



Endo·Decoded™ Sample Report

—
The breakthrough DNA test
that matches you with the right
cannabinoid products for your
wellness journey.

Discover the potential
endo·compatibility holds for you!

 Endo·Canna
Health

 MyDNA.live

Welcome!

We created this Sample Report and Mydna.live overview to help you understand exactly what to expect from your personalized Endo·Decoded DNA variance report.

Once you have either uploaded your existing 23andMe or AncestryDNA raw DNA data report or submitted your DNA sample through the Endo·dna process, and your Endo·Decoded report is generated, you will log into your Mydna.live dashboard.

From here, you can navigate through your report securely and privately. Mydna.live is a fully secure and private space for you to explore your report and uncover your unique endocompatibility profile.

This Sample Report will walk you through the report, pointing out significant landmarks in your coming journey as we go.

To make this document as valuable as possible, we will be using the report of a fictitious Mydna.live member name John Demo. Even though he's fictitious, his report is still scientifically accurate. We've used a real DNA profile from an anonymous donor to give you as accurate a sneak peak into this report as possible without using your own DNA.

The Endo·Decoded report is incredibly detailed and robust, consisting of more than 60 Trait Reports in 12 different categories. We won't have the time to go through every report in detail, but we can give you everything you'll need to see the tremendous value this tool holds to help you optimize your cannabinoid experience.

We are excited and honored to bring you the most comprehensive, scientifically validated endocannabinoid DNA test available anywhere. We understand that cannabis and CBD are personal, and we're delighted to share with you the one tool specifically designed to make that possible.

Thanks for taking the time to download the Endo·Decoded Sample Report ebook.

With gratitude,

Endocanna Health Team

Which product is right for you?

Endo·dna gives you two guaranteed ways to uncover your unique endocompatibility today.

Get more out of your 23andMe or AncestryDNA data!

Simple upload service for any raw DNA data for endo-compatibility results in seconds.

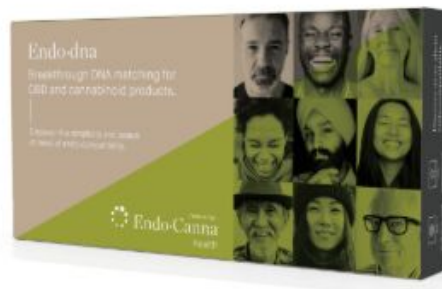


- No swab or DNA collection required
- Fast and secure upload of your existing raw DNA data
- Get your endo-compatibility Endo-Decoded report in 30 seconds
- endo-compatibility analysis of your DNA at a U.S. based CLIA Certified Laboratory
- Online portal access through a secure and personalized account on mydna.live
- Personalized wellness plans
- Endo-Aligned cannabinoid ratio and terpene profile suggestions
- Endo-Aligned products available in your local area
- Alerts to potential drug interactions
- Administration suggestions that can give you the best results
- Automatic, lifetime updates through your mydna.live account as new research becomes available

[Learn More](#)

Collect your DNA in the comfort of your own home.

Complete DNA collection kit, instructions and pre-paid mailer for results in three weeks.

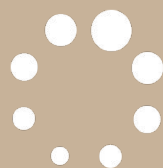


- DNA swab test collection tools
- Step-by-step DNA collection instructions
- Prepaid return mailer
- Endo-compatibility analysis of your DNA at a U.S. based CLIA Certified Laboratory
- Full Endo-Decoded Report
- Online, personalized account to securely access to your results and Endo-Decoded report through mydna.live
- Personalized wellness plans
- Endo-Aligned cannabinoid ratio and terpene profile suggestions
- Endo-Aligned marketplace for access to products available in your local area
- Alerts to potential drug interactions
- Administration suggestions that can give you the best results
- Automatic, lifetime updates through your mydna.live account as new research becomes available

[Learn More](#)

Information you need to know.

Endocanna Health, Inc. does not provide medical services. Endocanna Health's reports are not to be considered or construed to be medical advice. The information contained in Endocanna Health's reports are not intended to be a substitution for the advice of a medical professional. Endocanna Health's reports include cannabinoid compound suggestions based on your DNA and do not constitute medical advice, diagnosis, or consultation. Endocanna Health does not take responsibility for any side effects or medical issues that may arise from your use or consumption of the suggested cannabinoid compounds. Endocanna Health recommends consulting with a medical professional before use of any suggested cannabinoid compounds. Use of Endocanna Health's DNA kit or information from Endocanna Health's report is not to be considered a medical treatment or a substitute for any treatment from a licensed health care provider. Endocanna Health makes no guarantees regarding your personal health, implied or otherwise, based on the results provided by Endocanna Health's reports.



Endo·dna™

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Mydna.live

Your Private and Secure Health Portal

Once you have registered your unique licence key and you have received notification that your Endo·Decoded DNA variance report is ready for you to view, you will log into your secure account at www.mydna.live.

Your privacy and data security is our top priority. Your data is secured on Amazon AWS servers in the United States and Mydna.live is in accordance with [HIPAA compliance regulations](#).

If you have any questions about we collect, use and store [your information](#), please visit our [privacy policy](#).

Mydna.live Home Page

Your journey on Mydna.live begins on your personalized health portal home page. Here, you find:

- 1 Hyperlinks individual Endo·Decoded reports, by category.
- 2 A link to your personalized Health Profile. Your Genetics is just one piece of the puzzle; what your genes express is another. Your Endo·Decoded DNA reports determine your genotypes and assess them based on validated scientific research. Taking the time to input relevant health information about yourself, will allow us to synchronize your genetics with your current state of health. Together, this allows us to provide you with a roadmap to discovering which products are optimal for you, and what you should avoid.

1 YOUR REPORTS BY CATEGORY

- Overview ▶
- Anxiety ▶
- Cognitive Function & Behavior ▶
- Digestive ▶
- Drug Dependence ▶
- Drug Metabolism ▶
- Fitness ▶
- Metabolism ▶
- Mood ▶
- Musculoskeletal & Immune ▶
- Pain, Nausea, & Neurologic ▶
- Sleep ▶
- THC Side Effects ▶

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2

Welcome to MyDNA.Live by Endocanna Health

Hello John,

Thank you for entrusting Endocanna Health with your DNA and sharing in our ongoing research initiative. Enclosed is your genetic profile and insights into how your DNA may interact with cannabinoids and other compounds found in cannabis.

