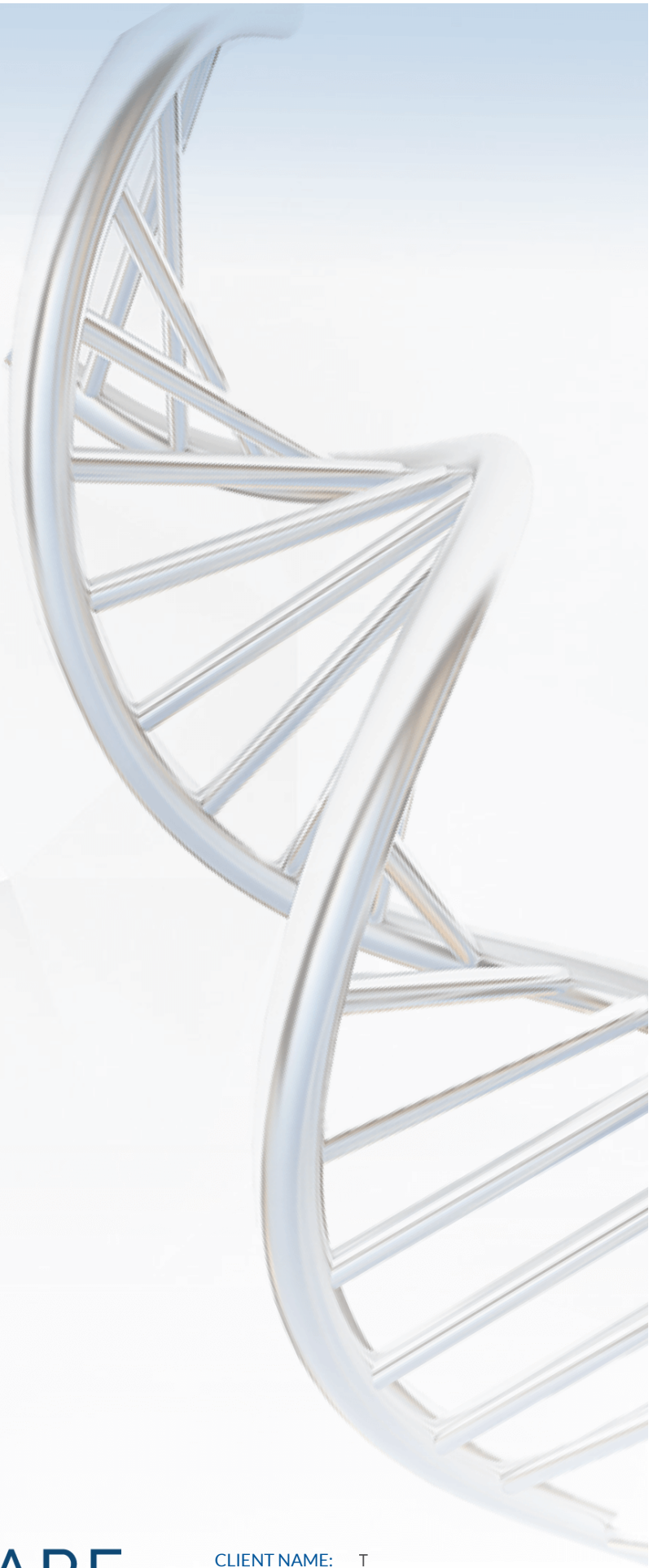

DNA Diagnostics Center

SKINCARE DNA™

CLIENT NAME: T

SDNA ID: 0632C76EE-A

DOB:

