

Fat Mass

DNA Health Report

REPORT CATEGORY —



WEIGHT & BODY FAT

Sample Client

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Personal information

NAME

Sample Client

SEX AT BIRTH

Male

HEIGHT

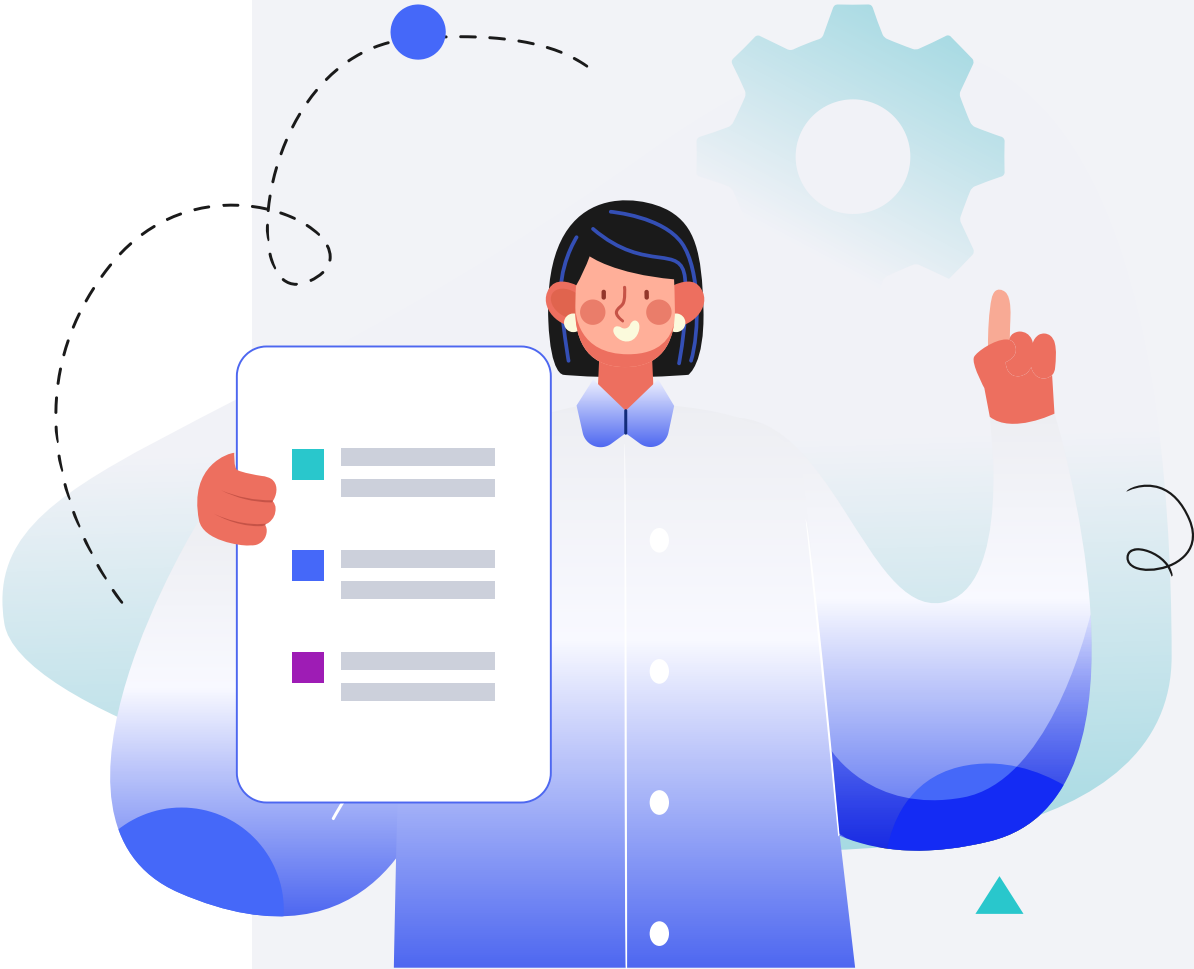
5ft 5" 165cm

WEIGHT

137lb 62kg

