

EPA (Omega-3)

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

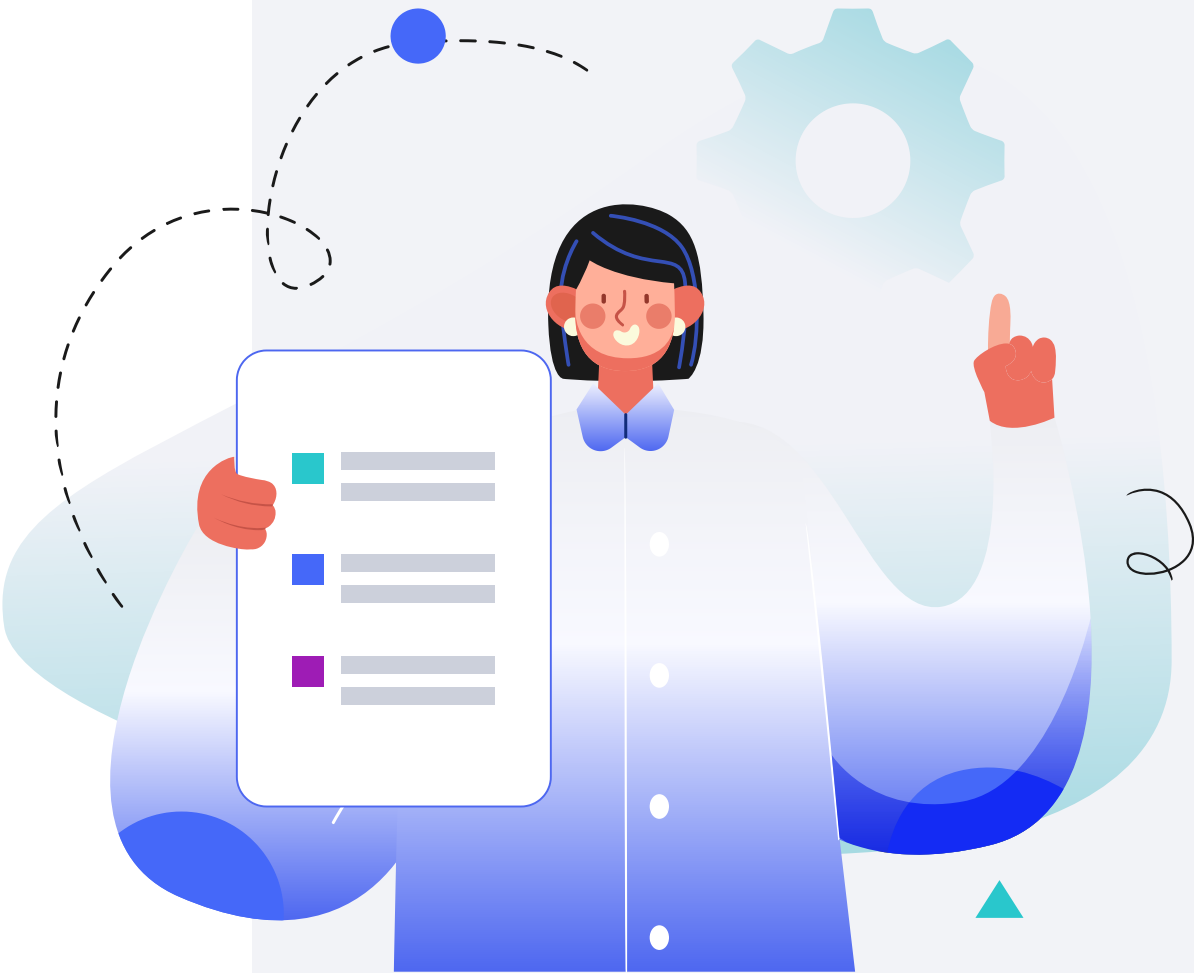
Male

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

[Omega-3 fatty acids](#) are some of the healthiest fats we can eat. Our bodies produce less omega-3s than we need for optimal health, so it's important to get enough through food or supplements [\[R\]](#), [\[R\]](#), [\[R\]](#).

