

Creatinine

Biohacker Report

REPORT CATEGORY —



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

Every day, your kidneys filter 37 gallons (about 168 L) of blood and produce 1-2 quarts of urine. Kidneys are designed to keep blood cells and important nutrients in your body while removing waste [\[R\]](#).

Creatinine is one waste product that is normally removed with the urine. Your body makes creatinine when it breaks down protein from muscles or the foods you eat [\[R\]](#)

When kidneys don’t receive enough blood flow or become damaged, creatinine can build up in the blood. A rise in blood creatinine level may indicate that there is an issue with the kidneys [\[R\]](#).

Factors Influencing Creatinine Levels

Creatinine is one waste product that is normally removed with the urine. Your body makes creatinine when it breaks down protein from muscles or the foods you eat. When kidneys don’t receive enough blood flow or become damaged, creatinine can build up in the blood [\[R\]](#), [\[R\]](#).

An increase in creatinine may not mean that there is a serious medical issue. Some common causes of high creatinine are temporary. These include:

- Taking creatine or protein supplements [\[R\]](#)
- Eating meat (especially if cooked) before getting a blood test done [\[R\]](#), [\[R\]](#)
- Intense exercise [\[R\]](#)
- Dehydration

Certain medications and chronic medical conditions can damage the kidneys and lead to a permanently higher creatinine level. Some of the conditions include:

- Chronic kidney disease [\[R\]](#)
- Diabetic kidney disease [\[R\]](#)
- High blood pressure [\[R\]](#)

Managing these health conditions may help preserve kidney function.

The following factors also affect creatinine levels [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Age
- Gender
- Ethnicity
- **Genetics**

Around **60%** of differences in people’s creatinine levels may be due to genetics. Genes involved may influence [\[R\]](#), [\[R\]](#), [\[R\]](#):



Predisposed to typical creatinine levels based on 898,002 genetic variants we looked at

Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
/	rs58805410	AA
PDILT	rs35208507	AA
UNCX	rs62435145	TT
LRP2	rs16856823	AA
EGLN1	rs186996510	GG
WDR72	rs17730281	GG
G3BP1	rs2053062	CC
RGS14	rs3812036	TT
GNP1	rs4665987	GG
ZNF436	rs7532311	TT
EVC	rs2279252	GG
CDK12	rs11078901	TT
UBE2Q2	rs4886466	GG
NFATC1	rs549752	GA
CPS1	rs1047891	AC
RRAGD	rs9294435	GA
FGF5	rs10857147	TA
XPO5	rs10223666	CG
/	rs62452914	TC
RAI14	rs6879561	CT
KIF1B	rs491334	AC
TSPAN9	rs3782787	GC
CD24	rs6914291	CT
/	rs530573459	CC
/	rs555657341	GG
HCRT2	rs4715517	CC
OR2H2	rs74294664	GG
TFCP2L1	rs36096257	GG
SHROOM3	rs28817415	CC
ACAD10	rs11066015	GG
FMO4	rs35041900	CC
MPPED2	rs963837	CC

- Kidney function
- Creatinine production
- Urine composition

GENE	SNP	GENOTYPE
DACH1	rs9529913	CC
CARD10	rs73884086	GG
SUFU	rs75174967	GG
AQP4	rs16942751	CC

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	Resveratrol	150 mg	2	L-Carnitine	1 g
3	Astragalus	500 mg	4	N-acetylcysteine (NAC)	1200 mg
5	Avoid Air Pollution		6	Quercetin	250 mg
7	Avoid Lead Exposure		8	Tocotrienols	100 mg
9	Fucoidan	300 mg	10	Celery Seed	600 mg
11	Lactobacillus Plantarum	10 billion CFU	12	Avoid Mercury Exposure	
13	Nicotinamide Mononucleotide (NMN)	250 mg	14	Avoid Processed High Phosphate Foods	
15	Drink at Least 8 Glasses of Water a Day		16	Avoid Strenuous Activity	
17	Limit Salt Intake		18	L-Citrulline	3 g

1



Resveratrol

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Take 150-500 mg of resveratrol as a supplement daily, preferably with meals to enhance absorption. This dosage range is based on studies for various health benefits, and it's advised to not exceed 500 mg per day without medical supervision.

