SelfDecode™

Dry Skin

DNA Health Report

REPORT CATEGORY

SKIN & BEAUTY

Sample Client

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Personal information

NAME

Sample Client

SEX AT BIRTH

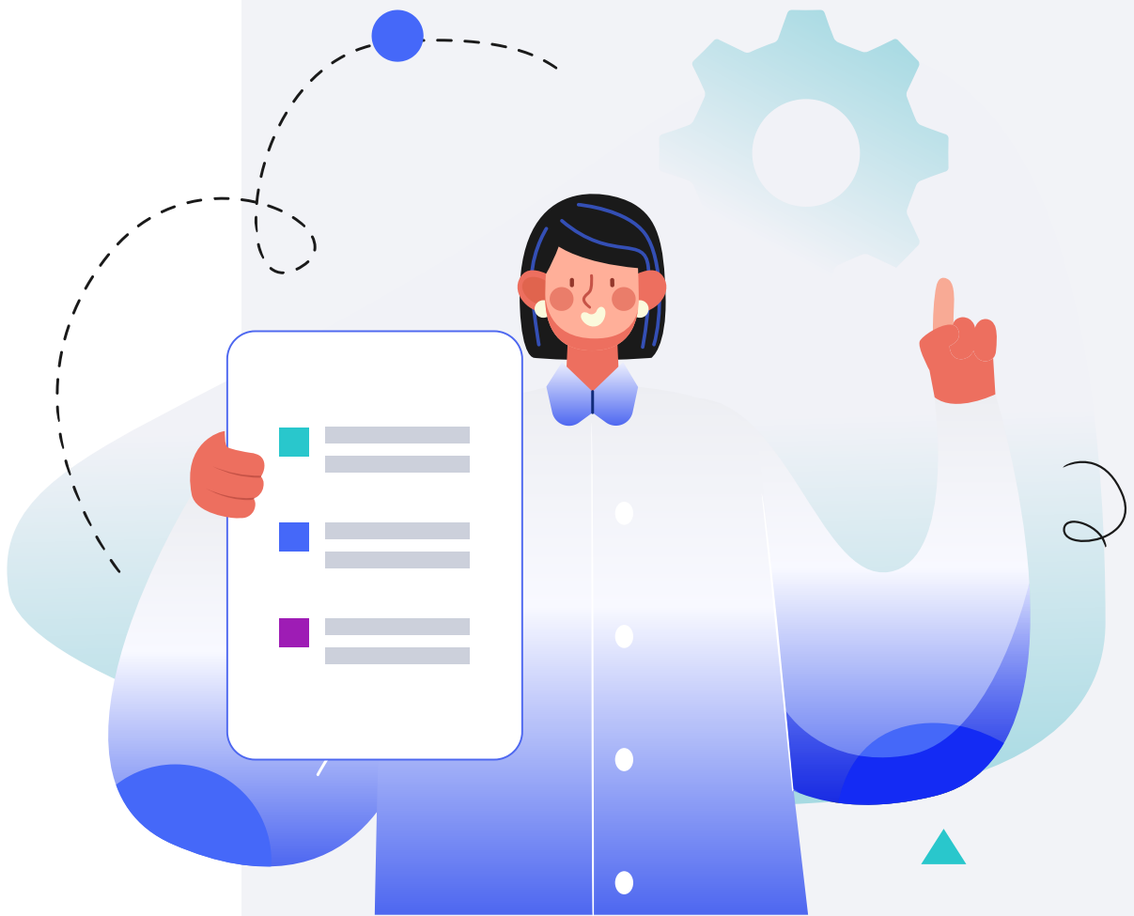
Male

HEIGHT

5ft 5" 165cm

WEIGHT

137lb 62kg