REPORT DATE: 27/06/16

Category 1

FIRMNESS + ELASTICITY

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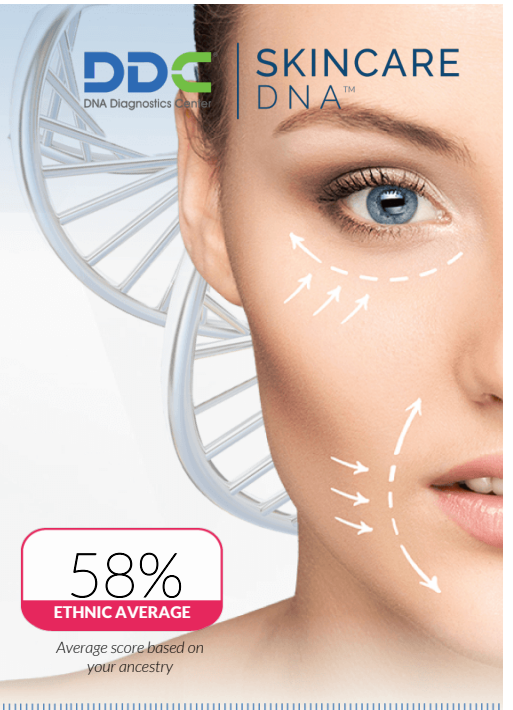


Your Score

38% HIGHER RISK

66% GLOBAL AVERAGE

YOU HAVE AN IMBALANCE:

More collagen is breaking down and less is being produced. Leading an unhealthy lifestyle can further increase your risk.

18% GENOTYPE

Percentage of people with the same outcome as you

58% ETHNIC AVERAGE

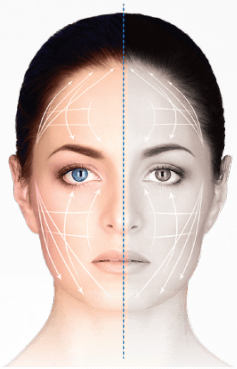
Average score based on your ancestry

About this category

Keeping the skin firm, plump and wrinkle-free, collagen makes up 75% of the skins dry weight. Your genetic predisposition plays a big role in determining both the speed of collagen production and breakdown.

Visible & Internal Signs

- Prolonged Redness
- Poor Wound Healing
- Accelerated Aging
- Skin Laxity & Sagging
- Hollowing Under Eyes



- Collagen Imbalance
- Wound Healing Issues
- Increased Collagen Breakdown
- Slowdown in Tissue Remodelling

Why do we experience Sagging Skin?

When you are younger, your body makes more collagen than it loses, but after about the age of 40, collagen loss can accelerate, leading to a decline in the health and appearance of your skin. This process is precipitated by a protein called MMP1 or Collagenase.

COLLAGEN BALANCE

In youthful skin, the production and degradation of collagen is in balance

COLLAGEN IMBALANCE

Genetic abnormalities can lead to an increased rate of collagen breakdown

The SkinDNA® Genetic Test can help identify if the rise and fall of collagen is in balance, or if the breakdown of collagen predominates, which can result in the appearance of premature wrinkling, aging and sagging of the skin.

Your Gene Profile

Collagen Breakdown

Collagen Protection

Your Scientifically Selected Program

Topical Ingredients

- **Coenzyme Q10** — Protects the dermis from degradation
- **L-ascorbic Acid 15%+** — Promotes collagen production
- **Palmitoyl Oligopeptide** — Collagen communicator to boost production
- **Resveratrol** — Stimulates collagen synthesis
- **Retinol 0.3%+** — Stimulates skin cell reproduction

Supplemental Ingredients

- **Alpha Lipoic Acid** — Raises collagen protective mechanisims
- **N-Acetyl Cysteine** — Amino acid shown to reduce MMP damage
- **SAMe** — Raises collagen protective mechanisims
- **Soy Isoflavones** — Can help decrease MMP activity
- **Vitamin C + E** — Can help decrease MMP activity
- **Whey Protein** — Maximizes collagen protective mechanisims

Professional Treatments

- **Collagen Induction Therapy** — Increases collagen production
- **Glycolic Acid** — Stimulates collagen growth
- **Radio Frequency / IR** — Increases collagen production
- **LED - Red Light / Near IR** — Temporarily reduces MMP activities

Category 2

GLYCATION

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Your Score

100% LOW RISK

70% GLOBAL AVERAGE

YOUR BODIES ABILITY TO EFFICIENTLY BREAK DOWN GLUCOSE LEVELS IS NORMAL:

If you lead an unhealthy routine consisting of a high sugar diet can ultimately increase your lifestyle risk to Glycation.

