

# Longevity Screenener

Sample Client

Report date: 22 August 2025

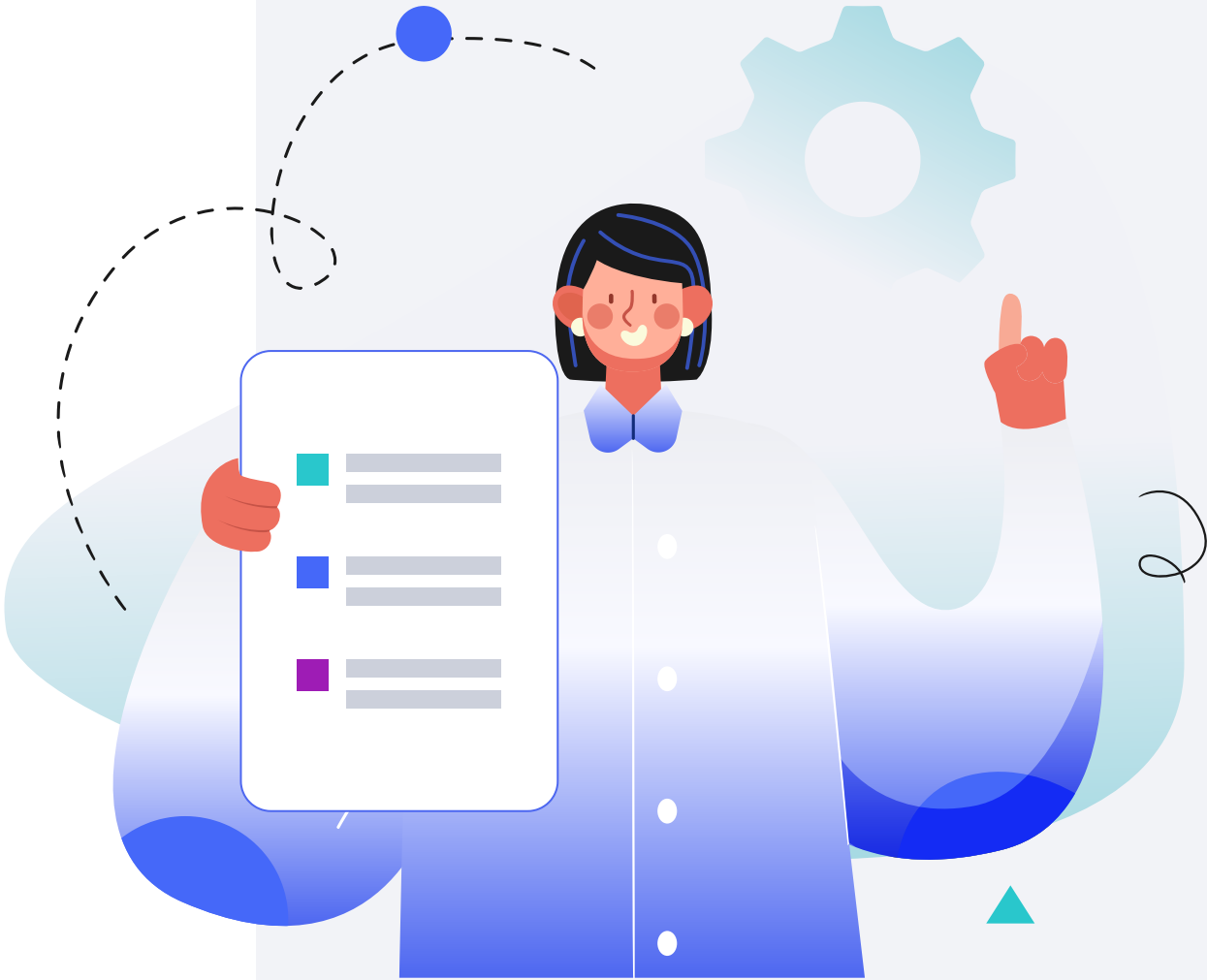


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## Personal information

NAME	
Sample Client	
SEX AT BIRTH	
Male	
HEIGHT	
5ft 9"	175.0cm
WEIGHT	
165lb	75.0kg



# How this works

## What is Longevity Screener

Longevity Screener analyzes your DNA and biometric data to holistically determine your risk of developing serious medical conditions.

