

Calcium

DNA Health Report

REPORT CATEGORIES —



BONE HEALTH



NUTRITION

Sample Client

Report date: 15 January 2026

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DISCLAIMER

This report does not diagnose this or any other health conditions. Please talk to a healthcare professional if this condition runs in your family, you think you might have this condition, or you have any concerns about your results.

Personal information

NAME

Sample Client

SEX AT BIRTH

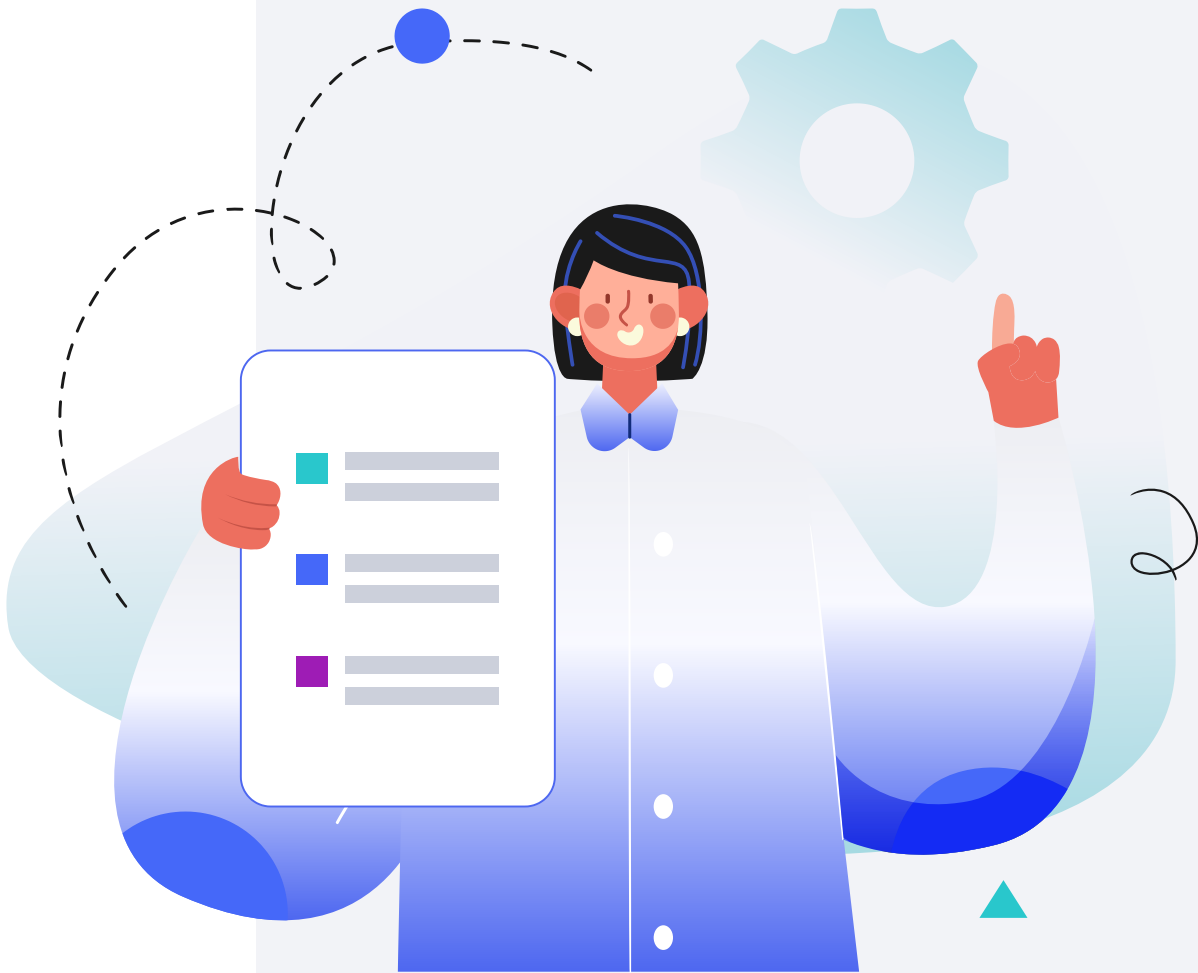
Male

HEIGHT

5ft 5" 165cm

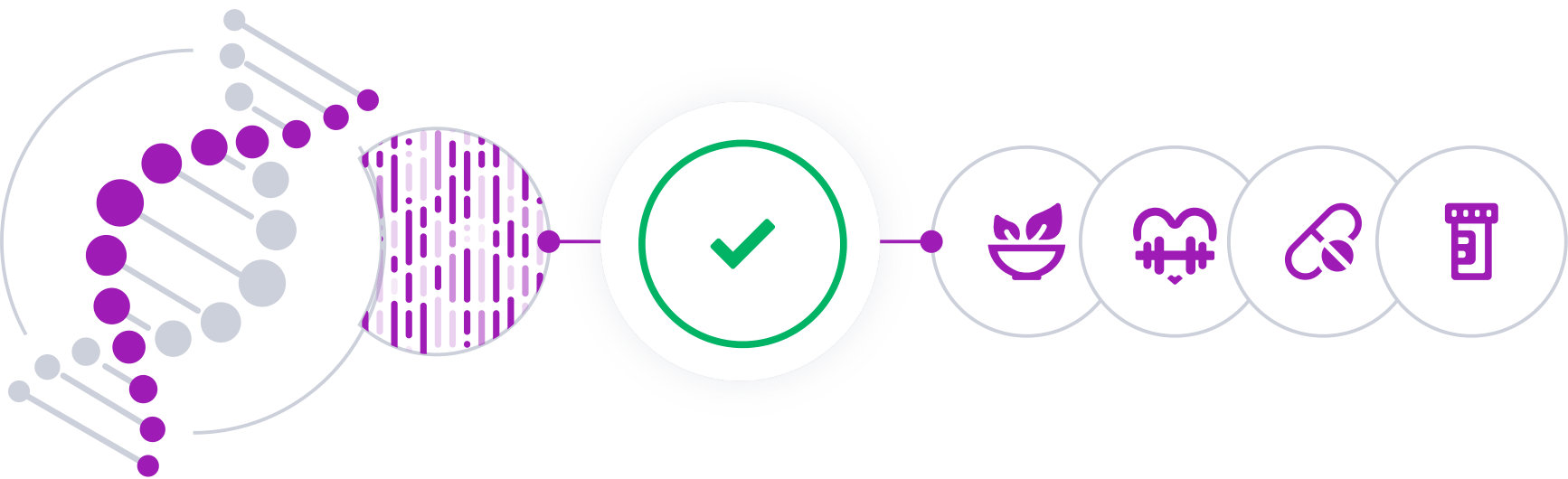
WEIGHT

137lb 62kg



How this works

Our Wellness Reports analyze how your DNA influences your health.
