

Copper

DNA Health Report

REPORT CATEGORY —



Sample Client

Report date: 15 January 2026



Powered by

 omicsedge

Table of Contents

03 How this works

- 04 Impact
- 05 Evidence
- 06 Some things to keep in mind

07 Introduction

08 Your genetics

09 Your recommendations

22 Next Steps

- 22 Your Lab Results

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

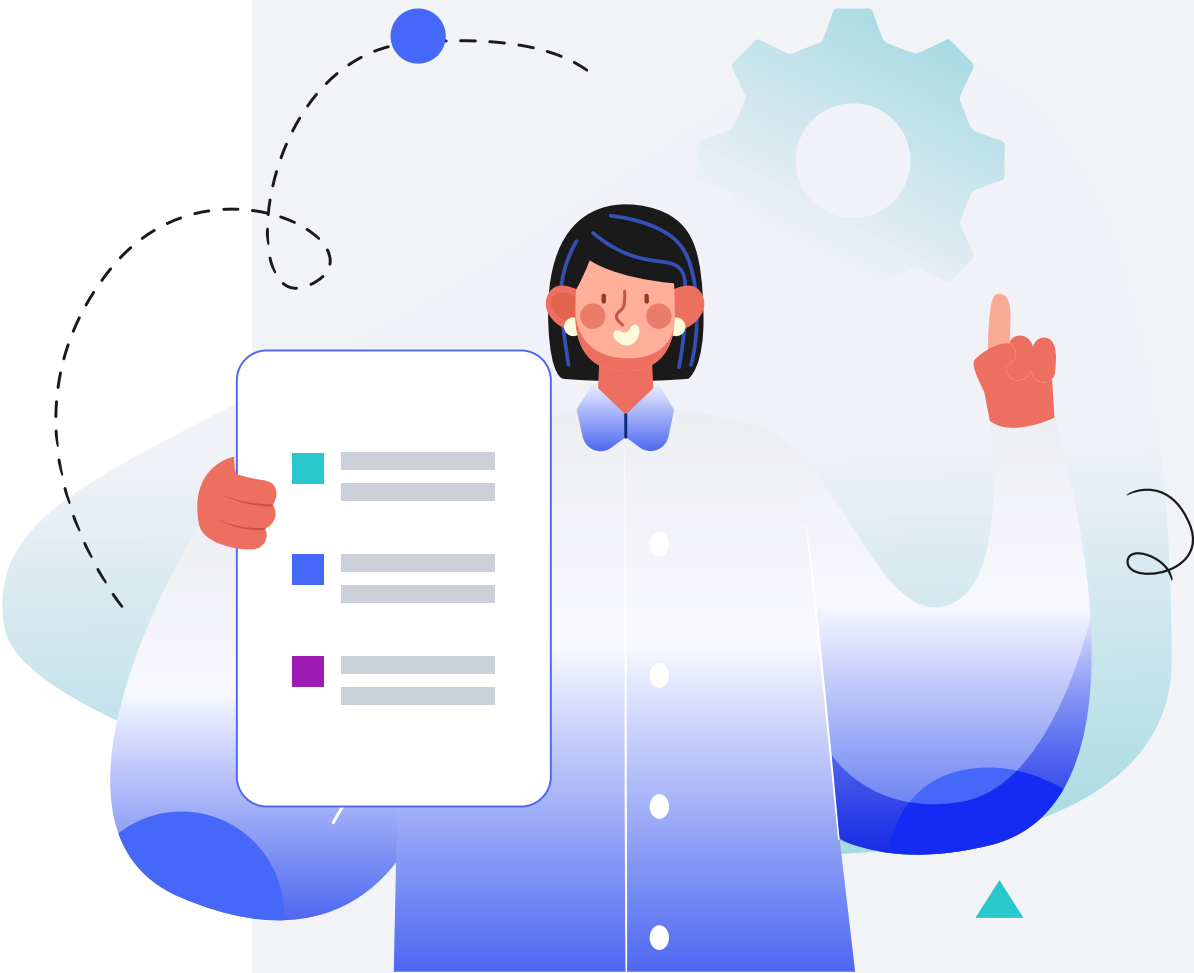
Male

HEIGHT

5ft 5" 165cm

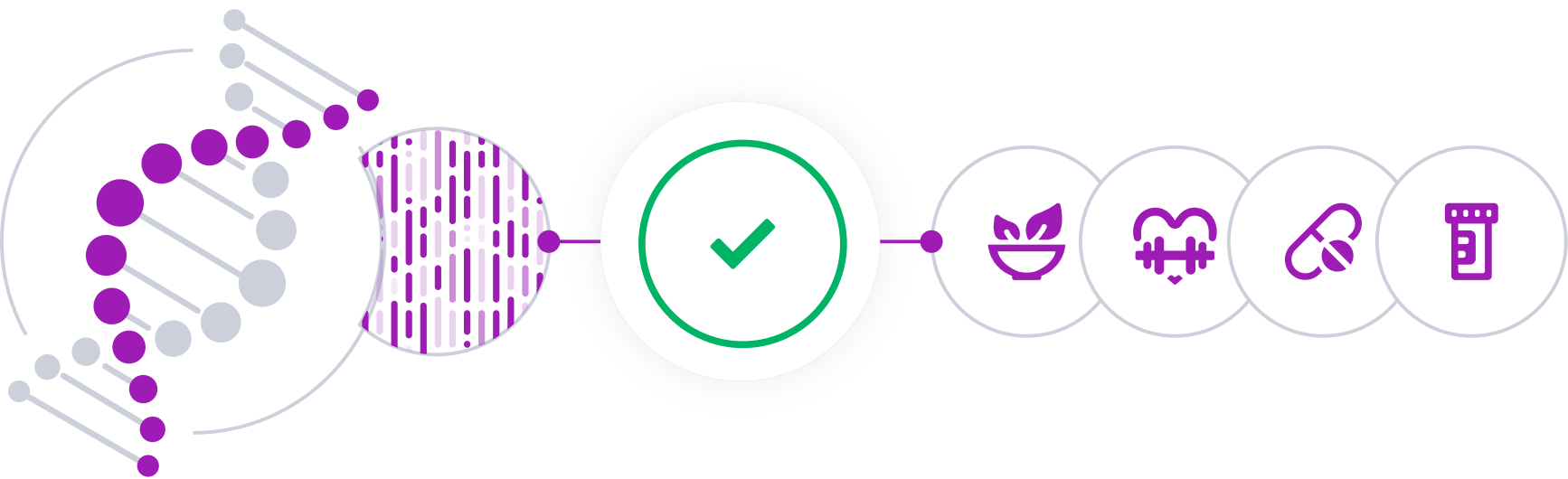
WEIGHT

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.