There are three major types of omega-3s: ALA, EPA, and DHA. **EPA** is important for [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Growth
- Brain function
- Heart health
- Mental health
- Inflammation control

The body can produce EPA from alpha-linolenic acid (ALA), another type of omega-3 fatty acid found in plants. We can also get EPA directly from food sources such as oily fish, shellfish, and algae [\[R\]](#), [\[R\]](#), [\[R\]](#).

Genetics of EPA Levels

Up to 24% of differences in people’s EPA levels may be due to genetics [R].

The genes involved may influence EPA production. For example, the [FADS1](#) and [FADS2](#) genes help make the enzymes that convert ALA into EPA. Some *FADS* gene variants may reduce EPA production [R, R].

For more information about *FADS* genes, read [this post](#) and [this post](#).

Another crucial gene is [ELOVL2](#). It is responsible for the production of an enzyme called *elongase*, which extends [omega-3](#) and omega-6 fatty acids. Some *ELOVL2* variants may reduce EPA breakdown [R, R].

Learn more about *ELOVL2* [here](#).

Keep in mind that your diet and environment also influence your EPA levels.



TYPICAL NEED

Likely typical need for EPA based on 1,554 genetic variants we looked at

Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
/	rs11235247	GG
TNFSF10	rs11914753	CC
FADS2	rs174579	CC
TMEM258	rs174532	GG
NOS3	rs1799983	TT
MACROD2	rs12481689	AA
KCNK17	rs6921231	AA
/	rs6553050	TT
MAP7	rs13191834	TT
ANKS1A	rs3800433	GG
WSB1	rs17703271	TT
COL11A1	rs11164689	GT
PIK3C2A	rs7949405	AA
/	rs2129588	CC
ADRA1A	rs558455	GG
TMEM258	rs108499	TC
SNX17	rs4665972	CC
TSPAN31	rs2277324	AG
PRR11	rs2291193	GA
SYCP2L	rs953413	AG
MYOM1	rs949306	AG
WDR70	rs7736605	GG
CITED2	rs10499212	GG
FADS2	rs174583	CC
FADS2	rs174577	CC
FADS2	rs174576	CC
FADS2	rs174550	TT
FADS2	rs174547	TT
FADS2	rs174546	CC
TMEM258	rs174538	GG
TMEM258	rs174537	GG
TMEM258	rs174535	TT

GENE	SNP	GENOTYPE
AHI1	rs2092556	TT
FADS1	rs2727270	CC
AHI1	rs4896151	CC
AHI1	rs1547079	TT
G2E3	rs7149414	GG
FADS2	rs1535	AA
TMEM258	rs102275	TT
MAU2	rs10401969	TT
TMEM132D	rs265603	TG
FADS1	rs99780	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	Omega-3 (Fish Oil)	500 mg	2	Krill Oil	1 g
3	Oysters		4	Shrimp	
5	Lobster		6	Sardines	
7	Salmon		8	Flaxseed Oil	15 g
9	Sea Bass		10	Herring	
11	Pistachios		12	Mackerel	
13	EPA (Omega-3)	500 mg	14	Trout	
15	Tilapia		16	Alpha-Linolenic Acid (ALA)	
17	Chia Seeds				

1



Omega-3 (Fish Oil)

IMPACT

4 / 5

EVIDENCE

4 / 5

How to implement

Take 1-2 g of omega-3 (fish oil) supplement daily, preferably with a meal to enhance absorption.

TYPICAL STARTING DOSE

500 mg

Description

Omega-3 fatty acids are essential fats found in fatty fish like salmon, flaxseeds, and walnuts. They are known for their potential cardiovascular and brain health benefits, including reducing the risk of heart disease and supporting cognitive function.

