ULTIMATE GUIDE

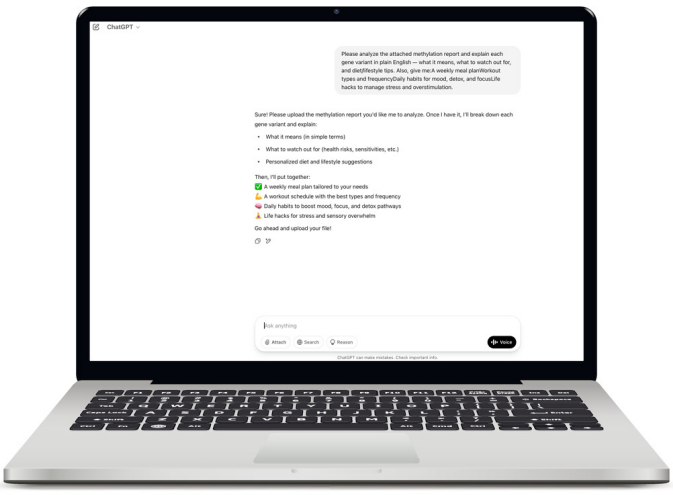
USING AI TO UNLOCK YOUR GENETIC POTENTIAL

INTRODUCTION

Understanding your genetic or methylation report can feel overwhelming — full of complex acronyms, scientific jargon, and unclear next steps. That's why we created this simple yet powerful AI Prompt Guide. Whether you're a health-conscious individual or a wellness professional, this tool allows you to turn your raw DNA or methylation data into personalized insights using ChatGPT or another AI platform.

With just a few clicks, you'll be able to upload your report, paste in a ready-made prompt, and get clear, actionable recommendations tailored to your body — from nutrition and workouts to supplements and lifestyle hacks. No need to interpret complicated charts or sift through academic papers. This guide does the heavy lifting, making your genetics work for you, not against you.

THINK OF IT AS YOUR SHORTCUT TO PERSONALIZED HEALTH, DELIVERED THROUGH THE POWER OF AI.



STEP-BY-STEP: HOW TO ATTACH YOUR DNA REPORT FOR CHATGPT ANALYSIS

1. **Download Your Report:** Save your DNA or Methylation Panel report as a PDF.
2. **Open ChatGPT** (or another AI platform that allows file uploads).
3. **Start a New Conversation.**
4. **Upload the Report:** Look for a paperclip icon or "Upload File" button. Attach your report file.
5. **Paste Your Selected Prompt:** Choose the Beginner, Expert or General Question prompt from below, then copy and paste it into the chat window.
6. **Press Send:** Let ChatGPT review your DNA/ methylation results and create a custom analysis based on your prompt.

HOW TO USE THE PROMPTS FOR MAXIMUM RESULTS

The purpose of these AI prompts is to make it incredibly simple for you to turn your DNA or methylation results into meaningful, personalized guidance — without needing a scientific background. Each prompt is carefully designed to ask the AI clear, specific questions so it can return the most helpful answers possible for your health journey.

To use the prompts, simply copy the full text of the prompt that matches your needs (beginner or expert level) and paste it directly into the chat window of ChatGPT or another AI tool. If your platform allows, be sure to also upload your genetic report as a file attachment so the AI has all the information it needs to analyze your results accurately.

After the AI responds, don't stop there — treat it like a conversation. You can ask as many follow-up questions as you want to dive deeper into specific topics, clarify advice, or get even more personalized recommendations. For example, you might say, "Can you give me a specific 3-day meal plan based on what you just suggested?" or "What supplements would you adjust if I also struggle with sleep issues?"

This simple approach puts you in full control, helping you unlock expert-level insights without the complexity or cost of traditional genetic consultations.

1. ULTIMATE AI PROMPTS FOR GENETIC PANELS

You've taken a DNA or Methylation test — but now you're stuck. You have overwhelming jargon and confusing reports, but you deserve clear answers and actionable steps, not just data. We are your guide, making it easy for you to get the life-changing information you need, quickly. Copy the prompts below into ChatGPT (or another AI platform) and attach your test results following the instructions.

METHYLATION PANEL PROMPTS

BEGINNER PROMPTS

Please analyze the attached methylation report and explain each gene variant in plain English — what it means, what to watch out for, and diet/lifestyle tips. Also, give me:

- A weekly meal plan
- Workout types and frequency
- Daily habits for mood, detox, and focus
- Life hacks to manage stress and overstimulation.