32% GENOTYPE

Percentage of people with the same outcome as you

60% ETHNIC AVERAGE

Average score based on your ancestry

About this category

Glycation is heavily implicated in accelerated skin aging and has been described as carmelization of the skin from the inside out. Glycation occurs when excess bodily glucose molecules link to the skin's Collagen and Elastin fibers. This cross-linking can form chemical bridges between these proteins.

Visible & Internal Signs

- Heavy Wrinkles & Folds
- Accelerated Aging
- Uneven Skin Texture
- Pillowing of the Skin
- Cracking & Thinning Skin

- Decreased Elasticity
- Weak Dermal Epidermal Junction
- Collagen Cross-Linking
- Hardened Collagen Fibers

Glycation, Crepe-like skin

How your body processes sugar is determined in part by your genes. Variations in the these genes can alter the functioning of normal glucose levels and energy metabolism. Glycated collagen fibers can become rigid, less elastic and have reduced regenerative ability which can lead to damage such as laxity, cracking and thinning skin.

YOUNG SKIN

Healthy Collagen Fibers

AS WE AGE

Stiffened Cross Linked Collagen Fibers Due to Glycation

The SkinDNA® Genetic Test can help to identify genetic variations that can alter the functioning of normal glucose levels and energy metabolism. While glucose is a vital cellular fuel, if not fully metabolized by the body Glycation can occur.

Your Gene Profile

Glycation Interruption

Your Scientifically Selected Program

Category 3

SUN DAMAGE + PIGMENTATION

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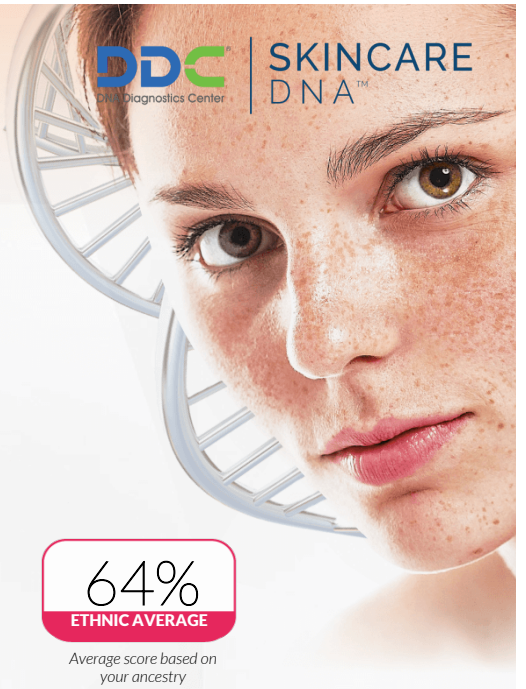


Your Score

63% MEDIUM RISK

68% GLOBAL AVERAGE

YOU MAY HAVE A HIGHER CHANCE OF IRREGULAR PIGMENTATION & BURNING:
Your body is partially efficient in producing melanin as well as other various processors that aim to protect your skin from the sun.

2% GENOTYPE
Percentage of people with the same outcome as you

64% ETHNIC AVERAGE
Average score based on your ancestry

About this category

The sun's UV rays are one of the most significant causes of premature skin aging. Symptoms of sun damage can include; texture changes, pigment changes, skin cancers, and take years to surface often when the damage is too late.

