

Bruising

DNA Health Report

REPORT CATEGORY —



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

Bruising, medically known as a contusion, occurs when small blood vessels under the skin called capillaries are damaged due to a blow or impact. This damage leads to a release of blood from the ruptured capillaries into the surrounding tissues, which causes the familiar mark of discoloration.

The color of a bruise can tell much about its age; fresh bruises typically appear red because of the oxygenated blood pooling under the skin, then progress to dark blue or purple as oxygen is depleted, and finally transition to green, yellow, or brown as the body metabolizes the blood cells and hemoglobin in the affected area.

Management

While most bruises are harmless and will heal without intervention, they can serve as an indicator of more serious issues, such as blood clotting disorders, if they occur frequently or without any apparent cause. Some individuals may experience increased bruising due to medications that affect blood clotting, such as aspirin or anticoagulants, or due to thinning skin and weakened blood vessels from aging.

In most cases, protecting the area and applying cold packs immediately after the injury can help to reduce swelling and the size of the bruise. Monitoring the bruise and seeking medical attention are important if the bruise is unusually large or painful, or if it is accompanied by other symptoms such as bleeding gums or unexplained nosebleeds.



MORE LIKELY

More likely to have bruises based on 346,391 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	Topical Arnica	2	Topical Aloe Vera
3	Vitamin K90 mcg	4	Topical Vitamin C
5	Compression Therapy	6	Bromelain
7	Hesperidin500 mg	8	Dietary Vitamin C
9	Dietary Vitamin K	10	Bioflavonoids
11	Dietary Vitamin K1	12	Leafy Green Vegetables
13	Topical Comfrey	14	Cold Applications15 minutes
15	Rutin	16	Grape Seed Extract100 mg
17	Vitamin C2000 mg	18	Compression Stockings
19	Vitamin K190 mcg		

1



Topical Arnica

IMPACT2 / 5

EVIDENCE1 / 5

How to implement

Apply arnica cream or gel to the affected area 2 to 3 times daily for up to 3 weeks. Ensure the skin is clean and unbroken before application.

Description

Arnica is a natural plant-derived remedy often used topically for its potential to reduce bruising, inflammation, and muscle soreness. It can be applied to areas of the body experiencing minor injuries or trauma.

[Arnica](#) is a daisy-like flower that grows in the mountains. People use arnica creams for [\[R\]](#), [\[R\]](#):

- Muscle or joint pain
- Swelling
- Bruises

How it helps

In a clinical trial on 16 people, a 20% arnica extract ointment applied 2x/day for 2 weeks **reduced bruising from a laser procedure**. It was as effective as a low-dose vitamin K cream and better than the placebo [\[R\]](#).

In a clinical trial on over 100 people undergoing nose plastic surgery, a cream with arnica applied 4x/day for 10 days reduced bruises and swelling. However, a 10% arnica ointment failed to improve bruises and swelling after eyelid surgery in a trial on 136 people [\[R\]](#), [\[R\]](#).

Arnica is known for its anti-inflammatory properties which can help reduce swelling and pain associated with bruises. Applying arnica topically may also speed up the healing of bruises by improving blood flow to the affected area.

2



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 contains compounds that are effective in reducing inflammation and pain, making it a suitable treatment for bruises. It also has cooling properties that provide relief to the bruised area, facilitating quicker healing.

3



Vitamin K

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take a vitamin K supplement of around 90-120 micrograms daily with a meal that contains fat for optimal absorption. This dosage is appropriate for adult maintenance of health and should be adjusted based on individual healthcare provider advice.

TYPICAL STARTING DOSE

90 mcg

Description

Vitamin K encompasses two main forms: vitamin K1 (phylloquinone) and vitamin K2 (menaquinone). Vitamin K1 is primarily found in leafy green vegetables and plays a crucial role in blood clotting. Vitamin K2, sourced from animal products and fermented foods, is known for its potential to promote bone health and cardiovascular wellness.

