

GenoCoach 토탈케어 (TOTAL CARE) 56 종 과학적 근거

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No.	카테고리	항목	Gene	근거문헌
1	1. 영양소	비타민 C 농도	SLC23A1	• Genes Nutr. 2013 Nov;8(6):549-60 • Am J Clin Nutr. 2010 Aug;92(2):375-82.
2		비타민 D 농도	GC	• Hum Mol Genet. 2010 Jul 1;19(13):2739-45. • Endocr J. 2014;61(2):133-41.
		비타민 D 농도	GC	• Ann Hepatol. 2017 Sep-Oct;16(5):742-748 • Genet Test Mol Biomarkers. 2015 Nov;19(11):629-36
		비타민 D 농도	NADSYN1	• Hum Mol Genet. 2010 Jul 1;19(13):2739-45. • Hum Genet. 2012 Mar;131(3):505-12.
		비타민 D 농도	NADSYN1	• Nat Commun. 2018 Jan 17;9(1):260. Med Sci Monit. 2015 Jul 7;21:1960-8.
		비타민 D 농도	CYP2R1	• Nat Commun. 2018 Jan 17;9(1):260. Int J Mol Sci. 2022 Oct; 23(19): 11846.
3		마그네슘 농도	SHROOM3	• PLoS Genet. 2010 Aug 5;6(8):e1001045. • BMCGenet.2015May29;16:56
		마그네슘 농도	MUC1	• PLoS Genet. 2010 Aug 5;6(8):e1001045. • BMCGenet.2015May29;16:56.
4		아연 농도	MT2A	• Toxicol Appl Pharmacol. 2011 Oct 1;256(1):1-7. Toxicol Appl Pharmacol. 2013 May 1;268(3):278-85
5		철 저장 및 농도	TFR2	• Hum Mol Genet. 2012 May 1;21(9):2124-31 • HumMolGenet.2011Mar15;20(6):1232-40.
		철 저장 및 농도	TMPRSS6	• Hum Mol Genet. 2012 May 1;21(9):2124-31 • BloodTransfus.2018Feb;16(2):123-129.

6	칼륨 농도		AHR	- Nat Commun. 2019 Aug 13;10(1):3653. - bioRxiv(2018):315259.
	칼륨 농도		CYP1A1	- Nat Commun. 2019 Aug 13;10(1):3653. - bioRxiv(2018):315259.
7	칼슘 농도		CYP24A1	- PLoS Genet. 2013;9(9):e1003796. - BMJ.2019Aug1;366:l4410
	칼슘 농도		DGKD	- PLoS Genet. 2013;9(9):e1003796. - BMJ.2019Aug1;366:l4410
8	아르기닌 농도		F12	- Thromb Haemost. 2016 Nov 30;116(6):1041-1049. - AmJHumGenet.2012Jul13;91(1):152-6
9	지방산 농도		FADS1	- Nat Genet. 2009 Jan;41(1):35-46 - IntJObes(Lond).2019Aug;43(8):1539-1548
	지방산 농도		FADS2	- Nat Genet. 2011 Oct 16;43(11):1131-8 - IntJObes(Lond).2019Aug;43(8):1539-1548
	지방산 농도		GCKR	- Journal of lipid research 58.5 2017: 974-981 - Circulation: Cardiovascular Genetics 6.2 2013: 171-183,
10	비타민 A 농도		BCO1(BCMO1)	- Am J Hum Genet. 2009 Feb;84(2):123-33. - JNutr.2012Jan;142(1):161S-5S.
	비타민 A 농도		PNPLA3	- J Nutr. 2015 Aug;145(8):1687-91. - Hum Mol Genet. 2014 Aug 1;23(15):4077-85
	비타민 A 농도		TTR	- Hum Mol Genet. 2011 Dec 1; 20(23): 4724-4731. - Medicine (Baltimore). 2015 Jul;94(26):e1064.
11	비타민 B6 농도	비타민 B6 농도	ALPL	- Front Public Health. 2014 Aug 6;2:112. - JNutr.2015Jul;145(7):1386-93.
		비타민 B6 농도	ALPL	- J Nutr. 2015 Jul;145(7):1386-93. - HumMolGenet.2009Dec1;18(23):4677-87.
		비타민 B6 농도	ALPL	- J Nutr. 2015 Jul;145(7):1386-93. - AmJHumGenet.2009Apr;84(4):477-82
		비타민	CUBN	Nutrients. 2022 Jun 29;14(13):2702.

