
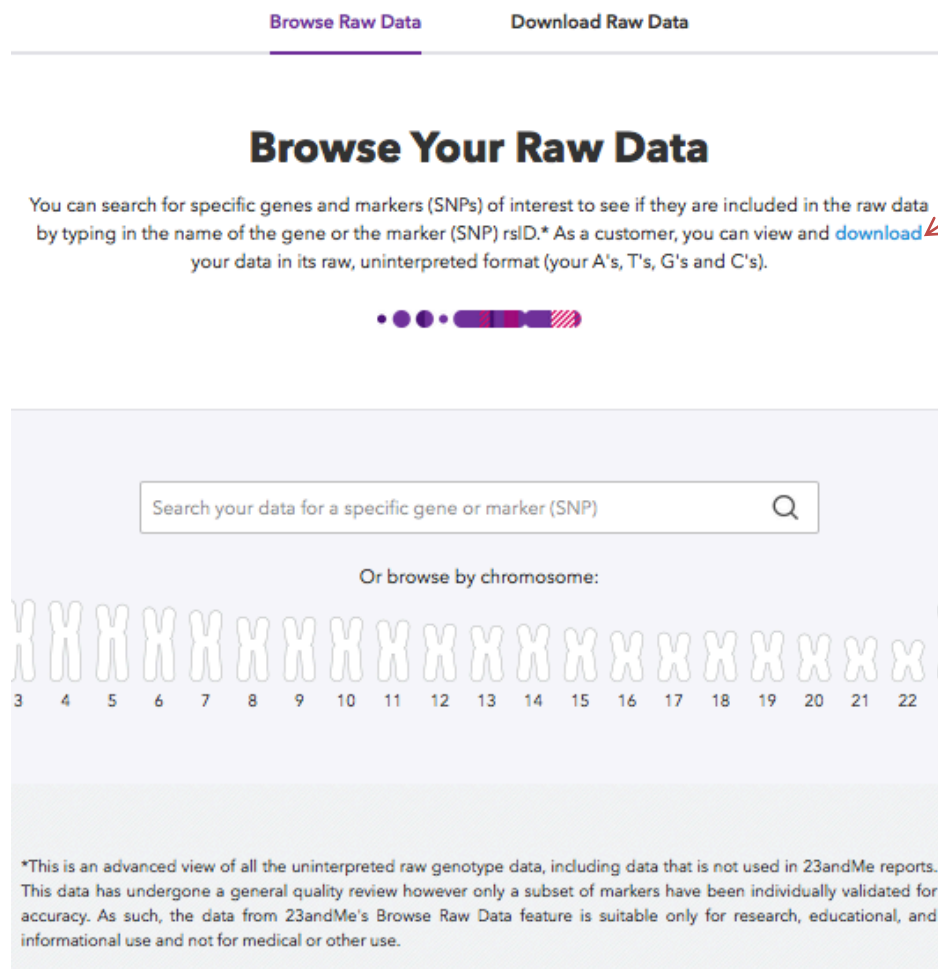


January 18, 2016

23andMe: Downloading your Raw Data File

1. Log onto 23andme.com
2. Log in with your email and password
3. On the homepage go over to the far right under your name 
4. Click on V next to name and scroll down to Browse Raw Data
5. On the, ' Your Raw Data' web page select "Download Your Data"



Browse Raw Data **Download Raw Data**

Browse Your Raw Data

You can search for specific genes and markers (SNPs) of interest to see if they are included in the raw data by typing in the name of the gene or the marker (SNP) rsID.* As a customer, you can view and [download](#) your data in its raw, uninterpreted format (your A's, T's, G's and C's).

• • • • •

Search your data for a specific gene or marker (SNP)

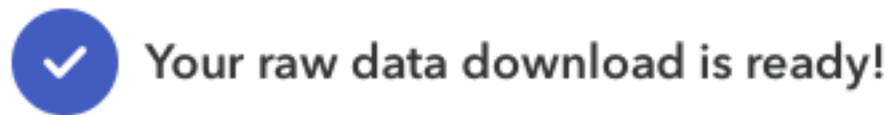
Or browse by chromosome:

3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 >

*This is an advanced view of all the uninterpreted raw genotype data, including data that is not used in 23andMe reports. This data has undergone a general quality review however only a subset of markers have been individually validated for accuracy. As such, the data from 23andMe's Browse Raw Data feature is suitable only for research, educational, and informational use and not for medical or other use.

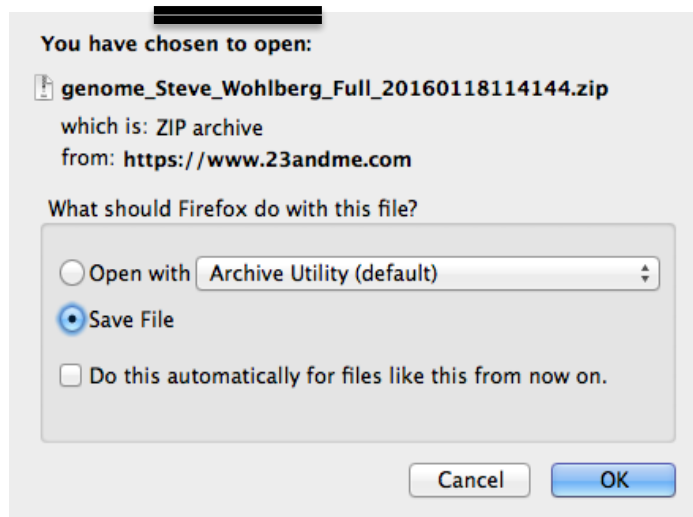
6. Scroll down to bottom of page and Submit Request.
7. Your download request is in progress
8. Wait for a few minutes, and then click on Download again.

January 18, 2016



Download raw data

9. A pop-up box should appear on your screen. Save the file. Or look on your computer in the upper right where you get downloads.



10. Your file should be located on your 'downloads' folder.
 - The file appears as a zip file.
 - To open the file, click on the zip file. (You may need to click it 2 times or more)
 - A new txt. File should appear on your downloads folder. Click it.

January 18, 2016

11. When you open the txt File is should appear like this:

```
# This file contains raw genotype data, including data that is not used in 23andMe reports.
# This data has undergone a general quality review however only a subset of markers have been
# individually validated for accuracy. As such, this data is suitable only for research,
# educational, and informational use and not for medical or other use.
#
# Below is a text version of your data. Fields are TAB-separated
# Each line corresponds to a single SNP. For each SNP, we provide its identifier
# (an rsid or an internal id), its location on the reference human genome, and the
# genotype call oriented with respect to the plus strand on the human reference sequence.
# We are using reference human assembly build 37 (also known as Annotation Release 104).
# Note that it is possible that data downloaded at different times may be different due to
# ongoing
# improvements in our ability to call genotypes. More information about these changes can
# be found at:
# https://www.23andme.com/you/download/revisions/
#
# More information on reference human assembly build 37 (aka Annotation Release 104):
# http://www.ncbi.nlm.nih.gov/mapview/map_search.cgi?taxid=9606
#
# rsid chromosome position genotype
rs12564807 1 734462 AA
rs3131972 1 752721 AG
rs148828841 1 760998 CC
rs12124819 1 776546 AA
rs115093905 1 787173 GG
rs11240777 1 798959 AG
rs7530305 1 824398 AC
```

12. Save the above file to an area that you can easily locate. You will need it to download to MTHFRsupport.com . This will give Dr Youngberg the 50 pages of genetic information for you consult. Dr Youngberg will give you a report on this information during your consult.

Email your profiles to info@dryoungberg.com or fax them to (951) 271-4455