DNA Report Reference

14 reports across 5 categories.
200M+ genetic variants.
Your blueprint, decoded.

Clinically guided • Evidence-led • Personalised to your biology

Key Reports at a Glance

EVA™ screens over 200 million genetic variants and delivers 14 reports across 5 categories. The key reports below are the most clinically significant. Full detail on every report follows in Section 1.

Pathway Reports

– Methylation Pathway
– Detox Pathway

Medical Summary

– Cancer Summary Report

Medication Check

– Pharmacogenomics (PGx)

Ancestry

– Global Ancestry

Health Reports

– Brain Health
– Cardiovascular Health
– Diet & Nutrition
– **Fitness**
– Gut Health
– Hormone Health
– Inflammation & Autoimmunity
– Metabolic Health
– Introductory Report

SECTION 1

DNA Reports – Detailed

Each report includes what it analyses, why it matters, and the EVA™ action taken when significant variants are identified.

PATHWAY REPORTS

Methylation Pathway — DNA Report

Analyses 8 key genes (MTHFR, COMT, MTR, MTRR, FOLH1, DHFR, CUBN, PDXK) controlling folate conversion, B12 absorption, homocysteine recycling, and neurotransmitter clearance. Impaired methylation underlies elevated cardiovascular risk, cognitive decline, and poor detoxification.

EVA™ Action: Targets impaired genes with L-Methylfolate, active B12, Magnesium, Omega-3, and Vitamin C.

Detox Pathway — DNA Report

Assesses genetic variants affecting Phase I and Phase II liver detoxification – how efficiently your body processes environmental toxins, medications, and metabolic waste products.

EVA™ Action: Supports detox capacity through targeted micronutrient protocols.

MEDICAL SUMMARY

Cancer Summary Report — DNA Report

Aggregates inherited risk across 7 cancer types: colorectal, prostate (men), breast (women), ovarian (women), lung, melanoma, and pancreatic. Each risk is calculated from hundreds of thousands of genetic variants.

EVA™ Action: Initiates targeted early screening recommendations and lifestyle protocols for elevated risks.

MEDICATION CHECK (PHARMACOGENOMICS)

Pharmacogenomics (PGx) — DNA Report

Identifies how your genetic variants affect the metabolism of common medications across cardiovascular, psychiatric, pain, and other drug classes – predicting likely response, dosage needs, and adverse reaction risk.

EVA™ Action: Informs your EVA physician for medication-related consultations and dosage guidance.

ANCESTRY

Global Ancestry — DNA Report

Maps your genetic heritage across global population groups, providing context for inherited health predispositions and ancestral background.

EVA™ Action: Provides population-level context for interpreting other genetic results.

SUMMARY HEALTH REPORTS

Brain Health

DNA Report

Evaluates genetic variants affecting cognitive resilience, neurological function, and Alzheimer's disease risk — including full ApoE genotyping (E2/E3/E4) with risk stratification into Average, Slightly Elevated, and Significantly Elevated tiers.

EVA™ Action: Supports brain health using Omega-3 DHA, metabolic optimisation, and cognitive monitoring protocols.

Cardiovascular Health

DNA Report

Assesses inherited risk for coronary artery disease and stroke based on over 1 million genetic variants each, alongside variants affecting blood pressure, clotting tendency, and vascular inflammation.

EVA™ Action: Optimises ApoB, inflammation, and blood pressure targets based on genetic risk tier.

Diet & Nutrition

DNA Report

Determines your genetic response to carbohydrates, dietary fats, and protein — plus food sensitivity risk for lactose, gluten, histamine, oxalate, and salicylate. Results guide macronutrient ratios and elimination protocols.

EVA™ Action: Personalises macronutrient ratios, plate structure, and initiates 3-week elimination protocols for identified sensitivities.

Fitness

DNA Report

Examines genetic variants shaping muscle fibre composition, VO2 max potential, recovery rate, injury susceptibility, and training adaptation. Helps optimise the type, intensity, and frequency of exercise.

EVA™ Action: Guides training type, recovery windows, and targeted support for physical performance.

Gut Health

DNA Report

Analyses genetic factors influencing gut microbiome diversity, digestive enzyme activity, intestinal permeability risk, and inflammatory response in the gut lining.

EVA™ Action: Supports gut integrity through fibre, probiotic, and anti-inflammatory protocols.