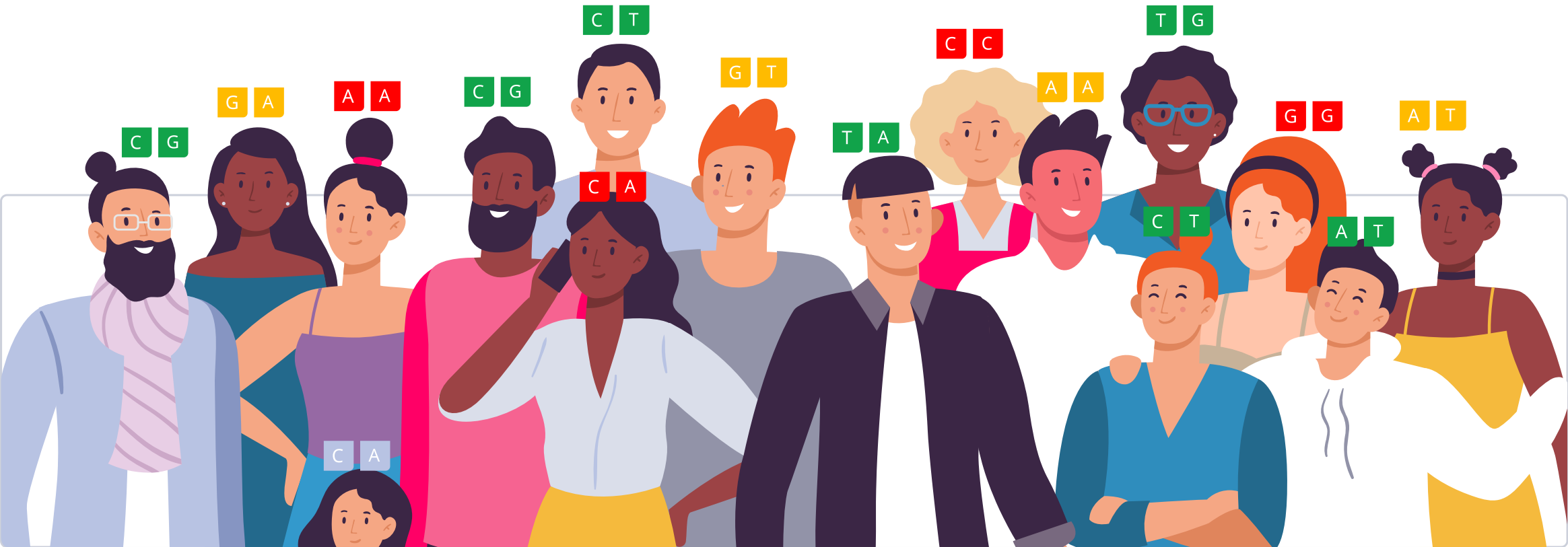


Similarly, our Trait Reports look at how your DNA influences your traits.



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

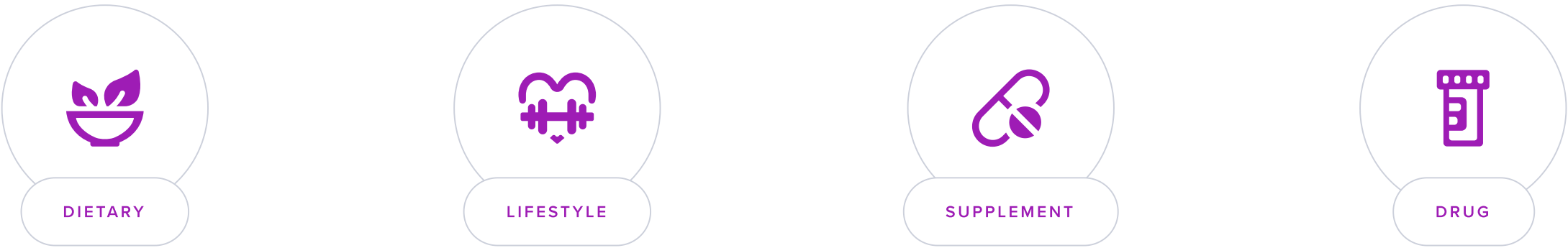
You have 2 risk alleles

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

Copper is an essential mineral. It helps many enzymes function normally [\[R\]](#), [\[R\]](#).

Copper plays a role in [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Energy production
- Heart function and blood pressure control
- Brain development
- Immune and nervous system function
- Bone structure

Adults need 900 micrograms of copper per day. Pregnant or breastfeeding women may need more. Good sources of copper include [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Beef liver
- Shellfish
- Potatoes
- Mushrooms
- Cashews
- Chocolate

Medical bodies recommend against getting more than 10,000 micrograms of copper per day [\[R\]](#).

Tap water can also be a good source of copper. However, some pipes, fixtures, and other materials that contain copper can cause excess copper to leach into tap water [\[R\]](#).

Copper is tightly regulated to prevent levels in the body from becoming too low (deficiency) or too high (toxicity). Both of these extremes can cause unwanted health effects [\[R\]](#), [\[R\]](#).

Copper deficiency can contribute to [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Heart problems
- Bone abnormalities
- Low blood cell count

On the other hand, copper toxicity can cause liver damage and gut problems like diarrhea or vomiting [\[R\]](#), [\[R\]](#).

Genetics of Copper Needs

The amount of copper you need may depend, in part, on your genetics.

Genes involved in copper levels in the body may influence the [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Absorption of copper in the gut
- Distribution of copper in cells and tissues
- Removal of copper from the liver (in a substance called bile)

Rare genetic mutations may make it harder for the body to absorb, distribute, or remove copper. As a result, these mutations may increase the risk of copper deficiency or toxicity [\[R\]](#), [\[R\]](#).

Genetically higher levels of copper may play a positive role in [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Heart Health
- High Blood Pressure
- Irritable Bowel
- Mood Swings
- Alzheimer’s Disease
- White Blood Cells
- Anemia
- Fractures

However, they may play a negative role in [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Higher GGT levels
- Glaucoma
- Sleep Apnea
- Carpal Tunnel Syndrome
- Lupus
- Kidney Health
- eGFR
- Joint Pain
- High Blood Sugar
- Liver Scarring

Note that this report does not look into such mutations. Also, keep in mind that your diet and environment also influence your copper levels.