[Omega-3 fatty acids](#) are some of the healthiest fats we can eat. They help lower inflammation and protect the heart, brain, and eyes. Our bodies produce less omega-3s than we need for optimal health, so it's important to get enough through food or supplements [\[R\]](#), [\[R\]](#), [\[R\]](#).

There are three major types of omega-3s: ALA, EPA, and DHA [\[R\]](#), [\[R\]](#).

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

In the US, omega-3 is mainly consumed as dietary supplements, typically containing both EPA and DHA, which differ in lipid effects. The only US prescription product containing only EPA is Vascepa, unlike in Japan where a similar EPA-only product is approved [\[R\]](#).

In 5 placebo-controlled trials of 276 participants, supplementation with fish oil (0.3-4 g/day omega-3) for 2-12 weeks increased serum EPA by 214%. Fish oil was as effective as krill oil [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Emulsified fish oil preparations may increase EPA bioavailability [\[R\]](#).

Fish oil is high in omega-3 fatty acids, which includes EPA.

2



Krill Oil

IMPACT

4 / 5

EVIDENCE

3 / 5

How to implement

Take 1 to 3 grams of krill oil daily as a dietary supplement, preferably with a meal to enhance absorption. It's often available in soft gel form, making it easy to swallow. Continue this regimen consistently for best results, typically reviewing its effectiveness and any need for adjustments with a healthcare provider after a few months.

TYPICAL STARTING DOSE

1 g

Description

Krill oil is a source of omega-3 fatty acids, primarily in the form of phospholipids. It can promote cardiovascular health, joint comfort, and may have anti-inflammatory properties.

How it helps

In 10 placebo-controlled trials of 551 participants, supplementation with krill oil (0.3-4 g/day omega-3) for 2-12 weeks increased serum EPA by 214%, at least as effectively as fish oil. Krill oil high in phospholipids was most effective [R, R, R, R, R, R, R, R, R, R].

In 3 non-placebo-controlled trials of 83 healthy volunteers, a single dose of phospholipid krill oil (1680-4000 mg EPA+DHA) was more effective than fish oil, krill meal, or ethyl esters at incorporating EPA and DHA into plasma phospholipids. Similarly, a high-fat breakfast supplemented with krill oil (5 g, containing 907 mg omega-3s) caused the same postprandial increase in plasma EPA as fish oil with higher omega-3 content (1441 mg) in a placebo-controlled trial of 10 women [R, R, R, R].

Krill oil is high in omega-3 fatty acids, which includes EPA.

3



Oysters

IMPACT

2 / 5

EVIDENCE

1 / 5

How to implement

Consume 3-5 medium-sized oysters, which are about 50-100 grams, two to three times a week. This ensures an adequate intake of essential nutrients like zinc without excessive heavy metal consumption.

Description

Common to coastal areas around the world, oysters are a mullusk that has been harvested for thousands of years. Oysters are a rich source of protein, vitamins (especially B12), zinc, iron, copper, and omega-3 fatty acids.

Oysters are an excellent source of iodine, iron and are loaded with other vitamins and minerals, especially copper and vitamin B12. A 3-ounce serving provides 93 mcg of iodine or 62%DV.

How it helps

Eating oysters provides a rich source of Omega-3 fatty acids, which helps to enhance heart health by reducing inflammation and lowering triglyceride levels in the blood. Consequently, this lowers the risk of developing heart-related conditions associated with low levels of Omega-3, like EPA.

4



Shrimp

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate shrimp into your diet 2-3 times per week, either grilled, boiled, or baked, aiming for servings of about 3-4 ounces (85-113 grams) per meal. Avoid frying or preparing with high-fat sauces to maintain nutritional benefits.

Description

Shrimp are a type of shellfish known for their low calorie content and high protein levels. They are a good source of essential nutrients like iodine, selenium, and vitamin B12, supporting thyroid function, immune health, and nerve function.