We then use this analysis to give you personalized risk estimates and recommendations.

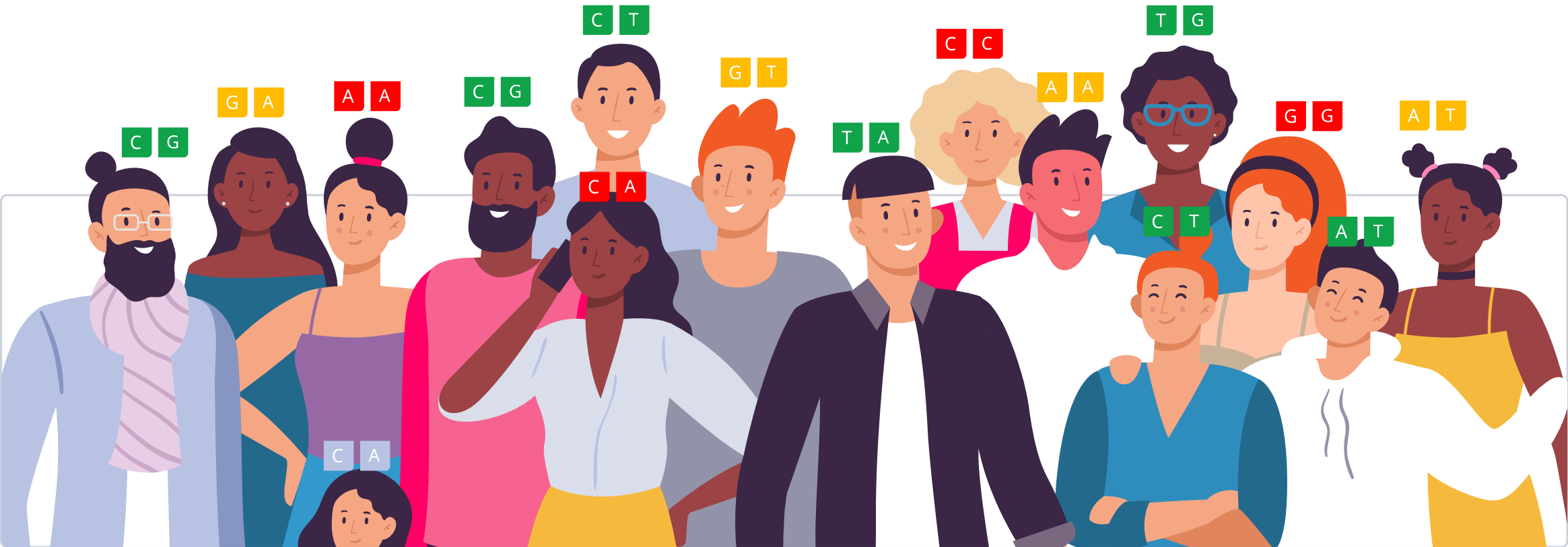


Similarly, our Trait Reports look at how your DNA influences your traits.



Your DNA is like an instruction manual — it contains a lot of information.
You can think of it as a blueprint for your body.

Genetic variants are parts of DNA that differ from person to person. Some can make you more vulnerable to certain health issues, while others may influence traits such as eye color.



We use artificial intelligence and machine learning to analyze all this information.
We then summarize your results as a risk score or display it on a gauge.

In total, we analyze up to 83 million genetic variants.

