SelfDecode™

Deep Vein Thrombosis

Disease Report

REPORT CATEGORY

HEART & BLOOD VESSELS

Sample Client

Report date: 15 January 2026

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Personal information

NAME

Sample Client

SEX AT BIRTH

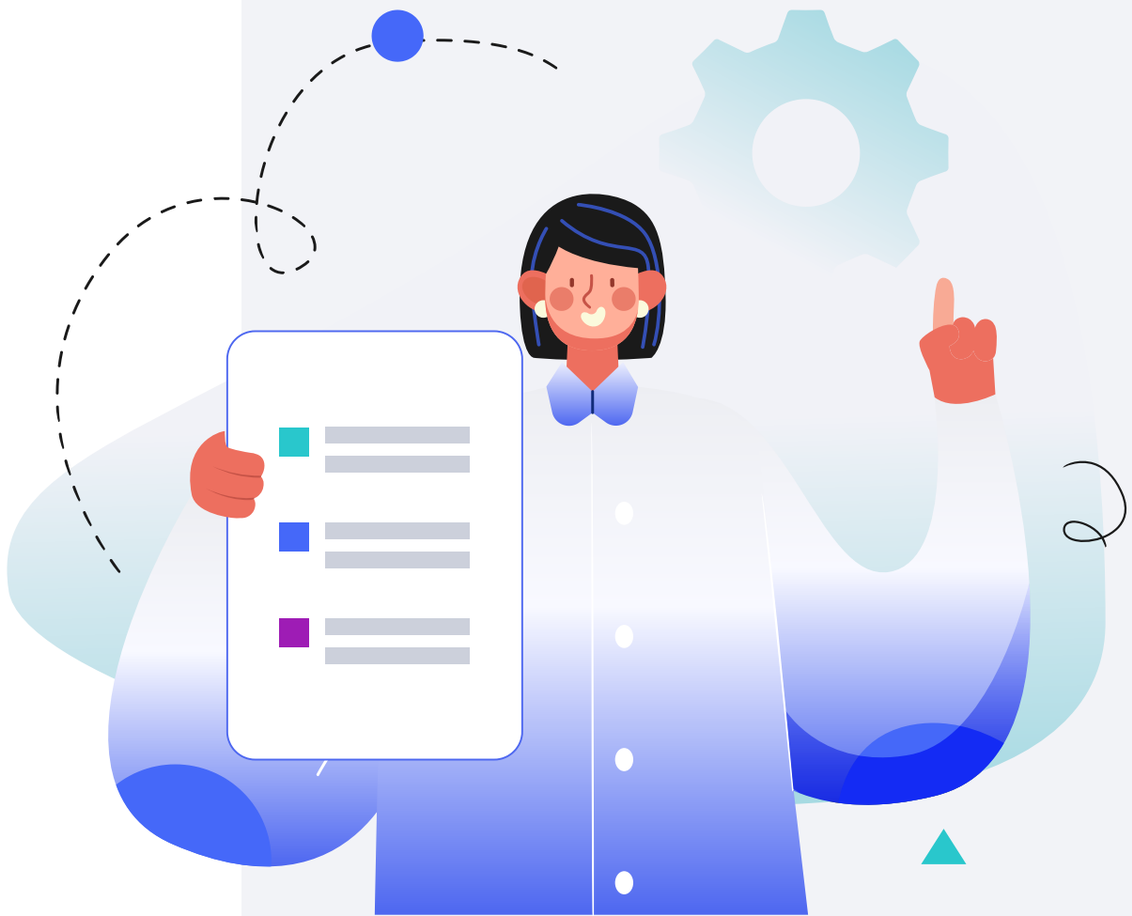
Male

HEIGHT

5ft 5" 165cm

WEIGHT

