

Alcohol Sensitivity

DNA Health Report

REPORT CATEGORY —



FOOD SENSITIVITIES

Sample Client

Report date: 03 September 2025

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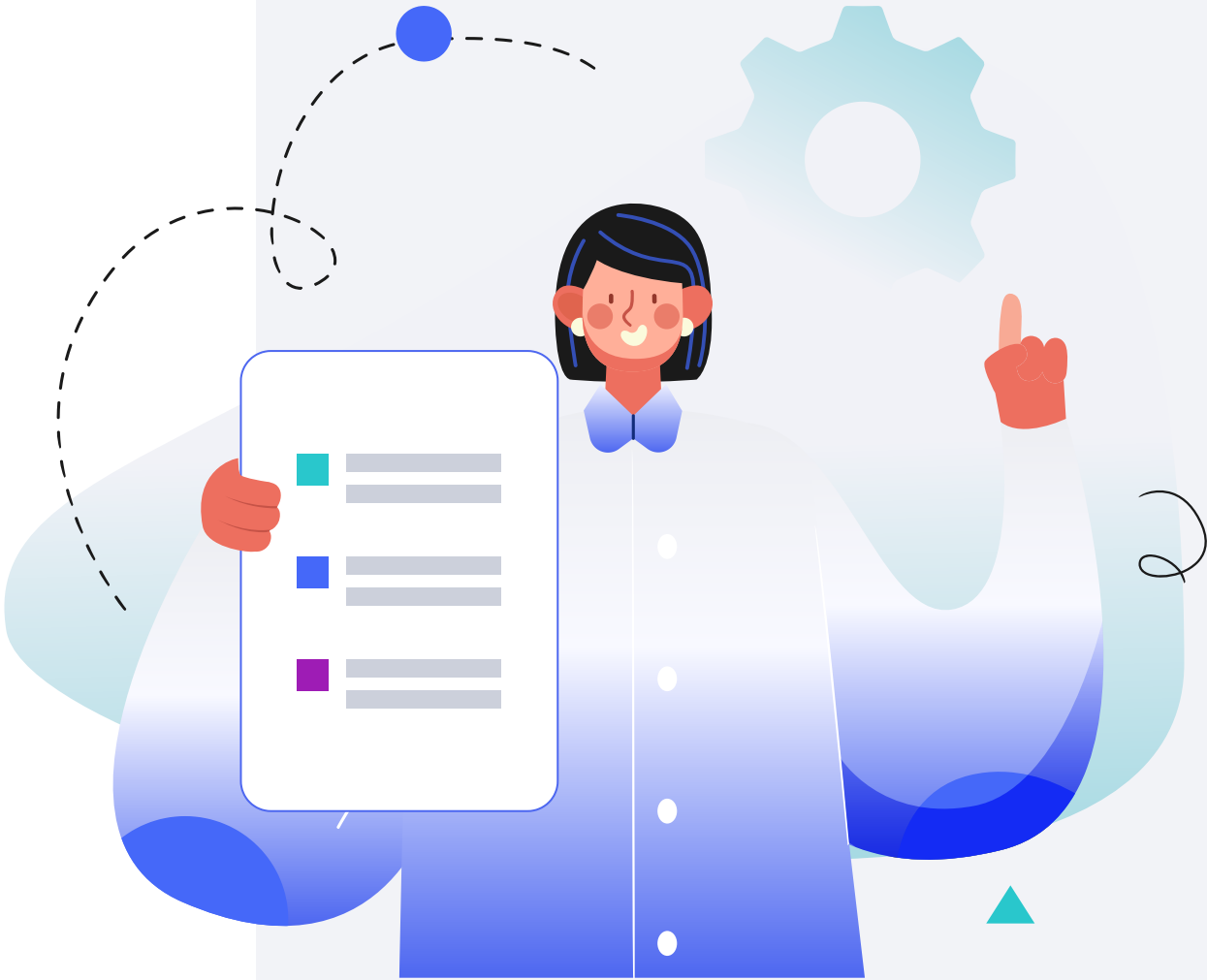
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Personal information

NAME	
Sample Client	
SEX AT BIRTH	
Male	
HEIGHT	
5ft 9"	175.0cm
WEIGHT	
165lb	75.0kg

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.



Introduction

Many people drink alcohol to temporarily improve their mood or mental state [\[R\]](#).

While 1-2 drinks per day likely won’t cause harm, heavy drinking may impact physical and mental health over time [\[R\]](#), [\[R\]](#).

Drinking light-moderate amounts of alcohol is also linked to negative effects in the short term. These include [\[R\]](#), [\[R\]](#):

- Reddening of the face (flushing)
- Nausea
- Headache
- Fast heart rate

Some people may be more sensitive to these effects than others. This may depend on the way alcohol is broken down in the liver [\[R\]](#), [\[R\]](#).

In people who are sensitive to alcohol, alcohol breakdown is inefficient and causes the buildup of a toxic compound called *acetaldehyde*. Acetaldehyde can affect many parts of the body. For example, it can cause blood vessels to widen. When this happens in the face, it can increase blood flow and contribute to symptoms like flushing [\[R\]](#).

Alcohol Sensitivity Genetics

 PERSONALIZED TO GENES

Based on the genetic variants we looked at, you may have increased sensitivity to alcohol. This means you may experience unpleasant symptoms even after having a single drink.

Consider avoiding alcohol if it’s causing you unpleasant symptoms.

