

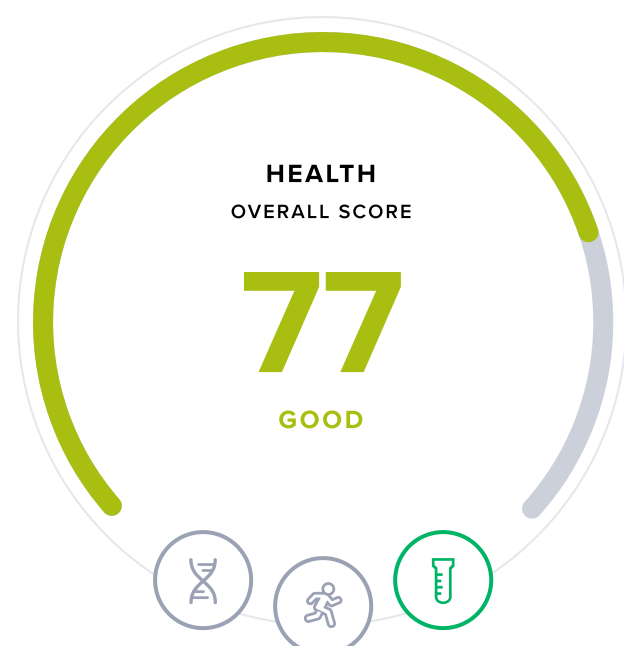
Your Health Overview Report

This report summarizes your key health insights, suggests most important labs to test and shows your top actionable recommendations to optimize your well-being.

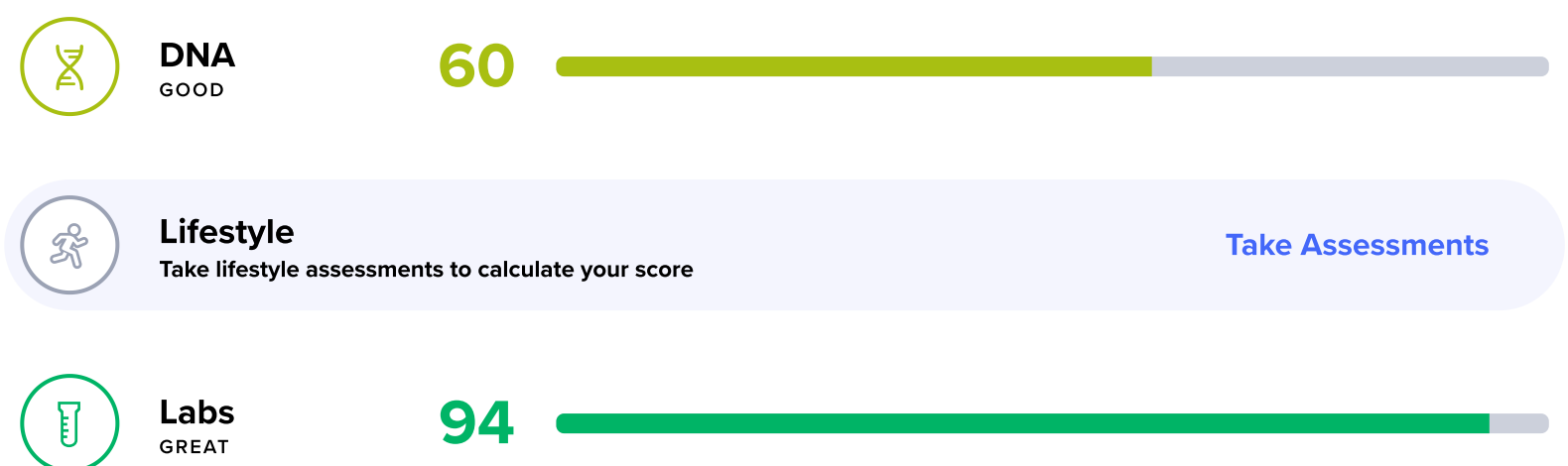
Your Overall Health Score

Take charge of your health! Use this report as a guide to make informed decisions that can improve your score and optimize your well-being.

Your overall health score is a snapshot of your current health state across your DNA risks, your lab test results and your lifestyle. A higher score indicates a higher overall well-being and a lower risk of developing chronic diseases. Read on, to find out which factors contribute to your score and discover specific personalized recommendations to improve your health.



Overall Health Score Breakdown



[Take Assessments](#)

Score explanation:

● Poor (0-20)

● Suboptimal (20-40)

● Fair (40-60)

● Good (60-80)

● Great (80-100)

Your Category Health Scores

This section shows you a break-down of your scores for various health categories, like heart & blood vessels, sleep, immunity & infections, and more. Understanding your strengths and weaknesses across these areas allows you to tailor your approach to health optimization. For instance, a high heart & blood vessels score indicates a low risk of cardiovascular disease, while a lower immunity & infections score might suggest incorporating strategies to boost your body's natural defenses.

