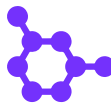


DHEAS

Biohacker Report

REPORT CATEGORY —



SEX HORMONES

Sample Client

Report date: 15 January 2026

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

21 Next Steps

- 21 Your Lab Results

Personal information

NAME

Sample Client

SEX AT BIRTH

Male

HEIGHT

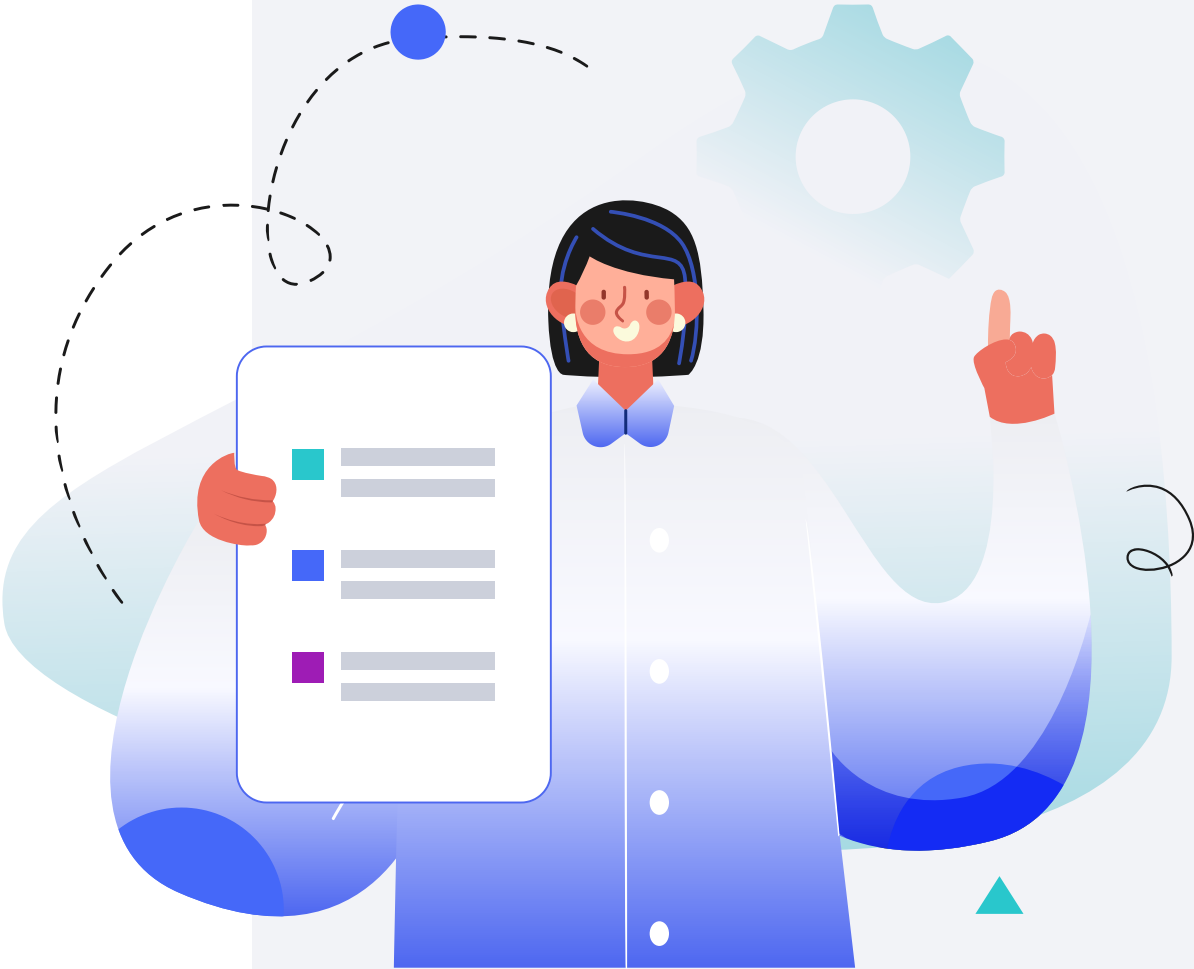
5ft 5" 165cm

WEIGHT

137lb 62kg

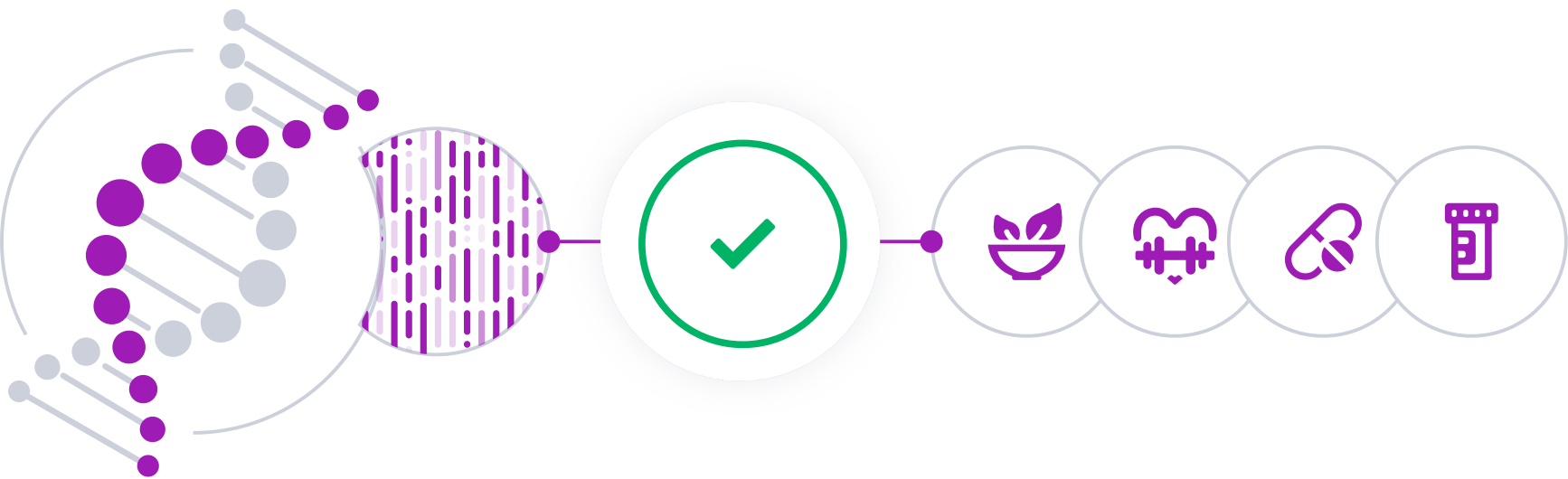
DISCLAIMER

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.

