

Diarrhea

DNA Health Report

REPORT CATEGORY —



Sample Client

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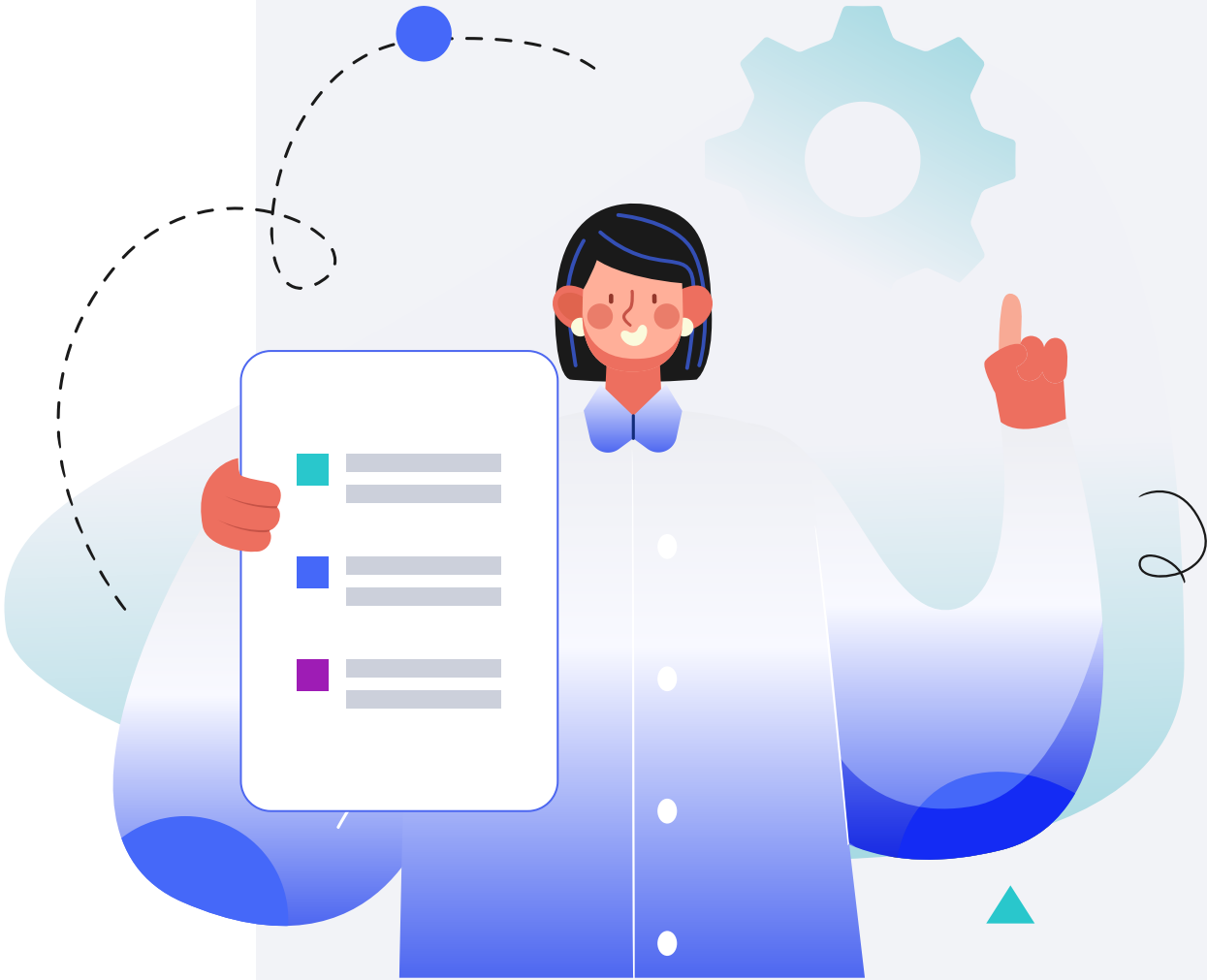
Your recommendations

Personal information

NAME	
Sample Client	
SEX AT BIRTH	
Male	
HEIGHT	
5ft 9"	175.0cm
WEIGHT	
165lb	75.0kg

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.