Odds Ratio	Lifetime Risk	10-Year Risk
<div><div>x higher</div><p>Number of times your odds of developing the condition are higher than someone with Normal risk.</p></div>	<div><div>⚠️ High</div><p>You have a High risk of developing the condition within your lifetime.</p><div><div>✅ Normal</div><p>You have a Normal risk of developing the condition within your lifetime.</p></div></div>	<div><div>⚠️ High</div><p>You have a High risk of developing the condition within the next decade.</p><div><div>✅ Normal</div><p>You have a Normal risk of developing the condition within the next decade.</p></div></div>

## What to do if you get a High risk

### Analyze your labs

Analyze your lab results to establish a baseline and track any changes or improvements in your health markers over time.

### Find out your out-of-optimal labs

We will pinpoint any values that fall outside the optimal range, allowing you to focus on what matters most.

























### Optimize labs

Aim to bring all your lab results to optimal levels through lifestyle changes, treatments, and ongoing monitoring for the best health outcomes.

## Disclaimer

The Longevity Screener feature is designed to provide insights based on genetic predispositions and basic health data to help you understand factors that may influence your longevity. This tool is for informational purposes only and does not constitute medical advice, diagnosis, or treatment. Always consult with a qualified healthcare provider before making any decisions related to your health, lifestyle, or medical treatments. The information provided by the Longevity Screener is based on current scientific research and should be used as a supplementary tool in conjunction with professional medical advice.

# Results Overview

CONDITION	ODDS RATIO	LIFETIME RISK	10-YEAR RISK
<div><b>Bipolar Disorder</b></div> <div>Mental Health</div>	3x higher	<div> High</div>	<div> High</div>
<div><b>Prostate Cancer</b></div> <div>Longevity, Urinary Tract Health, Cancer</div>	34x higher	<div> High</div>	<div> Normal</div>
<div><b>Glaucoma</b></div> <div>Longevity, Eye Health</div>	11x higher	<div> High</div>	<div> Normal</div>
<div><b>Colorectal Cancer</b></div> <div>Gut Health, Longevity, Cancer</div>	9x higher	<div> High</div>	<div> Normal</div>
<div><b>Parkinson's Disease</b></div> <div>Mental Health, Nerve Health</div>	8x higher	<div> High</div>	<div> Normal</div>
<div><b>Age-Related Macular Degeneration</b></div> <div>Longevity, Eye Health</div>		<div> Normal</div>	<div> Normal</div>
<div><b>Alzheimer's Disease</b></div> <div>Mental Health, Cognition, Nerve Health</div>		<div> Normal</div>	<div> Normal</div>
<div><b>Asthma</b></div> <div>Allergies, Inflammation &amp; Autoimmunity, Respiratory Health</div>		<div> Normal</div>	<div> Normal</div>
<div><b>Atrial Fibrillation</b></div> <div>Heart &amp; Blood Vessels, Longevity</div>		<div> Normal</div>	<div> Normal</div>
<div><b>Breast Cancer</b></div> <div>Cancer</div>		<div> Normal</div>	<div> Normal</div>
<div><b>Cardiovascular Disease</b></div> <div>Heart &amp; Blood Vessels, Longevity</div>		<div> Normal</div>	<div> Normal</div>
<div><b>Celiac Disease</b></div> <div>Gut Health, Food Sensitivities, Inflammation &amp; Autoimmunity</div>		<div> Normal</div>	<div> Normal</div>

