

Amnesia

DNA Health Report

REPORT CATEGORY —



COGNITION

Sample Client

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Personal information

NAME

Sample Client

SEX AT BIRTH

Male

HEIGHT

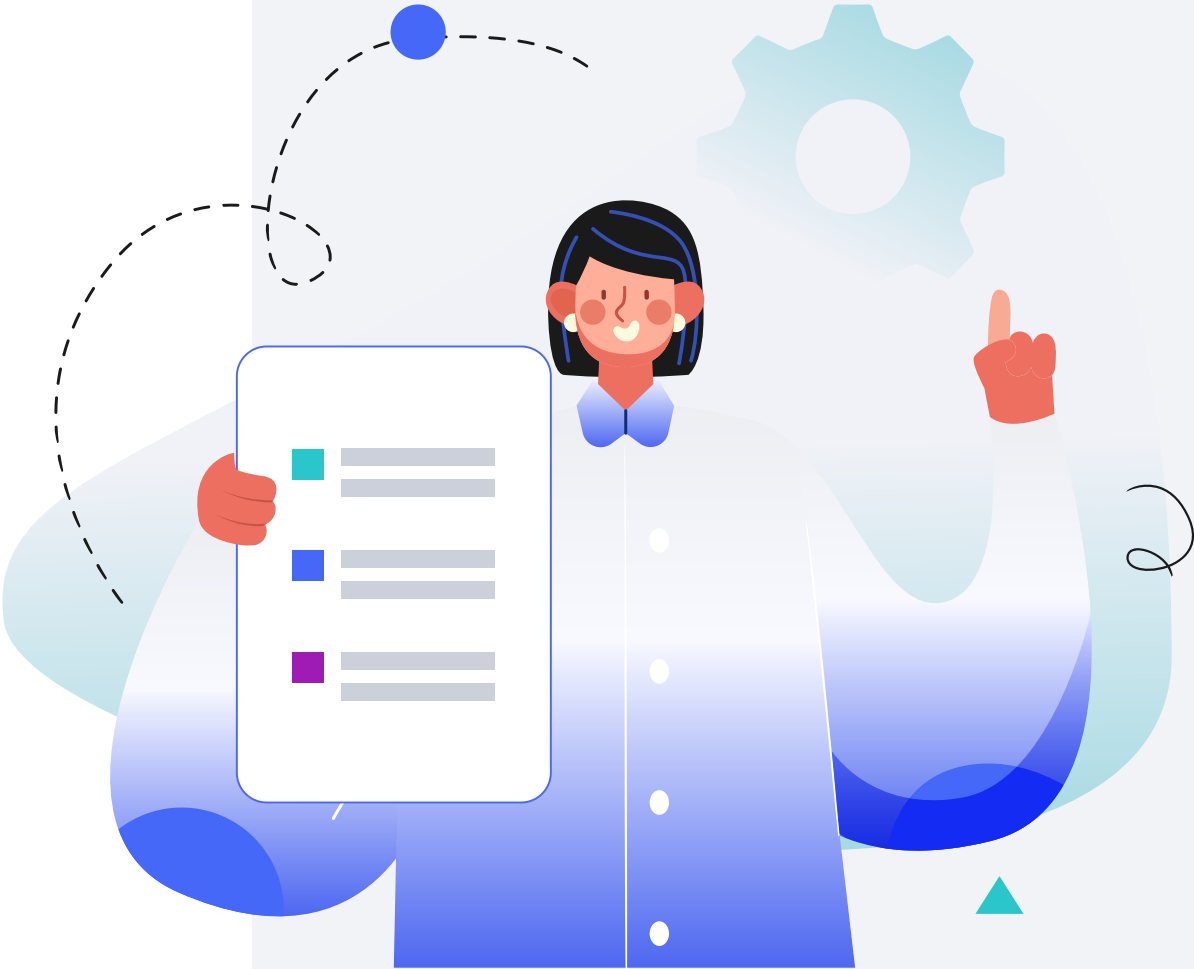
5ft 5" 165cm

WEIGHT

137lb 62kg

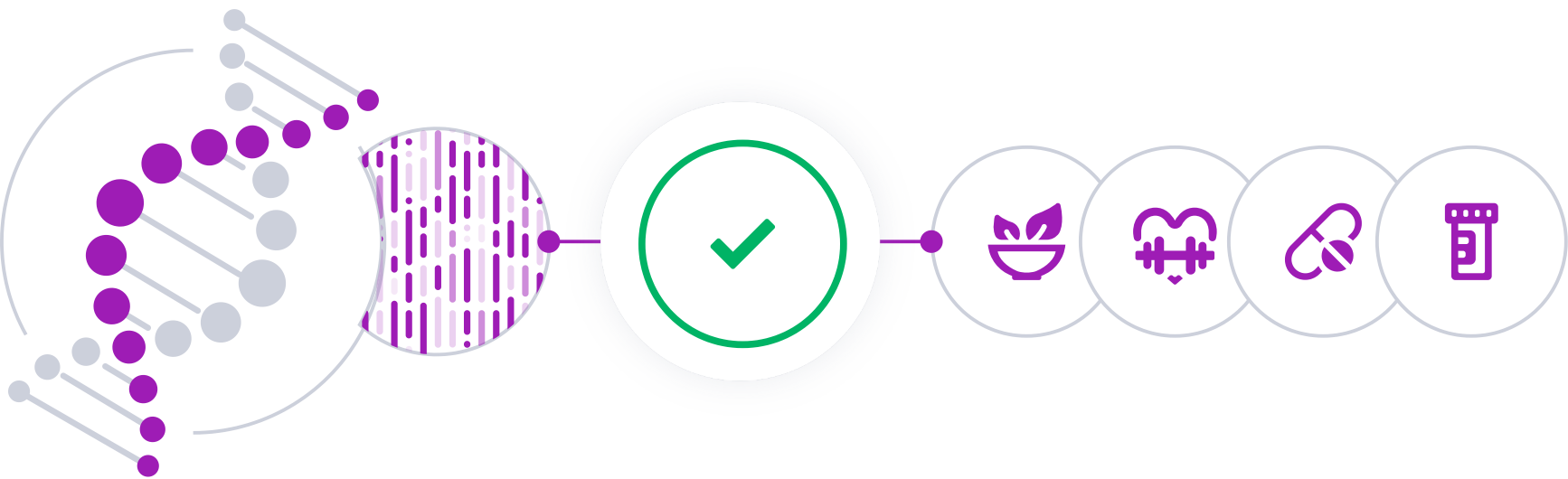
DISCLAIMER

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.



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.

