

GLP-1

Biohacker Report

REPORT CATEGORY —



Sample Client

Report date: 15 January 2026

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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

[GLP-1](#) is a hormone that plays a pivotal role in regulating blood sugar levels, making it one of the references to develop therapies for diabetes, particularly type 2 diabetes. GLP-1 is both a *neuropeptide* (a peptide with effects on the nervous system) and an *incretin* (a metabolic hormone that reduces [glucose](#) levels after meals) [\[R, R\]](#).

GLP-1 is produced in the gut in response to food intake. It has several actions that contribute to its blood sugar-lowering effects [\[R, R, R\]](#):

- Enhances insulin production
- Lowers glucagon production
- Slows stomach emptying
- Reduces appetite

GLP-1 has received widespread scientific attention due to its involvement in insulin and blood sugar control. Drugs that increase its activity such as GLP-1 agonists (e.g., Ozempic) and DPP-4 inhibitors (e.g., Onglyza) have been developed to help control blood glucose in patients with diabetes [\[R, R\]](#).

Factors Affecting GLP-1 Levels

GLP-1 levels can vary widely among individuals, depending on factors such as [\[R\]](#):

- Time of day
- Nutritional status
- Meals consumed
- Health conditions
- **Genetics**

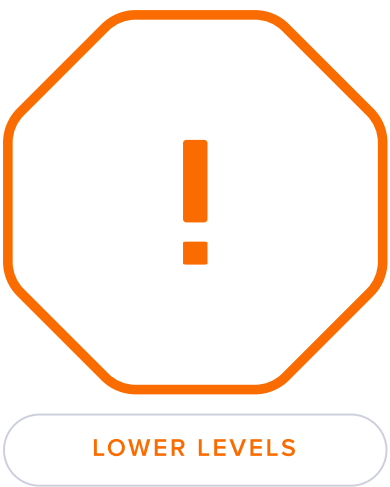
During fasting GLP-1 levels remain low. Other causes of low GLP-1 include [\[R\]](#):

- Obesity
- Diabetes
- Fatty liver
- Polycystic ovary syndrome (PCOS)

Healthy people with low GLP-1 levels may have a higher risk of developing diabetes [\[R\]](#).

High GLP-1 levels can be caused by a recent meal. Bioactive GLP-1 levels may increase two- to threefold after 20-30 minutes after a meal according to the meal size and composition of it. Food components such as MUFAs and fructose may be particularly effective at increasing GLP-1 levels. Moreover, these may increase GLP-1 levels [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Gastric bypass surgery
- Medications (e.g., DPP-4 inhibitors)



Predisposed to lower GLP-1 levels based on 3 genetic variants we looked at

Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
RAPGEF4	rs150495482	CC
POLR1C	rs201320592	GG
GPT	rs139849083	CC
ADAP1	rs1568773	AA

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	Eat Fiber-Rich Foods	2	Extra Virgin Olive Oil (EVOO)
3	Whey Protein25 g	4	Glutamine5 g
5	Exercise At Least One Hour a Day1 hour	6	Resistant Starch40 g
7	Guar Gum5 g	8	Lactobacillus Reuteri10 billion CFU
9	Cinnamon1 g	10	Probiotics30 billion CFU
11	Chicory	12	VSL#3 Probiotic
13	Dietary Protein	14	Butyrate300 mg
15	Chewing	16	Berberine1000 mg

1



Eat Fiber-Rich Foods

IMPACT3 / 5

EVIDENCE2 / 5

How to implement

Incorporate foods high in fiber, such as fruits, vegetables, whole grains, and legumes, into your daily meals. Aim for a total dietary fiber intake of 25 to 30 grams per day, spread out over all meals.

Description

Fiber is a type of carb that your body can’t digest which supports digestion, heart health, and blood sugar control. You can get fiber by eating things like whole grains, fruits, nuts, seeds, and leafy greens.

Fiber is a type of carb that your body can’t digest. It supports digestion, heart health, blood sugar control, and more [\[R, R\]](#).

Adults should get 28 g of fiber every day. Most people in the US don’t get enough fiber [\[R, R\]](#).

You can get more fiber by eating [\[R, R\]](#):

- Whole grains
- Fruits
- Leafy greens
- Nuts and seeds
- Beans
- Broccoli

Fiber supplements, such as [psyllium husk](#), are available for people who don’t get enough fiber from their diets [\[R, R\]](#).

How it helps

Increasing dietary fiber may increase GLP-1 production. For instance, wheat fiber (24 g/day for 1 year) increased GLP-1 secretion in a non-placebo-controlled trial of 28 type 2 diabetes patients. Similarly, eating barley kernel-based for 3 days increased GLP-1 in a non-placebo-controlled trial of 20 healthy volunteers [\[R, R, R\]](#).