CONDITION	ODDS RATIO	LIFETIME RISK	10-YEAR RISK
<div>Coronary Artery Disease</div> <div>Heart &amp; Blood Vessels, Longevity</div>		<div>✔ Normal</div>	<div>✔ Normal</div>
<div>Crohn’s Disease</div> <div>Gut Health, Inflammation &amp; Autoimmunity</div>		<div>✔ Normal</div>	<div>✔ Normal</div>
<div>High Blood Pressure</div> <div>Heart &amp; Blood Vessels, Longevity</div>		<div>✔ Normal</div>	<div>✔ Normal</div>
<div>Lupus</div> <div>Inflammation &amp; Autoimmunity</div>		<div>✔ Normal</div>	<div>✔ Normal</div>
<div>Melanoma</div> <div>Longevity, Skin &amp; Beauty, Cancer</div>		<div>✔ Normal</div>	<div>✔ Normal</div>
<div>Multiple Sclerosis</div> <div>Inflammation &amp; Autoimmunity, Nerve Health</div>		<div>✔ Normal</div>	<div>✔ Normal</div>
<div>Osteoporosis</div> <div>Longevity, Bone Health</div>		<div>✔ Normal</div>	<div>✔ Normal</div>
<div>Ovarian Cancer</div> <div>Reproductive Health, Cancer</div>		<div>✔ Normal</div>	<div>✔ Normal</div>
<div>Psoriasis</div> <div>Inflammation &amp; Autoimmunity</div>		<div>✔ Normal</div>	<div>✔ Normal</div>
<div>Rheumatoid Arthritis</div> <div>Inflammation &amp; Autoimmunity, Joint &amp; Tendon Health</div>		<div>✔ Normal</div>	<div>✔ Normal</div>
<div>Schizophrenia</div> <div>Mental Health</div>		<div>✔ Normal</div>	<div>✔ Normal</div>
<div>Stroke</div> <div>Heart &amp; Blood Vessels, Nerve Health, Longevity</div>		<div>✔ Normal</div>	<div>✔ Normal</div>
<div>Type 1 Diabetes</div> <div>Inflammation &amp; Autoimmunity, Blood Sugar Control</div>		<div>✔ Normal</div>	<div>✔ Normal</div>

CONDITION	ODDS RATIO	LIFETIME RISK	10-YEAR RISK
<div><b>Type 2 Diabetes</b> Blood Sugar Control, Longevity</div>		<div>✔ Normal</div>	<div>✔ Normal</div>
<div><b>Ulcerative Colitis</b> Gut Health, Inflammation &amp; Autoimmunity</div>		<div>✔ Normal</div>	<div>✔ Normal</div>
<div><b>Venous Thromboembolism</b> Heart &amp; Blood Vessels, Inflammation &amp; Autoimmunity, Respiratory Health</div>		<div>✔ Normal</div>	<div>✔ Normal</div>

# Bipolar Disorder

Key Takeaways:

- Up to **80%** of differences in people's chances of developing bipolar disorder may be due to genetics.
- Risk factors: being female, childhood bullying, excessive social media use, stressful events, and alcohol/drug abuse.
- If you have high genetic risk or symptoms, you may want to take action on modifiable risk factors to reduce your overall risk.
- Click the **Recommendations** tab for potential dietary and lifestyle changes and **next steps** for relevant labs.

Anger, sadness, and joy are everyday human experiences. It's normal to feel a wide range of emotions. **However, some people experience extreme changes in emotions that interfere with their lives.** These are called **mood swings**, and they can be a symptom of a deeper problem. **One cause of mood swings is bipolar disorder.** This condition causes mood changes that are severe enough to affect daily life. It can also cause shifts in energy, focus, and ability to perform basic tasks [\[R\]](#), [\[R\]](#), [\[R\]](#).

People with bipolar disorder have periods of high energy and good mood followed by periods of low energy and poor mood. **These 'up' periods are called *manic* episodes, and the 'down' periods are called *depressive* episodes.** Some people experience less extreme highs called ***hypomanic* episodes** [\[R\]](#), [\[R\]](#).

Other conditions that can cause mood swings include [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Personality disorders (e.g., borderline personality disorder)
- Premenstrual syndrome (PMS)

About **2-3%** of people may develop some form of bipolar disorder during their lifetime. Most people develop it as teens or young adults [\[R\]](#).