TYPICAL STARTING DOSE
150 mg

Description

Resveratrol is a natural compound found in red grapes, red wine, and some berries. It is known for its potential antioxidant properties and its role in promoting heart health.

[Resveratrol](#) is an antioxidant found mainly in [\[R\]](#):

- Berries
- Red grapes
- Red wine
- Peanuts

It’s purported to have anti-inflammatory and antioxidant effects [\[R, R, R\]](#).

How it helps

A meta-analysis of 32 studies concluded that supplementation with resveratrol lowers BUN (by 0.84 mg/dL) and creatinine (by 1.90 μmol/L) while increasing eGFR (by 7.58 mL/min/1.73 m2). While changes in BUN were observed in studies shorter than 12 weeks using doses below 500 mg/day, higher doses were required to change creatinine levels [\[R\]](#).

2



L-Carnitine

IMPACT

2 / 5

EVIDENCE

3 / 5

How to implement

Take 500 mg of L-carnitine supplement daily with a glass of water, preferably with a meal to enhance absorption.

TYPICAL STARTING DOSE

1 g

Description

L-carnitine is an amino acid-like compound that plays a role in energy metabolism and helps prevent toxic substances from building up in cells. It is often used in dietary supplements for its potential to support muscle recovery, reduce fatigue, and enhance athletic performance.

[L-carnitine](#) is a compound that helps you burn fat. It also prevents toxic substances from building up in cells [\[R\]](#).

Your body can usually make enough carnitine to meet its needs. You can also get it from **meat and dairy products** [\[R\]](#).

People use L-carnitine for [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Heart problems
- Overactive thyroid
- Fertility problems
- Blood sugar control
- Weight control

How it helps

A systematic review and meta-analysis of nine randomized clinical trials with 779 patients found that L-carnitine supplementation significantly reduced blood levels of ammonia, bilirubin, AST, BUN, and Cr in hepatic encephalopathy (HE) patients. It also increased circulating albumin levels [\[R\]](#).

3



Astragalus

IMPACT2 / 5

EVIDENCE3 / 5

How to implement

Take a 500 mg astragalus supplement once daily with a meal. Continue this regimen for at least 4 to 6 weeks to evaluate its effectiveness on your overall health.

TYPICAL STARTING DOSE

500 mg

Description

Astragalus is an herb used in traditional Chinese medicine. It is believed to have immune-boosting properties and may help reduce stress and support overall vitality.

[Astragalus](#) (*Astragalus membranaceus*) is an herb used in traditional Chinese medicine. It is commonly used for “tonifying Qi” or fatigue. It may help [\[R\]](#), [\[R\]](#):

- Reduce inflammation
- Fight [oxidative stress](#)

Astragalus root is a staple of traditional Chinese medicine, where it is also known as *Huang Qi*.

How it helps

A Cochrane review of 22 studies involving 1,323 participants with chronic kidney disease, including 241 on dialysis, found that astragalus, when used alongside conventional treatments, may reduce proteinuria and increase hemoglobin and serum albumin levels. Some studies also suggested a potential decrease in systolic and diastolic blood pressure. However, the authors noted concerns about the overall methodological quality of the included studies [\[R\]](#).

A [meta-analysis of 21 RCTs and 4 CCTs including 1,804 people with diabetic nephropathy \(DN\)](#) found that Astragalus injection **improved BUN, SCr, CCr, urine protein, and albumin level** compared with the control group [\[R\]](#).

A more recent [systematic review and meta-analysis of 66 studies with 4,785 people with diabetic kidney disease \(DKD\)](#) found that Astragalus preparations as an adjunctive therapy **reduced albuminuria, proteinuria, and serum creatinine levels** more than conventional therapies alone did. The quality of the included studies was low [\[R\]](#).

