

Glutathione

Biohacker Report

REPORT CATEGORIES —



IMMUNITY &
INFECTIONS



DETOX

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

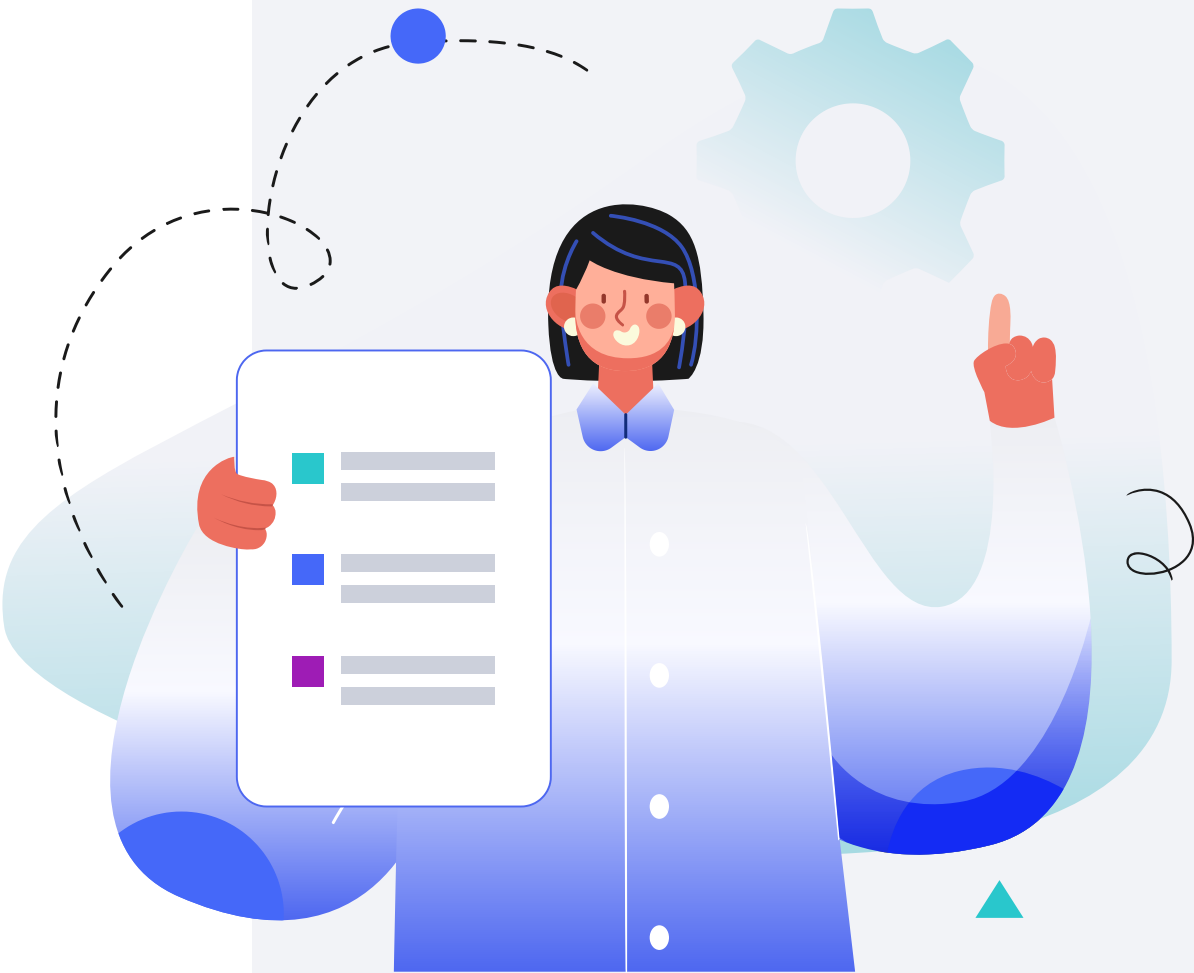
Male

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

Glutathione (GSH) is your body’s strongest antioxidant. It has an enormous capacity to combat [oxidative stress](#) and neutralize harmful free radicals. Chemically speaking, glutathione is a tripeptide made up of 3 amino acids [\[R\]](#):

- [Glutamate](#)
- **Cysteine**
- [Glycine](#)

Glutathione is found in every cell in the body, where it plays key functions such as [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Antioxidant protection: Glutathione neutralizes free radicals and reactive oxygen species, which can cause cellular damage and contribute to aging and various diseases.
- Detoxification: It aids in the detoxification of free radicals, toxic drugs, and [heavy metals](#) harmless.
- Immune system support: Glutathione contributes to the proper functioning and regulation of the immune system.
- Protein and DNA synthesis: It's involved in essential cellular processes, including the synthesis and repair of DNA and the production of proteins.