TYPICAL NEED

Likely typical need for copper based on 16,129 genetic variants we looked at

Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
SCEL	rs17773384	CC
TFAP2E	rs367771738	TT
SLAIN1	rs17720055	TT
THRAP3	rs118183123	CC
CITED2	rs148460355	AA
ZNF608	rs73311010	AA
SELENBP1	rs2769264	TT
SMIM36	rs201065543	TT
IRF2	rs793811	TT
SMIM1	rs1175550	AA
PHETA1	rs4766566	CC
ZNF429	rs35830602	GA
CAMK1D	rs185903133	GG
BAK1	rs150273297	TT
ELAVL2	rs145001356	CC
SPDYE21	rs78761951	GG
FOXF1	rs2665328	AA
SNAI1	rs74274216	CC
NAA25	rs11066132	CC
ITGA1	rs7736204	GG
MAPKAPK5	rs78069066	GG
OAS1	rs886477	TT
BRAP	rs11066001	TT
ALDH2	rs4646776	GG
ALDH2	rs671	GG
STXBP6	rs66541674	GG
MYL2	rs2188380	TT

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	Chickpeas	2	Beef liver
3	Oysters	4	Beef
5	Spinach	6	Crab
7	Salmon	8	Tofu
9	Turkey giblets	10	Lentils
11	Millet	12	Beef Heart
13	Whole Grains	14	Cashews
15	Beef Spleen	16	Sunflower Seeds
17	Blackberries	18	Oats
19	Dates	20	Potatoes
21	Copper	22	Mushrooms

2 mg

1



Chickpeas

IMPACT

2 / 5

EVIDENCE

1 / 5

How to implement

Incorporate chickpeas into your diet by adding them to salads, soups, and stews, or by making hummus. Aim for at least a half-cup serving, 3-4 times a week.

Description

Chickpeas, also known as garbanzo beans, are a good source of fiber, protein, and various vitamins and minerals. They can promote digestive regularity, provide sustained energy, and contribute to overall well-being when included in a balanced diet.

Chickpeas are a good source of minerals like manganese, iron, copper, zinc, and phosphorus, as well as folate and fiber. A ½ cup serving provides 0.9 mg of manganese or 39%DV.

How it helps

Chickpeas are rich in copper, an essential mineral that helps your body form red blood cells and keeps nerve cells healthy. This means eating chickpeas can help prevent a copper deficiency, a condition that may cause fatigue, osteoporosis, and nerve problems.

2



Beef liver

IMPACT

2 / 5

EVIDENCE

1 / 5

How to implement

Incorporate beef liver into your diet 1-2 times per week, aiming for a serving size of about 3-4 ounces (85-113 grams) each time. This can be pan-fried, baked, or incorporated into dishes like stews or pate to make it more palatable.

Description

Beef liver is a commonly recommended organ meat due to its rich content of protein, B-vitamins, and minerals.

Chickpeas are a good source of vitamin B6, iron, folate, fiber, and rich in minerals like copper, zinc, and phosphorus. A ½ cup serving provides 1.1 mg of vitamin B6 or 65%DV.

How it helps

Beef liver is a great source of dietary copper, which is necessary for the production of red blood cells, absorption of iron and maintenance of nerves and immune system. Therefore, regular consumption can help prevent copper deficiency.

3



Oysters

IMPACT

2 / 5

EVIDENCE

1 / 5

How to implement

Consume 3-5 medium-sized oysters, which are about 50-100 grams, two to three times a week. This ensures an adequate intake of essential nutrients like zinc without excessive heavy metal consumption.

Description

Common to coastal areas around the world, oysters are a mullusk that has been harvested for thousands of years. Oysters are a rich source of protein, vitamins (especially B12), zinc, iron, copper, and omega-3 fatty acids.

Oysters are an excellent source of iodine, iron and are loaded with other vitamins and minerals, especially copper and vitamin B12. A 3-ounce serving provides 93 mcg of iodine or 62%DV.

How it helps

Oysters are rich in copper, a mineral that helps produce melanin and aids in iron absorption, both crucial for overall health. Regular consumption can help prevent a copper deficiency, which can lead to health issues like anemia and osteoporosis.