In a systematic review and meta-analysis of 50 randomized controlled trials involving 3423 people with idiopathic membranous nephropathy (IMN), Astragalus combined with supportive care or immunosuppressive therapy improved 24-hour urinary total protein, serum albumin, serum creatinine, complete remission rate, and partial remission rate more than standard therapy alone [\[R\]](#).

4



N-acetylcysteine (NAC)

IMPACT2 / 5

EVIDENCE2 / 5

How to implement

Take 600 mg of N-Acetylcysteine (NAC) supplement daily with water. It can be taken at any time of the day, but try to take it at the same time each day for best results.

TYPICAL STARTING DOSE

1200 mg

Description

NAC is a supplement that contains a form of the amino acid cysteine, a protein building block that your body uses to make the antioxidant glutathione. It is used for its potential antioxidant properties and its ability to support lung, gut, and mental health.

[N-acetylcysteine](#) (NAC) is converted to cysteine in the body. Cysteine is a protein building block (amino acid) that helps make the antioxidant glutathione [\[R\]](#).

People take NAC to potentially support [\[R\]](#), [\[R\]](#):

- Mental health
- Ovarian health and pregnancy outcomes
- Lung health
- Gut health

How it helps

A meta-analysis of 15 studies found that supplementation with N-acetylcysteine can improve kidney function in patients with chronic kidney disease by lowering creatinine levels and increasing eGFR [\[R\]](#).

5



Avoid Air Pollution

IMPACT2 / 5

EVIDENCE2 / 5

How to implement

Stay indoors on days when air quality indexes (AQI) indicate high pollution levels, which are often reported by weather services or government environmental agencies. **Install air purifiers** in your home, especially in bedrooms, to reduce indoor pollutants. Limit outdoor exercise when air pollution warnings are issued, opting for indoor activities instead.

Description

Avoiding air pollution by reducing exposure to pollutants in the environment is essential for respiratory and overall health. It can help lower the risk of respiratory diseases, cardiovascular conditions, and other health issues associated with poor air quality.

While city life is convenient in a lot of ways, it comes with some health hazards. Cars, factories, and other sources increase air [pollution](#) ^[R].

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

- Lung disease
- Heart disease
- Diabetes
- Asthma
- Skin conditions

How it helps

Long-term exposure to air pollution near oil and natural gas communities increases CKD risk (by 70%), lowers eGFR (by half), and raises serum creatinine (by 39%), based on a systematic review of 14 studies [\[R\]](#).

A systematic review and meta-analysis of 13 studies found that exposure to certain air pollutants (PM2.5, PM10, NO2, SO2, CO) was associated with an increased risk of CKD [\[R\]](#).

6



Quercetin

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Take 250-1000 mg of quercetin supplement daily with a glass of water, preferably with a meal to aid in its absorption.

TYPICAL STARTING DOSE

250 mg

Description

Quercetin is a natural plant flavonoid found in various foods, particularly in fruits and vegetables like apples, onions, and broccoli. It is used as a dietary supplement and is valued for its potential antioxidant and anti-inflammatory properties.

[Quercetin](#) is a **plant-based antioxidant**. It supports the immune system and helps lower inflammation [\[R\]](#), [\[R\]](#).

Good sources of quercetin include [\[R\]](#):

- Apples
- Onions
- Tea

People mainly use quercetin supplements to relieve allergies [\[R\]](#), [\[R\]](#), [\[R\]](#).

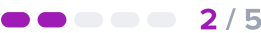
How it helps

A meta-analysis of 18 studies found that quercetin induced a reduction in mesangial index, Scr, BUN, 24-h urinary protein, serum urea, BG, kidney index, TNF, and other parameters. Furthermore, it could remarkably improve renal pathology [\[R\]](#).