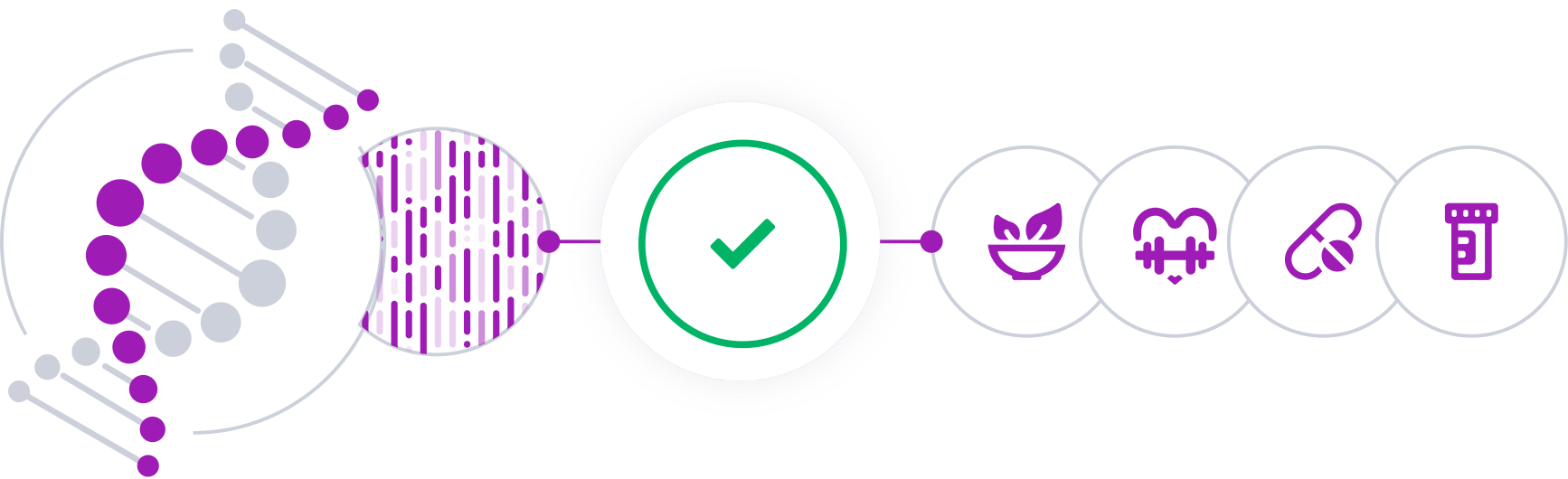
DISCLAIMER

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.

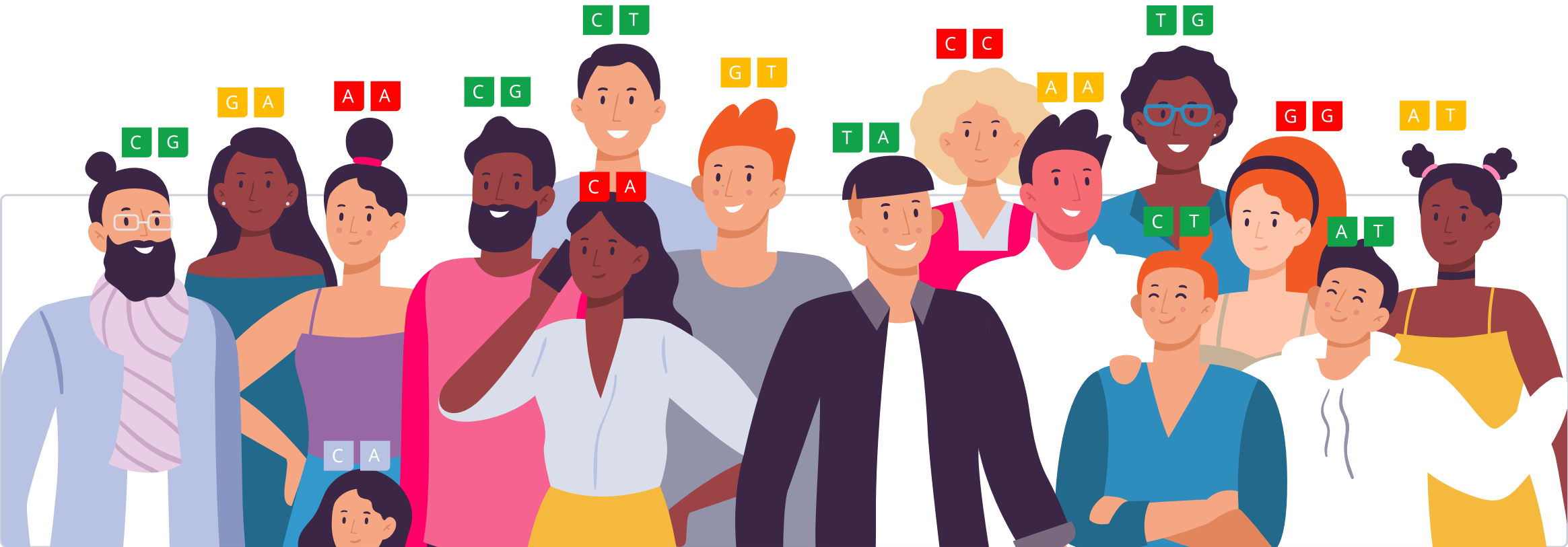


Similarly, our Trait Reports look at how your DNA influences your traits.



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.