4



Beef

IMPACT

2 / 5

EVIDENCE

1 / 5

How to implement

Incorporate lean beef into your diet 2-3 times per week, with a serving size of about 3-4 ounces (85-113 grams) per meal. Choose cuts like sirloin or round to minimize saturated fat intake.

Description

Beef is a rich source of high-quality protein, essential vitamins, and minerals like iron and zinc. Incorporating lean cuts of beef into a balanced diet can support muscle growth, overall nutrition, and iron intake.

Beef is an excellent source of many B-vitamins, protein, proline, and minerals like zinc and iron. Grass-fed uncharred beef is healthiest. Beef contains 34.82 mg of proline per gram.

How it helps

Beef is rich in copper, which contributes to the proper functioning of organs and metabolic processes.

5



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 provides copper, playing a role in the formation of red blood cells and maintaining healthy bones.

6



Crab

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate crab meat into your diet 2-3 times per week, ensuring it is cooked thoroughly to avoid foodborne illness. Crab can be added to salads, pastas, or eaten as a main dish with a side of vegetables.

Description

Crab is a good source of zinc, iron, selenium, glutamine, folate, vitamin B12, niacin, and is lower in mercury than most white fish.

Crab is an excellent source of copper, zinc, iron, selenium, folate, vitamin B12 and niacin, as well as being lower in mercury than most white fish. A 3-ounce serving provides 624 mcg of copper or 69%DV.

How it helps

Crab is an excellent source of copper, which is a key mineral that your body needs to produce red blood cells and maintain healthy nerves. Regular consumption may prevent copper deficiency, thus you won't develop symptoms associated with this condition like fatigue and weak bones.

7



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 an excellent source of copper, a nutrient that supports various bodily functions including iron absorption and heart health. Consuming adequate copper, as found in salmon, prevents copper deficiency diseases.

8



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 rich in copper, a mineral essential for the production of hemoglobin and collagen in the body. A deficiency in copper can cause anemia and weakened immune system, so eating tofu helps to maintain proper body functions.

9



Turkey giblets

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate cooked turkey giblets into your diet a few times a week. You can add them to soups, stews, gravies, or finely chopped in stuffing, providing a source of protein, vitamins, and minerals. Ensure they are properly cooked to a safe internal temperature of 165°F to avoid foodborne illnesses.

Description

Turkey giblets refer to the edible organs of a turkey, typically the heart, liver, and gizzard. They are nutrient-dense and provide essential vitamins and minerals. These organ meats are used in various culinary dishes and can offer health benefits like iron and vitamin A intake.

Turkey giblets are a great source for copper, selenium, and zinc, vitamin A and B-vitamins, as well as protein and choline. A 3-ounce serving provides 588 mcg of copper or 65%DV.

How it helps

Turkey giblets are high in copper, an essential mineral for blood cell production, maintaining nerve cells, and boosting the immune system. Consuming them can help prevent copper deficiency, leading to anemia, weak immune system, and nerve problems.

10



Lentils

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate at least 1/2 cup of cooked lentils into your daily diet. You can add them to salads, soups, or rice dishes for a nutritious boost. Continue this practice as a regular part of your diet to benefit from their high fiber and protein content.

Description

Lentils are a nutritious legume that provides a good source of plant-based protein, fiber, and essential vitamins and minerals.

Lentils are loaded with iron, protein, fiber, vitamins, minerals, like thiamine, phosphorus, zinc, manganese, and copper. A ½ cup serving provides 3 mg of iron or 17%DV.

How it helps

Lentils provide a plant-based source of copper, important for heart health and maintaining a robust immune system.

11



Millet

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate millet into your diet by replacing one of your daily grain servings with it, such as in salads, soups, or as a side dish. You can also use millet flour in baking. Aim for at least one serving (approximately 1/2 cup cooked millet) three times a week for nutritional benefits.

Description

Millet is a whole grain rich in fiber, vitamins, and minerals. Its consumption can support digestive health, provide sustained energy, and contribute to overall nutritional wellness.

Millet is a good source for copper, phosphorus, and magnesium, as well as protein and antioxidants. A 1-cup serving provides 280 mcg of copper or 31%DV.