Medical use of both Cannabis and Hemp are deeply rooted in humankind's ancient origins. Cannabis was first used as a medicinal drug "in 2737 BC by the Chinese emperor Shen Nung" who "documented the drug's effectiveness in treating the pains of rheumatism and gout." In ancient Egypt, papyrus scrolls note that medicinal plants "were used to treat sore eyes and cataracts." Tomb raiders found "Cannabis pollen...on the mummy of Rameses II," and cannabis pollen has been linked to "all known royal mummies" (Bryan Hill, Ancient Origins, 19 May 2015).

Access Your Personalized Wellness Plan

Your account includes a personalized **Wellness Plan** to help guide you with choosing products based on your genetic predispositions and other factors. In order to get started, you'll need to complete your **Health Profile** using the link provided below.

[Continue/Edit Health Survey](#)

Endo·Decoded Report

Category Report Overview

Your Endo·Decoded DNA variance report generates more than 60 different Trait Reports related to 12 distinct categories. From your Mydna.live home page, you can navigate to any of the 12 categories to begin your journey.

MyDNA.live
Powered by Endo-Canna Health

HOME | BOOKMARKS | REPORTS | JOHN DEMO

Reports Overview Page

YOUR REPORTS BY CATEGORY

- Overview ▶
- Anxiety ▶
- Cognitive Function & Behavior ▶
- Digestive ▶
- Drug Dependence ▶
- Drug Metabolism ▶
- Fitness ▶
- Metabolism ▶
- Mood ▶
- Musculoskeletal & Immune ▶
- Pain, Nausea, & Neurologic ▶
- Sleep ▶
- THC Side Effects ▶

12 Report Categories

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Medical use of both Cannabis and Hemp are deeply rooted in humankind's ancient origins. Cannabis was first used as a medicinal drug "in 2737 BC by the Chinese emperor Shen Nung" who "documented the drug's effectiveness in treating the pains of rheumatism and general pain." Ancient papyrus scrolls note that medicinal plants "were used to treat sore throats." In 1900, tomb raiders found "Cannabis pollen...on the mummy of Rameses II," which has been linked to "all known royal mummies" (Bryan Hill, Ancient

Access Your Personalized Wellness Plan

Your account includes a personalized **Wellness Plan** to help guide you with choosing products based on your genetic predispositions and other factors. In order to get started, you'll need to complete your **Health Profile** using the link provided below.


[Continue/Edit Health Survey](#)


Your Mydna.live home page gives you several options to access your Endo-Decoded report.

By clicking the Overview hyperlink, you can view a complete list of your individual Trait Reports, from which you can navigate to any one report individually.

Clicking any one of the 12 Report Categories, takes you to that category home page. Individual Trait Reports are available here, from which you can navigate to the individual Trait Report of your choice.

Endo·Decoded Report Overview Page

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HOME / OVERVIEWREPORT OVERVIEWPrint

Anxiety Reports

Cognitive Function & Behavior Reports

Digestive Reports

Drug Dependence Reports

Drug Metabolism Reports

Fitness Reports

Metabolism Reports

Mood Reports

Musculoskeletal & Immune Reports

Pain, Nausea, & Neurologic Reports

Sleep Reports

THC Side Effects Reports

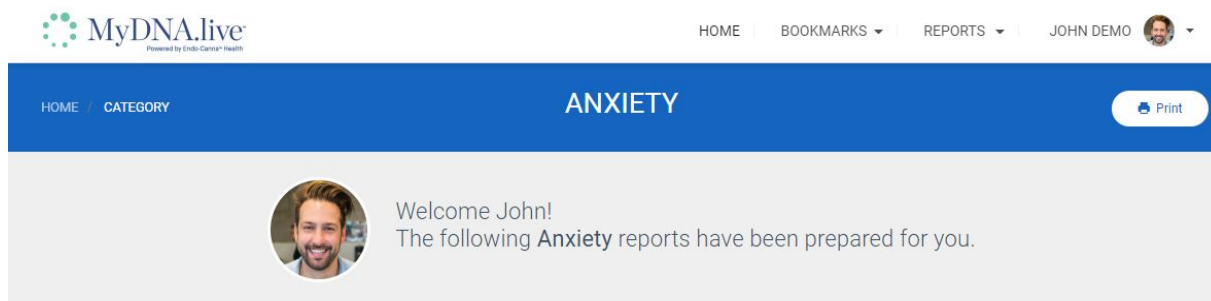
Report Categories

Expansion Tab

Anxiety Category Home Page

By clicking on the Anxiety hyperlink from your Mydna.live home page, you will navigate to your Anxiety category home page. From this page, you can access:

- 1 The Anxiety category Trait Reports, by subject.
- 2 Other Endo-Decoded report category home pages, by subject.



1

Report: Fear extinction

This report assessed fear memory, formed after a traumatic or aversive event, and fear extinction over time.

[View Report](#)

Report: Post-Traumatic Stress Disorder

This report assessed your risk of PTSD after experiencing or witnessing something traumatic.

[View Report](#)

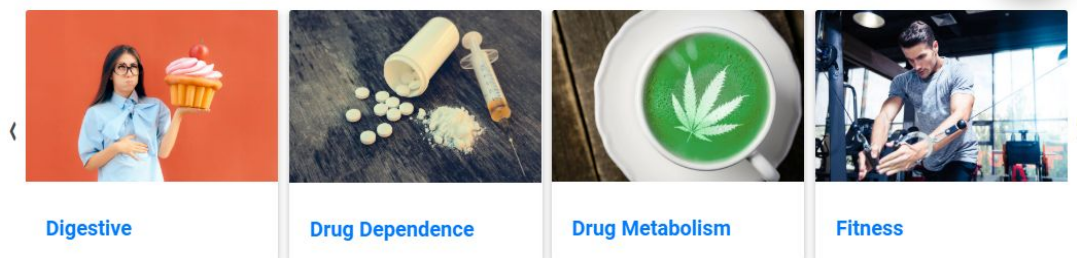
Report: Stress Reactivity

This report examines the intensity of your emotional reaction in response to stress.

