

Alcoholic Liver

Disease Report

REPORT CATEGORY —



LIVER HEALTH

Sample Client

Report date: 15 January 2026

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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

Alcoholic liver disease (ALD) is a spectrum of liver injuries resulting from excessive consumption of alcohol. This includes conditions such as fatty liver (steatosis), alcoholic hepatitis, and chronic hepatitis with liver fibrosis or cirrhosis.

The disease begins with the accumulation of fat in the liver cells, a reversible condition which, if not controlled, can progress to more severe forms of liver damage. Due to its progressive nature, early stages of ALD often present with no symptoms or mild symptoms like abdominal discomfort and fatigue, which can make early detection challenging.

Symptoms and Treatment

As ALD advances, the liver's ability to function properly diminishes, leading to serious health issues including jaundice, coagulopathy, and the buildup of toxins in the bloodstream that can affect brain function—a condition known as hepatic encephalopathy. In late stages, patients may develop life-threatening complications such as ascites, which is the accumulation of fluid in the abdomen, and variceal bleeding due to increased pressure in the portal vein.

Abstinence from alcohol is the most critical factor in treatment and prevention of disease progression, accompanied by dietary changes and, in severe cases, the consideration for liver transplantation.



LESS LIKELY

Less likely to have alcoholic liver disease based on 1,664 genetic variants we looked at



Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
CCDC196	rs115335372	CC
SAMM50	rs2294915	TT
HSD17B13	rs10433937	TT
FAF2	rs11134977	TT
/	rs4749900	CT
TMC4	rs2576452	TC
SERPINA1	rs28929474	CC
ATP13A1	rs73004967	AA
ADAMTS9	rs1482588	AA
MAU2	rs10401969	TT
GATAD2A	rs3794991	CC
PDE7B	rs9494417	GG
TAF4B	rs1676988	AA
GATAD2A	rs10424702	AA

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	Aerobic Exercise (Cardio)	1 hour	
2	Uridine	150 mg	
3	Exercise At Least One Hour a Day	1 hour	
4	Thiamine Supplements	100 mg	
5	Support Groups		
6	SAM-e	400 mg	
7	Zinc	15 mg	
8	Limit Meat Intake		
9	Probiotic Yogurt		
10	Vitamin C	2000 mg	
11	Avoid Substance Abuse		
12	Avoid Illicit Drugs		
13	Milk Thistle (Silymarin)	300 mg	
14	Avoid Sugary Foods & Drinks		
15	N-acetylcysteine (NAC)	1200 mg	

1



Aerobic Exercise (Cardio)

IMPACT2 / 5

EVIDENCE2 / 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

In a non-placebo-controlled trial of 27 obese alcohol drinkers, practicing aerobic exercise for 12 weeks reduced liver cell death but had no effect on liver fat content [\[R\]](#).

In people with cirrhosis (including alcoholic cirrhosis), regular workouts can boost liver health and fitness while reducing complications [\[R\]](#), [\[R\]](#).

Losing weight through diet and exercise may improve body composition in people with cirrhosis [\[R\]](#).

2



Uridine

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take uridine as a supplement in the form of uridine monophosphate (UMP) capsules. The usual dosage is 150-250 mg, taken orally once or twice daily, preferably with food to enhance absorption. This supplement regimen can be continued indefinitely, but it's recommended to evaluate its effects periodically, every 3-6 months, with your healthcare provider.

TYPICAL STARTING DOSE

150 mg

Description

Uridine is a nucleotide that plays a role in RNA synthesis and is found in various foods. It is used as a dietary supplement to support cognitive function, enhance memory, and promote overall brain health.

How it helps

In a study of 40 alcoholics, UDPG treatment significantly reduced serum gamma-GT and GOT levels compared to placebo. Some patients showed improvement in liver ultrasound findings. Only a few patients completely abstained from alcohol intake [\[R\]](#).

3



Exercise At Least One Hour a Day

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Dedicate a minimum of 60 minutes to moderate-intensity activities such as brisk walking, swimming, or cycling. Do this most days of the week, aiming for at least 5 days to optimize benefits.