When we give a risk score, the risk icon tells you if you are at a higher or lower risk compared to other people:



Genotype color info:

AA

You don't have any risk alleles

AA

You have 1 risk allele

AA

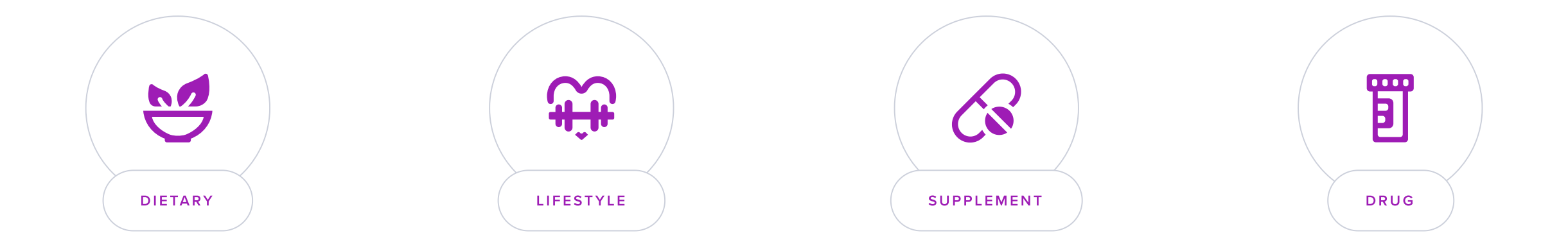
You have 2 risk alleles

Your risk is also displayed as a percentile. This will tell you how your risks compare to our sample population. The lower your percentile number, the lower your risk. The "50th percentile" would be an average risk.

Similarly, the gauge tells you your relative risk score compared to our sample population, or it indicates a specific trait or haplotype you are more likely to have based on your genetic variants.

When applicable, we also list top evidence-based recommendations that may help lower your risk. The focus is on recommendations that may be of benefit to you, based on your genetics.

Our recommendations come in four categories: lifestyle, diet, supplements and drugs.
The following icons tell you which category a recommendation falls into:



Our team of scientists also ranks each recommendation.
We rank based on impact and the strength of evidence in the medical literature.

Impact shows how strongly a recommendation will affect your health in a certain area.
Evidence is how much scientific support there is for the recommendation. Rankings are from 1 to 5 (low to high):



Impact

Impact scores range from 1-5. These scores reflect how much of an effect each recommendation can have. An impact score of 5 predicts the biggest effect.

When a recommendation affects something we can measure, we use those measurements to assign the impact score. For example, a recommendation that decreases cholesterol by 20% will have a higher impact score than one that decreases it by 5%.

Some recommendations affect things that we cannot directly measure, like stress or mood. For these, the impact score is based on how well they work relative to other recommendations and standard treatments. The best ones get the highest scores.

If there is a lot of research that shows a recommendation works especially well for your genotype, the impact score gets increased.

Recommendation Evidence

5 / 5

Recommendations that are considered effective and generally recommended by experts and medical bodies.

4 / 5

Recommendations that are considered likely effective and that have multiple independent meta-analyses and a great many studies supporting them.

3 / 5

Recommendations that are considered possibly effective and have many studies supporting them

2 / 5

Recommendations that have insufficient evidence, with two or several clinical trials supporting them, or many studies but with ambiguous results.

1 / 5

Recommendations that have insufficient evidence, with a single clinical trial, or with many studies most of which didn't find support for the recommendation.

0 / 5

No evidence in humans.

Genotype-specific Evidence

High-quality

Direct evidence that a recommendation helps more in people with your gene variant (many clinical trials, a few large clinical trials, or a meta-analysis).

Medium-quality

Direct evidence that a recommendation helps more in people with your gene variant (a few clinical trials or one large clinical trial).

Low-quality

Direct evidence that a recommendation helps more in people with your gene variant (a single clinical trial or more trials with inconsistent results).

Indirect

A recommendation may help more in people with your gene variant because it targets a specific gene or protein affected by your variant (e.g., MTHFR, dopamine).

In theory

A recommendation may help more in people with your gene variant because it targets a specific mechanism affected by your variant (e.g., inflammation, oxidative stress).

Some things to keep in mind:

- Genetics doesn’t play a considerable role in a condition or a trait.
- There is not enough research available to estimate a genetic predisposition.
- There are technical limitations to estimating or presenting a genetic predisposition.
- The topic is sensitive, and a genetic predisposition should only be estimated and presented by a healthcare professional.

Introduction

For most people, calcium makes them think of milk and strong bones. That makes sense - 99% of the calcium in the body is stored in the bones and teeth! Calcium is also necessary for many other processes, including [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Heart function
- Muscle contractions
- Nerve function

Calcium is the most abundant mineral in the human body. Only a small amount of the calcium in your body is in your bloodstream at any time. **Vitamin D** and **parathyroid hormone** closely control the amount of calcium in your blood [\[R\]](#).

Your bones act as a storage for calcium, and release it into the blood when levels are low [\[R\]](#), [\[R\]](#).

Calcium can be found in a variety of foods, including [\[R\]](#):

- Dairy products
- Green, leafy vegetables
- Fish with edible soft bones (e.g., sardines)
- Calcium-fortified foods and beverages

If you don't get enough calcium from your diet over a long period of time, your bones may lose too much of it. This can cause bones to weaken. If you're at risk of weak bones, your doctor may order a bone density scan to see how much calcium your bones have [\[R\]](#), [\[R\]](#).

How to Get Enough Calcium

PERSONALIZED TO GENES

Based on the genetic variants we looked at, you likely have an increased need for calcium.

You may benefit from eating more foods rich in calcium or monitoring your calcium levels. Try to get at least the recommended daily amount of calcium (1000 mg) [R].

Key Takeaways:

- The amount of calcium in the blood at any given time is controlled by vitamin D and parathyroid hormone.
- Much of the world's population is at risk for low calcium.
- Beyond diet, it is important to maintain adequate vitamin D levels as well.
- Dairy and fortified foods are the easiest ways to ensure adequate calcium intake.
- Click the **next steps** tab for relevant labs.