[View Report](#)

All Categories

2



Cognitive Function & Behaviour Home Page



HOME | BOOKMARKS ▾ | REPORTS ▾ | JOHN DEMO  ▾

HOME / CATEGORY

COGNITIVE FUNCTION & BEHAVIOR

 Print



Welcome John!
The following **Cognitive Function & Behavior** reports have been prepared for you.

Report: Attention Deficit Hyperactivity Disorder (ADHD)

[View Report](#)

Report: Impulsivity

This report assessed the association between early life stress, genotypes, and impulsivity.

[View Report](#)

Report: Schizophrenia

This report assessed the association between genetics and schizophrenia.

[View Report](#)

Report: Working Memory

This report assessed the association between genetics, working memory and attentional control.

[View Report](#)

All Categories



[Anxiety](#)



[Cognitive Function & Behavior](#)



[Digestive](#)



[Drug Dependence](#)

Endo·Decoded Report

Detailed Category Trait Reports

Each of the 12 categories in your Endo·Decoded DNA variance report are broken down into Trait Reports which focus on specific markers relevant to that category.

Detailed Category Trait Reports

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HOME | BOOKMARKS | REPORTS | JOHN DEMO

REPORT OVERVIEW

HOME / OVERVIEW

Anxiety Reports

Fear extinction	Moderate risk indicated →
Post-Traumatic Stress Disorder	Decreased risk indicated →
Stress Reactivity	Decreased risk indicated →

Cognitive Function & Behavior Reports

Attention Deficit Hyperactivity Disorder (ADHD)	Decreased risk indicated →
Impulsivity	Decreased risk indicated →
Schizophrenia	Moderate risk indicated →
Working Memory	Decreased risk indicated →

Digestive Reports

Drug Dependence Reports

Report Categories

Trait Reports

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HOME | BOOKMARKS | REPORTS | JOHN DEMO

HOME / OVERVIEW

REPORT OVERVIEW

Print

Anxiety Reports

Fear extinction	Moderate risk indicated →
Post-Traumatic Stress Disorder	Decreased risk indicated →
Stress Reactivity	Decreased risk indicated →

Each category of the report can be expanded to show the list of Trait Reports relevant to that category. In this example, the Anxiety Report category contains Trait Reports focused on Fear Extinction, Post-Traumatic Stress Disorder, and Stress Reactivity.


To the immediate right of each Trait Report title is a hyperlink identifying your risk indication in that Trait Report, based on your DNA.


In this example, John Demo has a Moderate Risk indicated in Fear Extinction, a Decreased Risk indication for Post-Traumatic Stress Disorder, and a Decreased Risk indication for Stress Reactivity.


Clicking the Risk Indicated hyperlink takes you directly to the detailed Trait Report. We'll have a look these Trait Reports in detail in the next few sections.


Category Trait Reports

Each Endo·Decoded Category is broken into several Trait Reports.

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HOMEBOOKMARKS ▾REPORTS ▾JOHN DEMO 

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Anxiety Reports 

Fear extinction


Moderate risk indicated →

Post-Traumatic Stress Disorder

Decreased risk indicated →

Stress Reactivity

Decreased risk indicated →

Cognitive Function & Behavior Reports 

Attention Deficit Hyperactivity Disorder (ADHD)

Decreased risk indicated →

Impulsivity

Decreased risk indicated →

Schizophrenia

Moderate risk indicated →

Working Memory

Decreased risk indicated →

Category Trait Reports

Digestive Reports



Gluten Sensitivity	Moderate risk indicated →
Inflammatory Bowel Disease (IBD)	Decreased risk indicated →
Lactose Intolerance	Decreased risk indicated →
Non-Alcoholic Fatty Liver Disease	Moderate risk indicated →
Viral Hepatitis	Moderate risk indicated →

Drug Dependence Reports



Alcohol Dependence	Elevated risk indicated →
Cocaine Dependence	Elevated risk indicated →
Opioid Dependence	Moderate risk indicated →
Psychostimulant Dependence	Moderate risk indicated →

Drug Metabolism Reports



CBD Dosing	Moderate risk indicated →
THC Dosing	Decreased risk indicated →

Fitness Reports



Effect of Fitness on Blood Pressure	Decreased risk indicated →
Muscle Soreness	Decreased risk indicated →

Metabolism Reports



Alcohol Metabolism	Moderate risk indicated →
Caffeine Metabolism	Moderate risk indicated →
Carbohydrate Metabolism	Decreased risk indicated →
Fat Metabolism and Body Weight	Decreased risk indicated →
Metabolism	Decreased risk indicated →
Obesity	Decreased risk indicated →
Saturated Fatty Acid Levels	Decreased risk indicated →
Weight Management	Decreased risk indicated →

Mood Reports



Major Depressive Feelings	Elevated risk indicated →
Mood Swings	Decreased risk indicated →
Overall Happiness	Decreased risk indicated →
Response to Social Situations	Moderate risk indicated →
Seasonal Mood Problems	Decreased risk indicated →

Musculoskeletal & Immune Reports

Acute Respiratory Tract Infections	Decreased risk indicated →
Fibromyalgia	Moderate risk indicated →
Immune Thrombocytopenic Purpura	Moderate risk indicated →
Joint Health and Flexibility	Moderate risk indicated →
Osteoporosis & Bone Mineral Density	Moderate risk indicated →
Rheumatoid Arthritis	Moderate risk indicated →
Treatment Response	Decreased risk indicated →

Pain, Nausea, & Neurologic Reports

Cyclic Vomiting Syndrome	Decreased risk indicated →
Migraines	Decreased risk indicated →
Opioid Sensitivity	Moderate risk indicated →
Placebo Analgesia	Decreased risk indicated →

Sleep Reports

Bruxism	Elevated risk indicated →
Insomnia	Moderate risk indicated →
Obstructive Sleep Apnea (OSA)	Decreased risk indicated →
Sleep Deprivation	Decreased risk indicated →

