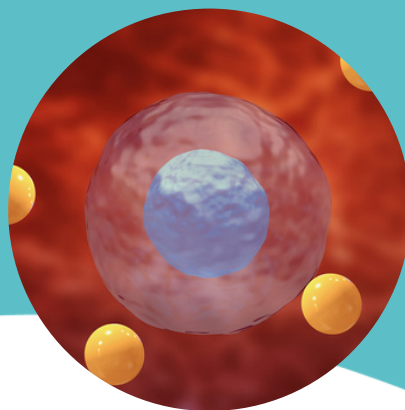


# Oxidative Stress Profile



## What is the Oxidative Stress Profile?

### Oxidative Damage Markers + Antioxidant Genetics

The Oxidative Stress Profile assesses whether your body is in a state of stress or inflammation due to reactive oxygen species (ROS) outnumbering antioxidants.

It measures markers of oxidative damage to assess your current levels, plus genetic variations that influence your ability to manage oxidative stress.

By measuring oxidative stress, you can combat it more efficiently, supporting healthy aging and longevity.

## What Are Reactive Oxygen Species?

Reactive oxygen species are unstable molecules that the body can generate during normal processes like respiration or inflammatory ones like an immune response.

At moderate levels, ROS are beneficial for mechanisms like cell signaling and gene expression.

However, excessive levels can trigger damaging chain reactions due to their high reactivity, threatening cellular health.

These reactive oxygen species are a type of **free radical**—an unstable molecule with an unpaired electron looking to pair with or steal electrons from other molecules or compounds.

In the process, they can wreak havoc on other substances in the body.

## What Are Antioxidants?

Antioxidants are molecules or compounds that help protect cells from oxidative stress by neutralizing free radicals.

They are naturally present in many foods like fruits, vegetables, nuts, and whole grains. Common antioxidants include vitamins C and E, beta-carotene, selenium, and various phytochemicals.

The body also produces its own antioxidants, such as superoxide dismutase (SOD), catalase, and glutathione.

## Common Sources of Oxidative Stress

### Sources of oxidative stress include:

- Poor diet (high in fried foods, glycemic index, excessive calories, etc.)
- Environmental toxins such as heavy metals
- Unhealthy lifestyle—smoking, alcohol, lack of exercise
- Certain medications
- UV radiation
- Pollution

## Conditions Associated with Oxidative Stress

Oxidative stress occurs when your body's ability to detoxify the harmful effects of free radicals and ROS is overwhelmed, leading to cellular damage and contributing to accelerated aging and several conditions, including:

- Cancer
- Cardiovascular disease
- Neurological conditions such as Alzheimer's
- Respiratory disease
- Rheumatoid arthritis
- Kidney disease

## Why Is This Test Important?

- The Oxidative Stress Profile measures **32 common genetic SNPs** and **16 markers of oxidative damage** to assess your current stress levels and genetic ability to manage oxidative stress.
- Oxidative stress can negatively impact foundational cellular structures like proteins, lipids, and nucleic acids (DNA).
- The Oxidative Stress Profile includes an Oxidative Damage Score, indicating your speed of aging based on oxidative stress damage to these vital structures.
- By understanding your oxidative stress, your provider can tailor treatment strategies to address potential weaknesses in the oxidative stress system, reduce the buildup of ROS, and promote better health and longevity.
- This assessment will help you better understand your ability to manage oxidative stress and specific antioxidant needs for personalized wellness plans tailored to your unique needs.

## The Vibrant Wellness Advantage

- Vibrant's Oxidative Stress Profile measures more analytes than any other test on the market, providing robust insight into oxidative damage to DNA, lipids, and proteins.
- It's the only test that pairs real-time markers of oxidative stress with genetic predisposition towards oxidative stress, allowing you to create personalized treatment plans that support the body's own antioxidants with robust intake of dietary antioxidants and the nutrients required for antioxidant creation and recycling.

## What To Expect From the Test

Follow our simple instructions to perform this test at home or at a practitioner's office.

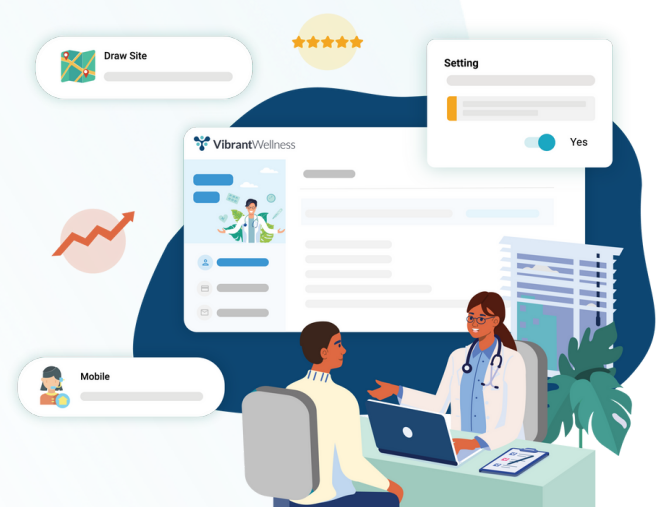
### Before testing:

- You are not required to fast before your Oxidative Stress test.
- Your provider may ask you to discontinue medications or dietary supplements. Speak with your provider to learn more.
- Send the test to our labs for analysis and work with your care provider to understand the results.

## About Vibrant Wellness

**Vibrant Wellness** is a leading CAP-accredited biotech company based in Santa Clara, CA. We deliver life-transforming lab testing that enables health and wellness providers to discover the root of patient health issues.

We're at the forefront of modern medicine and research, providing personalized health analytics using cutting-edge, high-quality technology. We believe that anyone can achieve better health and vibrant longevity through individualized solutions based on testing—not guessing.



### Regulatory Statement

The general wellness test intended uses relate to sustaining or offering general improvement to functions associated with a general state of health while making reference to diseases or conditions. This test has been laboratory developed and its performance characteristics determined by Vibrant America LLC and Vibrant Wellness, CLIA-certified and CAP-accredited laboratory performing the test. The test has not been cleared or approved by the U.S. Food and Drug Administration (FDA). Although FDA does not currently clear or approve laboratory-developed tests in the U.S., certification of the laboratory is required under CLIA to ensure the quality and validity of the tests.