

Albumin

Biohacker Report

REPORT CATEGORIES —



LIVER HEALTH



KIDNEY HEALTH

Sample Client

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DISCLAIMER

This report does not diagnose this or any other health conditions. Please talk to a healthcare professional if this condition runs in your family, you think you might have this condition, or you have any concerns about your results.

Personal information

NAME

Sample Client

SEX AT BIRTH

Male

HEIGHT

5ft 5" 165cm

WEIGHT

137lb 62kg



How this works

Our Wellness Reports analyze how your DNA influences your health.
We then use this analysis to give you personalized risk estimates and recommendations.



Similarly, our Trait Reports look at how your DNA influences your traits.



Your DNA is like an instruction manual — it contains a lot of information.
You can think of it as a blueprint for your body.

Genetic variants are parts of DNA that differ from person to person. Some can make you more vulnerable to certain health issues, while others may influence traits such as eye color.



We use artificial intelligence and machine learning to analyze all this information.
We then summarize your results as a risk score or display it on a gauge.

In total, we analyze up to 83 million genetic variants.

When we give a risk score, the risk icon tells you if you are at a higher or lower risk compared to other people:



Genotype color info:

AA

You don't have any risk alleles

AA

You have 1 risk allele

AA

You have 2 risk alleles

Your risk is also displayed as a percentile. This will tell you how your risks compare to our sample population. The lower your percentile number, the lower your risk. The "50th percentile" would be an average risk.

Similarly, the gauge tells you your relative risk score compared to our sample population, or it indicates a specific trait or haplotype you are more likely to have based on your genetic variants.

When applicable, we also list top evidence-based recommendations that may help lower your risk. The focus is on recommendations that may be of benefit to you, based on your genetics.

Our recommendations come in four categories: lifestyle, diet, supplements and drugs.
The following icons tell you which category a recommendation falls into:



Our team of scientists also ranks each recommendation.
We rank based on impact and the strength of evidence in the medical literature.

Impact shows how strongly a recommendation will affect your health in a certain area.
Evidence is how much scientific support there is for the recommendation. Rankings are from 1 to 5 (low to high):



Impact

Impact scores range from 1-5. These scores reflect how much of an effect each recommendation can have. An impact score of 5 predicts the biggest effect.

When a recommendation affects something we can measure, we use those measurements to assign the impact score. For example, a recommendation that decreases cholesterol by 20% will have a higher impact score than one that decreases it by 5%.

Some recommendations affect things that we cannot directly measure, like stress or mood. For these, the impact score is based on how well they work relative to other recommendations and standard treatments. The best ones get the highest scores.

If there is a lot of research that shows a recommendation works especially well for your genotype, the impact score gets increased.

Recommendation Evidence

5 / 5

Recommendations that are considered effective and generally recommended by experts and medical bodies.

4 / 5

Recommendations that are considered likely effective and that have multiple independent meta-analyses and a great many studies supporting them.

3 / 5

Recommendations that are considered possibly effective and have many studies supporting them

2 / 5

Recommendations that have insufficient evidence, with two or several clinical trials supporting them, or many studies but with ambiguous results.

1 / 5

Recommendations that have insufficient evidence, with a single clinical trial, or with many studies most of which didn't find support for the recommendation.

0 / 5

No evidence in humans.

Genotype-specific Evidence

High-quality

Direct evidence that a recommendation helps more in people with your gene variant (many clinical trials, a few large clinical trials, or a meta-analysis).

Medium-quality

Direct evidence that a recommendation helps more in people with your gene variant (a few clinical trials or one large clinical trial).

Low-quality

Direct evidence that a recommendation helps more in people with your gene variant (a single clinical trial or more trials with inconsistent results).

Indirect

A recommendation may help more in people with your gene variant because it targets a specific gene or protein affected by your variant (e.g., MTHFR, dopamine).

In theory

A recommendation may help more in people with your gene variant because it targets a specific mechanism affected by your variant (e.g., inflammation, oxidative stress).

Some things to keep in mind:

- Genetics doesn’t play a considerable role in a condition or a trait.
- There is not enough research available to estimate a genetic predisposition.
- There are technical limitations to estimating or presenting a genetic predisposition.
- The topic is sensitive, and a genetic predisposition should only be estimated and presented by a healthcare professional.

