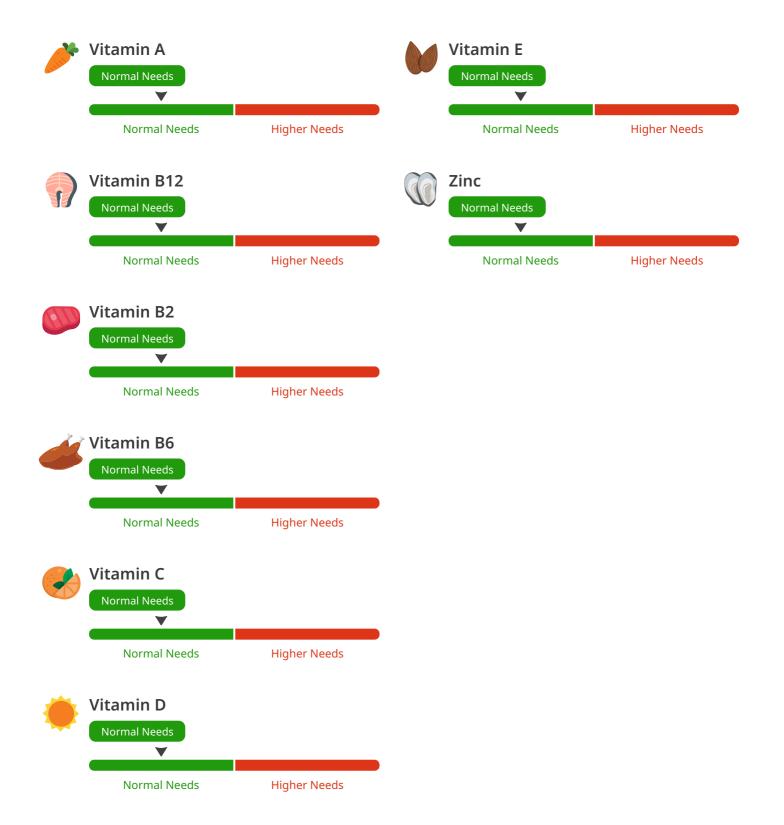
Gender: Male

Report Date: 30 Dec 2019

Sample ID: 6264-4064-0745-30

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Your **Nutrition** Report Results Summary





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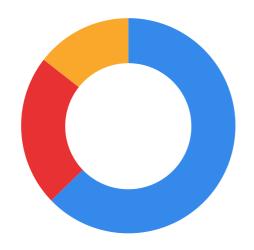
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Sports & Fitness

Bridge the gap between your fitness and your DNA by discovering how your genes affect traits like your exercise response, recovery rate, and injury risk. It's here that you'll also discover how to get the very best out of your workouts, utilise your power and endurance profiles, as well as prevent any serious injuries. Our professional fitness coaches are here to help you every step of the way.



Your **Sports & Fitness** Report Results Summary



• Low Power	22.73%
High Endurance	62.78%
Low Strength	14.49%

Optimal Training Type

Consider the following:

Based on your genetic results, your endurance dominance suggests that you could benefit from training that places a higher priority on endurance-based activities. We recommend allowing 60% of your training schedule to be focused on endurance-based activities, and letting the rest be a split between power and strength-based training.