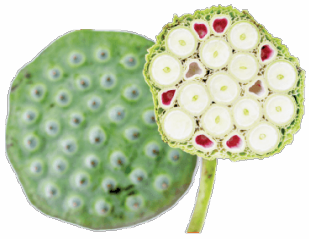
Visible & Internal Signs

- Blemishes & Freckles
- Pigmentation
- Uneven Skin Texture
- Redness
- Broken Capillaries
- Thinning Skin & Fine Lines
- Rough Surface Area

- UV Radical Damage
- DNA Damage
- Irregular Cellular Function
- Increased Mitochondrial Damage
- Irregular Melanin Production

What is Photo-Protection?

Your body is equipped with natural responses that help to break down UV rays once they have entered the skin.



WITHIN THE SKIN

A photochemical process converts the energy of UV Light into small, harmless amounts of heat. If the energy is not broken down this can lead to the generation of free radicals

The SkinDNA® Genetic Test can help to identify genetic predispositions that play an important role in determining how well your skin can naturally cope under the strains of the sun.

Your Gene Profile

Melanin Production M1	
Melanin Production M2	
UV Repair	
Photo Defence M1	
Photo Defence M2	
UV Radical Protection	

Your Scientifically Selected Program

Topical Ingredients

- **Arbutin** — Reduces irregular pigmentation production (melanin inhibitor)
- **Coenzyme Q10** — Reduces UV damage
- **Kojic Acid** — Reduces irregular pigmentation production (melanin inhibitor)
- **L-Ascorbic Acid 15%+** — Broad spectrum antioxidant for UV protection + melanin inhibitor
- **L-Ergothioniene** — Protects against DNA damage
- **Licorice Extract** — Reduces irregular pigmentation production (melanin inhibitor)
- **Retinol 0.25%+** — Reduces superficial pigmentation from exisiting sun damaged skin
- **Vitamin B3 - Niacinamide** — Reduces irregular pigmentation production (melanin inhibitor)

Supplemental Ingredients

- **Beta Carotene** — Provides added protection against sunburns **minimum 10 weeks supplementation*
- **Vitamin C + E** — Increases antioxidant protection for fighting UV radicals
- **Vitamin D** — Suitable if you are receiving minimal sun expsoure
- **Lycopene** — Provides added protection against UV-light-induced redness/burns **minimum 10 weeks supplementation*
- **Zeaxanthin** — Decreases UVB-induced skin cell damage and redness **minimum 10 weeks supplementation*

Professional Treatments

- **Gluathione IV** — Deactiviates melanogenesis (the production of melanin)
- **LED** — Safely treats pigmentaion issues without the use of heat.
- **Collagen Induction Therapy** — Resurfacing treatment for sun damage and pigmentation without the use of heat

Category 4

FREE RADICAL DAMAGE

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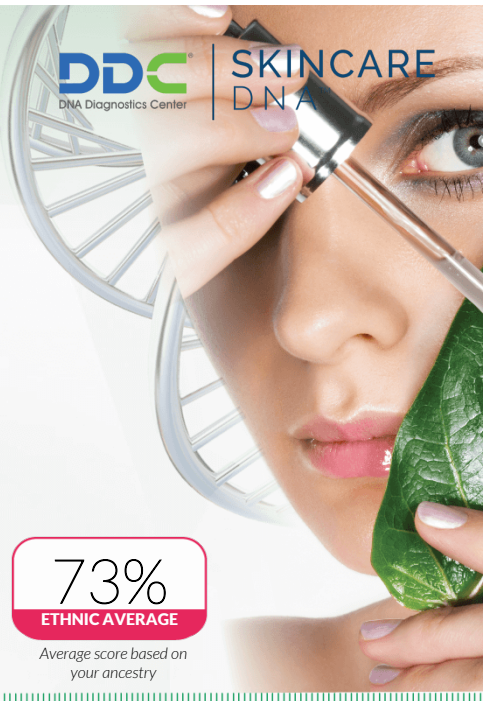


Your Score

67%
MEDIUM RISK

69%
GLOBAL AVERAGE

PARTIALLY REDUCED ABILITY TO PRODUCE ESSENTIAL ANTIOXIDANTS:
You may also have an increased risk of sensitivity to Environmental Pollutants such as city smog.