Focus on improving your lower-scoring categories first. By addressing areas that need the most attention, you can significantly impact your overall health.

 Food Sensitivities FAIR 50	 Weight & Body Fat GOOD 65	 Blood Sugar Control GOOD 69
 Sleep GOOD 72	 Thyroid GOOD 73	 Detox GOOD 73
 Sexual Health GOOD 73	 Addictions GOOD 74	 Sex Hormones GOOD 75
 Mental Health GOOD 76	 Nutrition GOOD 76	 Heart & Blood Vessels GOOD 76
 Allergies GOOD 77	 Urinary Tract Health GOOD 77	 Hearing & Balance GOOD 77
 Reproductive Health GOOD 78	 Skin & Beauty GOOD 78	 Cancer GOOD 78
 Energy & Fatigue GOOD 79	 Kidney Health GOOD 79	 Joint & Tendon Health GREAT 80
 Liver Health GREAT 80	 Eye Health GREAT 80	 Gut Health GREAT 81
 Fitness GREAT 81	 Injuries GREAT 82	 Cognition GREAT 83
 Pain GREAT 83	 Nerve Health GREAT 84	 Longevity GREAT 84
 Inflammation & Autoimmu... GREAT 85	 Bone Health GREAT 86	 Immunity & Infections GREAT 87
 Headaches & Migraines GREAT 87	 Respiratory Health GREAT 88	 Dental & Mouth Health GREAT 88

 Improve your results by providing your lifestyle data

[Take Lifestyle Assessments](#)

Score explanation:

 Poor (0-20)

 Suboptimal (20-40)

 Fair (40-60)

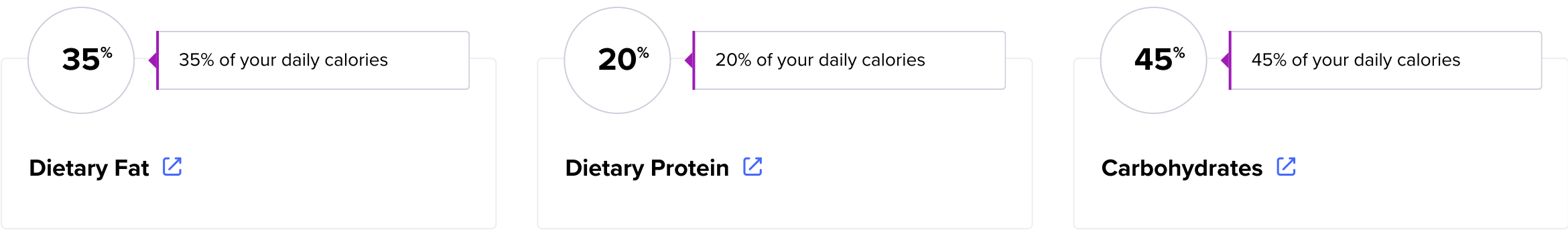
 Good (60-80)

 Great (80-100)

Macronutrients Breakdown

This section shows you the ideal breakdown of your daily macros intake (carbs, protein, fat), based on your DNA and your individual needs, such as age, activity level and health goals. A balanced diet is important for your overall well-being, as it provides your body with the necessary building blocks to function properly.

If you're struggling to reach your macros, just make sure you prioritize your protein intake and consume your minimum amount per day.



i

Improve your suggestions by completing your Diet Questionnaire

Vitamins

Key vitamins your body may need based on your DNA results.

You have an increased need for these vitamins:

- Vitamin K
- Vitamin E

Minerals

Key minerals your body may need based on your DNA results.

You have an increased need for these minerals:

- Selenium

Sensitivities

Your DNA analysis suggests potential sensitivities to certain foods and environmental factors. Being aware of these sensitivities can significantly improve your well-being.

You have an increased likelihood of developing these sensitivities:

- Gluten Sensitivity (Non-Celiac)
- Lactose Intolerance
- Egg Allergy
- Dairy Sensitivity (Casein)
- Milk Allergy



Your Risks

This section outlines your risk factors and identifies areas where you might benefit from preventative measures. By understanding your risk profile, you can proactively address potential health concerns. Early intervention is often key to preventing chronic diseases and maintaining optimal well-being.

Risks explanation:

 **High & Impactful / Significantly out of optimal**

 **High / Out of optimal**



Your DNA Risks

[↗](#)

Your DNA predispositions can influence your risk levels for certain health conditions. This section highlights the top DNA-related risks you may have.

