

Dehydration

DNA Health Report

REPORT CATEGORY —



Sample Client

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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

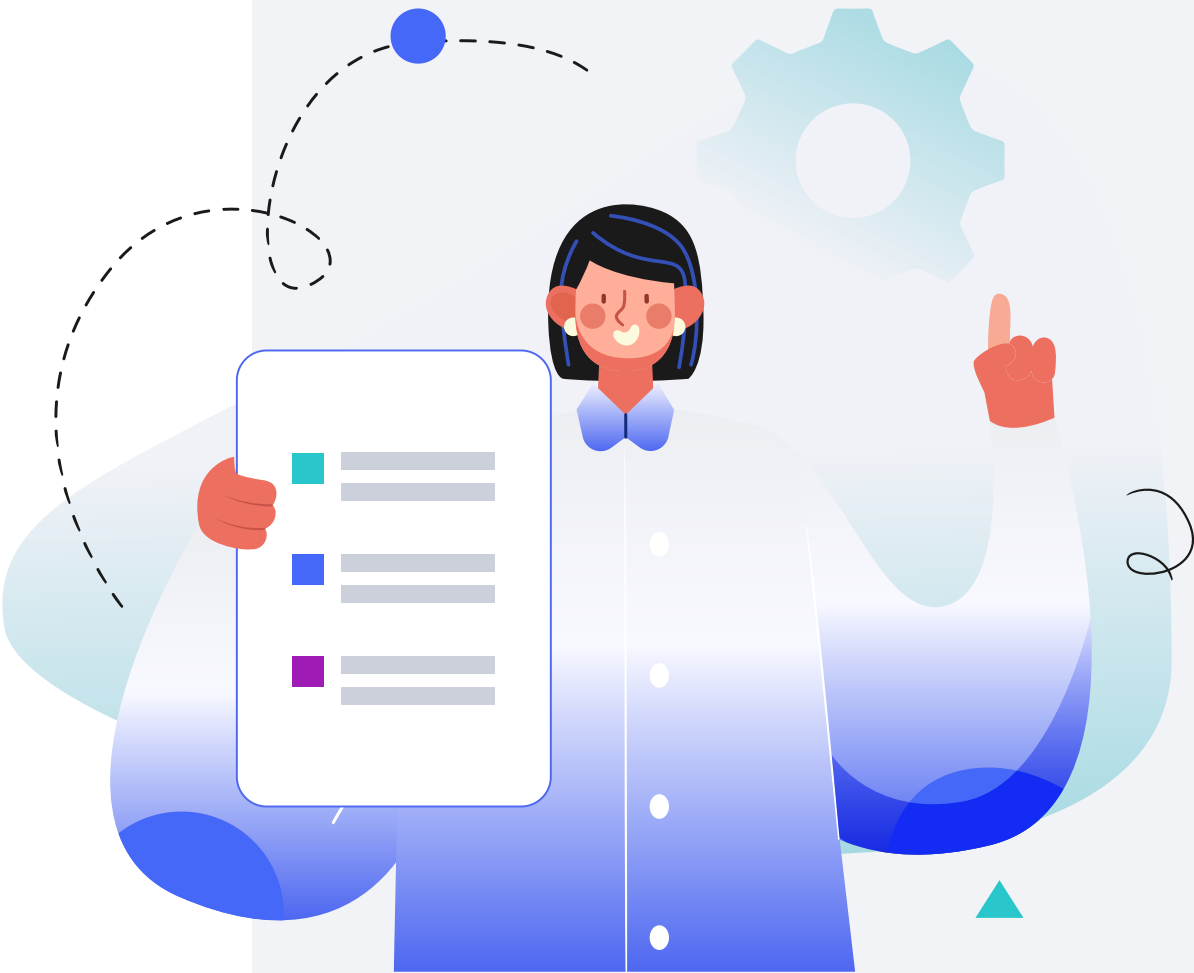
Male

HEIGHT