Introduction

Albumin is the most abundant protein in the blood. It helps [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Keep fluids inside blood vessels and maintains blood volume.
- Bind and transports hormones, vitamins, fatty acids, and minerals around the body
- Reduce oxidative stress

Factors Influencing Albumin Levels

Albumin is the most abundant protein in the blood. It helps maintain fluid balance, transport hormones, vitamins, fatty acids, and minerals around the body, and reduce oxidative stress [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

These can decrease albumin levels:

- Chronic illness and infection [\[R\]](#), [\[R\]](#), [\[R\]](#)
- Chronic inflammation [\[R\]](#)
- Obesity [\[R\]](#)
- Malnutrition or a low-protein diet [\[R\]](#), [\[R\]](#), [\[R\]](#)
- Gut disorders that cause malabsorption of protein, such as celiac or Crohn's disease [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#)
- Liver disease [\[R\]](#), [\[R\]](#)
- Kidney disease [\[R\]](#), [\[R\]](#)
- Aging [\[R\]](#)

On the other hand, **albumin levels that are higher than normal may be a sign of dehydration.**

Albumin levels are also partly affected by genetics. Genetically higher albumin levels may be causally associated with:

- High Blood Pressure [\[R\]](#)
- High blood sugar [\[R\]](#), [\[R\]](#)
- Stroke (**urinary** albumin) [\[R\]](#)
- Deep vein thrombosis (lower risk) [\[R\]](#)



Predisposed to higher albumin levels based on 834,501 genetic variants we looked at

Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
HPN	rs4806073	CC
GCKR	rs780094	TC
ADH1B	rs1229984	TC
FCGRT	rs150420714	GG
/	rs139779712	GG
SERPINA1	rs28929474	CC
SNX8	rs144787122	AA
SERPINA1	rs28929470	GG
MAP1A	rs55707100	CC
ABCA5	rs75016991	CC
RBPJ	rs77849807	AA
ABCA6	rs113408695	TT
TNFRSF13B	rs34557412	AA
EIF3J	rs151291132	AA
PRPF8	rs62090014	TT
SERPINA1	rs17580	TT
LCMT2	rs2412710	GG
RPL13A	rs8103298	TT
ZNF589	rs74735576	GG
SERPINA1	rs45581733	GG
SMARCC1	rs79111787	TT
GRAMD1A	rs11671010	TT
CCND2	rs76895963	TT
KLHDC8B	rs77448841	GG
KLHDC8B	rs77629332	CC
PF4V1	rs115114874	CC
WDR72	rs149624078	CC
TBC1D2B	rs28417785	TT
FCGRT	rs2280401	GG
RCN3	rs73056079	TT
MSANTD1	rs362285	GG
MAPKAPK3	rs76761409	GG

GENE	SNP	GENOTYPE
SERPINA1	rs4905179	AA
IRF3	rs57035065	GG
HGFAC	rs16844401	GG
GRAMD1A	rs73038384	CC
BANK1	rs34592089	GG
TSKS	rs77280277	GG
FCGRT	rs117005178	GG
SPI1	rs78529890	GG

The number of "risk" variants in this table doesn't necessarily reflect your overall result.

Your Recommendations

Your recommendations are prioritized according to the likelihood of it having an impact for you based on your genetics, along with the amount of scientific evidence supporting the recommendation.

You’ll likely find common healthy recommendations at the top of the list because they are often the most impactful and most researched.

DOSAGE		DOSAGE	
1	Dietary Protein	2	Sleep for 7+ Hours
3	Aerobic Exercise (Cardio)	4	Mediterranean Diet
5	Omega-3 (Fish Oil)	6	Astragalus
7	L-Carnitine	8	Glutamine
9	N-acetylcysteine (NAC)	10	BCAAs (Branched-Chain Amino Acids)
11	Whey Protein	12	Avoid PAHs Exposure
13	Black Seed (Black Cumin)	14	Oats

1



Dietary Protein

IMPACT

4 / 5

EVIDENCE

4 / 5

How to implement

Include a variety of protein sources such as meat, fish, eggs, dairy, beans, and nuts in your diet every day, aiming for at least 0.8 grams of protein per kilogram of body weight. For more active individuals or those looking to build muscle, increase intake to 1.2 to 2.0 grams per kilogram of body weight daily, spread out over all meals to maximize absorption.