THC Side Effects Reports



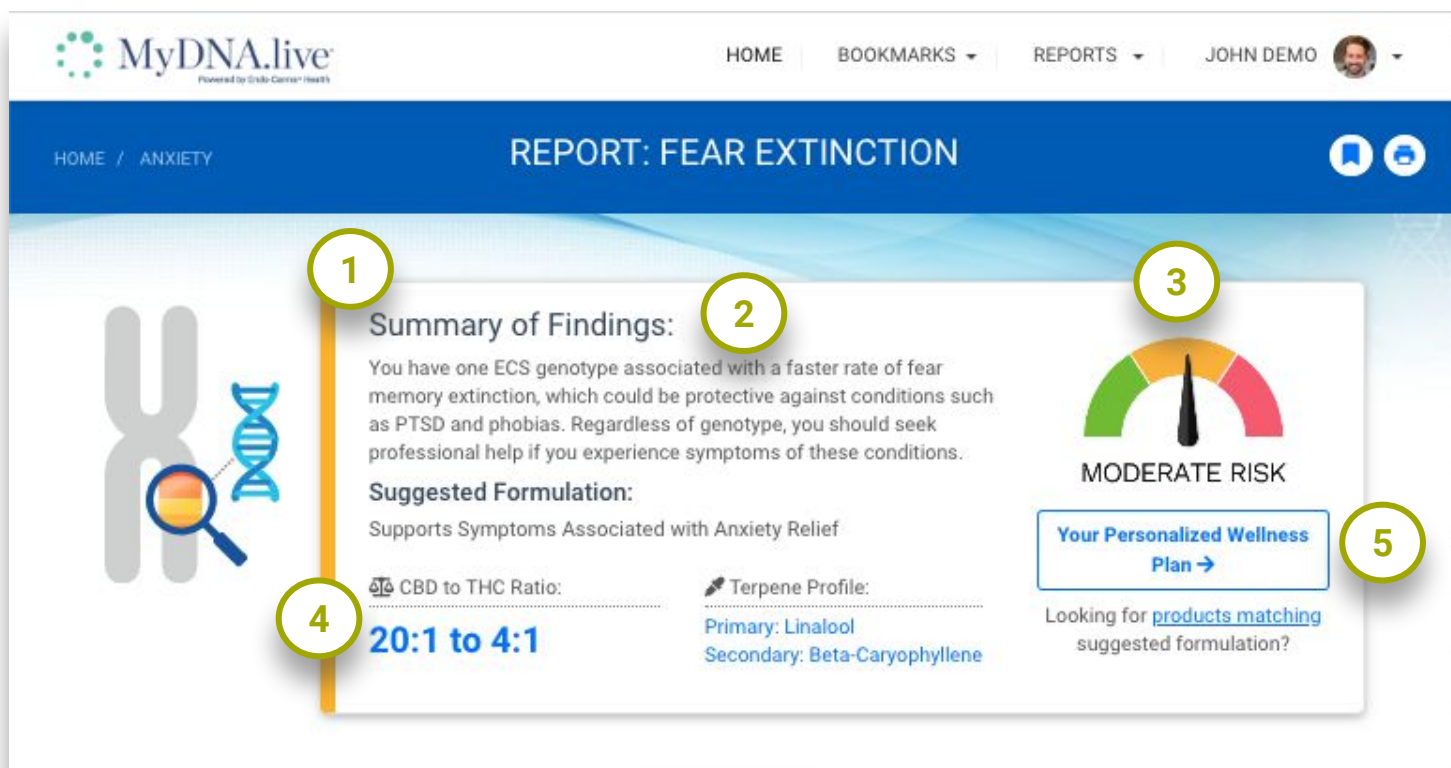
 Aggression After THC Use	Decreased risk indicated →
 Impulsivity After THC Use	Decreased risk indicated →
 Psychomotor Control Impairment by THC	Decreased risk indicated →
 Psychotomimetic Effects with THC Use	Decreased risk indicated →
 Schizophrenia After Chronic THC Use	Moderate risk indicated →
 THC Dependence	Decreased risk indicated →
 Working Memory Impairment	Elevated risk indicated →
 Working Memory Impairment with Chronic THC Use	Decreased risk indicated →

Endo·Decoded Report

Trait Report Details

Each Endo·Decoded category Trait Report is arranged in exactly the same way to help you get to the information you need quickly and easily.

Summary of Findings



The **Summary of Findings** section gives you a quick overview of:

- 1** Identification of any relevant genotype you may possess in the category.
- 2** A summary of the relevant and critical research as it relates to your genetic predisposition in this specific category.
- 3** Assessment of your risk, based on relevant research.
- 4** Suggested cannabinoid ratio and terpene profile, if warranted based on your risk assessment.
- 5** Link to your personalized wellness plan.

Trait Report Details

REPORT DETAILS

This report looked at variants in the following genes and associated markers:

1

CNR1

The cannabinoid CB1 receptor mediates many effects of endogenous cannabinoids and phytocannabinoids.

2

Related Marker(s)

rs2180619

FAAH

The fatty acid amide hydrolase (FAAH) enzyme metabolizes the endocannabinoid anandamide.

Related Marker(s)

rs324420

3

GENE: CNR1 (cannabinoid receptor 1)

The cannabinoid CB1 receptor mediates many effects of endogenous cannabinoids and phytocannabinoids.

Also Known As: CB1;CNR;CB-R;CB1A;CB1R;CANN6;CB1K5


Read More: [Genetics Home Reference](#)

What is a gene?

The gene is the basic physical unit of inheritance. Genes are passed from parents to offspring and contain the information needed to specify traits. Genes are arranged, one after another, on structures called chromosomes. A chromosome contains a single, long DNA molecule, only a portion of which corresponds to a single gene. Humans have approximately 20,000 genes arranged on their chromosomes.

Source: National Human Genome Research Institute

The **Trait Report Details** section identifies:

- 1 The specific genes our analysis assessed.
- 2 The specific markers used to determine your risk factors.
- 3  More information on each gene analyzed in the category is available by clicking the magnifying glass symbol. This information is intended to support your understanding of the specific gene and how it affects your risk factors.

Scientific Findings & Your Results

This report reviewed the following studies:

1

Failure to extinguish fear and genetic variability in the human cannabinoid receptor 1.