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

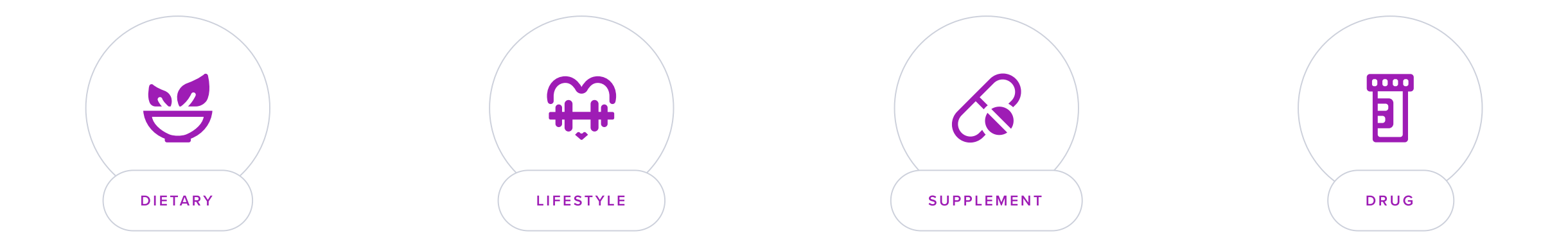
You have 2 risk alleles

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

Fat mass refers to the amount of adipose tissue, or body fat, present in an individual's body. It plays various essential roles, such as storing energy, protecting internal organs, and regulating hormones.

However, excessive fat mass is a condition often associated with various health risks, including metabolic disorders, cardiovascular diseases, and type 2 diabetes. The distribution of fat mass in the body, whether around the abdomen (visceral fat) or subcutaneously (beneath the skin), also influences these risk factors, with visceral fat being particularly concerning for health issues.

Assessment and Applications

Assessing fat mass is critical in managing and preventing obesity-related conditions. A report on an individual's fat mass can provide valuable insights into their potential health risks and serve as a basis for personalized dietary, lifestyle, and medical interventions.

Healthcare providers often use body composition analysis, such as Body Mass Index (BMI), waist circumference, or advanced imaging techniques like DEXA scans, to evaluate and monitor fat mass in relation to lean tissue. By doing so, they can track the effectiveness of treatment plans and guide patients towards healthier body composition.



LOWER

Likely lower fat mass based on 132,810 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.

		DOSAGE			DOSAGE
1	Aerobic Exercise (Cardio)	1 hour	2	Mediterranean Diet	
3	Garcinia Cambogia	500 mg	4	Yoga	30 minutes
5	Cocoa		6	Probiotic Yogurt	
7	Intermittent Fasting		8	Whole Grains	
9	Glucomannan	3 g	10	Oats	
11	Eat More Protein and Less Carbs		12	5-HTP	100 mg
13	Walking	30 minutes	14	Swimming	30 minutes
15	Avoid Sugary Foods & Drinks		16	Green Tea Extract	250 mg
17	DASH Diet		18	Limit Meat Intake	
19	Pumpkin Seeds		20	Fucoxanthin	3 mg
21	Zumba	1 hour	22	Strength Training	1 hour
23	Topical Caffeine		24	Limit Calorie Intake	

1



Aerobic Exercise (Cardio)

IMPACT

5 / 5

EVIDENCE

5 / 5

How to implement

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

TYPICAL STARTING DOSE

1 hour

Description

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

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

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

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

How it helps

Most experts agree that getting 150-300 minutes of exercise per week can help you control your weight. For best results, try to push yourself a bit with **moderate or intense exercise**. Both aerobic and strength training may be similarly effective at reducing fat mass [\[R, R\]](#).

Exercise helps by burning calories and boosting your metabolism. It may also lower your appetite [\[R, R\]](#).

However, it might take a while to see the results of your hard work. **The benefits of moderate or intense exercise may only show after 12 weeks** [\[R, R, R, R, R\]](#).

Note that exercise may be less effective at helping you lose weight than limiting your calorie intake. However, **it will likely help you maintain a lower weight in the long run** [\[R, R, R\]](#).

2



Mediterranean Diet

IMPACT3 / 5

EVIDENCE3 / 5

How to implement

Incorporate a variety of primarily plant-based foods, such as fruits, vegetables, whole grains, nuts, and legumes, into every meal. Choose healthy fats, like olive oil, over saturated fats and consume fish and poultry at least twice a week. Limit red meat to a few times a month and include a moderate amount of dairy products. Opt for water and red wine in moderation as your beverages.

Description

The [Mediterranean diet](#) is based on the traditional cuisine from the Mediterranean regions. It moderates the intake of red meat and dairy, while being rich in fruits and vegetables, whole grains, and healthy fats ([olive oil](#)).