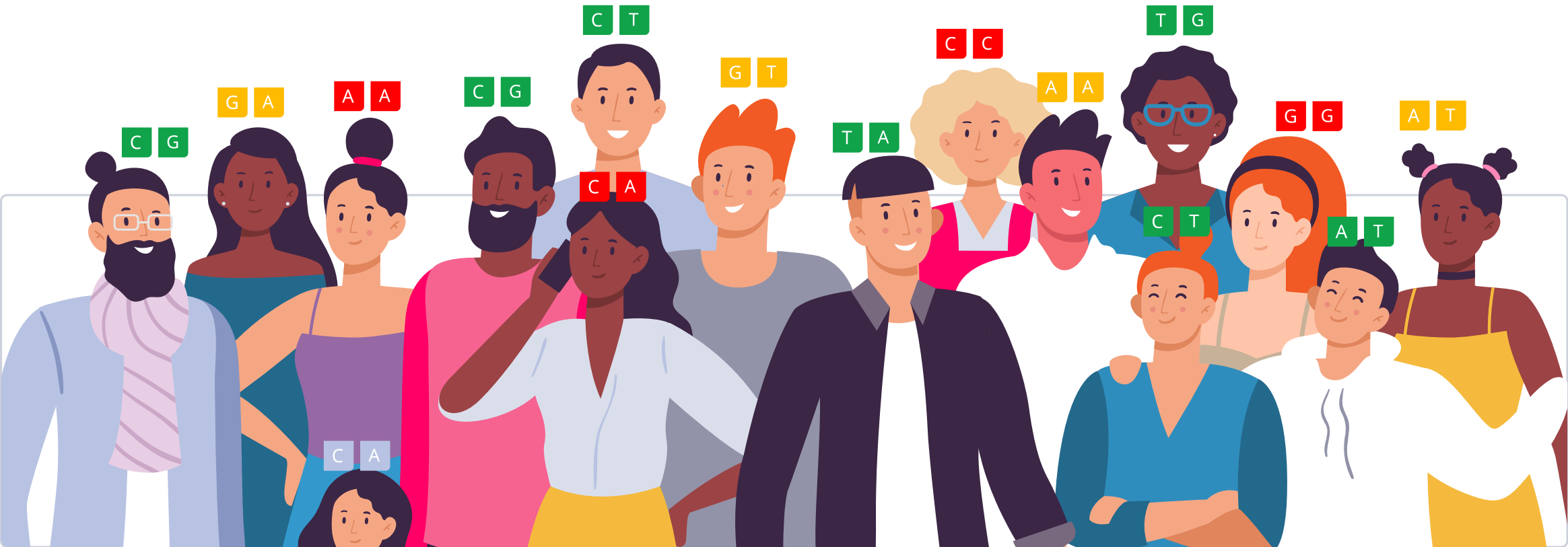


Similarly, our Trait Reports look at how your DNA influences your traits.



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

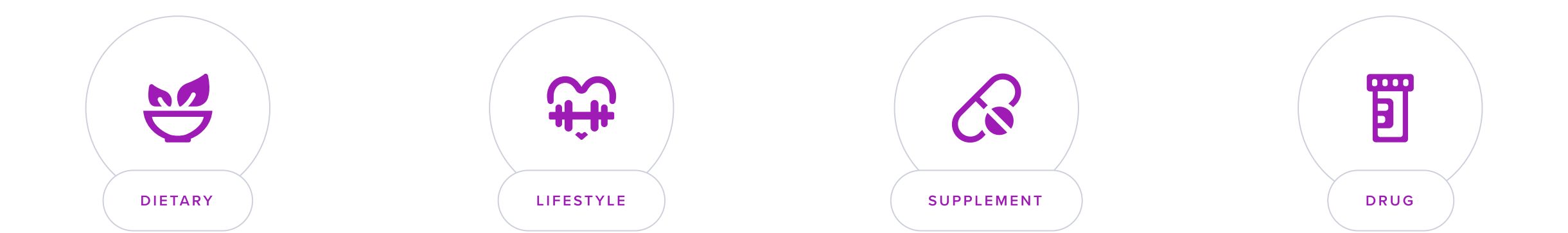
You have 2 risk alleles

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

DHEA is a steroid hormone produced primarily by the adrenal glands. Smaller amounts are also produced by the testes and ovaries and, possibly, the brain [\[R\]](#), [\[R\]](#).

The majority of DHEA gets quickly converted into **DHEA sulfate or DHEAS**. DHEAS levels are 100-1000 times higher than DHEA, which makes it significantly easier to measure. That’s why most labs test DHEAS levels instead of regular DHEA [\[R\]](#), [\[R\]](#).

Together with DHEA, DHEAS is the most abundant steroid hormone circulating in the blood. It helps make major sex hormones, testosterone and estradiol [\[R\]](#).

Factors Affecting DHEAS Levels

DHEA is a steroid hormone produced primarily by the adrenal glands. The majority of DHEA gets quickly converted into **DHEA sulfate (DHEAS)**. Together with DHEA, DHEAS is the most abundant steroid hormone circulating in the blood. It helps make major sex hormones, testosterone and estradiol [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Factors linked to **lower DHEAS** include:

- Chronic stress [\[R\]](#), [\[R\]](#)
- Autoimmune disease, such as lupus or Sjögren’s syndrome [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#)
- Adrenal insufficiency (Addison’s disease) [\[R\]](#)
- Low pituitary function (hypopituitarism) [\[R\]](#), [\[R\]](#)
- Serious illness or injury [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#)
- Aging [\[R\]](#), [\[R\]](#)

On the other hand, factors linked to **increased DHEAS** include:

- Acute stress [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#)
- Cigarette smoking [\[R\]](#)
- DHEA supplementation [\[R\]](#)
- Polycystic ovary syndrome (PCOS) [\[R\]](#), [\[R\]](#), [\[R\]](#)

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

- Alzheimer’s disease
- HDL/LDL/Total Cholesterol
- ApoB
- Hair loss
- Muscle Mass
- Hematocrit

Up to 60% of differences in people’s DHEAS levels may be due to genetics [\[R\]](#).