This study assessed the relationship between CNR1 genotype and conditioned fear extinction. Scientists used an experimental method called the "fear-potentiated startle" response.

2

Gene	Marker	Your Genotype
CNR1	rs2180619	AA

3

YOUR RESULTS:

John, You may have a **slow rate** of fear extinction after forming a fear memory. You may be at higher risk of developing PTSD after experiencing a traumatic event.

4 See references: <https://www.ncbi.nlm.nih.gov/pubmed/23010766>

5 [Compare Populations](#)

- 1** A summary of all the relevant studies used in the assessment of your genetic markers is provided.
- 2** The specific genes, markers and your genotype are provided.
- 3** Your Results details the specifics of your risk factors and an interpretation of the findings.
- 4** Links to the published papers.
- 5** A pop-up window provides information to compare your specific gene, marker and genotype with other populations.



Hint: Roll over each segment with mouse cursor to view actual percentages.

Each Trait Report may show several studies that were used to assess your results and provide you with insights into your specific gene, marker and genotype as it relates to the subject of the Trait Report. For John Demo's Fear Extinction Trait Report, three specific studies or research were relevant to support his results.

Protective effects of elevated anandamide on stress and fear-related behaviors: translational evidence from humans and mice.



This study assessed the relationship between FAAH genotype and fear extinction

Gene	Marker	Your Genotype
FAAH	rs324420	AA



YOUR RESULTS:

John, You are likely to have **more rapid** fear extinction. This may decrease your risk of developing PTSD after experiencing a traumatic event.

See references: <https://www.ncbi.nlm.nih.gov/pubmed/30120421>

[Compare Populations](#)

FAAH genetic variation enhances fronto-amygdala function in mouse and humans.



This study assessed the relationship between FAAH genotype and fear extinction. They measured the "galvanic skin response" to assess fear conditioning.

Gene	Marker	Your Genotype
FAAH	rs324420	AA



YOUR RESULTS:

John, You are likely to have **more rapid** fear extinction. This may decrease your risk of developing PTSD after experiencing a traumatic event.

See references: <https://www.ncbi.nlm.nih.gov/pubmed/25731744>

[Compare Populations](#)

Endocompatibility is looking very good for you!

Take the next step and discover your unique endocompatibility and eliminate the uncertainty of choosing the right cannabis and CBD product for you.

[Start Your Journey](#)

FAQs & Personalized Wellness Plan Link

Frequently asked questions.

WHAT IS FEAR EXTINCTION?

A fear memory is a type of memory that is formed after a traumatic or aversive event. Over time, it is normal for this memory to fade. This is called fear extinction.

WHY IS FEAR EXTINCTION IMPORTANT?

HOW DOES FEAR EXTINCTION DIFFER BETWEEN PEOPLE?

Each Trait Report provides a Frequently Asked Questions section related specifically to the report.

View Your Personalized Wellness Plan.

View Now

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At the bottom of each Trait Report, you'll find a link to your Personalized Wellness Plan.

Endo·Decoded Report

Anxiety Trait Report: Fear Extinction

The Fear Extinction Trait Report assessed fear memory, formed after a traumatic or aversive event, and fear extinction over time.



Summary of Findings:

You have one ECS genotype associated with a faster rate of fear memory extinction, which could be protective against conditions such as PTSD and phobias. Regardless of genotype, you should seek professional help if you experience symptoms of these conditions.

Suggested Formulation:

Supports Symptoms Associated with Anxiety Relief

CBD to THC Ratio:

20:1 to 4:1

Terpene Profile:

Primary: Linalool

Secondary: Beta-Caryophyllene



MODERATE RISK

[Your Personalized Wellness Plan →](#)

Looking for [products matching](#) suggested formulation?

REPORT DETAILS

This report looked at variants in the following genes and associated markers:



The cannabinoid CB1 receptor mediates many effects of endogenous cannabinoids and phytocannabinoids.

Related Marker(s)

rs2180619



The fatty acid amide hydrolase (FAAH) enzyme metabolizes the endocannabinoid anandamide.

Related Marker(s)

rs324420



This report reviewed the following studies:

Failure to extinguish fear and genetic variability in the human cannabinoid receptor 1.



This study assessed the relationship between CNR1 genotype and conditioned fear extinction. Scientists used an experimental method called the "fear-potentiated startle" response.

Gene	Marker	Your Genotype
CNR1	rs2180619	AA



YOUR RESULTS:

John, You may have a **slow rate** of fear extinction after forming a fear memory. You may be at higher risk of developing PTSD after experiencing a traumatic event.

See references: <https://www.ncbi.nlm.nih.gov/pubmed/23010766>

[Compare Populations](#)

Protective effects of elevated anandamide on stress and fear-related behaviors: translational evidence from humans and mice.



This study assessed the relationship between FAAH genotype and fear extinction

Gene	Marker	Your Genotype
FAAH	rs324420	AA



YOUR RESULTS:

John, You are likely to have **more rapid** fear extinction. This may decrease your risk of developing PTSD after experiencing a traumatic event.

See references: <https://www.ncbi.nlm.nih.gov/pubmed/30120421>

[Compare Populations](#)

FAAH genetic variation enhances fronto-amygdala function in mouse and humans.



This study assessed the relationship between FAAH genotype and fear extinction. They measured the "galvanic skin response" to assess fear conditioning.

Gene	Marker	Your Genotype
FAAH	rs324420	AA



YOUR RESULTS:

John, You are likely to have **more rapid** fear extinction. This may decrease your risk of developing PTSD after experiencing a traumatic event.

See references: <https://www.ncbi.nlm.nih.gov/pubmed/25731744>

[Compare Populations](#)

Frequently asked questions.

WHAT IS FEAR EXTINCTION?

A fear memory is a type of memory that is formed after a traumatic or aversive event. Over time, it is normal for this memory to fade. This is called fear extinction.

WHY IS FEAR EXTINCTION IMPORTANT?

HOW DOES FEAR EXTINCTION DIFFER BETWEEN PEOPLE?