Calcium is the most abundant mineral in the human body. Ninety-nine percent of the calcium in the body is stored in the bones and teeth, and only a small amount is in your bloodstream at any time. **Vitamin D** and **parathyroid hormone** closely control the amount of calcium in your blood [R,R,R].

The recommended daily intake of calcium is 1,000 mg for women who have not gone through menopause and 1,200 mg for women who have. The recommended daily intake for men is 1,000 mg [R].

Many people do not get enough calcium in their diet [R, R, R, R].

Eating more dairy products is an easy way to incorporate more calcium into your diet. You can also add non-dairy



INCREASED NEED

Likely increased need for calcium based on 49,961 genetic variants we looked at

Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
ALDH7A1	rs13182402	GA
FAM216B	rs9525667	TC
GAL	rs880610	GG
CDC42SE1	rs2864700	TT
CTNNB1	rs389264	CC
RSPO3	rs9482772	CC
AMT	rs34240317	DEL(CT)A
GALNT3	rs10204976	GG
CPED1	rs10242100	AA
MRPL20	rs12408050	GA
ARL4C	rs12151790	GG
DOK6	rs17184557	TT
FKBP11	rs3741619	GA
ETS2	rs11088458	AG
HBZ	rs10794639	GA
SMOC1	rs3742909	AG
HOXC6	rs7308105	TC
TNFRSF11B	rs2062375	GC
STK39	rs578031265	CC
MARCO	rs115242848	CC
PRSS3	rs10814041	GG
MN1	rs139959245	CC
NUDT2	rs307646	AA
ARRDC3	rs7733007	GG
CDH6	rs2173682	GA
IDH3A	rs2028548	CC
HLA-DQA1	rs2071805	CC
MECOM	rs784288	GG
VAR52	rs9262558	CC
SP7	rs144680237	CC
CPED1	rs3779381	AA
ZBTB40	rs34414754	AA

calcium sources and calcium-fortified foods like cereal and orange juice [R].

Compared to supplements, calcium from food is easier to absorb and may be better for bone building. It is also unlikely to cause side effects [R, R, R].

Your gut needs vitamin D to be able to absorb calcium. Higher vitamin D levels are linked to higher calcium levels in the body and better bone health [R, R, R, R].

[Sunlight](#) is our main source of vitamin D. Foods like fish, eggs, and fortified milk provide small amounts of vitamin D. People lacking vitamin D should consider taking a supplement [R, R, R].

GENE	SNP	GENOTYPE
GAL	rs56154705	CC
WLS	rs2566755	TT
SEM1	rs4448201	GG
CCDC170	rs4869744	TT
/	rs12808199	AA

The number of "risk" variants in this table doesn't necessarily reflect your overall result.

Your Recommendations

Your recommendations are prioritized according to the likelihood of it having an impact for you based on your genetics, along with the amount of scientific evidence supporting the recommendation.

You’ll likely find common healthy recommendations at the top of the list because they are often the most impactful and most researched.

		DOSAGE			DOSAGE
1	Calcium Supplements	1000 mg	2	Maintain Optimal Vitamin D Levels	1000 iu
3	Vitamin D and Calcium		4	Chicory	
5	Leafy Green Vegetables		6	Collard Greens	
7	Spinach		8	Kale	
9	Broccoli		10	Chia Seeds	
11	Swiss Chard		12	Lactobacillus Helveticus	10 billion CFU
13	Prunes		14	Turnip greens	
15	Soy		16	Dairy Products	
17	Almonds		18	Mozzarella Cheese	
19	Boron	3 mg	20	Cottage Cheese	
21	Figs		22	Bok choy	
23	Salmon		24	Tofu	
25	Sardines		26	Vitamin K2	100 mcg

1



Calcium Supplements

IMPACT

5 / 5

EVIDENCE

5 / 5

How to implement

Take 500-600 mg of calcium supplement twice daily with food. For best absorption, do not exceed 600 mg at one time and ensure a total daily intake of 1000-1200 mg from all sources, including diet. Continue indefinitely for ongoing support of bone health.

TYPICAL STARTING DOSE
1000 mg

Description

Calcium supplements are commonly used to support bone health and prevent conditions like osteoporosis. Adequate calcium intake is essential for maintaining strong bones and teeth.

[Calcium](#) is the most abundant mineral in the human body. It is vital for the bones, heart, muscles, and nervous system [\[R\]](#).

Your body gets calcium from food and needs vitamin D to help absorb it. Calcium can be found in a variety of foods, including [\[R\]](#):

- Dairy products
- Green, leafy vegetables
- Fish with edible soft bones (e.g., sardines)
- Calcium-fortified foods and beverages

How it helps

Calcium supplements can help prevent calcium deficiency by increasing the amount of calcium in your body, essential for strong and healthy bones. Also, they can lower the risk of conditions such as osteoporosis that are caused by low calcium levels.

Please note: calcium competes with iron for absorption in the intestines, potentially exacerbating anemia or making it harder to manage. If you have anemia, consult your healthcare provider before using calcium supplements.

2

Maintain Optimal Vitamin D Levels

IMPACT

4 / 5

EVIDENCE

5 / 5

How to implement

Check your vitamin D levels, they should ideally be in the 30-66 ng/mL range. If your levels are lower than that, take a vitamin D supplement, 1000-4000 IU daily, to reach an optimal range.