Shrimp are a great source for protein and minerals like selenium, zinc, iron, potassium, magnesium, and phosphorus. A 3-ounce serving provides 40 mcg of selenium or 73%DV.

How it helps

Shrimp is rich in Omega-3 fatty acids, specifically EPA, which supports heart health by reducing inflammation and lowering triglyceride levels. Regularly eating shrimp can therefore help guard against heart disease.

5



Lobster

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate lobster into your diet 1-2 times per week, either steamed, grilled, or baked, to benefit from its high protein content and vitamins. Ensure it's cooked thoroughly to avoid foodborne illnesses.

Description

Lobster is a nutrient-rich seafood that provides a source of lean protein, vitamins, and minerals. Its consumption supports muscle health, heart health, and overall nutritional well-being.

Lobster is high in protein, contains lysine, and other nutrients like copper, selenium, zinc, and vitamin B12. Lobster contains 36.41 mg of lysine per gram.

How it helps

Lobster is rich in Omega-3 fatty acids, which reduce inflammation and could help lower the risk of heart disease - a common consequence of EPA deficiency. As part of a balanced diet, lobster can therefore contribute to maintaining healthy levels of Omega-3 in your body.

6



Sardines

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate two to three servings of sardines into your diet each week. You can eat them grilled, steamed, or straight from the can as part of salads, sandwiches, or as a snack. Each serving should be about 3.5 ounces (100 grams), which is roughly one can of sardines.

Description

Sardines are small, oily fish known for their rich content of omega-3 fatty acids, calcium, B12, and vitamin D. Consuming sardines can support heart health, bone strength, and provide essential nutrients, and they are typically found in coastal waters.

Sardines are a good source of iron, omega-3 fatty acids, and a host of vitamins and minerals including calcium, iron, and vitamin D. A 2-sardine serving provides 2 mg of iron or 11%DV.

How it helps

Sardines are abundant in Omega-3 fatty acids, particularly EPA, which are known to reduce inflammation and promote cardiovascular health. Regular consumption can, therefore, help maintain appropriate levels of EPA in the body, lowering your risk of heart diseases.

7



Salmon

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate at least two servings of salmon into your weekly diet, aiming for each serving to be about 3.5 ounces (100 grams), cooked. Choose wild-caught salmon when possible for higher omega-3 content.

Description

Salmon is a nutrient-rich fish known for its high content of omega-3 fatty acids, which can support heart health and reduce inflammation. It's also an excellent source of protein, vitamin D, and various minerals.

How it helps

Salmon is rich in omega-3 fatty acids like EPA. Regular consumption of salmon can improve your heart health, decrease your risk of chronic conditions, and enhance brain function.

8



Flaxseed Oil

IMPACT

1 / 5

EVIDENCE

1 / 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

A high dose (60 g/day for 12 weeks) of flaxseed oil **increased the levels of EPA and DHA while decreasing the AA/EPA ratio** in a [placebo-controlled trial of 30 adults with ADHD](#) [\[R\]](#).

9



Sea Bass

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate sea bass into your meals 2-3 times per week, aiming for servings of about 3-4 ounces (85-113 grams) each time. This can be done by grilling, baking, or steaming the sea bass, and seasoning with herbs and spices of your choice for added flavor.

Description

Sea bass is a type of fish known for its lean protein content, omega-3 fatty acids, and essential nutrients like selenium and vitamin D. Including sea bass in your diet can support heart health, provide quality protein, and contribute to overall nutrition.

Sea bass is a good source of protein, DHA, and other nutrients like potassium, selenium, and vitamin B12. A 3-ounce serving contains 0.47 g of DHA.

How it helps

Sea Bass is rich in Omega-3 fatty acids, specifically EPA, which is known to promote heart health by reducing inflammation and lowering the risk of heart disease. Regular consumption can increase your levels of EPA, thereby helping in the prevention of conditions associated with Omega-3 deficiency.

