

Athlete's Foot

DNA Health Report

REPORT CATEGORIES —



IMMUNITY &
INFECTIONS



SKIN & BEAUTY

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

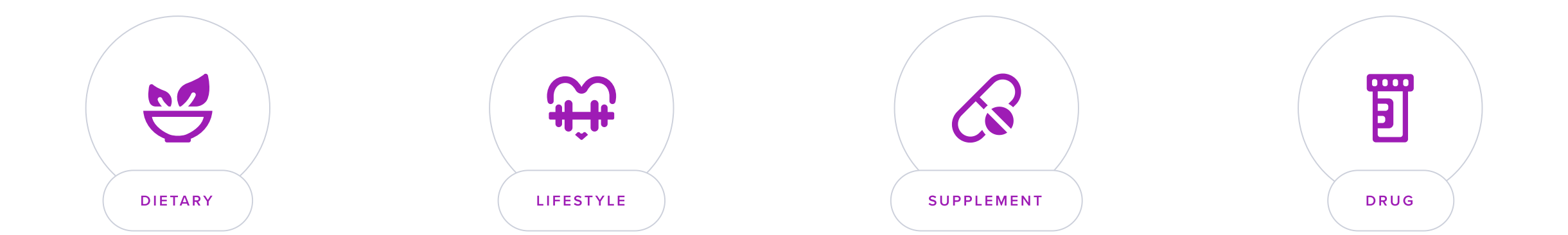
You have 2 risk alleles

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

Athlete's foot, clinically known as tinea pedis, is a common fungal infection of the skin, predominantly affecting the feet, and is part of a group of fungal skin infections known as tinea. It's caused by dermatophytes, a type of fungi that thrives in warm, moist environments, making locker rooms, showers, and swimming pools common places for the spread of this infection.

The condition usually begins between the toes and can spread to other parts of the foot and even to the hands if not properly managed. Individuals with sweaty feet who wear tight-fitting shoes are more susceptible, as these conditions favor fungal growth.

Symptoms and Treatment

Symptoms of athlete's foot include itching, stinging, and burning sensations between the toes or on soles of the feet. The skin may also flake, peel, and crack, sometimes leading to pain, swelling, and blisters. A distinctive sign is a scaly, red rash that itches intensely, often accompanied by a foul odor.

If untreated, the infection can become chronic and might even lead to a secondary bacterial infection due to skin breakdown. Good foot hygiene, using antifungal medications, and keeping feet dry and cool can help manage the symptoms and prevent the recurrence of athlete's foot.



LESS LIKELY

Less likely to have athlete's foot based on 16,204 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	Thyme	2	Topical Garlic
3	Coriander	4	Lactoferrin100 mg
5	Apple Cider Vinegar	6	Topical Aloe Vera
7	Oregano Oil1 drop	8	Topical Salicylic Acid
9	Tea Tree Oil2 drops	10	Topical Tea Tree Oil

1



Thyme

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Take thyme supplements in the form of capsules or pills, following the dosage instructions on the product label, usually once or twice a day with meals. It is important to consult with a healthcare provider before starting any new supplement regimen.

Description

Thyme is an aromatic herb used in cooking and herbal remedies. It contains essential oils and antioxidants and is known for its potential antibacterial and anti-inflammatory properties, supporting respiratory health.

How it helps

A review following the PRISMA protocol analyzed 54 studies, finding essential oils like Cinnamomum zeylanicum and Thymus vulgaris effective against fungal pathogens, suggesting their potential as alternatives to traditional antifungals for dermatophytosis treatment [\[R\]](#).

2



Topical Garlic

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Crush or mince fresh garlic and mix it with a carrier oil, like olive or coconut oil, to dilute its strength. Apply this mixture directly to the affected area of the skin, leave it on for about 20 minutes, then rinse off. Repeat this process daily for up to 2 weeks or until you see improvement.

Description

Garlic is a topical application derived from the garlic bulb, known for its potential antibacterial and anti-inflammatory properties. It is commonly used for skin issues like acne and fungal infections due to its main compound, allicin, and its origins can be traced back to the Allium plant family.

