SelfDecode™

Bloating

DNA Health Report

REPORT CATEGORY

GUT HEALTH

Sample Client

Report date: 29 July 2025

Powered by omicsedge

Table of Contents

03 Introduction

04 Your genetics

06 Your recommendations

Personal information

NAME

Sample Client

SEX AT BIRTH

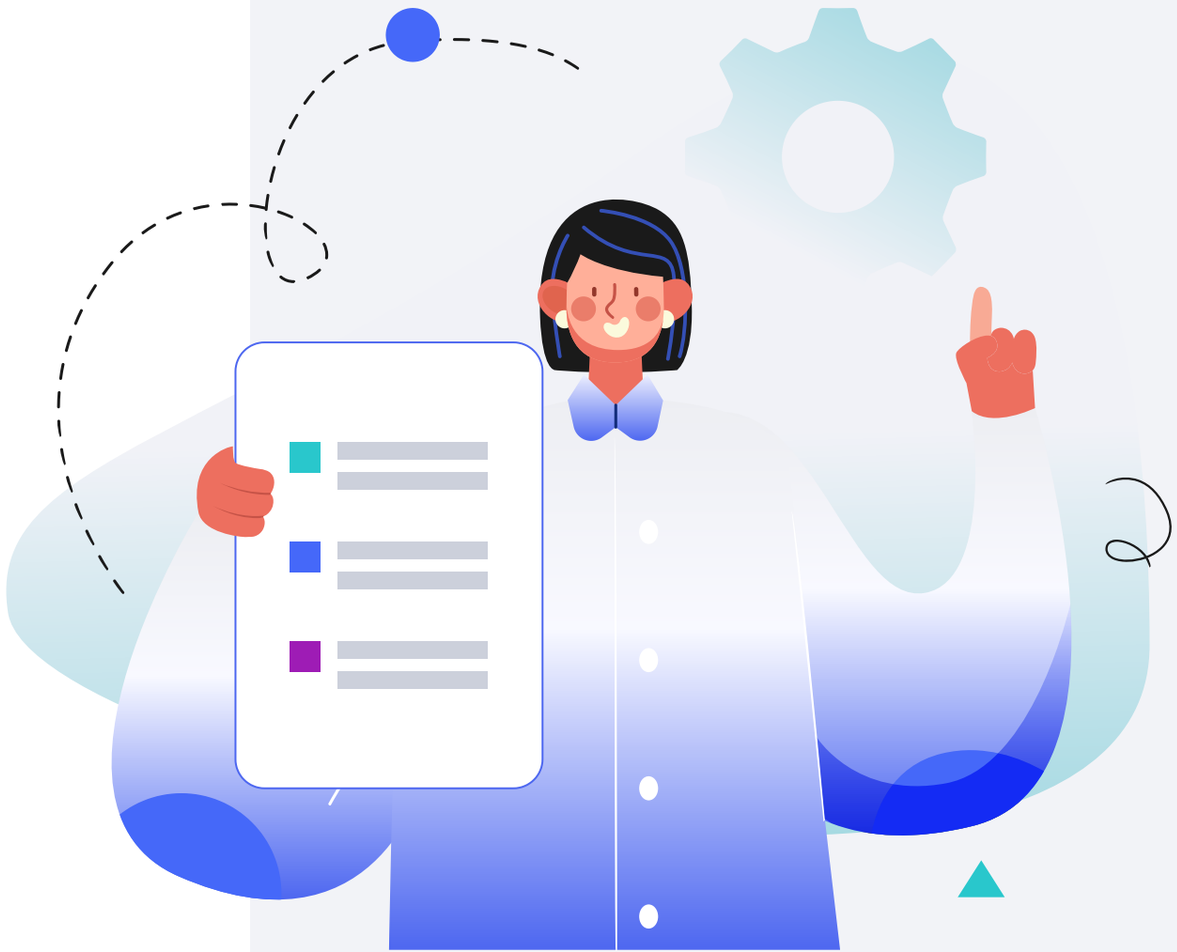
Female

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

Bloating refers to the sensation of increased pressure or fullness in the abdomen, often accompanied by visible swelling. While it's common to have some degree of bloating from time to time, especially after eating certain foods or overeating, persistent or recurrent bloating can be a sign of underlying digestive issues.

