

Gluten Sensitivity (Celiac)

DNA Health Report

REPORT CATEGORIES —



FOOD SENSITIVITIES



INFLAMMATION &
AUTOIMMUNITY

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

You’ve probably been to a restaurant and seen gluten-free options on the menu. Unless you’re sensitive to gluten, you may not have given these labels a second glance.

Gluten is a protein found in the following grains and their products [\[R\]](#), [\[R\]](#):

- Wheat (flour, bread, pasta, crackers, pastries, etc.)
- Rye (flour, bread, crackers, pasta, pastries, beer, whiskey, etc.)
- Spelt (flour, bread, pasta, crackers, pastries, etc.)
- Barley (flour, beer, soups, stews, etc.)
- Triticale (flour, bread, etc.)

Some people cannot properly digest gluten. In fact, their immune systems may react to gluten as if it is dangerous [\[R\]](#), [\[R\]](#).

To make matters worse, gluten is similar to a normal protein in the intestine. Sometimes, the immune system will attack both. This is called an autoimmune reaction. People with this type of reaction have celiac disease [\[R\]](#).

In people who are sensitive, gluten may cause symptoms like [\[R\]](#), [\[R\]](#):

- Diarrhea or constipation
- Fatigue
- Weight loss
- Bloating and gas
- Gut pain
- Nausea and vomiting

Celiac disease can cause serious complications. These may include [\[R\]](#):

- A lack of healthy red blood cells (anemia)
- Weakened bones
- Problems with the nervous system

Celiac disease was once considered very rare. However, researchers now estimate that about 1-2% of all people have it [\[R\]](#).

Non-celiac gluten sensitivity affects anywhere from 0.5-13% of people. It is still a controversial and much debated condition. The best way to test for this sensitivity is cutting gluten from the diet to see if symptoms subside [\[R\]](#).

The only effective treatment for celiac disease is a strict gluten-free diet. People with non-celiac gluten sensitivity may also benefit from a gluten-free diet. Consult with a healthcare professional before making any major dietary changes [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

The following grains are gluten-free alternatives [\[R\]](#):

- Rice
- Corn
- Buckwheat
- [Quinoa](#)
- Amaranth
- Teff

Genetics of Gluten Sensitivity

Researchers aren’t completely sure why some people are sensitive to gluten. Infections in the gut may play a role. However, a major risk factor is probably genetic [\[R, R, R\]](#).

The most important genes involved in celiac disease are *HLA* genes. These genes help make HLA proteins, which sit on the surface of white blood cells. They help the immune system attack and remove dangerous invaders like bacteria and viruses. In people with celiac disease, HLA proteins may attack gluten by mistake and damage the gut barrier [\[R, R\]](#).

Other genes with variants associated with celiac disease include *SH2B3*, *FUT2*, and *MYO9B*. However, their impact on the condition is lower [\[R, R, R\]](#).



TYPICAL LIKELIHOOD

Typical likelihood of celiac disease based on 1,019,187 genetic variants we looked at

Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
HLA-DQB1	rs2858331	AA
SH2B3	rs3184504	TC
SH2B3	rs653178	CT
FUT2	rs601338	AG
NOTCH4	rs424232	CC
IL18R1	rs917997	TC
IL18R1	rs13015714	GT
IL12A	rs9811792	CT
IL12A	rs2561288	TC
ICOS	rs4675374	TC
KIAA1109	rs13119723	GA
ELMO1	rs6974491	AG
KIAA1109	rs4374642	TT
ICOSLG	rs4819388	TC
ELMO1	rs79758729	GA
KIAA1109	rs13151961	GA
BACH2	rs2474619	AC
CD247	rs864537	AG
ELMO1	rs11984075	GA
ADAD1	rs7684187	GA
HLA-DRB5	rs2395182	TG
CTLA4	rs231775	AG
IL21	rs6822844	TG
GGH	rs3780126	AA
HLA-DQA1	rs2187668	CC
HLA-DQA2	rs7454108	TT
BACH2	rs7753008	TT
IL12A	rs17810546	AA
BACH2	rs11755527	CC
ETS1	rs11221332	CC
ICOS	rs10932037	CC
BACH2	rs10806425	CC