[Garlic](#) is a vegetable often used to flavor food. It’s been a part of traditional medicine for thousands of years [\[R\]](#).

Today, people take garlic to help control their blood pressure and cholesterol [\[R\]](#).

The active component in garlic is called *allicin*.

How it helps

Applying cream with garlic ajoene (0.4-1%) for 1-4 weeks healed athlete’s foot and reduced recurrence in 2 trials of 81 patients [\[R\]](#), [\[R\]](#).

3



Coriander

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take coriander supplements in the form of capsules or powder. If using powder, aim for 1/4 to 1/2 teaspoon per day, mixed into food or drinks. If taking capsules, follow the dosage instructions provided on the product label, typically one capsule, one to two times daily with meals. Continue consistently for at least a few weeks to observe effects.

Description

Coriander is an herb and spice rich in antioxidants and essential oils. It's used in culinary dishes and traditional medicine for its potential to aid digestion, reduce inflammation, and contribute to overall nutritional wellness.

How it helps

In a non-placebo-controlled trial of 40 participants with athlete’s foot, applying a 6% coriander oil ointment improved clinical signs and was well tolerated [\[R\]](#).

4



Lactoferrin

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take 100-200 mg of lactoferrin supplement per day, preferably on an empty stomach to enhance its absorption. Continue this regimen daily for 8 to 12 weeks to observe beneficial effects.

TYPICAL STARTING DOSE
100 mg

Description

Lactoferrin is a protein found in milk and other bodily fluids that has been studied for its potential health benefits, including immune system support and antimicrobial properties. It plays a role in promoting gut health.

Lactoferrin is a protein found in milk. It can bind to iron and travel all around the body [\[R\]](#).

Lactoferrin may help support [\[R\]](#) [\[R\]](#):

- Immunity
- Iron status

How it helps

In a clinical study on tinea pedis treatment, lactoferrin doses (600 mg or 2000 mg) showed no significant improvement overall. Yet, in moderate cases, lactoferrin significantly reduced symptoms compared to placebo, without adverse events [\[R\]](#).

5



Apple Cider Vinegar

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate 1-2 tablespoons of apple cider vinegar into your diet daily by diluting it in a large glass of water. Consume this mixture before meals to potentially benefit from its effects.

Description

Apple cider vinegar is a fermented liquid made from crushed apples and is known for its potential health benefits. It is rich in acetic acid and may aid in weight management, improve digestion, and help regulate blood sugar levels, often used as a natural remedy for various conditions like acid reflux and insulin resistance.

[Vinegar](#) is often used in cooking to add sour flavor and to preserve foods through pickling. Some people also use vinegar for cleaning [\[R\]](#).

Apple cider vinegar is one of the most common vinegars produced from apples. As a health food, apple cider vinegar may help [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Reduce blood sugar
- Lower cholesterol
- Fight infections

How it helps

Apple cider vinegar has antimicrobial properties that may be beneficial in treating athlete's foot. Diluted apple cider vinegar applied to the affected area can create an acidic environment that is less hospitable to the fungi responsible for athlete's foot.

6



Topical Aloe Vera

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Apply a thin layer of pure aloe vera gel extracted directly from the aloe plant or an aloe vera-based product directly to the affected area. Gently rub it in until it is absorbed. Repeat this application 2-3 times daily until the symptoms improve.

Description

Aloe vera is a plant-derived gel known for its skin-soothing and healing properties. Topical applications of aloe vera are commonly used to relieve sunburn, minor burns, and skin irritation, promoting faster healing and reducing discomfort.

[Aloe vera](#) lives in the desert, and its thick leaves store water in the form of a gel [\[R\]](#).

Topical aloe vera may help soothe burns and skin conditions [\[R\]](#).

Oral aloe vera may help with blood sugar and gut health [\[R\]](#).

How it helps

Aloe vera has antifungal properties that help reduce the fungal load on the skin, which is essential for treating athlete's foot. It also has soothing effects, providing relief from itching and burning sensations.