**Women are more likely to develop bipolar disorder than men.** Other risk factors include [\[R\]](#), [\[R\]](#):

- Childhood bullying
- Excessive social media use
- Stressful or traumatic events
- Alcohol or drug abuse



MORE LIKELY

More likely to get bipolar disorder based on 1,044,121 genetic variants we looked at



Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
NRN1	rs4960155	CT
DUSP28	rs2953145	CC
DCTN5	rs420259	AA
PSAPL1	rs7683874	AG
THRA	rs2314339	CC
HES6	rs2304672	GG
ARVCF	rs165599	AG
BCR	rs131690	GG
CMTM8	rs4276227	CC
BCR	rs131702	GG
TDRD9	rs11622475	CC
WHRN	rs10982256	TT
SH2B3	rs3847953	CC
MAPK1	rs8136867	AA
TPH2	rs17110747	GG
THRA	rs2071427	CC
CDC25B	rs3761218	TT
POU3F3	rs7570682	AG
HES6	rs2304669	TT
THRA	rs939348	CC

• **Genetics**

**Bipolar disorder can have negative effects on a person's life.** It can increase the risk of [\[R\]](#), [\[R\]](#):

- Alcohol or drug abuse
- Other health conditions (e.g., obesity, heart disease, or diabetes)
- Self-harm
- Relationship problems
- Financial issues
- Poor performance at work or school

**It is important to work with your doctor and find appropriate ways to manage bipolar disorder.**

Management options include [\[R\]](#):

- Medication
- Talk therapy
- Lifestyle changes, such as regular exercise
- Brain stimulation therapies

**People with untreated mood disorders are considerably more likely to harm themselves and even die by suicide. If you are diagnosed with a mood disorder, it is essential to follow your doctor's treatment plan [\[R\]](#).**

**About 80% of differences in people's chances of developing bipolar disorder may be attributed to genetics.** Genes involved in bipolar disorder may influence [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Brain activity ([DAOA](#), [BDNF](#), [CACNA1C](#), [SCN2A](#))
- Nerve inflammation ([CD47](#))
- Serotonin levels ([SLC6A4](#))

Genetically high levels of omega-3s may be causally associated with a lower risk of mood swings [\[R\]](#).

GENE	SNP	GENOTYPE
DPP10	rs1375144	GA
TPH2	rs1843809	TT
THRA	rs2269457	TT
PPARGC1B	rs7732671	GC
CHD9	rs1344484	CT
TRIB2	rs4027132	GA
SDCCAG8	rs6703335	GA
CHRNA7	rs6494223	CT
BICRAL	rs6458307	TC
NT5C2	rs11191580	TC
NFIA	rs7556462	TC
CCDC198	rs10134944	TC
CLOCK	rs3805148	CA
CLOCK	rs4864542	GC
NFKB1	rs230529	CT
NPAS2	rs1562313	TC
MANBA	rs230535	CA
ZNF804A	rs1344706	AC
/	rs145410455	GG
SPPL3	rs58235352	GG
SORCS3	rs61867293	CC
MYH15	rs1531188	CC
PLXNB2	rs113872034	GG
EIF3M	rs143864773	TT
OLFM4	rs12552	AA
SOX6	rs977509	CC
RARRES1	rs7430565	GG
EFNA5	rs55993664	CC
SOX5	rs4074723	CC
ENOX1	rs4143229	CA

The number of "risk" variants in this table doesn't necessarily reflect your overall result.



# Prostate Cancer

The exact cause of prostate cancer is not clearly understood, but several factors have been identified that increase the risk of developing this disease [\[R\]](#):

- Age: The risk increases significantly after age 50, and it is most common in men over 65.
- Family history: Having a father or brother with prostate cancer more than doubles a man’s risk.
- Race/Ethnicity: African-American men have a higher risk of prostate cancer than men of other races. They are also more likely to develop prostate cancer at an earlier age and have more aggressive tumors.
- Genetics: Genetic changes, including mutations in the *BRCA1* and *BRCA2* genes, which are also linked to breast and ovarian cancer in women, can increase risk.
- Diet: A diet high in red meat or high-fat dairy products and low in fruits and vegetables might increase the risk, although studies are not conclusive.