LOWER LEVELS

Predisposed to lower DHEAS levels based on 48,496 genetic variants we looked at

Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
CABP5	rs2431830	TT
FGF9	rs615567	TA
BCL2L11	rs6738028	CC
PLEKHH2	rs77533229	GG
ZKSCAN5	rs77356530	GG
PILRB	rs13222543	CC
CYP3A7	rs80193476	AA
ZKSCAN5	rs10278040	GG
PUDP	rs5935876	G
PILRB	rs117430166	CC
ZKSCAN5	rs11761528	CC
ZKSCAN5	rs150507409	GG
ARPC1B	rs143524414	GG
SULT2A1	rs296360	TT
ZKSCAN5	rs10257273	AA
CMIP	rs57159061	TT
TRIM4	rs17277546	GG
SULT2A1	rs2637125	GG
SRP14	rs28620926	AA
HELLS	rs2185570	TT
HHEX	rs2497306	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	DHEA (Dehydroepiandrosterone)	25 mg	2	Relaxation Techniques	30 minutes
3	Transcendental Meditation	20 minutes	4	Practice Exercise Snacks	1 minutesute
5	Spend Time in Nature	2 hours	6	Royal Jelly	300 mg
7	Ashwagandha	120 mg	8	Cognitive-Behavioral Therapy (CBT)	
9	Aromatherapy	30 minutes	10	Shilajit	500 mg
11	Methylsulfonylmethane (MSM)	1 g	12	Avoid Organophosphate Pesticide Exposure	

1



DHEA (Dehydroepiandrosterone)

IMPACT

5 / 5

EVIDENCE

4 / 5

How to implement

Take 25-50 mg of DHEA orally with water daily, preferably in the morning to mimic the body's natural rhythm of DHEA production. It is advisable to start at the lower dose to assess tolerance and adjust as needed. Consult a healthcare provider for personalized advice and before starting a new supplement regimen.

TYPICAL STARTING DOSE

25 mg

Description

DHEA is a hormone produced by the adrenal glands and has been used as a dietary supplement for various purposes, including supporting hormonal balance and energy levels. It may have potential benefits for specific individuals, but its use should be supervised by a healthcare professional due to its hormonal nature.

DHEA is a steroid hormone produced primarily by the adrenal glands. It is also produced to a much lesser extent by the testes and ovaries and, possibly, the brain [\[R\]](#), [\[R\]](#).

DHEA helps make the sex hormones [testosterone](#) and [estrogen](#). DHEA is important for [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Mood
- Immunity
- Muscle strength
- Bone health
- Skin health

DHEA is released in response to stress. In fact, one of DHEA's important roles is to protect against the adverse effects of prolonged and excessive exposure to cortisol, the stress hormone [\[R\]](#), [\[R\]](#), [\[R\]](#).

How it helps

Supplementation with DHEAS may raise the levels of this hormone, inducing small but significant changes in body composition associated with the conversion of DHEAS into metabolites such as androgens and estrogens. DHEA is also available over-the-counter as a drug called Prasterone. However, **supplementation may promote the growth of prostate cancer** [\[R\]](#), [\[R\]](#).

In a trial of 80 healthy elderly participants, applying 10 mL DHEA (20%) on the skin for 2 weeks increased serum DHEA (By 175%) and DHEA-S (by 90%) in men and levels of the conjugated metabolites of DHT, androsterone glucuronide, androstane-3 alpha,17 beta-diol-G, androstane-3 beta,17 beta-diol-G, and androsterone-sulfate by 125%, 140%, 120% and 150%, respectively, in women [\[R\]](#).

2



Relaxation Techniques

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Incorporate relaxation techniques such as deep breathing exercises, meditation, or yoga into your daily routine. Spend at least 15-30 minutes each day practicing one of these techniques, preferably in a quiet, comfortable space without interruptions.

TYPICAL STARTING DOSE

30 minutes

Description

Relaxation techniques encompass various methods like deep breathing, yoga, meditation, and progressive muscle relaxation, aimed at reducing stress and promoting mental and physical relaxation. Practicing these techniques regularly can help manage stress, improve mental clarity, and enhance overall emotional well-being.

We all get stressed from time to time.

[Stress](#) can help you deal with a challenge or avoid danger. However, **it’s not healthy to be stressed for a long time** [\[R\]](#), [\[R\]](#).