Introduction

Diarrhea is a common condition that affects the digestive system. It involves loose, watery stools that are passed more often than usual. It is fairly common, especially among **young children, older adults**, and those living in **developing countries** [\[R\]](#).

Diarrhea can be caused by a variety of factors, including [\[R\]](#):

- Viral, bacterial, or parasitic infections
- Food poisoning
- Certain medications (e.g., antibiotics)
- Bowel disorders such as IBS, Crohn's disease, and ulcerative colitis
- Food sensitivities such as celiac disease and lactose intolerance

Diarrhea can be **acute or chronic**. It becomes chronic if it lasts more than **two weeks** [\[R\]](#).

Most cases are mild and resolve on their own. However, if it turns severe or does not improve after a few days, you should talk to a healthcare professional.

Risk Factors

Diarrhea is a common condition that affects the digestive system. It involves loose, watery stools that are passed more often than usual.

While genetics plays a role in diarrhea, environmental and lifestyle factors have the largest impact. They include [R](#):

- Being a young child or older adult
- Traveling to or living in a developing country
- Having a weakened immune system
- Having chronic digestive conditions like IBS or celiac disease
- Taking certain medications such as antibiotics

If you experience diarrhea, **it is important to stay hydrated**. Drink plenty of fluids, such as water, clear broth, or sports drinks.



MORE LIKELY

More likely to get diarrhea based on 1,670 genetic variants we looked at



Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
MANF	rs61570769	GG
WDR35	rs56395266	GA
NPHP3	rs41272317	CA
C1QTNF6	rs17812681	TC
ZNF703	rs79707182	TC
ST7L	rs114199731	TT
KRT83	rs2857667	AA
VIT	rs140104536	CC
SDCBP2	rs35367003	CC
EMID1	rs76367973	CC
COL6A6	rs114511272	CC
CGRRF1	rs34839928	CC
CDKL2	rs56229013	CC
THEMIS2	rs41284294	TT
TM9SF1	rs62621251	TT
ZBP1	rs45521631	CC
IGDCC4	rs75405617	TT
MCM10	rs35114749	CC
IRAK4	rs55944915	GG
PALM2AKAP2	rs72757010	GG

GENE	SNP	GENOTYPE
RBL2	rs76818213	GG
GANC	rs35285091	CC
SNX25	rs34120554	CC
FANCI	rs117125761	CC
EBLN2	rs2231925	TT
MRPS34	rs11552434	CC
LAMA4	rs41289902	CC
UNC80	rs78846221	CC
VWA2	rs62623671	CC
FAM162B	rs41306045	CC
STK32A	rs35852718	AA
TTC21A	rs80238762	GG
RPGRIP1L	rs139974543	GG
SREBF1	rs36215896	CC
IL17RC	rs148575246	GG
SIDT1	rs34023543	AA
FLNC	rs181067717	CC
ABCB6	rs57467915	GG
RAB21	rs61754230	CC
RELN	rs78008536	GG
ASH2L	rs193080501	GG
CBR1	rs61759823	TT
ERCC4	rs1800124	AA
GC	rs76781122	CC
S1PR4	rs61731111	CC
CACNA1S	rs142356235	CC
UMODL1	rs114358105	CC
FAM81A	rs111778770	GG
DNAJC13	rs61748102	CC
FGFR1	rs150721903	CC