EXPERT PROMPTS

You are a board-certified genetic nutritionist and functional medicine expert. Analyze the attached methylation panel and provide:

- Plain-language explanations of each gene and its function
- My genotype's clinical implications
- Risks based on my SNP combinations
- Synergistic gene interactions
- Specific nutrient and supplement recommendations
- A 7-day whole-food meal plan
- Personalized exercise types, timing, intensity
- Lifestyle checklist for optimal health
- Stress, focus, and inflammation life hacks
- Suggested lab tests for further validation.

IF YOU WERE USING IT FOR SOMEONE ELSE:

This is a methylation panel from Molecular Testing Labs. Please give me a consumer-friendly summary of each gene result, simplified explanations for how they affect health, and build a plan that includes meal suggestions, exercise type and frequency, and lifestyle tips to reduce symptoms like fatigue, anxiety, or inflammation. Assume the person is moderately health-savvy and wants to take action.

FITNESS + NUTRITION DNA PANEL PROMPTS

BEGINNER PROMPTS

Analyze the attached Fitness + Nutrition DNA report and provide:

- Simple explanations of each gene
- What foods to prioritize or avoid
- A basic weekly meal and workout plan
- Daily habits to boost energy, fitness, and longevity
- Fun gene-based life hacks.

EXPERT PROMPTS

Act as a certified sports nutritionist and epigenetics coach. From the attached Fitness + Nutrition report, please give:

- Clear explanations of gene results
- Metabolism, performance, recovery risks and advantages
- A 7-day meal plan based on my DNA
- Fitness recommendations for my genetic recovery profile
- Life hacks for appetite, dopamine, sleep, caffeine sensitivity.

IF YOU WERE USING IT FOR SOMEONE ELSE:

This is a Fitness + Nutrition DNA Report from Molecular Testing Labs. Please give me a consumer-friendly summary of each gene result, simplified explanations for how they affect health, and build a plan that includes meal suggestions, exercise type and frequency, and lifestyle tips. Assume the person is moderately health-savvy and wants to take action.

2. GENERAL AI PROMPTS TO TURN YOUR GENES INTO ACTION

UNDERSTANDING YOUR RESULTS

- “Explain my DNA or methylation report in plain English.”
- “Summarize each gene in my report with a simple explanation and one action step.”
- “What do these SNPs mean for my health? [Insert SNP list like: MTHFR rs1801133 TT, COMT rs4680 AA, etc.]”
- “What are the most important things to focus on from this report?”
- “Highlight any high-risk or high-impact genes in this file.”

NUTRITION + DIET PERSONALIZATION

- “Build me a meal plan that supports methylation, detox, and brain function based on my genes.
- “What foods should I prioritize or avoid based on my results?”
- “Create a personalized grocery list based on my DNA.”
- “Give me a 7-day anti-inflammatory meal plan based on my gene report.”

FITNESS & RECOVERY

- "Design a weekly fitness plan that supports recovery and fat loss based on my genes."
- "What types of exercise are best for me based on my genetic ability to recover or build muscle?"
- "Am I better suited for endurance or power training based on these genes?"
- "How can I avoid injury or burnout with this gene combination?"
- "Give me a workout schedule that matches my genetic profile."

DAILY HABITS + LIFESTYLE OPTIMIZATION

- "What are the top 5 daily habits I should adopt based on my genetics?"
- "Help me build a morning and evening routine tailored to my DNA."
- "What's my ideal sleep-wake cycle based on my genes?"
- "What stress management or focus tips apply to my dopamine or serotonin-related genes?"
- "How can I use my genes to feel more energized and focused?"

DEEPER FUNCTIONAL INSIGHT (ADVANCED USERS)

- "Explain how my gene combinations affect methylation and detox pathways."
- "What are the downstream effects of having my genes?"
- "Are there any SNP interactions I should be aware of (e.g., methyl donor overload or nutrient competition)?"
- "Map my gene results to neurotransmitter, inflammation, or antioxidant pathways."
- "Suggest functional lab tests I should consider based on these SNPs."