Common manifestations of bloating include:

- A feeling of tightness or fullness in the abdomen.
- Visible increase in the size of the abdomen.
- A sensation of trapped gas or pressure.
- Discomfort or pain associated with the bloating.

Risk Factors and Genetics

Factors that might increase the risk or cause bloating include:

- Consuming high-fat foods, which can delay stomach emptying.
- Swallowing air while eating or drinking.
- Gastrointestinal infections or imbalances in gut bacteria.
- Food intolerances, such as lactose, fructose, or gluten intolerance.
- Digestive disorders like irritable bowel syndrome (IBS), inflammatory bowel disease, or gastroparesis.
- Constipation.
- Overgrowth of bacteria in the small intestine.
- Hormonal changes, especially in women during their menstrual cycles.
- Genetics

While bloating is primarily associated with lifestyle and dietary factors, genetics can play a role in an individual's predisposition to certain digestive conditions that result in bloating. Additionally, genetics can influence the makeup of gut bacteria and how the body responds to certain triggers, potentially affecting susceptibility to bloating.

MORE LIKELY

More likely to bloat based on 1,662 genetic variants we looked at

98th

PERCENTILE

Your risk is **greater than 98% of the population** and **lower than 2% of the population.**

Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
/	rs72683482	AG
GRIN3A	rs182276014	TT
GZMH	rs190749747	CC
FZD1	rs182267037	CC
RALGPS2	rs6675656	TT
IGF1R	rs144880784	CC
/	rs56252721	AA
EPS8L3	rs190178166	CC
BTG1	rs141884556	GG
CWF19L2	rs79224501	AA
TMEM128	rs543096999	CC
MXRA8	rs112044473	GG
/	rs145439079	CC
AMN1	rs569208093	GG
PPM1F	rs34639823	CC
IGF1R	rs118021991	AA
COX7C	rs114575486	TT
PLPPR4	rs115008227	AA
EPS8L3	rs78018756	CC
CNTNAP5	rs78037681	CC

GENE	SNP	GENOTYPE
ARHGAP45	rs116305519	CC
GUCY1A2	rs117090859	AA
KCND2	rs191721892	AA
COL15A1	rs150185691	AA
SERPINB8	rs118084041	AA
LRRTM1	rs186057704	GG
FOXK1	rs118117357	TT
MKLN1	rs78522184	GG
TMEM131	rs142462181	GG
ANGPT1	rs12542882	TT
PRMT6	rs145009014	GG
/	rs146534400	TT
KIF21A	rs189504750	GG
C16ORF95	rs192095736	CC
CDIN1	rs113441091	GG
LRATD1	rs113707455	TT
/	rs76449150	GG
SMIM14	rs73240633	TT
NEBL	rs151118164	AA
VTI1A	rs148319443	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
1	Saccharomyces Boulardii	10 billion CFU
2	Bacillus Coagulans	
3	Lactobacillus Plantarum	10 billion CFU
4	Bifidobacterium Infantis 35624	
5	Bifidobacterium Bifidum	10 billion CFU
6	Lactobacillus Casei	10 billion CFU
7	Lactobacillus Paracasei	10 billion CFU
8	Bifidobacterium Animalis Subsp. Lactis	10 billion CFU
9	Bacillus Subtilis	
10	Lactobacillus Rhamnosus	10 billion CFU
11	B. Lactis Bi-07 and L. Acidophilus NCFM	10 billion CFU
12	Lactobacillus Gasseri	10 billion CFU
13	Bacillus Coagulans MTCC5856	

1

Saccharomyces Boulardii

IMPACT 2 / 5

EVIDENCE 2 / 5

How to implement

Take Saccharomyces boulardii as an oral supplement, typically available in capsule or powder form, twice daily with a glass of water. Continue this regimen for 4-8 weeks, or as directed by a healthcare provider.

TYPICAL STARTING DOSE

10 billion CFU

Description

Saccharomyces boulardii is a beneficial yeast often used as a probiotic supplement to support digestive health and prevent or alleviate symptoms of diarrhea, including those caused by antibiotics or infections.

How it helps

Supplementation with *S. boulardii* (both alone and combined with metronidazole) reduced gas, bloating, and flatulence in people with:

- SIBO associated with antibiotic use or systemic sclerosis [R, R, R]
- *Blastocystis hominis* infection [R]

2

Bacillus Coagulans

IMPACT 2 / 5

EVIDENCE 2 / 5

How to implement

Take a Bacillus coagulans supplement containing 1 to 2 billion CFUs (colony forming units) daily, with a glass of water, preferably with meals. This routine should be consistently followed for at least four weeks to potentially see benefits.