However, whole grains may not increase postprandial GLP-1 levels [\[R\]](#).

2



Extra Virgin Olive Oil (EVOO)

IMPACT3 / 5

EVIDENCE2 / 5

How to implement

Incorporate 1-2 tablespoons of extra virgin olive oil into your daily diet. Use it as a dressing for salads, vegetables, or incorporate it into cooking, but avoid using it at high temperatures to preserve its health benefits.

Description

Extra virgin olive oil is a high-quality olive oil obtained from the first pressing of olives. It is rich in monounsaturated fats and antioxidants, like polyphenols, and is associated with various health benefits, including heart health and anti-inflammatory properties.

[Olive oil](#) is fat from the olive, a traditional tree of the Mediterranean Basin [\[R\]](#).

Olive oil has anti-inflammatory and antioxidant properties. It may also reduce the risk of [\[R\]](#), [\[R\]](#):

- Heart disease
- Diabetes
- Cancer

Olive oil is also the primary fat source in the [Mediterranean diet](#), which may improve brain and heart health [\[R\]](#).

How it helps

A diet rich in MUFAs such as olive oil may increase GLP-1 levels compared to a diet rich in carbohydrate-rich diet in subjects with insulin resistance [\[R\]](#).

In line with this, supplementation with olive oil increased GLP-1 levels in several trials on healthy volunteers, prediabetic subjects, type 1 and 2 diabetic patients, and those with insulin resistance [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

3



Whey Protein

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Mix one scoop (approximately 25-30 grams) of whey protein powder with 8-12 ounces of water, milk, or your preferred beverage. Consume this drink 1-2 times per day, ideally post-workout or as a meal replacement.

TYPICAL STARTING DOSE
25 g

Description

Whey protein is a complete protein derived from milk during cheese production. It is rich in essential amino acids and is used to support muscle recovery, promote muscle growth, and provide a convenient protein source for athletes and fitness enthusiasts.

Whey is the liquid that separates from milk when cheese is made. [Whey protein](#) is full of amino acids (protein building blocks) that the body needs [\[R\]](#), [\[R\]](#).

Whey protein usually comes in the form of a powder that can be added to soft foods and drinks. People often use it to help with [\[R\]](#), [\[R\]](#):

- Athletic performance
- Nutritional deficiencies

How it helps

Supplementing with whey protein before meals may raise GLP-1 levels [\[R\]](#).

4



Glutamine

IMPACT2 / 5

EVIDENCE2 / 5

How to implement

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

TYPICAL STARTING DOSE

5 g

Description

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

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

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

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

How it helps

Supplementation with glutamine may increase circulating GLP-1 levels in both healthy individuals and type 2 diabetics [\[R\]](#), [\[R\]](#).

5



Exercise At Least One Hour a Day

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Dedicate a minimum of 60 minutes to moderate-intensity activities such as brisk walking, swimming, or cycling. Do this most days of the week, aiming for at least 5 days to optimize benefits.

TYPICAL STARTING DOSE

1 hour

Description

[Exercise](#) can do wonders for your health. It can help you lose weight, improve your heart health, boost your mood, and more [\[R\]](#).

There are many ways you can be active. You can walk, run, swim, dance, or play team sports. **Everything counts, and it's never too late to start!**

Try to get at least **60 minutes of moderate physical activity on most days**, including walking. **Getting a mix of cardio (min 150 min/day) and strength training (min 2 times a week) may be optimal.**

How it helps

An acute bout of exercise may slightly (by 13%) increase GLP-1 levels [\[R\]](#).

6



Resistant Starch

IMPACT

1 / 5

EVIDENCE

2 / 5

How to implement

Incorporate 40g of Jo's resistant starch into your daily diet. This can be done by adding it to smoothies, yogurt, or baked goods. Ensure to spread the intake throughout the day for better tolerance.

TYPICAL STARTING DOSE

40 g

Description

Resistant starch is a type of starch that resists digestion in the small intestine, making it a prebiotic fiber that can benefit gut health. It can be found in foods like green bananas, legumes, and certain grains.

[Resistant starch](#) is starch that doesn't get digested in the small intestine [\[R\]](#) [\[R\]](#).

Some types of resistant starch include [\[R\]](#):

- **Type 1** occurs naturally in foods such as whole grains
- **Type 2** can be isolated from foods such as corn and green banana
- **Type 3** is created during the cooking and cooling process of starchy foods like potatoes

Resistant starch doesn't increase blood sugar like typical digestible starches do [\[R\]](#) [\[R\]](#).