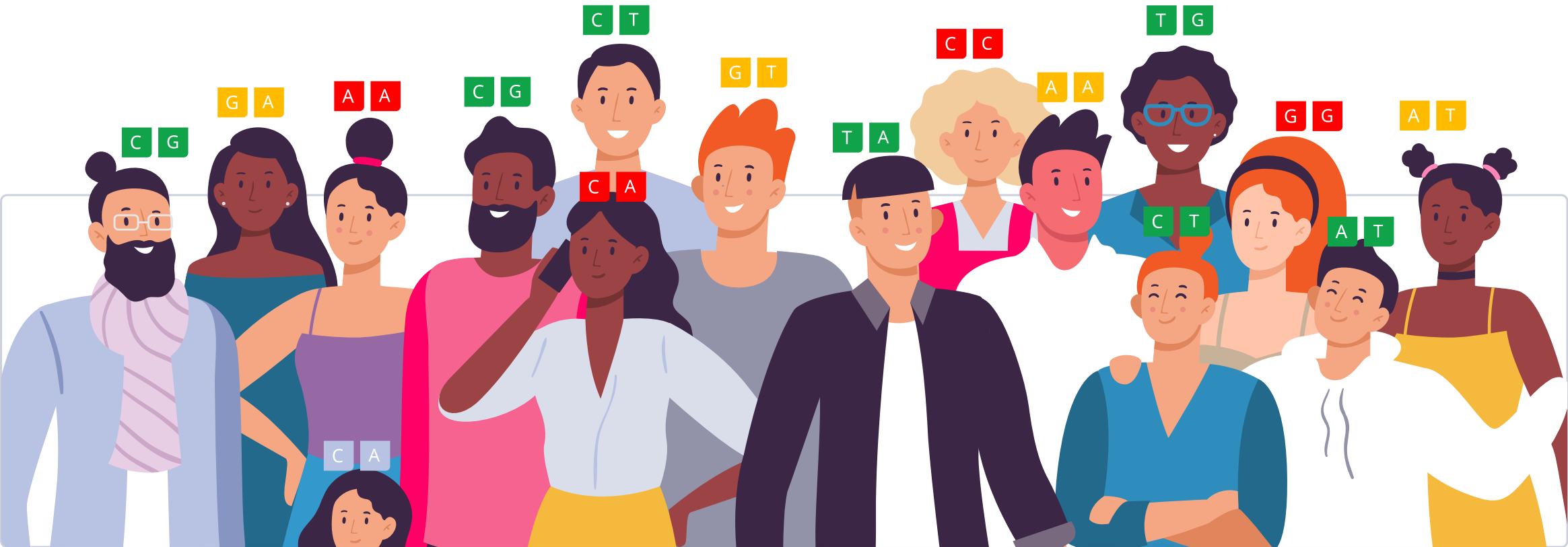


Similarly, our Trait Reports look at how your DNA influences your traits.



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

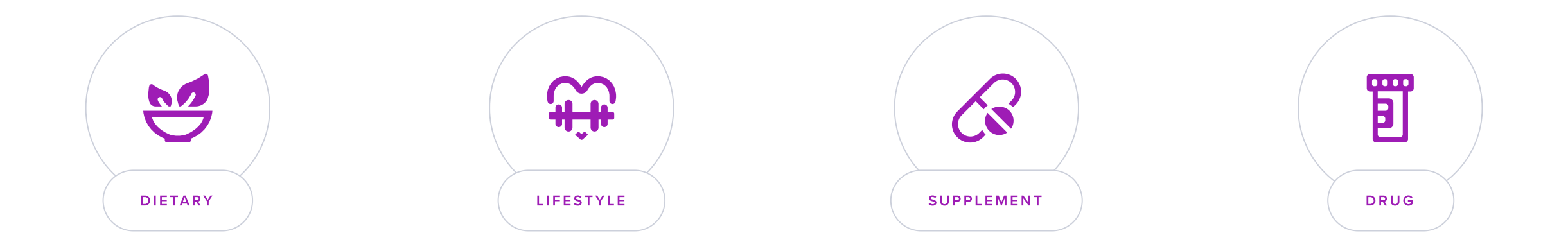
You have 2 risk alleles

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

Amnesia is a form of memory loss that can be temporary or permanent and affects an individual's ability to recall past events, facts, or learned information. It's commonly a symptom rather than a standalone condition and can result from various causes including brain injury, traumatic events, or certain diseases.

Unlike forgetfulness which is a normal part of aging, amnesia can involve a significant loss of memory, often hindering a person's ability to function independently in daily life.

Types and Treatment

There are different types of amnesia, such as anterograde amnesia, which affects the ability to form new memories after the onset of amnesia, and retrograde amnesia, which affects the recall of memories before the event that caused the condition. Depending on the underlying cause, amnesia can resolve over time, or it might be a chronic condition requiring ongoing management.

The treatment typically focuses on occupational or cognitive therapies and developing compensatory strategies to cope with memory loss.



TYPICAL LIKELIHOOD

Typical likelihood of amnesia based on **38,986** genetic variants we looked at



