



# Sports Panel

A genetic approach to maximize  
the athletic potential



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### Understanding the genetic influence on athletic performance

Athletic performance is a complex human trait influenced by multiple factors such as genetics, muscle power, muscle stamina, strength, power, cognitive factors and injury proneness.

In recent years, several single nucleotide polymorphisms (SNPs) have been associated with performance in terms of power and endurance in elite athletes.

Genetic inheritance influence

Physical Characteristics

50-80%

Lean mass

Considering genetics, nutrition, training and recovery are crucial to the athlete's optimal performance

From 30 to 80 percent of the differences between individuals related to sports performance have a genetic basis.





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Sports Panel genetic test provides key information to establish the best personalized training plan for athletes

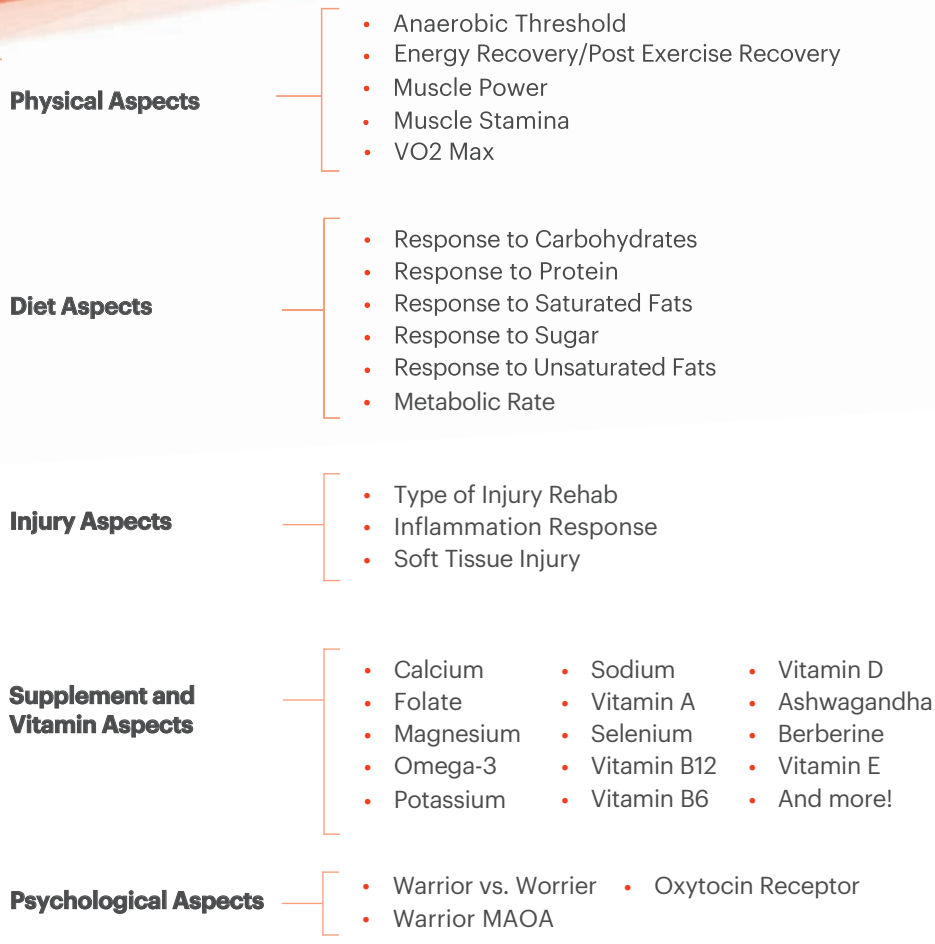
The genetic results are intended to help healthcare professionals and sports medicine specialists guide their patients to achieve maximum athletic performance while preserving their health.

All athletes, professional or not, can enhance their athletic performance and prevent injuries with Sports Panel genetic testing

## Sports Panel analyzes 100 polymorphisms

Providing information on predispositions and risks associated with an individual's athletic performance.

