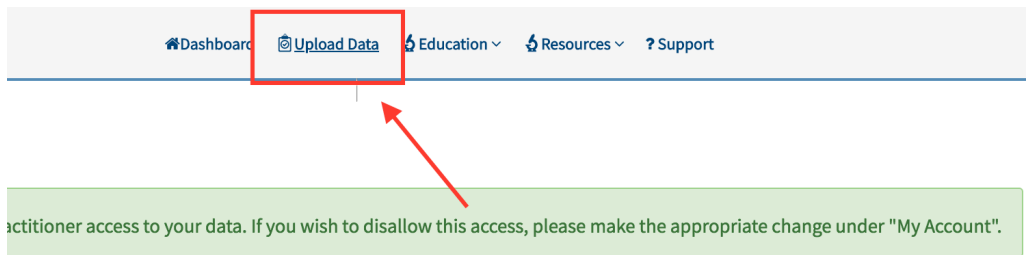


## Step 1: log into PureGenomics and click Upload Data



Dashboard **Upload Data** Education ▾ Resources ▾ ? Support

Practitioner access to your data. If you wish to disallow this access, please make the appropriate change under "My Account".

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### What's New

#### New SNPs

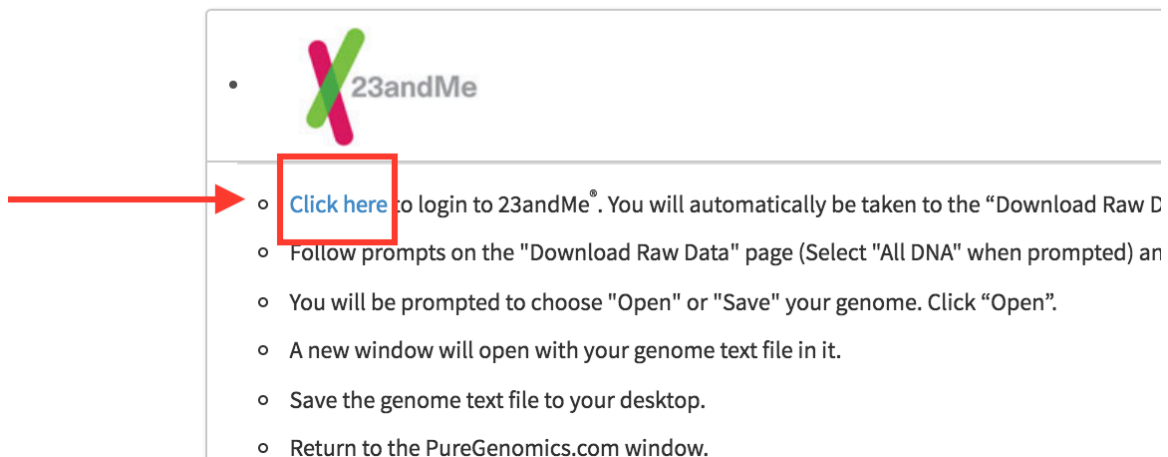
A total of 11 new SNPs have been added to the following categories:


- NEW! Glucose Homeostasis SNPs
- NEW! Immune SNPs
- Methylation SNPs
- Vitamin & Mineral SNPs
- Detoxification SNPs
- Weight Management SNPs
- Cognitive Health & Memory SNPs

[View Your Report Now.](#)

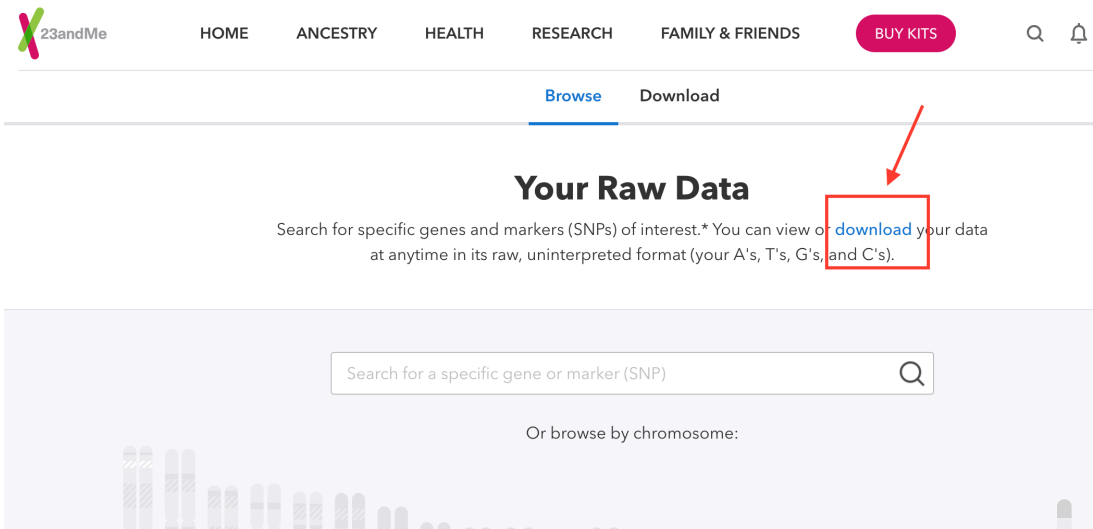
## Step 2: Click to log into 23andMe

PureGenomics® can process raw data created by both [23andMe®](#) or [ANCESTRY.COM®](#). Choose