Instead, it feeds good bacteria in the colon that [\[R\]](#) [\[R\]](#):

- Support healthy gut function
- Support immunity
- Reduce inflammation

How it helps

In a non-placebo-controlled trial of 19 healthy, normal-weight volunteers, supplementation with resistant starch (40 g/day) increased GLP-1 levels [\[R\]](#).

However, resistant starch may have no effect on GLP-1 levels in those with prediabetes, type 2 diabetes, overweight, or obesity [\[R\]](#) [\[R\]](#) [\[R\]](#) [\[R\]](#) [\[R\]](#).

7



Guar Gum

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Take 5-10 grams of guar gum with at least 8 ounces of water. Start with a lower dose to assess your tolerance, then gradually increase as needed. It is best taken before meals, up to three times a day.

TYPICAL STARTING DOSE

5 g

Description

Guar gum is a soluble fiber derived from guar beans and is commonly used as a food thickener and stabilizer. Its ability to slow down digestion and promote a feeling of fullness can be beneficial for managing appetite and supporting digestive health when consumed as part of a balanced diet.

Guar gum is a fiber made from the seeds of the Indian cluster bean (*Cyamopsis tetragonolobus*). It is used in food products to help bind and thicken them [\[R\]](#).

Guar gum may help with blood pressure control and support the immune system [\[R\]](#).

How it helps

In a non-placebo-controlled trial of 28 overweight or obese individuals and 30 normal-weight subjects, those with excess weight had lower GLP-1 levels after breakfast but adding guar gum to the breakfast attenuated these differences [\[R\]](#).

8



Lactobacillus Reuteri

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Take a supplement containing *Lactobacillus reuteri* daily, ideally choosing a product that specifies CFU (colony-forming units) to ensure you receive an effective dose. Dosage can vary depending on the specific product, but it's typically around 10 billion CFUs. Continue taking the supplement for at least 4 to 8 weeks to evaluate its benefits for your gut health.

TYPICAL STARTING DOSE
10 billion CFU

Description

Lactobacillus reuteri is a beneficial probiotic strain that can support digestive health and contribute to a balanced gut microbiome. It may help improve gut function, enhance nutrient absorption, and bolster the immune system, promoting overall well-being.

Lactobacillus reuteri is a [probiotic](#) bacterium that is part of the normal [microbiome](#) of the gut, skin, urinary tract, and, occasionally, the stomach [\[R\]](#).

L. reuteri is also used as a probiotic. People take it to help with [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- High cholesterol
- Gut diseases
- Constipation
- Helicobacter pylori infections

In the 1960s, **30-40 percent** of people had *Lactobacillus reuteri* as a part of their microbiome. Today, estimates suggest it is found in only **10-20 percent** [\[R\]](#), [\[R\]](#).

How it helps

In a placebo-controlled trial of 21 healthy volunteers, supplementation with *L. reuteri* SD5865 for 4 weeks increased glucose-stimulated GLP-1 release by 76% [\[R\]](#).

9



Cinnamon

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a 1 g cinnamon supplement once daily, ideally with a meal to aid absorption. This can be in the form of a capsule or tablet. Continue this regimen as long as it aligns with your health goals and under the guidance of a healthcare provider.

TYPICAL STARTING DOSE

1 g

Description

Cinnamon is a popular spice that may have various health benefits, including improving blood sugar control, reducing inflammation, and providing antioxidants. It's commonly used in both culinary and herbal applications.

[Cinnamon](#) is a spice made from the bark of *Cinnamomum* trees. Cinnamon can [\[R\]](#):

- Decrease inflammation
- Fight [oxidative stress](#)
- Kill microbes

Cinnamon is mainly used in cooking and fragrances. **As a natural remedy, people use cinnamon to reduce blood sugar** [\[R\]](#).

There are two main types of cinnamon [\[R\]](#):

- Ceylon or ‘true’ cinnamon (*Cinnamomum verum*)
- Chinese or Cassia cinnamon (*Cinnamomum cassia*)

How it helps

In a non-placebo-controlled trial of 15 healthy volunteers, adding cinnamon (3 g) to rice pudding increased post-prandial GLP-1 secretion [\[R\]](#).