Description

Bacillus coagulans is a probiotic strain believed to support digestive health and boost the immune system. It's used in various probiotic supplements and may aid in maintaining gut balance.

How it helps

A meta-analysis of 43 studies and 5,531 IBS patients analyzing different probiotics identified *B. coagulans* as the optimal one to improve IBS symptom relief rate, global symptoms, abdominal pain, bloating, and straining scores when taken for 8 weeks [R].

Supplementation with *B. coagulans* GBI-30, 6086 for 8 weeks improved abdominal pain and bloating in a placebo-controlled trial of 44 IBS patients. This strain reduced daily bowel movements in a placebo-controlled trial of 52 patients with diarrhea-predominant IBS [R, R].

The combination of *B. coagulans* and simethicone (Colinox) taken 3x/day for 4 weeks improved bloating, discomfort, and pain in a placebo-controlled trial of 52 IBS patients [R].

In a placebo-controlled trial of 50 IBS patients, taking synbiotic capsules (109 cfu *B. coagulans* and 400 mg inulin) as an add-on to a low-FODMAP diet for 8 weeks improved symptom severity better than the diet alone [R].

3

Lactobacillus Plantarum

IMPACT 2 / 5

EVIDENCE 2 / 5

How to implement

Take a probiotic supplement containing *Lactobacillus plantarum* 299V daily. The typical dosage is 10 billion colony-forming units (CFUs). Continue for at least 4 weeks to assess benefits on digestive health.

TYPICAL STARTING DOSE

10 billion CFU

Description

Lactobacillus plantarum is a probiotic bacterium found in many fermented plant products such as sauerkraut, pickles, brined olives, and Korean kimchi [R].

People take *L. plantarum* supplements to improve [R, R, R, R]:

- Diarrhea
- Skin appearance
- IBD
- High cholesterol

How it helps

Two meta-analyses (the largest one with 43 trials and 5,531 IBS patients) identified *L. plantarum* among the probiotics improving abdominal distension and flatulence. Moreover, one of them found it the most effective one at improving quality of life [R, R].

4

Bifidobacterium Infantis 35624

IMPACT 1 / 5

EVIDENCE 2 / 5

How to implement

Bifidobacterium infantis 35624 is available in several forms, including capsules, tablets, powder, and liquid. The recommended dosage may vary depending on the specific product and individual health needs, but a common dosage range is between 1 to 10 billion CFU/day. Probiotic supplements should generally be taken with or after meals to improve stability and absorption. If taking the powder form, it can be mixed with water or food. For specific health concerns, such as gut issues or IBS, dosage recommendations may differ, so professional guidance is recommended.

Description

Bifidobacterium infantis 35624 is a specific strain of beneficial bacteria that is naturally found in the human gut, particularly in infants.

This strain is known for its ability to support digestive health and immune function. Research suggests that *B. infantis* 35624 can help maintain a healthy balance of gut microbiota, alleviate symptoms of irritable bowel syndrome, reduce inflammation, and improve overall gut function. It has also been studied for its potential to promote the development of the gut microbiome in infants, particularly in those born via C-section or who are not breastfed.

As a probiotic supplement, *B. infantis* 35624 is commonly used to support digestive health and improve symptoms of gut-related disorders.

How it helps

A meta-analysis of 5 studies found that *B. infantis* 35624 alone didn't help with abdominal pain, bloating/distention, or bowel habit satisfaction in IBS patients, but composite probiotics containing this strain did reduce abdominal pain, bloating, and distension [R].

5

Bifidobacterium Bifidum

IMPACT 1 / 5

EVIDENCE 2 / 5

How to implement

Take a bifidobacterium bifidum supplement according to the manufacturer's instructions, usually once or twice daily with a glass of water and potentially with meals. Supplement duration varies; some may use it continuously for ongoing gut health support, while others might take it for a specific period, such as 4-8 weeks, especially during or after antibiotic treatment.

TYPICAL STARTING DOSE

10 billion CFU

Description

Bifidobacterium bifidum is a probiotic strain that can help support digestive health and maintain a balanced gut microbiome.

