

Apolipoprotein E (ApoE)

Apo E genotype influences lifetime risk for coronary heart disease and Alzheimer's disease, as well as how your body metabolizes nutrients in your diet, including fats, carbohydrates, protein and even alcohol. It also aids in understanding how the body responds to exercise. The Apo E gene has three variants (E2, E3, and E4). Individuals with Apo E2 or Apo E4 carry higher lifetime CV risk.