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

Your Recommendations

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

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

DOSAGE		DOSAGE			
1	Good Hygiene Practices	20 seconds	2	Regular Hand Washing	
3	Probiotics	10 billion	4	Drink at Least 8 Glasses of Water a Day	
5	Saccharomyces Boulardii	10 billion CFU	6	Zinc	10 mg
7	Fermented Foods		8	Bifidobacterium Bifidum	10 billion CFU
9	Lactobacillus Rhamnosus GG	10 billion CFU	10	Low-FODMAP Diet	
11	Glutamine	5 g	12	Montmorillonite	
13	Smectite		14	Lactobacillus Bulgaricus	10 billion CFU
15	Plantains (Green Bananas)				

1



Good Hygiene Practices

IMPACT

5 / 5

EVIDENCE

5 / 5

How to implement

Wash your hands with soap and water for at least 20 seconds, especially before eating, after using the restroom, and when returning home. Shower or bathe daily using soap, focusing especially on areas that produce more sweat. Brush your teeth twice a day with fluoride toothpaste and floss daily to maintain oral hygiene.

TYPICAL STARTING DOSE

20 seconds

Description

Good hygiene practices, such as regular handwashing and proper sanitation, are essential for preventing the spread of infections and maintaining public health. Adhering to good hygiene habits can reduce the risk of illness and promote general well-being.

Good hygiene practices involve keeping your body and environment clean. Everyday, we get in contact with millions of germs. Neglecting hygiene practices creates an ideal environment for these germs, increasing the risk of infections.

Personal hygiene is the action of maintaining the body clean and healthy. Good practices include:

- Showering or bathing at least every other day
- Washing your hands multiple times a day
- Brushing your teeth at least twice a day
- Trimming and brushing your nails regularly

Domestic hygiene includes all the work done to keep people’s clothes, beddings, and houses clean.

Poor hygiene is associated with an increased risk of [\[R\]](#):

- **Respiratory infections**
- Gastrointestinal infections
- Athlete’s foot
- Head, body, and pubic lice
- Tooth decay
- Hot tub rash
- Pinworms
- Scabies
- Swimmer’s ear
- Ringworms

How it helps

Maintaining good hygiene, like washing hands regularly and keeping surroundings clean, effectively removes harmful bacteria and viruses that cause diarrhea. It lessens the chance of ingesting these bacteria or viruses, thus reducing the risk of diarrhea.

2



Regular Hand Washing

IMPACT

5 / 5

EVIDENCE

5 / 5

How to implement

Wash your hands with soap and water for at least 20 seconds, making sure to scrub all surfaces of your hands, including the backs, between your fingers, and under your nails. Do this several times a day, especially before eating, after using the bathroom, after blowing your nose, coughing, or sneezing, and after touching garbage.

Description

Regular hand washing is a simple yet highly effective hygiene practice that helps prevent the spread of infectious diseases and illnesses. It is essential for reducing the transmission of harmful pathogens and maintaining overall health.

How it helps

Frequent hand washing can prevent the spread of infections that may cause diarrhea.

3



Probiotics

IMPACT

5 / 5

EVIDENCE

5 / 5

How to implement

Take a probiotic supplement containing 10 billion or more live cultures once daily, preferably with a meal or as directed by the packaging or a healthcare provider.

TYPICAL STARTING DOSE

10 billion

Description

Probiotics are live beneficial bacteria and yeasts that can support gut health and digestive function when consumed as supplements or found in fermented foods like yogurt and sauerkraut. They may be beneficial to gut health, immune function, blood sugar, and mood.

[Probiotic bacteria](#) are “good” bacteria found mainly in the large intestine. They support your body and mind by [\[R, R, R, R, R, R, R, R\]](#):

- Maintaining gut health
- Supporting a healthy immune system
- Improving your mood
- Helping to maintain healthy blood sugar

Prebiotics are certain types of fiber and other complex carbs that serve as food for gut bacteria. **They support gut health by helping boost the activity and growth of “good” bacteria** [\[R, R\]](#).