COACHING & IMPLEMENTATION

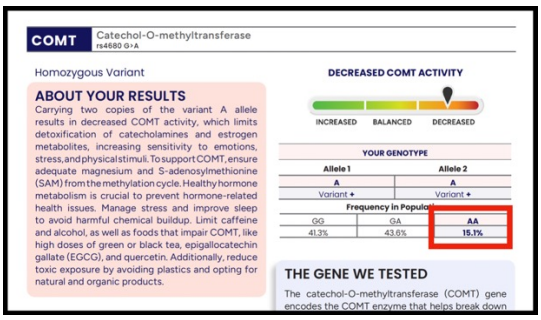
- "Give me a one-page summary I can follow with food, fitness, and supplement tips."
- "Create a phased action plan: Week 1 – Foundation, Week 2 – Detox, Week 3 – Performance."
- "What should I tell my health coach or trainer based on my DNA report?"
- "Build a checklist I can print and use daily."

3. ENTERING INDIVIDUAL GENE RESULTS (Optional but Powerful)

In addition to uploading your full report, this guide also includes spaces where you can manually enter specific gene variants and SNP results — like MTHFR, COMT, FTO, or ACTN3. This option is great if you want to focus on certain genes or if your AI platform doesn't support file uploads. You'll typically find these gene identifiers in your report under sections labeled "Genetic Variants," "Gene SNPs," "Your Genotype," or something similar. Each listing will include the gene name, the rsID (e.g., rs1801133), and your specific result (e.g., CT, TT, AA).

To use this feature, simply copy the relevant gene name, SNP ID, and your result directly from your report and paste it into the provided fields under the prompt — or include it in your message to the AI. This allows the AI to analyze each variant more precisely, helping it explain how your unique combinations may affect things like metabolism, detoxification, inflammation, mood, or exercise response. It's a more hands-on approach, and a great way to dig deeper into the genes that matter most to you.

METHYLATION PANEL GENES TESTED



(Enter results (e.g., MTHFR rs1801133 TT) OR upload your PDF report)

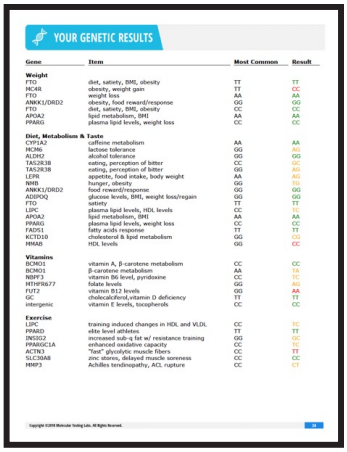
MTHFR rs1801133 ____
MTHFR rs1801131 ____
COMT rs4680 ____
VDR Taq1 rs731236 ____
VDR Fok1 rs2228570 ____
METYLL DONOR TOLERANCE – COMT rs4680 ___
VDR Taq1 rs731236 ____
BHMT rs3733890 ____
CBS rs234706 ____
DHFR rs70991108 ____
FOLR1 rs2071010 ____
GNMT rs10948059 ____
MAT1A rs3851059 ____
MTR rs1805087 ____
MTRR rs1801394 ____
PON1 rs662 ____
SHMT rs1979277 ____
TCN2 rs1801198 ____

FITNESS + NUTRITION PANEL GENES TESTED

(Enter your results here (p.34) OR upload your PDF report)

Weight

FTO rs9939609 ____
MC4R rs17782313 ____
FTO rs8050136 ____
ANKK1/DRD2 rs1800497 ____
FTO rs16945088 ____
APOA2 rs5082 ____
PPARG rs1801282 ____



Diet, Metabolism & Taste

CYP1A2 rs762551 ____
MCM6 rs4988235 ____
ALDH2 rs671 ____
TAS2R38 rs1726866 ____
TAS2R38 rs713598 ____
LEPR rs2025804 ____
NMB rs1051168 ____
ANKK1/DRD2 rs1800497 ____
ADIPOQ rs17300539 ____
FTO rs9939609 ____
LIPC rs1800588 ____
APOA2 rs5082 ____
PPARG rs1801282 ____
FADS1 rs174547____
KCTD10 rs10850219 ____
MMAB rs2241201 ____

Vitamins

BCMO1 rs7501331 ____
BCMO1 rs12934922 ____
NBPF3 rs4654748 ____
MTHFR677 rs1801133 ____
MTHFR1298 rs1801131 ____
FUT2 rs602662 ____
GC rs2282679 ____
Intergenic rs12272004 ____

Exercise

LIPC rs1800588 ____
PPARD rs2016520 ____
INSIG2 rs7566605 ____
PPARGC1A rs7566605 ____
ACTN3 rs1815739 ____
SLC30A8 rs13266634 ____
MMP3 rs679620 ____