Vitamin K is essential for blood clotting and bone formation [\[R\]](#).

Good sources of vitamin K include [\[R\]](#), [\[R\]](#):

- Green leafy vegetables, such as kale, spinach, and collards
- Soy products, such as natto, roasted soybeans, and edamame
- Carrot juice
- Pumpkin

Healthy adults should get **120 micrograms** of vitamin K per day [\[R\]](#).

How it helps

Vitamin K plays a key role in blood clotting. Applying it topically or consuming it can help speed up the healing of bruises by reducing blood seepage under the skin.

4

Topical Vitamin C

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Apply a vitamin C serum to your face and neck once a day, preferably in the morning before applying sunscreen and makeup. It should be left on the skin, not washed off. Consistent daily use is needed for best results.

Description

Topical vitamin C, often in the form of ascorbic acid, is used for its antioxidant properties to protect the skin from environmental damage and promote collagen synthesis, benefiting overall skin health. It can be sourced from various natural plant extracts, such as citrus fruits.

[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 [\[R\]](#).

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

Topical Vitamin C helps strengthen blood vessels and improve collagen production, which can help reduce the severity and appearance of bruises.

5

Compression Therapy

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Wear compression stockings or sleeves daily, especially during long periods of standing or sitting. Choose a compression level appropriate for your condition (mild, moderate, or high), as advised by a healthcare professional. Start wearing them in the morning before swelling occurs and keep them on until bedtime.

Description

Compression therapy involves wearing specialized garments that apply pressure to the limbs, promoting better circulation and reducing swelling. It is commonly used to manage conditions like venous disorders and can help alleviate symptoms, improve vascular health, and enhance overall well-being.

In compression therapy, different methods are used to apply pressure to the legs. These methods include [\[R\]](#):

- Bandages
- Wraps
- Compression stockings
- Pneumatic pressure devices

Compression therapy supports blood flow. It may help [\[R, R, R\]](#):

- Prevent blood clots and deep vein thrombosis (DVT)
- Reduce some kinds of swelling
- Reduce symptoms of restless legs syndrome

How it helps

Compression helps to reduce swelling and provides support to the affected area, which can minimize the extent and intensity of bruising.

6



Bromelain

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take 500mg of bromelain supplement two to three times daily, preferably with food to reduce the risk of gastrointestinal discomfort. It is recommended to use for short-term relief, typically not exceeding several months, unless supervised by a healthcare provider.

Description

Bromelain is an enzyme found in pineapple that may have anti-inflammatory and digestive benefits. It's often used as a dietary supplement to aid digestion and reduce swelling associated with injuries or surgery.

[Bromelain](#) is an extract from pineapples. It’s rich in enzymes that break down proteins [\[R\]](#).

Bromelain may have some health benefits. People use it to [\[R\]](#):

- Maintain joint health
- Help with burns
- Support heart health

How it helps

Bromelain, an enzyme found in pineapples, has been shown to reduce the severity of bruising after injury or surgery. It works by breaking down proteins that cause inflammation and blood clots, leading to a faster healing process.

7



Hesperidin

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take 500 mg of hesperidin supplement daily with water, preferably with a meal for better absorption. This should be maintained for at least a few weeks to gauge effectiveness, and adjustments should be made based on personal tolerance and results.

TYPICAL STARTING DOSE

500 mg

Description

Hesperidin is a flavonoid, a type of plant compound that has antioxidant and anti-inflammatory properties. It is found in citrus fruits, such as oranges, grapefruits, lemons, and tangerines.

People take hesperidin to reduce [R](#), [R](#), [R](#), [R](#), [R](#):

- Inflammation
- Blood sugar
- Cholesterol

How it helps

Hesperidin is a bioflavonoid found in citrus fruits that can help improve blood vessel health and reduce capillary permeability, making it effective in addressing easy bruising.