Prebiotics are also added to foods and supplements. Common prebiotic ingredients are [\[R, R\]](#):

- Oligo-fructose
- Oligo-galactose
- [Inulin](#)

Mixtures of probiotics and prebiotics are known as **synbiotics** [\[R\]](#).

How it helps

Probiotics help in diarrhea by maintaining your gut flora, the good bacteria in the digestive system, which can be disrupted by illness or antibiotics. These beneficial bacteria aid digestion, inhibit harmful bacteria, and stimulate the body's natural defenses, helping to prevent diarrhea.

4



Drink at Least 8 Glasses of Water a Day

IMPACT

5 / 5

EVIDENCE

4 / 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 helps in diarrhea as it replenishes the fluids and electrolytes lost due to frequent bowel movements. Adequate hydration can prevent dehydration and help to maintain normal body functions.

5



Saccharomyces Boulardii

IMPACT

4 / 5

EVIDENCE

4 / 5

How to implement

Take Saccharomyces boulardii as an oral supplement, typically available in capsule or powder form, twice daily with a glass of water. Continue this regimen for 4-8 weeks, or as directed by a healthcare provider.

TYPICAL STARTING DOSE

10 billion CFU

Description

Saccharomyces boulardii is a beneficial yeast often used as a probiotic supplement to support digestive health and prevent or alleviate symptoms of diarrhea, including those caused by antibiotics or infections.

How it helps

Saccharomyces boulardii, a type of yeast, works by increasing the production of an enzyme that helps your body absorb more water from your intestines, thereby making your stools less watery and reducing episodes of diarrhea. It also reinforces your gut's defenses against harmful bacteria, potentially preventing future occurrences of diarrhea.

6



Zinc

IMPACT

4 / 5

EVIDENCE

4 / 5

How to implement

Take a 15 mg zinc supplement daily, ideally with a meal to enhance absorption.

TYPICAL STARTING DOSE

10 mg

Description

Zinc is an essential mineral found in various foods, including meat, dairy, and nuts. It is crucial for immune function, wound healing, DNA synthesis, and maintaining healthy skin and nails. Zinc supplements are sometimes used to support immune health and manage zinc deficiencies.

[Zinc](#) is an essential mineral. Your body needs it to [\[R\]](#), [\[R\]](#):

- Defend against disease
- Protect DNA from damage
- Heal wounds
- Control blood sugar

Some of the best sources of zinc include **shellfish, pork, beef, and beans**. It is also available as a supplement [\[R\]](#).

Adults should get **8-11 mg of zinc** per day [\[R\]](#).

How it helps

Zinc supplements can strengthen your body's overall immune response, which in turn can help your body fight off the bacteria or virus causing diarrhea. The supplement promotes the recovery of the intestinal lining, which reduces both the duration and severity of the diarrhea episode.

7



Fermented Foods

IMPACT

4 / 5

EVIDENCE

3 / 5

How to implement

Incorporate a variety of fermented foods into your daily meals, such as yogurt, kefir, sauerkraut, kimchi, and kombucha. Aim to consume these foods at least once per day, making sure to vary the types for a broad spectrum of beneficial bacteria.

Description

Fermented foods are foods that have undergone fermentation by beneficial microorganisms like bacteria and yeast. Examples include yogurt, kimchi, and sauerkraut, and they are known for promoting gut health and providing probiotics.

Food fermentation is a traditional food preservation method. Fermented food may support gut and skin health [\[R\]](#), [\[R\]](#).

Food can be fermented by microbes that are naturally found in the product or by adding microbes (a starter culture) [\[R\]](#).

Fermented foods include [\[R\]](#):

- Sauerkraut
- Yogurt and [kefir](#)
- Sourdough bread
- Miso
- Tempeh
- Kimchi

How it helps

Fermented foods, like yogurt and sauerkraut, have beneficial bacteria called probiotics. These probiotics can help restore the balance of good bacteria in your gut, reducing diarrhea.