137lb 62kg

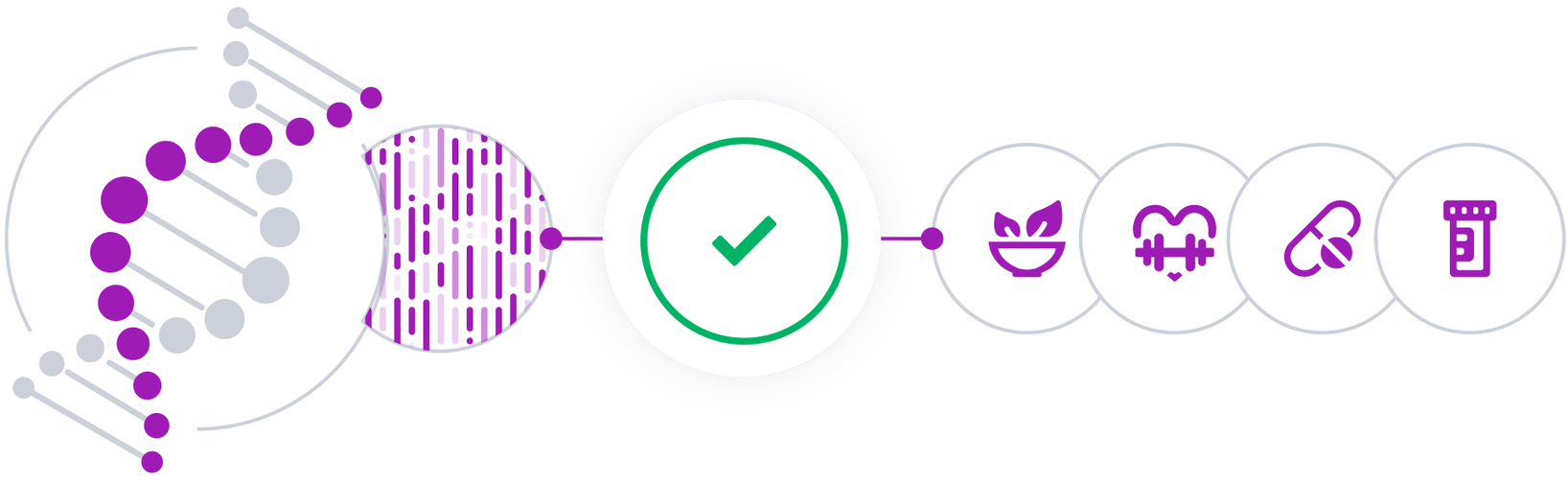


DISCLAIMER

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

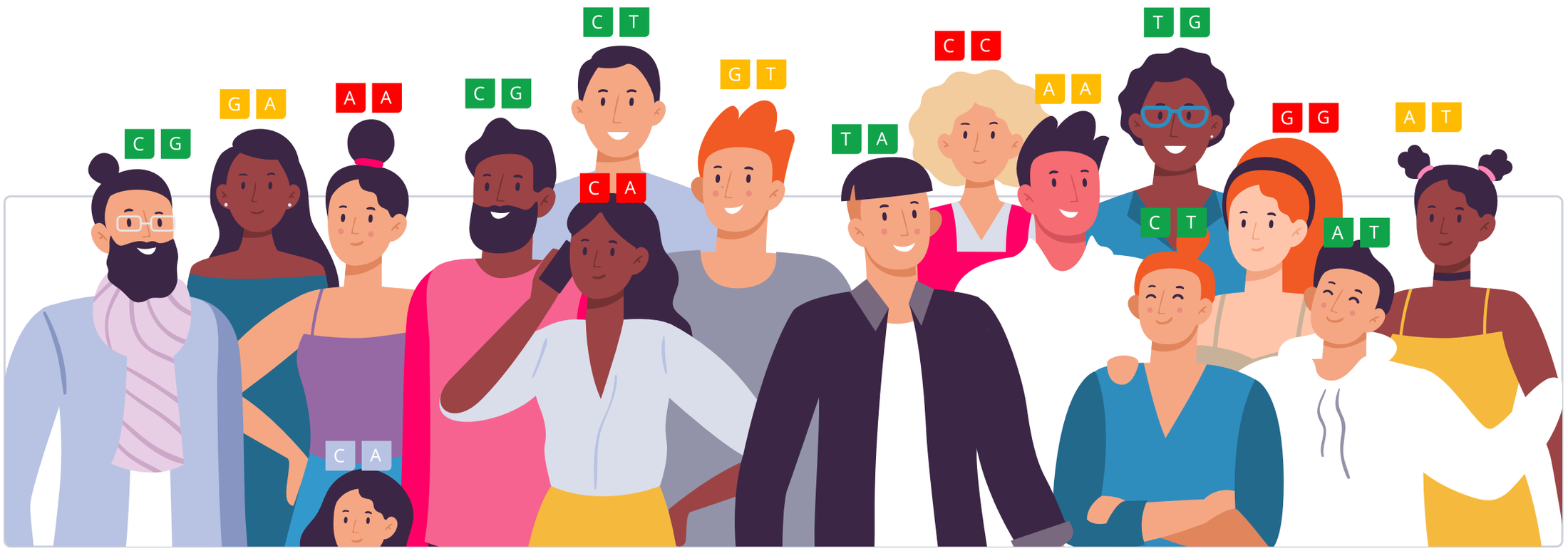
Our Wellness Reports analyze how your DNA influences your health.
We then use this analysis to give you personalized risk estimates and recommendations.