10



Herring

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate herring into your diet 2-3 times per week, aiming for a serving size of about 3.5 ounces (100 grams) each time. You can enjoy it grilled, baked, or as part of salads and sandwiches.

Description

Herring is a fatty fish rich in omega-3 fatty acids, protein, and essential vitamins and minerals. Consuming herring as part of a balanced diet can support heart health, brain function, and overall well-being.

Herring is a great source of omega-3 fatty acids, antioxidants, vitamins A, D, and B12, and protein. A 3-ounce serving provides 0.94 g of DHA and 0.77 g of EPA.

How it helps

Herring is rich in Omega-3 fatty acids, specifically EPA, which supports heart health by reducing inflammation and preventing blood clots. Regular consumption of herring may therefore reduce your risk of heart disease.

11



Pistachios

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate a handful of pistachios (about 1-2 ounces) into your daily diet. You can add them to your breakfast cereals, salads, or simply snack on them throughout the day. Do this regularly for ongoing heart health benefits and to aid in maintaining a balanced diet.

Description

Pistachios are a type of nut native to Asia but grown extensively in the Mediterranean. They are packed with healthy fats, fiber, protein, and various vitamins and minerals, like vitamins C, B6, and E, as well as potassium, copper, and iron. They are also rich in antioxidant and anti-inflammatory compounds, which can help lower cholesterol levels and support weight management.

The pistachio (*Pistacia vera L*), known as **the “green nut”**, is a nut native to Asia but widely cultivated in the Mediterranean. Pistachios have **low fat content** and high levels of [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Unsaturated fats
- Vitamins (C, B6, E, K, thiamin)
- Minerals (Potassium, copper, iron, and magnesium)

Pistachios also have a high **antioxidant and anti-inflammatory** effect [\[R\]](#).

How it helps

In a phase I randomized, placebo-controlled clinical trial on multiple sclerosis patients, PEGylated nanoliposomes containing pistachio unsaturated oils increased levels of DHA and EPA, reduced MMP-9 levels, and promoted a Th2-biased immune response with decreased inflammation. Patients also experienced fewer relapses, improved disability scores, and reduced T2 lesions [\[R\]](#).

12



Mackerel

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate mackerel into your diet 2-3 times per week, preferably choosing baked or grilled preparation methods to preserve its nutritional quality.

Description

Mackerel is a fatty fish high in omega-3 fatty acids, which are known for their anti-inflammatory properties and potential cardiovascular benefits. Regular consumption of mackerel can support heart health and provide essential nutrients like vitamin D and selenium.

Mackerel is a good source of omega-3s along with histidine, vitamins D and B12, protein, selenium, phosphorus, and magnesium. Mackerel contains 11.37 mg of histidine per gram.

How it helps

Mackerel is rich in Omega-3 fatty acids, specifically EPA, that reduces inflammation in the body and supports heart health, potentially reducing the risk of cardiovascular diseases. Consuming mackerel can therefore supplement your Omega-3 intake and help prevent deficiency-related conditions.

13



EPA (Omega-3)

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take an EPA (Eicosapentaenoic acid) supplement in the form of fish oil or algae oil capsules, aiming for a dosage of 500-1000 mg per day. This should be taken with a meal to improve absorption, and continuous daily use is recommended for general heart health and to support mental well-being.

TYPICAL STARTING DOSE

500 mg

Description

EPA is an omega-3 fatty acid found in fish oil supplements and fatty fish like salmon. It is known for its anti-inflammatory properties and is associated with cardiovascular health, mood regulation, and cognitive function.

[Omega-3 fatty acids](#) are some of the healthiest fats we can eat. They help lower inflammation and protect the heart, brain, and eyes. Our bodies produce less omega-3s than we need for optimal health, so it's important to get enough through food or supplements [\[R\]](#), [\[R\]](#), [\[R\]](#).

