

Dandruff

DNA Health 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

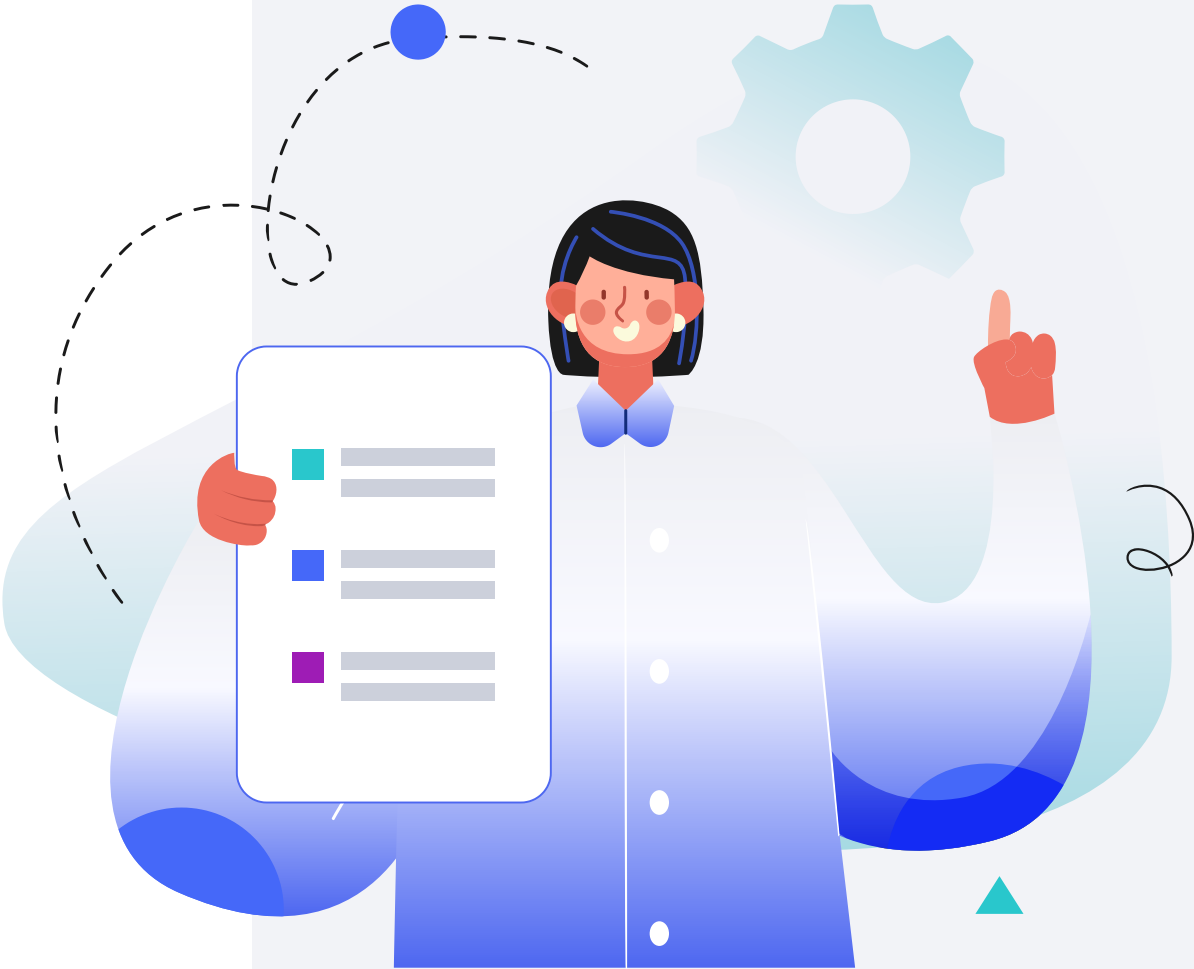
Male