9%
GENOTYPE
Percentage of people with the same outcome as you

73%
ETHNIC AVERAGE
Average score based on your ancestry

About this category

Free radicals damage virtually any molecule in our body. It's a chain reaction that can wreck havoc in every layer of the skin – including the Hypodermis, Dermis and the particularly vulnerable epidermis. This sort of cellular destruction in any one of the skin's layers can lead to a dull, lifeless, aged complexion. Discoloration, blotchiness, and uneven skin texture are the hallmarks!

Visible & Internal Signs

- Dull & Lifeless Skin
- Irregular Pigmentation
- Accelerated Aging
- Rough Textrure
- Uneven Skin Tone
- Excessive Dryness / Oiliness

- Premature Cell Death
- Decreased Antioxidant Functioning
- Increased Free Radical Destruction
- Increased Mitochondrial Damage

Free Radicals

It's not all bad news! Our bodies have been built with a natural defense: Antioxidants. In particular Superoxide Dismutase and Glutathione are 2 essential Antioxidants produced by your body which stop the damage of free radicals. Antioxidants can also drastically slow some of the physical signs of aging by minimizing wrinkles and preserving the skin's natural "glow".

HEALTHY SKIN

OXIDATIVE STRESS

Your Gene Profile

- Superoxide Radical Defence
- Glutathione Production
- Pollution Defence

Your Scientifically Selected Program

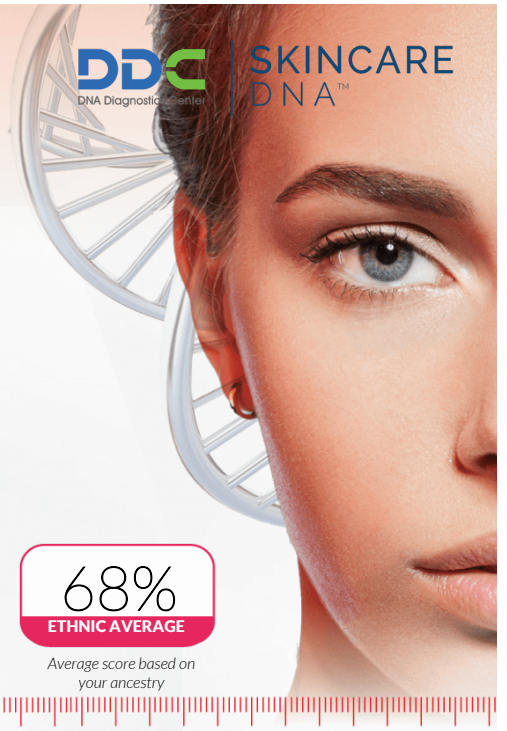
Category 5

SENSITIVITY + INFLAMMATION

Your Score

69% MEDIUM RISK

78% GLOBAL AVERAGE



YOU HAVE PARTIAL OVERSUPPLY OF INFLAMMATORY PROTEINS:

The extra inflammation produced may cause rashes, redness or irritations. You may also have partial risk of chemical sensitivity found in pollution, perfumed or highly active products.

6% GENOTYPE

Percentage of people with the same outcome as you

68% ETHNIC AVERAGE

Average score based on your ancestry

About this category

Whilst inflammation is the skins first line of defence against foreign substances such as bacteria and chemicals, excessive inflammation is a predominant theme in early onset skin aging. Often subtle, the signs include skin sensitivity, redness and irritation.

Visible & Internal Signs

- Dryness
- Chemical Sensitivity
- Itching & Redness
- Rashes & Swelling
- Environmental Sensitivity

- Irregular Tissue Healing
- Decreased Cellular Defence
- Overactive Inflammatory Signalling
- Reduced Detoxification Process

Why do we experience Irritation?

