myGenome 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