The [Mediterranean diet](#) focuses on traditional cuisine from the Mediterranean regions. It’s rich in [\[R\]](#):

- [Olive oil](#)
- Fruits and vegetables
- Whole grains
- Nuts and seeds
- Fish

This type of diet may **reduce inflammation and protect the brain and heart** [\[R, R, R, R\]](#).

Limited intake of animal products, saturated fat, and refined sugar likely contribute to the health benefits of the Mediterranean diet [\[R\]](#).

How it helps

The Mediterranean diet may support weight loss more than a low-fat diet. Adopting this diet may reduce fat mass by ~0.5 kg. Combining the Mediterranean diet with exercise and calorie restriction may even boost its effects on weight [\[R, R, R, R, R\]](#).

What makes the Mediterranean diet a great choice?

- It’s low in saturated fat [\[R\]](#)
- It’s rich in healthy fat sources like olive oil and fish [\[R, R\]](#)
- It’s rich in fiber [\[R\]](#)

This diet may also support weight loss in people with type 2 diabetes [\[R, R, R, R\]](#).

3



Garcinia Cambogia

IMPACT2 / 5

EVIDENCE2 / 5

How to implement

Take 500 mg of Garcinia Cambogia as a supplement 30 to 60 minutes before each meal. It is typically recommended to do this three times a day for effective results.

TYPICAL STARTING DOSE

500 mg

Description

Garcinia cambogia is a tropical fruit extract commonly used in weight management supplements. It contains hydroxycitric acid (HCA), which is believed to help curb appetite and support weight loss goals, although scientific evidence is mixed.

[Garcinia cambogia](#) is a plant native to Asia [\[R\]](#).

Different parts of *G. cambogia* are used to [\[R\]](#):

- Preserve and flavor food
- Make artwork and polish metals

In traditional medicine, people mainly use *G. cambogia* and its active compounds to manage weight [\[R\]](#) [\[R\]](#).

How it helps

Supplementing with ***Garcinia cambogia* (up to 4.7 g/day for 8-12 weeks)** may speed up metabolism and support weight loss. Combining *G. cambogia* with other herbs may have similar benefits [\[R\]](#) [\[R\]](#) [\[R\]](#).

Its active component **HCA (1-2.8 g/day for 2-12 weeks)** may also help [\[R\]](#).

Note that the evidence is mixed. *G. cambogia* extract didn’t help in some of the studies [\[R\]](#) [\[R\]](#) [\[R\]](#).

Please note: *G. cambogia* may cause liver damage. Consult your doctor before taking it [\[R\]](#) [\[R\]](#) [\[R\]](#).

4



Yoga

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Practice yoga for at least 20 to 30 minutes a day, most days of the week. Choose a style that matches your fitness level and goals, and consider attending a class or using online resources to guide your practice.

TYPICAL STARTING DOSE

30 minutes

Description

Yoga is a mind-body practice that combines physical postures, breathing exercises, and meditation. It enhances flexibility, strength, and mental well-being and is used for stress reduction, relaxation, and overall health improvement.

[Yoga](#) combines breathing, stretching, and relaxation techniques. Practicing yoga may help [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Reduce [stress](#)
- Improve fitness
- Lower blood pressure and heart rate
- Manage pain

How it helps

Weight causes weight gain by increasing chemicals that influence hunger and appetite, such as [\[R\]](#):

- [Ghrelin](#)
- [Cortisol](#)

Experts agree that stressed out people are more likely to eat junk food, which may pave the way for weight gain [\[R\]](#), [\[R\]](#), [\[R\]](#).

In fact, stress may lead to unhealthy eating in children as young as 8 years old [\[R\]](#).

Yoga may reduce BMI and waist-to-hip ratio, suggesting decreased fat mass [\[R\]](#), [\[R\]](#).

5



Cocoa

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate 30-60 grams of high-quality dark chocolate (with at least 70% cocoa content) into your daily diet. Enjoy it as a snack or dessert to reap the potential heart health benefits.

Description

[Cocoa](#) comes from the beans of the *Theobroma cacao* tree. It is found any many foods and drinks, and people have also used it as a medicine for thousands of years. The numerous active components of cocoa can help with weight control, fatigue, mood, and digestion, among others.

[Cocoa](#) comes from the beans of the *Theobroma cacao* tree. It’s often used for making chocolate, hot chocolate, and pastries. People have also used it as a medicine for over a thousand years [\[R\]](#), [\[R\]](#).

Cocoa contains many active components that likely help [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Control weight
- Lower fatigue
- Boost mood
- Improve digestion
- Balance blood sugar
- Support heart health

Note that pure cocoa is likely a healthier choice than chocolate. If you eat chocolate, choose dark chocolate with more cocoa and less sugar and fat.

