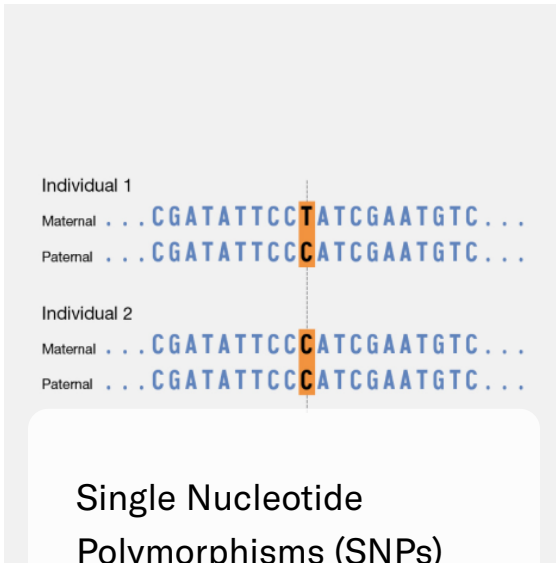


What are genetic personality traits?



Understanding our natural predispositions can significantly impact our life choices and journey towards success. While genetics don't dictate specific behaviors, being aware of our personal predispositions offers valuable insights into our unique challenges and strengths. Embracing this knowledge empowers us to make informed decisions, leverage our strengths, and navigate life more effectively, ultimately shaping our destiny.

LifeNome's Genomic Process



Individual 1
Maternal . . . CGATATTCC**T**ATCGAATGTC . . .
Paternal . . . CGATATTCC**C**ATCGAATGTC . . .

Individual 2
Maternal . . . CGATATTCC**C**ATCGAATGTC . . .
Paternal . . . CGATATTCC**C**ATCGAATGTC . . .

Single Nucleotide Polymorphisms (SNPs)

SNPs are a type of genetic variation that occurs when a single nucleotide (A, T, C, or G) in the DNA sequence is different between individuals in a population. SNPs are the most common type of genetic variation in the human genome.



SNPs can be used as genetic markers to identify and study the relationship between genetic variation and traits or diseases. This association can be established by analyzing large datasets of genetic and phenotypic information from individuals with and without the trait of interest.



You Vs. The Population

Your likelihood of trait expression is the cumulative effect of multiple genetic and non-genetic factors compared to the average risk in the population. Combining polygenic risk assessment with population nutritional assessment can provide valuable insights into the genetic and environmental factors that contribute to nutritional health.

SNP Image Source: <https://www.genome.gov/genetics-glossary/Single-Nucleotide-Polymorphisms>

How to read your reports

Trait Name:

Name of the Genetic Trait

Assessment:

The assessment shows the genetic predisposition likelihood for this trait. A Low assessment means you are unlikely to have a predisposition for this trait. A Moderate assessment means you have a somewhat higher than average predisposition likelihood for this trait. A High assessment means you have a significantly higher likelihood of this trait than the average person in the reference population.

The screenshot shows a report for the trait 'Extraversion'. It includes a title, a paragraph of text explaining the genetic basis (TAS2R38 gene), a risk assessment (High), a percentile score (70th), the number of predisposing variations (8/13), and 100% coverage. Below this is a 'Your Recommendations' section with three numbered items. The page number 'Page 8 of 66' is at the bottom.

Extraversion

The ability to taste bitterness is due to the presence of a specific set of taste receptors on the tongue. Bitter taste sensitivity is partly determined by genetics. The TAS2R38 gene is the primary genetic factor that influences the perception of bitter taste. Individuals with specific variants of this gene may perceive bitter tastes more intensely than others. Bitter taste sensitivity is thought to play a role in food preferences and dietary behavior. Individuals who are highly sensitive to bitter tastes may be less likely to consume foods that are bitter or have a bitter aftertaste, such as vegetables. Studies have shown that individuals with higher bitter taste sensitivity may have a lower risk of developing certain health conditions, such as obesity and type 2 diabetes, as they may be less likely to consume sweet and high-calorie foods.

Your Genetic Risk: High

Your Rank: 70th Percentile

8 / 13 Predisposing Variations

100% Coverage

Your Recommendations

1. Experiment with different preparation methods and seasoning to make bitter-tasting foods more palatable.
2. Incorporate naturally sweet foods or have a more pleasant taste, such as fruits, into your diet to help offset the bitterness.
3. Try exposure therapy to increase your tolerance to bitter tastes gradually.