5ft 5" 165cm

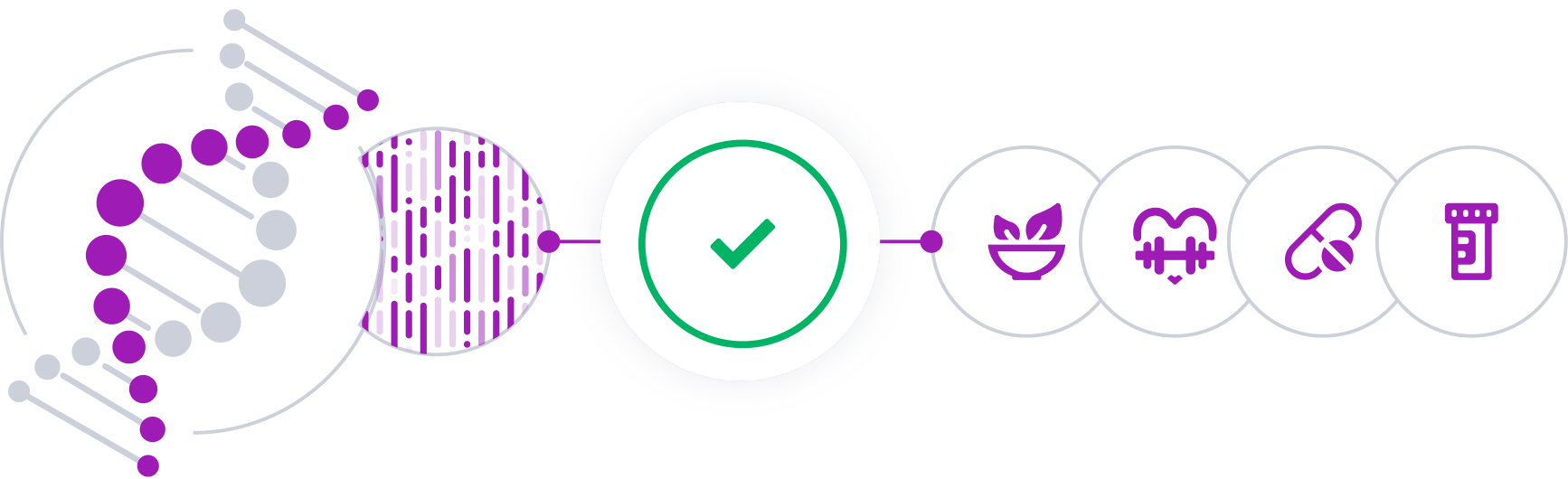
WEIGHT

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.

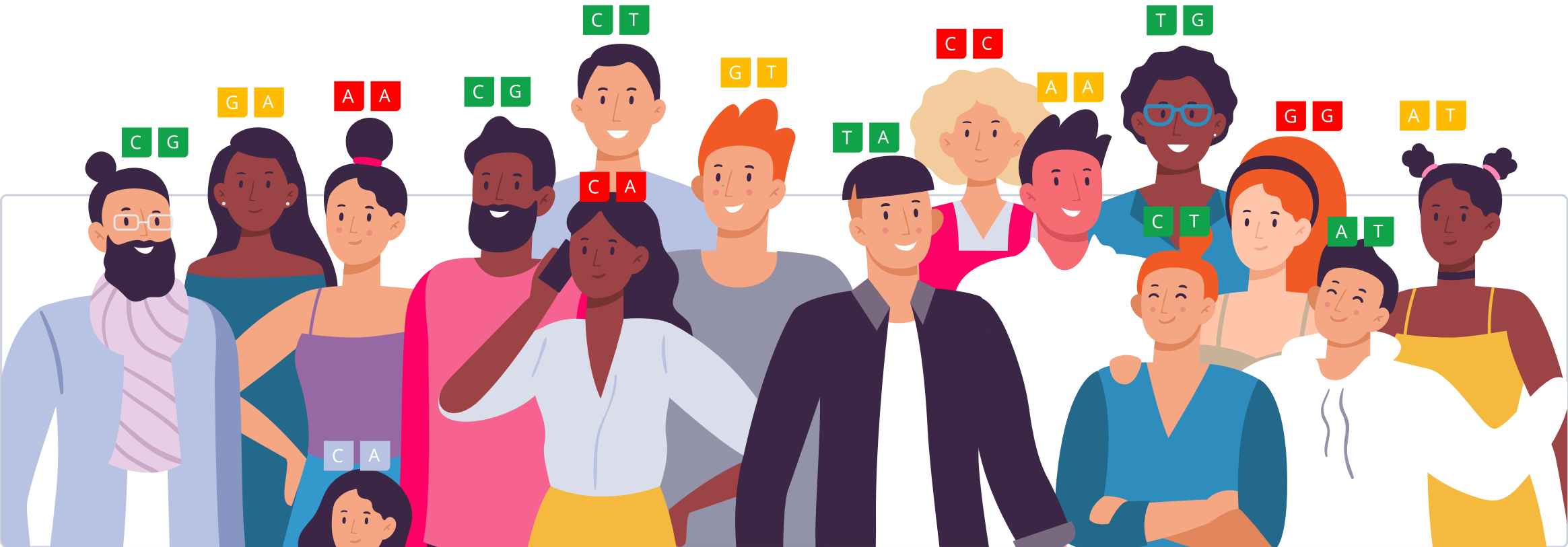


Similarly, our Trait Reports look at how your DNA influences your traits.