Relaxation techniques such as [yoga](#) and [meditation](#) can relieve stress in different ways. Most of them focus on breathing and help you get rid of negative thoughts and emotions [\[R\]](#).

People use relaxation techniques to improve conditions like [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Anxiety
- Depression
- Chronic pain

Progressive muscle relaxation is another relaxation technique. In this technique, you focus on tensing and relaxing different parts of your body. It is common to start with the toes and slowly work your way up to the neck and head [\[R\]](#), [\[R\]](#).

Autogenic training is a relaxation technique that a person may carry out on their own. It uses exercises that take the mind’s attention to bodily sensations such as warmth and heaviness [\[R\]](#), [\[R\]](#).

How it helps

People under chronic stress may have low DHEA-S levels [\[R\]](#), [\[R\]](#), [\[R\]](#).

DHEA, just like the stress hormone cortisol, is released in response to stress. DHEA-S protects us against the adverse effects of cortisol. However, over time, chronic stress keeps cortisol levels up at the expense of DHEA-S production [\[R\]](#), [\[R\]](#), [\[R\]](#).

Relaxation techniques that may help reduce stress and increase DHEA-S include:

- Meditation [\[R\]](#)
- Walking in the forest [\[R\]](#)
- Cognitive behavioral strategies [\[R\]](#), [\[R\]](#)

3



Transcendental Meditation

IMPACT2 / 5

EVIDENCE2 / 5

How to implement

Practice transcendental meditation for 20 minutes twice a day, once in the morning before breakfast and once in the afternoon or early evening. Sit comfortably in a quiet place, close your eyes, and silently repeat a mantra given to you by a certified transcendental meditation teacher.

TYPICAL STARTING DOSE

20 minutes

Description

Transcendental Meditation is a technique for mindfulness and stress reduction that involves silently repeating a specific mantra to attain a state of deep relaxation and heightened awareness. It is associated with reduced stress, improved focus, and enhanced overall well-being.

How it helps

People under chronic stress may have low DHEA-S levels [\[R, R, R\]](#).

In addition to helping with chronic stress, transcendental meditation was shown to increase DHEA-S levels in a study of 423 participants [\[R, R, R\]](#).

4



Practice Exercise Snacks

IMPACT2 / 5

EVIDENCE2 / 5

How to implement

Integrate short bursts of physical activity, each lasting about 1 to 2 minutes, into your daily routine at least two to three times a day. These 'exercise snacks' can include activities like doing a set of stairs, rapid bodyweight exercises, pull-ups, push-ups, sit-ups, or brisk walking.

TYPICAL STARTING DOSE

1 minutesute

Description

Staying physically active is essential for maintaining overall health and well-being. **Exercise snacks** are brief, frequent bursts of physical activity integrated into daily routines, helping combat the health risks associated with prolonged sitting and sedentary behavior, such as obesity and cardiovascular issues. Examples include taking the stairs or doing quick exercises during work breaks.

Staying active can do wonders for your health. It can help you lose weight, improve your heart health, boost your mood, and more [\[R\]](#).

Exercise snacks are short, quick bursts of physical activity performed throughout the day, designed to break up prolonged periods of sitting or inactivity. These brief bouts of exercise can be as short as a few minutes and are incorporated into daily routines to boost overall physical activity levels.

Exercise snacks are crucial for health because they combat the negative effects of sedentary behavior, such as prolonged sitting, which is associated with an increased risk of obesity, cardiovascular diseases, diabetes, and musculoskeletal issues. They help improve blood circulation, regulate blood sugar levels, and enhance mood and cognitive function.

Examples of exercise snacks include taking the stairs instead of the elevator, doing a few minutes of bodyweight exercises (e.g., squats or push-ups) during work breaks, or walking briskly for a few minutes after meals. These short, frequent bursts of activity contribute to a more active lifestyle and can significantly benefit overall health by reducing the risks associated with excessive sitting.

How it helps

Regular physical activity may beneficially raise DHEA-S levels in older adults [\[R\]](#).

5



Spend Time in Nature

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Aim to spend at least 120 minutes per week in natural environments, such as parks, forests, or beaches. This can be divided into short durations throughout the week, for example, 17 minutes per day or longer sessions on weekends.