 **Erectile Dysfunction**

 **Allergies**

 **Kidney Problems**

 **Anxiety**

 **Selenium**

 **Emotional Blindness**

 **Eustachian Tube Dysfunction**

 **Egg Allergy**

 **Eczema**

 **Milk Allergy**

 **Belly Fat**

 **Dry Cough**

 **Amnesia**

 **Groin Hernia**

 **Urinary Retention**

 **Cold Intolerance**

 **Tics**

 **Fasting Glucose**

 **LDL Cholesterol**

 **Staph Infection**

 **High Cholesterol**

 **Anger**

 **Tendon Injury**

 **Visceral Fat**

 **Cortisol**

+32 more



Your Lifestyle Risks

[↗](#)

 **Complete all your lifestyle assessments**

Certain lifestyle habits can increase your risk of developing health problems. This section identifies your top lifestyle risks that need to be addressed in order to improve your overall health.

You don't have any lifestyle risks, based on the lifestyle assessments you have taken.

Take these lifestyle assessments next:

Hair Loss (Male)

Lupus

Plantar Fasciitis

Kidney Cancer

Premature Hair Graying

Stomach Cancer

Varicose Veins

+163 more



Your Lab Risks

[↗](#)

 **Test your labs frequently**

Your lab results indicate some values that fall outside the optimal range. These findings could be a sign of an underlying health concern.

 **TSH**

 **Platelet Count**

 **Insulin, Fasting**

 **Prostate Specific Antigen, Total**

 **Triglycerides**

 **Sodium**

+2 more

To see which labs to test next, [go to your suggested labs](#), where we suggest labs based on your DNA, lifestyle, symptoms, conditions and goals.

If you have lab results you haven't inputted, [provide them as a PDF or image](#) and we'll input them for you.

* We accept a wide variety of lab tests from most lab test providers.

Your Symptoms, Conditions & Goals

This section provides a personalized overview of your reported symptoms and conditions alongside your DNA risk scores for those areas. Additionally, you'll find your health goals and any related DNA insights. By understanding the interplay between your DNA, current health experiences, and desired health outcomes, you can make informed decisions and personalize your health journey.

Explore how your DNA interacts with your current health experiences and goals for a holistic perspective on your well-being.

Your Symptoms & Conditions [↗](#)

This section details the symptoms and conditions you reported. It also presents your DNA risk scores for these areas. A typical or low DNA risk score for a reported symptom or condition suggests that genetics may not be a primary contributor and focusing on lifestyle modifications could yield even more significant improvements.

[i](#) Provide your symptoms & conditions



Your Goals [↗](#)

This section highlights reports directly related to your health goals. We analyze your DNA to identify any genetic predispositions or insights that might be relevant to achieving these goals.

[i](#) Provide your health goals

Risks explanation:

 High & Impactful / Significantly out of optimal

 High / Out of optimal

 Typical / Normal

 Low / Optimal

Your Top Recommendations

[See All Recommendations](#)

Supplement

This section provides personalized supplement recommendations to address

Find your top 10 supplement recommendations below. For more details on each supplement, what it helps with, its recommended dosage, possible side effects and references, click on the recommendation title.



1 **Maintain Optimal Vitamin D Levels**

Addresses 14 DNA risks and 2 lab risks

2 **Curcumin**

Addresses 8 DNA risks and 2 lab risks

3 **Vitamin C**

Addresses 9 DNA risks and 2 lab risks

4 **Black Seed (Black Cumin)**

Addresses 8 DNA risks and 2 lab risks

5 **Omega-3 (Fish Oil)**

Addresses 10 DNA risks and 1 lab risk

6 **Probiotics**

Addresses 9 DNA risks and 3 lab risks

7 **Methylfolate**

Addresses 4 DNA risks and 1 lab risk

8 **Garlic Supplement**

Addresses 5 DNA risks and 2 lab risks

9 **Berberine**

Addresses 4 DNA risks and 2 lab risks

10 **Pycnogenol**

Addresses 9 DNA risks and 1 lab risk

 Improve your recommendations by providing more data

[Add Symptoms, Conditions & Goals](#) [Take Lifestyle Assessments](#)

Your Top Recommendations

[See All Recommendations](#)

Dietary

This section provides personalized dietary recommendations to address

Find your top 10 dietary recommendations below.
For more details on each recommendation, what it helps with and references click on the recommendation title



- 1

Whole-Food Plant-Based Diet

Addresses 10 DNA risks and 2 lab risks
- 2

Mediterranean Diet

Addresses 13 DNA risks and 2 lab risks
- 3

Eat Fiber-Rich Foods

Addresses 10 DNA risks and 3 lab risks
- 4

Green Tea

Addresses 7 DNA risks and 3 lab risks
- 5

Walnuts

Addresses 3 DNA risks and 3 lab risks
- 6

Nuts

Addresses 5 DNA risks and 2 lab risks
- 7

Intermittent Fasting

Addresses 5 DNA risks and 2 lab risks
- 8

Brazil Nuts

Addresses 4 DNA risks and 2 lab risks
- 9

Soy

Addresses 7 DNA risks and 1 lab risk
- 10

Alpha-Linolenic Acid (ALA)