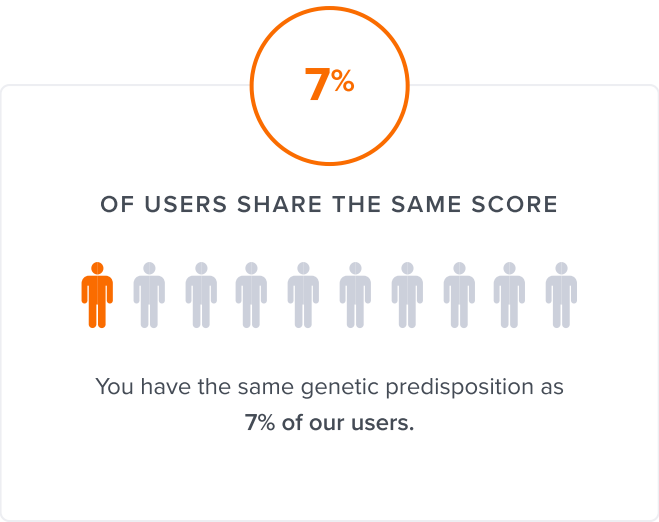
There are two enzymes involved in clearing alcohol from the body. They are coded by genes called [ADH1B](#) and [ALDH2](#). The first enzyme breaks down alcohol to toxic acetaldehyde, while the second one breaks down acetaldehyde into a less harmful substance [\[R\]](#).

Genetic variants that speed up the first enzyme or slow down the second enzyme contribute to the buildup of acetaldehyde and increase alcohol sensitivity [\[R\]](#).

Variants that increase the buildup of acetaldehyde are common in East Asian populations but rare in other parts of the world [\[R\]](#).



Likely higher sensitivity to alcohol based on the genetic variants we looked at



Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
ADH1B	rs1229984	TC
ALDH2	rs671	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	Lactobacillus Rhamnosus GG	10 billion CFU	2	Lactobacillus Rhamnosus	10 billion CFU
3	Clove	500 mg	4	L-Ornithine	

1



Lactobacillus Rhamnosus GG

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

TYPICAL STARTING DOSE

10 billion CFU

Description

Lactobacillus rhamnosus GG (LGG) is a probiotic that has been shown to have a number of health benefits, including reducing the risk of diarrhea, improving gut health, and boosting the immune system. LGG can be taken as a supplement or found in some yogurts and other fermented foods.

How it helps

In a placebo-controlled trial of 20 volunteers, consuming milk fermented with Lactobacillus rhamnosus GG (150 mL, containing 10^8 cfu/mL) before drinking 5 glasses of beer reduced blood and salivary acetaldehyde, as well as the duration of flushing [\[R\]](#).

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Lactobacillus Rhamnosus

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a probiotic supplement containing Lactobacillus rhamnosus. Typically, the suggested dose is 10 billion CFUs (colony-forming units) per day. This can be taken as a single daily dose or divided into two doses, morning and evening, with or without food. Continue this regimen for at least 4 weeks to observe benefits.

TYPICAL STARTING DOSE

10 billion CFU

Description

Lactobacillus rhamnosus is a beneficial probiotic strain that can support digestive health and contribute to a balanced gut microbiome. It may help improve gut function, enhance nutrient absorption, and bolster the immune system, promoting overall well-being.

[Lactobacillus rhamnosus](#) is a [probiotic](#) bacterium, part of the normal gut microflora. Various foods may have added *L. rhamnosus*, including yogurt, cheese, and fermented legumes [\[R\]](#), [\[R\]](#).

People take *L. rhamnosus* supplements to balance their immune system and help with infections, allergies, and dermatitis [\[R\]](#).

How it helps

In a placebo-controlled trial of 20 volunteers, consuming milk fermented with Lactobacillus rhamnosus GG (150 mL, containing 10^8 cfu/mL) before drinking 5 glasses of beer reduced blood and salivary acetaldehyde, as well as the duration of flushing [\[R\]](#).

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Clove

IMPACT

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EVIDENCE

1 / 5

How to implement

Take a clove supplement in capsule form, following the manufacturer's recommended dosage, usually ranging from 500 mg to 1000 mg daily with meals. Continue as long as needed or as directed by a healthcare provider.

TYPICAL STARTING DOSE

500 mg

Description

Clove is a spice known for its strong flavor and potential health benefits. It contains compounds like eugenol that have antioxidant and anti-inflammatory properties, making it a valuable addition to herbal remedies and culinary dishes.

How it helps

In a randomized, double-blinded crossover study with 16 male social drinkers, the clove bud polyphenol Clovinol (hard shell gelatin capsule, 250 mg/day) alleviated alcohol-related side effects. It caused faster elimination of blood acetaldehyde, reduced oxidative stress, lipid peroxidation, C-reactive protein, and interleukin-6 while increasing glutathione and superoxide dismutase. It also reduced hangover severity [\[R\]](#).

Clove may help by supporting liver detoxification and enhancing the metabolism of alcohol in the body.

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L-Ornithine

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 500mg to 2g of L-ornithine supplement daily before bed or as directed by your healthcare provider. This regimen can be continued on a long-term basis to support liver health and to potentially aid in improving sleep quality.

Description

L-ornithine is an amino acid often used in sports supplements for its potential to reduce exercise-related fatigue and support muscle recovery. It is also studied for its role in promoting detoxification processes in the body.

How it helps

A study explored the impact of L-ornithine on salivary cortisol and feelings of fatigue in individuals after alcohol consumption. The study found that taking L-ornithine reduced negative feelings and decreased salivary cortisol the next morning, indicating a potential role in improving post-alcohol consumption symptoms. [\[R\]](#)