Description

Protein is essential for building and repairing tissues, supporting muscle growth, and maintaining overall bodily functions. Adequate protein intake is crucial for overall health and well-being.

Foods that are high in protein include:

- Eggs
- Nuts
- Beef
- Chicken
- Fish
- Yogurt
- Tofu
- Pork
- Cottage cheese

How it helps

Albumin is an indicator of nutritional status.

The liver makes use of amino acids, the building blocks of any protein, and several minerals and vitamins to keep the albumin production process going. Low albumin levels are considered a representation of malnutrition and a poor diet [\[R\]](#), [\[R\]](#), [\[R\]](#).

Make sure you have a well-balanced diet that guarantees a healthy supply of energy and enough protein (animal or plant-derived). Some research has shown that increasing dietary protein can increase albumin levels [\[R\]](#), [\[R\]](#), [\[R\]](#).

However, in some groups of people, like those with kidney disease, a high-protein diet may have the opposite effect. If you have kidney disease, ask your doctor if a high-protein diet makes sense for you [\[R\]](#).

It is recommended to get around 0.8 g of protein for each kg of body weight daily. To calculate the grams of dietary protein you should have daily, you can multiply your weight in pounds by 0.36. For a person weighing 200 pounds, that is 75g [\[R\]](#).

2



Sleep for 7+ Hours

IMPACT3 / 5

EVIDENCE3 / 5

How to implement

Ensure you allocate enough time in your schedule to achieve a minimum of 7 hours of sleep each night. This might involve going to bed earlier or adjusting your evening routine to promote relaxation and make it easier to fall asleep.

Description

Optimizing sleep involves adopting healthy sleep habits and creating a sleep-conducive environment to ensure restorative and sufficient sleep duration. It supports cognitive function, mood stability, and overall physical health. Most experts recommend getting **at least 7 hours of good-quality sleep each night**.

[Sleep](#) supports your body and mind [\[R, R\]](#). More precisely, sleep helps:

- Support brain health [\[R, R\]](#)
- Maintain a healthy weight and appetite [\[R, R, R\]](#)
- Regulate blood pressure [\[R, R\]](#)
- Balance blood sugar [\[R, R\]](#)

Ways to sleep better include [\[R\]](#):

- Reducing your bright light exposure (screen time) in the evenings
- Sticking to a regular sleep schedule
- Avoiding hunger or large meals before bed
- Avoiding nicotine, caffeine, and alcohol before bed
- Maintaining a sleep area that’s cool, dark, and quiet

How it helps

Get the recommended 6-8h of sleep each night. Extremes in total sleep duration (<5h and >9h), including napping time, have been associated with increased loss of albumin through urine [\[R, R\]](#).

If you think you might have a sleep disorder, talk to your doctor. Sleep apnea may also reduce albumin by increasing its loss through urine [\[R, R\]](#).

3



Aerobic Exercise (Cardio)

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Engage in at least 150 minutes of moderate-intensity aerobic exercise or 75 minutes of vigorous-intensity activity each week. Distribute this time over at least 3 days per week, avoiding consecutive days of vigorous exercise to allow for recovery.

TYPICAL STARTING DOSE

1 hour

Description

Engaging in regular aerobic exercise, such as running, swimming, or cycling, offers numerous health benefits, including improved cardiovascular fitness, weight management, and mood enhancement. It supports overall physical and mental well-being while reducing the risk of chronic diseases.

Cardio, short for cardiovascular exercise, is any type of physical activity that temporarily increases your heart rate. Examples include **running, cycling, swimming, and brisk walking**.

Regular cardio exercise has many benefits for your overall health. It can help lower your risk of heart disease and diabetes, support weight loss, and improve your mood and energy levels. To get the most out of cardio, try to do it for at **least 30 minutes, 3-5 times a week**.

Interval training is a type of cardio that combines periods of high-intensity training with brief rest periods.

How it helps

Some studies show that aerobic exercise boosts albumin levels by stimulating its production. This effect of exercise on albumin is probably an adaptation to increase blood volume and performance. Higher amounts of aerobic exercise can increase albumin levels to a further degree [R, R, R].

In contrast, strength exercise might have the opposite effect in men. Strength training might reduce albumin levels due to increased albumin loss and increased protein requirement for building muscle. Getting some guidance from a dietician or nutritionist to plan a diet that supplies all the protein your body needs could be helpful [R].