Treatment options vary depending on the stage of the cancer and other factors, including the patient's overall health and personal preferences [\[R\]](#):

- Active surveillance: For low-risk cancers, monitoring the cancer closely with PSA tests, rectal exams, and ultrasounds may be recommended until tests show the cancer is growing.
- Surgery: Radical prostatectomy involves removing the prostate gland and some of the surrounding tissue.
- Radiation therapy: This can be used both as an initial treatment for cancer that has not spread beyond the prostate and as a way to relieve symptoms of advanced cancer.
- Hormone therapy: Also known as androgen deprivation therapy (ADT), aims to reduce levels of male hormones, androgens, which can stimulate the growth of prostate cancer cells.
- Chemotherapy: Used for more advanced prostate cancer that has spread to other parts of the body and does not respond to hormone therapy.
- Targeted therapy and immunotherapy: Newer forms of treatment that target specific aspects of cancer cells or utilize the body's immune system to fight the cancer.



More likely to get prostate cancer based on 1,049,413 genetic variants we looked at



Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
FSTL5	rs7691481	CC
CNTNAP4	rs74025012	CC
RGS6	rs75316101	AA
FCGR3A	rs147090771	TT
/	rs554511356	CC
/	rs760187366	GG
FGF9	rs781386326	GG
GIN54	rs56336841	CC
/	rs567149703	GG
TTC5	rs566891904	CC
/	rs563535708	CC
IBTK	rs111530166	GG
/	rs769602090	TT
/	rs576948661	AA
KCND2	rs73429913	CC
TNFSF11	rs532873142	CC
	rs559455928	GG
/	rs142847236	GG
LBR	rs116033837	TT
	rs544563896	GG

Please note: This report is not diagnostic and can't be used to make any medical decisions. Most cancers are uncommon and have a strong environmental component. Even if your genetic predisposition is high, you will most likely not develop the disease. This report doesn’t test for hereditary cancer syndromes or ‘cancer genes’. These are usually caused by rare mutations that can’t be analyzed by our test. If you're concerned about your risk of hereditary cancer, consider getting a specialized test at a reference laboratory.

GENE	SNP	GENOTYPE
	rs369133350	AA
	rs528765618	GG
ATF7IP2	rs74007078	GG
/	rs767101980	TT
ATF7IP2	rs74009335	TT
HOXB13	rs138213197	CC
CDK5RAP3	rs568360281	CC
	rs185055152	AA
PCP4L1	rs570264784	GG
/	rs750424210	CC
/	rs771304040	AA
CNTNAP2	rs1614837	TT
/	rs755238767	TT
WDR49	rs576596571	AA
PDCD10	rs180800414	TT
/	rs753950595	AA
PCARE	rs201947297	AA
ARHGAP21	rs187133192	CC
/	rs772533608	TT
FICD	rs148664833	CC
/	rs752830148	TT
FAM240B	rs182782495	CC
	rs575059233	TT
GFRA2	rs147531216	CC
	rs79056267	GG
HOXB8	rs559612720	TT
/	rs572623710	GG
BTG1	rs545740817	CC
COPZ2	rs554574584	GG
/	rs748385915	GG

The number of "risk" variants in this table doesn't necessarily reflect your overall result.



# Glaucoma

Key Takeaways:

- Up to **50%** of the differences in people's chances of getting glaucoma may be due to genetics.
- Other risk factors include internal eye pressure, age, race, eye injury, and high corticosteroid use.
- About **3 million** Americans have glaucoma, and about **2.5%** of the world's population.
- Symptoms include loss of peripheral or central vision, headache, eye pain, halos, eye redness, and nausea.
- If your genetic risk is high, your overall risk is still low until older age, (about 1% at 40, up to 9% at 80).

Risk factors for glaucoma include the following [R]:

- High eye pressure (intraocular pressure)
- Age over 55
- African-American, Asian, or Hispanic race
- Medical conditions such as diabetes, migraines, and high blood pressure
- Eye injury or certain types of eye surgery
- Taking corticosteroid medicines, especially eye drops, for a long time
- **Genetics**

Up to **50%** of the differences in people's chances of getting glaucoma may be due to genetics [R].