8



Bifidobacterium Bifidum

IMPACT3 / 5

EVIDENCE3 / 5

How to implement

Take a bifidobacterium bifidum supplement according to the manufacturer's instructions, usually once or twice daily with a glass of water and potentially with meals. Supplement duration varies; some may use it continuously for ongoing gut health support, while others might take it for a specific period, such as 4-8 weeks, especially during or after antibiotic treatment.

TYPICAL STARTING DOSE
10 billion CFU

Description

Bifidobacterium bifidum is a probiotic strain that can help support digestive health and maintain a balanced gut microbiome.

[Bifidobacterium bifidum](#) is a [probiotic](#) bacterium naturally present in the human gastrointestinal tract. This species is the second most abundant one in breast-fed infants, but its levels decrease during adulthood [\[R\]](#).

People take *B. bifidum* to help with [\[R\]](#):

- Digestive issues
- Eczema
- Infections

How it helps

Bifidobacterium Bifidum, a type of probiotic, helps to restore the balance of beneficial bacteria in your intestine which can be disrupted by diarrhea. This results in improved digestion and absorption, hence, reducing the frequency and severity of diarrhea.

Probiotics containing *B. bifidum* strains, have been studied for their efficacy in managing diarrhea-related symptoms in multiple trials. They have shown promise in reducing diarrhea and improving gastrointestinal symptoms in both healthy individuals and patients with conditions like type 2 diabetes, radiation-induced diarrhea, acute children diarrhea, and hospital-associated diarrhea in COVID patients [\[R, R, R, R, R, R, R, R, R, R, R\]](#).

9



Lactobacillus Rhamnosus GG

IMPACT3 / 5

EVIDENCE3 / 5

How to implement

TYPICAL STARTING DOSE

10 billion CFU

Description

Lactobacillus rhamnosus GG (LGG) is a probiotic that has been shown to have a number of health benefits, including reducing the risk of diarrhea, improving gut health, and boosting the immune system. LGG can be taken as a supplement or found in some yogurts and other fermented foods.

How it helps

A review of 12 trials concluded that *Lactobacillus rhamnosus* GG (LGG) supplementation significantly reduces antibiotic-associated diarrhea in children but shows mixed results in adults. Another study across 34 trials found that various probiotics, including LGG, reduced antibiotic-associated diarrhea by 52%, travelers' diarrhea by 8%, and acute diarrhea by 34%, with a more pronounced effect in children. A meta-analysis of 15 trials showed LGG's effectiveness in reducing diarrhea duration pre-Rotavirus immunization, but not in partially immunized populations. In a meta-analysis of 12 trials, *Saccharomyces boulardii* CNCM I-745 notably decreased traveler's diarrhea incidence, while LGG showed lesser effects. A meta-analysis of 11 trials and 2444 participants found that *Lacobacillus rhamnosus* GG significantly reduced the duration of diarrhea (by 1.05 days), especially at a daily dose of at least 10^10 cfu [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

10



Low-FODMAP Diet

IMPACT3 / 5

EVIDENCE2 / 5

How to implement

Eliminate foods high in FODMAPs (fermentable oligosaccharides, disaccharides, monosaccharides, and polyols) from your diet for 4 to 6 weeks. This includes certain fruits, vegetables, dairy products, grains, and sweeteners. After the elimination phase, gradually reintroduce foods one at a time to identify triggers.

Description

The low FODMAP diet is used to manage symptoms of irritable bowel syndrome (IBS) and other gastrointestinal disorders. It involves restricting certain fermentable carbohydrates to reduce digestive discomfort and improve gut health.

FODMAPs are a group of carbs that are hard to digest. Rather than being absorbed by the intestines, these carbs are fermented by your gut bacteria. A product of fermentation is gas [\[R\]](#), [\[R\]](#).

FODMAPs also pull fluid into your gut. This may promote diarrhea [\[R\]](#).