HEIGHT

5ft 5" 165cm

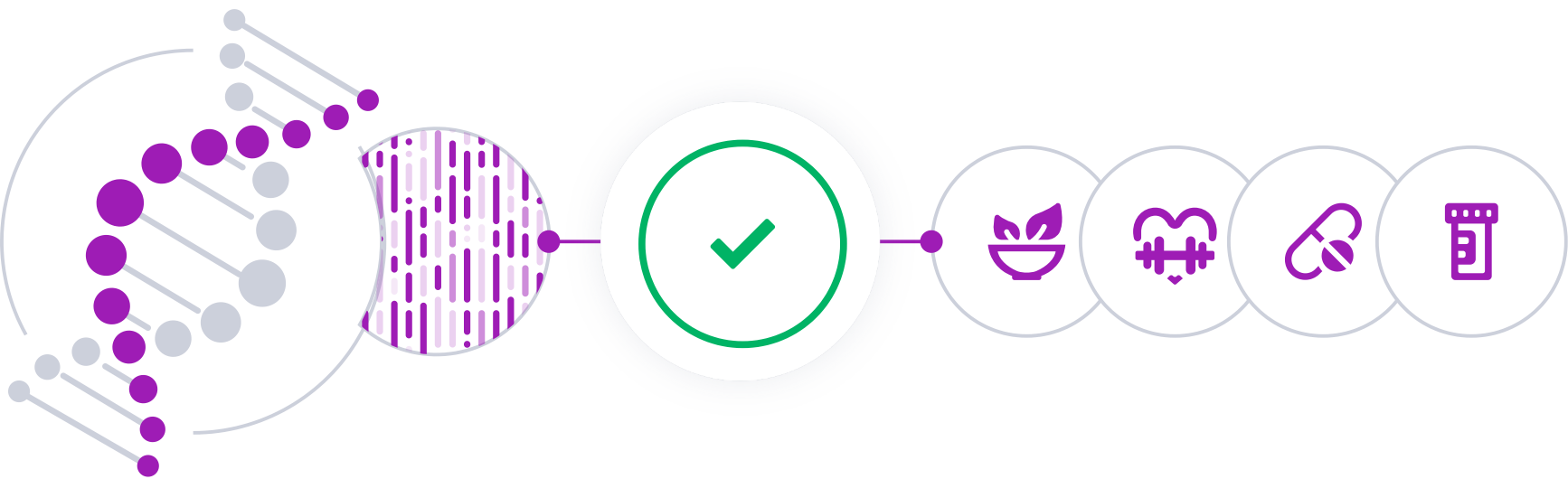
WEIGHT

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.