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

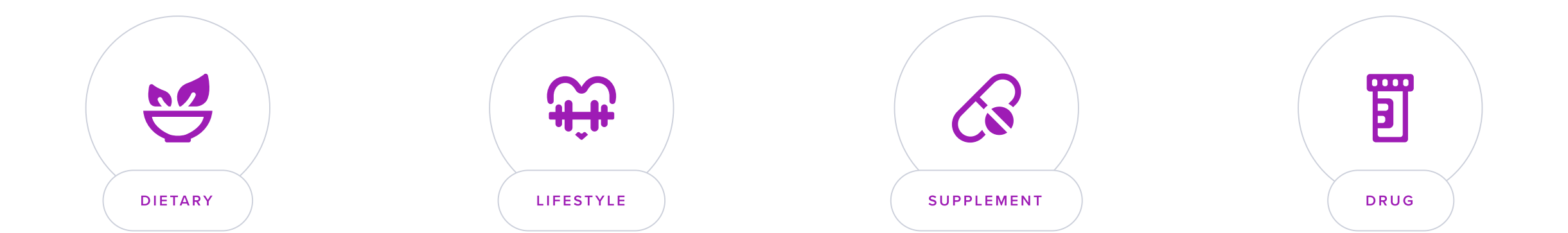
You have 2 risk alleles

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

Dehydration occurs when the body loses more fluid than it takes in, leading to an insufficient amount of water and other fluids to carry out normal functions. Signs and symptoms of mild to moderate dehydration include thirst, decreased urine output, dry mouth, tiredness, headache, and dizziness.

Urine may be darker and more concentrated as the body tries to preserve fluid levels. Prolonged or severe dehydration can lead to more serious complications, including urinary and kidney problems, seizures, heat injuries, and hypovolemic shock, a life-threatening condition.

Health Implications

The body's need for water is fundamental, as it plays a vital role in maintaining the health of every cell, tissue, and organ. It is especially important for regulating temperature, lubricating and cushioning joints, protecting sensitive tissues, and aiding digestion and waste removal.

Dehydration impairs the body's ability to perform these functions effectively, potentially disrupting the balance of minerals (electrolytes) in the body that can affect the muscles, heart, and brain. Adequate hydration is critical for maintaining health and preventing dehydration, which is particularly important for vulnerable populations such as young children, the elderly, and individuals with certain medical conditions.



TYPICAL LIKELIHOOD

Typical likelihood of dehydration based on **74,223** genetic variants we looked at

Your Recommendations

Your recommendations are prioritized according to the likelihood of it having an impact for you based on your genetics, along with the amount of scientific evidence supporting the recommendation.

You’ll likely find common healthy recommendations at the top of the list because they are often the most impactful and most researched.

- 1

Coconut Water
- 2

Drink at Least 8 Glasses of Water a Day
- 3

Fruits And Vegetables
- 4

Watermelon

1



Coconut Water

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Drink fresh coconut water twice a day, each serving being approximately 8-10 ounces, for hydration and electrolyte replenishment. This practice can be especially beneficial during periods of high heat or after physical activities. Continue as long as hydration is a concern or for general wellness.

Description

Coconut water is a natural electrolyte-rich beverage that can help with hydration and replenishing essential minerals, making it a good choice for staying hydrated, especially after exercise.

How it helps

Coconut water is effective for rehydration due to its electrolyte composition. It is rich in potassium and magnesium, which helps replenish electrolytes lost through sweat and supports hydration better than water alone.

A study compared coconut water (CW), a carbohydrate-electrolyte beverage (CEB), and plain water (PW) for rehydration and blood volume restoration after exercise. CW matched CEB and PW in effectiveness, with better taste and fewer side effects [\[R\]](#).

However, another study compared hydration effects and performance in a 10-km cycling time trial after drinking water (PW) or coconut water (CW), and showed no significant differences in performance or physiological markers between PW and CW. However, CW was less palatable, leading to significantly lower voluntary intake during exercise [\[R\]](#).

2



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 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

Staying hydrated by drinking at least 8 glasses of water a day helps maintain the balance of bodily fluids. These fluids are essential for digestion, absorption, circulation, creation of saliva, transportation of nutrients, and maintenance of body temperature.

3



Fruits And Vegetables

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Increase your intake of fruits and vegetables to at least five servings per day, aiming for a variety of types and colors to ensure a broad range of nutrients. Each serving size should roughly be the amount you can fit in one hand. Try to incorporate at least one serving of fruits or vegetables into every meal and snack throughout the day.

Description

A diet rich in fruits and vegetables provides essential nutrients, antioxidants, and dietary fiber. This combination supports overall health, helps maintain a healthy weight, and reduces the risk of chronic diseases such as heart disease and certain cancers.

How it helps

Many fruits and vegetables have a high water content, which can contribute to overall hydration. Eating them can add to your total water intake, supporting hydration and providing essential vitamins and minerals.

4



Watermelon

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate fresh watermelon into your diet, aiming to consume about 1-2 cups of cubed watermelon daily, either as a snack or part of your meals. It is best consumed fresh to maximize its hydrating effects and nutritional benefits.

Description

Watermelon is a refreshing fruit known for its high water content and being a good source of vitamins A and C. It is used to help stay hydrated and may support skin health due to its antioxidant properties.

How it helps

Watermelon is made up of about 92% water, making it an excellent choice for hydration. It also provides important nutrients and electrolytes that help maintain fluid balance in the body.

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 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.