Optimal Sports Type

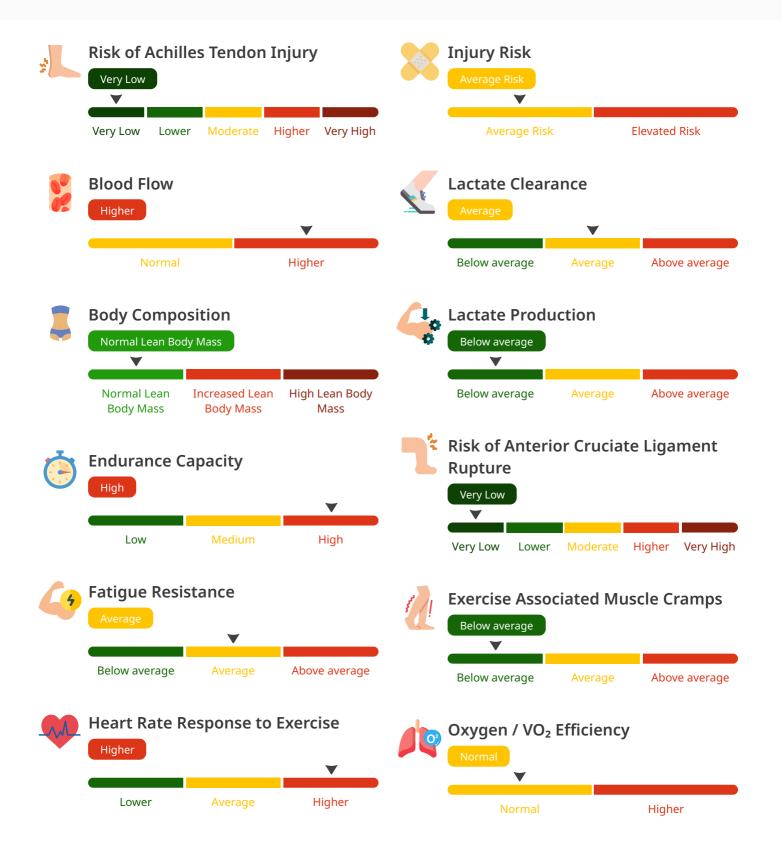
Consider the following:

Triathlon, distance running and hiking

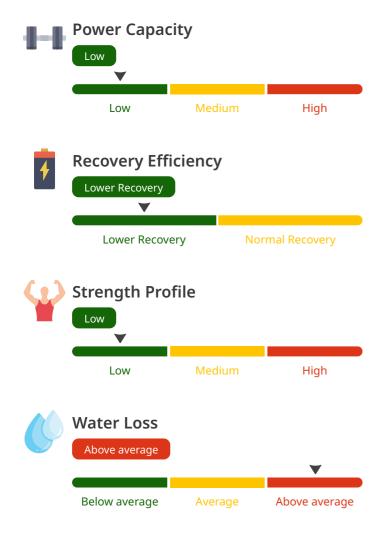
Based on your genetic results, you will likely respond well to sports that have an endurance focus.