Bifidobacterium bifidum is a probiotic bacterium naturally present in the human gastrointestinal tract. This species is the second most abundant one in breast-fed infants, but its levels decrease during adulthood [R].

People take *B. bifidum* to help with [R]:

- Digestive issues
- Eczema
- Infections

How it helps

In various placebo-controlled trials involving patients with IBS, different probiotics containing *B. bifidum* showed positive effects. *B. bifidum* MIMBb75 supplementation improved IBS symptoms and quality of life in a placebo-controlled trial of 122 patients. Heat-inactivated *B. bifidum* MIMBb75 significantly alleviated IBS and its symptoms in a placebo-controlled trial of 443 patients with IBS. A synbiotic containing *B. bifidum* DSMZ 32403, several other probiotic strains, and fructooligosaccharides improved symptoms and was well tolerated in a placebo-controlled trial of 68 IBS-D patients [R, R, R].

6

Lactobacillus Casei

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Take a supplement containing Lactobacillus casei daily, with a dosage recommended by the product's manufacturer or a healthcare professional. The specific amount can vary, but it is commonly found in doses around 10 billion colony-forming units (CFUs). Continue this regimen for at least 4 weeks to observe potential health benefits.

TYPICAL STARTING DOSE

10 billion CFU

Description

Lactobacillus casei is a probiotic bacterium known for its potential to support gut health and immune function. It contributes to a balanced gut microbiome and may help alleviate digestive issues like diarrhea.

Lactobacillus casei is a probiotic bacterium found in fermented foods (e.g., cheese), as well as in the reproductive and gastrointestinal tracts of humans and other animals [R, R].

People mainly take *L. casei* to support a healthy gut microbiota [R].

How it helps

A supplement containing *L. acidophilus* CL1285, *L. casei* LBC80R, and *L. rhamnosus* CLR2 improved quality-of-life and IBS symptoms in some subgroups, being the largest and most consistent effects observed in IBS-D and female subgroup [R].

In an uncontrolled trial of 14 patients with IBS, consuming Yakult (*L. casei* Shirota, 65 mL/day) for 6 weeks improved the symptoms and reversed the early rise in breath hydrogen with lactulose [R].

However, in another study, *L. casei* Shirota probiotic treatment did not show a significant improvement in symptoms or quality of life for irritable bowel syndrome patients after 8 weeks [R].

7

Lactobacillus Paracasei

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Take a supplement containing Lactobacillus paracasei daily, with a dose of around 10 billion colony-forming units (CFUs). Consume the supplement with or without food, but consistently at the same time each day for at least 4 weeks to observe beneficial effects.

TYPICAL STARTING DOSE

10 billion CFU

Description

Lactobacillus paracasei 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 paracasei is a type of bacteria naturally found in the intestine. It is considered a **probiotic bacteria**, which means **"good" bacteria** that has health benefits when taken in adequate amounts [R].

L. paracasei is used in the production of the following fermented foods [R]:

- Yogurt
- Cheese
- Sauerkraut

It may help [R, R, R, R, R, R, R, R]:

- Improve gut and skin health
- Boost immunity
- Fight allergies

How it helps

In a placebo-controlled trial of 100 with typical gastroesophageal reflux disease symptoms receiving pantoprazole, supplementation with *L. paracasei* F19 (2x/day, 3 days/week) for 6 months reduced flatulence. As an add-on to a high-fiber diet, this strain (1-2 sachets, 2x/day for 14 days/month during 6 months) reduced bloating and abdominal pain in a placebo-controlled trial of 50 patients with symptomatic uncomplicated diverticular disease [R, R].

However, taking a synbiotic with *L. paracasei* DKGF1 and *Opuntia humifusa* extract for 4 weeks failed to improve gas and bloating in a placebo-controlled trial of 67 IBS patients [R].

L. paracasei may improve digestive function, reducing the amount of gas produced during this process.

8

Bifidobacterium Animalis Subsp. Lactis

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Take a supplement containing Bifidobacterium animalis subsp. lactis at a dose of 10 billion colony-forming units (CFU) daily, with or without food. Joe's preferred strain is *B lactis* HN019 (10B CFU). Continue this regimen daily for at least 2 weeks to 4 weeks to observe potential benefits.

TYPICAL STARTING DOSE

10 billion CFU

Description

Bifidobacterium animalis lactis is a specific strain of probiotic bacteria known for its potential to support digestive health and immune function.