How it helps

Endurance athletes consuming cocoa flavanols daily for 10 weeks significantly reduced body fat, particularly in the trunk and limbs, without affecting performance, suggesting benefits in body composition only [\[R\]](#).

6



Probiotic Yogurt

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Consume one to two servings of probiotic yogurt each day. Each serving is typically 6 to 8 ounces. Continue this practice daily for at least 1 to 2 weeks to begin noticing benefits to digestive health.

Description

Probiotic yogurt is a dairy product containing live probiotic cultures like Lactobacillus and Bifidobacterium, which can aid digestion and improve gut health when consumed regularly. It is a good source of calcium, protein, and probiotics, contributing to bone health and digestive well-being.

How it helps

Probiotic yogurt contains beneficial bacteria that can improve gut health, enhancing digestion and the utilization of nutrients. Some studies suggest that improved gut health can help with weight management and reduction in fat mass.

7



Intermittent Fasting

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Limit your daily eating to a specific window of time, typically within an 8-hour period such as from 12 pm to 8 pm, and fast for the remaining 16 hours of the day. Repeat this daily or for at least 3-4 days per week.

Description

Intermittent fasting is an eating pattern that involves cycling between periods of fasting and eating. It may help with weight management, improve metabolic health, and offer potential benefits for certain health conditions when done under proper guidance.

[Intermittent fasting](#) (IF) is a pattern of eating that alternates between periods of eating and fasting. The most popular IF method is called the 16/8 method, where you fast for 16 hours and eat during an 8-hour window.

People mainly practice IF to lose weight. Besides benefits related to weight reduction, IF may help lower the risk of [\[R\]](#):

- Alzheimer's disease
- Joint pain
- Asthma
- Multiple sclerosis
- Stroke

Some types of intermittent fasting, such as Ramadan fasting, are also practiced for religious reasons.

How it helps

Intermittent fasting can lead to a natural reduction in calorie intake, increase metabolic rates slightly, and improve fat burning, all contributing to fat loss.

8



Whole Grains

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate at least three servings of whole grains into your daily diet. This can include consuming foods such as whole grain bread, brown rice, whole grain pasta, and oats. Aim to replace refined grains with whole grains at each meal for optimal benefits.

Description

Whole grains encompass a variety of grains like wheat, oats, and quinoa, where the entire grain kernel is intact. They are rich in fiber, vitamins, minerals, and antioxidants, supporting heart health and reducing the risk of chronic diseases.

Unlike refined grains, whole grains contain nutritious parts of the grain like bran and germ.

Whole grains provide many crucial nutrients, including:

- Fiber
- B-vitamins
- Iron
- Magnesium
- Phosphorus

Due to their high fiber content, whole grains don't tend to spike blood sugar like refined grains do.

How it helps

Whole grains include all three nutrient-rich parts of the grain, providing your body with fiber, vitamins, and minerals. Eating whole grains can help improve metabolism and reduce fat mass by promoting fullness and reducing the likelihood of overeating.

9



Glucomannan

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take 1 gram of glucomannan powder with 8 ounces of water, 15 minutes to 1 hour before each meal, three times daily. It's essential to drink plenty of water when taking glucomannan to ensure it reaches the stomach and expands, helping to promote a feeling of fullness.

TYPICAL STARTING DOSE

3 g

Description

Glucomannan is a dietary fiber derived from the root of the konjac plant and is often used as a weight loss supplement. It may promote feelings of fullness and support weight management when used in conjunction with a balanced diet.

How it helps

Glucomannan is a type of dietary fiber that absorbs water and expands in your stomach. This expansion can help you feel fuller for longer, potentially reducing overall calorie intake. Studies have shown that when taken before meals, glucomannan can lead to weight loss in overweight individuals by promoting satiety and decreasing the appetite.

10



Oats

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate oats into your diet daily by having them for breakfast as oatmeal, or adding them to smoothies, baking recipes, or overnight oats. Aim for at least a half-cup (40 grams) of dry oats to reap the health benefits.

Description

Oats are a whole grain known for their high fiber content and nutritional value, like zinc, iron, and manganese. Including oats in one's diet can promote heart health, stabilize blood sugar levels, and provide sustained energy.

Oats are a good source for manganese, zinc, iron, magnesium, and vitamins B1 and B5. A ½ cup serving provides 0.7 mg of manganese or 30%DV.

How it helps

Oats are high in soluble fiber, which slows digestion and absorption of carbohydrates, helping to maintain steady blood sugar levels. This can help control appetite and reduce body fat when included as part of a balanced diet.

11



Eat More Protein and Less Carbs

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Include a source of lean protein such as chicken, fish, beans, or tofu in each meal, aiming for 20-30 grams per serving, while reducing carbohydrate-rich foods like bread, pasta, and sweets, aiming to make proteins about 30-40% of your daily caloric intake. Replace at least one carbohydrate-heavy meal or snack with a high-protein option daily.