TYPICAL STARTING DOSE

1000 iu

Description

Vitamin D, often referred to as the "sunshine vitamin," can be synthesized by the skin when exposed to sunlight, as well as being found in fish, eggs, and fortified milk. It helps regulate calcium absorption, promoting strong bones and a healthy immune system. Vitamin D deficiency can lead to conditions like rickets in children and osteoporosis in adults.

Your body needs [vitamin D](#) for strong bones. Vitamin D also plays a role in [\[R\]](#):

- Mood
- Immunity
- Heart health
- Blood sugar control

[Sunlight](#) is our main source of vitamin D. Experts recommend getting at least **5-15 minutes of midday sun, 2-3 times per week**. People with darker skin and those living at high latitudes may need longer periods of sun exposure [\[R\]](#), [\[R\]](#).

Foods like fish, eggs, and fortified milk provide small amounts of vitamin D. **People lacking vitamin D should consider taking a supplement** [\[R\]](#).

How it helps

Your gut needs vitamin D to be able to absorb calcium. Higher vitamin D levels are linked to higher calcium levels in the body and better bone health [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Supplementation with vitamin D and calcium may increase blood calcium levels better than calcium alone. Supplementation with at least 1200 mg/day of calcium and 800 IU/day of vitamin D may be most effective [\[R\]](#).

Please note: *Experts recommend getting 600-800 IU of vitamin D per day. Medical bodies recommend against taking more than 4,000 IU per day* [\[R\]](#).

PERSONALIZED TO YOUR GENES

People with your [GC](#) gene variant may have lower vitamin D levels [\[R\]](#). Make sure to get enough vitamin D to support healthy calcium levels.

YOUR GENETIC VARIANTS			
GENE	SNP	GENOTYPE	EVIDENCE
GC	rs7041	AC	

3



Vitamin D and Calcium

IMPACT

2 / 5

EVIDENCE

5 / 5

How to implement

Take 600 IU of vitamin D and 1000 mg of calcium daily. For adults over 70 years, the vitamin D intake should be increased to 800 IU daily. These supplements can be taken together or separately, usually with a meal to enhance absorption, and it is advisable to continue this regimen as part of your daily routine indefinitely unless advised otherwise by a healthcare provider.

Description

Vitamin D plus calcium supplements typically combine vitamin D, often sourced from sunlight exposure or dietary sources, with calcium, primarily found in dairy products and leafy greens. This combination is used to promote bone health, reduce the risk of osteoporosis, and support overall musculoskeletal well-being.

How it helps

Your gut needs vitamin D to be able to absorb calcium. Higher vitamin D levels are linked to higher calcium levels in the body and better bone health [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Supplementation with vitamin D and calcium may increase blood calcium levels better than calcium alone. Supplementation with at least 1200 mg/day of calcium and 800 IU/day of vitamin D may be most effective [\[R\]](#).

Please note: *Experts recommend getting 600-800 IU of vitamin D per day. Medical bodies recommend against taking more than 4,000 IU per day* [\[R\]](#).

4



Chicory

IMPACT

2 / 5

EVIDENCE

2 / 5

Description

Chicory is a nutrient-rich vegetable that has been shown to have a number of health benefits. It is a good source of fiber, vitamin K, and antioxidants. Chicory may also help to improve digestion, lower blood sugar levels, and boost the immune system.

How it helps

A study on 15 postmenopausal women tested the effect of chicory-derived SYN1 on calcium and magnesium absorption, as well as bone turnover markers. SYN1 supplementation for 6 weeks increased mineral absorption and influenced bone turnover, especially in women with lower spine bone mineral density [\[R\]](#).

Similarly, enriched chicory inulin increased serum calcium levels in a placebo-controlled trial of 46 patients with type 2 diabetes [\[R\]](#).

5



Leafy Green Vegetables

IMPACT

2 / 5

EVIDENCE

1 / 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 greens like spinach and kale contain calcium, contributing to bone density and muscle function.

6



Collard Greens

IMPACT

2 / 5

EVIDENCE

1 / 5

How to implement

Incorporate at least one cup of cooked or two cups of raw collard greens into your diet 3-4 times a week. Wash the greens thoroughly before use to remove any dirt or pesticides.

Description

Collard greens are a nutritious leafy vegetable rich in vitamins, minerals, and antioxidants. They are known for their potential to support bone health, provide essential nutrients, and contribute to a balanced diet.

Collard greens contain vitamins K, A, and C, as well as decent amounts of calcium and folate. A 1-cup (cooked) serving provides 836 mcg of vitamin K or 697%DV.

How it helps

Eating collard greens can provide a significant amount of your daily calcium need, an essential nutrient for bone health. They also contain vitamin K, which supports the absorption and use of calcium in the body.

7



Spinach

IMPACT

2 / 5

EVIDENCE

1 / 5

How to implement

Incorporate one cup of fresh spinach or half a cup of cooked spinach into your daily diet. You can add spinach to salads, smoothies, omelets, or pastas to easily increase your intake.

Description

Spinach is a leafy green vegetable packed with essential nutrients, including vitamins A and K, iron, and folate. Incorporating spinach into the diet supports eye health, bone health, and overall nutrition.

Spinach is a good source of molybdenum, folate, calcium, and iron, as well as vitamins A, C, and K1. A ½ cup serving provides 8 mcg of molybdenum or 18%DV.