Your **Sports & Fitness** Report Results Summary



Your **Sports & Fitness** Report Results Summary



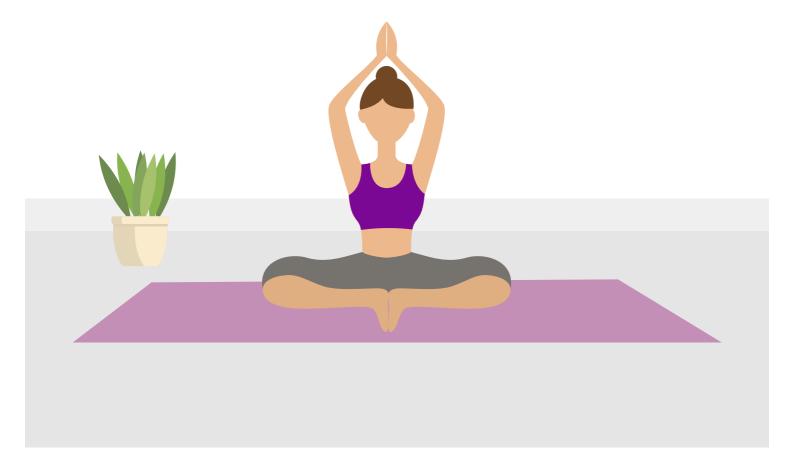




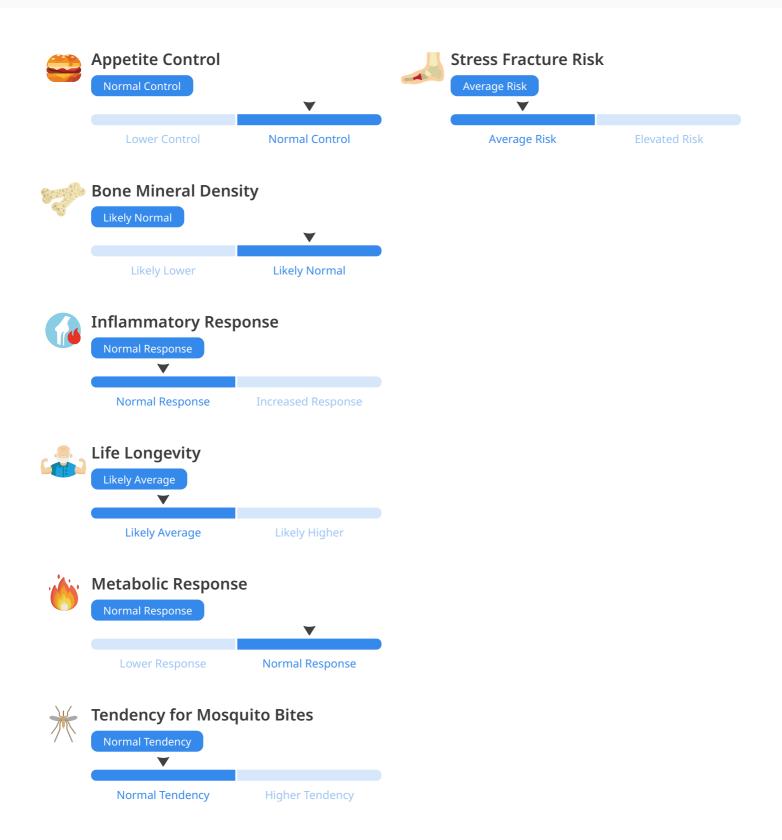
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Well-Being

By looking at select genes and understanding their impact on your daily life, we can help you pave the path to wellness and vitality. Identifying everything from your metabolic and inflammatory response and life longevity, to your bone density and tendency to get mosquito bites - by uncovering your genetic predisposition for certain conditions, you can potentially prevent them from manifesting in the future.



Your Well-Being Report Results Summary





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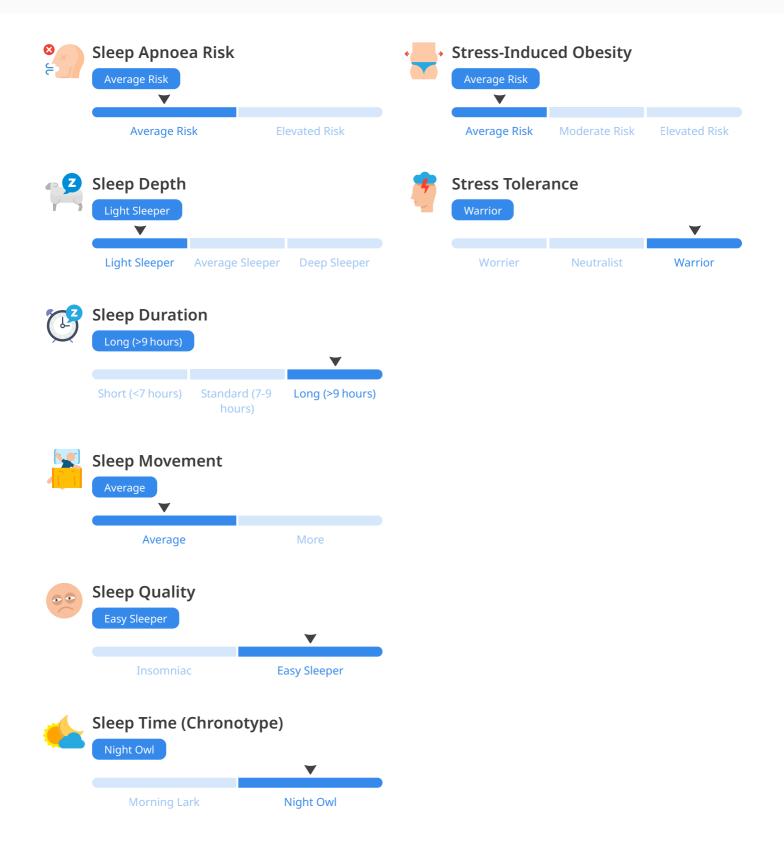
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Stress & Sleep

Certain genes predispose some of us to be more sensitive to day-to-day stress than others. That's why effective stress management begins with understanding your body's unique stress and sleep profile. Find out whether you're a 'Warrior' or a 'Worrier', a 'Night Owl' or an 'Early Bird', and if you're genetically inclined towards getting better quality shut-eye, so you may improve your mental and physical well-being.