Description

A diet that includes more protein and fewer carbohydrates can promote weight management and satiety, potentially aiding in weight loss efforts. Protein-rich foods can help control hunger and support muscle maintenance.

Proteins, fats, and carbs are macronutrients. You need these nutrients in large (‘macro’) amounts. They provide your body with the energy it needs to function properly [\[R\]](#).

For a healthier diet, experts recommend eating foods that are higher in protein but lower in fat and carbs [\[R\]](#), [\[R\]](#).

This is because simple carbs can spike your blood sugar levels. Likewise, too much saturated fat can increase “bad” (LDL) cholesterol [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Eating a lot of high-carb or high-fat foods may lead to conditions like diabetes, obesity, and heart disease [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Meanwhile, protein boosts muscle mass and helps control your weight [\[R\]](#).

How it helps

Eating more protein can boost metabolism, reduce appetite, and change several weight-regulating hormones. Reducing carbohydrates can lead to a significant reduction in water weight and bloating.

12



5-HTP

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take 100 mg of 5-HTP as a supplement daily, ideally with a glass of water. It can be taken at any time of the day but taking it at the same time each day may help establish a routine.

TYPICAL STARTING DOSE
100 mg

Description

5-HTP is a building block for serotonin. 5-HTP and serotonin help make melatonin, a hormone that promotes sleep. People mainly use 5-HTP as a mood-boosting supplement. It may also help reduce appetite, help with chronic pain and fatigue, and improve sleep quality.

5-HTP is a building block for the “happiness hormone” [serotonin](#). 5-HTP and serotonin help make [melatonin](#), a hormone that promotes sleep [\[R\]](#).

People mainly use 5-HTP as a mood-boosting supplement [\[R, R\]](#). According to early research, it may also:

- Reduce appetite [\[R, R, R\]](#)
- Help with chronic pain and fatigue [\[R, R, R\]](#)
- Improve sleep quality [\[R, R\]](#)

Please note: 5-HTP can interact with SAM-e, St. John’s wort, and different medications. Combining it with antidepressants can be dangerous and even life-threatening. Never take 5-HTP without consulting your doctor [\[R, R, R\]](#).

How it helps

5-HTP (5-Hydroxytryptophan) may help reduce appetite, leading to a decrease in calorie intake and assisting in weight loss. It works by increasing the production of serotonin in the brain, which is thought to have a positive effect on regulating mood, sleep, and appetite.

13



Walking

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

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

TYPICAL STARTING DOSE

30 minutes

Description

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

How it helps

Walking is a low-impact, accessible form of aerobic exercise that can help reduce fat mass by burning calories. Incorporating regular walks into your lifestyle can contribute to a caloric deficit and fat loss.

14



Swimming

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate swimming into your routine for at least 30 minutes, 3 times a week. Choose a pace and stroke that keeps your heart rate elevated yet allows you to breathe comfortably. Continue this practice regularly for long-term health benefits.

TYPICAL STARTING DOSE

30 minutes

Description

Swimming is a whole-body workout that engages various muscle groups, promoting strength and endurance. It helps keep the heart and lungs healthy, improves flexibility, and can even help reduce stress. Regular swimming is a great way to maintain a balanced, fit, and healthy lifestyle.

How it helps

Swimming is a full-body workout that burns calories and helps reduce fat mass. It's an effective aerobic exercise that also builds muscle strength without putting stress on the joints.

15



Avoid Sugary Foods & Drinks

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

To avoid sugary foods, eliminate or significantly reduce consumption of foods and beverages high in added sugars such as sodas, candies, baked goods, and sugary cereals from your diet. Instead, opt for natural sugar sources like fruits. Aim to do this daily for ongoing health benefits.

Description

High-sugar foods like baked goods, sweets, and sugary drinks, can spike your blood sugar levels. Consuming a lot of these types of foods can contribute to health issues like diabetes, obesity, insomnia, and heart disease.

High-sugar foods and refined carbs have a high glycemic index (GI). This means they tend to spike your blood sugar levels. They include [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Sugary drinks
- Baked goods
- Sweets
- White bread
- White rice
- Pasta

Eating a lot of sugary foods can contribute to:

- Diabetes [\[R\]](#), [\[R\]](#), [\[R\]](#)
- Weight gain and obesity [\[R\]](#), [\[R\]](#)
- Insomnia [\[R\]](#)
- Heart disease [\[R\]](#)

You may also want to avoid processed sugars and sugary drinks. They may have a role in increasing IL-1B [\[R\]](#), [\[R\]](#).

How it helps

Cutting out sugary foods can drastically reduce calorie intake and help avoid spikes in blood sugar levels, which can lead to fat gain, especially around the abdomen.