GENE	SNP	GENOTYPE
ICOS	rs10183087	AA
HLA-DQB1	rs7775228	TT
HLA-DQB1	rs4713586	AA
GGH	rs4617146	CC
GGH	rs3780127	GG
GGH	rs11786893	CC
GGH	rs11545077	CC
GGH	rs1031552	GG

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	Gluten-Free Diet	2	Probiotics30 billion CFU
3	Lactobacillus Paracasei and Plantarum10 billion CFU	4	Maintain Optimal Vitamin D Levels1000 iu
5	Black Seed Oil2 tsp	6	Black Seed (Black Cumin)1000 mg
7	Bifidobacterium Breve10 billion CFU	8	Lactobacillus Plantarum10 billion CFU
9	Lactobacillus Paracasei10 billion CFU		

Gluten-Free Diet

IMPACT

5 / 5

EVIDENCE

5 / 5

How to implement

Remove all foods containing wheat, barley, and rye from your diet. This includes obvious sources like bread and pasta, as well as hidden sources in sauces, soups, and processed foods. Check labels for gluten-free certification, and aim to maintain this diet consistently, as even small amounts of gluten can cause symptoms to recur in sensitive individuals.

Description

A gluten-free diet is essential for individuals with celiac disease or gluten sensitivity. It helps prevent digestive issues and promotes overall health by avoiding foods containing gluten, a protein found in wheat, barley, and rye.

Gluten is a protein found in wheat and some other grains. **People with celiac disease have to follow a gluten-free diet to prevent gut damage.** A gluten-free diet eliminates all foods containing [R](#), [R](#):

- Wheat
- Barley
- Rye
- Malt
- [Brewer's yeast](#)

How it helps

Experts agree that a strict gluten-free diet is the best way to help with celiac disease. It can improve symptoms and the quality of life in those with the condition. The sooner a person starts a gluten-free diet, the more it may help. People with non-celiac gluten sensitivity may also benefit from a gluten-free diet [R, R, R].

Some people with IBS may be sensitive to gluten. If you are one of them, following a gluten-free diet may improve your IBS symptoms. According to a recent study, a gluten-free diet may also lower the risk of IBS [[R](#), [R](#), [R](#), [R](#), [R](#), [R](#)].

Some foods are naturally gluten-free (i.e. fruits, vegetables, dairy). The following grains are gluten-free alternatives [R]:

- Rice
- Corn
- Buckwheat
- [Quinoa](#)
- Amaranth
- Teff

Oats may also be a safe alternative for most gluten-sensitive people [R].

In addition to naturally gluten-free options, some foods may be made in such a way to avoid gluten. Products labeled as “gluten-free” are made to be safe for those with gluten sensitivity [R].

Consult with a healthcare professional to determine how best to follow a gluten-free diet [R].



PERSONALIZED TO YOUR GENES

NOTCH4 is one of the genes that helps regulate growth and development. It is mainly expressed in the circulatory system [\[R\]](#), [\[R\]](#).

Your genotype for this SNP has been associated with somewhat higher rates of celiac disease, and a potential decrease in small blood vessel growth feeding the intestines [\[R\]](#).

Some evidence suggests that a gluten-free diet may help restore normal angiogenesis as well as NOTCH4 expression in people with celiac disease [\[R\]](#).

YOUR GENETIC VARIANTS

GENE	SNP	GENOTYPE	EVIDENCE
NOTCH4	rs424232	CC	

2



Probiotics

IMPACT2 / 5

EVIDENCE2 / 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

Some studies have found that probiotics can improve gastrointestinal symptoms in celiac disease patients who adhere to a gluten-free diet. A systematic review and meta-analysis reported that probiotics improved gastrointestinal symptoms significantly when assessed by the Gastrointestinal Symptoms Rating Scale [\[R\]](#).