Inflammation is your body's short-term immune response for healing and protecting the body against infection and toxins. Excessive inflammation is one of the most common themes in early onset skin aging. While it is a helpful response in the short term, if inflammation continues ongoing, it can play a negative role.

INFLAMMATION

Often subtle the signs include skin sensitivity, redness and irritation.

Our genetic predisposition's play a big role in determining the supply or oversupply of inflammation production. Key variations tested by SkinDNA® can help to identify various inflammatory mechanisms that can have a negative impact to the skin.

Your Gene Profile

Acute Inflammation	
Internal Toxins Protection	
Dermal Sensitivity M1	
Dermal Sensitivity M2	

Your Scientifically Selected Program

Topical Ingredients

- **Aloe Vera** — Reduces inflammatory processors
- **Bearberry Extract** — Antibacterial properties to help with cleansing the skin
- **Centalla Asiatica** — Anti-inflammatory that promotes cell division and increases collagen synthesis
- **EGF** — Stimulates tissue repair through skin stem cell activiation
- **Hyaluronic Acid** — Moisturizer substitute for those who cannot tolerate creams
- **Linoeic Acid** — Helps to repair the skin-barrier against outside stresses
- **Thyme** — Antibacterial and helps to protect against outside stresses
- **Vitamin E** — Helps to repair the skin-barrier against outside stresses

Supplemental Ingredients

- **Evening Primrose** — Reduces inflammatory processors
- **Low Dose Aspirin** — Anti-inflammatory properties
- **Omega 3/Fish Oil** — Reduces inflammatory processors

Professional Treatments

- **Collagen Induction Therapy** — Resurfacing treatment for sun damage and pigmentation without the use of heat
- **Salicylic Acid Peels** — Helps to improve the skin-barrier functions against outside stresses
- **LED** — Safely increases collagen production and helps in reducing inflammatory responses without the use of heat.