TYPICAL STARTING DOSE

2 hours

Description

Spending time in nature, also known as ecotherapy or forest bathing, is a wellness practice that involves immersing oneself in natural environments. It offers mental and physical health benefits, including reduced stress, improved mood and eye health, healthier weight, and blood sugar control.

Spending over 2 hours in nature every week is linked to better health and well-being [R].

Spending more time in nature or in urban green areas may help support [R, R, R, R, R]:

- Healthy weight
- Blood sugar control
- Heart health
- Mental health
- Eye health

To get in touch with nature, you can [R, R]:

- Go on a walk
- Go biking or camping
- Garden
- Visit a park

How it helps

In a non-placebo-controlled trial of 16 healthy volunteers, a day trip to a forest raised DHEA-S levels [R].

6



Royal Jelly

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Take a royal jelly supplement daily, starting with a dose of approximately 300 mg to 500 mg. It can be consumed either in capsule form or directly, depending on your preference, for a period ranging from 3 to 6 months to observe the potential health benefits.

TYPICAL STARTING DOSE

300 mg

Description

Royal jelly is a nutrient-rich substance secreted by worker bees to feed bee larvae and the queen bee. Royal jelly contains protein B-vitamins, calcium and iron. It is taken as a supplement for it's potential energy-boosting and immune-supporting properties.

How it helps

In a placebo-controlled trial of 40 participants with mild hypercholesterolemia, taking royal jelly capsules (350 mg, 9x/day) for 3 months increased DHEA-S levels [R].

7



Ashwagandha

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Take 250-600 mg of ashwagandha supplement daily. It can be consumed with water or a meal, depending on your preference or as advised by a healthcare provider.

TYPICAL STARTING DOSE

120 mg

Description

[Ashwagandha](#) (*Withania somnifera*) is an herb used in traditional Indian medicine. This herb is known as an *adaptogen* because it helps people adapt to stress.

This herb is known as an *adaptogen* because it helps people adapt to stress [R, R].

How it helps

In a placebo-controlled trial of 50 overweight men, supplementation with ashwagandha (21 mg/day withanolide glycosides) for 8 weeks increased DHEA-S and testosterone levels [R].

8



Cognitive-Behavioral Therapy (CBT)

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Schedule weekly sessions with a certified cognitive-behavioral therapist for a period of 5 to 20 weeks. Engage actively in exercises assigned by your therapist both during sessions and as homework to apply CBT strategies to daily life.

Description

Cognitive-behavioral therapy (CBT) is a psychotherapeutic approach that has been effective in treating various mental health conditions by helping individuals identify and change negative thought patterns and behaviors. It is widely used for conditions like depression, anxiety, and phobias.

Psychotherapy (talk therapy) involves talking about your health with a licensed therapist. It may improve the way you react to certain experiences [\[R\]](#).

Talk therapy is a great way to improve many conditions, including [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Depression
- Anxiety disorders
- PTSD
- OCD
- Substance use disorder
- Bipolar disorder

Cognitive-behavioral therapy (CBT) is a type of talk therapy. CBT aims to change the way you think about your life and yourself. Through CBT, a therapist can help you develop healthy coping mechanisms [\[R\]](#).

How it helps

Cognitive-behavioral stress management raised DHEA-S levels and decreased the cortisol:DHEA-S ratio in a non-placebo-controlled trial of 65 HIV-positive men [\[R\]](#), [\[R\]](#).

9



Aromatherapy

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Select essential oils like lavender, peppermint, or eucalyptus. Use a diffuser to disperse the scent into your room for 30-60 minutes at a time, up to 3 times a day. Alternatively, apply a few drops diluted in a carrier oil directly to your skin, such as on your temples or wrists, twice a day.

TYPICAL STARTING DOSE

30 minutes

Description

Aromatherapy is a holistic practice that uses the scents and aromas of essential oils to promote physical, mental, and emotional well-being. It is often used for relaxation, stress reduction, and to address various health concerns through inhalation or topical application of essential oils.

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 [\[R\]](#).

[Lavender](#) is a decorative flower and a calming herb and its essential oil is commonly used in aromatherapy. People use it to [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Reduce anxiety [\[R\]](#)
- Improve sleep quality [\[R\]](#), [\[R\]](#)
- Relieve pain [\[R\]](#), [\[R\]](#)

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

How it helps

In a non-placebo of 9 male office workers, aromatherapy with Japanese cedar essential oil raised salivary DHEA-S levels after monotonous work [\[R\]](#).