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.

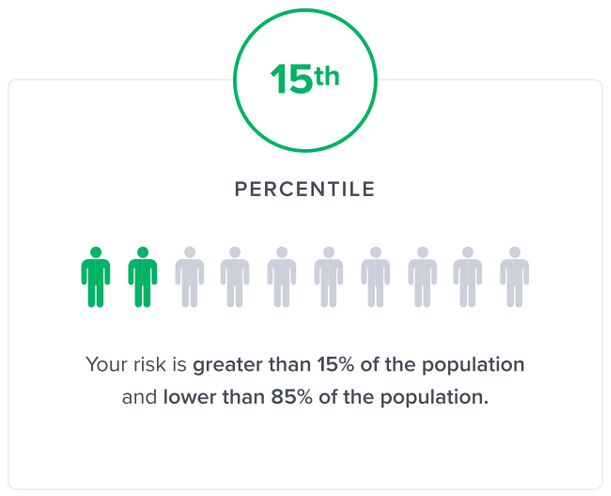
Genetic variants are parts of DNA that differ from person to person. Some can make you more vulnerable to certain health issues, while others may influence traits such as eye color.



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.

When we give a risk score, the risk icon tells you if you are at a higher or lower risk compared to other people:

In total, we analyze up to 83 million genetic variants.



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, afew 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

Deep vein thrombosis (DVT) occurs when a blood clot forms in a deep vein of the body. **It typically affects the legs, causing pain or swelling**, but sometimes there are no symptoms [R].

DVT is a fairly common health issue, affecting about 900,000 people per year [R].

Left untreated, DVT can be potentially fatal if the blood clot travels to the lungs, which is called *pulmonary embolism*. It can also cause long-term complications like **pain, cramping, and swelling** around the clot site [R].

Medication can treat DVT, so it is important to seek medical attention if you believe you are having symptoms. **Seek emergency help if you suspect pulmonary embolism** (chest pain, shortness of breath, rapid pulse or breathing).

Risk Factors and Genetics

Key Takeaways:

- About 60% of the differences in people's chances of getting DVT may be due to genetics.
- Other risk factors include age (60+), sedentary lifestyle, injury or surgery involving a deep vein, pregnancy, birth control pills, hormone replacement therapy, being overweight, and smoking.
- If you have a high genetic risk, you can lower overall risk by taking action on risk factors that you can change.
- As many as 900,000 people are likely affected by DVT each year in the United States.
- Click the **Recommendations** tab for potential dietary and lifestyle changes, and **next steps** for relevant labs.

About **60%** of the differences in people's chances of getting DVT may be due to **genetics.** Unsurprisingly, involved genes play a role in blood clotting [R].

Genetically high levels of EPA may be causally associated with a high risk of venous thromboembolism. In contrast, genetically high alpha-linolenic acid levels may be causally associated with a lower risk of DVT [R, R].