Hormone Health

DNA Report

Reviews genetic variants governing oestrogen clearance (COMT), DHEA metabolism, and androgen pathways — affecting energy, mood, body composition, and hormonal balance in both men and women.

EVA™ Action: Supports hormone balance through targeted supplementation and lifestyle adjustments.

Inflammation & Autoimmunity

DNA Report

Identifies inherited tendencies toward chronic systemic inflammation and autoimmune reactivity, including variants in key inflammatory cytokine pathways such as IL-6, TNF-alpha, and NF-kB.

EVA™ Action: Initiates targeted anti-inflammatory protocols using Omega-3, Vitamin C, and dietary optimisation.

Introductory Report

DNA Report

An accessible summary of your most clinically significant genetic findings — designed as the starting point into your full EVA™ DNA profile, written for clarity without clinical jargon.

EVA™ Action: Presents priority actions based on the highest-impact genetic findings across all categories.

Metabolic Health

DNA Report

Examines genetic predispositions to insulin resistance, Type 2 diabetes risk, and energy metabolism efficiency — including variants affecting glucose uptake, fat storage, and mitochondrial function.

EVA™ Action: Supports glucose and insulin optimisation using Berberine, Magnesium, and dietary structure.

SECTION 2

Methylation Pathway — Gene Reference

The methylation pathway underpins DNA repair, detoxification, neurotransmitter synthesis, and homocysteine control. EVA™ analyses 8 genes in this pathway. Each gene is reported as: Normal • Slightly Impaired • Significantly Impaired. Only impaired genes are shown in the app's Main Dashboard; all genes appear in the Expanded View.

MTHFR — Methylation

Controls conversion of folate into its active form (5-MTHF), used for DNA repair, methylation, and homocysteine recycling. The most clinically significant methylation gene — variants are present in approximately 40% of the population.

EVA™ Action: L-Methylfolate + Vitamin B12.

FOLH1 — Methylation

Regulates absorption of natural folate from food in the gut wall. Variants reduce folate bioavailability from diet, making supplementation important even with a folate-rich diet.

EVA™ Action: L-Methylfolate supplementation.

DHFR — Methylation

Converts synthetic folic acid into active folate inside cells. Variants mean standard folic acid supplements may be poorly utilised — active folate is required instead.

EVA™ Action: Active folate (L-Methylfolate) in place of standard folic acid.

MTR — Methylation

Helps recycle homocysteine back into methionine — a critical step in the methylation cycle and a key control point for homocysteine levels.

EVA™ Action: Vitamin B12 supplementation.

MTRR — Methylation

Regenerates the active form of B12 required for MTR to function. Variants impair the whole methylation cycle even when B12 blood levels appear adequate.

EVA™ Action: Vitamin B12 (methylcobalamin preferred).

CUBN — Methylation

Controls absorption of Vitamin B12 from the gut. Variants cause poor B12 uptake regardless of dietary intake or standard B12 supplementation.

EVA™ Action: Vitamin B12 (methylcobalamin or hydroxocobalamin — sublingual or injectable for severe variants).

PDXK	Methylation

Activates Vitamin B6 into its functional form (PLP), which is required for homocysteine metabolism, neurotransmitter synthesis, and immune regulation.

EVA™ Action: Active B6 support via Magnesium + B6 complex.

COMT	Methylation

Controls the breakdown of dopamine, adrenaline, and oestrogen. Slow variants reduce catecholamine clearance, amplifying the stress response and prolonging oestrogen exposure. Note: EVA™ action applies to ALL COMT variants — not only impaired results.

EVA™ Action: Magnesium, Omega-3, and Vitamin C — dosed and targeted to COMT activity level.

SECTION 3

ApoE Genotype — Alzheimer's Risk

The Alzheimer's disease result in the Brain Health report is driven by ApoE genotype. EVA™ displays your allele pair and applies one of three risk tiers. This is a measure of genetic predisposition — not a diagnosis.

ApoE Genotype	E4 Status	Risk Tier
E2/E2 or E2/E3	No E4 allele	Average Risk
E3/E4	One copy of E4	Slightly Elevated Risk
E4/E4	Two copies of E4	Significantly Elevated Risk

EVA™ Action: Supports brain health using Omega-3 DHA, metabolic optimisation, and cognitive monitoring protocols. E4/E4 carriers receive an enhanced protocol and are advised to consult an EVA physician.