Foods high in FODMAPs include [\[R\]](#):

- High-fructose corn syrup
- Artificial sweeteners
- Apples
- Corn
- Dairy
- Beans

A **[low-FODMAP diet](#)** limits the intake of **FODMAPs**. Some health experts recommend it for IBS and other digestive issues [\[R\]](#), [\[R\]](#), [\[R\]](#).

How it helps

A low FODMAP diet may reduce gastrointestinal symptoms, including diarrhea, in people with IBS. The diet may offer benefits, especially for the diarrhea-predominant subtype of IBS, improving stool consistency and reducing fecal frequency [\[R\]](#).

In older adults experiencing chronic diarrhea, a low FODMAP diet may reduce diarrhea [\[R\]](#).

A low FODMAP formula used in hospitalized people receiving enteral nutrition improved diarrhea and helped improve nutritional status [\[R\]](#).

11



Glutamine

IMPACT

2 / 5

EVIDENCE

3 / 5

How to implement

Take 5 to 10 grams of glutamine powder, mixed with water or another beverage, daily. It can be divided into two servings, one in the morning and the other in the evening. This supplementation is generally considered safe for long-term use, but it's best to consult with a healthcare provider for personalized advice.

TYPICAL STARTING DOSE

5 g

Description

Glutamine is an amino acid that plays a role in various bodily functions, including immune support and gut health. It may help with muscle recovery and overall well-being, particularly for individuals engaging in strenuous exercise.

L-glutamine is an amino acid produced by the body. Its levels may decrease during periods of stress or illness. It is important for protein and energy production, and helps control kidney pH balance [\[R\]](#).

Some people take L-glutamine as a supplement to help with [\[R\]](#):

- Gut health
- Immunity
- Exercise recovery and muscle performance
- Brain health

How it helps

Glutamine helps nourish your intestinal cells, which can help prevent or improve Diarrhea by boosting the absorption of water and electrolytes, reducing inflammation, and repairing the gut lining. By directly feeding the cells in your gut lining, Glutamine can help maintain the strength of your gut barrier and function.

In a placebo-controlled trial of 128 children with acute diarrhea, supplementation with glutamine (0.3 g/kg/day) for 7 days reduced diarrhea duration (by 1.17 days). However, adding glutamine (90 mmol/L) to oral rehydration solution had no effects on stool output, diarrhea duration, and oral rehydration solution requirements in a non-placebo-controlled trial of 120 infants with acute diarrhea. Glutamine also showed no benefits in a non-placebo-controlled trial of 138 infants with persistent diarrhea [\[R, R, R\]](#).

A meta-analysis of 8 trials and 298 patients concluded that supplementation with glutamine (typically, 16-30 g/day for 5-21 days) decreases the duration but not the severity of chemotherapy-associated diarrhea. Similarly, glutamine (15 g, 3x/day from 1 week before until 1 week after radiation treatment) failed to prevent radiation-induced diarrhea but reduced its severity in a placebo-controlled trial of 36 patients [\[R, R\]](#).

Glutamine (30 g/day for 10 days) also reduced the severity of diarrhea associated with antivirals in 2 placebo-controlled trials of 60 HIV-positive patients [\[R, R\]](#).

12



Montmorillonite

IMPACT2 / 5

EVIDENCE3 / 5

How to implement

Take montmorillonite clay as a supplement by ingesting 1 to 2 teaspoons mixed with water, once daily. It's often recommended to consume on an empty stomach, either 1 hour before a meal or 2 hours after meals. Be sure to increase your water intake when using montmorillonite clay to help with its absorption and effectiveness.

Description

Montmorillonite is a natural clay mineral often used in skincare and detoxification products due to its ability to absorb impurities and toxins from the skin or digestive tract.

How it helps

Montmorillonite is a type of clay that, when taken orally, can help treat diarrhea. It works by absorbing fluids and toxins in your gut, helping to solidify stools and slow down the frequency of bowel movements.