Besides genetics, other risk factors for DVT include [R]:

- Age (over 60)
- Lack of movement (due to lifestyle, long travels, surgery, illness, etc.)
- Injury or surgery involving a deep vein
- Pregnancy
- Birth control pills and hormone replacement therapy
- Being overweight or obese
- Smoking

The following health conditions may contribute to DVT [R]:

- Cancer
- Heart failure

TYPICAL LIKELIHOOD

Typical likelihood of getting DVT based on 1,671 genetic variants we looked at

Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
ABO	rs2519093	TT
ABO	rs579459	CC
/	rs687289	AA
CAPN9	rs145470028	GG
CYP4V2	rs4253421	GG
TSPAN15	rs78707713	TT
F5	rs4524	TT
SLC44A2	rs4548995	CC
ZFPM2	rs4541868	CC
F11	rs2036914	TC
C4BPA	rs2842700	CA
F5	rs6025	CC
LRP4	rs191945075	GG
ABO	rs8176749	CC
PLRG1	rs2066864	GG
CYP4V2	rs2289252	CC
GRK5	rs10886430	AA
PROCR	rs867186	AA
PLCG2	rs12445050	CC

The number of "risk" variants in this table doesn't necessarily reflect your overall result.

- Inflammatory bowel disease
- Genetic conditions that affect blood clotting

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
1	Practice Exercise Snacks	1 minutesute
2	Compression Stockings	
3	Walking	30 minutes
4	Aerobic Exercise (Cardio)	1 hour
5	Drink at Least 8 Glasses of Water a Day	
6	Exercise At Least One Hour a Day	1 hour
7	Methylfolate	400 mcg
8	Pycnogenol	100 mg
9	Vitamin B12	10 mcg
10	Tomato	
11	Avoid Lead Exposure	
12	Panax Notoginseng	
13	Histidine	500 mg
14	Nattokinase	
15	Avoid Iron Supplements (Unless Deficient)	

1

Practice Exercise Snacks

IMPACT 4 / 5

EVIDENCE 5 / 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

Prolonged sitting or limited mobility may increase the risk of DVT by slowing down blood flow. For this reason, experts recommend [R, R, R, R, R, R, R, R]:

- Taking frequent breaks from sitting to walk or stretch your legs
- Not crossing your legs while sitting
- Doing lower leg exercises while sitting

Prolonged air travel (over 8 hours) may be particularly risky. If possible, try to stand or walk occasionally during longer flights [R].

People with a **sedentary lifestyle** may have a **2 times** higher risk of DVT, so it's crucial to stay active [R].

2

Compression Stockings

IMPACT 4 / 5

EVIDENCE 4 / 5

How to implement

Wear compression stockings during the day, especially when you expect to be sitting or standing for long periods. They should be put on before getting out of bed in the morning and removed before going to bed at night. Ensure they are the correct size and compression level as advised by a healthcare professional.

Description

Compression stockings are often worn to improve blood circulation in the legs and reduce the risk of conditions like varicose veins and deep vein thrombosis. They can be beneficial for individuals who spend long periods sitting or standing and those with certain medical conditions that affect blood flow.

How it helps

Compression stockings apply pressure to your legs to help your blood vessels work better, which aids in preventing blood clots from forming in the deeper veins.

Experts recommend wearing **compression stockings** to people at risk and those who already have DVT. They may help **lower the risk of DVT and reduce symptoms** by improving blood flow [R, R].

Compression stockings may reduce the risk of venous thrombosis in:

- **Air travellers** (by 2 times) [R, R, R]
- **Hospitalized patients** (by 3 times) [R, R, R]

GCS are more effective when used in combination with other DVT prophylactic methods [R, R].

GCS likely reduce the risk of proximal DVT and may reduce the risk of pulmonary embolism (PE), although the evidence for PE is of lower quality [R, R].

However, the use of compression stockings does not significantly reduce the development of post-thrombotic syndrome in patients with DVT, according to recent meta-analyses [R, R].

