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myDNA™ Caffeine Report

DO YOU LOVE COFFEE? OR DOES IT KEEP YOU UP ALL NIGHT?

A myDNA Caffeine Report will give you:

- Analysis of the genes which influence how your body processes caffeine
- Personalised insights into your body's response to caffeine
- An understanding of how your daily coffee ritual impacts on your diet
- Included with all Diet, Fitness and Diet & Fitness bundle kits.

What the myDNA caffeine report can tell you?

Our Caffeine Report can give you some insight into:

- How quickly your body metabolises caffeine and approximately for how long you are expected to experience the effects of caffeine
- How likely you are to get sleep disturbance from caffeine and if so, for what duration
- Whether your caffeine metabolism can be sped up by certain foods, or other factors

What is caffeine?

Caffeine is a stimulant naturally produced by many plants. Around the world people associate caffeine as coming from roasted coffee beans and tea leaves, but other plants such as cacao bean, yerba mate, guarana berry are also good sources.
When it comes to drinking coffee or tea, some people get jittery after just a few sips whilst others can drink several cups before they feel any effect.

Coffee and tea drinking

Coffee and tea are an integral part of the culture in many places around the world. From tea ceremonies in Asia to a Western "meeting for a coffee", caffeine brings people together and often is referred to as a "social lubricant".
It is estimated that approximately 80% of the world's population consumes a caffeinated product every day, and 90% of adults in North America consume caffeine on a daily basis. According to the most recent Australian Health Survey, about half of the Australian population drink coffee (on average 1 regular cup or 330 mL per day) and just less than half drink tea (on average 400 mL per day), each day.

About the caffeine report

This report will uncover why you might belong to one rather than another group of coffee drinkers, from a genetic point of view.
In this report, we answer some of the most asked questions on caffeine and its effect on the body, explained in the light of your genetic results. Over the last few years, scientific research has provided increasing evidence that genetics play an important role in controlling how caffeine affects each person. The main genes involved are: ADORA2A, CYP1A1-CYP1A2, CYP1A2 and AHR.

What other factors can influence the effects of caffeine in the body?

Apart from genetics, there are other factors that can modulate the effects of caffeine. For example, smoking, exercise, pregnancy and birth control hormones, liver disease, and age.

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Sample Report

Tony's Personalised Gene Analysis

CAFFEINE REPORT DASHBOARD

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HELLO, TONY!

Welcome to your Personalised Caffeine Report.

When it comes to drinking coffee or tea, some people can drink several cups with little effect and others get jittery after one cup.

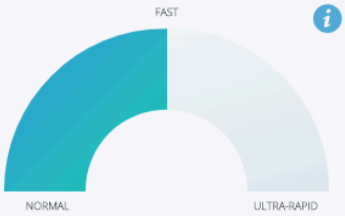
How does caffeine affect you, according to your DNA? Let's find out.

On this page is a summary of how your DNA affects the way that your body behaves after you drink caffeine.

- If you click on the ⓘ symbol, you can read more information.
- Each gene result is explained in full on the Results page.
- If you'd like to know how your favourite caffeinated drink can impact your weight, check out the Caffeine Calorie Calculator.
- You can also learn more about the report in the Science page.

CAFFEINE METABOLISM

How quickly can your body process caffeine?



You are a fast metaboliser: caffeine quickly reaches your brain and is rapidly processed out of your system.

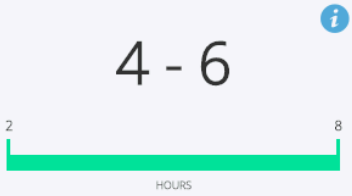
CAFFEINE JITTERS

How likely are you to get anxious from caffeine?

You are likely to feel jittery after caffeine.

ALERTNESS

How long can you expect to feel the effects of caffeine for?



For most people with your results, the effects of caffeine should kick in within 30 minutes and may last for 4-6 hours (or less, in presence of an inducer).

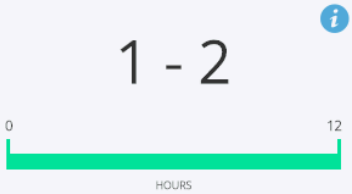
SLEEP DISTURBANCE

Is your sleep likely to be disrupted by caffeine?

You are unlikely to experience sleep disturbance from caffeine.

SLEEP CONSIDERATIONS

Can you drink coffee before going to sleep?



You can probably afford to have your last cup of coffee or tea about 1-2 hours before going to sleep.

CAFFEINE INDUCTION

Can you boost your caffeine metabolism?

You may speed up how quickly your body processes caffeine, with an inducer.

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CAFFEINE REPORT RESULTS

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HOW TO UNDERSTAND YOUR RESULTS

To explain each genetic result, we use a colour code and a letter code.

In DNA all genes are made up of combination of four letters: A, C, G and T. Each gene result is described by two letters.

The colours work like a traffic light, each gene variation can be green, amber or red.

Green is given for the result with the most favourable outcome, amber is less favourable and red is the least favourable.

ADORA2A Gene	Caffeine effect on the brain	Your Result: TT
CYP1A1-CYP1A2 Gene	Caffeine Metabolism	Your Result: AG
CYP1A2 Gene	Boosting caffeine metabolism	Your Result: AA
AHR Gene	Caffeine metabolism and consumption	Your Result: CT

* Percentages only refer to Caucasian population and can vary in different ethnic groups.

For a full list of References please click here.

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CAFFEINE TEST | REPORT CREATION | REFERENCES

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