SNAP SHOT Your SkinDNA Profile



Michelle Sabado

Thank you for taking the SkinDNA Genetic Test. Below is a summary of our findings.



Collagen Breakdown

Medium Risk

Genetically, you have a partial imbalance. Your results indicate that more collagen is breaking down and less is being produced



Wrinkling / Glycation

Medium Risk

Genetically, your body has a reduced ability to efficiently break down glucose. Excess glucose has been linked to a number of age related traits, amongst them – wrinkles.



Sun Damage & Pigmentation

Higher Risk

Genetically, you may have a higher probability to experience irregular pigmentation & burning. Your results indicate that there may be a number of vulnerabilities in the production of melanin and other processors that aim to protect your skin from the sun. Explore the gene data below to find out more about this result.



Free Radical Damage

Medium Risk

Genetically, you may have a reduced ability to produce essential antioxidants. Your results also suggest that you may be sensitive to Environmental Pollutants. By living an unhealthy lifestyle that includes smoking & stress will ultimately increase your lifetime free of radical production. Explore the gene data below to find out more about this result.



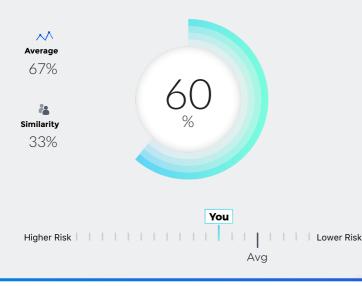
Skin Sensitivity

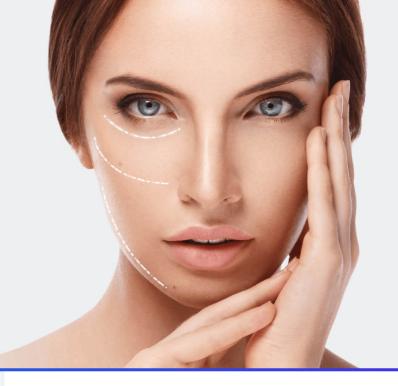
Lower Risk

Genetically, your body is producing normal levels of inflammatory proteins. Your results indicate that you have a normal risk factor to chemical sensitivity issues and skin inflammatory responses. You may still at times experience skin irritations when using a highly active or highly chemical product.

CATEGORY ONE

Collagen Breakdown





Why do we experience skin sagging?

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. 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.

The SkinDNA® Genetic Test can help identify if the production of collagen is in balance, or if the breakdown of collagen is more rapid which can result in the appearance of premature sagging of the skin.

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.

DID YOU KNOW?

Most people understand that prevention is better than the cure. Skin care is the only field where most people **do not** use an anti-aging regime or even take any action until they can see the signs.

Technicals

Collagen Breakdown

💶 🔹 Deficient

Collagen Protection

The enzyme responsible for Collagen Breakdown (known as MMP's) is heightened. As such you may prone to skin laxity and looseness. Other ageing effects may include: Hollowed cheeks, drooping eyelids, as well as a slowdown tissue re-modelling. The Glutathione Antioxidant (labelled as "Collagen Protection") is functioning optimally. Due to the deficiency, we recommend considering collagen boosting modalities provided at the end of this report.

YOU ARE

Medium Risk

What this means for you:

Genetically, you have a partial imbalance. Your results indicate that more collagen is breaking down and less is being produced

Internal Signs

These signs generally occour **BEFORE the age of 30**

SLOWDOWN IN TISSUE REMODELLING Tissue remodelling is important in maintaining and building a beatthy selfagen structure to below them.

building a healthy collagen structure to help keep skin firm and plump

COLLAGEN PRODUCTION ISSUES
 Increased collagen breakdown as well as less collagen production

Visible Signs



SLOWER HEALING

• Slower Healing

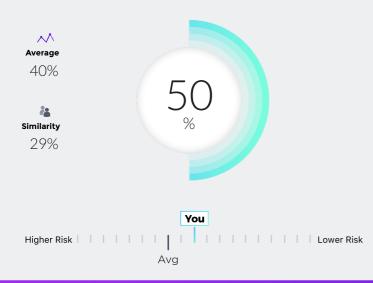
SKIN LAXITY & SAGGING

- Hollowing under eyes
- Loss of volume

PROMINENT NASOLABIAL FOLDS

• Deeper smile lines

Wrinkling / Glycation



What is Glycation?

How your body processes sugar is determined in part by your genes.

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. 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.

Variations in the these genes can alter the functioning of normal glucose and energy metabolism. In addition, by consuming higher amounts of sugar intake with your lilfestyle can override your genetic risk and can in turn create skin glycation issues



DID YOU KNOW?

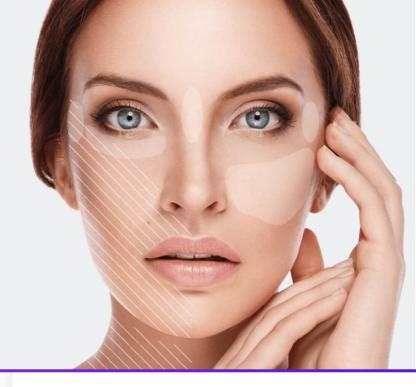
Skin ages from the inside out. Biological effects that are not seen by the human eye must occur before the visible signs become apparent. A small change such as watching your sugar intake can be mean the difference between wrinkles and flawless skin.