8



Dietary Vitamin C

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate foods rich in Vitamin C into your daily diet, such as oranges, strawberries, red peppers, kale, and broccoli. Aim to consume 5 servings of fruits and vegetables per day to meet the recommended dietary allowance of Vitamin C, which is 90 mg for adult men and 75 mg for adult women.

Description

Vitamin C is an antioxidant that supports the immune system, collagen production, and wound healing. It also enhances iron absorption from plant-based foods and contributes to overall health.

[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 [\[R\]](#).

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 is crucial for the production of collagen, an important part of the skin's structure that helps in wound healing and maintaining the strength of blood vessels. Adequate intake of Vitamin C can help reduce bruising by strengthening capillaries and reducing their susceptibility to damage.

9



Dietary Vitamin K

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate foods high in Vitamin K into your daily diet, such as green leafy vegetables (kale, spinach, broccoli), fish, liver, meat, and eggs. Aim to include at least one serving of these foods in each meal, amounting to 3 servings per day.

Description

Vitamin K is essential for blood clotting and bone health. It helps prevent excessive bleeding and contributes to the development and maintenance of strong bones.

[Vitamin K](#) is essential for blood clotting and bone formation [\[R\]](#).

Good sources of vitamin K include leafy greens, soy products, and carrots [\[R\]](#), [\[R\]](#).

How it helps

Vitamin K plays a key role in blood clotting. Consuming adequate amounts of Vitamin K can help the body's natural process of blood clotting, thus potentially reducing the severity or frequency of bruising.

10



Bioflavonoids

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take bioflavonoid supplements with water, typically once or twice daily or as directed by the product label or your healthcare provider. It is often recommended to consume these supplements with a meal to enhance absorption.

Description

Bioflavonoids are a group of plant compounds found in colorful fruits and vegetables. They are known for their antioxidant properties, which can help protect cells from oxidative damage and support overall health when included in a balanced diet.

How it helps

Bioflavonoids enhance the absorption and effectiveness of vitamin C and have antioxidant properties that help to maintain the health of blood vessels, thus reducing bruising.

11



Dietary Vitamin K1

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate foods rich in Vitamin K1 into your daily diet. Include green leafy vegetables like kale, spinach, and broccoli, as well as other sources like soybeans and carrots. Aim for at least one serving of these foods per day to meet the recommended dietary allowance for Vitamin K1.

Description

Vitamin K1, primarily found in leafy green vegetables, is essential for blood clotting and supports overall cardiovascular health. It plays a crucial role in maintaining healthy blood vessels.

How it helps

Vitamin K1 helps in clotting blood, which can reduce the tendency to bruise easily by enabling proper blood clot formation.

12



Leafy Green Vegetables

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate at least one serving of leafy green vegetables, such as spinach, kale, or Swiss chard, into your diet daily. This can be done by adding them to salads, smoothies, or as a side dish to your meals.

Description

Leafy green vegetables like spinach and kale are packed with vitamins, minerals, and antioxidants. Incorporating them into your diet can promote overall health by providing essential nutrients, supporting digestion, and reducing the risk of chronic diseases like heart disease and certain cancers.

Leafy green vegetables, also called leafy greens, or greens, are edible plant leaves, which can include stalks and shoots as well. Common examples include: lettuce, spinach, kale, chard, endive, and fennel.

Leafy greens contain a host of vitamins and minerals, as well as fiber. Most of them are a particularly good source of vitamin K.

How it helps

Leafy green vegetables are high in vitamin K, which helps to reduce bruising by aiding blood clotting.

13



Topical Comfrey

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Apply comfrey cream or ointment directly to the affected area 3 times a day for up to 10 days. Do not use on broken skin or ingest orally.

Description

Comfrey is a plant-derived topical application made from the comfrey plant. It is used for its potential anti-inflammatory properties and to support the healing of minor wounds, bruises, and sprains.

Please note: oral comfrey is toxic!

How it helps

Comfrey has allantoin, which promotes cell regeneration and speeds up the healing process of the skin. Studies have shown that topical application of comfrey on bruises can significantly reduce healing time and inflammation.