Endo·Decoded Report

Anxiety Trait Report: Post-traumatic Stress Disorder

This report assesses your risk of developing PTSD after experiencing or witnessing something traumatic and assesses your ECS gene to determine if you are predisposed (at risk) of developing PTSD.

In John Demo's case, his genotyping of ECS genes do not appear to raise his risk of developing PTSD.



REPORT: POST-TRAUMATIC STRESS DISORDER



Summary of Findings:

Overall, your genotyping of ECS genes do not appear to raise your risk of developing PTSD.

[Suggestions and Limitations](#)



DECREASED RISK

[Your Personalized Wellness Plan →](#)

REPORT DETAILS

This report looked at variants in the following genes and associated markers:



The fatty acid amide hydrolase (FAAH) enzyme metabolizes the endocannabinoid anandamide.

Related Marker(s)
rs324420



This report reviewed the following studies:

Association of the cannabinoid receptor gene (CNR1) with ADHD and post-traumatic stress disorder.



This study assessed the association between FAAH genotype and PTSD symptoms over the course of a week.

Gene	Marker	Your Genotype
FAAH	rs324420	AA



YOUR RESULTS:

John, As an carrier of the A allele, you may have **decreased risk** of "hyperarousal" PTSD symptoms after experiencing a traumatic event.

See references: <https://www.ncbi.nlm.nih.gov/pubmed/27716956> <https://www.ncbi.nlm.nih.gov/pubmed/31594949>
<https://www.ncbi.nlm.nih.gov/pubmed/31358989> <https://www.ncbi.nlm.nih.gov/pubmed/28439101/>

[Compare Populations](#)

Frequently asked questions.

WHAT IS PTSD?

Post-traumatic stress disorder (PTSD) is a condition that can occur after experiencing or witnessing something traumatic. It is characterized by intense, disturbing thoughts and feelings related to the traumatic event that last long after the event has ended.

HOW DO PEOPLE DIFFER IN PTSD?

WHAT IS THE ROLE OF THE ECS IN PTSD?

[< Previous Page](#)[View Overview >](#)

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View Now

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Endo·Decoded Report

Anxiety Trait Report: Stress Reactivity

This report examines the intensity of your emotional reaction in response to stress and assesses your ECS genotype to determine if Stress Reactivity is an issue for you.

In John Demo's case, his genotyping of ECS genes do not appear to raise his risk of Stress Reactivity.



Summary of Findings:

Overall, your ECS genotypes are associated with lower stress reactivity.

[Suggestions and Limitations](#)



DECREASED RISK

[Your Personalized Wellness Plan →](#)

REPORT DETAILS

This report looked at variants in the following genes and associated markers:



The fatty acid amide hydrolase (FAAH) enzyme metabolizes the endocannabinoid anandamide.

Related Marker(s)
rs324420



This report reviewed the following studies:

Protective effects of elevated anandamide on stress and fear-related behaviors: translational evidence from humans and mice.



This study assessed the association between FAAH genotype and (a) emotions in response to stress and (b) reduced anandamide levels in response to stress.

Gene	Marker	Your Genotype
FAAH	rs324420	AA



YOUR RESULTS:

John, You may experience less anxiety when stressed.

See references: <https://www.ncbi.nlm.nih.gov/pubmed/30120421>

[Compare Populations](#)

Convergent translational evidence of a role for anandamide in amygdala-mediated fear extinction, threat processing and stress-reactivity.



This study assessed the association between FAAH genotype and a personality trait called "stress reactivity". This personality trait predisposes individuals who are exposed to trauma to develop fear-related disorders such as PTSD.

Gene	Marker	Your Genotype
FAAH	rs324420	AA



YOUR RESULTS:

John, You may experience less anxiety when stressed.

See references: <https://www.ncbi.nlm.nih.gov/pubmed/22688188>

[Compare Populations](#)

Divergent effects of genetic variation in endocannabinoid signaling on human threat and reward related brain function.



This study assessed the association between FAAH genotype and amygdala activation after viewing threatening faces (either angry or fearful).

Gene	Marker	Your Genotype
FAAH	rs324420	AA



YOUR RESULTS:

John, You may experience less anxiety when stressed.

See references: <https://www.ncbi.nlm.nih.gov/pubmed/19103437>

[Compare Populations](#)

FAAH Gene Variation Moderates Stress Response and Symptom Severity in Patients with Posttraumatic Stress Disorder and Comorbid Alcohol Dependence.



This study assessed the association between FAAH genotype and anxiety in response to a stress challenge.

Gene	Marker	Your Genotype
FAAH	rs324420	AA



YOUR RESULTS:

John, You may experience less anxiety when stressed.

See references: <https://www.ncbi.nlm.nih.gov/pubmed/27716956>

[Compare Populations](#)

Frequently asked questions.

WHAT IS STRESS REACTIVITY?



Stress reactivity describes the intensity of your emotional reaction in response to stress.

WHAT PARTS OF THE BRAIN ARE ACTIVATED UNDER STRESS?



HOW DO PEOPLE DIFFER IN STRESS REACTIVITY?



HOW IS THE ECS INVOLVED IN STRESS REACTIVITY?



[< Previous Page](#) | [View Overview >](#)

View Your Personalized Wellness Plan.

View Now



Endo·Decoded Report

Personalized Wellness Plan

Your Personalized Wellness Plan provides actionable information you can use immediately. At key points in your report, our matching algorithm provides a specific cannabinoid formulation suggestion based on your genotype. This formulation suggestion can provide support in your search for the right commercial cannabinoid product for you.

A link to your Personalized Wellness Plan is accessible on each Trait Report page:

1. The Summary of Findings on each Trait Report.
2. At the bottom of each Trait Report.

Personalized Wellness Plan

MyDNA.live
Powered by Endo·Canna·Health

HOME BOOKMARKS REPORTS JOHN DEMO

HOME / ANXIETY REPORT: FEAR EXTINCTION

Summary of Findings:
You have one ECS genotype associated with a faster rate of fear memory extinction, which could be protective against conditions such as PTSD and phobias. Regardless of genotype, you should seek professional help if you experience symptoms of these conditions.

