

## myGenome Lifestyle Traits List

VeritasGenetics' myGenome gives you insights into your health, lifestyle traits, family history, and more. The following is a list of lifestyle traits currently included in myGenome sequencing and interpretation. Please keep in mind this list is subject to change.

### Athleticism

- Aerobic capacity (VO2max)
- Achilles tendinopathy
- Blood lactate
- Muscular endurance
- Exercise response
- Lactate (anaerobic) training
- Ligament injury susceptibility
- Lumbar disc disease susceptibility
- Muscle strength
- Muscle volume
- Muscular power

### Behavior & Cognition

- Hunger response control
- Memory
- Snacking behavior
- Sugar intake
- Sweet tooth
- Warrior vs. worrier

### Blood sugar

- Blood sugar
- Fasting glucose

### Cardiovascular

- Baseline cholesterol
- Blood lipids
- Blood pressure
- HDL cholesterol
- LDL cholesterol
- Homocysteine levels
- Triglycerides

## Hormones

- IGF1 function
- Menarche (first menstrual cycle)
- Menopause age
- Testosterone levels

## Immune System

- IL6 levels
- Norovirus resistance

## Longevity

- Telomere length

## Metabolism

- Adiponectin levels
- Diet response
- Insulin response
- Resting metabolic rate
- Waist circumference
- Weight gain
- Weight response to exercise

## Nutrition & Diet

- Lactose intolerance
- Omega-6 and Omega-3
- Vitamin A
- Vitamin B12
- Vitamin B6
- Vitamin C
- Vitamin E

## Physical Appearance

- Breast growth and development
- BMI
- Body weight
- Childhood growth
- Earwax type
- Eye color
- Finger length ratio
- Freckling
- Hair color
- Hair curl
- Hair thickness

- Height
- Iris patterns
- Male pattern baldness
- Pigmentation
- Tooth development
- Your baby's birthweight

## Sensory Perception

- Asparagus metabolite odor detection in urine
- Bitter taste perception
- Cilantro/coriander preference
- Misophonia (sensitivity to chewing sounds)
- Nearsightedness (myopia)
- Odor detection
- Pain sensitivity
- Photic sneeze reflex
- Sweetness detection

## Substance Reaction

- Alcohol flush reaction
- Caffeine metabolism
- Nicotine response