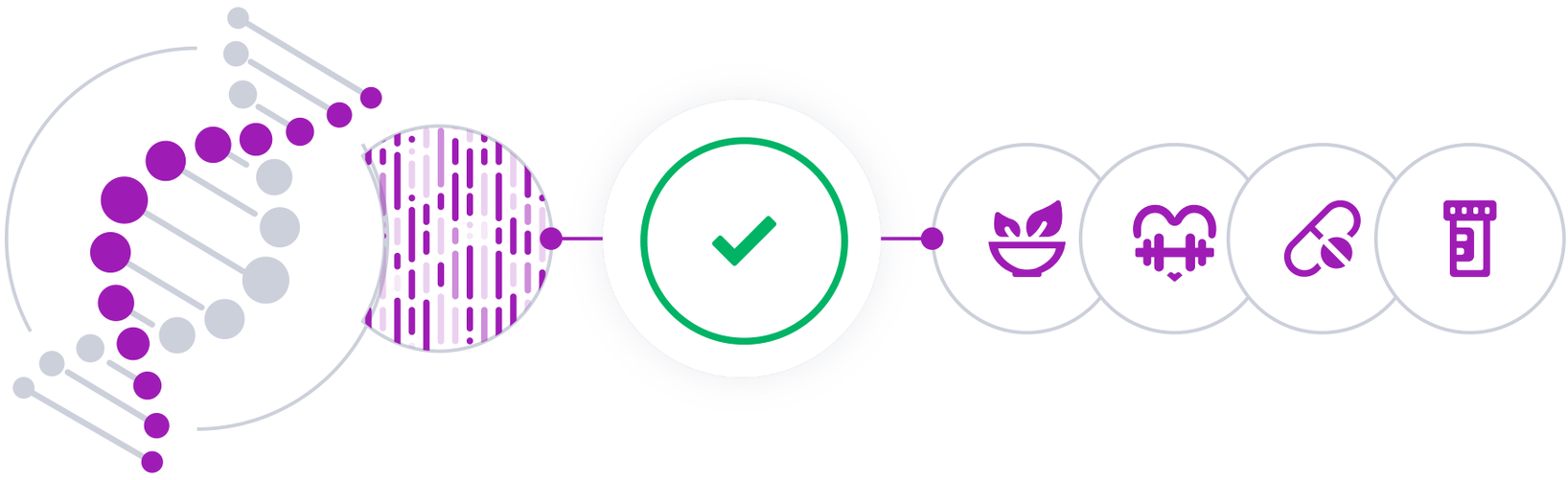


DISCLAIMER

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

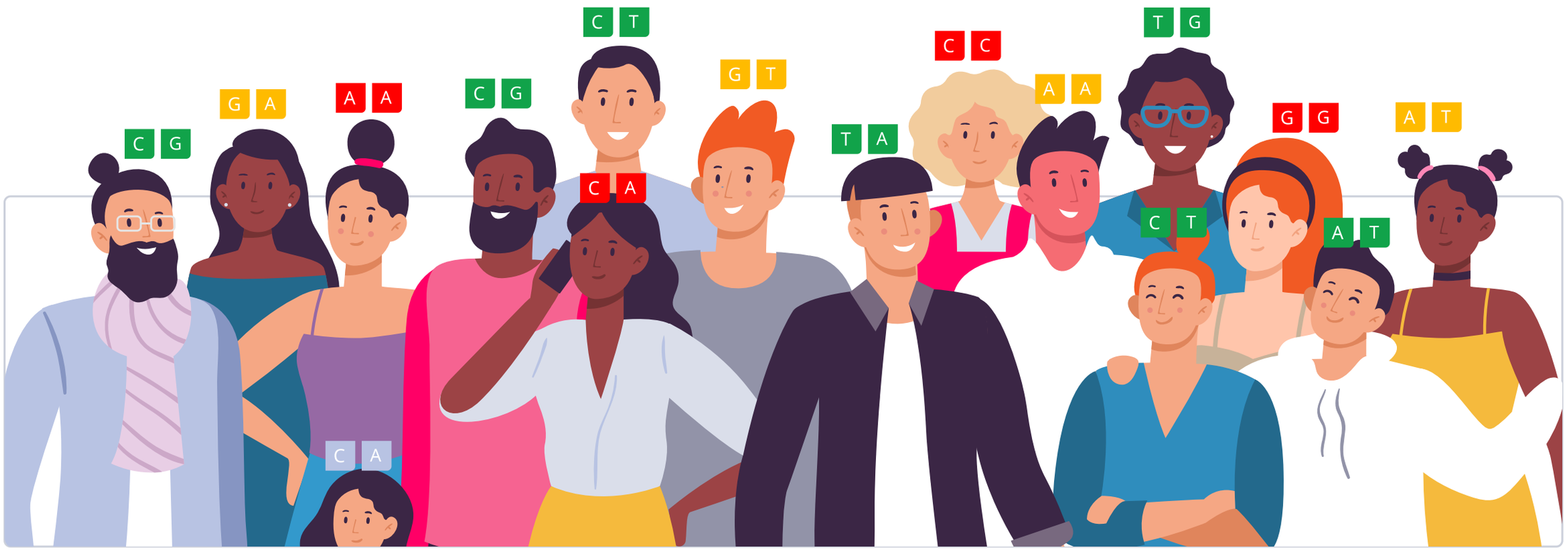
Our Wellness Reports analyze how your DNA influences your health.
We then use this analysis to give you personalized risk estimates and recommendations.