Probiotics have been shown to increase levels of beneficial bacteria like *Bifidobacteria*, which could support gut health in celiac disease patients [\[R\]](#).

There is some evidence suggesting that probiotic supplementation in genetically predisposed children might influence gut microbiota in a way that could be beneficial, though it does not reduce the risk of developing celiac disease [\[R\]](#).

However, the evidence is mixed and of overall low quality [\[R\]](#), [\[R\]](#).



PERSONALIZED TO YOUR GENES

The SH2B3 gene codes for a protein that prevents gut inflammation by keeping the immune response in check [\[R, R, R\]](#).

Your genotype for this SNP has been associated with relatively higher rates of celiac disease — likely because it reduces SH2B3 expression, which may amplify the body’s inflammatory response [\[R, R\]](#).

Probiotics may help suppress SH2B3-driven gut inflammation [\[R, R, R\]](#).

YOUR GENETIC VARIANTS

GENE	SNP	GENOTYPE	EVIDENCE
SH2B3	rs3184504	TC	

3

Lactobacillus Paracasei and Plantarum

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a probiotic supplement containing Lactobacillus paracasei and Lactobacillus plantarum. The dosage can vary, so follow the manufacturer's instructions, usually once daily. Continue taking this supplement daily for at least 4 weeks to potentially observe benefits.

TYPICAL STARTING DOSE
10 billion CFU

Description

[Lactobacillus paracasei](#) is a type of bacteria naturally found in the intestine. It is considered a [probiotic bacteria](#), which means “good” bacteria that has health benefits when taken in adequate amounts [\[R\]](#).

L. paracasei is used in the production of the following fermented foods [\[R\]](#):

- Yogurt
- Cheese
- Sauerkraut

It may help [\[R, R, R, R, R, R, R, R\]](#):

- Improve gut and skin health
- Boost immunity
- Fight allergies

[Lactobacillus plantarum](#) is a [probiotic](#) bacterium found in many fermented plant products such as sauerkraut, pickles, brined olives, and Korean kimchi [\[R\]](#).

People take *L. plantarum* supplements to improve [\[R, R, R, R\]](#):

- Diarrhea
- Skin appearance
- IBD
- High cholesterol

How it helps

In a placebo-controlled trial of 78 children with celiac disease, supplementation with *L. plantarum* HEAL9 and *L. paracasei* 8700:2 (10^10 cfu/day) modulated the peripheral immune response [\[R\]](#).

PERSONALIZED TO YOUR GENES

The SH2B3 gene codes for a protein that prevents gut inflammation by keeping the immune response in check [\[R, R, R\]](#).

Your genotype for this SNP has been associated with relatively higher rates of celiac disease — likely because it reduces SH2B3 expression, which may amplify the body’s inflammatory response [\[R, R\]](#).

Probiotics may help suppress SH2B3-driven gut inflammation [\[R, R, R\]](#).

YOUR GENETIC VARIANTS			
GENE	SNP	GENOTYPE	EVIDENCE
SH2B3	rs3184504	TC	

4



Maintain Optimal Vitamin D Levels

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Check your vitamin D levels, they should ideally be in the 30-66 ng/mL range. If your levels are lower than that, take a vitamin D supplement, 1000-4000 IU daily, to reach an optimal range.

TYPICAL STARTING DOSE

1000 iu

Description

Vitamin D, often referred to as the "sunshine vitamin," can be synthesized by the skin when exposed to sunlight, as well as being found in fish, eggs, and fortified milk. It helps regulate calcium absorption, promoting strong bones and a healthy immune system. Vitamin D deficiency can lead to conditions like rickets in children and osteoporosis in adults.

Your body needs [vitamin D](#) for strong bones. Vitamin D also plays a role in [\[R\]](#):

- Mood
- Immunity
- Heart health
- Blood sugar control

[Sunlight](#) is our main source of vitamin D. Experts recommend getting at least **5-15 minutes of midday sun, 2-3 times per week**. People with darker skin and those living at high latitudes may need longer periods of sun exposure [\[R, R\]](#).