		B12 농도		- IntJMolEpidemiolGenet.2011;2(4):316-27. - FrontPublicHealth.2014Aug6;2:112.
12		비타민 K 농도	CYP4F2	- Biochemistry. 2013 Nov 19;52(46):8276-85. - PediatrBloodCancer.2017Dec;64(12).
13		베타인 농도	BHMT	- Br J Nutr. 2016 Sep;116(6):961-8 - FASEBJ.2009Nov;23(11):4022-8
14		셀레늄 농도	DMGDH	- Hum Mol Genet. 2013 Oct 1;22(19):3998-4006. - AmJClinNutr.2016Jan;103(1):100-6. - HumMolGenet.2015Mar1;24(5):1469-77. - Nutrition.2021Nov-Dec;91-92:111391.
		셀레늄 농도	DMGDH	- Hum Mol Genet. 2015 Mar 1;24(5):1469-77. - Nutrition.2021Nov-Dec;91-92:111391.
15		루테인&지아잔틴 농도	BCO1(BCMO1)	- Am J Hum Genet. 2009 Feb;84(2):123-33. - InvestOphthalmolVisSci.2014Jan29;55(1):587-99.
		루테인&지아잔틴 농도	SCARB1	- Ophthalmology. 2013 Aug;120(8):1632-40. - Exp Eye Res. 2013 Oct;115:172-7.
		루테인&지아잔틴 농도	SCARB1	- Invest Ophthalmol Vis Sci. 2014 Jan 29;55(1):587-99. - Ophthalmology. 2013 Aug;120(8):1632-40.
16	2. 운동	근력 운동 적합성	MTHFR	- J Sports Sci. 2014;32(4):375-82. - Genes(Basel).2021Dec23;13(1):25.
		근력 운동 적합성	AGT	- Appl Physiol Nutr Metab. 2009 Dec;34(6):1108-11. - JStrengthCondRes.2013Oct;27(10):2898-903.
		근력 운동 적합성	ACTN3	- Eur J Appl Physiol. 2008 Aug;103(6):631-4. - Int J Sports Med. 2011 Jun;32(6):476-80.
		근력 운동 적합성	CKM	- Biol Sport. 2017 Dec;34(4):323-330. - J Appl Physiol (1985). 2007 Aug;103(2):504-10

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	유산소 운동 적합성	OPRM1	• J Cancer Epidemiol. 2012;2012:540563. • CardiolResPract.2022Aug17;2022:9742071.
	유산소 운동 적합성	FAM5C	• J Cancer Epidemiol. 2012;2012:540563. • CardiolResPract.2022Aug17;2022:9742071.
	유산소 운동 적합성	CREB1	• J Cancer Epidemiol. 2012;2012:540563. • CardiolResPract.2022Aug17;2022:9742071.
	유산소 운동 적합성	FTO	• J Cancer Epidemiol. 2012;2012:540563. • CardiolResPract.2022Aug17;2022:9742071.
	유산소 운동 적합성	FTO	• J Cancer Epidemiol. 2012;2012:540563. • CardiolResPract.2022Aug17;2022:9742071.
	유산소 운동 적합성	AKT1	• Exp Physiol. 2011 Mar;96(3):338-47. • CardiolResPract.2022Aug17;2022:9742071.
	유산소 운동 적합성	PPARD	• J Clin Endocrinol Metab. 2007 May;92(5):1827-33. • CardiolResPract.2022Aug17;2022:9742071.
18	유산소 운동 적합성	PPARGC1A	• J Clin Endocrinol Metab. 2007 May;92(5):1827-33. • CardiolResPract.2022Aug17;2022:9742071.
	지구력 운동 적합성	NFIA-AS2	• Biol Sport. 2015 Mar;32(1):3-9. • JSportsSciMed.2019Sep;18(3):559-568.
	지구력 운동 적합성	TSHR	• Biol Sport. 2015 Mar;32(1):3-9. • JSportsSciMed.2019Sep;18(3):559-568.
	지구력 운동 적합성	HIF1A	• J Appl Physiol (1985). 2010 Jun;108(6):1497-500. • JSportsSciMed.2019Sep;18(3):559-568.
	지구력 운동 적합성	TTN	• Scand J Med Sci Sports. 2018 Feb;28(2):400-406. • JSportsSciMed.2019Sep;18(3):559-568.
	지구력 운동 적합성	BDKRB2	• J Appl Physiol (1985). 2010 Mar;108(3):567-

		성		74. • JSportsSciMed.2019Sep;18(3):559-568.
		지구력 운동 적합성	ADRB2	• J Appl Physiol (1985). 2010 Mar;108(3):567-74. • JSportsSciMed.2019Sep;18(3):559-568.
		지구력 운동 적합성	AMPD1	• J Appl Physiol (1985). 2010 Mar;108(3):567-74. • JSportsSciMed.2019Sep;18(3):559-568.
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		근육발달능력	PPARG	• Bull Exp Biol Med. 2008 Nov;146(5):630-2. PLoS One. 2013; 8(6): e67172.
		근육발달능력	HIF1A	• Bull Exp Biol Med. 2008 Sep;146(3):351-3. J Strength Cond Res. 2013 Aug;27(8):2055-8.
20		단거리 질주 능력	HIF1A	• Metabolism. 2010 Jun;59(6):861-5. • CardiolResPract.2022Aug17;2022:9742071.
		단거리 질주 능력	ACTN3	• J Strength Cond Res. 2017 Apr;31(4):1107-1115. • Metabolism.2010Jun;59(6):861-5.
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21		발목 부상 위험도	ACTN3	• J Sports Sci. 2015;33(17):1775-9. • JExercNutritionBiochem.2014Jun;18(2):205-214.
		발목 부상 위험도	MMP3	• Meta Gene. 2016 Mar 30;9:52-5. Br J Sports Med. 2009 Jul;43(7):514-20.
22	3. 피부 탈모	기미주근깨	TYR	• Am J Hum Genet. 2007 Dec;81(6):1119-32 • NatGenet.2007Dec;39(12):1443-52
		기미주근깨	ASIP	• Hum Genet. 2019 Jun;138(6):635-647. PLoS