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	Verbal Working Memory Training	20 minutes
3	Mindfulness	30 minutes	4	Bacognize (Bacopa monnieri)	300 mg
5	Agmatine	1 g	6	Cognitive Activity	15 minutes
7	Goal Management Training	1 hour	8	Alpha-Aminobutyric Acid Supplements	
9	Alpha-GPC Choline	300 mg	10	Acetyl-L-Carnitine	500 mg
11	Avoid Cannabis		12	Huperzine A	50 mcg
13	Meditation Awareness Training		14	Homotaurine	50 mg
15	Cognance	1 capsule/day	16	N-Back Training	20 minutes
17	Plasmalogens		18	Avoid Substance Abuse	
19	Magnesium L-Threonate	1500 mg	20	Cognitive Training	15 minutes
21	Blueberries		22	Ginkgo	120 mg

1



Aerobic Exercise (Cardio)

IMPACT

2 / 5

EVIDENCE

1 / 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 older people with subjective memory complaints, aerobic exercise for 26-52 weeks may improve delayed memory [\[R, R\]](#).

2



Verbal Working Memory Training

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Dedicate 15 to 20 minutes daily to engaging in activities that challenge your verbal working memory, such as repeating lists of words, doing mental math, or practicing new languages. Continue this practice consistently for at least 8 weeks to observe improvements in verbal working memory.

TYPICAL STARTING DOSE

20 minutes

Description

Verbal working memory training involves exercises to improve the ability to temporarily store and manipulate verbal information. It can enhance cognitive skills, including language proficiency and problem-solving abilities.