Foods like fish, eggs, and fortified milk provide small amounts of vitamin D. **People lacking vitamin D should consider taking a supplement** [\[R\]](#).

How it helps

Gluten sensitivity is linked to low vitamin D levels [\[R, R, R\]](#).

Please note: *There is no evidence from controlled clinical trials to support this recommendation. It is included based on uncontrolled clinical trials, animal or cell studies, or non-scientific criteria. Please take this recommendation with a grain of salt until more research is available.*

5



Black Seed Oil

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take one to two teaspoons (5-10ml) of black seed oil twice daily, preferably before meals. For capsule forms, follow the manufacturer's instructions, commonly 500mg capsules twice daily. Continue this regimen for up to 8 weeks to evaluate its effects.

TYPICAL STARTING DOSE

2 tsp

Description

Both black seed extract and black seed oil have been traditionally used for their potential health benefits, including anti-inflammatory and antioxidant properties. They may support overall wellness and immune function when incorporated into a balanced diet.

[Black seed](#) (black cumin) and its oil are used in cooking and traditional medicine [\[R\]](#).

People mainly use black seed for [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Allergies
- Joint pain

How it helps

In one clinical trial, adding 900 mg of [black seed](#) oil daily to a gluten-free diet **helped restore iron levels and reduce inflammation and gut damage**. The same group of authors found that black seed oil **may help with dermatitis herpetiformis, a skin condition caused by celiac disease** [\[R\]](#), [\[R\]](#).

Black seed oil may reduce inflammation in the gut, which is often prevalent in those with celiac disease. Additionally, it helps strengthen the immune system.

 PERSONALIZED TO YOUR GENES

The BACH2 gene helps control the development of B-cells and T-cells by “turning off” the expression of different immune-related genes [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Your genotype for this SNP has been associated with relatively higher rates of celiac disease, possibly due to reduced expression of the BACH2 gene [\[R\]](#).

Black cumin may have anti-inflammatory effects. It has also been reported to help with celiac disease symptoms when added to a gluten-free diet [\[R\]](#), [\[R\]](#), [\[R\]](#).

YOUR GENETIC VARIANTS			
GENE	SNP	GENOTYPE	EVIDENCE
BACH2	rs11755527	CC	

6



Black Seed (Black Cumin)

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Take 1000 mg of black seed (black cumin) supplement daily, preferably split into two doses of 500 mg each, one in the morning and one in the evening.

TYPICAL STARTING DOSE

1000 mg

Description

Black seed, also known as black cumin or *Nigella sativa*, has been used for its potential health benefits in traditional medicine. It is believed to have anti-inflammatory, antioxidant, and immune-boosting properties.

[Black seed](#) (black cumin) and its oil are used in cooking and traditional medicine [\[R\]](#).

People use black seed for [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Asthma
- Allergies
- High blood sugar
- High blood pressure
- Joint pain

How it helps

In one clinical trial, adding 900 mg of [black seed](#) oil daily to a gluten-free diet **helped restore iron levels and reduce inflammation and gut damage**. The same group of authors found that black seed oil **may help with dermatitis herpetiformis, a skin condition caused by celiac disease** [\[R\]](#), [\[R\]](#).

Black seed oil may reduce inflammation in the gut, which is often prevalent in those with celiac disease. Additionally, it helps strengthen the immune system.

7



Bifidobacterium Breve

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a Bifidobacterium breve supplement according to the product's specific instructions, usually 1-2 capsules daily with water, ideally before meals for better absorption. This regimen should be followed for at least 2-4 weeks to start observing benefits.

TYPICAL STARTING DOSE
10 billion CFU

Description

Bifidobacterium breve is another probiotic strain that can contribute to digestive health and support a balanced gut microbiome. People use *B. breve* as a supplement to improve skin health and combat allergies and infection.

[Bifidobacterium breve](#) is a probiotic species found in human breast milk and the gastrointestinal tracts of infant and adult humans. As an individual ages, the total population of B. breve within their gut decreases [\[R\]](#).