How it helps

Spinach is rich in calcium, a nutrient important for bone health. Regular consumption of spinach can help prevent calcium deficiency by supplying the body with this essential mineral.

8



Kale

IMPACT

2 / 5

EVIDENCE

1 / 5

How to implement

Incorporate at least one cup of kale, cooked or raw, into your daily diet. You can add it to smoothies, salads, or use it as a cooked vegetable side dish.

Description

Jumping, such as through activities like jumping jacks or trampolining, is a cardiovascular exercise that can improve heart health, strengthen muscles, and boost overall fitness. It's an effective way to increase physical activity and promote a healthy lifestyle.

Kale is a good source of calcium, and is also abundant in vitamins A, C, and K, manganese, and potassium. A 1-cup serving (cooked) has 94 mg of calcium or 7%DV.

How it helps

Kale is rich in calcium, a nutrient that helps strengthen your bones and prevent conditions linked to low bone density, like osteoporosis. Including kale in your diet can provide your body with the necessary calcium and thus reduce the risk of developing such conditions.

9



Broccoli

IMPACT

2 / 5

EVIDENCE

1 / 5

How to implement

Incorporate at least one cup of chopped broccoli, either steamed or raw, into your daily diet. This can be as part of a meal or snack. Continue this practice daily for ongoing health benefits.

Description

Broccoli and broccoli sprouts are nutrient-dense vegetables packed with vitamins, minerals, and antioxidants. They are known for their potential to support a healthy immune system, protect against chronic diseases, and promote overall nutritional wellness.

Broccoli is high in vitamin K and C, as well as a number of other vitamins and minerals, and antioxidants like quercetin. A ½ cup serving provides 110 mcg of vitamin K or 92%DV.

How it helps

Broccoli is a vegetable that offers a plant-based source of calcium, beneficial for those who do not consume dairy.

10



Chia Seeds

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate 1 to 2 tablespoons of chia seeds into your daily diet. You can add them to yogurt, smoothies, oatmeal, or salads. Do this regularly as part of your daily meals.

Description

Chia seeds are high in fiber, omega-3 fatty acids, and various vitamins and minerals. Adding chia seeds to your diet can support digestive health, provide essential nutrients, and contribute to overall nutritional wellness.

Chia seeds are a healthy source of omega-3s, calcium, as well as fiber, iron, magnesium phosphorus, and vitamins B1 and B3. A 1-ounce serving provides 5.06 g of ALA.

How it helps

Chia seeds are high in calcium, vital for bone health and preventing osteoporosis. By incorporating them into your diet, you boost your intake of calcium, promoting stronger bones and teeth.

11



Swiss Chard

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate Swiss chard into your diet by adding it to salads, sautéing it with olive oil and garlic for a side dish, or mixing it into soups and stews. Aim to eat Swiss chard 2-3 times per week to benefit from its nutrients.

Description

Swiss chard is a leafy green vegetable rich in vitamins K, A, and C, as well as minerals like potassium and magnesium. It supports bone health, immunity, and overall nutrition.

How it helps

Swiss Chard is high in calcium, which strengthens your bones and teeth. Regular consumption helps prevent osteoporosis and other calcium deficiency disorders.

12



Lactobacillus Helveticus

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a supplement containing Lactobacillus helveticus, usually available in capsule or powder form. Follow the manufacturer's instructions, commonly involving taking one to two capsules daily, preferably with a meal or as directed by a healthcare provider. Continue this regimen daily for at least 8 to 12 weeks to potentially see benefits.

TYPICAL STARTING DOSE
10 billion CFU

Description

Lactobacillus helveticus 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

Lactobacillus Helveticus is a pro-biotic that aids in increasing the bioavailability of calcium, accelerating its absorption into your body. Therefore, it can positively contribute to your calcium levels if they are low.

In a placebo-controlled trial of 20 postmenopausal women, drinking milk fermented with *L. helveticus* reduced serum PTH (by 49.6 ng/L) and increased serum calcium (by 0.3 mmol/L) [R].

13



Prunes

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Eat 5-6 prunes daily, either as a snack or incorporated into meals, to help improve digestion and potentially bone health. Continue this habit consistently for at least a few weeks to observe benefits.

Description

Prunes are dried plums that are rich in dietary fiber, vitamins, and minerals, particularly potassium and vitamin K, as well as antioxidants. They are often consumed to support digestive health and may help regulate bowel movements.

Prunes are a good source of omega-6 fatty acids, vitamin A and B6, potassium, iron, magnesium, and copper. A ½ cup serving provides 635 mcg or 14%DV.

How it helps

Eating prunes can aid calcium absorption and stimulate bone formation, both of which can improve bone health and reduce risks associated with conditions like osteoporosis, where calcium is crucial. However, prunes alone can't suffice your daily calcium needs, so ensure a balanced diet.

In a study with 26 women aged 25-54, incorporating dried plums instead of low-fat cookies for 2 weeks didn't affect weight or energy intake. Dried plums led to increased fiber, potassium, riboflavin, niacin, and calcium intake compared to cookies [\[R\]](#).

14



Turnip greens

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate turnip greens into your diet by adding them to salads, sautéing them with garlic for a side dish, or including them in soups and stews. Aim to include turnip greens in your meals 2-3 times a week to benefit from their rich nutrient profile.