Your Stress & Sleep Report Results Summary





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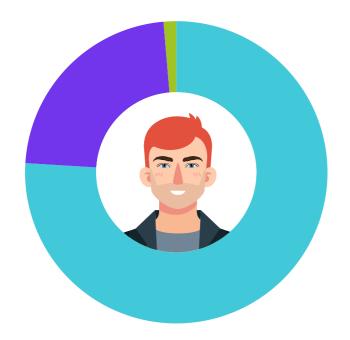
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Ancestry

Your DNA test offers you the powerful experience of discovering what makes you unique and learning where you really come from. The places your ancestors called home are encoded in your DNA. Ethnic groups historically come from the same geographic regions and draw from a local gene pool. We analyse your DNA to determine your ancestral composition.



Your **Ancestry** Report Results Summary



European	75.97%	
Southern European	68.95%	
Eastern European	3.53%	
Northwestern European	3.48%	
Northern European	0%	
Middle Eastern	22.68%	
Southeast Asian	1.35%	
Indonesian, Thai, Malaysian, Filipino, Cambodian & Burmese		
Vietnamese	0.28%	
Vietnamese • African	0.28%	
	0,2070	
African	0%	
AfricanEast Asian	0%	
AfricanEast AsianChinese	0% 0% 0%	
AfricanEast AsianChineseNorthern Han Chinese	0% 0% 0%	
AfricanEast AsianChineseNorthern Han ChineseNorthern Minority	0% 0% 0% 0%	
 African East Asian Chinese Northern Han Chinese Northern Minority Southern Han Chinese 	0% 0% 0% 0% 0% 0%	
 African East Asian Chinese Northern Han Chinese Northern Minority Southern Han Chinese Southern Minority 	0% 0% 0% 0% 0% 0% 0%	

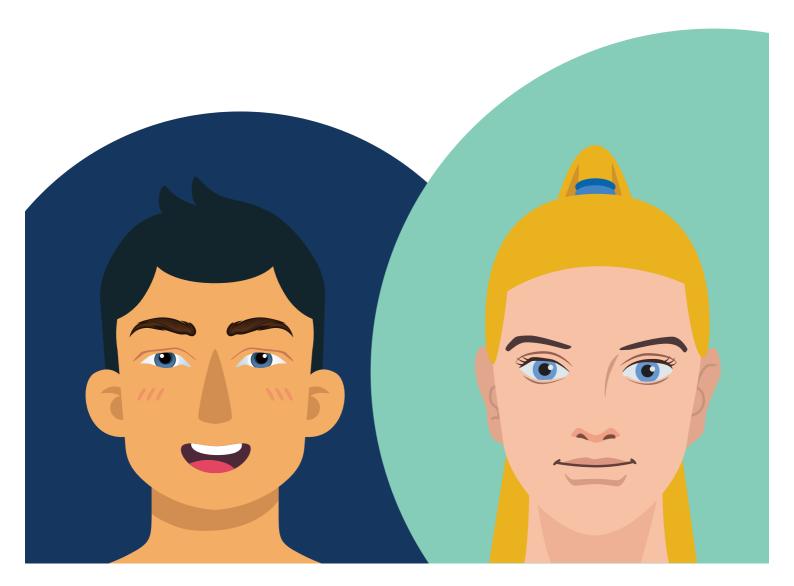




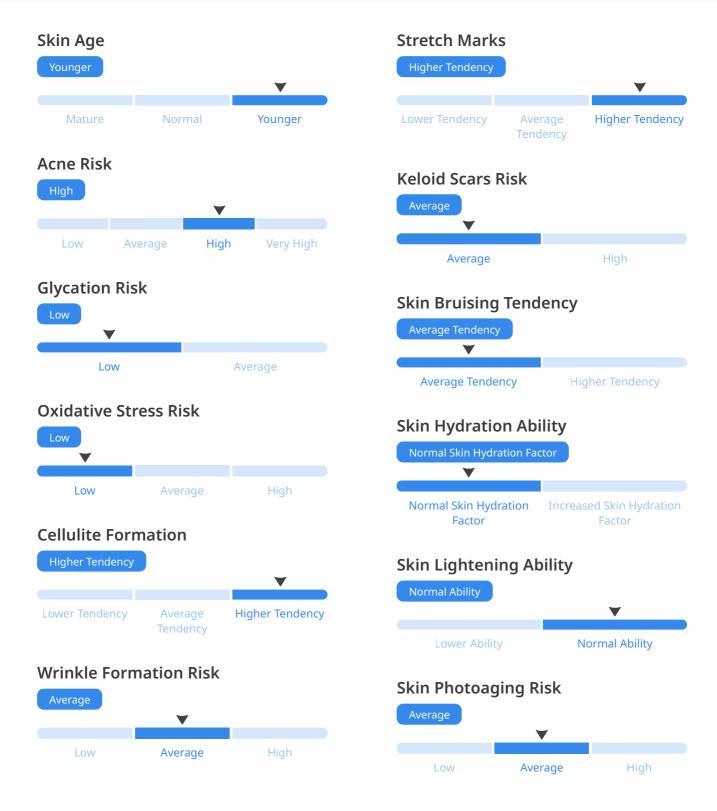
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Skin