Page 8 of 66

Percentile score:

The population percentile shows where your genetic predisposition likelihood for this trait places you compared to the reference population.

Percentile score:

The population percentile shows where your genetic predisposition likelihood for this trait places you compared to the reference population.

Predisposing Variants:

Total predisposing genetic variants show the total number of genetic variants in your DNA sample that affect your predisposition likelihood for the trait.

Coverage:

The coverage reliability score shows what percentage of the target genetic variants for the trait were tested in your DNA sample. Ideally, the number should be closest to 100% to provide the best accuracy. Coverage reliability lower than 65% can mean that your assessment may not be as reliable because not enough genetic variants were present or correctly measured in the tested sample to provide an accurate result.

Recommendations:

Here are some general recommendations based on your assessment. Remember your health care provider's advice always overrules what is written here.

Traits to Prioritize

Here is a summary of your genetically-influenced traits that have a moderate or high likelihood of affecting your personality. Explore the detailed report for each to learn why these traits deserve your attention and how to personalize your lifestyle for the best results.

Agreeableness

High

Anger Response

High

Creativity

Medium

Empathy

Medium

Mathematical Aptitude

High

Morning Person

Medium

Music Performance Aptitude

High

Optimism

Medium

Sociability

Medium

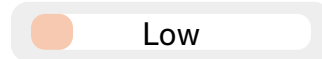
Worrier Personality

Medium

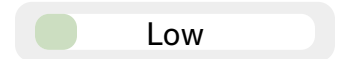
Traits without Significant Risk/Advantage

Here is a summary of personality characteristics we've tested and found no reason to believe your genetics would affect them adversely. Enjoy the peace of mind knowing you don't need to worry about these aspects of your personality.

Addictive Personality



Leadership Potential



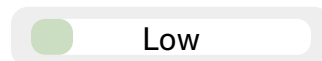
Experiential Learning Impairment



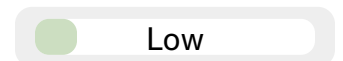
Memory Performance



Exploratory Behavior



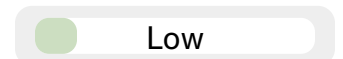
Musical Creativity



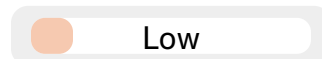
Extraversion



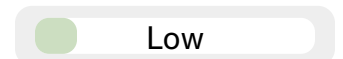
Reading Aptitude



Impulsivity



Warrior Personality



Empathy

Empathy is the ability to understand and resonate with others' feelings and intentions, influenced by genetics due to its evolutionary role in survival. We examine genetic variations in the OXTR and BDNF genes. The OXTR gene, responsible for oxytocin production, is tied to empathy, stress reactivity, and social bonding. Certain OXTR genotypes correlate with heightened empathy, less loneliness, and sensitive parenting. Variations in the BDNF gene impact emotional reactivity and social perception. Cultural factors also modulate behaviors linked to these genotypes.

Your Genetic
Strength:

Medium

Your Rank:
55th Percentile

3/4
Predisposing
Variations

100%
Coverage

Your Recommendations

Try using active listening when in a conversation: fully concentrate on the other person, and feel what they are feeling. This will help you be more in touch with them, and understand what they are trying to say. Try to connect more with your own emotions through journaling or regularly asking yourself how you feel, which will enable you to understand the emotions of others more deeply. Try slowing down your speech: taking time to think can help you consider the emotions of others, allowing you to be more empathetic. Consider asking questions to make people feel heard, especially when you notice them doubting themselves.



Sociability

Sociability is intrinsic to humans, varying from extensive social connections to few close bonds. Sociability is gauged by two dimensions: social integration, which measures one's involvement and diversity in social roles, and social support, reflecting the help and assurance individuals get from others. Research indicates that up to 70% of prosocial behaviors, encompassing empathy and social support quality, is heritable. Variability in sociability is partly linked to the oxytocin receptor gene (OXTR) and the CLOCK gene, with the latter also connected to evening-oriented individuals and emotional eating.

Your Genetic
Strength:

Medium

Your Rank:
65th Percentile

6/6
Predisposing
Variations

75%
Coverage

Your Recommendations

Try starting small by bonding with people who have similar interests. Try to smile more often: it makes you more approachable, and makes conversation easier. Try to let your guard down sometimes: being yourself can help you make more meaningful connections. Practice makes perfect, so keep trying to make friends whenever you can. Try talking to your coworkers or classmates - the shared social group makes conversations easier.