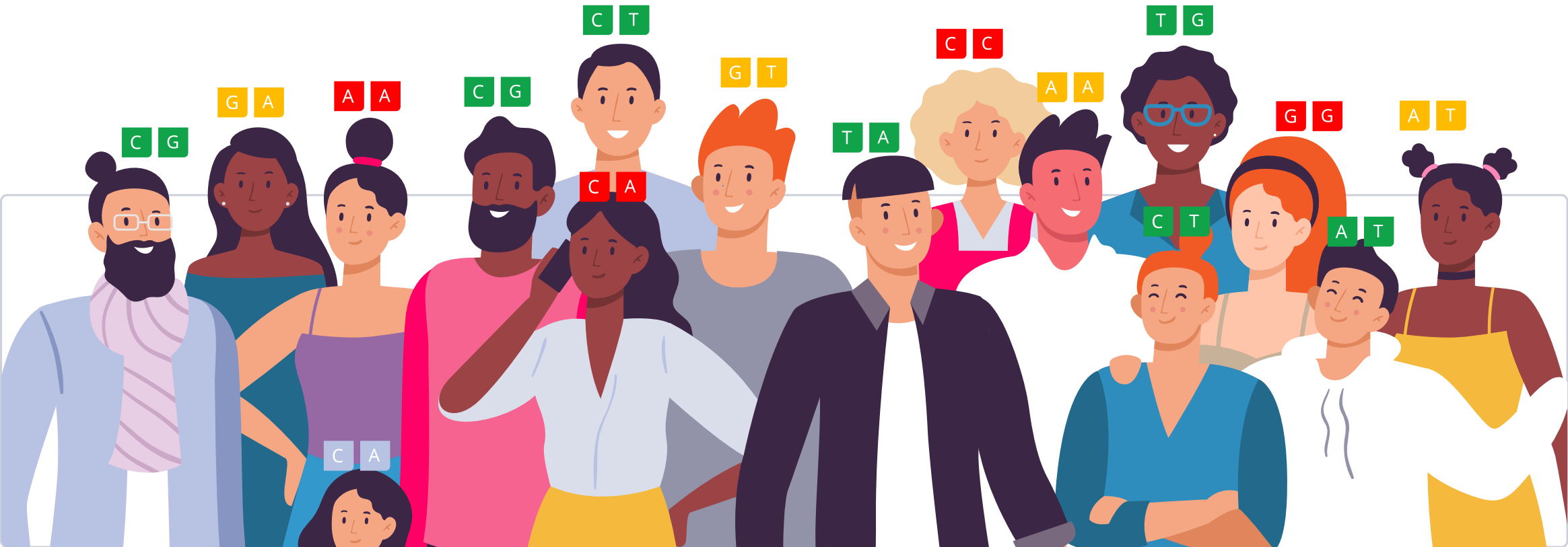


Similarly, our Trait Reports look at how your DNA influences your traits.



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

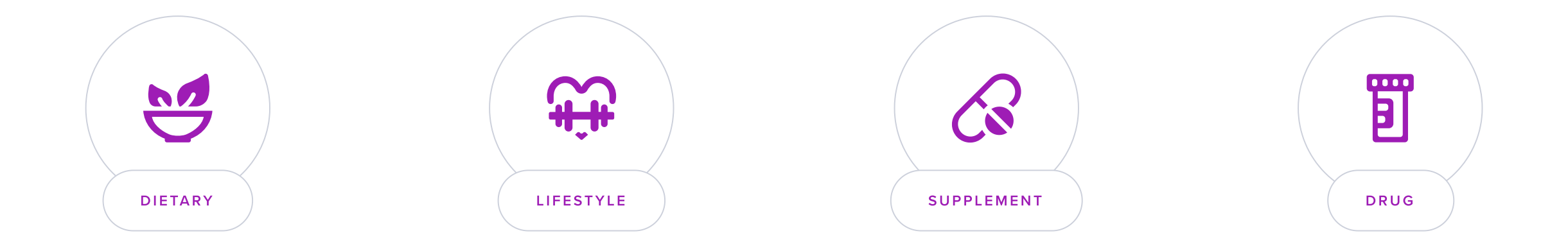
You have 2 risk alleles

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

Dandruff is a common inflammatory skin condition that mainly affects the scalp. It causes flaking skin and sometimes mild itchiness. Some consider it a mild form of *seborrheic dermatitis* [\[R\]](#).

Symptoms may get worse during the fall and winter when indoor heating can contribute to dry skin. Dandruff generally does not cause major problems, but it may affect the quality of life and self-image [\[R\]](#).

If you're experiencing persistent dandruff or severe symptoms, you should consult a healthcare professional e.g., a dermatologist. Treatment may involve medical shampoos and creams to manage the symptoms.

Contributing Factors

PERSONALIZED TO GENES

Your genetic variants indicate lower susceptibility to dandruff and seborrheic dermatitis. Dandruff has a moderate genetic influence but is heavily affected by scalp microbiome, oil production, and environmental factors. Good scalp hygiene and targeted treatments effectively manage symptoms regardless of genetic predisposition [6, 7].

Key Takeaways:

- Risk factors for dandruff include age, stress, dry or oily skin, sensitivities, and impaired gut/skin microbiome.
- Dandruff is a common condition. If you have higher genetic risk, taking action on factors you can change may lower the overall risk.
- Click the **Recommendations** tab for potential dietary and lifestyle changes.

Dandruff is a common inflammatory skin condition that mainly affects the scalp. It causes flaking skin and sometimes mild itchiness. Some consider it a mild form of seborrheic dermatitis [R].

Risk factors for developing dandruff include [R]:

- Skin conditions such as **seborrheic dermatitis**, eczema, and psoriasis
- Being male
- Younger age
- Stress
- Not shampooing enough
- Dry or oily skin
- Sensitivity to hair care products
- Certain medical conditions
- Impaired gut or skin flora (microbiome)
- **Genetics**

Genes that play a role in dandruff may affect inflammation and immune response [R].



LESS LIKELY

Less likely based on 1,672 genetic variants we looked at



PERCENTILE



Your risk is greater than 17% of the population and lower than 83% of the population.

Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
CDKL2	rs56229013	CC
CFAP61	rs115175415	CC
KRT83	rs2857667	AA
ADPRHL1	rs139075628	GG
PKD1	rs147350387	GG
CERCAM	rs148321495	GG
SDF2L1	rs73166641	GG
KIF20A	rs3172747	CC
UNC93A	rs113906647	GG
GANC	rs35285091	CC
NUP214	rs61751470	AA
ZP4	rs36017138	TT
XRN1	rs35351308	GG
TCP10L2	rs146018563	CC
PTK7	rs34021075	AA
METTL17	rs72661115	GG
CYP4B1	rs45467195	AA
AGA	rs76491548	GG
GRM2	rs116567227	GG
ST7L	rs114199731	TT
ERICH6	rs114572143	GG
ZNF154	rs74939505	GG
UNC5C	rs34585936	CC
MIS18BP1	rs34168608	GG

GENE	SNP	GENOTYPE
NTN5	rs549539292	AA
SRPRA	rs114538197	CC
CACNA2D3	rs112362995	CC
APOD	rs76929107	CC
PKHD1L1	rs72687022	GG
VPREB1	rs11089977	AA
PDZD2	rs116598198	GG
KRT75	rs2232398	CC
ABCC11	rs60681475	CC
AP1S3	rs138292988	GG
NBAS	rs76459791	CC
PIK3C2G	rs61757718	GG
XIRP2	rs16853333	GG
ALPK1	rs35756863	TT
CAPG	rs62623452	CC
DYNC2H1	rs144717489	GG

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	Topical Zinc Pyrithione	2	Topical Selenium Sulfide
3	Topical Sulfur	4	Relaxation Techniques30 minutes
5	Topical Coal Tar	6	Fruits
7	Topical Salicylic Acid	8	Moisturize the Skin
9	Topical Myrtle	10	Topical Lemongrass
11	Scalp Massage5 minutes	12	Topical Tea Tree Oil
13	Lactobacillus Paracasei10 billion CFU		

1



Topical Zinc Pyrithione

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Apply a pea-sized amount of zinc pyrithione cream or lotion onto the affected area of the skin once daily, preferably in the evening before bed, for at least 4 weeks, or as directed by your healthcare provider. Avoid contact with eyes and rinse thoroughly with water if this occurs.

Description

Topical zinc pyrithione is widely recognized for its antimicrobial properties, making it a popular ingredient in treatments for various skin conditions. It's most commonly found in over-the-counter formulations such as shampoos, creams, and lotions, targeting issues like dandruff, seborrheic dermatitis, and psoriasis.

Zinc pyrithione works by slowing the growth of yeast that can cause such conditions, helping to alleviate symptoms like flakiness, redness, and itching.

How it helps

Shampoo containing zinc pyrithione (1%) may improve dandruff severity. According to a meta-analysis of 17 trials and over 2k participants, they may be more effective in men [\[R\]](#).

2

Topical Selenium Sulfide

IMPACT2 / 5

EVIDENCE2 / 5

How to implement

Apply selenium sulfide lotion or shampoo to the affected area of skin or scalp, leave it on for 2 to 3 minutes, and then rinse thoroughly. Use it twice a week for the first 2 weeks and then once a week for the next 2 weeks or as directed by a healthcare provider.

Description

Selenium sulfate is a selenium compound used topically for its potential to soothe and protect the skin. It may be included in skincare products for its antioxidant properties, which can help combat oxidative stress and support skin health.

How it helps

Experts suggest selenium sulfide shampoos may be used regularly. They recommend using them along with massage into the scalp, allowing the product to sit for 5-10 minutes before rinsing, and rinse well after shampooing, as they may discolor the hair and scalp. These shampoos may help by reducing yeast growth on the scalp [\[R\]](#), [\[R\]](#), [\[R\]](#).

People with seborrheic dermatitis or dandruff may benefit from using selenium sulfide-based shampoos (1-2.5%, 2-3x/week for 4 weeks). They may improve [\[R\]](#):

- Itching
- Scaling
- Erythema
- Irritation

Selenium sulfide-based shampoos with antifungal agents may also help [\[R\]](#), [\[R\]](#), [\[R\]](#).