Bifidobacterium animalis is a probiotic bacterium that can be found in the healthy gut of most mammals, including humans. *B. lactis* was previously considered to be a separate species but was shown to be a subspecies of *B. animalis* [R, R].

People mainly take *B. animalis* to support gut health [R, R, R, R, R, R].

How it helps

B. animalis had a **beneficial effect on discomfort, bloating, and constipation** in 274 constipation-predominant IBS patients [R].

B animalis spp. *lactis* significantly improved objectively measured abdominal girth and gastrointestinal transit, as well as **reduced symptomatology in 34 IBS** patients [R].

9

Bacillus Subtilis

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Take a probiotic supplement containing Bacillus subtilis at a dose recommended by the manufacturer, typically once daily with a glass of water, preferably on an empty stomach for optimal absorption. Continue this regimen daily for at least one to two months to evaluate its benefits.

Description

Bacillus subtilis is a beneficial bacteria strain commonly used in probiotic supplements to support digestive health and maintain a balanced gut microbiome. Incorporating probiotics containing bacillus subtilis may promote better gut function.

How it helps

The safety and efficacy of daily supplementation of *B. subtilis* BS50 for 6 weeks was investigated in a placebo-controlled trial of 76 healthy adults. Compared to placebo, 2 × 10^9 CFU BS50 per day increased the proportion of participants showing improvement from baseline to week 6 in the composite score for bloating, burping, and flatulence [R].

In a 4-week placebo-controlled trial, *Bacillus subtilis* MB40 supplementation at 5 × 10^9 CFU daily did not significantly improve bloating, abdominal discomfort, and gas symptoms in the overall population. However, in the **male subgroup**, it showed clinically significant reductions in these symptoms and improvements in certain aspects of well-being [R].

B. subtilis may help by promoting a healthy balance of gut bacteria.

10

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

Compared with placebo, LGG supplementation was associated with a significantly higher rate of treatment responders (defined as no pain or a decrease in pain intensity) in the overall population with abdominal pain-related functional gastrointestinal disorders and the IBS subgroup in a meta-analysis [R].

Another trial on 123 patients investigated the effects of a low FODMAP diet and the probiotic *Lactobacillus rhamnosus* GG in IBS. A significant reduction in mean IBS scores from baseline to week 6 was observed [R].

11

B. Lactis Bi-07 and L. Acidophilus NCFM

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

TYPICAL STARTING DOSE

10 billion CFU

Description

Bifidobacterium lactis Bi-07 and Lactobacillus acidophilus NCFM are both probiotics that have been shown to have a number of health benefits. They can help to improve gut health, boost the immune system, and reduce the risk of diarrhea.

How it helps

The combination of *Bifidobacterium lactis* Bi-07 and *Lactobacillus acidophilus* NCFM (2 x 10^10 cfu/day taken for 8 weeks) reduced bloating in a study of 60 people with gut issues. Those with pain benefited the most [R, R].

12

Lactobacillus Gasseri

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Take a Lactobacillus gasseri supplement containing around 10 billion colony-forming units (CFUs) daily, ideally with a meal, for at least 2 weeks to 4 months to observe benefits. Continuous daily intake is recommended for ongoing support.

TYPICAL STARTING DOSE

10 billion CFU

Description

Lactobacillus Gasseri 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.

How it helps

In a placebo-controlled trial of 34 patients with IBS, supplementation with *L. gasseri* CP2305 for 4 weeks improved the IBS severity index score, health-related worry, and changes in intestinal microbiota [R].

L. gasseri may help by improving gut flora balance and decreasing inflammation.

13

Bacillus Coagulans MTCC5856

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Take a supplement containing Bacillus coagulans MTCC5856 at a dose of 2 billion CFUs (colony forming units) once daily, either in the morning or evening, with or without food. Continue this regimen daily for a period of at least 4 to 8 weeks to assess its benefits on digestive health.

Description

Bacillus coagulans MTCC5856 is a specific strain of probiotic bacteria known for its potential to support digestive health and immune function. It's used in probiotic supplements to promote gut microbiome balance.

How it helps

In a placebo-controlled trial of 36 patients with diarrhea-predominant IBS, supplementation with *B. coagulans* MTCC 5856 (2 x 109 cfu/day) for 90 days reduced disease severity and symptoms such as bloating, vomiting, diarrhea, abdominal pain, and stool frequency, while improving quality of life [R].