

# The PureGenomics® Glucose Homeostasis Protocol‡

Developed with Nathan Morris, M.D.†

Gene	SNP	Alleles	What it means	Diet & Lifestyle Recommendations	Pure Encapsulations® Products‡
<b>ADRA2A</b>	rs553668	A/A (+/+) A/G (+/-) G/G (-/-)	The A allele is associated with increased alpha-adrenergic receptor expression, which may affect insulin release by the pancreas.	(+/-) or (+/-) • Consider relaxation techniques, meditation or related stress management strategies.  (-/-) • No recommendations	(+/-) or (+/-) • Metabolic Xtra  (-/-) • No recommendation
<b>TCF7L2</b>	rs7903146	T/T (+/+) T/C (+/-) C/C (-/-)	The T allele may influence glucose homeostasis.	(+/-) or (+/-) • Follow a Mediterranean diet or similar, reduce carbohydrate intake, eliminate sugars, and exercise regularly.  (-/-) • No recommendations	(+/-) or (+/-) • Metabolic Xtra  (-/-) • No recommendation
<b>SLC30A8</b>	rs11558471	A/A (+/+) A/G (+/-) G/G (-/-)	The A allele may influence glucose homeostasis. Zinc has been shown to modify this effect.	(+/-) or (+/-) • Ensure adequate zinc intake.  (-/-) • No recommendations	(+/-) or (+/-) • Zinc 15  (-/-) • No recommendation

Please note that these SNPs are markers of genetic predisposition supported by a limited, yet evolving body of evidence. Due to the many factors that modify their effects on physiology, a positive result does not necessarily mean that any or all of the recommended supplements are needed. Consider additional methods, such as those listed under Assessment Recommendations below, to determine the need for support.‡

Gene and SNP	Assessment Recommendations*
<b>ADRA2A</b> (rs553668)	<b>Fasting glucose:</b> Adults: 70 - 100 mg/dL <b>HbA1c:</b> Adults: 4.0 - 5.6% <b>Serum cortisol:</b> AM: 7 - 25 mcg/dL, PM: 2 - 14 mcg/dL
<b>TCF7L2</b> (rs7903146)	<b>Fasting glucose:</b> Adults: 70 - 100 mg/dL <b>HbA1c:</b> Adults: 4.0 - 5.6% Or other related metabolic testing
<b>SLC30A8</b> (rs11558471)	<b>Alkaline phosphatase</b> (a marker of zinc status): Men: 45 - 115 U/L, Women: 37 - 144 U/L <b>Fasting glucose:</b> Adults: 70 - 100 mg/dL <b>HbA1c:</b> Adults: 4.0 - 5.6% Or other related metabolic testing

\*Reference ranges were obtained from LifeLabs Clinical Laboratories. These ranges apply to adults only.

†Dr. Morris is a retained consultant for Pure Encapsulations.

PureGenomics® nutritional information is not intended for use in the diagnosis, cure, mitigation, treatment or prevention of disease.

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Available for download at [PureEncapsulations.com/puregenomics-protocols](https://PureEncapsulations.com/puregenomics-protocols)



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490 Boston Post Road, Sudbury, MA 01776 USA



‡These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

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