Your Summary

YOU+

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HOW YOUR SKIN MAY AGE

FIRMNESS + ELASTICITY

38

0 100

GLYCATION

100

0 100

PIGMENTATION

63

0 100

FREE RADICAL DAMAGE

67

0 100

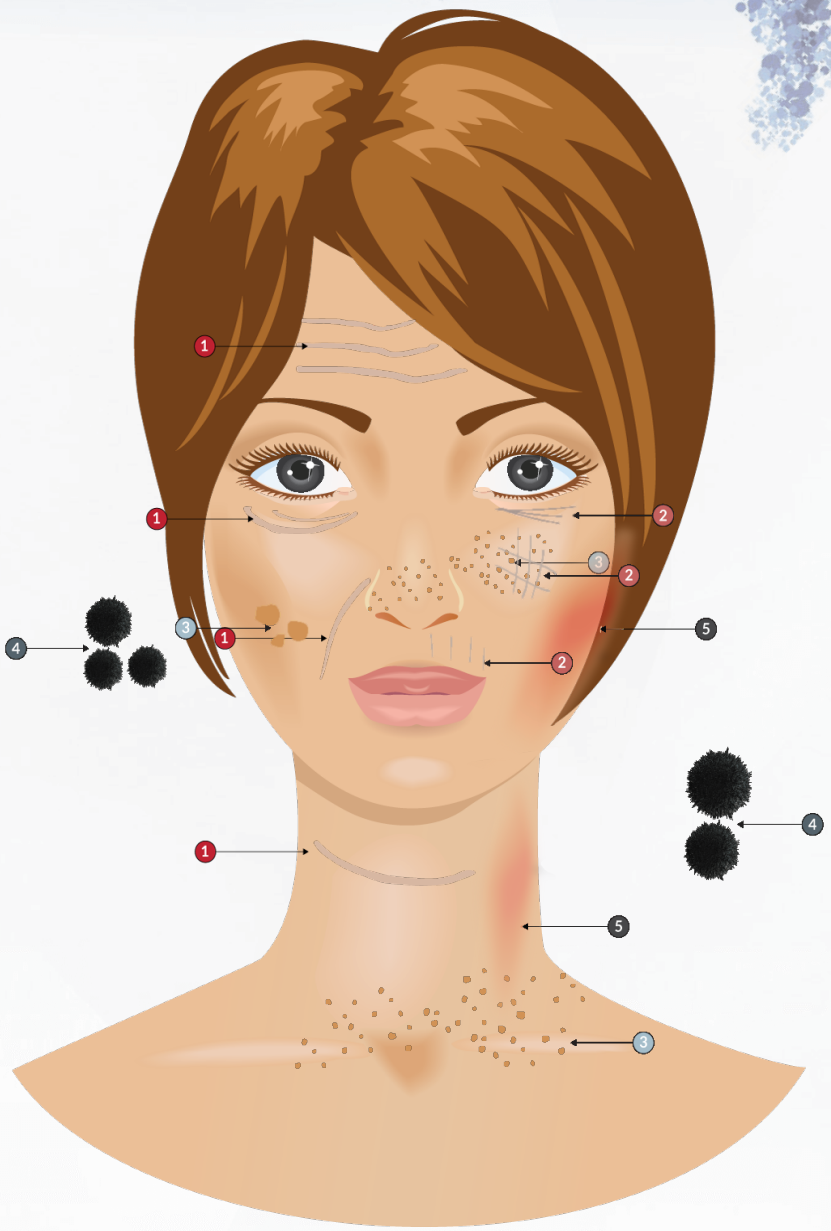
SENSITIVITY + INFLAMMATION

69

0 100

67%

YOUR SCORE



1 Firmness / Laxity

You have an imbalance, more collagen is breaking down and less is being produced.

2 Wrinkling / Glycation

Normal ability to break down glucose efficiently, however if you lead an unhealthy lifestyle such as a high sugar diet can increase your lifetime risk to Glycation.

3 Pigmentation

You may have a higher chance of irregular pigmentation & burning. Your body is partially efficient in producing melanin as well as other various processors that aim to protect your skin from the sun.

4 Antioxidant Protection

Partially reduced ability to produce essential antioxidants. You may also have an increased risk of sensitivity to Environmental Pollutants such as city smog.

5 Sensitivity / Irritation

You have partial oversupply of inflammatory proteins. The extra inflammation produced may cause rash, redness or irritations. You may also have partial risk of chemical sensitivity found in pollution, perfumed or highly active products.

Your Summary

DETAILED BREAKDOWN

Firmness + Elasticity

Collagen Breakdown 11q21-q22		Deficient
Collagen Protection 3q21.3		Sub-Normal

The enzyme responsible for Collagen Breakdown (MMP) is heightened and as such you may prone to mild skin laxity and looseness.

Other ageing effects may include: Hollowed cheeks, drooping eyelids, and tissue re- modelling slowdown. Combined with partially reduced ability to produce Glutathione Antioxidant (Collagen Protection) may not be providing optimum support to protect your collagen levels.

YOU HAVE AN IMBALANCE:
More collagen is breaking down and less is being produced. Leading an unhealthy lifestyle can further increase your risk.

YOUR SCORE 38% HIGHER RISK | 66% GLOBAL AVERAGE

Glycation

Glycation Interruption 1q31	AA	Normal

Your bodies ability to efficiently breakdown glucose is normal. However a diet high in carbs and sugars will reduce your bodies ability to metabolise excess sugar. A high sugar diet can ultimately lead to the formation of wrinkles, thinning and skin structural damage

YOUR BODIES ABILITY TO EFFICIENTLY BREAK DOWN GLUCOSE LEVELS IS NORMAL:
If you lead an unhealthy routine consisting of a high sugar diet can ultimately increase your lifestyle risk to Glycation.