14



Cold Applications

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Apply a cold pack or a bag of frozen peas wrapped in a towel to the affected area for 15-20 minutes, every 2-3 hours during the first 48 hours of experiencing pain or swelling.

TYPICAL STARTING DOSE

15 minutes

Description

Cold applications, such as ice packs, can help reduce inflammation, alleviate pain, and promote muscle recovery after injuries or intense physical activity. Applying cold can provide temporary relief from discomfort and support the body's natural healing processes.

People use cold applications to relieve pain, reduce inflammation, and more [\[R, R\]](#).

Types of cold applications include [\[R, R\]](#):

- Ice packs
- Ice baths
- Cryotherapy

How it helps

Using cold packs on a fresh bruise helps to reduce blood flow to the area, which can lessen swelling and reduce the size of the bruise. It's most effective shortly after the injury occurs.

15



Rutin

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take 500mg of rutin supplement daily, preferably with a meal to enhance absorption. Continue this supplementation regularly for at least 4 weeks to evaluate its benefits on your health, as effects may take some time to become noticeable.

Description

Rutin is a flavonoid found primarily in citrus fruits, buckwheat, and tea, and is known for its antioxidant and anti-inflammatory properties. It may support cardiovascular health and promote strong blood vessels.

How it helps

Rutin is a flavonoid that helps strengthen capillaries and reduce their fragility. This can help prevent the capillaries from breaking easily and thus reduce bruising.

16



Grape Seed Extract

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take 100-300 mg of grape seed extract daily, preferably with a meal to enhance absorption. This can be done either through a single dose or split into multiple doses throughout the day. Continue this regimen for at least 3 months to observe potential benefits.

TYPICAL STARTING DOSE

100 mg

Description

Grape seed extract is rich in antioxidants called polyphenols, which may help protect against oxidative stress and support cardiovascular health. It's also believed to have potential benefits for skin health and overall well-being.

[Grape seed extract](#) is made from the seeds of wine grapes. It contains antioxidant compounds that may help support [\[R\]](#), [\[R\]](#):

- Blood circulation
- Heart health
- Blood sugar control
- Healthy weight

How it helps

Grape Seed Extract is known for its antioxidant properties, which can help strengthen blood vessels. This reduction in blood vessel fragility can help decrease the likelihood of bruising by making the capillaries less prone to breakage under the skin.

17



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 is crucial for the formation of collagen, an important protein used to repair and maintain skin and blood vessels. By supporting the health and resilience of these structures, adequate Vitamin C levels can help reduce the severity and frequency of bruising.

18



Compression Stockings

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Wear compression stockings during the day, especially when you expect to be sitting or standing for long periods. They should be put on before getting out of bed in the morning and removed before going to bed at night. Ensure they are the correct size and compression level as advised by a healthcare professional.

Description

Compression stockings are often worn to improve blood circulation in the legs and reduce the risk of conditions like varicose veins and deep vein thrombosis. They can be beneficial for individuals who spend long periods sitting or standing and those with certain medical conditions that affect blood flow.

How it helps

For bruises on legs, compression stockings can reduce swelling and accumulation of blood by providing steady pressure, which may help in faster healing of bruises.

19



Vitamin K1

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take a vitamin K1 supplement once daily with a meal that includes fat, as fat increases its absorption. The dosage can vary depending on individual needs, but a common dose is between 90-300 micrograms. Continue this regimen daily for ongoing health benefits, particularly for bone and cardiovascular health.

TYPICAL STARTING DOSE

90 mcg

Description

Vitamin K encompasses two main forms: vitamin K1 (phylloquinone) and vitamin K2 (menaquinone). Vitamin K1 is primarily found in leafy green vegetables and plays a crucial role in blood clotting. Vitamin K2, sourced from animal products and fermented foods, is known for its potential to promote bone health and cardiovascular wellness.

How it helps

Vitamin K1 helps with blood clotting processes in the body, which can reduce the severity and duration of bruising.

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.