Please note: *quercetin may inhibit the production of the thyroid hormone T4 (thyroxine). Individuals with thyroid disorders, particularly hypothyroidism or low T4 levels, should exercise caution when using quercetin and always consult with a healthcare provider before taking this supplement* [\[R\]](#).

Please note: *quercetin may interfere with iron absorption due to its iron-chelating properties, potentially exacerbating anemia or making it harder to manage. If you have anemia, consult your healthcare provider before using quercetin supplements* [\[R\]](#).

Avoid Lead Exposure



How to implement

Prevent lead exposure by using cold water for drinking and cooking, regularly cleaning dust from windowsills and floors, and ensuring that your home's paint is not chipping if it was built before 1978. For occupations involving potential lead exposure, use protective gear and follow safety protocols. Test your home for lead if it's old or you're concerned about contamination.

Description

Lead is a heavy metal. It is naturally found in the environment in small amounts [R, R].

Exposure to lead can cause it to build up in the body. A buildup of lead can contribute to oxidative stress and cell damage. This is called **lead poisoning** [R, R].

Lead is no longer used in the manufacturing of some products like gasoline and paint. However, it can still be found in some pipes, batteries, and the wall paint of older homes [R, R, R].

How it helps

In a meta-analysis of 43 articles, the mean creatinine levels in lead-exposed participants were higher, and creatinine clearance was lower, than those in non-exposed controls [R].

Tocotrienols



How to implement

Take tocotrienols as a dietary supplement in doses ranging from 100 to 200 mg, 1-2 times a day, ideally with meals to enhance absorption. This intake can be continuous, but it's recommended to review its effects with a healthcare provider periodically, typically every 6 to 12 months.

TYPICAL STARTING DOSE

100 mg

Description

Tocotrienols are a form of vitamin E that helps to protect your cells. They fight harmful substances in your body called free radicals, which can damage our cells and lead to illness. By helping your body in this way, tocotrienols contribute to overall health, boosting immunity, and slowing down aging processes.

How it helps

In a placebo-controlled trial of 59 patients with stage-3 CKD, supplementation with tocotrienol-rich vitamin E (400 mg/day for 12 months) reduced serum creatinine while increasing eGFR [R].

Tocotrienols may help by reducing oxidative stress and inflammation, two factors that can damage kidneys.

9



Fucoidan

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 300 mg of fucoidan supplement once daily, preferably with a meal to aid absorption. Continue this regimen for a minimum of four weeks to evaluate its effects on your health.

TYPICAL STARTING DOSE

300 mg

Description

Fucoidan is a compound found in certain brown seaweeds and marine plants, and it is consumed for its immune system support and anti-inflammatory effects.

How it helps

In a placebo-controlled trial of 20 patients with asthma, supplementation with fucoidan as an add-on to regular asthma treatment decreased white blood cells, creatinine, IL-8, and the proportions of CD3+CD4+ and CD3+CD8+ cells, while increasing the level of IFN+ and CD4+IFN+cells [R].

Fucoidan may help by supporting kidney function and promoting the removal of waste products from the body.

10



Celery Seed

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a celery seed supplement capsule of 600-1000 mg daily with a glass of water, preferably with a meal to aid absorption and minimize potential stomach discomfort. Continue this regimen for at least 4-6 weeks to evaluate its effects on your condition.

TYPICAL STARTING DOSE

600 mg

Description

Celery seed extract is a natural supplement derived from the seeds of the celery plant, known scientifically as *Apium graveolens*. This extract is rich in various bioactive compounds, including flavonoids, linoleic acid, and volatile oils like limonene and selinene. These compounds contribute to its potential health benefits, which may include anti-inflammatory properties, support for joint health (often used in treating conditions like arthritis), and assistance in managing blood pressure levels. Celery seed extract is available in various forms, including capsules, tablets, and tinctures, and is often used in traditional medicine for its diuretic and antispasmodic effects.

How it helps

In a placebo-controlled trial of 51 patients with hypertension, supplementation with celery seed extract (1.34 g/day) for 4 weeks reduced serum creatinine by 0.075 mg/dL [R].