TYPICAL STARTING DOSE

1 hour

Description

[Exercise](#) can do wonders for your health. It can help you lose weight, improve your heart health, boost your mood, and more [\[R\]](#).

There are many ways you can be active. You can walk, run, swim, dance, or play team sports. **Everything counts, and it's never too late to start!**

Try to get at least **60 minutes of moderate physical activity on most days**, including walking. **Getting a mix of cardio (min 150 min/day) and strength training (min 2 times a week) may be optimal.**

How it helps

Regular exercise, including at least 30 minutes of aerobic activity per day, helps in managing weight, reducing inflammation, and improving overall liver health. For individuals with alcoholic liver disease, this can aid in preventing progression and promoting recovery of liver function.

4



Thiamine Supplements

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take thiamine supplements orally, starting with a dose of 100 mg daily. This can be taken with or without food, but consistently at the same time each day for at least one month to help improve deficiency symptoms.

TYPICAL STARTING DOSE

100 mg

Description

Your doctor may recommend thiamine supplements. You can also discuss magnesium supplements with your doctor if your magnesium levels are low [R].

How it helps

Thiamine is important for liver function and helps prevent liver damage associated with alcohol consumption.

5



Support Groups

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Attend a support group meeting related to your condition at least once a week. These meetings can be found through local hospitals, online platforms, or health organizations specific to your condition. Participation can be in-person or virtual, depending on what is offered and your preference.

Description

Support groups are gatherings of individuals facing similar challenges, where they can share experiences, emotions, and coping strategies. They offer emotional support, camaraderie, and valuable insights for those dealing with various health conditions or life circumstances.

Support groups involve people with similar struggles helping each other. Support groups usually take place in a casual setting. During sessions, people share their [R]:

- Knowledge
- Experiences
- Coping strategies
- Understanding of the recovery process

Support groups may help support recovery from addictions [R].

How it helps

Support groups can provide emotional support and practical advice for reducing or quitting alcohol consumption, which is crucial for preventing further liver damage.

6



SAM-e

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take 400-1600 mg of SAM-e as a supplement daily, preferably on an empty stomach to enhance absorption. It is often recommended to start with low dosage and observe how your body responds over a few weeks, adjusting as necessary under the guidance of a healthcare provider.

TYPICAL STARTING DOSE
400 mg

Description

SAM-e is a chemical that helps maintain liver and brain health. Your body makes SAM-e from the amino acid *methionine*, but it’s also available as a supplement [\[R\]](#).

SAM-e supplementation may help with:

- Joint pain [\[R\]](#)
- Liver disease [\[R\]](#)
- Depression [\[R\]](#)

Please note: SAM-e may not be safe for people with a bipolar disorder. It may also interact with 5-HTP, St. John’s wort, and different medications. Combining it with antidepressants can be dangerous and even life-threatening. Never take SAM-e supplements without consulting your doctor [\[R\]](#), [\[R\]](#), [\[R\]](#).

How it helps

SAM-e (S-adenosylmethionine) has been found to improve liver health by promoting detoxification processes and reducing oxidative stress and inflammation in individuals with alcoholic liver disease.

7



Zinc

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take a 15 mg zinc supplement daily, ideally with a meal to enhance absorption.

TYPICAL STARTING DOSE

15 mg

Description

Zinc is an essential mineral found in various foods, including meat, dairy, and nuts. It is crucial for immune function, wound healing, DNA synthesis, and maintaining healthy skin and nails. Zinc supplements are sometimes used to support immune health and manage zinc deficiencies.

[Zinc](#) is an essential mineral. Your body needs it to [\[R\]](#), [\[R\]](#):

- Defend against disease
- Protect DNA from damage
- Heal wounds
- Control blood sugar

Some of the best sources of zinc include **shellfish, pork, beef, and beans**. It is also available as a supplement [\[R\]](#).