How it helps

Verbal working memory training aids individuals with amnesia by reinforcing neural pathways associated with memory retrieval and processing. This targeted cognitive enhancement fosters improved recall and manipulation of verbal information, facilitating everyday communication and problem-solving.

3



Mindfulness

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Set aside 5-10 minutes each day to practice mindfulness meditation. Find a quiet place, assume a comfortable seated position, close your eyes, focus on your breathing, and observe your thoughts and sensations without judgment.

TYPICAL STARTING DOSE

30 minutes

Description

Mindfulness involves paying focused and non-judgmental attention to the present moment. It can reduce stress, improve emotional regulation, and enhance overall mental clarity and well-being.

Mindfulness is the practice of being aware of the present moment. When practicing mindfulness, a person acknowledges their thoughts, feelings, and sensations without any judgment [R].

Mindfulness and other types of [meditation](#) may improve [R]:

- Weight and anxiety
- Low mood
- Sleep disturbances
- Pain
- High blood pressure

How it helps

Mindfulness therapy aids individuals with amnesia by enhancing cognitive function through improved mental clarity and reduced stress. This practice fosters better emotional regulation and may indirectly support memory consolidation.

4



Bacognize (Bacopa monnieri)

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Take bacopa as a supplement in a dose of 300-450 mg per day, ideally with food to enhance absorption. It should be taken daily for at least 4-6 weeks to begin noticing benefits in cognitive function and stress reduction.

TYPICAL STARTING DOSE

300 mg

Description

Bacopa, also known as Brahmi, is an herb traditionally used in Ayurvedic medicine to support cognitive function and memory. It is believed to have neuroprotective properties and is used in herbal supplements for mental well-being.

[Bacopa](#) (*Bacopa monnieri*) grows as a weed in the rice fields of East Asia and the US [\[R\]](#).

Bacopa is used in Ayurveda (Indian traditional medicine) to support cognition [\[R\]](#).

Note that bacopa is fat-soluble. This means that **taking it with a fatty meal should help you absorb it better** [\[R\]](#).

How it helps

Bacopa may enhance cognitive function and memory retention by promoting synaptic communication and neuroprotection, which can be particularly beneficial for individuals experiencing amnesia. Its bioactive compounds are believed to reduce oxidative stress in the brain, supporting overall mental clarity.

5



Agmatine

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Take agmatine as a dietary supplement in a dose of 1.6 to 6.4 milligrams per kilogram of body weight, daily. It can be consumed with or without food. For best results, continue taking it on a daily basis for at least two weeks to assess its effect on your body.

TYPICAL STARTING DOSE

1 g

Description

Agmatine is a naturally occurring compound found in the human body and in certain foods. It is sometimes used as a dietary supplement and is believed to have potential benefits for pain relief, mood regulation, and cognitive function.

How it helps

Agmatine may enhance neuroplasticity and promote the release of neurotransmitters involved in memory formation, potentially improving cognitive function and memory retrieval in individuals with amnesia.

6



Cognitive Activity

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Engage in mentally stimulating activities, such as puzzles, reading, or learning a new skill, for at least 15 minutes daily. Consistency is key, so incorporate these activities into your daily routine for ongoing cognitive health benefits.

TYPICAL STARTING DOSE

15 minutes

Description

Engaging in cognitive activities, such as puzzles, reading, or learning new skills, can help maintain mental sharpness and potentially reduce the risk of age-related cognitive decline. Staying mentally active supports cognitive health and overall quality of life.

Some scientists like to think of the brain as a muscle. They say people should “use it or lose it” [\[R\]](#).

In line with this, keeping the brain stimulated may help support cognition [\[R\]](#).

There are many ways to keep your brain active. These include [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Reading a book
- Solving a word or number puzzle (e.g., crossword, Sudoku)
- Completing a jigsaw puzzle
- Learning a new language

How it helps

Engaging in cognitive activities enhances neural connectivity and stimulates brain regions involved in memory processing, which can help mitigate the effects of amnesia. This approach supports the preservation and potential recovery of cognitive functions, ultimately improving quality of life.

7



Goal Management Training

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Goal Management Training involves dedicating 1-2 hours weekly to structured sessions that teach methods for setting, monitoring, achieving, and evaluating personal goals. These sessions can be guided by a therapist or followed through self-guided manuals or online resources, and typically span over 7 to 8 weeks.