3



Topical Sulfur

IMPACT2 / 5

EVIDENCE2 / 5

How to implement

Apply a thin layer of topical sulfur cream, lotion, or ointment to the affected area of the skin once or twice a day, after cleaning the skin thoroughly. Allow it to sit on the skin for 10 minutes before rinsing off if the product instructions specify. Use consistently for 4 to 8 weeks to see improvement in skin conditions such as acne.

Description

Topical sulfur preparations are used for their antimicrobial and anti-inflammatory properties and are commonly employed to treat skin conditions like acne and scabies. Sulfur is a naturally occurring mineral. It has been used for centuries in traditional medicine to reduce bacterial growth and inflammation.

Sulfur is a naturally occurring mineral. It has been used for centuries in traditional medicine to reduce bacterial growth and inflammation. Today, it is commonly used in topical creams and lotions to treat inflammatory skin conditions such as [\[R\]](#):

- Acne
- Rosacea
- Seborrheic dermatitis
- Dandruff

Selenium sulfide is an example of a sulfur compound. People use it for dandruff and seborrheic dermatitis [\[R\]](#).

How it helps

Using shampoos with 2% sulfur, alone or combined with 2% salicylic acid (2x/day for 5 weeks) may reduce dandruff. The combination may offer greater benefits [\[R\]](#).

Shampoo with selenium sulfide (1-2.5%, 2-3x/week for 2-4 weeks) may improve itching, skin redness, irritation, and flare-ups in people with seborrheic dermatitis or dandruff [\[R, R, R, R\]](#).

Sulfur may help by reducing [\[R\]](#):

- Fungal growth
- Inflammation
- Scalp greasiness

Please note: *Use sulfur shampoos as directed. After massaging into the scalp, wait 5-10 minutes before rinsing. Rinse your hair and scalp thoroughly after shampooing to prevent discoloration* [\[R, R, R\]](#).

4



Relaxation Techniques

IMPACT

2 / 5

EVIDENCE

2 / 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

Stress can trigger seborrheic dermatitis and dandruff flares. Examples include [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Conflicts and disputes
- COVID-related stress

A variety of relaxation techniques can help reduce stress. However, it’s not sure if they can also help with dandruff.

How to implement

Description

How it helps

Please note: Coal tar may increase scalp sunlight sensitivity, irritate the skin, and stain clothing. Pregnant or breastfeeding women should not use coal tar [R, R].

6



Fruits

IMPACT

1 / 5

EVIDENCE

2 / 5

How to implement

Incorporate at least two servings of fresh, frozen, or canned fruits into your daily diet, aiming for a variety of colors and types to ensure a broad intake of vitamins, minerals, and antioxidants. One serving is equivalent to one medium-sized fruit, such as an apple or banana, or one-half cup of chopped fruit.

Description

Fruits are rich in vitamins, minerals, fiber, and antioxidants, making them essential for a balanced diet. Regular fruit consumption is associated with various health benefits, including better heart health, improved digestion, and reduced risk of chronic diseases.

Fruits are tasty and healthy foods high in vitamins, minerals, and antioxidants. They help reduce inflammation and support health in different ways.

Common examples include:

- Apples
- Oranges
- Bananas
- Grapes
- Watermelons

How it helps

According to experts, following a healthy diet may help prevent dandruff [\[R\]](#).

Eating a diet rich in fruits is associated with a **30%** lower risk of seborrheic dermatitis. In contrast, eating a Western diet may increase the risk by **47%** [\[R\]](#).

7

Topical Salicylic Acid

IMPACT1 / 5

EVIDENCE2 / 5

How to implement

Apply a small amount of salicylic acid gel or cream to the affected area of the skin once or twice a day, after gently cleaning and drying the skin. Use consistently for several weeks to achieve the best results, and always follow the specific product instructions.

Description

Salicylic acid is a beta-hydroxy acid (BHA) used in skincare for its ability to exfoliate the skin, unclog pores, and treat acne. It is derived from the bark of willow trees and is effective in managing various skin conditions.

Salicylic acid is a medication that removes dead skin cells. It’s used to treat a number of skin issues, such as [\[R\]](#), [\[R\]](#):

- Dandruff
- Warts
- Acne

For acne, **salicylic acid (0.5-2%)** is available without a prescription in a variety of topical products. These include [\[R\]](#), [\[R\]](#):

- Soaps
- Facial wipes
- Lotions
- Gels

How it helps

Using shampoos with 2% salicylic acid, alone or combined with 2% sulfur (2x/day for 5 weeks) may reduce dandruff. The combination may offer greater benefits [\[R\]](#).