Low glutathione levels have been linked to cognitive decline, age-related disease, and general mortality among the elderly [\[R\]](#), [\[R\]](#).

Factors Affecting Glutathione Levels

The following factors may affect glutathione levels [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Age: Natural glutathione production decreases with age.
- Diet: Consuming foods rich in sulfur-containing amino acids (like garlic, onions, and cruciferous vegetables) can boost glutathione levels.
- Lifestyle Factors: Smoking, alcohol consumption, and chronic stress can deplete glutathione levels.
- Health Conditions: Certain diseases, including liver and heart diseases, can lower glutathione levels.

Genetics can also play a role. Variants in genes that encode enzymes involved in glutathione synthesis (such as [GCLC](#) and [GCLM](#)) or activity (such as [GSTP1](#), [GSTM1](#), and [GSTT1](#)) may affect its levels [\[R\]](#).

In addition, the following strategies may help raise glutathione levels [\[R\]](#), [\[R\]](#):

- Dietary Changes: Eating foods high in sulfur-containing amino acids, vitamins C and E, selenium, and alpha-lipoic acid can support glutathione synthesis.
- Supplements: Glutathione supplements are available, although their effectiveness in increasing cellular glutathione levels varies. N-acetylcysteine (NAC) and whey protein are also known to boost glutathione.
- Lifestyle Modifications: Regular exercise, adequate sleep, and stress reduction can help maintain healthy glutathione levels.



Predisposed to typical glutathione function based on 14 genetic variants we looked at

Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
GSR	rs2551715	CC
GCLC	rs761142	CA
TRPC4AP	rs6060124	CA
GSTA1	rs3957357	AA
CTH	rs1021737	TG
GSTM1	rs1056806	TC
/	rs366631	AG
UGT2A1	rs10518065	GA
GSTP1	rs1695	AA
GSTP1	rs1138272	CC
GPX1	rs1050450	GG
GSTM3	rs7483	CC
UGT1A6	rs6742078	GG
UGT1A1	rs4148323	GG
GSTM5	rs3754446	AA
CTH	rs12723350	TT

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	Saffron	20 mg	2	Brussels Sprouts	
3	Chlorella	3 g	4	Curcumin	500 mg
5	Avoid Exposure to Heavy Metals		6	Beef liver	
7	Alpha-Lipoic Acid	600 mg	8	Dietary Vitamin C	
9	Onion		10	Selenium Supplements	50 mcg
11	Garlic		12	Vitamin C	2000 mg
13	Broccoli		14	Cruciferous Vegetables	
15	N-acetylcysteine (NAC)	1200 mg	16	Broccoli Sprouts	2 tbsp
17	Mushrooms		18	Sulforaphane	30 mg

1



Saffron

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 20 mg of saffron supplement daily. This can be taken at any time of the day, with or without food.

TYPICAL STARTING DOSE

20 mg

Description

Saffron is a spice derived from the stigma of the saffron crocus flower, and is native to the Mediterranean and Asia. Its main compounds include crocin, picrocrocin, and safranal, which may contribute to its antioxidant properties and potential mood-enhancing effects.

[Saffron](#) is a yellow spice praised for its color, taste, and potential health benefits [\[R\]](#).

Saffron is rich in antioxidants such as *crocin*. Researchers are looking into its potential benefits for [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Gut conditions
- Heart health
- Mental health

How it helps

In a study with 40 acute ischemic stroke patients, one group received routine care, and the other received saffron capsules (400 mg/day) in addition to routine care for four days. The saffron group showed higher antioxidant enzyme activity, GSH, and TAC levels, while MDA levels were lower. Their stroke severity (NIHSS scores) decreased significantly, and stroke severity correlated negatively with GSH and TAC, and positively with MDA [\[R\]](#).

2



Brussels Sprouts

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Incorporate brussels sprouts into your diet by eating them 2-3 times per week. They can be steamed, roasted, or sautéed and seasoned to taste, forming part of a balanced meal. Each serving should be about 1 cup, which roughly equals 5-6 medium-sized brussels sprouts.

Description

Brussels sprouts are a cruciferous vegetable packed with vitamins, fiber, and antioxidants. They are a nutritious addition to a balanced diet and may support immune health and overall well-being.

Brussels sprouts are good sources of vitamin C, vitamin K, fiber, as well as small amounts of other vitamins and minerals. A ½ cup serving provides 48 mg of vitamin C or 53%DV.