Suggested Formulation:
Supports Symptoms Associated with Anxiety Relief

CBD to THC Ratio:
20:1 to 4:1

Terpene Profile:
Primary: Linalool
Secondary: Beta-Caryophyllene

MODERATE RISK

Your Personalized Wellness Plan →

Looking for [products matching](#) suggested formulation?

- 5 Your Personalized Wellness Plan links you directly to your wellness plan, where you can access the specifics about the Endo·Aligned formulation suggestions that have been made for you to support your wellness journey.

Endo·dna and Endo·Alignment make sense!

Take the next step and discover your unique endocompatibility and eliminate the uncertainty of choosing the right cannabis and CBD product for you.

[Start Your Journey](#)

Once you have clicked the hyperlink for Your Personalized Wellness plan, you will be redirected to your Personalized Wellness Plan home page.

The screenshot shows a web interface titled 'WELLNESS PLAN' with a blue header and a green footer. A 'Print' button is in the top right. The main content area is divided into sections. Section 1, 'Your Genetic Predispositions', explains that genetic traits may be expressed and lists relevant reports: 'Fear extinction' and 'Schizophrenia After Chronic THC Use'. Section 2 shows a 'CBD/THC Ratio' slider set to '20:1 to 4:1'. Section 3 displays a 'Terpene Profile' with 'Primary Linalool' and 'Secondary Beta-Caryophyllene'. Section 4 provides a detailed explanation of the formulation's purpose, advising users to look for CBD-rich formulations and consult healthcare professionals. Section 5 is a green bar at the bottom with the text 'View products that match RESPONSE.' and an 'Order Now' button.

HOME / WELLNESS PLAN

WELLNESS PLAN

Print

1 Your Genetic Predispositions

If you are experiencing any of the traits listed below, then your genetic predispositions may be expressed. You may benefit from this type of formulation based upon the variants we analyzed in the reports listed below:

Relevant Reports:

- [Fear extinction →](#)
- [Schizophrenia After Chronic THC Use →](#)

2

CBD/THC Ratio 20:1 to 4:1

3

Terpene Profile

- Ln** Primary Linalool
- Cr** Secondary Beta-Caryophyllene

4

This formulation helps support relief from everyday stresses. Look for CBD-Rich formulations with CBD:THC ratios from 20:1 down to 4:1 depending upon your tolerance for THC. The primary or dominant terpene is Linalool, and the second most prevalent terpene is β -Caryophyllene. Look for the ratio first, then determine if the lab test includes the terpene profile for the cannabis or CBD. Please consult your healthcare professional for questions before beginning any treatment regimen.

5

View products that match **RESPONSE**. [Order Now](#)

Here you will find information about your specific genotype and the suggested cannabinoid ratios and terpene profiles relevant to your need.

Your Wellness Plan helps you identify the cannabinoid ratios and terpene profiles (Endo·Aligned Formulations) best suited to the specific genetic predisposition you have in relation to the individual Endo·Decoded Trait Reports.

Specific Endo·Aligned Formulations may be suggested for several conditions.

- 1 Your genetic predisposition based and specific Endo·Decoded Trait Reports.
- 2 Specific CBD:THC Ratio (expressed as a number).
- 3 Specific terpene profile that must be present, expressed as primary, secondary and tertiary.
- 4 A description of the formulations and rationale.
- 5 Link to Endo·Aligned formulations marketplace.

About Wellness Plan Suggestions

At key points in your Endo·Decoded Report, our matching algorithm provides a specific cannabinoid formulation suggestion based on your genotype. This formulation suggestion can provide support in your search for the right commercial cannabinoid product for you.

Your wellness plan makes suggestions for possible cannabinoid formulations that may aid you in your wellness goals. Endocanna Health, Inc. developed these specific formulations in conjunction with cannabinoid experts, our team of scientists and medical doctors. We collectively refer to these as Endo·Aligned formulations, and there are 14 specific formulations which can be suggested for you.

Endo·Aligned formulations are not strain names. They are specific cannabinoid ratios and terpene profiles which we have identified as beneficial for specific genotypes based on the available scientific evidence and years researching cannabinoid effects.

One of the biggest challenges we face with cannabinoid therapeutics is the consistency of products. Consistent products produce consistent results. Pharmaceutical manufacturers achieve consistency by isolating molecules and, in many cases, producing synthetic compounds instead of utilizing natural substances. Natural or organic substances are subject to genetic drift. With regard to cannabis and hemp plants, genetic drift describes a change in the genetic makeup of the cloned plant material over time. Which means that strains, like Purple Kush or Godzilla, may not possess the exact same cannabinoid ratio and terpene profiles from grower to grower, season to season, year after year. This poses a significant problem for people who use cannabis or CBD for therapeutic purposes - they need to be sure that what works for them today, will continue to work. And that means a consistency of ratios and profiles.

This is why Endocanna developed an alternative to strains - Endo·Aligned Formulations which maintain specific CBD to THC ratios, and specific terpene profiles.

The CBD:THC ratio can impact the degree of psychoactivity you are likely to experience, as well as how your endocannabinoid receptors may be activated. Each formulation's unique terpene profile was developed for its synergistic effect with the cannabinoids.

Endo·Aligned Marketplace

Product Geolocation

The Endo·Aligned Marketplace supports your search for a commercially available cannabinoid product that is aligned with your specific needs and the Endo·Aligned formulations suggestions.

This Marketplace was designed to make it easy to find the right products that are aligned to your specific needs and wellness goals.

About Endo·Aligned Formulations & Product Marketplace

Endo·Aligned formulations highlight the CBD to THC ratio and the dominant cannabinoid and terpene profiles, rather than focusing on a specific strain. Our research has shown that formulations provide a more consistent and scientifically valid approach to identifying specific cannabinoid products that are aligned with individual genetics.

Endo·Aligned Trusted Formulations is one way we ensure you have a reliable way to achieve predictable outcomes, and change your CBD and cannabis experience..

Where government regulations permit, your Endo·Decoded report will make specific suggestions for commercially available cannabinoid and CBD products for you to consider. These products are suggested because they have a published certificate of analysis (COA) which closely match our Endo·Aligned formulations.

Any products published in the Endo·Aligned Marketplace have been thoroughly vetted for quality assurance, based on the product's published certificate of analysis, and are unbiasedly provided. We maintain an agnostic position to any and all commercially available products.