11



Lactobacillus Plantarum

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

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

TYPICAL STARTING DOSE
10 billion CFU

Description

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

People take *L. plantarum* supplements to improve [\[R, R, R, R\]](#):

- Diarrhea
- Skin appearance
- IBD
- High cholesterol

How it helps

In [2 placebo-controlled trials of 92 patients with diabetic nephropathy](#), supplementation with soy milk containing L. plantarum (200 mL/day) for 8 weeks **reduced Cys-C and PGRN levels, albuminuria, creatinine, IL-18, and sialic acid while increasing eGFR** [\[R, R\]](#).

How to implement

Description

Mercury and other [heavy metals](#) are found in the soil, water, food, and some commonly-used household products. They adversely affect the environment and living organisms. According to some studies, mercury is considered **the most toxic heavy metal** in the environment [R, R].

- Tuna
- Shark
- Swordfish

How it helps

Mercury exposure can damage your kidneys, impairing their ability to filter out waste like creatinine from your blood. By avoiding mercury, you support your kidneys' functionality, keeping your creatinine levels in check.

There are significant increases of SCr in two quartiles with high UHg concentrations. The results indicated that human IHg exposure may cause impairment of renal function [R].

Random morning urine samples from participants were analyzed for various urinary parameters, including total protein (UTP), retinol-binding protein (URBP), creatinine (UCr), mercury (UHg), and enzyme activities. Exposed workers who smoked and those with work durations over 11 years showed significantly higher urinary excretion of these parameters compared to their counterparts with shorter work durations [R].

13



Nicotinamide Mononucleotide (NMN)

IMPACT

0 / 5

EVIDENCE

1 / 5

How to implement

Take 250-500 mg of nicotinamide mononucleotide (NMN) orally once daily in the morning. It can be taken with or without food. Continue this regimen as part of your daily supplement routine to support cellular health and energy levels.

TYPICAL STARTING DOSE

250 mg

Description

Nicotinamide mononucleotide is a compound that is believed to support cellular energy production and may have potential benefits for aging-related processes.

How it helps

In an uncontrolled trial of 10 healthy men, a single dose of NMN (100-500 mg) lowered blood creatinine levels [R].

NMN may encourage kidney repair, potentially improving creatinine levels.

14



Avoid Processed High Phosphate Foods

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

To follow this recommendation, remove or significantly reduce processed foods such as sodas, packaged snacks, processed meats, and canned foods from your daily diet. Instead, opt for fresh fruits, vegetables, whole grains, and lean proteins. It's helpful to read nutrition labels, aiming to keep your daily phosphate intake below 700 mg if possible.

Description

Processed foods often have high levels of phosphate. These include fast foods and soda. Extra phosphate can make bones brittle and damage your blood vessels over time. So, it's healthier to choose fresh foods over processed ones.

How it helps

High phosphate foods can put additional strain on the kidneys, and limiting them can help manage creatinine levels.

15  **Drink at Least 8 Glasses of Water a Day**

IMPACT  0 / 5

EVIDENCE  0 / 5

How to implement

Consume a total of at least 64 ounces (or approximately 1.9 liters) of water over the course of the day. This can be divided into 8 glasses, each containing 8 ounces of water. Aim to drink evenly throughout the day to avoid dehydration.

Description

Water is an essential nutrient for nearly every process in your body, helping to maintain brain and gut function, maintain a healthy weight, as well as energy and performance levels, among others.

Water is essential for life. It supports nearly every process in your body [R].

Water helps maintain [R]:

- Energy and performance levels
- Brain function
- Gut function
- Healthy weight

Most experts recommend drinking **around 8 glasses (64 oz. or 2 L) of water daily**. You might need more or less than this, depending on how active you are, where you live, or what your overall health is like [\[R\]](#).

How it helps

Adequate hydration can help maintain kidney function and aid in the excretion of creatinine.