Salicylic acid may help by removing dead skin cells and fighting harmful microbes [\[R\]](#).

8



Moisturize the Skin

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Apply a moisturizer to your skin within a few minutes after bathing or showering once daily. For dry skin conditions, moisturizing twice daily, once in the morning and once at night before bed, may be beneficial. Choose a moisturizer suited for your skin type; for sensitive skin, opt for fragrance-free options.

Description

Moisturizing the skin involves applying skincare products to maintain skin hydration, prevent dryness, and support a healthy skin barrier, which can help alleviate skin conditions like dryness, itching, and flakiness.

A water imbalance in the skin can make it dry and more susceptible to irritation [\[R\]](#).

Moisturizers help the skin retain water. In doing so, they may strengthen the skin barrier [\[R\]](#).

There are many types of moisturizing products, including [\[R\]](#):

- Gels
- Lotions
- Creams
- Ointments

These products differ in their water and oil content. Ointments contain the most oil. Lotions and gels contain more water. Creams have a bit of both [\[R\]](#).

It might take some trial and error to find products that work best for your skin type [\[R\]](#).

People with skin conditions like eczema may benefit more from using moisturizers with a lot of oil. These include ointments and creams [\[R\]](#), [\[R\]](#).

How it helps

A study has shown that using a moisturizing leave-on lotion (LOL) containing a high concentration of glycerol (10%) along with other skin-beneficial agents like saturated fatty acid and sunflower seed oil reduced dandruff. This treatment improved the skin barrier function and hydration of the stratum corneum (SC), leading to a notable reduction in dandruff over an 8-week period with applications three times per week. These benefits persisted for up to a week after ceasing the treatment [\[R\]](#).

9



Topical Myrtle

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Apply myrtle essential oil diluted with a carrier oil directly to the affected area of the skin 1-2 times daily. Continue application until symptoms improve, but not longer than 4 weeks without consulting a healthcare provider.

Description

Myrtle (*Myrtus communis*) is a shrub used in traditional Persian medicine. Chemicals in myrtle may help combat microbes and reduce swelling [\[R\]](#).

People use myrtle for acne, canker sores, heavy periods, heartburn, warts, and more [\[R\]](#).

How it helps

According to one study, applying myrtle solution (10%) for 4 weeks may reduce dandruff, itchiness, and skin redness. Common myrtle may help by reducing [\[R\]](#):

- Inflammation
- Bacterial and fungal growth

10



Topical Lemongrass

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Apply a lemongrass oil diluted with a carrier oil (like coconut or jojoba oil) directly to the affected area of the skin 2-3 times daily. Lemongrass oil should be diluted in a ratio of 1 to 2 drops of lemongrass oil per teaspoon of carrier oil.

Description

Lemongrass extract, derived from the lemongrass plant, contains essential oils with potential anti-inflammatory and antiseptic properties. It is used in skincare products to provide a refreshing and invigorating aroma and may contribute to skin clarity and balance.

Cymbopogon citratus (*C. flexuosus*) is an aromatic herb also known as **lemongrass**. It is commonly used in cooking in many parts of the world, particularly in Southeast Asia [\[R\]](#).

Lemongrass has a sweet, lemony scent and flavor and is often used as a natural flavoring for teas and other beverages. People also use it as a natural insect repellent and an ingredient in many fragrances [\[R\]](#).

Lemongrass has been used for centuries in traditional medicine for a variety of ailments, including [\[R\]](#):

- Fever
- Colds
- Digestive problems

It may have anti-inflammatory, antibacterial, antifungal, and antioxidant properties [\[R\]](#), [\[R\]](#), [\[R\]](#).

How it helps

According to one study, using a hair tonic with **5-15%** lemongrass oil (5 drops, 2x/day for at least 7 days) may reduce dandruff. Lemongrass may help by reducing fungal growth on the scalp [\[R\]](#).

11



Scalp Massage

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Use your fingertips to gently massage your scalp in a circular motion for at least 5 minutes daily. This can be done either with dry hair or while washing your hair with shampoo.