### Genetic variations analyzed





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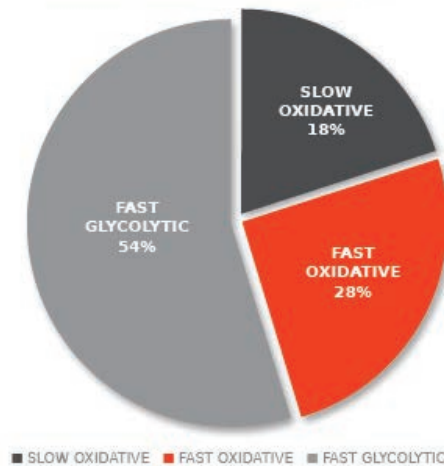
## Sports Panel Report

The Sports Panel Test evaluates 100 genetic variants with the intention of informing about predispositions and risks associated with individual athletic performance. This information should be integrated with physical (eg, age, gender, body mass index, VO2 max, etc.) and behavioral (eg, eating habits, physical activity, etc.) characteristics to establish the best personalized training plan.

### Summary

1

Your main physical attributes (Muscle Fiber Type)



Patient name: Jason Sudakis Patient Gender: Male Date of birth: 01-01-1964  
Sample code: SPK2024-00001 Sample date: 2024-01-18 Report date: 02-27-2024

#### Your Top Must Have Supplements

Based on your report results, we've recommended a range of supplements tailored to your genetic findings. Here are your top three recommended supplements, chosen based on research, scientific validation, and your DNA:



Creatine Monohydrate

This formula contains a highly stable and bioavailable form of creatine monohydrate to support athletic performance, skeletal muscle, and body composition.\* Creatine Monohydrate is an amino acid that promotes stamina and recovery for ideal lean body mass during training.\* Creatine generates the body's energy currency, as adenosine triphosphate (ATP), for the muscles and metabolism — and our bodies have a limited capacity to produce creatine on their own.



Liposomal NMN Synergy™

Liposomal NMN Synergy™ is a potent formula containing 50 mg of nicotinamide mononucleotide (NMN) and 50 mg of trimethylglycine (TMG) per serving to support healthy aging and cellular function.\* NMN is a direct and stable precursor to nicotinamide adenine dinucleotide (NAD+), a widely studied coenzyme present in all living cells and critical for energy production, DNA repair, and cell survival. TMG is a methyl donor that supports the action of NMN. Liposomal NMN Synergy™ is the only NAD+ precursor using liposome delivery for enhanced bioavailability.



Glucosamine Chondroitin

Glucosamine Chondroitin combines glucosamine sulfate and clinically trialled Cabiocare® chondroitin sulfate, to promote healthy joint function.\* Glucosamine and chondroitin are the building blocks of cartilage and may help promote normal cartilage development.\* They may also help support healthy aging.\*

\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

6 / 33

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Patient name: Jason Sudakis Patient Gender: Male Date of birth: 01-01-1964  
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#### Physical Aspects

2

##### Myostatin Related Muscle Hypertrophy

Uncommon mutation, likely heterozygous.

Myostatin-related muscle hypertrophy is a rare genetic condition in which the body produces less myostatin, a protein that regulates muscle growth. Individuals with this condition have a higher than average amount of muscle mass and strength, as their muscles are able to grow larger and stronger than those of the general population.

Myostatin-related muscle hypertrophy can occur in both animals and humans, and is typically inherited in an autosomal dominant pattern, meaning that only one copy of the mutated gene is needed to cause the condition.

While myostatin-related muscle hypertrophy is rare, it has garnered attention from researchers and athletes alike due to its potential implications for athletic performance and muscle growth. This result is very rare and indicates a heterozygous mutation and therefore indicative of myostatin related muscle hypertrophy.

##### Anaerobic Threshold

Average

Anaerobic threshold (AT), also known as lactate threshold, is the point during exercise at which the body's demand for energy exceeds the supply of oxygen available, causing an increase in the production of lactic acid. This point is also referred to as the point of onset of blood lactate accumulation (OBLA). The anaerobic threshold is typically expressed as a percentage of an individual's VO2 max.