It's difficult to predict how your skin will respond to ageing, but taking care of it based upon what your genes tell you will go a long way in preventing future skin damages. Understanding your unique skin DNA profile helps form the basis of your skin care routine. Remember, not everyone's skin is the same.



Your **Skin** Report Results Summary





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Your **Skin** Report Results Summary



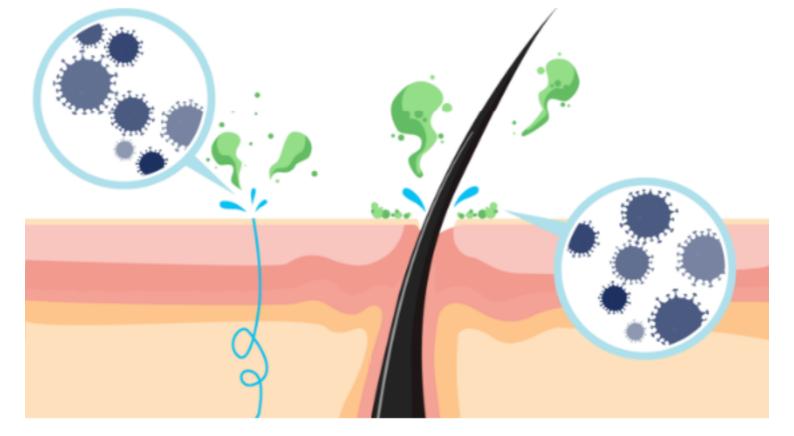




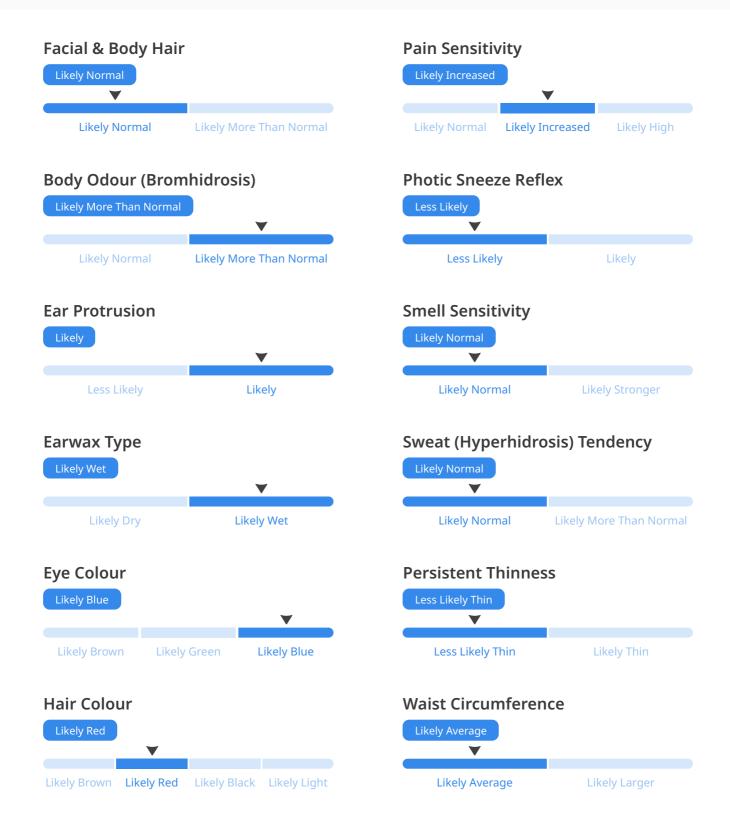
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Physical Traits

Learning about how your DNA influences your appearance and senses is a fun and innovative way to understand the science behind physical and sensory traits including hair colour to smell sensitivity and earwax type. Discover how these traits run in your family and get answers to why you're the only one of your siblings with a particular trait.