4



Mediterranean Diet

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Incorporate a variety of primarily plant-based foods, such as fruits, vegetables, whole grains, nuts, and legumes, into every meal. Choose healthy fats, like olive oil, over saturated fats and consume fish and poultry at least twice a week. Limit red meat to a few times a month and include a moderate amount of dairy products. Opt for water and red wine in moderation as your beverages.

Description

The [Mediterranean diet](#) is based on the traditional cuisine from the Mediterranean regions. It moderates the intake of red meat and dairy, while being rich in fruits and vegetables, whole grains, and healthy fats ([olive oil](#)).

The [Mediterranean diet](#) focuses on traditional cuisine from the Mediterranean regions. It’s rich in [\[R\]](#):

- [Olive oil](#)
- Fruits and vegetables
- Whole grains
- Nuts and seeds
- Fish

This type of diet may **reduce inflammation and protect the brain and heart** [\[R, R, R, R\]](#).

Limited intake of animal products, saturated fat, and refined sugar likely contribute to the health benefits of the Mediterranean diet [\[R\]](#).

How it helps

Research has shown that switching to a higher-quality diet like the Mediterranean diet can help with low albumin [\[R, R\]](#).

Mediterranean diet may help by decreasing inflammation. Inflammation decreases albumin production [\[R, R, R\]](#).

5



Omega-3 (Fish Oil)

IMPACT2 / 5

EVIDENCE3 / 5

How to implement

Take 1-2 g of omega-3 (fish oil) supplement daily, preferably with a meal to enhance absorption.

TYPICAL STARTING DOSE

2000 mg

Description

Omega-3 fatty acids are essential fats found in fatty fish like salmon, flaxseeds, and walnuts. They are known for their potential cardiovascular and brain health benefits, including reducing the risk of heart disease and supporting cognitive function.

[Omega-3 fatty acids](#) are some of the healthiest fats we can eat. They help lower inflammation and protect the heart, brain, and eyes. Our bodies produce less omega-3s than we need for optimal health, so it's important to get enough through food or supplements [\[R\]](#), [\[R\]](#), [\[R\]](#).

There are three major types of omega-3s: ALA, EPA, and DHA [\[R\]](#), [\[R\]](#).

Fatty fish are rich in EPA and DHA. They include [\[R\]](#):

- Salmon
- Tuna
- Herring
- Sardines

For optimal protection, try to get at least **two servings of fatty fish per week**. Fish oil supplements are available for those who don't eat fish regularly [\[R\]](#).

How it helps

Supplementation with omega-3 fatty acids may raise serum albumin levels in hospitalized patients with gastrointestinal cancer, as well as gastrointestinal or liver diseases [\[R\]](#), [\[R\]](#), [\[R\]](#).

However, omega-3 fatty acids may be ineffective in hemodialysis patients [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

6



Astragalus

IMPACT

2 / 5

EVIDENCE

3 / 5

How to implement

Take a 500 mg astragalus supplement once daily with a meal. Continue this regimen for at least 4 to 6 weeks to evaluate its effectiveness on your overall health.

TYPICAL STARTING DOSE

500 mg

Description

Astragalus is an herb used in traditional Chinese medicine. It is believed to have immune-boosting properties and may help reduce stress and support overall vitality.

[Astragalus](#) (*Astragalus membranaceus*) is an herb used in traditional Chinese medicine. It is commonly used for “tonifying Qi” or fatigue. It may help [\[R\]](#), [\[R\]](#):

- Reduce inflammation
- Fight [oxidative stress](#)

Astragalus root is a staple of traditional Chinese medicine, where it is also known as *Huang Qi*.

How it helps

A Cochrane review of 22 studies and 1,323 participants with chronic kidney disease found that astragalus, when used alongside conventional treatments, may reduce proteinuria and increase hemoglobin and serum albumin levels. Some studies also suggested a potential decrease in systolic and diastolic blood pressure. However, the authors noted concerns about the overall methodological quality of the included studies [\[R\]](#).

A meta-analysis of 25 trials and 1,804 people with diabetic nephropathy found that astragalus injection improved albumin and other markers of kidney function [\[R\]](#).

A more recent meta-analysis of 66 studies and 4,785 people with diabetic kidney disease found that astragalus preparations used as an adjunctive therapy reduced albuminuria, proteinuria, and serum creatinine levels more than conventional therapies alone [\[R\]](#).