10



Probiotics

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

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

TYPICAL STARTING DOSE
30 billion CFU

Description

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

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

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

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

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

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

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

How it helps

Supplementation with probiotics may help raise GLP-1 levels. Successfully tested probiotics include:

- VSL#3 [\[R\]](#)
- A combination if *Bifidobacterium animalis* DN-173 010, *Lactobacillus reuteri* DSM 17938, and *Lactobacillus plantarum* 299v [\[R\]](#)
- *L. reuteri* SD5865 [\[R\]](#)

11



Chicory

IMPACT

1 / 5

EVIDENCE

1 / 5

Description

Chicory is a nutrient-rich vegetable that has been shown to have a number of health benefits. It is a good source of fiber, vitamin K, and antioxidants. Chicory may also help to improve digestion, lower blood sugar levels, and boost the immune system.

How it helps

In a placebo-controlled trial of 10 healthy volunteers, supplementation with a prebiotic (chicory root fructans, 16 g/day) for 2 weeks raised plasma GLP-1 levels [\[R\]](#).

12



VSL#3 Probiotic

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take one capsule of VSL#3 probiotics daily, preferably on an empty stomach, at least 30 minutes before a meal. For best results, continue this supplementation for at least one month.

Description

VSL#3 is a specific probiotic supplement containing a combination of beneficial bacterial strains, including Bifidobacterium and Lactobacillus species. It is used to support digestive health and manage conditions such as irritable bowel syndrome (IBS) and inflammatory bowel disease (IBD).

How it helps

In a placebo-controlled trial of 48 obese children with NAFLD, supplementation with VSL#3 for 4 months increased GLP-1 levels [\[R\]](#).

13



Dietary Protein

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Include a variety of protein sources such as meat, fish, eggs, dairy, beans, and nuts in your diet every day, aiming for at least 0.8 grams of protein per kilogram of body weight. For more active individuals or those looking to build muscle, increase intake to 1.2 to 2.0 grams per kilogram of body weight daily, spread out over all meals to maximize absorption.

Description

Protein is essential for building and repairing tissues, supporting muscle growth, and maintaining overall bodily functions. Adequate protein intake is crucial for overall health and well-being.

Foods that are high in protein include:

- Eggs
- Nuts
- Beef
- Chicken
- Fish
- Yogurt
- Tofu
- Pork
- Cottage cheese

How it helps

Eating a high-protein diet (30% protein) increased postprandial GLP-1 levels in a non-placebo-controlled trial of 12 healthy women [\[R\]](#).

14



Butyrate

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take butyrate supplements orally with a full glass of water, typically starting with a dose of 300 to 600 mg per day. It can be taken with or without food, but if stomach upset occurs, try taking it with meals. The specific dosage and duration of use should be based on the guidance of a healthcare professional, tailored to individual health needs.

TYPICAL STARTING DOSE
300 mg

Description

Butyrate is a short-chain fatty acid produced by gut bacteria during the digestion of dietary fiber. It plays a crucial role in maintaining gut health, supporting the integrity of the intestinal lining, and contributing to overall digestive well-being.

[Butyrate](#) is a short-chain fatty acid produced when the gut bacteria ferment indigestible fibers. It prevents inflammation in the gut and is essential for maintaining a healthy barrier between the large bowel and the bloodstream [\[R\]](#).

People take butyrate to support gut health, improve insulin sensitivity, and promote weight loss.

How it helps

Sodium butyrate, both alone and in combination with inulin, raised GLP-1 levels in a placebo-controlled trial of 60 patients with type 2 diabetes [\[R\]](#).

15



Chewing

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate chewing thoroughly into your daily eating habits by ensuring each bite is chewed 20-30 times before swallowing. Practice this technique at every meal and with snacks to improve digestion and satiety.

Description

Chewing can help to reduce the tendency to overeat by keeping your mouth busy and providing a sense of fullness. It can also help to improve your metabolic rate and increase your energy levels. Additionally, chewing can help to improve your attention span and reduce stress levels.

How it helps

In a non-placebo-controlled trial of 30 healthy volunteers, increasing chewing rate by 3.3 fold raised GLP-1 levels [\[R\]](#).

16



Berberine

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take 500 mg of berberine two times a day before meals. Continue this regimen for up to three months, then evaluate its effects with your healthcare provider.

TYPICAL STARTING DOSE
1000 mg

Description

Berberine is a compound found in certain plants, known for its potential to support blood sugar control and heart health.

[Berberine](#) is an active compound of some plants used in traditional medicine, such as [\[R\]](#):

- European barberry
- Oregon grape
- Goldenseal
- Chinese goldthread
- Tree turmeric

Berberine is also available as a supplement. People use it to help with [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Diabetes
- High cholesterol
- High blood pressure
- PCOS

How it helps

Research in animals and cells suggests that berberine may increase GLP-1 secretion [\[R\]](#).

However, clinical research in humans is lacking.

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.