Technicals

Wrinkle Factor

Impaired

You have a less than optimal gene process that can reduce the ability to efficiently breakdown glucose. Excess glucose molecules stick to collagen and elastin resulting in cross-linked fibers - binding them together. This ultimately leads to the formation of wrinkles, thinning skin, free radicals, and structural skin damage.



Medium Risk

You are

What this means for you:

Genetically, your body has a reduced ability to efficiently break down glucose. Excess glucose has been linked to a number of age related traits, amongst them – wrinkles.

Internal Signs

These signs generally occour **BEFORE the age of 30**

• STIFFENED COLLAGEN FIBERS

Leading to decreased elasticity. This is similar to rusty springs in a mattress, overtime it doesn't quite bounce back as much

• WEAK DERMAL EPIDERMAL JUNCTION

Support structures within the skin begin to weaken loosing their ability to support the dermis. Overtime, areas begin to collapse inwards Eg, Wrinkles

Visible Signs

HEAVY WRINKLES & FOLDS

- Upper lip and chin lines
- Vertical lines across cheeks
- Fine Lines

AGING EYES

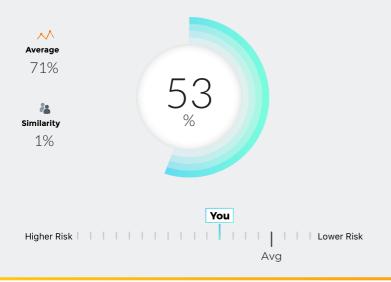
• Dryness and lines

UNEVEN SKIN TEXTURE

- Rough surface area
- Leathery looking skin
- Crepey skin

CATEGORY THREE

Sun Damage & Pigmentation

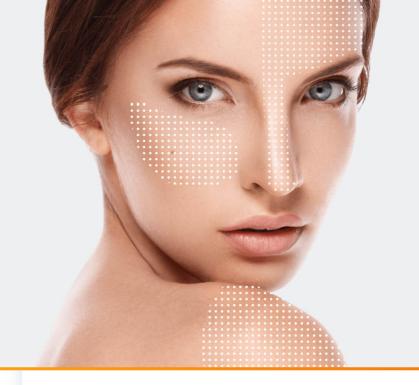


What is Photo-protection?

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

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.



YOU ARE

Higher Risk

What this means for you:

Genetically, you may have a higher probability to experience irregular pigmentation & burning. Your results indicate that there may be a number of vulnerabilities in the production of melanin and other processors that aim to protect your skin from the sun. Explore the gene data below to find out more about this result.

Internal Signs \longrightarrow **BEFOF**

These signs generally occour **BEFORE the age of 30**

• CELLULAR STRUCTURE DAMAGE

Sun damage created by UV Free Radicals including DNA damage from UVA rays

 IRREGULAR CELLULAR FUNCTIONS
 Hyper Pigmentation: more pigmentation such as brown spots
 Hypo Pigmentation: lack of pigmentation such as white spots

Visible Signs

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PIGMENTATION SPOTS

- Blemishes and Freckles
- Brown Spots

REDNESS

- Broken capillaries
- Sun Sensitivity Eg Sunburns
- Patches of redness, mainly on the neck and chest

DEEP FURROWS

Upper face deep lines
 Eg. Frown, expression lines

Technicals

Melanin Production 1

Melanin Production 2

We test 2 locations within this gene (M1 & M2). Your results indicate that your body may produce irregular volumes of melanin (pigment). As a result, you may find that your skin can become at times sensitive when exposed to sunlight. You may be more prone to freckling and other various pigmentation spots (hyper-pigmentation). You may also be prone to white spots (hypo-pigmentation). It is likely that even though your skin may be sun sensitive there are times you may experience abnormal tanning abilities.

Photo Defense 1

Impaired

Photo Defense 2

We test 2 locations within this gene (M1 & M2). Your results indicate that genetically your body is functioning less than optimal in breaking down free radicals produced from UVB rays once they have entered the skin. These rays are often referred to as the "Burning" Rays and are responsible not only sunburns but also pigmentation responses.

UV Repair

Impaired

Your result suggests that this gene process is functioning less than optimally with its ability to repair DNA damage caused by exposure from UVA rays. These rays are often referred to as the "Aging" Rays

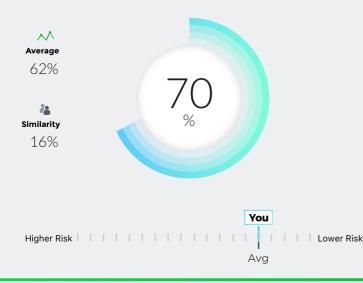
UV Radical

Impaired

Your genetic outcome suggests that you have less than optimal DNA repairing ability. After UVA exposure, this gene is crucial for maintaining the overall health and integrity of skin by repairing any DNA damage the exposure might have caused

CATEGORY FOUR

Free Radical Damage



What are Free Radicals?