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.

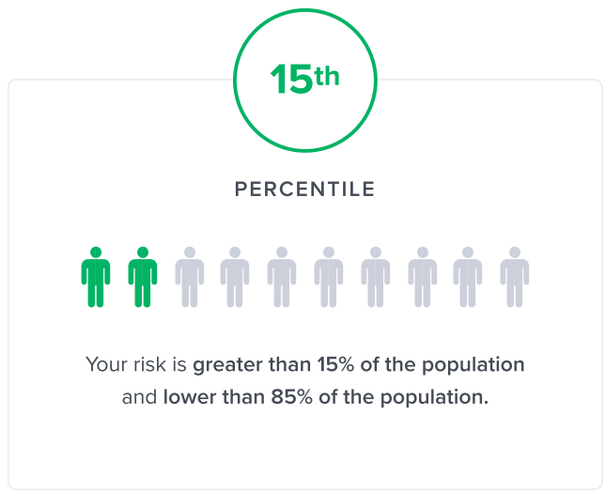
Genetic variants are parts of DNA that differ from person to person. Some can make you more vulnerable to certain health issues, while others may influence traits such as eye color.



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

Dry skin, also known as xerosis, is a prevalent condition characterized by a lack of adequate moisture in the epidermis, the outermost layer of the skin. This condition can result from various factors including environmental influences like low humidity and cold weather, excessive bathing or hand washing, and exposure to harsh soaps or detergents.

The skin may appear rough, flaky, or scaly, and in more severe cases, it can lead to itching, redness, and even cracking, which can be both uncomfortable and visually concerning. Individuals with xerosis often experience a tight sensation in their skin, particularly after showering, bathing, or swimming.

Treatment and Prevention

Managing xerosis involves a multi-faceted approach, primarily focused on restoring the skin's moisture balance and protecting it from further dehydration. This often includes using emollients and moisturizers that lock in moisture and applying them immediately after a bath or a shower when the skin is still damp. Humidifiers can also be beneficial, especially in dry climates or during winter months when indoor heating can exacerbate skin dryness.

Moreover, lifestyle adjustments such as reducing the frequency of baths, using gentle, fragrance-free soaps, and avoiding the use of hot water can help alleviate symptoms. In persistent or particularly discomforting cases, dermatologists may prescribe topical treatments or recommend specialized skincare regimens to address the underlying causes and prevent complications associated with xerosis.

TYPICAL LIKELIHOOD

Typical likelihood of dry skin based on 1,672 genetic variants we looked at

33rd

PERCENTILE

Your risk is **greater than 33% of the population** and **lower than 67% of the population.**

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	Topical Coconut Oil	
2	Sea Buckthorn Oil	1000 mg
3	Drink at Least 8 Glasses of Water a Day	
4	Avoid Excess Sunlight Exposure	
5	Borage Oil	2 g
6	Avocado	
7	Fish	
8	Flaxseed Oil	15 g
9	Evening Primrose Oil	
10	Topical Hyaluronic Acid	
11	Vitamin E	200 iu
12	Avoid Scratching	
13	Topical Shea Butter	
14	Aloe Vera	50 mg
15	Colloidal Oatmeal	
16	Hyaluronic Acid	120 mg
17	Topical Niacinamide	
18	Topical Aloe Vera	
19	Moisturize the Skin	
20	Glycine	3 g

1 Topical Coconut Oil

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Apply a small amount of coconut oil directly to the skin area you wish to treat, gently massaging it in until absorbed. Do this process 1-2 times daily, preferably after showering to help retain moisture. The duration of use depends on the condition being treated but generally ranges from a few days to ongoing as needed for skin hydration and protection.