Your **Physical Traits** Report Results Summary









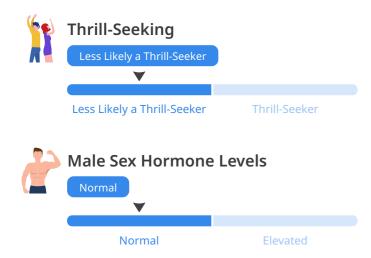
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Gender Traits

Whether you are an artist creating new artifacts, a scientist making new discoveries or a gambler making reckless bets may be partly programmed into your genes. Those who have what's known as the "thrill-seeking" gene are likely to be more apt to take risks - and those who don't, tend to be more risk-averse. What will your genes tell you about your "thrill-seeking" tendency?



Your **Gender Traits** Report Results Summary





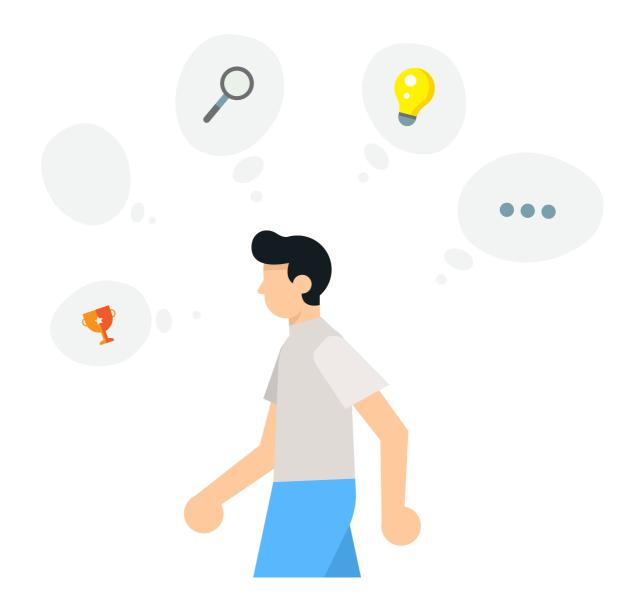




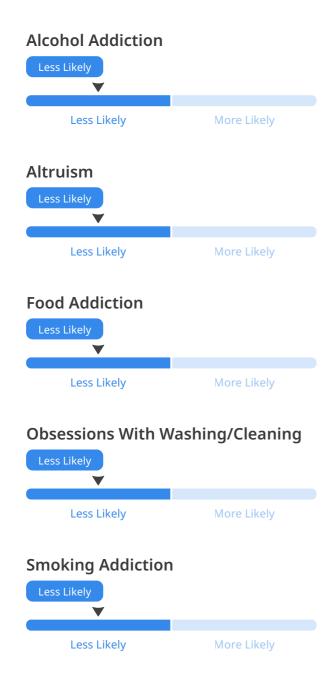
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Behavioural Traits

Discovering more about what makes you a unique human being is a combination of both your genes (nature) and environment (nurture). Your genetics can affect your behaviour in different situations - from your susceptibility towards alcohol, smoking and food addiction, to how charitable you're likely to be, as well as if you're predisposed towards being more obsessive compulsive than others.



Your **Behavioural Traits** Report Results Summary









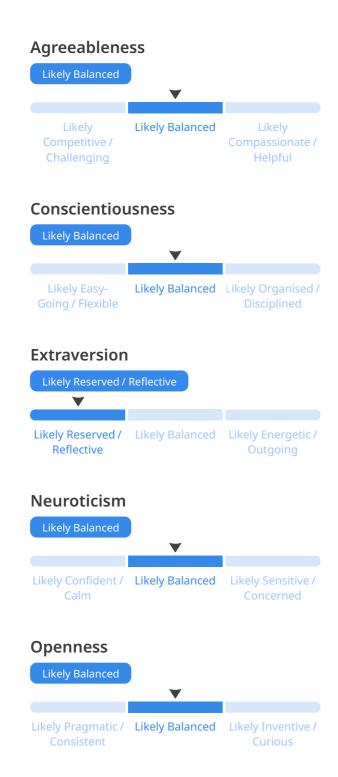
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Personality Traits