YOUR SCORE 100% LOW RISK | 70% GLOBAL AVERAGE

Sun Damage + Pigmentation

Melanin Production M1 20q11.22		Sub-Normal
Melanin Production M2 20q11.22	GT	Sub-Normal

Your results indicate that your body is moderately able to produce melanin (pigment). It is likely that your skin provides the volume of melanin needed to protect you for short intervals of sunlight exposure. It is likely that your body has the ability to tan however longer exposure may cause sensitivity, freckling & pigmentation with minimal sun burning symptoms.

UV Repair 19q13.2	AA	Normal

Normal ability to repair DNA damage caused from UV exposure

Photo Defence M1 19q13.3		Deficient
Photo Defence M2 19q13.3	AC	Sub-Normal

Your body is equipped with natural responses that help to break down UV radicals once they have entered the skin. Genetically you have a heightened sensitivity and reduced ability to break down radicals produced from UV exposed skin cells.

UV Radical Protection 13q26.2	CC	Normal

Normal DNA repairing ability. After UV exposure this gene is crucial for maintaining the overall health and integrity of skin by repairing DNA damage caused by UV exposure.

YOU MAY HAVE A HIGHER CHANCE OF IRREGULAR PIGMENTATION & BURNING: Your body is partially efficient in producing melanin as well as other various processors that aim to protect your skin from the sun.

YOUR SCORE 63% MEDIUM RISK | 68% GLOBAL AVERAGE

Your Summary

DETAILED BREAKDOWN

Free Radical Damage

Superoxide Radical Defence 6q25.3	CT	Sub-Normal
Glutathione Production 3q21.3		Sub-Normal

You have a partially reduced ability to produce Superoxide Dismutase (SOD) and Gluathione antioxidants. They are arguably the body's most crucial antioxidants. Some of the effects you may be prone to include dull and lifeless skin, irregular pigmentation rough texture and uneven skin tone.

Pollution Defence 16q22.1	CC	Normal

Quinones are highly active molecules that stem from Pollutants such as UV radiation, car exhaust fumes, carbon and cigarette smoke. Once absorbed into the skin if not efficiently broken down can begin to oxidize within the skin's wall. Your genes have normal functioning ability to efficiently breakdown these Quinones

PARTIALLY REDUCED ABILITY TO PRODUCE ESSENTIAL ANTIOXIDANTS:
You may also have an increased risk of sensitivity to Environmental Pollutants such as city smog.

YOUR SCORE 67% MEDIUM RISK | 69% GLOBAL AVERAGE

Sensitivity + Inflammation

Acute Inflammation 6q21.3	GG	Normal

Excessive inflammation is one of the most common themes in early onset skin ageing. While it is a helpful response in the short term, if inflammation continues ongoing, it can play a negative role. Often subtle the signs include skin sensitivity, redness and irritation. The gene responsible for the regulation of inflammation is normal

Internal Toxins Protection 11q13	AA	Normal

Your genes have normal functioning ability to breakdown xenobiotic compounds such as cigarette smoke, exhaust fumes, air pollution and alcohol. These compounds are still bad for you!

Dermal Sensitivity M1 1q42.1		Deficient
Dermal Sensitivity M2 1q42.1	AG	Sub-Normal

Genetically your body has reduced ability to breakdown toxic chemical compounds found in everyday pollutants.
As a result there may be times your skin can become overly sensitive to perfumed products, active skincare ingredients and general city pollution.

YOUR SCORE 69% MEDIUM RISK | 78% GLOBAL AVERAGE

YOU HAVE PARTIAL OVERSUPPLY OF INFLAMMATORY PROTEINS: The extra inflammation produced may cause rashes, redness or irritations. You may also have partial risk of chemical sensitivity found in pollution, perfumed or highly active products.