Description

Coconut oil is a natural plant-derived topical application obtained from coconuts. It is used for its moisturizing and antimicrobial properties, making it suitable for skincare, haircare, and as a general moisturizer.

How it helps

In a non-placebo-controlled trial of 34 patients with dry skin, applying coconut oil on the legs 2x/day for 2 weeks improved skin hydration and surface lipid levels as effectively as mineral oil [R].

Coconut oil is beneficial for xerosis due to its emollient properties, helping to hydrate and soothe dry skin by reducing water loss from the skin's surface.

2 Sea Buckthorn Oil

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Take 500 mg of sea buckthorn oil capsules twice daily with meals for up to 8 weeks. Ensure to check the label for pure sea buckthorn oil without added ingredients.

TYPICAL STARTING DOSE

1000 mg

Description

Sea buckthorn oil is derived from the sea buckthorn plant, a thorny shrub native to Europe and Asia. It is rich in vitamins, caretenoids, antioxidants, and fatty acids, and has been used in traditional medicines for centuries for heart and skin health.

Sea buckthorn (*Hippophae rhamnoides*) is a berry-filled bush from Europe and Central Asia. It is rich in vitamins, antioxidants, and fatty acids [R, R, R].

People have long used sea buckthorn in traditional medicine to prevent aging, promote heart health, and clear the skin.

How it helps

Sea Buckthorn Oil is beneficial for xerosis due to its rich content in fatty acids and vitamin E. These components help to moisturize the skin, reduce trans-epidermal water loss, and improve the skin's barrier function.

3

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 adequately hydrated is crucial for maintaining skin hydration. Drinking at least 8 glasses of water a day can help to ensure that the skin stays moisturized from the inside out, potentially diminishing the effects of xerosis by improving skin hydration and elasticity.

4

Avoid Excess Sunlight Exposure

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Limit direct sun exposure to early morning or late afternoon hours, ideally before 10 a.m. or after 4 p.m., when UV rays are less intense. Wear protective clothing, such as long-sleeved shirts, pants, and wide-brimmed hats, along with sunglasses that block UVA and UVB rays. Apply a broad-spectrum sunscreen with at least SPF 30 to all exposed skin, reapplying every two hours or immediately after swimming or sweating.

Description

Avoiding excessive sunlight exposure and practicing sun safety measures, such as wearing sunscreen and protective clothing, helps reduce the risk of skin damage, including sunburn and skin cancer. It supports long-term skin health and minimizes the harmful effects of UV radiation.

Sunlight or bright light during the day can benefit your body and mind. It may [R, R, R]:

- Boost your mood
- Boost your performance and energy
- Improve sleep quality

Experts recommend getting **at least 5-15 minutes of midday sun, 2-3 times per week**. People with darker skin and those living at high latitudes may need longer periods of sun exposure [R, R].

However, **excessive sun exposure may lead to sunburn, skin aging, and skin cancer**, so make sure to find the right balance [R, R].

How it helps

Excessive exposure to sunlight can dry out the skin further, worsening the condition of xerosis. By reducing sun exposure, individuals can help keep their skin hydrated and prevent the drying effects that contribute to xerosis.

5

Borage Oil

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Take 2-3 grams of borage oil daily, in divided doses, with meals to help with inflammation or skin conditions. It is available in capsule form. This supplementation can be ongoing but consider a break or evaluation after 6 months.

TYPICAL STARTING DOSE

2 g

Description

Borage oil, derived from the seeds of the borage plant, is rich in gamma-linolenic acid (GLA), an omega-6 fatty acid. It is believed to have potential anti-inflammatory properties and may be used as a dietary supplement to support skin health and overall well-being.

Borage oil contains between 180-260mg of GLA per gram.

How it helps

Borage Oil is rich in gamma-linolenic acid (GLA), an essential fatty acid that's beneficial for maintaining the skin's barrier function. Applying it topically can help to moisturize and soothe xerotic skin, promoting hydration and reducing scaling and itching.