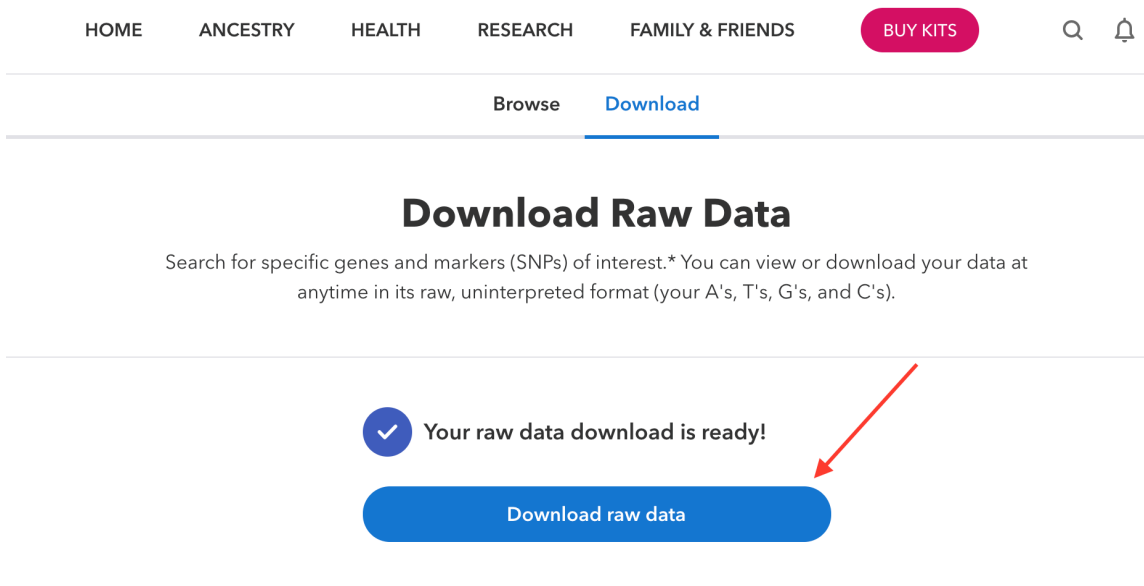


-  [Click here](#) to login to 23andMe®. You will automatically be taken to the "Download Raw D
- Follow prompts on the "Download Raw Data" page (Select "All DNA" when prompted) an
- You will be prompted to choose "Open" or "Save" your genome. Click "Open".
- A new window will open with your genome text file in it.
- Save the genome text file to your desktop.
- Return to the PureGenomics.com window.

Step 3: in 23andMe, click to download your raw data to your computer





Step 4: download your raw data to your computer once your request for data has been confirmed.

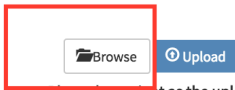


Step 5: Once your data is downloaded to your computer, go back to PureGenomics website and “browse” for the downloaded file, select the data, then click open

Dashboard / Upload data

PureGenomics<sup>®</sup> can process raw data created by both 23andMe<sup>®</sup> or ANCESTRY.COM<sup>®</sup>. Choose the appropriate logo below to see seven simple steps for your genetic data upload

-  23andMe
  - [Click here](#) to login to 23andMe<sup>®</sup>. You will automatically be taken to the “Download Raw Data” page.
  - Follow prompts on the “Download Raw Data” page (Select “All DNA” when prompted) and click “Download Data”.
  - You will be prompted to choose “Open” or “Save” your genome. Click “Open”.
  - A new window will open with your genome text file in it.
  - Save the genome text file to your desktop.
  - Return to the PureGenomics.com window.
  - Click on the “Browse” button below, choose your genome text file from your desktop, and then hit “Submit.”
-  ancestryDNA<sup>®</sup>



Note: only accepted filetypes are text and zip files (.txt and .zip)

Please be patient as the upload may take a while. After the upload completes, your results will be calculated and displayed.

If you are having trouble with uploading your genetic information, please use the “Connect with 23andMe” button to the left.

Step 6: Once you have selected your data file, click “upload”

genome\_...0944.zip

Note: only accepted filetypes are text and zip files (.txt and .zip)

Please be patient as the upload may take a while. After the upload completes, your results will be calculated and displayed.