MORE LIKELY

More likely to get glaucoma based on 1,049,432 genetic variants we looked at



Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
DISP3	rs149002763	CC
CDKN2B	rs10120806	CC
IKZF2	rs62186461	TT
VCAM1	rs148843724	TT
LOXL1	rs1550437	CC
AFAP1	rs6811851	CC
FNDC3B	rs16845236	GG
FOXC1	rs2745572	AA
LPP	rs6787621	GG
SRSF3	rs9380582	CC
TES	rs11764793	TT
LMX1B	rs10987373	CG
GAS7	rs9913911	AG
KALRN	rs3863066	GA
LTBP2	rs11852134	AG
THSD7A	rs2526099	AG
BMP2	rs55678551	TC
MYOC	rs74315329	GG
FBXO32	rs80328555	TT
ARHGEF12	rs80040504	GG

GENE	SNP	GENOTYPE
PAQR8	rs2495850	TT
ME3	rs2226566	TT
NR1H3	rs111228939	TT
MAP3K1	rs61275591	GG
PLEKHA7	rs34927905	CC

The number of "risk" variants in this table doesn't necessarily reflect your overall result.



# Colorectal Cancer

While the exact cause of colorectal cancer is not fully understood, several factors increase the risk of developing this disease [\[R\]](#):

- Age: The majority of cases occur in people aged 50 and older, though incidence rates are rising among younger populations.
- Family history: Having a family history of colorectal cancer or polyps increases one's risk.
- Personal history: Those with a history of inflammatory bowel disease (like Crohn's disease or ulcerative colitis), or who have had colorectal cancer or adenomatous polyps before are at higher risk.
- Genetic syndromes: Genetic mutations passed through generations, such as familial adenomatous polyposis (FAP) and hereditary non-polyposis colorectal cancer (Lynch syndrome), significantly increase the risk.
- Lifestyle factors: A diet high in red or processed meats, physical inactivity, obesity, smoking, and heavy alcohol use are known risk factors.
- Racial and ethnic background: African Americans have a higher incidence rate of colorectal cancer than other racial groups in the United States.

Treatment for colorectal cancer depends on the stage of the disease, the location of the tumor, and the patient's overall health [\[R\]](#):

- Surgery: The primary treatment for localized cancer, surgery involves removing the tumor and surrounding tissue. For some cases, resection of part of the colon or rectum may be necessary.
- Chemotherapy: Used before or after surgery to shrink tumors and kill any cancer cells that may remain.
- Radiation therapy: Often used alongside chemotherapy, especially for rectal cancer, to reduce tumor size before surgery or eliminate remaining cells postoperatively.
- Targeted therapy: Drugs that target specific abnormalities in cancer cells. It's used for cancers that have specific gene mutations.



MORE LIKELY

More likely to get colorectal cancer based on 1,049,410 genetic variants we looked at



Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
ZPLD1	rs116265807	GG
MYH3	rs1078643	AA
ACTL8	rs11203467	GG
COX7A2L	rs13426988	GG
MYL2	rs17550549	CC
PRICKLE1	rs11610543	GG
LRP1	rs7398375	CC
GRM7	rs2163735	GG
NUDT2	rs62558833	TT
CAMSAP1	rs74995296	CC
THSD4	rs4777372	CC
PTPN2	rs8083786	AA
PITX1	rs7722513	GC
CHRD12	rs3824999	GG
	rs10795668	AG
SMAD7	rs4939827	TC
PITX1	rs35917784	AG
UTP23	rs6469654	GC
RHPN2	rs10411210	CT
PREX1	rs6066825	GA

- Immunotherapy: Uses the body’s immune system to fight cancer. It’s typically reserved for advanced colorectal cancer.

Preventive measures include:

- Regular screening: Beginning at age 45 for average-risk adults, as recommended by the American Cancer Society.
- Diet and lifestyle: A diet rich in fruits, vegetables, and whole grains, limited red and processed meats, regular physical activity, maintaining a healthy weight, not smoking, and moderating alcohol intake can reduce risk.
- Genetic testing and counseling: Recommended for those with a family history indicative of genetic syndromes.

Colorectal cancer, when discovered early, is often treatable and frequently curable, highlighting the importance of regular screening and awareness of risk factors and symptoms.