6

Avocado

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Incorporate half to one whole avocado into your daily diet. You can add it to salads, sandwiches, or use it as a healthy fat substitute for spreads or dressings.

Description

Avocado is a nutrient-dense fruit known for its creamy texture and healthy monounsaturated fats. It is packed with vitamins, minerals, and dietary fiber, and may support heart health, skin health, and overall nutrition.

Avocado is a fruit first cultivated in Mexico in 500 BCE [R, R].

You can eat it raw in salads, sandwiches, and dips. Avocado oil has recently become popular, but it's much less nutritious than the whole fruit.

Avocado is rich in antioxidants, vitamins, minerals, and fiber. It may support [R]:

- Heart health
- Healthy weight
- Healthy aging

How it helps

Avocados are rich in healthy fats, vitamins, and minerals that can help in moisturizing the skin from the inside out. Eating avocados provides your body with vitamin E, an antioxidant known to protect skin cells, and vitamin C, which is involved in the creation of collagen and skin elasticity, potentially improving skin hydration and reducing dryness.

7

Fish

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Incorporate two servings of fish into your diet each week, focusing on oily fish like salmon, mackerel, or sardines for their high omega-3 fatty acid content. Each serving should be about 3.5 ounces cooked, or about ¾ cup of flaked fish.

Description

Fish, particularly fatty fish like salmon and mackerel, is an excellent source of omega-3 fatty acids, which support cardiovascular health, brain function, and inflammation management. Regular consumption of fish can promote heart health and overall well-being.

Fish is a great source of omega-3s, protein, and other essential nutrients. Omega-3s from fish (EPA and DHA) are some of the healthiest fats we can eat. They help reduce inflammation and **protect the heart, brain, and eyes** [R, R, R].

Fatty fish are rich in EPA and DHA. They include [R]:

- Salmon
- Tuna
- Herring
- Sardines

For optimal protection, try to get at least **two servings of fatty fish per week.** Fish oil supplements are available for those who don't eat fish regularly [R].

How it helps

Fish such as salmon, mackerel, and sardines are high in omega-3 fatty acids, which support skin health by maintaining the skin's lipid barrier. This can help to keep the skin hydrated and may reduce symptoms of dry skin by preventing water loss and improving skin moisture.

8

Flaxseed Oil

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Take 1 to 2 tablespoons (15-30 g) of flaxseed oil daily. It can be taken with or without food. For best results, use consistently for at least 2 months.

TYPICAL STARTING DOSE

15 g

Description

Flaxseed oil is a source of healthy fats, particularly alpha-linolenic acid (ALA), an omega-3 fatty acid. It can help support cardiovascular health and may have anti-inflammatory properties when used as part of a well-rounded diet.

Flaxseed is a common ingredient in bakery products. Some people also use it as a health food to support digestion [R].

Flaxseed is rich in many compounds, including [R]:

- Vitamins and minerals
- Protein
- Fiber
- Omega-3 fatty acids (ALA)

How it helps

Flaxseed oil is rich in omega-3 fatty acids, which help to moisturize the skin from the inside. Consuming flaxseed oil can improve skin hydration and smoothness, reducing dryness.

9

Evening Primrose Oil

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Take 500mg to 1000mg of evening primrose oil, in capsule form, once daily with a meal to ensure optimal absorption. This regimen is typically recommended for several months to evaluate its effectiveness for the specific condition being addressed.

Description

Evening primrose is a plant known for its seeds, which are a source of gamma-linolenic acid (GLA), an essential fatty acid. Some studies suggest that evening primrose oil, derived from these seeds, may help alleviate symptoms of conditions like premenstrual syndrome (PMS) and eczema, as well as support overall skin health.

Evening primrose (*Oenothera biennis*) is a flowering plant. Its name comes from the fact that its flowers close during the day and open when the sun sets [R].

Evening primrose oil comes from the plant's seeds. It is rich in omega-6 fatty acids like GLA. People use this oil to help with high triglycerides [R, R].

How it helps

Evening Primrose Oil, similar to Borage Oil, contains gamma-linolenic acid (GLA) which is instrumental in restoring the skin barriar and promoting hydration. This can effectively relieve the discomfort and appearance of dry skin (xerosis).

