

Cough

DNA Health Report

REPORT CATEGORY —



Sample Client

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Personal information

NAME

Sample Client

SEX AT BIRTH

Male

HEIGHT

5ft 5" 165cm

WEIGHT

137lb 62kg

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.



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

A cough is a common reflex action that occurs when the airway is irritated or obstructed. It is the body’s way of clearing the breathing passages of foreign particles, mucus, irritants, fluids, and microbes.

Coughing can be voluntary or involuntary, and it is a critical defensive mechanism that maintains the integrity of the respiratory system. Acute coughs are often caused by common respiratory infections like the common cold or the flu, whereas chronic coughs, lasting more than eight weeks, may be a symptom of conditions like chronic bronchitis, allergies, asthma, or gastroesophageal reflux disease (GERD).

Types and Management

The nature of a cough can vary widely, with characteristics such as dry (non-productive) or chesty (productive), where mucus or phlegm is expelled. A dry cough is typically associated with infections of the upper respiratory tract, while a productive cough is more related to lower respiratory tract infections.

It's important for healthcare providers to assess the quality, duration, and pattern of a cough, as these details can offer valuable insights into its underlying cause. Managing a cough generally focuses on treating its root cause, but symptomatic relief can also be provided through over-the-counter medications, throat lozenges, and home remedies like steam inhalation.



MORE LIKELY

More likely to cough based on 1,673 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	Honey	2	Peppermint Oil Aromatherapy30 minutes
3	Thyme	4	Ivy Leaf Extract25 mg
5	Umckaloabo (African Geranium)		60 mg

1



Honey

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Consume 1-2 tablespoons of raw honey daily, either directly or by mixing it into warm water, tea, or yogurt. Continue this practice regularly to observe benefits.

Description

Honey is a natural sweetener known for its antimicrobial properties and potential benefits for wound healing. It contains antioxidants and may have soothing effects on sore throats and coughs.

[Honey](#) is a thick, sweet substance. It’s made by honeybees from the nectar of flowering plants. There are many different types of honey. Besides sugar, honey also contains amino acids (protein building blocks), vitamins, and minerals [\[R\]](#).

People use honey for its anti-inflammatory and antioxidant properties. It can potentially help with [\[R\]](#):

- Heart problems
- Gut problems
- Cough
- Burns

How it helps

Honey is known for its soothing effect on the throat, which can reduce coughing. Its thick consistency coats the throat, and its sweet taste is believed to trigger nerve endings that protect the throat from incessant coughing. Honey is also known for its antibacterial properties, which can help in reducing cough caused by bacterial infections.

Honey shows promise as a treatment for cough symptoms in children, outperforming both placebo and certain medications like dextromethorphan and diphenhydramine. Evidence from various studies indicates that honey reduces cough frequency and severity, improves sleep quality for both children and parents and causes no adverse effects. It emerges as a preferable option for managing cough associated with upper respiratory infections [\[R, R, R, R, R\]](#).

2



Peppermint Oil Aromatherapy

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Add 2-3 drops of peppermint oil to a diffuser filled with water and use it in your home or office space for about 30 minutes to an hour daily for a calming effect and to aid with focus and digestion.

TYPICAL STARTING DOSE

30 minutes

Description

Peppermint oil is extracted from the leaves of the peppermint plant, and has a long history of medicinal usage. Peppermint aromatherapy involves the inhalation of the diffuse essential oil derived from the peppermint plant. It is known for its potential to alleviate headaches, reduce stress, and improve mental clarity, making it a popular choice for promoting relaxation and mental well-being.

Aromatherapy uses concentrated plant extracts known as **essential oils**. They can be inhaled using a diffuser (a device that releases small amounts of oil into the air) or applied to the skin using a roller [\[R\]](#).

[Peppermint oil](#) is an **essential oil from peppermint leaves**. It may ease muscle pain, relieve headaches, and improve digestion [\[R\]](#), [\[R\]](#).

Essential oils can be harmful if not used properly. Tips for using them safely include [\[R\]](#), [\[R\]](#):

- Diluting them properly using a plant-based carrier oil (such as olive oil or almond oil)
- Using diffusers in a well-ventilated area for a maximum of 1 hour
- If using on the skin, testing a small area first and waiting a day before using more
- Keeping essential oils away from candles or other heat sources

Please note: *Peppermint oil may interact with certain medications. If you are taking any medications, consult your doctor before using peppermint oil* [\[R\]](#), [\[R\]](#).

How it helps

Peppermint oil contains menthol, which can have a soothing effect on the throat and act as a natural decongestant, helping to break down mucus. Inhaling peppermint oil through aromatherapy can provide temporary relief from coughing.

3



Thyme

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

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

Description

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

How it helps

Thyme has been traditionally used to treat coughs due to its antioxidant properties. It can help relax the muscles of the trachea (windpipe) and reduce inflammation, making it easier to cough up mucus.

4



Ivy Leaf Extract

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take an ivy leaf extract supplement daily, following the dosage instructions on the product label, typically ranging from 25 mg to 100 mg. Continue this regimen for up to 8 weeks to help relieve cough and promote respiratory health.

TYPICAL STARTING DOSE
25 mg

Description

Ivy (*Hedera helix*) is an evergreen climber native to Europe. Traditional herbalists have used ivy leaf for bronchitis, joint problems, dysentery, and more.

Ivy (*Hedera helix*) is an evergreen climber native to Europe. Traditional herbalists have used ivy leaf for bronchitis, joint problems, dysentery, and more. Today, people mainly use ivy leaf extract for conditions followed by **productive or ‘wet’ cough** [\[R\]](#).

Ivy should be carefully distinguished from poison ivy found in the Americas [\[R\]](#).

How it helps

Ivy leaf extract acts as an expectorant, helping to clear mucus from the airways. This can ease coughing and improve breathing in individuals suffering from cough or bronchial irritation.

5



Umckaloabo (African Geranium)

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take an extract of Umckaloabo (African Geranium) at a dose of 20-30 mg three times daily for no longer than 10 days at the onset of cold or flu symptoms.

TYPICAL STARTING DOSE

60 mg

Description

Umckaloabo is a plant native to South Africa and is used in herbal medicine for its potential to relieve symptoms of respiratory tract infections like bronchitis and the common cold. It contains various active compounds, including catechins and coumarins, that exhibit antibacterial and anti-inflammatory properties.

How it helps

Umckaloabo, derived from Pelargonium sidoides or African Geranium, has been studied for its benefits in respiratory infections. Its mechanism includes boosting the immune system, offering antimicrobial activities, and helping to clear mucus from the throat. This makes it effective in reducing the symptom of cough in conditions like bronchitis.

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.