There is insufficient evidence to support the routine use of compression stockings for preventing DVT in acute stroke patients [R].

3

Walking

IMPACT 3 / 5

EVIDENCE 4 / 5

How to implement

Incorporate at least 30 minutes of brisk walking into your daily routine, aiming for a minimum of five days a week. This can be done in one continuous session or broken into shorter periods, such as three 10-minute walks throughout the day.

TYPICAL STARTING DOSE

30 minutes

Description

Walking is a low-impact form of exercise that can contribute to cardiovascular fitness, weight management, and improved overall health. It is used to support physical activity goals, enhance mood, and promote better cardiovascular health.

How it helps

Walking breaks during prolonged periods of inactivity, such as gaming, significantly improve blood flow and blood velocity, reducing the risk of DVT [R].

Early ambulation is recommended for post-surgical patients to prevent DVT, although it is often supplemented with other methods like compression stockings or anticoagulants [R, R].

Combining walking with compression therapy may lead to a faster reduction of pain and swelling, reduce the incidence of post-thrombotic syndrome, and improve the quality of life for DVT patients [R].

Walking activates leg muscles, which helps improve blood circulation, potentially dissolving the clot and reducing the risk of forming new ones in deep veins. It also alleviates swelling and discomfort in the legs associated with this condition [R].

4

Aerobic Exercise (Cardio)

IMPACT 3 / 5

EVIDENCE 3 / 5

How to implement

Engage in at least 150 minutes of moderate-intensity aerobic exercise or 75 minutes of vigorous-intensity activity each week. Distribute this time over at least 3 days per week, avoiding consecutive days of vigorous exercise to allow for recovery.

TYPICAL STARTING DOSE

1 hour

Description

Engaging in regular aerobic exercise, such as running, swimming, or cycling, offers numerous health benefits, including improved cardiovascular fitness, weight management, and mood enhancement. It supports overall physical and mental well-being while reducing the risk of chronic diseases.

Cardio, short for cardiovascular exercise, is any type of physical activity that temporarily increases your heart rate. Examples include **running, cycling, swimming, and brisk walking**.

Regular cardio exercise has many benefits for your overall health. It can help lower your risk of heart disease and diabetes, support weight loss, and improve your mood and energy levels. To get the most out of cardio, try to do it for at **least 30 minutes, 3-5 times a week**.

Interval training is a type of cardio that combines periods of high-intensity training with brief rest periods.

How it helps

Regular exercise (including cardio) helps lower the risk of blood clots. Experts recommend at least **30 minutes of moderate physical activity daily** [R].

Exercise may also improve the symptoms and reduce complications in people with DVT. It may help by strengthening the calf muscles and boosting blood flow [R, R].

5

Drink at Least 8 Glasses of Water a Day

IMPACT 3 / 5

EVIDENCE 3 / 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 mainting brain and gut function, maintain a health 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

Dehydration may raise the risk of blood clots by narrowing blood vessels and thickening the blood [R].

Research has linked dehydration with DVT. For this reason, some authors recommend staying hydrated to lower the risk of DVT in air travelers [R, R].

Most experts recommend drinking **around 8 glasses (64 oz. or 2 L) of water daily** [R].

6

Exercise At Least One Hour a Day

IMPACT 3 / 5

EVIDENCE 3 / 5

How to implement

Dedicate a minimum of 60 minutes to moderate-intensity activities such as brisk walking, swimming, or cycling. Do this most days of the week, aiming for at least 5 days to optimize benefits.

TYPICAL STARTING DOSE

1 hour

Description

Exercise can do wonders for your health. It can help you lose weight, improve your heart health, boost your mood, and more [R].

There are many ways you can be active. You can walk, run, swim, dance, or play team sports. **Everything counts, and it's never too late to start!**

Try to get at least **60 minutes of moderate physical activity on most days**, including walking. **Getting a mix of cardio (min 150 min/day) and strength training (min 2 times a week) may be optimal**.

How it helps

Regular exercise helps lower the risk of blood clots. Experts recommend at least **30 minutes of moderate physical activity daily** [R].