7



Oregano Oil

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take oregano oil as a supplement by diluting it with a carrier oil such as olive oil; mix 1 drop of oregano oil with at least 1 teaspoon of a carrier oil. You can take this mixture orally 1-2 times daily for up to 2 weeks. Always start with a small dosage to check for any adverse reactions.

TYPICAL STARTING DOSE

1 drop

Description

Oregano oil (origanum vulgare) is an essential oil extracted from the leaves and flowers of the oregano plant. Its active components include carvacrol, thymol, rosmarinic acid, and terpenoids. It has been used in traditional medicines for centuries for immune and digestive health.

How it helps

Oregano oil contains thymol and carvacrol, compounds with powerful antifungal properties. It can be effective in treating athlete's foot by reducing fungal growth and alleviating discomfort caused by the infection.

8



Topical Salicylic Acid

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Apply a small amount of salicylic acid gel or cream to the affected area of the skin once or twice a day, after gently cleaning and drying the skin. Use consistently for several weeks to achieve the best results, and always follow the specific product instructions.

Description

Salicylic acid is a beta-hydroxy acid (BHA) used in skincare for its ability to exfoliate the skin, unclog pores, and treat acne. It is derived from the bark of willow trees and is effective in managing various skin conditions.

Salicylic acid is a medication that removes dead skin cells. It’s used to treat a number of skin issues, such as [\[R\]](#), [\[R\]](#):

- Dandruff
- Warts
- Acne

For acne, **salicylic acid (0.5-2%)** is available without a prescription in a variety of topical products. These include [\[R\]](#), [\[R\]](#):

- Soaps
- Facial wipes
- Lotions
- Gels

How it helps

Salicylic acid helps with athlete's foot by exfoliating the skin to shed dead skin cells. This reduces the fungal load and helps other antifungal treatments penetrate more effectively.

9



Tea Tree Oil

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Apply a few drops of tea tree oil mixed with a carrier oil, such as coconut or olive oil, directly to the affected area. Use this mixture once or twice a day until symptoms improve. Do not ingest tea tree oil.

TYPICAL STARTING DOSE

2 drops

Description

Tea tree oil is an essential oil derived from the leaves of the tea tree (*Melaleuca alternifolia*), native to Australia. It is known for its antimicrobial properties and is used in skincare and hair care products to address issues like acne and dandruff.

[Tea tree oil](#) is made from the leaves of *Melaleuca alternifolia*, a tree native to Australia [\[R\]](#).

People use it to treat a number of conditions, such as [\[R\]](#):

- Acne
- Dandruff
- Nail fungus
- Lice
- Athlete's foot

How it helps

Tea tree oil has natural antifungal properties which can help treat athlete’s foot. Studies have shown that applying tea tree oil topically can effectively reduce the symptoms of athlete’s foot, including itching, burning, and scaling.

10

Topical Tea Tree Oil

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Apply a few drops of 100% tea tree oil to a cotton swab or ball and gently dab onto the affected area of the skin. Do this 1-2 times daily until improvements are noticeable, usually for a period of 1-4 weeks. Avoid applying tea tree oil to large areas of the skin and test on a small patch of skin first to ensure no allergic reaction occurs.

Description

Tea tree oil is used topically for its antimicrobial and antifungal properties, commonly applied to treat skin conditions like acne, fungal infections, and insect bites. Its main chemical compound of interest is terpinen-4-ol, and it is sourced from the leaves of the tea tree, *Melaleuca alternifolia*.

[Tea tree oil](#) is derived mostly from steaming the leaves of *Melaleuca alternifolia*, a tree native to Australia [\[R\]](#).

It’s used to treat a number of conditions, such as [\[R\]](#):

- Acne
- Dandruff
- Nail fungus
- Lice
- Athlete's foot

How it helps

Tea tree oil is known for its antifungal and antibacterial properties, making it effective against the fungus causing athlete's foot. It helps relieve symptoms such as itching, burning, and scaling.