Description

Turnip greens are the leafy tops of the turnip plant and are a rich source of vitamins A, C, and K, as well as calcium and fiber. They are used to promote bone health, boost the immune system, and support digestion.

Turnip greens are rich in vitamins, minerals, and antioxidants, including calcium, iron, folate, copper, and vitamins A, B6, K, and C. A ½ cup serving provides 99 mg of calcium or 8%DV.

How it helps

Turnip greens are abundant in calcium, a nutrient that boosts bone health and prevents osteoporosis or calcium deficiency. Regular consumption of these greens can provide the needed calcium intake, strengthening your bones and reducing the risk of such conditions.

15



Soy

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate soy-based products such as tofu, soy milk, and edamame into your daily diet. Aim for at least one serving per day, equivalent to about a cup of soy milk, a half-cup of cooked soybeans, or a 3-ounce piece of tofu.

Description

Soy is a legume native to East Asia, and its health benefits include being a source of plant-based protein, fiber, and various vitamins and minerals. It is known for its potential to support heart health, reduce cholesterol levels, and provide essential nutrients in vegetarian and vegan diets.

Soy is a common food in many cuisines around the world, especially Asian cuisines [\[R\]](#).

It’s a great source of [\[R\]](#), [\[R\]](#):

- Plant-based protein
- Fiber
- Omega-3 fats
- Antioxidants (isoflavones)

Soy-based foods include [\[R\]](#):

- Soy beverages
- Tofu
- Tempeh
- Edamame
- Miso
- Natto

Soy protein and soy isoflavones are also available as supplements.

How it helps

Soybeans are rich in calcium, a nutrient that strengthens bones and prevents conditions like osteoporosis. Including soybeans in your diet can therefore contribute to your daily calcium intake, thus helping maintain bone health.

16



Dairy Products

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate 2-3 servings of low-fat or fat-free dairy products into your daily diet. One serving could be 8 ounces of milk, 1 cup of yogurt, or 1.5 ounces of cheese. Choose options that are low in added sugars and consume as part of balanced meals or snacks throughout the day.

Description

Dairy products, such as milk, yogurt, and cheese, are rich sources of calcium and protein. They are essential for bone health, providing nutrients that support strong bones and teeth, as well as overall nutritional well-being.

Dairy products are made from milk. They include [\[R\]](#):

- Cheese
- Yogurt
- [Kefir](#)
- Butter
- Cream

Dairy products contain high levels of [calcium](#). Calcium helps build strong bones [\[R\]](#).

How it helps

Dairy products are rich in calcium, which is essential for strong bones and teeth. Regular consumption helps maintain adequate calcium levels in the body.

17



Almonds

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate a handful of almonds (about 23 kernels) into your daily diet. You can eat them as a snack, add them to your breakfast cereals or yogurt, or include them in salads and other dishes. Do this consistently for ongoing health benefits.

Description

Almonds are a good source of omega-6s, protein and vitamins, making for a great snack food. A 1-ounce serving provides 3700 mg of omega-6.

Almonds are nutritious tree nuts that originate from the *Prunus dulcis* tree. They are packed with essential nutrients, including healthy fats, fiber, vitamin E, and magnesium, which collectively contribute to heart health, support weight management, and may help regulate blood sugar levels.

How it helps

Almonds contain calcium, which is vital for bone health and strength, making them a healthy snack option.

18



Mozzarella Cheese

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate mozzarella cheese into your diet by adding it to your meals. Aim for a moderate consumption, such as 1-2 slices (approximately 1-1.5 ounces or 28-42 grams) on your sandwiches or salad, or a similar amount melted over dishes, up to 3-4 times per week. This allows you to enjoy its benefits without excessive calorie or saturated fat intake.

Description

Mozzarella cheese is a dairy product known for its mild flavor and stretchy texture when melted. It is commonly used in various culinary dishes and is a source of calcium and probiotics.

Mozzarella cheese is one of the healthiest cheeses and a good source for calcium and probiotics. A 1.5 ounce serving provides 333 mg of calcium or 26%DV.

How it helps

Mozzarella cheese is rich in calcium which is key for bone health. Consuming it regularly can help maintain the strength of your bones and prevent conditions like osteoporosis.

19



Boron

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a boron supplement of 3 to 6 mg daily, with food to enhance absorption. This dosage range is commonly recommended for general health benefits, based on nutritional studies. It's advisable to continue this regimen daily for an extended period, as long-term benefits depend on consistent supplementation.

TYPICAL STARTING DOSE

3 mg

Description

Boron is a trace mineral that plays a role in bone health, cognitive function, and hormone regulation.

Boron is a mineral in many foods, including:

- Fruits and fruit juices
- Avocados
- Potatoes
- Legumes
- Drinks (coffee, milk, cider, wine, and beer)

Scientists aren’t sure if boron has any roles in the body, so they don’t consider it an essential nutrient.

Some people take boron supplements to balance hormone levels, increase athletic performance, and more. However, the evidence to support these uses is weak.

How it helps

In a [placebo-controlled trial of 11 postmenopausal women](#), supplementing the diet with boron (3 mg/day) **decreased the percentage of dietary calcium lost in the urine**. Because it also decreased **urinary oxalate**, it was suggested to **prevent kidney stones** [\[R\]](#).