13



Smectite

IMPACT

2 / 5

EVIDENCE

3 / 5

How to implement

Take smectite as an oral suspension. Mix the prescribed amount of smectite powder with water according to the package instructions, usually once daily, but follow specific medical advice if provided. Continue for the duration advised by the healthcare provider, commonly up to 7 days for the treatment of diarrhea.

Description

Smectite is a type of clay mineral often used in medical treatments for gastrointestinal issues. It can help relieve diarrhea by absorbing excess water and toxins in the digestive tract.

Smectite is a mixture of clays and minerals. Its main component is montmorillonite. This clay acts like a magnet that traps minerals and toxins [\[R\]](#), [\[R\]](#).

People take smectite to help with [\[R\]](#):

- **Gastrointestinal infections**
- Detoxification

How it helps

Smectite, a type of clay, aids in treating diarrhea by absorbing water and toxins in the gut, thus firming up the stool. It also enhances the protective layer of the gut, promoting healing and preventing further damage to your intestines.

14



Lactobacillus Bulgaricus

IMPACT

2 / 5

EVIDENCE

3 / 5

How to implement

Take a supplement containing Lactobacillus bulgaricus at the dosage advised on the product label, typically once or twice daily with a glass of water, preferably with meals to support digestion and absorption. Continue this regimen daily for at least one month to evaluate its effects on your digestive health.

TYPICAL STARTING DOSE
10 billion CFU

Description

Lactobacillus bulgaricus is another probiotic bacterium commonly used in dairy fermentation and probiotic supplements. It supports digestive health and may help improve lactose digestion in individuals with lactose intolerance.

How it helps

Lactobacillus Bulgaricus, a probiotic, assists by replenishing the good bacteria in your gut, helping to restore normal bowel function. Furthermore, by establishing a healthy balance of gut bacteria, it may shorten the duration of diarrhea.

Probiotics were examined in 34 studies for their impact on various types of acute diarrhea. Results showed that probiotics significantly reduced antibiotic-associated diarrhea by 52%, reduced the risk of travelers' diarrhea by 8%, and decreased acute diarrhea of different causes by 34%. In children, the reduction was 57%, and in adults, it was 26%. Various probiotic strains, including L. bulgaricus, showed similar effectiveness [\[R\]](#).

15



Plantains (Green Bananas)

IMPACT

2 / 5

EVIDENCE

3 / 5

How to implement

Incorporate unripe (green) plantains into your diet by boiling, steaming, or baking them and consuming them as a side dish or mashed as an alternative to potatoes. Aim for at least one serving (approximately one medium-sized plantain) daily for a continuous period to support digestive health and provide resistant starch that may help manage blood sugar levels.

Description

Plantains are starchy fruits closely related to bananas, originating from tropical regions around the world. They are a valuable dietary source of complex carbohydrates, fiber, and essential vitamins and minerals like vitamin C, vitamin A, and potassium, contributing to digestive health, immune support, and heart function when incorporated into a balanced diet.

How it helps

Plantains, being high in dietary fiber, help to regulate the digestive system and can ease diarrhea by adding bulk and consistency to your stools. They also contain pectin which helps to decrease the chance of loose stools.

In a trial with 80 children (1-28 months) with persistent diarrhea, an experimental group on a green plantain diet showed better results in stool output, consistency, duration, weight gain, and cost compared to a yogurt-based diet group [\[R\]](#).

In a study with 57 boys (5-12 months) with persistent diarrhea, a rice-based diet with green banana or pectin significantly improved intestinal permeability and reduced stool weights, suggesting a positive impact on gastrointestinal health [\[R\]](#).

In various studies, the inclusion of cooked green bananas in the diet of children with persistent diarrhea led to faster recovery, reduced complications, and fewer relapses compared to standard care or other dietary interventions [\[R\]](#), [\[R\]](#), [\[R\]](#).