If you've ever wondered about the links between your personality and your genes, wonder no more. It's here that you will learn about how your unique gene profile can offer a deeper look into the role your DNA may play in how you think, feel, act, and react. Are you more extraverted and open than others? Or do you tend to be more disciplined and organised? Your genes can tell you a lot about the type of person you are.



Your **Personality Traits** Report Results Summary









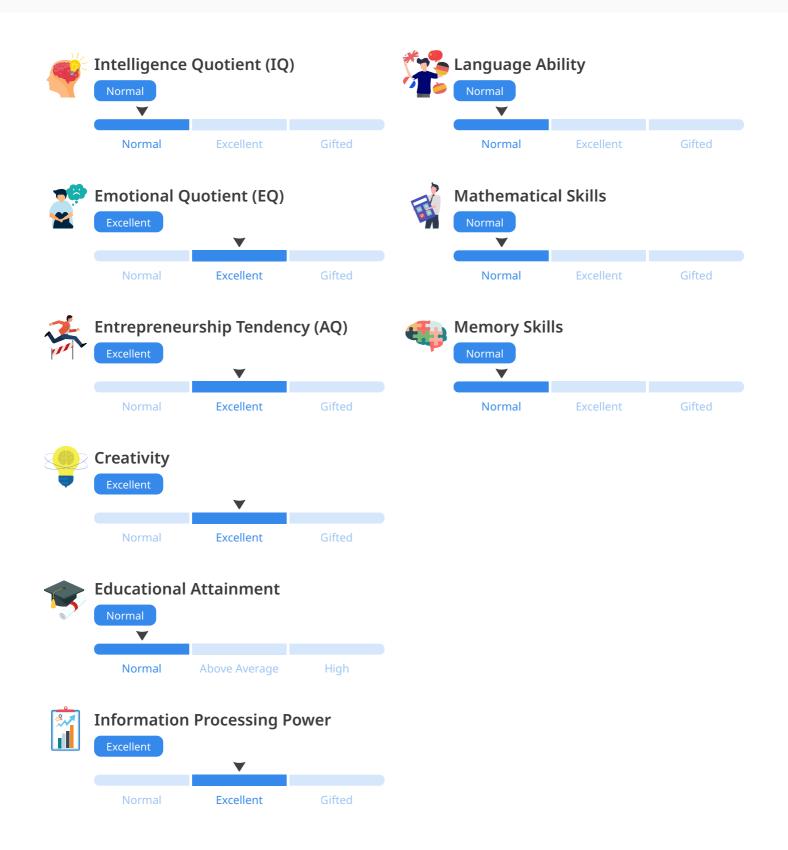
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Success Traits

Your likelihood of success in life could be written in your DNA. There is mounting evidence to show that the best predictor of your life's outcome isn't just linked to your environment (i.e. your upbringing and social class) but to your genetic make-up, too. From your intelligence quotient and entrepreneurship tendency, to how good you're likely to be at math - there's a host of exciting information contained in the genes that make you, you.



Your Success Traits Report Results Summary





Customer: Vital Circle

Date of Birth: 5 Apr 1981

Gender: Male

Report Date: 30 Dec 2019

Report Date: 30 Dec 2019 **Sample ID:** 6264-4064-0745-30





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Music & Dance

No language is more universal than music. It's a part of the joy of life, which is why it's found in cultures across the world. However, how well we're able to create it and dance to it is likely ingrained in our DNA. Discover and celebrate the genetic possibilities of your hidden talents - and those of your children - by uncovering your (and their) music and dance abilities, so that you can start to nurture and master them.



Your Music & Dance Report Results Summary







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Pollution

While air pollution is a major environmental concern that poses major health issues to the general population, certain individuals are more genetically predisposed than others to get certain respiratory conditions when exposed to certain airborne pollutants. Find out why prevention is better than cure by knowing your genetic risk profile when it comes to the air you breathe.





Your **Pollution** Report Results Summary