How it helps

Ten healthy non-smoking volunteers were randomly assigned to two groups in a cross-over design. They consumed a glucosinolate-free diet or 300 g/day cooked Brussels sprouts for 7 days. There were differences in GST enzyme activity in duodenal, rectal, and lymphocytic cytosols, but the dietary regimen had no significant effect. Rectal GST-alpha and -pi levels increased slightly after consuming Brussels sprouts, which could be related to the reduced risk of colorectal cancer associated with glucosinolate-rich diets [\[R\]](#).

In a crossover study, non-smoking volunteers consumed a glucosinolate-free diet or 300 g/day of cooked Brussels sprouts for a week. Plasma GST class-alpha levels significantly increased in males but not females, suggesting hepatic GST induction in males. Urinary GST levels remained unchanged, suggesting limited use as a biomarker for hepatic GST induction [\[R\]](#).

3



Chlorella

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 3 to 5 grams of chlorella in tablet or powder form daily, ideally before meals to improve digestion. Continue this supplementation for at least 2 to 3 months to observe benefits.

TYPICAL STARTING DOSE

3 g

Description

[Chlorella](#) is a microalga from freshwater. People consume chlorella in rice, pancakes, or tea. It can also be found as a supplement [\[R\]](#), [\[R\]](#).

Chlorella is **rich in protein** and several micronutrients. It may be useful to [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Reduce blood sugar
- Lower cholesterol
- Reduce blood pressure
- Improve immunity

How it helps

In 2 placebo-controlled trials of 90 smokers, supplementation with chlorella extract (3600-6300 mg/day) for 6 weeks reduced MDA while increasing vitamin C (by 44.4%), vitamin E (alpha-tocopherol, by 15.7%), and glutathione levels, and SOD, CAT, and GPx activities [\[R\]](#), [\[R\]](#).

4



Curcumin

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take a 500 mg curcumin supplement daily with food. To enhance absorption, take it with a meal that contains fats or oils since curcumin is fat-soluble.

TYPICAL STARTING DOSE
500 mg

Description

Curcumin is a compound found in turmeric known for its anti-inflammatory and antioxidant properties. It has been studied for its potential to reduce inflammation, support joint health, and contribute to overall well-being.

[Turmeric](#) is a yellow spice from India. It may reduce inflammation and [oxidative stress](#) [R].

The most important active compound in turmeric is **curcumin**. People use curcumin for [R, R, R, R, R, R]:

- Joint pain
- Hay fever
- Mood
- High blood sugar
- Gut health
- Liver health

How it helps

Curcumin, found in turmeric, has been shown to increase glutathione levels by reducing inflammation and oxidative stress. It enhances the activity of glutathione enzymes, thereby providing cellular protection.

5



Avoid Exposure to Heavy Metals

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

To avoid exposure to heavy metals, ensure you're not using cosmetic products with heavy metals, opt for organic foods to minimize pesticide exposure, and use filters for drinking water to remove possible contaminants. Check for lead-based paints in older homes and avoid cooking or storing food in uncoated metal containers. When possible, choose glass or BPA-free plastics instead.

Description

Heavy metals are elements naturally found in the environment. They are also used for agricultural, industrial, and medicinal purposes. Some can even be found in small amounts in your body [\[R, R\]](#).

Long-term exposure to high amounts of heavy metals can be harmful to your health [\[R, R\]](#).

Heavy metals that are most often linked to health problems include [\[R, R\]](#):

- Lead
- Cadmium
- Arsenic
- Chromium
- Mercury

How it helps

Heavy metals like lead and mercury can reduce glutathione levels. Minimizing exposure to them can help preserve glutathione in the body.

6



Beef liver

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate beef liver into your diet 1-2 times per week, aiming for a serving size of about 3-4 ounces (85-113 grams) each time. This can be pan-fried, baked, or incorporated into dishes like stews or pate to make it more palatable.

Description

Beef liver is a commonly recommended organ meat due to its rich content of protein, B-vitamins, and minerals.

Chickpeas are a good source of vitamin B6, iron, folate, fiber, and rich in minerals like copper, zinc, and phosphorus. A ½ cup serving provides 1.1 mg of vitamin B6 or 65%DV.

How it helps

Beef liver is rich in vitamins and minerals that support the natural production of glutathione in the body.

7



Alpha-Lipoic Acid

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take 600-1800 mg of alpha-lipoic acid daily, preferably with a meal to enhance absorption.

TYPICAL STARTING DOSE

600 mg

Description

[Alpha-lipoic acid](#) is a natural antioxidant found in almost every cell in your body. People use alpha-lipoic acid to help with issues like skin aging, weight loss, and high blood sugar [\[R, R, R\]](#).