Extraversion

Most people believe that an extrovert is a person who is friendly and outgoing. While that may be true, that is not the true meaning of extroversion. Basically, an extrovert is a person who is energized by being around other people. This is the opposite of an introvert who is energized by being alone. Extroversion is heritable personality trait associated with numerous psychosocial, lifestyle and health outcomes. It is one of the Big Five personality traits (together with openness to experience, conscientiousness, agreeableness, and neuroticism). Meta-analysis of several studies reported several genetic variations that are significantly associated with Extroversion.

Your Genetic
Strength:



Your Rank:
60th Percentile

5/9
Predisposing
Variations

100%
Coverage

Your Recommendations

The easiest way to make new friends is through similar interests. A smile can make you seem more emotional. Being yourself in your relationships will make them more meaningful.



Leadership Potential

Were you born to lead? Leadership, and in particular charismatic leadership, is partially influenced by our genetics. Genetic differences are significantly associated with the likelihood that people take on leadership positions. While some leadership skills can definitely be learned and/or honed, there are genetic variations that are associated with the passing of leadership ability down through generations.

Your Genetic Strength:



Your Rank:
5th Percentile

0/1
Predisposing
Variations

100%
Coverage

Your Recommendations

Confidence is key to leadership. The more you know about a topic, the easier it is to teach others. A great leader can connect with others.



Agreeableness

Agreeableness is a personality trait manifesting itself in individual behavioral characteristics that are perceived as kind, sympathetic, cooperative, warm and considerate. It is one of the Big Five personality traits. A person with a high level of agreeableness in a personality test is usually warm, friendly, and tactful. They generally have an optimistic view of human nature and get along well with others. We learn agreeableness within our family structures and the social environments we grow up with. However research shows that agreeableness is partially influenced by our genetics. Interestingly, the agreeableness has been shown to be correlated with morningness. Indeed, the morningness allele of the circadian gene CLOCK is significantly associated with agreeableness.

Your Genetic
Strength:

High

Your Rank:
90th Percentile

5/6
Predisposing
Variations

100%
Coverage

Your Recommendations

Surround yourself with agreeable people, as they will also make you become more agreeable. In turn, by becoming more agreeable you will attract other agreeable people, who often make very good company. Active listening is a key component in agreeableness - pay attention to what people are saying, and you will become more pleasant to talk to. Avoid coming off as abrasive or contradictory - not only do they make you less agreeable, but they also make you harder to be around. Keep in mind that being agreeable is not synonymous with being naïve - there's no reason to let yourself get taken advantage of just because you're friendly.



Memory Performance

Human memory is the result of many distinct mental processes, such as memory encoding, forgetting, and modulation of memory strength by various stimuli. Memory has large inter-individual variability and substantial heritability. We test 3 genetic variations that account for episodic memory (ability to recall words and pictures) that have recently been identified. Genetic variation in the BAIAP2 gene is related to negative emotional modulation of human memory strength. People who carry the minor A allele of rs8067235 variant performed significantly better in recalling negative images. Carriers of KIBRA rs17070145 T allele had 25% better free recall performance 5 min after word presentation and 20% better free recall performance 24 hours after word presentation than did non-carriers.

Your Genetic Strength:



Your Rank:
70th Percentile

2/2
Predisposing
Variations

100%
Coverage

Your Recommendations

Better sleep can improve your memory. High stress can interfere with your memory. Being more active each day can lead to better memory.



Creativity

Several lines of evidence suggest that genetics contributes to creativity potential estimating that over 30% of the creativity is heritable. Studies explored genetic background of general creativity that includes visual, verbal, scientific, technical or physical fields. An interesting result is that DRD2 and COMT genes that are involved in dopamine transmission may act in coordination to contribute to creativity. The neuregulin 1 gene (NRG1) is associated with creativity in people with high intellectual and academic performance. The same gene has also been implicated in increased risk of psychological problems

Your Genetic
Strength:

Medium

Your Rank:
55th Percentile

6/13
Predisposing
Variations

92%
Coverage

Your Recommendations

Try to practice your creativity through art, music, or any other creative passion you have. Consider taking the time to find a skill you want to master, and taking steps to do so. The process of mastering a skill is also a great way to train your creativity. Try to incorporate mindfulness techniques like yoga, deep breathing, or journaling into your daily life. Consistent use of these techniques can help you access your creative side by clearing your mind. If you're not feeling creative, it may be because you're not creating anything. Even purposeless art, such as doodling or freewriting, is still a great way to practice your creative side.