How it helps

Millet is a rich source of copper, a nutrient that helps with many body functions including iron absorption and energy production. In this way, consuming millet can help to prevent copper deficiency, benefiting your health.

12



Beef Heart

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate beef heart into your meals 2-3 times a week. It can be grilled, braised, or stewed. For a balanced diet, accompany it with vegetables and whole grains.

Description

Beef heart is a nutrient-dense organ meat that provides a concentrated source of essential nutrients, including iron, B vitamins, and coenzyme Q10. It is considered a nutritious food choice that can promote heart health and overall well-being when included in a balanced diet.

How it helps

Beef heart is rich in copper, a vital nutrient that helps your body produce red blood cells and maintain nerve cells and your immune system. Eating beef heart can thus ensure sufficient copper intake which could be particularly beneficial if you're deficient in this mineral.

Beef heart is a good source of copper. It contains 0.6 mg of copper per 100 grams. Hearts from other animals may have similar nutritional profiles [\[R\]](#).

13



Whole Grains

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate at least three servings of whole grains into your daily diet. This can include consuming foods such as whole grain bread, brown rice, whole grain pasta, and oats. Aim to replace refined grains with whole grains at each meal for optimal benefits.

Description

Whole grains encompass a variety of grains like wheat, oats, and quinoa, where the entire grain kernel is intact. They are rich in fiber, vitamins, minerals, and antioxidants, supporting heart health and reducing the risk of chronic diseases.

Unlike refined grains, whole grains contain nutritious parts of the grain like bran and germ.

Whole grains provide many crucial nutrients, including:

- Fiber
- B-vitamins
- Iron
- Magnesium
- Phosphorus

Due to their high fiber content, whole grains don’t tend to spike blood sugar like refined grains do.

How it helps

Whole grains are a healthy source of dietary copper, essential for organ function and metabolic processes.

14



Cashews

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate a handful of cashews (about 1 to 2 ounces) into your daily diet. You can eat them as a snack, or add them to meals like salads, stir-fries, or oatmeal for added texture and nutritional benefits.

Description

Cashews are a nutrient-rich nut known for their healthy fats, vitamins, and minerals. They are a versatile snack option that can support heart health, provide energy, and contribute to overall well-being.

Cashews are actually seeds and a rich source of omega-6s, and minerals including magnesium, manganese, zinc, iron, and selenium. A 1-ounces serving provides 2300 mg of omega-6.

How it helps

Cashews are rich in copper, which helps in energy production and iron utilization, crucial for preventing copper deficiency conditions. They also support brain development and the creation of melanin, a pigment that protects your skin from harmful UV rays.

15



Beef Spleen

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate beef spleen into your diet by consuming it 2-3 times a week. You can cook it by braising, grilling, or making it into stews. Ensure it's thoroughly cooked before eating.

Description

Beef spleen is an organ meat that provides essential nutrients, including iron and vitamin B12. It can be incorporated into a balanced diet to support overall nutritional well-being.

How it helps

Beef spleen is an excellent source of dietary copper, an essential trace element. Through digestion, it helps replenish copper in those with a deficiency, thus tackling related health issues.

Beef spleen is a good source of copper. It contains 0.9 mg of copper per 100 grams. Spleens from other animals may have similar nutritional profiles [\[R\]](#).

16



Sunflower Seeds

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Incorporate a small handful of sunflower seeds (about 1 ounce or 28 grams) into your daily diet. You can eat them alone as a snack, sprinkle them on salads, or add them to homemade bread or muffins. Ensure they are unsalted to keep your sodium intake in check.

Description

Sunflower seeds are nutrient-dense plant-based snacks high in protein, healthy fats, fiber, and essential minerals like magnesium and selenium. They are associated with promoting heart health, supporting digestion, and providing energy.

Sunflower seeds are a great source of biotin, protein and antioxidants, minerals like zinc and selenium, and vitamins E and B6. A ¼ cup serving provides 2.6 mcg of biotin or 9%DV.

How it helps

Sunflower seeds are rich in copper, which is essential for your body to form red blood cells and maintain nerve cells and the immune system. Consuming them regularly can help prevent copper deficiency, leading to fewer health complications linked to this condition.

17



Blackberries

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Incorporate a serving of blackberries into your daily diet, which is about 1/2 to 1 cup. You can add them to your morning cereal, blend them into a smoothie, or eat them as a snack.