10



Shilajit

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a pea-sized portion (approximately 500mg) of purified shilajit resin and dissolve it in warm water, tea, or milk. Consume this once daily, ideally in the morning on an empty stomach for best absorption. Continue this routine daily for 6 to 8 weeks to observe benefits.

TYPICAL STARTING DOSE
500 mg

Description

[Shilajit](#), also known as shilaras or bitumen, is a tar-like substance that oozes from sedimentary rocks worldwide, especially in the Himalayas. It is made of rock humus, minerals, and organic substances (e.g., marine organisms) decomposed by microbes and compressed by layers of rock [\[R\]](#).

Shilajit is called a rasayana (rejuvenator) and a maharasa (super-vitalizer) in Ayurveda (indigenous Indian medicine). It is traditionally used to [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Boost energy levels
- Improve memory and focus
- Fight stress
- Manage male reproductive disorders

Shilajit is sold as capsules or powder [\[R\]](#).

How it helps

In a placebo-controlled trial of 75 healthy middle-aged volunteers, supplementation with shilajit (250 mg, 2x/day) for 90 days significantly increased total testosterone, free testosterone, and DHEA-S levels [\[R\]](#).

11



Methylsulfonylmethane (MSM)

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take 1 to 3 grams of Methylsulfonylmethane (MSM) per day, divided into three doses. This can be in the form of capsules or powder that is mixed with water. It is recommended to start with a lower dose to assess tolerance, then gradually increase to the desired dose over a period of 1 to 2 weeks.

TYPICAL STARTING DOSE

1 g

Description

MSM is a naturally occurring sulfur compound found in foods and used in dietary supplements. It has anti-inflammatory properties and may be used to support joint health and reduce exercise-related muscle soreness.

A molecule of MSM is broken down in the body into a sulfate (sulfur) group and two methyl groups.

The following may increase people’s needs for sulfur and methyl groups: physical activity, recovery from injuries, inflammation, infections/sickness, toxins, etc.

People also need more sulfur when taking hormones (DHEA, pregnenolone, etc.), drugs (Aspirin, Tylenol, NSAIDs, birth control, etc.) or supplements (flavonoids & polyphenols - resveratrol, quercetin, curcumin, etc.) that undergo sulfation.

How it helps

There is limited research available on the effect of methylsulfonylmethane (MSM) on dehydroepiandrosterone sulfate (DHEAS) levels.

- DHEA and DHEAS are important steroids that play roles in various physiological processes, including immune function and aging. Their levels change with age and health conditions, but the relationship between MSM supplementation and these changes is not explicitly studied [R].
- While MSM's benefits in reducing oxidative stress, muscle damage, and pain, particularly in the context of exercise, are noted, these studies do not provide insights into how MSM might influence DHEAS levels [R].

Given these properties, it is possible that MSM could indirectly affect DHEAS levels by reducing inflammation or supporting adrenal gland health. MSM is also a dietary source of sulfur, which is a potential mechanism for increasing DHEA-sulfate. However, more research is needed to fully understand the potential interactions between MSM and DHEAS.

Personal experience: Joe, the founder of SelfDecode, observed an increase in DHEAS when he added an MSM supplement to his regimen.

Please note: You should not make any health decisions based on anyone's experience without consulting a healthcare professional.

12



Avoid Organophosphate Pesticide Exposure

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

To reduce organophosphate pesticide exposure, buy organic produce when possible, thoroughly wash and peel fruits and vegetables, avoid using chemical pesticides in your home and garden, and wear protective clothing and a mask if you must handle pesticides for agricultural or landscaping work.

Description

Reducing organophosphate exposure involves minimizing contact with pesticides and insecticides containing these chemicals, which can protect against potential health risks such as neurotoxicity and respiratory issues, particularly for individuals working in agriculture or pest control.

Organophosphates (OP) are the most widely used pesticides worldwide. They include [\[R\]](#):

- Parathion
- Malathion
- Chlorpyrifos
- Diazinon
- Phosmet

Chronic exposure to OPs has been linked to [\[R\]](#), [\[R\]](#):

- Fertility problems
- Cognitive problems
- Nerve damage
- Cancer and gene damage

How it helps

Exposure to organophosphates may raise DHEAS levels more in people with certain gene variants [\[R\]](#).

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.