Exercise may also improve the symptoms and reduce complications in people with DVT. It may help by strengthening the calf muscles and boosting blood flow [R, R].

7

Methylfolate

IMPACT 3 / 5

EVIDENCE 3 / 5

How to implement

Take an L-methyl folate supplement (400-800 micrograms daily), ideally with a meal, to improve absorption. This dosage is recommended for adults, including pregnant women, to support overall health, especially to reduce the risk of neural tube defects in developing fetuses. Continue daily use as part of your regular supplement routine.

TYPICAL STARTING DOSE

400 mcg

Description

Folate, a B-vitamin, is crucial for DNA synthesis, cell growth, and the formation of red blood cells. Adequate folate intake supports overall health and reduces the risk of neural tube defects during pregnancy.

Vitamin B9 (*folate*) plays an essential role in [R, R, R]:

- Making DNA
- Metabolism
- Energy production

SelfDecode recommends L-methylfolate as the preferred folate supplement for those who need one. It is superior to folic acid because it doesn't require activation, but the research is still ongoing [R, R].

How it helps

Folate, a type of vitamin B, helps in breaking down an amino acid named homocysteine in the body, which if in excess, can increase the risk of blood clots potentially leading to deep vein thrombosis. Thus, a diet rich in folate can contribute to lowering your risk of the condition.

A meta-analysis of 27 studies identified low blood folic acid levels as a **risk factor for venous thrombosis** [R].

In a non-placebo-controlled trial of 90 patients with homocysteine cerebral infarction and DVT, supplementation with folic acid and vitamin B12 **reduced lower limb deep static vein thrombosis recurrence rate (6.5 times)** [R].

8

Pycnogenol

IMPACT 2 / 5

EVIDENCE 3 / 5

How to implement

Take 100 mg of pycnogenol supplement daily. This can be taken in a single dose or divided into two doses of 50 mg each, one in the morning and one in the evening.

TYPICAL STARTING DOSE

100 mg

Description

Pycnogenol (pine bark extract) is derived from the bark of the maritime pine (Pinus pinaster). It has been used in traditional n European folk medicine for centuries, and more recently as a supplement. The extract contains a group of bioactive compounds known as proanthocyanidins, which may be beneficial in supporting cardiovascular health, promoting skin health, and aiding in the management of various conditions related to inflammation and oxidative stress.

Pycnogenol comes from the bark of pine trees that grow in the Mediterranean [R, R].
It may improve [R, R, R, R, R, R]:

- Athletic performance
- Seasonal allergies
- Cognitive function
- Joint health
- Varicose veins

How it helps

In people taking long flights, pycnogenol supplementation (150-200 mg, before or during the flight) may help prevent DVT [R, R, R].

In people with a history of DVT, pycnogenol (200 mg/day) may help reduce recurrence and complications. Its combination with compression stockings may be even more effective [R, R].

9

Vitamin B12

IMPACT 2 / 5

EVIDENCE 3 / 5

How to implement

Take a 50 mcg vitamin B12 supplement daily, preferably with a meal to enhance absorption.

TYPICAL STARTING DOSE

10 mcg

Description

Vitamin B12 is a water-soluble vitamin primarily found in animal-based foods like meat, fish, and dairy products. It plays a crucial role in maintaining healthy nerve cells, DNA synthesis, and red blood cell formation. Vitamin B12 deficiency can lead to anemia, neurological issues, and fatigue.

Vitamin B12 is important for [R, R]:

- Building DNA
- Nervous system function
- Energy production

You can get vitamin B12 from [R]:

- Animal products (meat, fish, eggs, and dairy)
- Fortified foods
- Supplements

Adults should be getting **2.4 micrograms** of vitamin B12 every day [R].

How it helps

Vitamin B12 plays a role in the production and function of red blood cells, which are necessary for healthy blood flow. However, it is not specifically targeted at Deep Vein Thrombosis treatment or prevention, rather it contributes to overall blood health.

A meta-analysis of 27 studies identified low vitamin B12 levels as a **risk factor for venous thrombosis** [R].