Experiential Learning Impairment

A 2007 study in Science investigated dopamine's influence on learning from errors using neuroimaging during a learning task. The focus was on a common genetic variant in the dopamine D2 receptor gene, DRD2-TAQ-IA (rs1800497), which modulates D2 receptor density. Carriers of the A1 allele, linked to a 30% reduction in D2 density, were less efficient in avoiding negative actions. Their brains, specifically the posterior medial frontal cortex, responded less to negative feedback. Thus, these carriers not only have a higher risk of addictive behaviors but also display reduced sensitivity to consequences, affecting their learning patterns.

Your Genetic Risk:



Your Rank:

5th Percentile

0/1
Predisposing
Variations

100%
Coverage

Your Recommendations

Mock trials and conversations are a great way to practice an interactive learning process. Being actively mindful can let you become more involved in an experience. There's rarely only one way to solve a task.



Mathematical Aptitude

Were you the one in the class who was quick to grasp all the math concepts in no time, the one who preferred the dentist's chair to doing a math problem, or somewhere in between? Your math aptitude of course depends on your family environment, the quality of your schooling and many other environmental factors. But research suggests that some people are naturally good at math, whereas other may need to put in extra effort to become good at it. There are known genetic variations that seem to contribute to the overall mathematical aptitude of individuals. Interestingly, about half of these genetic contributions are shared by individuals who are also good at reading comprehension.

Your Genetic Strength:

High

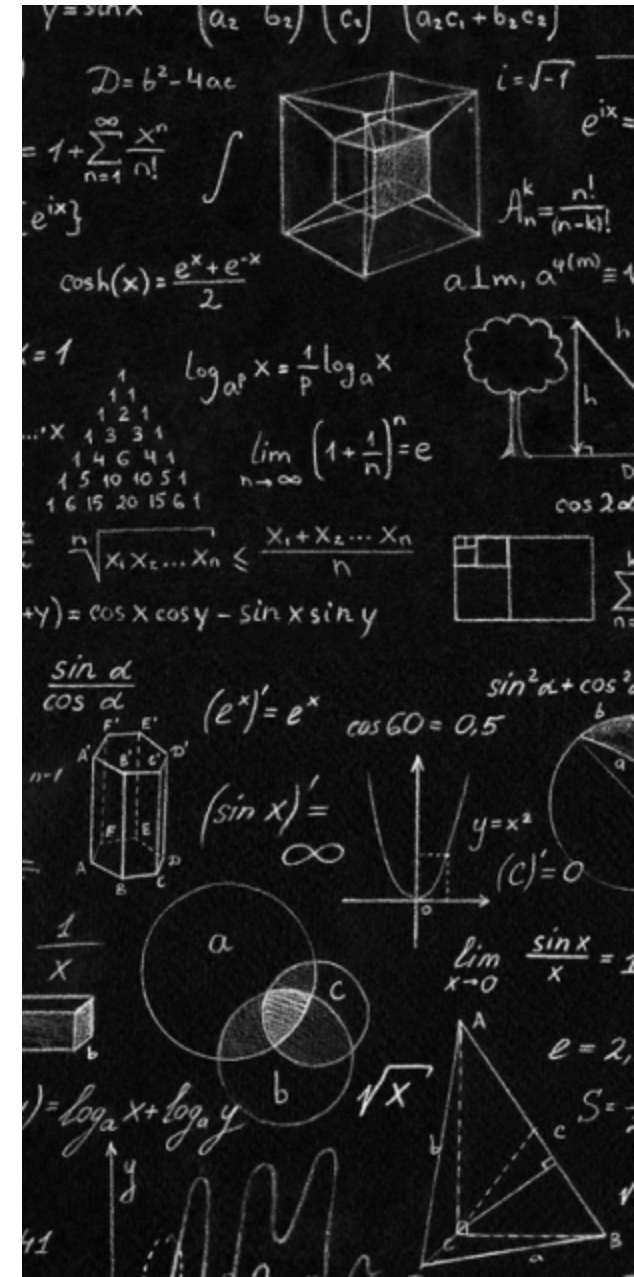
Your Rank:
95th Percentile

12/14
Predisposing
Variations

100%
Coverage

Your Recommendations

Incorporate math skills into your day to day life, such as within cooking and shopping. Take the time to learn from your mistakes, which will help you improve your math skills. Ask a friend to help you study, and test each other often. Work on your number sense: figuring out how numbers fit together and interact is more important than memorizing lists. If a problem seems to complex, find ways to break a part of it down to something more manageable, before doing the same to each other part.