TYPICAL STARTING DOSE

5 minutes

Description

Scalp massage refers to the act of rubbing, kneading and applying pressure to the skin of the head with the fingers and hands. It helps not just to relax your mind, but can also improve blood flow to your head and neck area. This can potentially boost your hair growth, relieve headaches and even reduce stress levels.

How it helps

A study on the application of Shiroabhyanga, which is an Ayurvedic head massage using specific oils, suggests that regular head massages may help manage scalp conditions like dandruff by improving blood circulation and promoting relaxation. The study particularly focuses on the use of specific oils, which have properties that may help manage dandruff symptoms [\[R\]](#).

12

Topical Tea Tree Oil

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Apply a few drops of 100% tea tree oil to a cotton swab or ball and gently dab onto the affected area of the skin. Do this 1-2 times daily until improvements are noticeable, usually for a period of 1-4 weeks. Avoid applying tea tree oil to large areas of the skin and test on a small patch of skin first to ensure no allergic reaction occurs.

Description

Tea tree oil is used topically for its antimicrobial and antifungal properties, commonly applied to treat skin conditions like acne, fungal infections, and insect bites. Its main chemical compound of interest is terpinen-4-ol, and it is sourced from the leaves of the tea tree, *Melaleuca alternifolia*.

[Tea tree oil](#) is derived mostly from steaming the leaves of *Melaleuca alternifolia*, a tree native to Australia [\[R\]](#).

It’s used to treat a number of conditions, such as [\[R\]](#):

- Acne
- Dandruff
- Nail fungus
- Lice
- Athlete's foot

How it helps

Based on a single study, using shampoo with tea tree oil (5%, 1x/day for 4 weeks) may improve dandruff, itchiness, and greasiness. Tea tree oil may help by fighting harmful microbes [\[R\]](#).

Please note: *Ingesting tea tree oil is toxic. Applying undiluted tea tree oil to the skin can cause irritation* [\[R\]](#).

13



Lactobacillus Paracasei

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Take a supplement containing Lactobacillus paracasei daily, with a dose of around 10 billion colony-forming units (CFUs). Consume the supplement with or without food, but consistently at the same time each day for at least 4 weeks to observe beneficial effects.

TYPICAL STARTING DOSE
10 billion CFU

Description

Lactobacillus paracasei is a beneficial probiotic strain that can support digestive health and contribute to a balanced gut microbiome. It may help improve gut function, enhance nutrient absorption, and bolster the immune system, promoting overall well-being.

[Lactobacillus paracasei](#) is a type of bacteria naturally found in the intestine. It is considered a [probiotic bacteria](#), which means “good” bacteria that has health benefits when taken in adequate amounts [\[R\]](#).

L. paracasei is used in the production of the following fermented foods [\[R\]](#):

- Yogurt
- Cheese
- Sauerkraut

It may help [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Improve gut and skin health
- Boost immunity
- Fight allergies

How it helps

According to one study, consuming [L. paracasei](#) (strain NCC 2461 ST11, 109 CFU*/day for 8 weeks) may reduce dandruff and skin redness. It may help by improving the scalp microbiome [\[R\]](#).

**CFU (colony forming units) = the number of active bacteria in one probiotic serving*

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 Lifestyle Assessments

Ever heard of the term Nature vs. Nurture?

The thing is, both DNA and environment play a role in determining your health risks. The following assessments shows how much of an impact your lifestyle, environment and medical history are having on your health risks.

LIFESTYLE

You have a **reduced risk** of dandruff based on the answers you provided.

Your Lifestyle Risk

LowDecreasedAverageIncreasedHigh

Factors impacting your risk:

Do you eat a diet rich in fruits, vegetables, whole grains, and nuts (e.g., vegetarian, Mediterranean)? No	Increasing Risk
Do you smoke tobacco? No, never	Decreasing Risk
How much alcohol do you drink on a typical day? Calculate your alcohol consumption in units here 0 units	Decreasing Risk
On a scale of 1 to 5, how would you rate the amount of stress in your life in the past month (at home and at work)? 2	Decreasing Risk
Do you regularly eat 5 or more servings of fruit or vegetables a day? Yes	Decreasing Risk