During exercise below the anaerobic threshold, the body is able to meet the energy demands of the muscles through the aerobic metabolism of glucose and fatty acids. However, when exercise intensity increases and the anaerobic threshold is surpassed, the body's ability to produce energy through aerobic metabolism becomes insufficient, and the body begins to rely more on anaerobic metabolism, leading to an increase in the production of lactic acid. The anaerobic threshold is an important concept in exercise physiology and is often used to design training programs for athletes and to assess an individual's fitness level. AT has a genetic component, this result is the most common outcome and is associated with a standard AT. This is normal and is not a deficit to any sport.

##### Best time of day to exercise

Flexible / Morning

You can most likely train at any time of the day, but the morning may be preferable.

7 / 33

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Sample code: SPR2024-00001	Sample date: 2024-01-18	Report date: 02-27-2024

## Physical Aspects

### Myostatin Related Muscle Hypertrophy



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7 / 33



## Supplements and Vitamin Aspects

### Ashwagandha for relaxation



Ashwagandha will incur some relaxation benefits.

### Ginger for testosterone



Ginger may help with testosterone management if above 50 years old and/or in a calorie deficit.

### Caffeine and Focus



Genetically you metabolize caffeine very quickly and get use a higher dose than others, but please still be aware of abuse. Having this genetic capacity is very beneficial for exercise and mental focus.

Product Recommendation



PreTrain NRG™

## Psychological Traits

### Pessimist vs. Optimist



The OXTR gene or the oxytocin receptor affects behavior, the most analyzed variant is called rs53576. Multiple studies show that those with the G variant, especially homozygotes show more empathy, have less loneliness, are more sensitive and can be more optimistic. The G variant also may allow people to discern emotional stress better in others, they were shown to be more sensitive parents and have a lower cortisol increase when dealing with emotional stressors. The outcome of the analysis is heterozygous (AG), which indicates a higher likelihood to be less optimistic and may not have the same level of awareness of other individual's emotional state. However it should be noted that many aspects influence personality traits and the is just one, nurture plays a large role in influencing potential behaviors.

Product Recommendation



5-HTP Supreme™

## Injury Aspects

### Type of injury rehab



Standard exercise rehab refers to a rehabilitation approach that involves traditional exercise and physical therapy techniques aimed at restoring physical function and mobility after an injury, surgery, or illness. The goal of standard exercise rehab is to promote recovery and improve physical fitness, strength, and flexibility.

This type of rehabilitation program typically involves a combination of physical therapy exercises, such as range-of-motion exercises, stretching, and resistance training, as well as aerobic exercise, such as walking, cycling, or swimming. The exercises are designed to be safe and effective for patients of all fitness levels and can be modified to accommodate the patient's specific needs and abilities.

Standard exercise rehab is often recommended for patients who are recovering from a variety of conditions, including orthopedic injuries, heart disease, stroke, and pulmonary disease. This type of rehabilitation program is typically conducted in a supervised setting, such as a physical therapy clinic, and is tailored to meet the patient's individual needs and goals.

While standard exercise rehab may not be as intense as aggressive exercise rehab, it can still be highly effective in promoting recovery and improving physical function. The key is to work with a qualified healthcare professional to develop a rehabilitation program that is safe and effective for your individual needs and capabilities.







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Use Sports Panel to optimize your **supplementation**



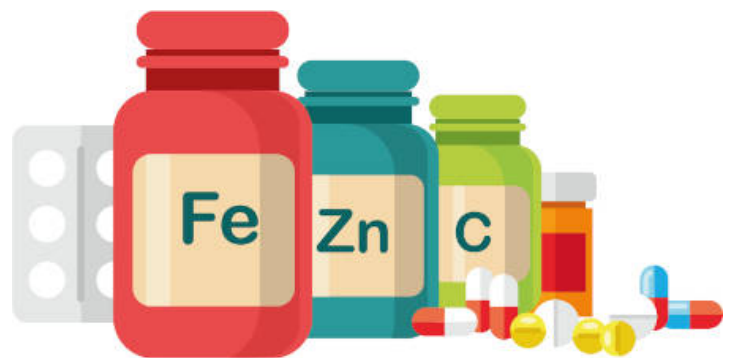
### Personalizing supplementation strategies based on genetic makeup

By tailoring supplementation strategies to an athlete's genetic makeup, professionals can provide well-informed and competent genetics-based advice to help athletes realize their full potential.