Reading Aptitude

Reading ability measures the processing and comprehension capacity of written language. Often, significant similarities can be observed among family members with regards to reading ability. While there is definitely an environmental and social component, research has shown that genetics and heredity plays a major role in the ability of people to process written language. There are known genetic variations that seem to contribute to the overall reading ability of individuals. Interestingly, about half of these genetic contributions are shared by individuals who are also good at mathematical aptitude. Another interesting finding is that genetic variations associated with reading abilities in English and Chinese overlap.

Your Genetic
Strength:



Low

Your Rank:
45th Percentile

18/36
Predisposing
Variations

92%
Coverage

Your Recommendations

Engaging with a text means asking questions before, during, and after you read. Reading is a skill, but it is also a habit. Joining a book club can give you an external reason to engage with a book.



Music Performance Aptitude

Were you born with an inherent talent to be a musician? Musical aptitude has been shown to be influenced by certain genetic variations. Individuals with specific genetic variations have been shown to perform higher on the Bentley Musical Aptitude Test, which is used to assess a student's aural capacity before learning an instrument.

Your Genetic Strength:

High

Your Rank:
90th Percentile

4/8
Predisposing
Variations

100%
Coverage

Your Recommendations

Set a specific time each week to practice music, and commit to that time. Join a group of others with similar musical interests to motivate you to keep learning. Make sure to get enough sleep each night, as healthy sleep is linked to increased musical aptitude. Find a role model, coach or mentor to help you improve your musical abilities. Listen to a variety of music, instead of just listening to the same thing every day. Build a foundational knowledge of music theory, which will allow you to understand what you need to improve. Make sure you're embracing constructive critique - don't just do the same thing over and over again if it's not working.



Musical Creativity

Musical creativity is the ability to create new forms of music and is most common associated with composition and improvisation within music. This is a different ability than music performance, as performers often stress accuracy, whereas composers stress novelty and out of the box creativity. Individuals with music aptitude who were engaged in arranging and composing music were found to possess certain genetic variants more frequently than controls, where some controls were playing various music instruments and other were not engaged in music activities at all. While this is a small study, their analysis suggested the involvement of cerebellar long-term pathway that controls brain plasticity and memory, facilitating the acquisition of novel information.

Your Genetic
Strength:



Low

Your Rank:
50th Percentile

4/7
Predisposing
Variations

87%
Coverage

Your Recommendations

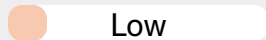
Staying too committed to one idea can prevent you from finding the best solution. Taking walks can clear your head, helping you focus on an idea. Healthy sleep is shown to improve musical aptitude.



Addictive Personality

This trait measures whether you have genetic predispositions that would increase your likelihood of having an addictive personality. Addictions can come in a wide range of forms, including food, drugs, alcohol, gambling, pornography, or even fitness/exercise. Addictive personality refers to a particular set of personality traits that make an individual predisposed to developing addictions. Addictions can come in a wide range of forms, including food, drugs, alcohol, gambling, pornography, or even fitness/exercise. In addition to gene DRD2 that is implicated in reduced pleasure response, several other genetic variants have been found to be associated with addictive behaviors such as excessive alcohol consumption and smoking.

Your Genetic Risk:



Low

Your Rank:

25th Percentile

11/27
Predisposing
Variations

93%
Coverage

Your Recommendations

Moderating your habit-forming activities can help prevent you from overindulging. Having a close friend check in on you and keep you in line can help keep you safe. Setting limits beforehand can be a great way to keep yourself accountable while still enjoying potentially habit-forming activities.



Impulsivity

Impulsivity can be defined as rapid, unplanned behavior with little forethought of the consequences. Some impulsivity contributes to optimal decision-making and it is advantageous in certain situations. However, high levels of impulsivity are linked to risky behaviors that may result in adverse consequences. Impulsivity is related to novelty and excitement seeking. The behavioral consequences of impulsivity are more common among adolescents and young adults, who are generally more likely to be impulsive and seeking excitement. In addition, male subjects tend to score higher on measures of impulsivity and excitement-seeking compared with female subjects, a pattern observed in countries around the world. Like other personality traits, impulsivity is a multidimensional construct: it is generally assessed by self-report questionnaires.