10

Topical Hyaluronic Acid

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Apply a few drops of hyaluronic acid serum directly to your clean, damp skin twice a day, in the morning and before bedtime. Gently massage it into your face and neck until fully absorbed. Follow up with your regular moisturizer to seal in the hydration.

Description

Hyaluronic acid is a naturally occurring substance in the skin that is used topically to enhance skin hydration, reduce fine lines, and improve overall skin texture. It can be derived from various sources, including microbial fermentation.

Hyaluronic acid is a compound naturally found in the body. It helps the skin, eyes, connective tissues, and joints retain water [R, R].

By doing so, hyaluronic acid can help keep the [R]:

- Joints moving smoothly
- Skin and eyes moist
- Skin flexible

Hyaluronic acid is popular as a topical serum. It is also available as an injection, supplement, and eye drop.

How it helps

Hyaluronic acid is a powerful humectant that attracts moisture to the skin, helping to alleviate dryness and improve skin hydration in individuals with xerosis.

11

Vitamin E

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Take 200 IU of Vitamin E daily as a supplement, preferably with a meal that contains fat to enhance absorption.

TYPICAL STARTING DOSE

200 iu

Description

Vitamin E is a fat-soluble antioxidant found in various foods, such as nuts and seeds. It is known for its ability to protect cells from oxidative damage, support immune function, and may play a role in skin health. Vitamin E supplements are used to bolster antioxidant defenses and may be beneficial for conditions related to oxidative stress.

Vitamin E is an antioxidant important for the immune system and for heart health [R].

Plant-based foods have the most vitamin E. These include [R]:

- Wheat germ
- Sunflower seeds
- Almonds
- Plant oils

Adults need about **15 mg** of vitamin E per day [R].

How it helps

Vitamin E is a powerful antioxidant that helps to moisturize the skin and improve its overall condition. Its antioxidative properties also protect the skin from damage caused by free radicals, which can worsen xerosis.

12

Avoid Scratching

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Keep your fingernails short and smooth to minimize damage if you do scratch. Whenever you feel the urge to scratch, try applying a moisturizer, using ice packs, or tapping/slapping the area lightly instead to reduce itching.

Description

Avoiding excessive scratching of the skin, especially in the presence of skin conditions like eczema, helps prevent further skin irritation and potential infection. It supports skin health and encourages healing.

How it helps

Scratching can damage the skin’s barrier, making dryness worse and potentially leading to infection. Avoiding scratching helps to maintain the integrity of the skin and allows it to heal.

13

Topical Shea Butter

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Apply a small amount of shea butter directly onto the skin area in need of treatment, gently massaging it in until fully absorbed. Repeat this process 2-3 times daily, especially after showering or bathing when your skin is still slightly damp to enhance absorption.

Description

Shea butter is extracted from the nuts of the shea tree native to Africa and is known for its rich moisturizing properties. It is widely used in skincare products for its ability to hydrate and nourish the skin, making it suitable for dry and sensitive skin types.

How it helps

Topical shea butter is a rich emollient that helps to deeply moisturize and smooth dry, flaky skin, restoring softness and hydration.

14

Aloe Vera

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Take a 50 mg Aloe vera supplement daily, with a glass of water, preferably at the same time each day to maintain consistency.

TYPICAL STARTING DOSE

50 mg

Description

Aloe vera is a succulent plant native to arid regions and contains a gel-like substance in its leaves that is rich in vitamins, minerals, and antioxidants, making it beneficial for soothing skin irritations, promoting wound healing, and providing relief from conditions such as sunburn and minor burns. The primary active compounds in aloe vera gel include polysaccharides, vitamins like vitamin C and E, and minerals such as zinc, which contribute to its healing and anti-inflammatory effects.

Aloe vera lives in the desert, and its thick leaves store water in the form of a gel [R].

People use aloe gel to help soften the skin and soothe burns [R].

Oral aloe supplements may help with blood sugar and gut health [R].

How it helps

Aloe Vera is known for its hydrating properties, making it beneficial for treating dry skin, or xerosis. Its gel contains mucopolysaccharides that help to bind moisture into the skin, reducing dryness and improving skin integrity.