16



Avoid Strenuous Activity

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Refrain from participating in high-intensity physical activities such as running, heavy weightlifting, and high-impact sports. Opt instead for low-impact exercises like walking, swimming, or yoga. It's important to listen to your body's signals and rest as needed, avoiding these strenuous activities until advised otherwise by a health professional.

Description

Avoiding strenuous physical activity in certain medical conditions or during illness can help prevent injury and promote better recovery. It allows the body to conserve energy and supports the healing process.

Strenuous activity is physical activity that requires a lot of effort. Exercise done at 70-85% of a person’s heart rate is considered strenuous. Examples include [\[R\]](#):

- Running, cycling, or swimming at high speed
- Running or hiking uphill
- Jumping rope
- Single tennis
- Sports that involve a lot of running (soccer, basketball, hockey, etc.)

On the other hand, strenuous daily activities include [\[R\]](#):

- Lifting and carrying heavy objects
- Gardening with heavy digging
- Shoveling snow
- Fast dancing

How it helps

Intense physical activity can temporarily raise creatinine levels by increasing muscle breakdown. Moderation in exercise can prevent spikes in levels.

17



Limit Salt Intake

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Reduce your daily salt intake to less than 2,300 milligrams (mg), equivalent to about one teaspoon of table salt. This includes all salt consumed, whether added during cooking, at the table, or present in processed and ready-to-eat foods.

Description

Limiting salt intake involves lowering the amount of sodium in the diet, which can help lower blood pressure and reduce the risk of heart disease. It often involves avoiding processed and other high-sodium foods such as cured meats, soups and sauces, and various pickled foods.

Your body needs a certain amount of sodium to function. For example, it helps support your blood pressure. This sodium usually comes from [salt](#). However, eating too much salt is linked to an increased risk of stroke and heart disease [\[R\]](#), [\[R\]](#).

Foods higher in salt include [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Prepared soups, broths, gravies, and sauces
- Fermented or pickled foods (such as pickles, soy sauce, olives, and [capers](#))
- Cured meats and sausages (such as bacon, salt pork, and salami)
- Cheese (such as Roquefort and Parmesan)

Try to limit your daily intake to 1 teaspoon of salt (2,400 mg of sodium) [\[R\]](#).

How it helps

Lowering salt intake can help control blood pressure, reducing strain on the kidneys and potentially lowering creatinine levels.

18



L-Citrulline

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take 1.5 to 5 grams of L-citrulline supplements per day, orally, with or without food. This dosage can be taken all at once or divided into two to three smaller doses throughout the day. It's generally recommended to start at the lower end of the dosage range and adjust based on your body's response.

TYPICAL STARTING DOSE

3 g

Description

L-citrulline is an amino acid that may help improve blood flow and reduce muscle soreness, making it a popular supplement for athletes and individuals with certain cardiovascular conditions. Its potential to enhance nitric oxide production supports vascular health and overall circulation.

[Citrulline](#) is an amino acid (protein building block). Citrulline can be found in foods like [R](#), [R](#), [R](#), [R](#), [R](#):

- Watermelon
- Pumpkins
- Cucumber
- Bitter melon

The body uses L-citrulline to produce nitric oxide, a compound that helps widen blood vessels. It is important for heart and sexual health [R](#), [R](#), [R](#).

L-citrulline is commonly used as supplement to support [R](#):

- Blood vessel health
- Muscle health
- Metabolic health
- Sexual health

How it helps

Animal studies show that citrulline injection protects kidney function, as measured in lower increments of BUN and creatinine levels in response to both cyclosporine and glycerol [R](#), [R](#).

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.

 eGFR	71 mL/min/1.73 m2		29 Aug 2025
 BUN/Creatinine Ratio	13 x100%		9 Nov 2025
 Creatinine	1.08 mg/dL		9 Nov 2025
 Albumin/Creatinine Ratio, Random Urine	37 mg/g crt		9 Nov 2025
 Creatinine, Random Urine	236.9 mg/dL		9 Nov 2025