Your Genetic Risk:



Your Rank:

30th Percentile

2/10
Predisposing
Variations

90%
Coverage

Your Recommendations

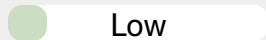
Taking the time to reflect before big decisions can ensure you're making the right call. Making a pros and cons list can make it easier to analyze a situation. Acting based on emotions can prevent you from thinking things through.



Warrior Personality

Warrior have better stress resiliency, and higher pain threshold. In some circumstances, the warrior personality is associated with aggressiveness and violence when combined with trauma, drugs, or alcoholism. On a biochemical level, warrior personality is associated with two enzymes, MAOA and COMT that determine the levels of several neurotransmitters such as dopamine and serotonin. The MAOA has even been nicknamed the warrior gene and drew international attention a decade ago when it was reported that a common genetic variation to occur more common in Maori – the indigenous Polynesians of New Zealand – than in whites. Interestingly, a smaller study reported that the warrior genes often linked with aggression and alpha-male behaviour in men might actually be the happiness genes for women.

Your Genetic Strength:



Your Rank:
45th Percentile

2/4
Predisposing
Variations

100%
Coverage

Your Recommendations

Making lists of pros and cons can stop emotions from clouding your decisions. Not every conversation needs a winner - cooperation and compromise are typically healthier. It's possible to be strong and driven while still appreciating the success of others.



Worrier Personality

Worriers are more exploratory, have lower pain threshold and enhanced vulnerability to stress. They often give up when the going gets tough. Yet they may be more efficient processing information under most conditions. On a biochemical level, worrier personality is associated with lower COMT enzyme activity.

Your Genetic Risk:

Medium

Your Rank:

65th Percentile

1/1
Predisposing
Variations

100%
Coverage

Your Recommendations

When looking to unwind, consider healthy methods such as reading, meditating, and journaling. Try out exposure therapy, which can help you face your fears in a controlled environment. You can also face your fears by examining past events or writing down likely outcomes of a situation. Try to accept when things are out of your control, and instead focus on what you have power over. Consider having a friend give you a mock interview: it can help you build confidence, and prepare you for stressful situations.



Exploratory Behavior

Exploratory behavior, or Novelty Seeking, is one of 4 temperaments according to the Cloninger's model of personality. The other three are Harm Avoidance, Reward Dependence, and Persistence. Exploratory behavior reflects the tendency to respond strongly to novelty and cues for reward. Explorers have the tendency to crave stimulation and thrills; they tend to be attracted by large crowds and bright colors. Interestingly, exploratory behavior is influenced by specific neurotransmitter pathways in the brain and it has a heritable genetic component.

Your Genetic Strength:



Your Rank:
20th Percentile

5/8
Predisposing
Variations

100%
Coverage

Your Recommendations

Incorporating small changes into your daily routine can induce spontaneity. Greater flexibility in life can open up new opportunities. Learning new skills can help you become more curious.



Anger Response

Individuals with higher anger response are more irritable and likely to get angry as a result of unsettling external stimuli. This is partially a result of the sensitivity of the central nervous system and the amygdala to external shocks and can be influenced by your genetics.

Your Genetic Risk:

High

Your Rank:

90th Percentile

3/9

Predisposing
Variations

100%

Coverage

Your Recommendations

Ensure that you stay physically and mentally active - exercising, learning, or taking part in social hobbies all help with mitigating the negative feelings associated with anger. Social hobbies can also ensure that you have a community around you to help you process these feelings. Train relaxation skills such as yoga, meditation, and journaling. Take a few seconds to collect yourself before speaking to help you slow down and recognize anger when it shows up. Don't be afraid to ask for help if you feel overwhelmed - anger is difficult to manage alone.



Optimism

Optimism is the ability to see the glass half full and to look at the present and the future through cheerful eyes. It is an important asset for creating energy to move forward in life and is a great coping mechanism for uncertain and tumultuous times like ours. Optimism has been shown to be partly influenced by your genetics. Recent studies have shown that there are genetic variations that contribute to optimism, self-esteem and agency, which can help individuals cope well with stress and avoid depression.