TYPICAL STARTING DOSE

1 hour

Description

Goal Management Training is a cognitive rehabilitation technique designed to improve executive functions and help individuals with cognitive impairments, such as brain injuries or neurodegenerative disorders, regain their ability to set and achieve goals.

How it helps

Goal Management Training helps individuals with amnesia by enhancing executive functioning skills, enabling them to effectively set, plan, and pursue personal goals despite memory deficits. This structured approach aids in rebuilding cognitive processes essential for daily functioning and autonomy.

8



Alpha-Aminobutyric Acid Supplements

IMPACT

1 / 5

EVIDENCE

1 / 5

Description

Alpha-aminobutyric acid is a non-protein amino acid that is structurally related to the neurotransmitter gamma-aminobutyric acid (GABA). While GABA plays a role in reducing neuronal excitability throughout the nervous system, the specific functions and benefits of AABA supplements are less well-documented in mainstream health and wellness literature.

When considering any supplement, including AABA, people need to consult with healthcare professionals.

How it helps

Alpha-Aminobutyric Acid (AABA) supplements may enhance cognitive function by modulating GABAergic activity, which can support memory processes and potentially alleviate symptoms associated with amnesia.

9



Alpha-GPC Choline

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 300-600 mg of Alpha-GPC choline supplement daily, preferably in the morning or early afternoon to avoid interference with sleep. It can be taken with or without food. Continue this supplementation for at least 4-6 weeks to assess its effectiveness.

TYPICAL STARTING DOSE

300 mg

Description

Alpha-GPC (L-alpha glycerylphosphorylcholine) is a natural compound that can be found in small amounts in various foods, including soy, and is also produced in the body. It is a choline-containing compound that may support cognitive function and memory.

How it helps

A study tested L-alpha-GFC on memory impairment from scopolamine in 32 healthy volunteers. After pretreatment with L-alpha-GFC or placebo for ten days, followed by scopolamine or placebo on day eleven, the drug counteracted attention and memory impairment induced by scopolamine [\[R\]](#).

10



Acetyl-L-Carnitine

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 500-1,000 mg of Acetyl-L-Carnitine per day, split into 2 or 3 doses, with or without food. Joe prefers taking 500 mg in the morning. It can be taken indefinitely for chronic conditions or for a period of several months for acute concerns.

TYPICAL STARTING DOSE

500 mg

Description

[Carnitine](#) is a protein building block (amino acid). It comes in many forms, such as acetyl-L-carnitine. Acetyl-L-carnitine may help with nerve damage and mood problems.

[Carnitine](#) is a protein building block (amino acid). It comes in many forms, such as acetyl-L-carnitine [\[R\]](#), [\[R\]](#), [\[R\]](#).

[Acetyl-L-carnitine](#) may help with [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Nerve damage
- Mood problems
- Cognitive decline

Doctors are also studying its potential effect on drug addiction [\[R\]](#).

How it helps

Acetyl-L-Carnitine may enhance mitochondrial function and promote neuronal health, potentially mitigating memory deficits associated with amnesia. Its neuroprotective properties may also facilitate cognitive recovery and improve overall brain function.

11



Avoid Cannabis

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Stop any form of cannabis use, including smoking, vaping, edibles, and topical applications. If you currently use cannabis, it's recommended to cease usage immediately and seek support or counseling if necessary for cessation.

Description

Avoiding cannabis is advised in situations where its use is prohibited by law or poses health risks, particularly for individuals with a history of substance abuse or mental health conditions. Responsible use and adherence to local regulations are essential to minimize potential negative consequences.

[Cannabis](#) (marijuana) is a plant used for its medicinal and recreational properties. It contains substances called *cannabinoids*, such as [CBD](#) and THC [\[R\]](#).

Cannabis misuse can have long-term consequences, such as [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Lung damage
- Mental health problems
- Cognitive impairment

How it helps

Avoiding cannabis helps mitigate cognitive impairment in individuals with amnesia by preventing further disruptions to memory formation and retrieval processes. This is crucial, as cannabis use may exacerbate existing memory deficits and complicate recovery.

12



Huperzine A

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a Huperzine A supplement daily, starting with a low dose of about 50 micrograms (mcg) in the morning, and gradually increase the dosage based on tolerance, not exceeding 200 mcg per day. It's recommended to cycle the supplement, taking it for a duration of 2-4 weeks followed by a break of 1 week to prevent tolerance build-up.