In a systematic review and meta-analysis of 50 randomized controlled trials involving 3423 people with idiopathic membranous nephropathy, astragalus combined with supportive care or immunosuppressive therapy improved 24-hour urinary total protein, serum albumin, serum creatinine, complete remission rate, and partial remission rate more than standard therapy alone [\[R\]](#).

7



L-Carnitine

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Take 500 mg of L-carnitine supplement daily with a glass of water, preferably with a meal to enhance absorption.

TYPICAL STARTING DOSE

1 g

Description

L-carnitine is an amino acid-like compound that plays a role in energy metabolism and helps prevent toxic substances from building up in cells. It is often used in dietary supplements for its potential to support muscle recovery, reduce fatigue, and enhance athletic performance.

[L-carnitine](#) is a compound that helps you burn fat. It also prevents toxic substances from building up in cells [\[R\]](#).

Your body can usually make enough carnitine to meet its needs. You can also get it from **meat and dairy products** [\[R\]](#).

People use L-carnitine for [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Heart problems
- Overactive thyroid
- Fertility problems
- Blood sugar control
- Weight control

How it helps

Supplementation with L-carnitine may raise serum albumin levels in patients with hepatic encephalopathy [\[R\]](#).

8



Glutamine

IMPACT2 / 5

EVIDENCE2 / 5

How to implement

Take 5 to 10 grams of glutamine powder, mixed with water or another beverage, daily. It can be divided into two servings, one in the morning and the other in the evening. This supplementation is generally considered safe for long-term use, but it's best to consult with a healthcare provider for personalized advice.

TYPICAL STARTING DOSE

5 g

Description

Glutamine is an amino acid that plays a role in various bodily functions, including immune support and gut health. It may help with muscle recovery and overall well-being, particularly for individuals engaging in strenuous exercise.

L-glutamine is an amino acid produced by the body. Its levels may decrease during periods of stress or illness. It is important for protein and energy production, and helps control kidney pH balance [\[R\]](#).

Some people take L-glutamine as a supplement to help with [\[R\]](#):

- Gut health
- Immunity
- Exercise recovery and muscle performance
- Brain health

How it helps

Three meta-analyses (the largest one with 13 trials and 1034 patients) concluded that supplementation with glutamine as an add-on to enteric nutrition further raises albumin levels in patients with pancreatitis [\[R, R, R\]](#).

9



N-acetylcysteine (NAC)

IMPACT2 / 5

EVIDENCE2 / 5

How to implement

Take 600 mg of N-Acetylcysteine (NAC) supplement daily with water. It can be taken at any time of the day, but try to take it at the same time each day for best results.

TYPICAL STARTING DOSE
1200 mg

Description

NAC is a supplement that contains a form of the amino acid cysteine, a protein building block that your body uses to make the antioxidant glutathione. It is used for its potential antioxidant properties and its ability to support lung, gut, and mental health.

[N-acetylcysteine](#) (NAC) is converted to cysteine in the body. Cysteine is a protein building block (amino acid) that helps make the antioxidant glutathione [\[R\]](#).

People take NAC to potentially support [\[R\]](#), [\[R\]](#):

- Mental health
- Ovarian health and pregnancy outcomes
- Lung health
- Gut health

How it helps

A meta-analysis of 8 studies found that supplementation with N-acetylcysteine can improve liver function by increasing albumin levels (by 1.05 pg/mL) and lowering bilirubin levels (by 0.34 pg/mL) [\[R\]](#).

10



BCAAs (Branched-Chain Amino Acids)

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Take a BCAA supplement that provides about 5-10 grams of branched-chain amino acids, divided into 2-3 doses per day, preferably around your workout times or between meals. This regimen can be followed daily, especially on training days for muscle support and recovery.

TYPICAL STARTING DOSE

5 g

Description

BCAAs, or **branched-chain amino acids**, are a group of three essential amino acids: **leucine**, **isoleucine**, and **valine**. They are found in dietary protein sources, especially meat, dairy, and legumes.

BCAAs, or **branched-chain amino acids**, are a group of three essential amino acids: **leucine**, **isoleucine**, and **valine**. They are found in dietary protein sources, especially meat, dairy, and legumes [R].

BCAAs play a vital role in protein synthesis, muscle growth, and energy production. People use BCAA supplements to support exercise and muscle performance, liver health, and more [R, R].