There are three major types of omega-3s: ALA, EPA, and DHA. **EPA and DHA are vital for cognition and mental health** [\[R\]](#), [\[R\]](#).

The body can produce eicosapentaenoic acid (EPA) from alpha-linolenic acid (ALA), another type of omega-3 fatty acid found in plants. We can also get EPA directly from food sources such as oily fish, shellfish, and algae. EPA helps make DHA. [\[R\]](#), [\[R\]](#), [\[R\]](#).

Please note: *Fish oil can interact with blood thinners (like aspirin, Plavix, Coumadin). Consult your doctor before taking fish oil* [\[R\]](#).

How it helps

EPA (Eicosapentaenoic Acid), an Omega-3 fatty acid, contributes to heart health by reducing inflammation and preventing the formation of blood clots. Regular intake could lower the risk of heart disease and stroke.

14



Trout

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Integrate trout into your diet 2-3 times per week, either grilled, baked, or steamed, aiming for a serving size of about 3-4 ounces (85-113 grams) per meal.

Description

Trout is a type of freshwater fish known for its rich content of omega-3 fatty acids and vitamins A, D, and B12, which are beneficial for heart health and cognitive function. Including trout in one's diet can support overall cardiovascular wellness and brain health.

Trout is not only rich in vitamin D, but also vitamins A and B12, as well as full of protein and good amounts of calcium potassium, magnesium, and niacin. A 3 ounce serving has 16.2 mcg of vitamin D or 81%DV.

How it helps

Trout is rich in Omega-3 fatty acids, which decreases inflammation in the body and enhances brain function, this helps to maintain the balance of Omega-3 in your body and can help prevent EPA deficiency. Consuming trout regularly can ensure you get enough Omega-3s for overall health.

15



Tilapia

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate tilapia into your diet 2-3 times a week, opting for baked, grilled, or steamed preparations rather than fried to maximize health benefits. Each serving should be about the size of a deck of cards (3-4 ounces for adults).

Description

Tilapia is a freshwater fish species known for its lean protein content and mild flavor. It is a good source of protein, EPA, vitamin B12, and selenium, supporting muscle health and immune function.

Tilapia is rich in protein and a good source for lysine, niacin, vitamin B12, phosphorus, selenium and potassium. Tilapia contains 37.71 mg of lysine per gram.

How it helps

Eating Tilapia, which contains Omega-3 fatty acids, can increase your EPA (eicosapentaenoic acid) levels. Higher EPA levels benefit your body by reducing inflammation and lowering the risk of heart disease.

16



Alpha-Linolenic Acid (ALA)

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate foods high in alpha-linolenic acid (ALA) into your daily diet. This means eating about a tablespoon (14 grams) of flaxseeds or chia seeds, a quarter cup (30 grams) of walnuts, or using one tablespoon of flaxseed oil every day.

Description

Alpha-linolenic acid (ALA) is a type of omega-3 fatty acid found in plant-based sources like flaxseeds, chia seeds, and walnuts. It is essential for maintaining heart and brain health and is considered a healthy dietary fat.

How it helps

Increased dietary intake of alpha-linolenic acid may raise blood EPA levels in people with certain gene variants [\[R\]](#).

17



Chia Seeds

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate 1 to 2 tablespoons of chia seeds into your daily diet. You can add them to yogurt, smoothies, oatmeal, or salads. Do this regularly as part of your daily meals.

Description

Chia seeds are high in fiber, omega-3 fatty acids, and various vitamins and minerals. Adding chia seeds to your diet can support digestive health, provide essential nutrients, and contribute to overall nutritional wellness.

Chia seeds are a healthy source of omega-3s, calcium, as well as fiber, iron, magnesium phosphorus, and vitamins B1 and B3. A 1-ounce serving provides 5.06 g of ALA.

How it helps

Chia seeds are rich in omega-3 fatty acids, specifically alpha-linolenic acid (ALA), which benefits the body's omega-3 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.