**Please note: This report is not diagnostic and can't be used to make any medical decisions. Most cancers are uncommon and have a strong environmental component. Even if your genetic predisposition is high, you will most likely not develop the disease. This report doesn’t test for hereditary cancer syndromes or ‘cancer genes’. These are usually caused by rare mutations that can’t be analyzed by our test. If you're concerned about your risk of hereditary cancer, consider getting a specialized test at a reference laboratory.**

GENE	SNP	GENOTYPE
MAF	rs140851213	IT
CDKN1A	rs1321311	AC
USP44	rs11108175	AG
ABCC4	rs12855244	AG
SLC6A3	rs2735940	GA
COLCA2	rs3802842	CA
POU5F1B	rs6983267	TT
PARP11	rs12818766	GG
MICB	rs3830041	CC
BMP2	rs6085662	GG
TCF7L2	rs11196172	GG
TRAPPC4	rs11217091	TT
PLCB1	rs8117408	AA
BMP2	rs4813802	TT
VANGL1	rs2226738	TT
MAF	rs9930005	AA
MAP2K5	rs7171219	AA
ETS2	rs2242936	TT
CCDC195	rs35413825	GG
UBQLN1	rs12235741	TT

The number of "risk" variants in this table doesn't necessarily reflect your overall result.



# Parkinson's Disease

Key Takeaways:

- About **20-40%** of the differences in people's chances to develop Parkinson's disease may be due to genetics.
- Other risk factors include age (over 60), being male, and toxin exposure.
- PD is an underdiagnosed disease, with about **90,000** diagnosed each year in the U.S.
- PD has no cure, but is managed better the earlier it is diagnosed.
- If you are at high genetic risk be aware of symptoms and talk to your doctor immediately if you notice any.

The causes of Parkinson's disease are not fully understood, but it likely involves a combination of **genetic and environmental factors**. These factors reduce the brain's ability to produce certain chemicals, mainly **dopamine** [R].

About **20-40%** of the differences in people's chances of developing Parkinson's disease may be due to **genetics**. Approximately **15%** of cases have a **family history** of the condition [R, R, R].

Genetically high betaine and choline levels may be causally associated with Parkinson's disease, while genetically high levels of DHA may be causally associated with a lower risk [R, R].

Beyond genetics, other risk factors for Parkinson's include [R]:

- Age: typically over 60
- Sex: men are at a higher risk
- Exposure to toxins like pesticides



MORE LIKELY

More likely to get Parkinson's disease based on **1,031,982** genetic variants we looked at



Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
MAPT	rs17649553	CC
LINGO2	rs10812774	TC
STK39	rs1474055	TT
HLA-DQA2	rs9275326	CC
MCCC1	rs12637471	GG
SNCA	rs356182	AG
TMEM175	rs34311866	TC
FYN	rs943437	AA
TMEM229B	rs1555399	TT
COQ8A	rs4653767	TT
MED13	rs6416935	GG
LRRK2	rs76904798	TC
NDUFAF2	rs2694528	AC
NUCKS1	rs823118	TC
TMEM163	rs6430538	CT
VPS37B	rs11060180	AG
RIT2	rs12456492	AG
ZDHHC2	rs591323	GA
GPNMB	rs199347	AG
GCH1	rs11158026	TC

GENE	SNP	GENOTYPE
IGSF9B	rs329648	TC
FAM47E	rs6812193	TC
SH3GL2	rs13294100	GT
GALC	rs8005172	CT
LSM7	rs62120679	TC
BCKDK	rs14235	AG
DLG2	rs3793947	GA
DRD1	rs686	GA
ADAM15	rs35749011	GG
LINGO2	rs7033345	TT
BAG3	rs117896735	GG
ITIH1	rs143918452	GG
CAMK2D	rs78738012	TT
SIPA1L2	rs10797576	CC
BST1	rs11724635	AA
ZSCAN31	rs9468199	GG
ZSCAN31	rs17767294	AA
TBC1D5	rs4073221	TT
C2CD4A	rs2414739	GG
TOX3	rs4784227	CC
FDFT1	rs2740594	GG
GBF1	rs2296887	TT
MAP4K4	rs34043159	TT

The number of "risk" variants in this table doesn't necessarily reflect your overall result.