People use alpha-lipoic acid to help with [\[R, R, R, R\]](#):

- Complications of high blood sugar
- Skin aging
- Weight loss
- Carpal tunnel syndrome

How it helps

Alpha-Lipoic Acid helps to regenerate glutathione and also increases its levels indirectly by reducing oxidative stress, thus improving the body's overall antioxidant defenses.

8



Dietary Vitamin C

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate foods rich in Vitamin C into your daily diet, such as oranges, strawberries, red peppers, kale, and broccoli. Aim to consume 5 servings of fruits and vegetables per day to meet the recommended dietary allowance of Vitamin C, which is 90 mg for adult men and 75 mg for adult women.

Description

Vitamin C is an antioxidant that supports the immune system, collagen production, and wound healing. It also enhances iron absorption from plant-based foods and contributes to overall health.

[Vitamin C](#) is an essential nutrient. This means that our bodies can’t produce it on their own, so we have to get it from food or supplements [\[R\]](#).

Vitamin C has antioxidant properties. It supports immunity, heart health, and wound healing [\[R\]](#), [\[R\]](#).

Vitamin C deficiency is called *scurvy*. In the past, many sailors suffered from it [\[R\]](#).

How it helps

Vitamin C in the diet helps to regenerate glutathione levels by transforming oxidized glutathione back to its active form.

9



Onion

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate raw or cooked onions into your daily meals, aiming for about a half to one whole onion per day, depending on your taste preference and tolerance. This can be done by adding onions to salads, sandwiches, soups, or as a cooked ingredient in various dishes.

Description

Onions are a flavorful and versatile vegetable grown around the world. They are rich in antioxidants, vitamins, and minerals, like B-vitamins, vitamin C, phosphorus, and magnesium. Incorporating onions into your diet may promote heart health, improve immune function, and contribute to overall well-being.

How it helps

Onions are high in sulfur-containing compounds, which are necessary for the synthesis of glutathione.

10



Selenium Supplements

IMPACT0 / 5

EVIDENCE0 / 5

How to implement

Take 50 mcg of selenium supplements once daily, preferably with a meal to enhance absorption.

TYPICAL STARTING DOSE

50 mcg

Description

Selenium is a trace mineral found in Brazil nuts and many other foods as well as supplements. It is an essential nutrient that plays a crucial role in maintaining the body's antioxidant defenses and supporting thyroid function.

[Selenium](#) supports [\[R\]](#):

- Reproduction
- Thyroid function
- DNA production
- Immune response

Adults should be getting **55 micrograms** of selenium per day. Selenium supplements are available for people who can't meet their needs with a balanced diet [\[R\]](#).

How it helps

Selenium is a vital cofactor for the enzyme glutathione peroxidase, which is important for protecting cells from oxidative damage.

11



Garlic

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate 1-2 cloves of raw garlic into your meals daily. This can be achieved by finely chopping or crushing the garlic and letting it sit for a few minutes before adding it to your dishes to maximize its health benefits.

Description

Garlic is a popular herb known for its potential cardiovascular benefits, including lowering blood pressure and cholesterol levels. It also possesses antimicrobial properties and may support immune function.

[Garlic](#) is a vegetable often used to flavor food. It’s been a part of traditional medicine for thousands of years [\[R\]](#).

Today, people take garlic to help control their blood pressure and cholesterol [\[R\]](#).

How it helps

Garlic contains sulfur compounds that can increase the synthesis of glutathione, helping to detoxify harmful substances and enhance immune function.

12



Vitamin C

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take 500-2000 mg of vitamin C supplement daily. It can be taken at any time of the day, with or without food, according to personal preference or tolerance.

TYPICAL STARTING DOSE

2000 mg

Description

[Vitamin C](#) is an essential nutrient. This means that our bodies can’t produce it on their own, so we have to get it from food or supplements [\[R\]](#).

Foods rich in Vitamin C include: [\[R\]](#)

- Citrus Fruits
- Peppers
- Brussel sprouts
- Kiwi
- Broccoli
- Tomato
- Cantaloupe
- Cauliflower
- Spinach

Vitamin C has antioxidant properties. It supports immunity, heart health, and wound healing [\[R\]](#), [\[R\]](#).

Vitamin C deficiency is called *scurvy*. In the past, many sailors suffered from it [\[R\]](#).

How it helps

Vitamin C not only has antioxidant properties by itself but also plays a role in regenerating glutathione from its oxidized form, thus maintaining its active state in the body.