Description

Blackberries are a delicious and antioxidant-rich fruit packed with vitamins and fiber. They can promote immune health, support digestive regularity, and contribute to overall well-being.

How it helps

Blackberries are rich sources of copper, an essential mineral your body needs to properly function. Eating them can help manage a copper deficiency by aiding in red blood cell production, maintaining nerve cells and the immune system. One cup (approximately 144 g) of blackberries contains approximately 0.2 mg of Copper (around 22% of RDI).

18



Oats

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate oats into your diet daily by having them for breakfast as oatmeal, or adding them to smoothies, baking recipes, or overnight oats. Aim for at least a half-cup (40 grams) of dry oats to reap the health benefits.

Description

Oats are a whole grain known for their high fiber content and nutritional value, like zinc, iron, and manganese. Including oats in one's diet can promote heart health, stabilize blood sugar levels, and provide sustained energy.

Oats are a good source for manganese, zinc, iron, magnesium, and vitamins B1 and B5. A ½ cup serving provides 0.7 mg of manganese or 30%DV.

How it helps

Oats contain a moderate amount of copper which, when included in your diet, can support various functions including energy production, iron metabolism, and brain development. However, remember excess copper can be toxic, so moderation is key.

19



Dates

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate a handful of dates (around 3-5 depending on their size) into your daily diet. They can be eaten as a snack on their own, blended into smoothies, or chopped and added to oatmeal, salads, and baked goods. It's recommended to eat them in moderation due to their high sugar content.

Description

Dates are a nutritious fruit rich in fiber, vitamins, and minerals. They can provide natural sweetness and energy, making them a healthy snack option that supports digestive health and overall well-being.

How it helps

Dates contain copper, which plays a vital role in your body for the formation of hemoglobin and collagen (proteins important for bone and connective tissue health). So, in a copper deficiency, eating dates can help replenish these essential elements in your body.

20



Potatoes

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate potatoes into your diet 2-3 times per week, either baked, boiled, or steamed, avoiding deep-frying to minimize unhealthy fats. Aim for portion sizes of about a half to a whole medium-sized potato per serving.

Description

Potatoes are a starchy root vegetable rich in carbohydrates, molybdenum, iron, fiber, vitamin C, manganese and potassium. They provide sustained energy, and promote digestive regularity.

Potatoes are a good source for choline, as well as vitamins and minerals (mostly in the skin), including iron, vitamins C and B6, potassium, manganese, and niacin. One medium potato provides 57 mcg of choline or 10%DV.

How it helps

Potatoes are a good source of dietary copper, which is essential for many bodily functions, like the formation of red blood cells and maintaining nerve cells. A deficiency in copper could lead to health issues such as anemia, osteoporosis, and nerve disorders.

21



Copper

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a copper supplement of 2 milligrams (mg) per day with water, preferably with a meal to reduce the risk of stomach upset. This dosage is for general maintenance of copper levels in adults and should not exceed the recommended amount without consulting a healthcare provider.

TYPICAL STARTING DOSE

2 mg

Description

Copper is an essential trace mineral that plays a vital role in various bodily functions, including the formation of red blood cells and the maintenance of healthy connective tissues.

A **copper supplement** of up to 900 micrograms per day can be taken to meet needs not achieved through diet.

Please note: only people who can't maintain healthy copper levels through their diets may need a supplement. Consult your doctor before supplementing.

How it helps

Copper is crucial for your body as it aids in producing energy, building strong tissues, and maintaining blood volume. Therefore, supplementing copper can prevent deficiency by ensuring adequate body function and preventing health problems associated with copper insufficiency.

22



Mushrooms

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate a variety of mushrooms such as shiitake, button, portobello, and oyster into your diet. Aim for at least 100-150 grams (roughly one cup) of fresh mushrooms or 15-20 grams of dried mushrooms, 2-3 times per week. You can add them to salads, soups, sandwiches, or sauté them as a side dish.

Description

Mushrooms are fungi rich in nutrients like B vitamins and copper, and bioactive compounds. They are used in various cuisines and have been associated with potential health benefits, including immune support and antioxidant properties.

How it helps

Mushrooms contain copper, a mineral your body needs to produce red blood cells and maintain nerve health. Including them in your diet can help prevent copper deficiency.

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.