It's important for you to know, that Endocanna Health does not make a branded or commercially available product. We believe it would be a conflict of interest to suggest our own products to you. That's not why we created Endo·dna or the Endo·Aligned formulations and marketplace. We developed this service to support your search for a product that is most aligned to your genetic makeup.

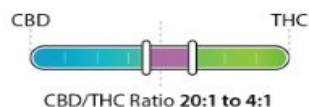
Your Genetic Predispositions

If you are experiencing any of the traits listed below, then your genetic predispositions may be expressed. You may benefit from this type of formulation based upon the variants we analyzed in the reports listed below:

Relevant Reports:

[Fear extinction →](#)

[Schizophrenia After Chronic THC Use →](#)



Terpene Profile

Ln Primary **Linalool**
Cr Secondary **Beta-Caryophyllene**

This formulation helps support relief from everyday stresses. Look for CBD-Rich formulations with CBD:THC ratios from 20:1 down to 4:1 depending upon your tolerance for THC. The primary or dominant terpene is Linalool, and the second most prevalent terpene is β -Caryophyllene. Look for the ratio first, then determine if the lab test includes the terpene profile for the cannabis or CBD. Please consult your healthcare professional for questions before beginning any treatment regimen.

View products that match **RESPONSE**.

[Order Now](#)

5

5

When you click on the Order Now button at the bottom of each section, you will be taken to the Endo-Aligned Marketplace.



Categories

- ☒ All
- ☐ Capsule 3
- ☐ Concentrate 2
- ☐ Edible, Gummy 5
- ☐ Edible, Other 6
- ☐ Flower 4
- ☐ Other 7
- ☐ Tablingual 6
- ☐ Tincture 31
- ☐ Topical 3
- ☐ Transdermal Patch 4
- ☐ Vape Pen 11

Contains:

- ☐ CBD

✓ MATCH



Manufacturer: New Coastal

RELAX Oral Tincture - Nano-Enhanced Full Spectrum CBD Oil - 500mg

Percentage Match to Response™

100%

[SHOP NOW](#)

Available on Alchemy Naturals

✓ MATCH



Manufacturer: New Coastal

RELIEF Oral Tincture Nano-Enhanced Full Spectrum CBD Oil - 500MG

Percentage Match to Response™

82%

[SHOP NOW](#)

Available on Alchemy Naturals

✓ MATCH



Manufacturer: New Coastal

REST Oral Tincture - Nano-Enhanced Full Spectrum CBD Oil - 500mg

Percentage Match to Response™

82%

[SHOP NOW](#)

Available on Alchemy Naturals

[HOME](#)
[JOHN DEMO](#)

HOME / SHOP

PRODUCT MATCHES FOR **RESPONSE**

Print

2

Categories

☒ All

☐ Capsule 3

☐ Concentrate 2

☐ Edible, Gummy 5

☐ Edible, Other 6

☐ Flower 4

☐ Other 7

☐ Tablingual 6

☐ Tincture 31

☐ Topical 3

☐ Transdermal Patch 4

☐ Vape Pen 11

3

Contains:

☐ CBD

☐ THC

☐ THC + CBD

1

Manufacturer: New Coastal
RELAX Oral Tincture - Nano-Enhanced Full Spectrum CBD Oil - 500mg

Percentage Match to Response™

100%

SHOP NOW

Available on Alchemy Naturals

Manufacturer: New Coastal
RELIEF Oral Tincture Nano-Enhanced Full Spectrum CBD Oil - 500MG

Percentage Match to Response™

82%

SHOP NOW

Available on Alchemy Naturals

Manufacturer: New Coastal
REST Oral Tincture - Nano-Enhanced Full Spectrum CBD Oil - 500mg

Percentage Match to Response™

82%

SHOP NOW

Available on Alchemy Naturals

- 1 Banner displaying the Endo·Aligned formulation number.
- 2 Method of consumption category search criteria selection. Click all the boxes which apply to the products you wish to search for.
- 3 Active ingredients search criteria selection.
- 4 Percentage of match that a product has to the specific CBD:THC ratio and terpene profile of the Endo·Aligned formulation suggestion.
- 5 Link to the individual manufactures product page. This link will navigate you outside the Mydna.live Endo·Aligned Marketplace.

44

www.endodna.com

Which product is right for you?

Endo·dna gives you two guaranteed ways to uncover your unique endocompatibility today.

Get more out of your 23andMe or AncestryDNA data!

Simple upload service for any raw DNA data for endo-compatibility results in seconds.

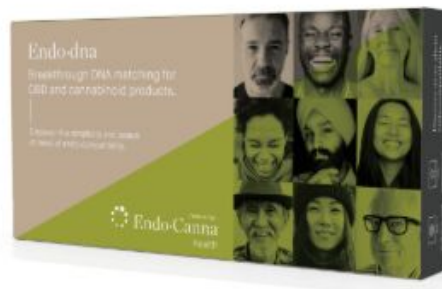


- No swab or DNA collection required
- Fast and secure upload of your existing raw DNA data
- Get your endo-compatibility Endo-Decoded report in 30 seconds
- endo-compatibility analysis of your DNA at a U.S. based CLIA Certified Laboratory
- Online portal access through a secure and personalized account on mydna.live
- Personalized wellness plans
- Endo-Aligned cannabinoid ratio and terpene profile suggestions
- Endo-Aligned products available in your local area
- Alerts to potential drug interactions
- Administration suggestions that can give you the best results
- Automatic, lifetime updates through your mydna.live account as new research becomes available

Add To Cart

Collect your DNA in the comfort of your own home.

Complete DNA collection kit, instructions and pre-paid mailer for results in three weeks.



- DNA swab test collection tools
- Step-by-step DNA collection instructions
- Prepaid return mailer
- Endo-compatibility analysis of your DNA at a U.S. based CLIA Certified Laboratory
- Full Endo-Decoded Report
- Online, personalized account to securely access to your results and Endo-Decoded report through mydna.live
- Personalized wellness plans
- Endo-Aligned cannabinoid ratio and terpene profile suggestions
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Add To Cart