13



Broccoli

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate at least one cup of chopped broccoli, either steamed or raw, into your daily diet. This can be as part of a meal or snack. Continue this practice daily for ongoing health benefits.

Description

Broccoli and broccoli sprouts are nutrient-dense vegetables packed with vitamins, minerals, and antioxidants. They are known for their potential to support a healthy immune system, protect against chronic diseases, and promote overall nutritional wellness.

Broccoli is high in vitamin K and C, as well as a number of other vitamins and minerals, and antioxidants like quercetin. A ½ cup serving provides 110 mcg of vitamin K or 92%DV.

How it helps

Broccoli is high in compounds that can increase the body's production of glutathione.

14



Cruciferous Vegetables

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate a serving of cruciferous vegetables, such as broccoli, cauliflower, Brussels sprouts, kale, or cabbage, into at least one meal each day. A serving size is about a half cup cooked or one cup raw. Try to maintain this habit consistently over time for the best health outcomes.

Description

Cruciferous vegetables like broccoli, cauliflower, and kale are rich in vitamins, fiber, and antioxidants. Including them in your diet can promote overall health and may offer cancer-protective properties.

Cruciferous vegetables are a group of vegetables that belong to the Brassicaceae family. They are rich in fiber, vitamins, minerals, and other nutrients.

Some common cruciferous vegetables include broccoli, cauliflower, cabbage, kale, and brussels sprouts.

How it helps

Cruciferous vegetables like broccoli, cauliflower, and Brussels sprouts can increase glutathione levels due to their high content of sulfur-containing compounds.

15



N-acetylcysteine (NAC)

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take 600 mg of N-Acetylcysteine (NAC) supplement daily with water. It can be taken at any time of the day, but try to take it at the same time each day for best results.

TYPICAL STARTING DOSE
1200 mg

Description

NAC is a supplement that contains a form of the amino acid cysteine, a protein building block that your body uses to make the antioxidant glutathione. It is used for its potential antioxidant properties and its ability to support lung, gut, and mental health.

[N-acetylcysteine](#) (NAC) is converted to cysteine in the body. Cysteine is a protein building block (amino acid) that helps make the antioxidant glutathione [\[R\]](#).

People take NAC to potentially support [\[R\]](#), [\[R\]](#):

- Mental health
- Ovarian health and pregnancy outcomes
- Lung health
- Gut health

How it helps

As a precursor to L-cysteine, NAC helps in the synthesis of glutathione, one of the body's most potent antioxidants, thereby supporting detoxification and protecting cells from damage.

16



Broccoli Sprouts

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Consume 2-4 tablespoons of fresh broccoli sprouts daily. They can be added to salads, sandwiches, or smoothies to make them easier to consume. Continue this practice daily for at least 3 months to potentially see benefits.

TYPICAL STARTING DOSE
2 tbsp

Description

Broccoli and broccoli sprouts are nutrient-dense vegetables packed with vitamins, minerals, and antioxidants. They are known for their potential to support a healthy immune system, protect against chronic diseases, and promote overall nutritional wellness.

How it helps

Broccoli sprouts are rich in sulforaphane, which can stimulate the production of glutathione and enhance its activity in protecting cells from oxidative stress.

17



Mushrooms

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate a variety of mushrooms such as shiitake, button, portobello, and oyster into your diet. Aim for at least 100-150 grams (roughly one cup) of fresh mushrooms or 15-20 grams of dried mushrooms, 2-3 times per week. You can add them to salads, soups, sandwiches, or sauté them as a side dish.

Description

Mushrooms are fungi rich in nutrients like B vitamins and copper, and bioactive compounds. They are used in various cuisines and have been associated with potential health benefits, including immune support and antioxidant properties.

How it helps

Mushrooms contain sulfur-containing amino acids which are precursors to glutathione, thus eating mushrooms can help boost the body's glutathione levels.

18



Sulforaphane

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take a sulforaphane supplement, typically available in capsule form, with a dosage ranging from 30 to 60 milligrams per day. It is generally taken once daily, with or without food, according to the product's label instructions or a healthcare provider's advice. Continue this regimen daily for as long as you seek its benefits, but consult a healthcare provider for long-term use guidance.

TYPICAL STARTING DOSE

30 mg

Description

Sulforaphane is a natural compound found in cruciferous vegetables like broccoli and cauliflower. It is known for its potent antioxidant and anti-inflammatory properties, potentially offering protective effects against chronic diseases and promoting overall health.

How it helps

Sulforaphane is known to increase the activity of certain enzymes that can raise the levels of glutathione in the body. This helps in enhancing the body's detoxification processes and provides antioxidant protection.

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.