Adults should get **8-11 mg of zinc** per day [\[R\]](#).

How it helps

Zinc supplementation has been shown to improve liver function in patients with alcoholic liver disease by reducing inflammation, improving immune function, and aiding in the metabolism of alcohol.

8



Limit Meat Intake

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Substitute red and processed meats with plant-based proteins, such as beans, lentils, and tofu, for at least two meals per week. Gradually increase the number of meat-free meals by incorporating more fruits, vegetables, and whole grains into your diet daily.

Description

Limiting meat intake involves consuming fewer animal-based products, often as part of a plant-based diet. This dietary choice can provide health benefits such as lower cholesterol levels, reduced risk of certain chronic diseases, and a decreased environmental footprint.

Proteins, fats, and carbs are macronutrients. You need these nutrients in large (‘macro’) amounts. They provide your body with the energy it needs to function properly [\[R\]](#).

You should choose high-quality foods that give you the “best” version of each macronutrient. For example, too much saturated fat and protein from certain animal sources may increase the risk of heart disease and infertility [\[R, R, R\]](#).

Consider replacing red meat with other high-protein foods, such as [\[R, R\]](#):

- Eggs
- Fish
- Soy
- Beans

How it helps

Reducing meat intake can lower the burden on the liver as high meat consumption can contribute to liver inflammation and fat accumulation.

9



Probiotic Yogurt

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Consume one to two servings of probiotic yogurt each day. Each serving is typically 6 to 8 ounces. Continue this practice daily for at least 1 to 2 weeks to begin noticing benefits to digestive health.

Description

Probiotic yogurt is a dairy product containing live probiotic cultures like Lactobacillus and Bifidobacterium, which can aid digestion and improve gut health when consumed regularly. It is a good source of calcium, protein, and probiotics, contributing to bone health and digestive well-being.

How it helps

Probiotic yogurt contains beneficial bacteria that can help improve gut health. For people with alcoholic liver disease, consuming probiotic yogurt might help reduce liver damage and inflammation by improving the balance of good bacteria in the gut.

10



Vitamin C

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take 500-2000 mg of vitamin C supplement daily. It can be taken at any time of the day, with or without food, according to personal preference or tolerance.

TYPICAL STARTING DOSE

2000 mg

Description

[Vitamin C](#) is an essential nutrient. This means that our bodies can’t produce it on their own, so we have to get it from food or supplements [\[R\]](#).

Foods rich in Vitamin C include: [\[R\]](#)

- Citrus Fruits
- Peppers
- Brussel sprouts
- Kiwi
- Broccoli
- Tomato
- Cantaloupe
- Cauliflower
- Spinach

Vitamin C has antioxidant properties. It supports immunity, heart health, and wound healing [\[R\]](#), [\[R\]](#).

Vitamin C deficiency is called *scurvy*. In the past, many sailors suffered from it [\[R\]](#).

How it helps

Vitamin C can help prevent oxidative damage in alcoholic liver disease. Its antioxidant properties support the liver, helping to reduce inflammation and improve liver health.

11



Avoid Substance Abuse

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Eliminate the use of illegal drugs, excessive alcohol, and tobacco from your daily routine. Seek professional help if needed to stop substance use and engage in support groups or counseling for sustained recovery. Implement this change permanently for long-term health benefits.

Description

Substance abuse is the excessive use of alcohol or drugs. It can lead to dependence on the substance. Abusing drugs or alcohol can have long-term health and social consequences.

Substance abuse is the excessive use of alcohol or drugs. It can lead to dependence on the substance [\[R\]](#).

Abusing drugs or alcohol can have long-term health and social consequences [\[R\]](#).

How it helps

Substance abuse can exacerbate liver damage. Avoiding it helps reduce further harm and allows the liver to heal.

12



Avoid Illicit Drugs

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Refrain from using any illegal substances, including but not limited to, narcotics, stimulants, hallucinogens, and cannabis where it's not legalized. This means not purchasing, possessing, or consuming these substances in any form or amount. Commit to this practice indefinitely for long-term health benefits.