Your Genetic Strength:

Medium

Your Rank:
65th Percentile

5/5
Predisposing
Variations

100%
Coverage

Your Recommendations

Consider developing positive mantras and affirmations. Saying these daily can help you see the world in a more optimistic way, as well as giving you more confidence and self-worth. Try to live in the present - worrying about the past can prevent you from moving forward. Make sure you're surrounding yourself with optimistic influences: the most important factor in developing your worldview is the community you find yourself in. Remember to give thanks to the people around you - not only will they appreciate it, but it'll make you more grateful in the future.



Morning Person

Chronotype, indicating a preference for morning or evening activity, is governed by circadian rhythms present in most living organisms. Genetics play a significant role in determining one's chronotype, with heritability estimates of 40-60%. This genetic influence might be why certain individuals naturally gravitate towards being early risers or night owls. While the extremes are "larks" (morning persons) and "owls" (evening persons), many, termed "hummingbirds," lie in between, with varied tendencies towards either end. A study with 90,000 participants identified genetic links to morning preferences. Understanding one's innate chronotype can assist in optimizing productivity times.

Your Genetic Strength:

Medium

Your Rank:
55th Percentile

5/6
Predisposing
Variations

75%
Coverage

Your Recommendations

Try to get around six to eight hours of sleep every night. Try to get some sun early in the morning - either by opening the windows or going outside - to kickstart your cortisol response, making you feel more awake. Try to maximize your productivity by doing the hard tasks early, and saving the easier ones for later. As you are more awake in the mornings, you'll be able to overcome the difficult tasks if you get them out of the way early. Try to avoid hitting snooze - it may be tempting, but it'll mess with your circadian rhythm.



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LEGAL AGREEMENT AND TERMS AND CONDITIONS

Privacy Policy

LifeNome abides by the Genetic Information Nondiscrimination Act, or GINA, a U.S. federal legislation with bipartisan support that protects Americans from discrimination with respect to health insurance and employment decisions on the basis of genetic information. GINA has passed through Congress and was signed into law by the President on May 21, 2008. As a result, American insurance companies and health plans (including both group and individual insurers, as well as federally-regulated plans) will be prohibited from: looking at your predictive genetic information or genetic services before you enroll; “requesting or requiring” that you or your family members take a genetic test; restricting enrollment based on genetic information; or changing your premiums based on genetic information. GINA also prohibits U.S. employers (including employment agencies, labor organizations, and training programs) from: discriminating against whom they hire or how much they pay on the basis of genetic information; “requesting or requiring” that you or your family members take a genetic test; or disclosing your genetic information in their possession except under specific and specially controlled circumstances. We also abide by COPPA which applies to the online collection of personal information from children under 13. The new rules spell out what a Website operator must include in a privacy policy, when and how to seek verifiable consent from a parent and what responsibilities an

operator has to protect children’s privacy and safety online.

Data Usage and Storage

At LifeNome, you control your data and profile and can delete your data and profile at any time. This will erase your raw genetic data from our databases. The well-being reports generated will be kept for your future reference. LifeNome does not share any personally identifiable genetic information with any other third party entities. You understand that LifeNome may use your genotype and phenotype data as part of an aggregate and anonymous research analysis to improve its genomics algorithm.

Data Security

LifeNome takes the security of your data seriously. We use state-of-the-art security measures and encryption technologies to safeguard your personal information. You will be responsible for safeguarding your login information and should not share your authentication information to any third party. Please notify us of any unauthorized use of your password.

Statement of Limitations

LifeNome provides non-disease wellness information only. The information provided by LifeNome does not constitute medical advice and

is provided solely as complementary insight to assist you, your nutritionist, fitness instructor, and/or health-care provider in making more personalized decisions for your well-being. Genetic predispositions do not mean a condition is actually present. Many environmental and behavioral factors impact the actual presence of a condition.

Term

These Terms and Conditions are effective as of the effective date posted above, unless and until modified as provided above, or terminated at any time, by LifeNome.

Applicable Law

These Terms and Conditions and your use of the website shall be governed by the laws of the United States of America and the State of Delaware without regard to its conflicts of laws principles. This website and its contents are intended to comply with the laws and regulations in the U.S. If any provision in these Terms and Conditions is held to be unlawful, void or unenforceable, then such provision shall be severable without affecting the enforceability of all remaining provisions. LifeNome reserves the right to alter or delete materials from this website at any time at its discretion.