16



Green Tea Extract

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take a green tea extract supplement containing 250-500 mg of EGCG (the active compound in green tea) daily, preferably with a meal to enhance absorption. This dosage is typically split into two separate doses, taken in the morning and later in the day. Continue this regimen for at least three months to observe potential health benefits.

TYPICAL STARTING DOSE

250 mg

Description

Green tea extract is a concentrated form of the beneficial compounds found in green tea, such as catechins. It is used in dietary supplements for its potential to enhance metabolism, aid in weight management, and provide antioxidant protection.

[Green tea](#) is made from the same plant as black tea (*Camellia sinensis*). However, the leaves and buds are processed differently [\[R\]](#).

Green tea contains **catechins**. These are antioxidants that help prevent [oxidative stress](#) [\[R\]](#).

EGCG is the main catechin found in green tea. It may help reduce inflammation and support weight loss [\[R\]](#).

How it helps

Green Tea Extract, particularly its active component EGCG, has been shown to boost metabolism and increase fat burning in short-term studies. This makes it a popular supplement for weight loss and fat reduction.

17



DASH Diet

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Adopt a dietary pattern that emphasizes fruits, vegetables, whole grains, lean proteins, and low-fat dairy, while reducing sodium, red meat, sweets, and sugary beverages. Aim for 4-5 servings of both fruits and vegetables per day, 6-8 servings of grains (with at least half being whole grains), and 2-3 servings of low-fat dairy. This diet should be followed daily to manage blood pressure effectively.

Description

The DASH (Dietary Approaches to Stop Hypertension) diet is a dietary plan designed to reduce high blood pressure. It emphasizes fruits, vegetables, lean proteins, and whole grains while limiting sodium intake.

Health experts developed the DASH diet to reduce blood pressure. This diet also helps support weight control while reducing inflammation and cholesterol [\[R\]](#).

It **limits salt, sweets, and saturated fat**, while promoting the intake of [\[R\]](#):

- Fruits (4-5 servings/day)
- Vegetables (4-5 servings/day)
- Whole grains (6-8 servings/day)
- Low-fat dairy (2-3 servings/day)
- Nuts, seeds, and legumes (4-5 servings/week)
- Fish and poultry (up to 6 ounces/day)

The DASH diet focuses on fresh, minimally processed food rich in nutrients. Magnesium, calcium, and potassium-rich foods are particularly important due to their beneficial effects on the heart and blood vessels [\[R\]](#).

Although similar to the [Mediterranean diet](#), DASH is lower in sodium (<2,300 mg a day) and omega-3 fatty acids. On the other hand, it’s higher in red meat and dairy [\[R\]](#).

How it helps

The DASH diet is rich in fruits, vegetables, whole grains, and lean proteins, and low in salt and sugar, which has been shown to reduce body fat and improve overall health.

18



Limit Meat Intake

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Substitute red and processed meats with plant-based proteins, such as beans, lentils, and tofu, for at least two meals per week. Gradually increase the number of meat-free meals by incorporating more fruits, vegetables, and whole grains into your diet daily.

Description

Limiting meat intake involves consuming fewer animal-based products, often as part of a plant-based diet. This dietary choice can provide health benefits such as lower cholesterol levels, reduced risk of certain chronic diseases, and a decreased environmental footprint.

Proteins, fats, and carbs are macronutrients. You need these nutrients in large (‘macro’) amounts. They provide your body with the energy it needs to function properly [\[R\]](#).

You should choose high-quality foods that give you the “best” version of each macronutrient. For example, too much saturated fat and protein from certain animal sources may increase the risk of heart disease and infertility [\[R, R, R\]](#).

Consider replacing red meat with other high-protein foods, such as [\[R, R\]](#):

- Eggs
- Fish
- Soy
- Beans

How it helps

Reducing meat intake, especially red and processed meats, can lead to lower calorie intake and a higher intake of beneficial nutrients from plant-based foods. This can contribute to fat mass loss and improved overall health.

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Pumpkin Seeds

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate a handful of pumpkin seeds (about 28 grams) into your diet daily. You can add them to your breakfast cereal, sprinkle them over a salad, blend them into smoothie bowls, or simply eat them as a snack. This practice can be continued indefinitely as part of a healthy dietary pattern.

Description

Pumpkin seeds, also known as pepitas, are the edible seeds of the pumpkin.They are rich in protein, antioxidants, iron, zinc, magnesium, manganese, and phosphorus. The compounds in pumpkin seeds may benefit heart health and immune function.

Pumpkin seeds are rich in arginine, protein, antioxidants, iron, zinc, magnesium, manganese, and phosphorus. Pumpkin seeds contain 54.18 mg of arginine per gram.

How it helps

Pumpkin seeds are a good source of fiber and protein, which are essential for weight control. They can help you feel full for longer, reducing overall calorie intake.