Addresses 3 DNA risks and 2 lab risks

Your Top Recommendations

[See All Recommendations](#)

Lifestyle

This section provides personalized lifestyle recommendations to address

Find your top 10 lifestyle recommendations below.
For more details on each recommendation, what it helps with and references click on the recommendation title



1 Strength Training

Addresses 9 DNA risks and 2 lab risks

3 Walking

Addresses 5 DNA risks and 2 lab risks

5 Avoid Air Pollution

Addresses 7 DNA risks and 2 lab risks

7 Practice Exercise Snacks

Addresses 6 DNA risks and 2 lab risks

9 Avoid Cadmium Exposure

Addresses 4 DNA risks and 1 lab risk

2 Yoga

Addresses 12 DNA risks and 2 lab risks

4 Tai Chi

Addresses 5 DNA risks and 2 lab risks

6 Avoid Organochlorine Pesticide Exposure

Addresses 3 DNA risks and 1 lab risk

8 High-Intensity Interval Training (HIIT)

Addresses 5 DNA risks and 2 lab risks

10 Avoid Lead Exposure

Addresses 5 DNA risks and 2 lab risks

 Improve your recommendations by providing more data

[Add Symptoms, Conditions & Goals](#) [Take Lifestyle Assessments](#)

Most Important Labs to Check

See All Suggested Labs [↗](#)

Regular lab testing is crucial for early detection and prevention of potential health issues. This section recommends the top 10 labs you should consider getting checked based on your individual needs.

We are suggesting these labs based on your DNA, lifestyle factors, symptoms, medical conditions, and goals.

For a more comprehensive list of labs, [go to your suggested labs](#). If you have lab results you haven't inputted, [provide them as a PDF or image](#) and we'll input them for you.

* We accept a wide variety of lab tests from most lab test providers.



1 Amino Acid Panel

Addresses 5 DNA risks

2 Comprehensive Metabolic Panel (CMP)

Addresses 19 DNA risks

3 Complete Blood Count (CBC)

Addresses 15 DNA risks

4 Lipid panel

Addresses 7 DNA risks

5 hs-CRP

Addresses 7 DNA risks

6 Iron, TIBC, & Ferritin Panel

Addresses 8 DNA risks

7 Vitamin D, 25-Hydroxy, Total

Addresses 10 DNA risks

8 Complete Thyroid Panel (TSH, Total & Free T3, Tota...

Addresses 15 DNA risks

9 Homocysteine

Addresses 4 DNA risks

10 Omega-3 and -6 fatty acids

Addresses 3 DNA risks

[i](#) Improve your lab suggestions by providing more data

[Add Symptoms, Conditions & Goals](#) [Take Lifestyle Assessments](#)

Trending Topics

See All Reports [↗](#)

This section offers a glimpse into popular health topics among users who share similar health profiles. By exploring these popular reports, you can gain valuable insights and perspectives on various health concerns, including potential risk factors. For instance, if a top report focuses on strategies for managing stress, you might discover helpful tips and techniques to optimize your body's stress response and improve your overall well-being.

Delve deeper! Explore trending reports and genes relevant to your health for a broader understanding of your well-being.



Top Popular Reports

This section showcases popular health reports along with your personalized risk scores for each. These reports delve deeper into specific health areas and offer valuable insights. Click on each report to gain a more comprehensive understanding of your health and potential risk factors.

-  [Anxiety](#)
-  [Attention](#)
-  [Cognitive Function](#)
-  [Coronary Artery Disease](#)
-  [Low Energy \(Chronic Fatigue\)](#)
-  [Low Mood](#)
-  [Memory Performance](#)
-  [Methylation](#)
-  [MTHFR](#)
-  [Overweight](#)
-  [Sexual Dysfunction](#)
-  [Sleep Quality](#)

Top Popular Genes

This section highlights popular genes along with your corresponding risk scores. Understanding your genes' influence on various health aspects can be empowering. Exploring these genes and their associated reports can provide valuable information for proactive health management.

-  [CBS \(Transsulfuration\)](#)
-  [PEMT \(Choline\)](#)
-  [APOE](#)
-  [MAOA \(Dopamine/Serotonin\)](#)
-  [VDR \(Vitamin D\)](#)
-  [COMT](#)

Risks explanation:

 **High & Impactful / Significantly out of optimal**

 **High / Out of optimal**

 **Typical / Normal**

 **Low / Optimal**