How to Research

The majority of genetic information is not ready for Routine clinical integration. The genome is massive. 10 million SNPs have been identified to date. Less than 1% are ready for clinical integration.

- PureGenomics Research is based on 3R Criteria:
  - **Researched:** Is there enough published literature showing strong correlation of the diet/lifestyle and the nutrients required to help bypass common Single Nucleotide Polymorphisms
  - **Relevant:** Relevant to a particular patient's health
  - **Responsive:** Is the polymorphism responsive to interventions
- Supplemental Genotype Report
  - Many of the polymorphisms included on our Supplement Genotype may eventually migrate over to the PureGenomics report once research shows strong correlation.

Books and Online Research Resources

The following databases require entry of the name of the SNP, not the gene. Use the rs number (rsID) found on PureGenomics® reports (e.g. rs4680) as your search term.

- **Online Resources**
  - The Pharmacogenomics Knowledge Base
  - SNPedia
  - National Center for Biotechnology Information (NCBI) OMIM database
  - National Center for Biotechnology Information (NCBI) PubMed
  - Google Scholar
    - Typing in diet with RS# gives you idea if there are potential nutritional implication
- **Books**
  - The following textbook provides an in-depth review of SNPs influencing nutrient needs: • Kohlmeier, M. (2013). Nutrigenetics: Applying the Science of Personal Nutrition. Academic Press, Waltham, MA.

Research abstracts pertaining to the SNPs in PureGenomics® are available here