Supplement suggestions are presented throughout the report, starting with your **top 3 most recommended**.

These are chosen based on research, scientific validation, and **your DNA**.

The dosage and posology are not specified. This provides an indication for healthcare professions to give them a summary of what supplements you should be taking.





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How do we guarantee expertise,  
quality and service?



Fagron Genomics US a premiere biotechnology company and laboratory specializing in the most comprehensive Nutrigenomic and Pharmacogenomic testing and interpretation platform available in the medical marketplace. We offer specifically designed solutions to empower healthcare professionals and patients with an easy-to-use, scientifically validated genomic platform to promote health and recovery through personalized nutrition and treatments.

### Best-in Class Lab

Our proprietary laboratory has been built to perform high-volumes with accurate precision.

They Relied on us!

+3  
countries

+3,000  
doctors

+35,000  
patients



### Trustability

Our processes and documentation comply with the most widely used standards worldwide.



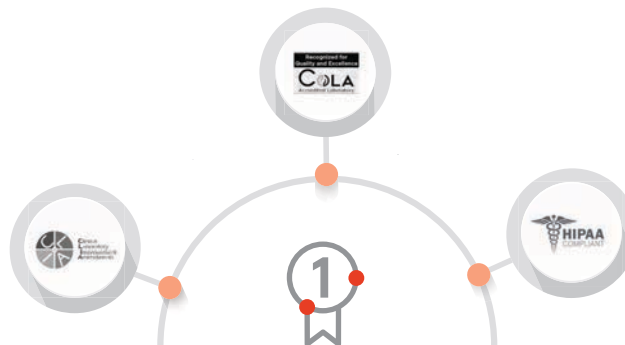
### Infrastructure

Genetic Labs facilities with latest technology in genetics analysis operating under CLIA, COLA, and HIPAA standards.



### World-wide network

Services, logistics hubs, and professional support from any location around the globe.



Quality  
is at the center of our DNA



1. Guth LM, Roth SM. Genetic influence on athletic performance. Curr Opin Pediatr. 2013 Dec;25(6):653-8. doi: 10.1097/MOP.0b013e3283659087. PMID: 24240283; PMCID: PMC3993978.
2. Guest NS, Horne J, Vanderhout SM, El-Sohemy A. Sport Nutrigenomics: Personalized Nutrition for Athletic Performance. Front Nutr. 2019 Feb 19;6:8. doi: 10.3389/fnut.2019.00008. PMID: 30838211; PMCID: PMC6389634.
3. Genetic aspects of skeletal muscle strength and mass with relevance to sarcopenia. Roth SM. Bonekey Rep. 2012. PMID: 27127623 Review.
4. Genetic inheritance effects on endurance and muscle strength: an update. Costa AM, et al. Sports Med. 2012. PMID: 22559317 Review.

#### LEGAL DISCLAIMER

These products are not evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure or prevent disease. Report contents and report recommendations are intended to be informational only. Only an appropriately licensed health care professional, as a learned carries out genetic tests upon request by healthcare professionals, in relation to biological samples from patients obtained by the healthcare professional. Our tests do not replace a medical consultation, nor do they make up a diagnostic or treatment, nor should they be interpreted this way. Only healthcare professionals can interpret the results of said tests, based on their knowledge of the clinical records of the patients and other relevant factors and, under their responsibility, give a diagnostic or prescribe treatment to the patient.

We decline all responsibility derived from the use and interpretation of the results of our tests by the solicitant healthcare professional. GX Sciences LLC expressly reserves any legal actions in case of an inappropriate, negligent or incorrect use or interpretation of the results of our tests. It is the responsibility of the healthcare professional who requests a test to provide the appropriate medical guidance and advice.

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