Free radicals damage virtually any molecule in our body.

It's a chain reaction that can wreck havoc in every layer of the skin. This sort of cellular destruction in any one of the skin's layers can lead to a dull, lifeless, aged complexion.

Our bodies have been built with a natural defense, Antioxidants. There are 2 main types of Antioxidants produced by your body which stop the damage of Free Radicals. SkinDNA test 2 main types of Antioxidants produced by your body as well as other genetic markers responsible for protecting your skin against Free Radicals.



Technicals

Antioxidant Power

Antioxidant Power

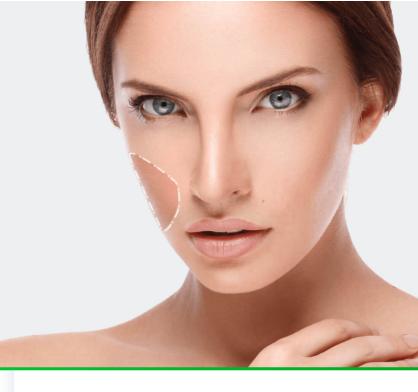
Superoxide Dismutase and Glutathione Antioxidant are arguably the body's most crucial antioxidants. The higher the levels the less prone we are to the destructive effects of free radicals.

Your genes outcomes show that you have optimal functioning ability to produce Glutathione Antioxidant and a less than optimal ability to produce Superoxide Dismutase. The benefits of having at least optimal Glutathione can still help in aiding to efficiently breakdown free radicals and prevent unnecessary damage to skin cells. Increasing your antioxidant intake can help provide added support.

Pollution Defense

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 and cause damage within the skin's wall. Your genes have optimal ability to efficiently breakdown Quinones.

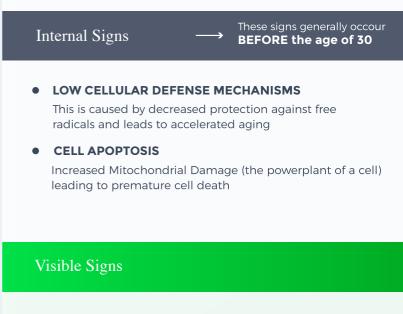


YOU ARE

Medium Risk

What this means for you:

Genetically, you may have a reduced ability to produce essential antioxidants. Your results also suggest that you may be sensitive to Environmental Pollutants. By living an unhealthy lifestyle that includes smoking & stress will ultimately increase your lifetime free of radical production. Explore the gene data below to find out more about this result.







- Rough texture
- Uneven skin tone
- Dull and lifeless skin
- Tired looking appearance

SKIN BARRIER ISSUES

- Excessive dryness
- Excessive oiliness



Skin irritations

Inflammation acts as the first line of response for healing and counteracting infection and foreign substances like germs, bacteria, allergens, and toxins.

Sometimes the body can over compensate and release too many infla - matory proteins to take care of an issue that only required fewer - as a result the body begins to overreact to anything and everything! Soon the body begins to think that your favourite perfume is a virus and the skincare product you love is going to cause harm. This type of sensitivity is not good as the trauma caused by a constant over supply of inflamm - tion dramatically ages the skin.

Undergoing skin treatments?

Let your skin professional know about any risks in this category so that they can adjust the treatment protocol to avoid unexpected potential downtime such as extra redness you might not have expected.

Technicals

Inflammation

💶 💶 🔹 Normal

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 on-going, 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 optimal.

Xenobiotic Detox

📕 🚺 🚺 Normal

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

Skin Sensitivity 1

Impaired

Skin Sensitivity 2

We test 2 locations within this gene (M1 & M2). Your genes have near optimal to optimal ability to breakdown toxic chemical compounds found in everyday pollutions. It is likely that you do not suffer inflammation or irritations caused by perfumed products, active skincare ingredients and general city pollution.

YOU ARE

Lower Risk

What this means for you:

Genetically, your body is producing normal levels of inflammatory proteins. Your results indicate that you have a normal risk factor to chemical sensitivity issues and skin inflammatory responses. You may still at times experience skin irritations when using a highly active or highly chemical product.

Internal Signs

These signs generally occour **BEFORE the age of 30**

- Overactive Inflammation
 Production oversupply that heightens your bodies responsiveness to stressors
- Irregular Tissue Healing Slow cellular renewal such as renewal after cuts, burns and peeling
- Decreased Cellular Defence
 Inability to breakdown chemicals and external toxins

Visible Signs

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TEXTURUAL ISSUES

- Dryness
- Itching
- Heightened sensitivity to:
- Highly active skincare products

• Redness

• Rashes

- Perfumes and scents
- Additives or detergents

Prolonged Redness After:

• Facial treatments, laser, peels, dermal needling

Environmental Sensitivity

- Airborn particlesPollution