In a non-placebo-controlled trial of 90 patients with homocysteine cerebral infarction and DVT, supplementation with folic acid and vitamin B12 **reduced lower limb deep static vein thrombosis recurrence rate (6.5 times)** [R].

10

Tomato

IMPACT 2 / 5

EVIDENCE 1 / 5

How to implement

Incorporate fresh or cooked tomatoes into your daily diet. This can be achieved by adding them to salads, sandwiches, pastas, and sauces or simply eating them on their own. Aim for at least one serving (approximately 1 medium-sized tomato or 1/2 cup of chopped or cooked tomatoes) per day.

Description

Tomatoes are a fruit grown widely in numerous varieties, and are rich in vitamins C and K, as well as the antioxidant lycopene, which may contribute to heart health and protect against certain chronic diseases when incorporated into a balanced diet.

Tomato (*Solanum lycopersicum*) is a fruit originally from the Andes in South America. It is usually consumed as a vegetable in juices, sauces, or fresh. Tomate is an important source of [R]:

- Vitamin C
- Potassium
- Antioxidants (e.g., lycopene)
- Vitamin B9 (folate)

Tomato is traditionally used for [R, R]:

- High cholesterol
- High blood pressure

How it helps

Tomatoes contain an antioxidant known as lycopene which can help to prevent blood clots, potentially reducing the risk of Deep Vein Thrombosis. They are also rich in vitamin E, which improves blood circulation and aids in preventing clot formations.

In a placebo-controlled trial of 90 healthy volunteers, consuming tomato extract (equivalent to 2-6 tomatoes) **inhibited platelet function with a dose-dependent response.** The effects were **greater in people with the highest homocysteine and CRP levels** [R].

Tomato extract also **inhibited platelet function** in a non-placebo-controlled trial of 23 healthy volunteers [R].

In a non-placebo-controlled trial of 47 healthy subjects, a water-soluble tomato extract **did suppress platelet function but the effects were reversible and aspirin was 3 times more effective** [R].

11

Avoid Lead Exposure

IMPACT 1 / 5

EVIDENCE 2 / 5

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 study of 31,081 subjects from the NHANES database, high blood lead was associated with an increased risk of deep vein thrombosis [R].

Lead toxicity can harm the inner lining of blood vessels (endothelium), potentially increasing the risk of blood clots.

12

Panax Notoginseng

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Take 200-400mg of Panax notoginseng extract daily, preferably with food to enhance absorption. This can be done indefinitely for general health benefits or specifically for certain conditions as directed by a healthcare provider.

Description

Panax notoginseng (Sanqi) is a plant native to China and other parts of Asia. It has been utilized in traditional Chinese medicine for centuries and in recent decades as a supplement, to promote cardiovascular health, reduce bleeding, and alleviate pain. The primary active compounds are saponins called notoginsenosides, and it is commonly consumed in the form of herbal teas, capsules, or powders.

Ginseng is a plant people use to improve [R, R, R, R]:

- Sexual function
- Immunity
- Fatigue
- Attention

There are many different types of ginseng. The most common ones are [R, R, R]:

- Korean red ginseng, also called Asian ginseng (*Panax ginseng*)
- American ginseng (*Panax quinquefolius*)
- Chinese notoginseng, also called Sanchi (*Panax notoginseng*)

How it helps

According to a single study, **Chinese ginseng saponins (100 mg, 3x/day)** may reduce the risk of DVT in people undergoing surgery. Ginseng may help by improving blood flow [R].

13

Histidine

IMPACT 0 / 5

EVIDENCE 1 / 5

How to implement

Take 500-1000 mg of histidine supplement per day, ideally with a meal. It is best to start with a lower dose, such as 500 mg, to assess tolerance and then adjust as needed up to 1000 mg. Consistent daily intake for at least 4 to 8 weeks may be necessary to notice benefits.

TYPICAL STARTING DOSE

500 mg

Description

Histidine is an essential amino acid that plays a role in protein synthesis and the formation of histamine. It is important for overall health and is found in various protein-rich foods.