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Fucoxanthin

IMPACT

0 / 5

EVIDENCE

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How to implement

Take fucoxanthin as a dietary supplement in a dosage of 2.4 to 8 mg per day, with a meal that contains fat for better absorption. It can be taken in a single dose or divided into two doses throughout the day. Continue for at least 5 to 16 weeks to observe benefits.

TYPICAL STARTING DOSE

3 mg

Description

Fucoxanthin is a natural pigment found in certain types of seaweed and algae. It is believed to have potential health benefits, including supporting weight management and promoting antioxidant activity.

How it helps

Fucoxanthin, a component found in brown seaweed, has shown potential in preclinical studies for increasing metabolic rate and reducing fat accumulation in animal models. Its effectiveness in humans is less clear but shows promise.

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Zumba

IMPACT

0 / 5

EVIDENCE

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How to implement

Participate in a Zumba class at least 3 times per week for a duration of one hour each session. Choose a class appropriate for your fitness level to ensure safety and effectiveness.

TYPICAL STARTING DOSE

1 hour

Description

Zumba is a fitness program that combines dance and aerobic movements set to energetic music. It's popular for its potential to improve cardiovascular fitness, coordination, and overall physical health through a fun and engaging workout.

How it helps

Zumba combines high-energy music with choreographed dance moves, which makes it an effective and enjoyable way to reduce fat mass. Participants can experience significant reductions in weight, body fat, and waist circumference. The high-intensity cardio exercise in Zumba helps burn calories and improve cardiovascular health, contributing to fat loss.

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Strength Training

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Engage in strength training exercises, such as weight lifting or bodyweight exercises, for 60 minutes per session, 2 to 3 times per week. Ensure you work all major muscle groups and rest each muscle group for at least 48 hours before exercising it again.

TYPICAL STARTING DOSE

1 hour

Description

Strength training, also called resistance or *anaerobic* training, contracts the muscles against an external resistance for short periods of time. This helps gain muscle strength, tone, and mass. This can include activities like weight lifting, pushups, and crunches.

Strength training, also known as resistance training, is a type of physical exercise that uses resistance to build strength, anaerobic endurance, and size [R]. Some of the most common strength training methods include [R]:

- Weight lifting
- Bodyweight exercises like push-ups, pull-ups, squats, and lunges.
- Resistance bands
- Plyometrics or explosive force exercises

The benefits of strength training are numerous, and include [R]:

- Increased muscle strength
- Improved bone health
- Reduced risk of injury
- Improved balance and coordination
- Enhanced mood
- Boost metabolism

Consult with a doctor before starting any new exercise program, especially if you have any health conditions.

How it helps

Strength training builds muscle mass, which in turn increases the body's resting metabolic rate. A higher metabolism burns more calories, even at rest, helping to reduce fat mass over time.

23



Topical Caffeine

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Apply a caffeine-containing topical product to the area of concern once or twice daily. Typically, these products should be applied after cleansing the skin but before moisturizing. Regular application over several weeks is generally necessary to observe benefits.

Description

Caffeine, commonly found in skincare products, is used topically to reduce puffiness and improve the appearance of dark circles around the eyes. It can also temporarily tighten and firm the skin.

People drink coffee for an energy and mood boost. [Caffeine](#) is the main ingredient responsible for these effects [\[R\]](#), [\[R\]](#).

Caffeine may also help [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Support heart health
- Improve mood
- Maintain healthy blood sugar

Caffeine is also found in some topical products for hair loss [\[R\]](#).

How it helps

Topical caffeine can help in reducing fat mass by penetrating the skin and targeting fat cells. It has properties that may promote the breakdown of fat and increase blood flow to the area applied, theoretically aiding in the reduction of cellulite and the appearance of firmer skin.

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Limit Calorie Intake

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Consume fewer calories than your body needs for maintenance. Calculate your daily caloric needs using an online calculator based on your sex, age, weight, height, and activity level, then reduce that number by 500-1000 calories per day to safely lose 1-2 pounds per week. Adjust the caloric intake as needed based on your progress.

Description

People often limit their calorie intake to help them lose weight [\[R, R\]](#). However, moderate calorie restriction may also help you stay healthier and age better [\[R, R, R, R, R\]](#).

There are different ways to take in fewer calories. You can:

- **Eat low-calorie foods**, such as those rich in proteins, fiber, and water. Avoid fatty and sugary foods, which tend to be high in calories [\[R\]](#).
- Try [intermittent fasting](#), which involves changing how often you eat [\[R\]](#).

If you are restricting your calories, make sure your diet remains healthy and balanced. Experts also recommend being physically active, to prevent the loss of muscle and bone mass.

How it helps

Limiting calorie intake is crucial for fat loss. Consuming fewer calories than expended will lead to fat mass reduction.

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.