How it helps

Supplementation with BCAAs may raise serum albumin levels in patients with liver cirrhosis or liver cancer [R, R].

11



Whey Protein

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Mix one scoop (approximately 25-30 grams) of whey protein powder with 8-12 ounces of water, milk, or your preferred beverage. Consume this drink 1-2 times per day, ideally post-workout or as a meal replacement.

TYPICAL STARTING DOSE

25 g

Description

Whey protein is a complete protein derived from milk during cheese production. It is rich in essential amino acids and is used to support muscle recovery, promote muscle growth, and provide a convenient protein source for athletes and fitness enthusiasts.

Whey is the liquid that separates from milk when cheese is made. [Whey protein](#) is full of amino acids (protein building blocks) that the body needs [\[R\]](#), [\[R\]](#).

Whey protein usually comes in the form of a powder that can be added to soft foods and drinks. People often use it to help with [\[R\]](#), [\[R\]](#):

- Athletic performance
- Nutritional deficiencies

How it helps

A meta-analysis of 10 trials and 1154 participants found that supplementation with whey protein increases albumin levels in older adults with sarcopenia [\[R\]](#).

12



Avoid PAHs Exposure

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Minimize your exposure to Polycyclic Aromatic Hydrocarbons (PAHs) by avoiding or reducing consumption of charred, grilled, or smoked foods, not smoking or avoiding secondhand smoke, and limiting time spent in areas with heavy traffic or industrial fumes. Use exhaust fans in kitchens and ensure proper ventilation when cooking at high temperatures to reduce indoor levels of PAHs.

Description

PAHs or Polycyclic Aromatic Hydrocarbons are harmful substances found in smoke and grilled foods. Try to limit exposure to them for better health. For example, avoid inhaling smoke from cigarettes or barbeques and choose alternative cooking techniques over grilling. Minimizing PAHs can reduce the risk of several health issues, particularly lung and skin diseases.

How it helps

Gas station workers may have lower serum albumin levels [\[R\]](#).

13



Black Seed (Black Cumin)

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 1000 mg of black seed (black cumin) supplement daily, preferably split into two doses of 500 mg each, one in the morning and one in the evening.

TYPICAL STARTING DOSE

1000 mg

Description

Black seed, also known as black cumin or *Nigella sativa*, has been used for its potential health benefits in traditional medicine. It is believed to have anti-inflammatory, antioxidant, and immune-boosting properties.

[Black seed](#) (black cumin) and its oil are used in cooking and traditional medicine [\[R\]](#).

People use black seed for [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Asthma
- Allergies
- High blood sugar
- High blood pressure
- Joint pain

How it helps

In an uncontrolled trial of 30 patients with hepatitis C, supplementation with black seed (450 mg, 3x/day) for 3 months reduced viral load and TAC, as well as improved total protein, albumin, red blood cell count, platelet count, and fasting glucose [\[R\]](#).

14



Oats

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate oats into your diet daily by having them for breakfast as oatmeal, or adding them to smoothies, baking recipes, or overnight oats. Aim for at least a half-cup (40 grams) of dry oats to reap the health benefits.

Description

Oats are a whole grain known for their high fiber content and nutritional value, like zinc, iron, and manganese. Including oats in one's diet can promote heart health, stabilize blood sugar levels, and provide sustained energy.

Oats are a good source for manganese, zinc, iron, magnesium, and vitamins B1 and B5. A ½ cup serving provides 0.7 mg of manganese or 30%DV.

How it helps

In a non-placebo-controlled trial of 52 patients with CKD, consuming 50 g/day oats raised serum albumin levels by 0.01 g/dL [\[R\]](#).

Next Steps

Remember, your genes only tell one important part of your health story!

Now that you've seen your DNA-based results for this health topic, let's take a look at other contributing factors.

Your lab results

Your lab results are impacted by the combined effect of your genes, environment and lifestyle.

Lab tests will give you the best picture of your current health status, while your genes provide insight into your health predispositions and which recommendations are best for you.

	Protein, Urine		Negative Positive	9 Nov 2025
	Albumin/Globulin Ratio	1.4 x100%	1.1 1.5 2.5	9 Nov 2025
	Albumin	4.3 g/dL	3.4 4.4 5.5	9 Nov 2025
	Albumin, Urine	87.6 ug/mL	0 20 200	9 Nov 2025