A histidine supplement of up to 14 mg/kg/d can be taken to meet the needs not achieved through diet.

You can also increase your dietary histidine intake. Histidine is found in protein-rich foods such as meat, chicken, fish, beans, oats, and wheat. It's especially high in the Japanese food ingredient dashi or dried bonito, often used for soup stock [R].

How it helps

Histidine, an essential amino acid, promotes better blood flow by supporting the production of red and white blood cells. Its anti-inflammatory properties may also help alleviate symptoms associated with deep vein thrombosis.

In a placebo-controlled trial of 18 healthy volunteers, supplementation with L-histidine (3 g/day) for 7 days **reduced the degree of spontaneous platelet aggregation and inhibited the generation of platelet TXB2 (by 47%)** [R].

14

Nattokinase

IMPACT 0 / 5

EVIDENCE 1 / 5

How to implement

Take 100-200mg of nattokinase supplement daily, preferably on an empty stomach to enhance absorption. This dosage can be taken continuously, but it is important to consult with a healthcare professional before starting, especially if taking blood-thinning medications.

Description

Nattokinase is an enzyme derived from natto (fermented soybean) and is believed to have potential blood-thinning properties, potentially supporting cardiovascular health by promoting healthy blood circulation.

How it helps

Nattokinase could potentially assist in breaking down and preventing blood clots.

In an uncontrolled trial involving 45 participants, including individuals with various health profiles, supplementation with nattokinase at a dose of 2,000 U per day for 2 months led to significant reductions in plasma fibrinogen levels (7-10%), factor VII (7-14%), and factor VIII (17-19%).

In a placebo-controlled trial with 12 healthy men, a single 2,000-U dose of nattokinase increased D-dimer and blood fibrin/fibrinogen degradation products while decreasing factor VIII activity.

In a placebo-controlled trial with 100 subjects with borderline-to-moderate hypercholesterolemia, 8 weeks of nattokinase supplementation resulted in increased collagen-epinephrine closure time, prothrombin time, and activated partial thromboplastin time [R, R, R].

15

Avoid Iron Supplements (Unless Deficient)

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Only take iron supplements if a blood test shows you are iron deficient. If not deficient, do not use iron supplements. For those diagnosed with iron deficiency, follow your healthcare provider's instructions on the type and dosage of iron supplement to take.

Description

Iron (Fe) is an essential mineral. It helps make hemoglobin, a protein that carries oxygen to cells. In this way, iron **increases energy** and supports **brain and immune system function** [R, R, R].

Avoiding unnecessary iron supplements, particularly without a confirmed deficiency, can prevent the risk of iron overload, which can lead to health issues like hemochromatosis and oxidative stress.

However, too much iron can be bad for the body. It can deposit into organs, such as the liver, heart and the pancreas. This can cause issues such as liver disease, heart problems and diabetes [R, R].

How it helps

Genetically higher levels of iron may be associated with a 37% increased risk of deep vein thrombosis [R].

Too much iron in your body can cause blood to clot more easily.

Please note: *Some people deficient in iron may need to take iron supplements. Your doctor should help you make that decision based on your actual iron levels.*

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.

SHBG	39.3 nmol/L	15 30 45 64	9 Nov 2025
Platelet Count	215 x10^3/mm3	30 150 200 270 450 999	9 Nov 2025
Uric Acid	4.4 mg/dL	2 3.7 4 6 9	9 Nov 2025
Albumin	4.3 g/dL	3.4 4.4 5.5	9 Nov 2025
Homocysteine	12.84 umol/L	5 9 15 100	9 Nov 2025
Estradiol	101.46 pg/mL	10 25 50	9 Nov 2025
Monocytes (%)	6.4 %	1 13	9 Nov 2025
hs-CRP	1.6 mg/L	0 0.5 3 100 500	9 Nov 2025
Monocytes (Absolute)	0.44 x10^9/L	0.1 0.35 0.8	9 Nov 2025

Iron

228 mcg/dL

9 Nov 2025