Description

Avoiding the use of illicit drugs is essential for preserving physical and mental health, as these substances can lead to addiction, mental health disorders, and other physical health issues. Abstaining from their use supports a safer and healthier lifestyle.

Illicit drugs are highly addictive, illegal drugs. Examples include **marijuana, cocaine, meth, and MDMA (ecstasy)**. The term can also refer to a non-medical use of drugs that are legally available (e.g., medical marijuana in some countries and states) [\[R\]](#).

Illicit drug use can have a **devastating impact on all aspects of your health and wellbeing**. It can lead to [\[R\]](#):

- Dependence and addiction
- Injury and accidents
- Health and sleep problems
- Problems in family and social life

How it helps

Illicit drugs can lead to further liver damage, so avoiding them minimizes additional harm and supports liver recovery.

13



Milk Thistle (Silymarin)

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take a 300 mg milk thistle (silymarin) supplement daily with water, preferably with a meal for better absorption. Continue this regimen as advised by your healthcare provider.

TYPICAL STARTING DOSE

300 mg

Description

Silymarin is a natural plant extract derived from the milk thistle plant (*Silybum marianum*). It has been traditionally used for its potential anti-inflammatory and liver-protective properties. Silymarin consists of several flavonolignans, including silybin, silydianin, and silychristin.

Milk thistle (*Silybum marianum*) is a purple flowering plant in the daisy family. Traditionally, it has been used for liver problems. Some people also eat the leaves in salads [\[R, R\]](#).

The extract of milk thistle is called *silymarin* [\[R, R, R\]](#).

People use milk thistle to help with [\[R, R, R\]](#):

- Liver problems
- Blood sugar control
- Indigestion
- Skin problems

How it helps

Milk Thistle, or Silymarin, has been shown to have liver-protective effects. Its active ingredients help to repair liver cells damaged by alcohol and protect new liver cells from being damaged by toxins. Studies suggest that Milk Thistle can improve liver function in people with alcoholic liver disease by reducing inflammation and oxidative stress.

14



Avoid Sugary Foods & Drinks

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

To avoid sugary foods, eliminate or significantly reduce consumption of foods and beverages high in added sugars such as sodas, candies, baked goods, and sugary cereals from your diet. Instead, opt for natural sugar sources like fruits. Aim to do this daily for ongoing health benefits.

Description

High-sugar foods like baked goods, sweets, and sugary drinks, can spike your blood sugar levels. Consuming a lot of these types of foods can contribute to health issues like diabetes, obesity, insomnia, and heart disease.

High-sugar foods and refined carbs have a high glycemic index (GI). This means they tend to spike your blood sugar levels. They include [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Sugary drinks
- Baked goods
- Sweets
- White bread
- White rice
- Pasta

Eating a lot of sugary foods can contribute to:

- Diabetes [\[R\]](#), [\[R\]](#), [\[R\]](#)
- Weight gain and obesity [\[R\]](#), [\[R\]](#)
- Insomnia [\[R\]](#)
- Heart disease [\[R\]](#)

You may also want to avoid processed sugars and sugary drinks. They may have a role in increasing IL-1B [\[R\]](#), [\[R\]](#).

How it helps

Cutting down on sugary foods is beneficial for those with alcoholic liver disease because excess sugar can lead to fat accumulation in the liver, worsening liver damage and contributing to the development of fatty liver disease.

15



N-acetylcysteine (NAC)

IMPACT

0 / 5

EVIDENCE

0 / 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

N-acetylcysteine (NAC) helps by replenishing glutathione, a powerful antioxidant that protects liver cells from damage caused by alcohol.

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.

	ALT	26 IU/L		9 Nov 2025
	AST	17 IU/L		9 Nov 2025
	ALP	68 IU/L		9 Nov 2025
	GGT	9 IU/L		9 Nov 2025
	Albumin	4.3 g/dL		9 Nov 2025
	Bilirubin, Total	1 mg/dL		9 Nov 2025