			Genet. 2010 Jun 24;6(6):e1000993.
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	색소침착	MC1R	- PLoS One. 2013;8(2):e55712 - JInvestDermatol.2017Sep;137(9):1887-1894
	색소침착	OCA2	PLoS Genet. 2010 Mar 5;6(3):e1000867. J Invest Dermatol. 2022 Apr;142(4):1223-1227.e14.
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	여드름 발생	SELL	- Nat Commun. 2014;5:2870. - JDermatol.2015Apr;42(4):378-81.
	여드름 발생	TNFA	Arch Dermatol Res. 2008 Aug;300(7):371-6. PLoS One. 2014 Feb 3;9(2):e87806.
25	피부노화	IRF4	- J Invest Dermatol. 2017 Sep;137(9):1887-1894. - BrJDermatol.2021Nov;185(5):988-998.
26	피부염증	RTEL1	- J Dermatol Sci. 2013 Oct;72(1):64-6. - NatGenet.2011Dec25;44(2):187-92.
	피부염증	rs7927894	- Nat Genet. 2011 Dec 25;44(2):187-92. - NatGenet.2009May;41(5):596-601.
27	태양 노출 후 태닝반응	SLC45A2	- Hum Genet. 2019 Jun;138(6):635-647. - PhotodermatolPhotoimmunolPhotomed.2018Nov;34(6):415-422.
	태양 노출 후 태닝반응	MC1R+G7	J Invest Dermatol. 2009 Sep; 129(9): 2250-2257. Nat Genet. 2008 Jul;40(7):835-7.
28	남성형 탈모	Chr20p11	- Nat Genet. 2008 Nov;40(11):1282-4. - PLoSOne.2013Dec30;8(12):e79789
	남성형 탈모	Chr20p11	Nat Genet. 2008 Nov;40(11):1279-81. PLoS One. 2013 Aug 26;8(8):e71771.

		남성형 탈모	WNT10A	Nat Commun. 2017 Nov 17;8(1):1584. J Invest Dermatol. 2013 Jun;133(6):1489-96.
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30		새치	IRF4	- PLoS Genet. 2010 Jun 24;6(6):e1000993 - PLoSGenet.2008May16;4(5):e1000074
31		원형 탈모	IL2RA	- Nature. 2010 Jul 1;466(7302):113-7. - Dermatology.2013;227(4):299-304.
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		식욕	FTO	- Am J Epidemiol. 2013 Sep1;178(5):780-90 - Exp Clin Endocrinol Diabetes.2009 Apr;117(4):194-7.
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34		단맛 민감도	FGF21	- Cell Metab. 2017 May 2;25(5):1045-1053. - Am J Clin Nutr. 2019 Jun 1;109(6):1724-1737.
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		짭맛 민감도	GNB3	- Int J Environ Res Public Health. 2018 May 30;15(6):1110 - BiochemBiophysResCommun.2008Sep26;374(3):576-80.
		짭맛 민감도	TRPV1	Chem Senses. 2013 Feb;38(2):137-45. Food Quality and Preference 84 2020: 103954.

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		니코틴 의존성	CHRNA5	PLoS One. 2010 Aug 16;5(8):e12183. PLoS Genet. 2008 Jul 11;4(7):e1000125.
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		카페인 대사	AHR	- PLoS Genet. 2011 Apr;7(4):e1002033. - HumMolGenet.2016Dec15;25(24):5472-5482. - NatCommun.2022Mar28;13(1):1644.
		카페인 대사	CYP1A2	Eur J Clin Pharmacol. 2010 Jul;66(7):697-703. Br J Clin Pharmacol. 1999 Apr;47(4):445-9.
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		수면습관	VRK2	PLoS Genet . 2016 Aug 5;12(8):e1006125. Nat Genet. 2017 Nov;49(11):1584-1592.
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		아침, 저녁형 인 간	RASD1	• PLoS Genet. 2016 Aug 5;12(8):e1006125 - Nat Commun. 2019 Jan 29;10(1):343.
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		비만	FTO	• Nat Genet. 2009 Jan;41(1):18-24. • WorldJPediatr.2019Aug;15(4):382-389
		요산치	SLC2A9	• BMC Med Genomics. 2011 Feb 4;4:17. • JHumGenet.2021Feb;66(2):161-169
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	체질량지수	FTO		• Genes (Basel). 2019 May 9;10(5):354 • JHumGenet.2008;53(6):546-553
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	체질량지수	FTO		• Am J Clin Nutr. 2009 Aug;90(2):425-8. • IntJFoodSciNutr.2021Nov;72(7):997-1007.
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	체질량지수	KCTD15		• Nat Genet. 2009 Jan;41(1):18-24. • Nature.2015Feb12;518(7538):197-206.
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