TYPICAL STARTING DOSE
50 mcg

Description

Huperzine A is a compound extracted from Chinese club moss and is sometimes used in supplements for its potential cognitive-enhancing properties. It is believed to support memory and cognitive function, though its effectiveness can vary among individuals.

Huperzine A is an alkaloid found in Chinese club moss (*Huperzia serrata*). Its cognitive-enhancing effects may be due to its involvement in inhibiting the breakdown of acetylcholine, a neurotransmitter that is important for memory and learning [R].

People take huperzine A supplements for a variety of purposes, including [R]:

- Improving memory and cognitive function
- Reducing anxiety and depression

How it helps

Huperzine A may improve cognitive function in individuals with amnesia by inhibiting the breakdown of acetylcholine, a neurotransmitter crucial for memory formation and retrieval. This action can enhance synaptic transmission, potentially aiding memory recall and cognitive clarity.

13



Meditation Awareness Training

IMPACT

1 / 5

EVIDENCE

1 / 5

Description

Meditation awareness training involves practices designed to enhance mindfulness and awareness. It teaches individuals to pay attention to the present moment without judgment, leading to reduced stress, improved focus, and better emotional regulation. Techniques can include breathing exercises, guided imagery, and other methods to cultivate a state of calm and presence [R].

How it helps

Meditation Awareness Training helps individuals with amnesia by diminishing stress levels, which can hinder cognitive performance. By fostering a calmer mental state, this practice may indirectly support overall cognitive function and improve mental clarity.

14



Homotaurine

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Take 50-100 mg of homotaurine daily, preferably with a meal to enhance absorption. This supplement should be taken for periods of up to 12 months, with a one-month break before continuation if needed.

TYPICAL STARTING DOSE

50 mg

Description

Homotaurine is a compound found in certain seaweeds and algae and has been studied for its potential to support cognitive function and promote brain health. It may have neuroprotective properties and is being explored as a potential supplement for memory and mental well-being.

Homotaurine is an amino acid found in some seaweeds. People use a synthetic version of homotaurine as a supplement for Alzheimer’s disease, cognitive decline, and more. However, the evidence to support these uses is limited.

Supposedly, homotaurine helps prevent the formation of harmful plaques in the brain and blood vessels.

How it helps

Homotaurine may help improve cognitive function and memory in individuals with amnesia through its neuroprotective properties, which can support brain health and potentially enhance neural connectivity.

15



Cognance

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Follow the dosage instructions provided on the Cognance supplement label or as advised by a healthcare professional. Typically, the recommended dose is one to two capsules per day. For optimal results, take Cognance in the morning or early afternoon. This timing can help enhance your cognitive function and energy levels throughout the day. To improve absorption and reduce the risk of digestive discomfort, take Cognance with a meal. Consistency is key for nootropic supplements. Take Cognance daily as part of your routine to experience sustained cognitive benefits over time.

TYPICAL STARTING DOSE

1 capsule/day

Description

Cognance is a dietary supplement designed to support cognitive function and enhance mental clarity. It typically contains a blend of nootropics, vitamins, and herbal extracts known for their brain-boosting properties. The key ingredients often include substances like *Bacopa monnieri*, *Ginkgo biloba*, alpha GPC, and various B vitamins, all of which contribute to improved brain health and cognitive performance.

People typically take Cognance to help with:

- Cognitive performance (memory, focus, concentration, and mental clarity)
- Low mood
- Anxiety
- Mental fatigue
- Cognitive decline

How it helps

Cognance may assist individuals with amnesia by enhancing cognitive function through its blend of neuroprotective ingredients, which support memory recall and overall brain health, thereby potentially mitigating symptoms associated with memory loss.

16



N-Back Training

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

To implement n-back training, practice this cognitive exercise for 20 minutes daily over a period of at least 4 weeks. Use a computer program or mobile app designed specifically for n-back tasks, choosing a difficulty level that challenges you without causing frustration.

TYPICAL STARTING DOSE
20 minutes

Description

N-back training is a cognitive training exercise that involves memory and attention tasks, which may help enhance working memory, cognitive skills, and mental sharpness when practiced regularly.

How it helps

N-back training facilitates the strengthening of working memory by continuously challenging the brain to retain and manipulate information. This cognitive exercise can help improve memory function in individuals with amnesia, potentially aiding in information recall and retention.