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Cottage Cheese

IMPACT

1 / 5

EVIDENCE

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How to implement

Incorporate 1/2 cup of cottage cheese into your daily diet. This can be included as part of your breakfast, as a snack, or mixed into dishes like salads or pasta. Continue this habit daily for long-term health benefits.

Description

Cottage cheese (1%) is a healthy dairy product, high in protein, and a good source of selenium, calcium, vitamin B12, and riboflavin.

Cottage cheese (1%) is a healthy dairy product, high in protein, and a good source of selenium, calcium, vitamin B12, and riboflavin. A 1-cup serving provides 20 mcg of selenium or 36%DV.

How it helps

Cottage cheese is high in calcium, which strengthens bones and teeth. A diet rich in cottage cheese can help maintain healthy calcium levels in your body and prevent conditions related to calcium deficiency.

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Figs

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate 2-3 fresh figs or 1/2 cup of dried figs into your daily diet. You can eat them as a standalone snack or add them to salads, cereals, and yogurt for additional flavor and health benefits. This dietary change should be maintained consistently for best results.

Description

Figs are a nutritious fruit packed with dietary fiber, vitamins, and minerals. They can aid in digestive health, support weight management, and provide essential nutrients like potassium and calcium.

How it helps

Figs offer a fruit-based source of calcium, promoting bone density and health.

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Bok choy

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate bok choy into your diet 2-3 times a week by adding it to salads, stir-fries, or soups. Wash and chop the bok choy before cooking or consuming it raw.

Description

Bok choy is a great source of vitamins C, A, and K, with amounts of other nutrients like folate and manganese.

Bok choy is a great source of vitamins C, A, and K, with amounts of other nutrients like folate and manganese. Cabbage contains 62.32 mg of glutamine per gram.

How it helps

Bok choy is rich in calcium, a mineral that is fundamental for the health and strength of your bones and teeth. A regular intake of Bok choy can thus help to prevent conditions linked to calcium deficiency, such as osteoporosis.

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Salmon

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate at least two servings of salmon into your weekly diet, aiming for each serving to be about 3.5 ounces (100 grams), cooked. Choose wild-caught salmon when possible for higher omega-3 content.

Description

Salmon is a nutrient-rich fish known for its high content of omega-3 fatty acids, which can support heart health and reduce inflammation. It's also an excellent source of protein, vitamin D, and various minerals.

How it helps

Salmon is rich in vitamin D, which helps your body absorb calcium more effectively, strengthening bones and preventing calcium deficiency. Eating salmon regularly can reduce the risk of osteoporosis.

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Tofu

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate tofu into your meals 2-3 times per week, replacing meat in dishes such as stir-fries, salads, and sandwiches. Aim for servings of about 3.5 to 4 ounces (100 to 113 grams) each time.

Description

Tofu, also known as bean curd, is a popular plant-based protein source made from soybeans. It is rich in protein, iron, calcium, and various vitamins, making it a versatile and nutritious addition to vegetarian and vegan diets.

Tofu is a high-protein soybean product with plenty of iron, copper, calcium, vitamin A, and a host of other nutrients. A ½ cup serving provides 476 mcg of copper or 53%DV.

How it helps

Tofu is often fortified with calcium, which makes it a significant source of this nutrient for bone health, particularly for vegetarians and vegans.

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Sardines

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate two to three servings of sardines into your diet each week. You can eat them grilled, steamed, or straight from the can as part of salads, sandwiches, or as a snack. Each serving should be about 3.5 ounces (100 grams), which is roughly one can of sardines.

Description

Sardines are small, oily fish known for their rich content of omega-3 fatty acids, calcium, B12, and vitamin D. Consuming sardines can support heart health, bone strength, and provide essential nutrients, and they are typically found in coastal waters.

Sardines are a good source of iron, omega-3 fatty acids, and a host of vitamins and minerals including calcium, iron, and vitamin D. A 2-sardine serving provides 2 mg of iron or 11%DV.

How it helps

Sardines are a good source of calcium, which is essential for maintaining strong and healthy bones. Regularly consuming sardines can help increase your calcium intake and prevent conditions like osteoporosis.

How to implement

TYPICAL STARTING DOSE

100 mcg

Description

Vitamin K2 is a beneficial nutrient we often lack. It's like a traffic cop for your body, directing calcium to your bones and teeth where it's needed, rather than letting it clog up your arteries and organs. Ensuring you get enough Vitamin K2 boosts your bone and heart health.

How it helps

Vitamin K2 works synergistically with vitamin D3 to help ensure that calcium is deposited in the bones, not in the arteries.

Please note: Vitamin K can interact with blood thinners (e.g., Coumadin). Make sure to consult your doctor before supplementing with vitamin K or drastically changing your dietary intake.

Next Steps

Remember, your genes only tell one important part of your health story!

Now that you've seen your DNA-based results for this health topic, let's take a look at other contributing factors.

Your lab results

Your lab results are impacted by the combined effect of your genes, environment and lifestyle.

Lab tests will give you the best picture of your current health status, while your genes provide insight into your health predispositions and which recommendations are best for you.

	Phosphorus	2 mg/dL		9 Nov 2025
	Calcium, Ionized	1.1 mmol/L		9 Nov 2025
	Magnesium	2.17 mg/dL		9 Nov 2025
	Vitamin D, 25-Hydroxy, Total	58.59 ng/mL		9 Nov 2025
	Albumin	4.3 g/dL		9 Nov 2025
	Calcium	9.2 mg/dL		9 Nov 2025