15

Colloidal Oatmeal

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Apply a thin layer of colloidal oatmeal cream or lotion to the affected skin area once or twice daily. For baths, add 1 to 2 cups of colloidal oatmeal under running water and soak for 10 to 15 minutes.

Description

Colloidal oatmeal is finely ground oatmeal suspended in a liquid. It is used in skincare products and baths to soothe dry, irritated skin and relieve conditions like eczema and itching.

Colloidal oatmeal is made from finely ground and boiled oat grain. People have used it for centuries to help manage skin conditions [R].

Colloidal oatmeal is a common ingredient in many skin care and bath products. These include gels, creams, shampoos, and soaps [R].

How it helps

Colloidal oatmeal has anti-inflammatory and moisturizing properties, which help to soothe and moisturize dry skin, reducing itching and irritation.

16

Hyaluronic Acid

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Take 120-240 mg of oral hyaluronic acid supplement daily, ideally with or after a meal to enhance absorption. Consistent use for at least one month is recommended to evaluate its effects on skin hydration and joint health.

TYPICAL STARTING DOSE

120 mg

Description

Hyaluronic acid is a natural substance that plays a key role in joint and skin health. As a supplement or topical application, it may help support joint mobility and skin hydration.

How it helps

Hyaluronic acid can attract and retain moisture in the skin, which is beneficial for hydrating dry skin cells and reducing the appearance and discomfort of xerosis.

17

Topical Niacinamide

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Apply a topical niacinamide product, containing 2-5% niacinamide, to clean, dry skin once or twice daily. For best results, use consistently as part of your morning and/or evening skincare routine.

Description

Niacinamide, a form of vitamin B3, is used topically for its ability to improve skin texture, reduce redness, and minimize the appearance of pores. It is a versatile skincare ingredient suitable for various skin types and conditions.

Niacinamide is a form of **vitamin B3** (niacin). Vitamin B3 supports your nerves, skin, gut, and more [R].

Niacinamide can be applied to the skin to potentially help with [R, R, R]:

- Acne
- Wrinkles
- Dark patches

How it helps

Topical niacinamide improves the skin's barrier function, enhances moisture retention, and soothes dry, irritated skin.

18

Topical Aloe Vera

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Apply a thin layer of pure aloe vera gel extracted directly from the aloe plant or an aloe vera-based product directly to the affected area. Gently rub it in until it is absorbed. Repeat this application 2-3 times daily until the symptoms improve.

Description

Aloe vera is a plant-derived gel known for its skin-soothing and healing properties. Topical applications of aloe vera are commonly used to relieve sunburn, minor burns, and skin irritation, promoting faster healing and reducing discomfort.

Aloe vera lives in the desert, and its thick leaves store water in the form of a gel [R].

Topical aloe vera may help soothe burns and skin conditions [R].

Oral aloe vera may help with blood sugar and gut health [R].

How it helps

Topical aloe vera can help hydrate the skin and reduce the dryness associated with xerosis. It contains properties that may help soothe the skin and improve its moisture retention capabilities.

19

Moisturize the Skin

IMPACT 0 / 5

EVIDENCE 0 / 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

Regularly moisturizing helps to lock in moisture and create a protective barrier on the skin's surface. This action reduces water loss and keeps the skin hydrated, which is crucial for preventing dryness.

20

Glycine

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Take 3 to 5 grams of glycine supplement per day with water, preferably before bedtime for sleep improvement or spread throughout the day for general health benefits. Continue indefinitely as needed, but consult a healthcare provider for long-term use beyond three months.

TYPICAL STARTING DOSE

3 g

Description

Glycine is an amino acid that may have calming and anti-inflammatory effects, potentially benefiting sleep quality and joint health.

If you can't get enough glycine from food sources, glycine supplements are available. Daily doses of up to **6 g** have been safely used for up to **4 weeks**. Consult your doctor before supplementing.

How it helps

Glycine is an amino acid that plays a role in the body's production of collagen, which is crucial for maintaining skin elasticity and hydration, thereby helping to reduce the dryness associated with xerosis.

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.

Zinc	**17.12 umol/L**	7.65 – 9.18 – 12.24 – 19.89	9 Nov 2025
Vitamin D, 25-Hydroxy, Total	**58.59 ng/mL**	10 – 20 – 30 – 75 – 150	9 Nov 2025