17



Plasmalogens

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Follow the dosage instructions provided on the product label or as directed by your healthcare provider. Typically, these supplements come in capsule form and are taken once daily with water, ideally with a meal to enhance absorption. Consistency is key, so taking them at the same time each day is recommended. Always consult a healthcare professional before starting plasmalogen supplements, especially if you are pregnant, nursing, or have any medical conditions.

Description

Plasmalogens are a special kind of phospholipids found in cell membranes, particularly in the brain (comprising 20% of its content), heart, lungs, eyes, and kidneys. Plasmalogens help the nervous system work and prevent brain cell death by reducing inflammation and oxidative stress. Their levels decrease with age [\[R\]](#).

Plasmalogen supplements are being researched to improve cognitive function in both healthy subjects and those with mild cognitive impairment or Alzheimer’s disease [\[R\]](#), [\[R\]](#).

How it helps

Plasmalogens may contribute to the preservation of neuronal health by preventing oxidative stress and reducing brain cell death, which can enhance cognitive function and potentially mitigate symptoms associated with amnesia.

18



Avoid Substance Abuse

IMPACT

1 / 5

EVIDENCE

1 / 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

Avoiding substance abuse is vital for individuals with amnesia as it helps preserve cognitive function and minimizes further memory impairment, thus supporting recovery and enhancing the effectiveness of therapeutic interventions.

19



Magnesium L-Threonate

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take magnesium L-threonate in a dosage of 1,500-2,000 mg per day, divided into two or three doses, with or without food. This supplement regimen should be followed consistently for at least one month to evaluate its benefits on cognitive function and sleep quality.

TYPICAL STARTING DOSE

1500 mg

Description

Magnesium L-threonate is a specific form of magnesium that has been studied for its potential to enhance cognitive function and memory. It may have neuroprotective properties and is used in supplements to support mental well-being.

How it helps

Magnesium L-Threonate aids in enhancing synaptic plasticity and memory formation by increasing magnesium levels in the brain, which may help alleviate cognitive deficits associated with amnesia. Its neuroprotective properties support overall brain health, promoting better recall and cognitive function.

How to implement

TYPICAL STARTING DOSE

15 minutes

Description

Cognitive training programs guide you through challenging tasks. They aim to support some cognitive functions, including [R]:

- Memory
- Attention
- Problem-solving skills

Some scientists like to think of the brain as a muscle. They say people should “use it or lose it.” In line with this, cognitive training can be considered “brain exercise.” It is often provided through computer programs [[R](#), [R](#)].

How it helps

Cognitive training involves tasks and exercises designed to improve memory, attention, and other cognitive functions. For individuals with amnesia, it can help by reinforcing and potentially restoring memory capabilities through structured practice. It works by stimulating neural pathways associated with memory and cognitive processes.

21



Blueberries

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate a half to one cup of fresh or frozen blueberries into your daily diet. You can add them to your breakfast cereal, smoothies, or enjoy them as a snack on their own.

Description

Blueberries are a nutritious fruit packed with antioxidants, vitamins, and fiber. They are known for their potential to support brain health, reduce the risk of chronic diseases, and promote overall well-being.

[Blueberries](#) are enjoyed all around the world for their sweet taste and nutritional benefits. They may support [\[R\]](#):

- Heart health
- Cognitive function
- Normal blood sugar levels

How it helps

Blueberries are rich in antioxidants, specifically flavonoids, which have been shown to improve memory function. These antioxidants can protect the brain from oxidative stress and may improve the signaling between brain cells, potentially aiding in the recovery or improvement of memory in amnesic conditions.

22



Ginkgo

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take 120 mg of Ginkgo supplement daily, preferably with meals to aid absorption. This dosage is typically split into two 60 mg doses taken in the morning and evening for best results.

TYPICAL STARTING DOSE

120 mg

Description

[Ginkgo](#) (*Ginkgo biloba*) is an ancient tree used in traditional Chinese medicine [\[R\]](#), [\[R\]](#).

According to limited evidence, ginkgo leaf extract may help with [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Anxiety
- Dementia
- Eye problems
- Blood vessel problems
- Vitiligo

How it helps

Ginkgo Biloba is known for its potential to improve blood flow to the brain. Improved blood flow can enhance cognitive function, including memory. Some studies suggest that it might help with memory problems caused by dementia or Alzheimer's disease, which are conditions that can involve amnesia.

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 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.