People use *B. breve* as a supplement to improve skin health and combat allergies and infections [\[R, R, R\]](#).

How it helps

Bifidobacterium breve is a probiotic that aids with improved gut health. It can potentially relieve symptoms of gluten sensitivity by helping to restore the balance of good bacteria in the gut, which is often disrupted in celiac disease.

In a placebo-controlled trial of 49 children with celiac disease and 18 healthy controls, supplementation with *B. breve* BR03 and B632 (2×10^9 cfu/day) for 3 months decreased TNF-alpha production and restored a healthy microbiome [\[R, R\]](#).



PERSONALIZED TO YOUR GENES

The SH2B3 gene codes for a protein that prevents gut inflammation by keeping the immune response in check [\[R, R, R\]](#).

Your genotype for this SNP has been associated with relatively higher rates of celiac disease — likely because it reduces SH2B3 expression, which may amplify the body’s inflammatory response [\[R, R\]](#).

Probiotics may help suppress SH2B3-driven gut inflammation [\[R, R, R\]](#).

YOUR GENETIC VARIANTS			
GENE	SNP	GENOTYPE	EVIDENCE
SH2B3	rs3184504	TC	

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Lactobacillus Plantarum

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take a probiotic supplement containing *Lactobacillus plantarum* 299V daily. The typical dosage is 10 billion colony-forming units (CFUs). Continue for at least 4 weeks to assess benefits on digestive health.

TYPICAL STARTING DOSE
10 billion CFU

Description

Lactobacillus plantarum is a [probiotic](#) bacterium found in many fermented plant products such as sauerkraut, pickles, brined olives, and Korean kimchi [\[R\]](#).

People take *L. plantarum* supplements to improve [\[R, R, R, R\]](#):

- Diarrhea
- Skin appearance
- IBD
- High cholesterol

How it helps

In a placebo-controlled trial of 78 children with celiac disease, supplementation with *L. plantarum* HEAL9 and *L. paracasei* 8700:2 (10^10 cfu/day) modulated the peripheral immune response [\[R\]](#).

 PERSONALIZED TO YOUR GENES

The SH2B3 gene codes for a protein that prevents gut inflammation by keeping the immune response in check [\[R, R, R\]](#).

Your genotype for this SNP has been associated with relatively higher rates of celiac disease — likely because it reduces SH2B3 expression, which may amplify the body’s inflammatory response [\[R, R\]](#).

Probiotics may help suppress SH2B3-driven gut inflammation [\[R, R, R\]](#).

YOUR GENETIC VARIANTS			
GENE	SNP	GENOTYPE	EVIDENCE
SH2B3	rs3184504	TC	

9



Lactobacillus Paracasei

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take a supplement containing Lactobacillus paracasei daily, with a dose of around 10 billion colony-forming units (CFUs). Consume the supplement with or without food, but consistently at the same time each day for at least 4 weeks to observe beneficial effects.

TYPICAL STARTING DOSE
10 billion CFU

Description

Lactobacillus paracasei 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 paracasei](#) is a type of bacteria naturally found in the intestine. It is considered a [probiotic bacteria](#), which means “good” bacteria that has health benefits when taken in adequate amounts [\[R\]](#).

L. paracasei is used in the production of the following fermented foods [\[R\]](#):

- Yogurt
- Cheese
- Sauerkraut

It may help [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Improve gut and skin health
- Boost immunity
- Fight allergies

How it helps

In a placebo-controlled trial of 78 children with celiac disease, supplementation with *L. plantarum* HEAL9 and *L. paracasei* 8700:2 (10^10 cfu/day) modulated the peripheral immune response [\[R\]](#).

 PERSONALIZED TO YOUR GENES

The SH2B3 gene codes for a protein that prevents gut inflammation by keeping the immune response in check [\[R\]](#), [\[R\]](#), [\[R\]](#).

Your genotype for this SNP has been associated with relatively higher rates of celiac disease — likely because it reduces SH2B3 expression, which may amplify the body’s inflammatory response [\[R\]](#), [\[R\]](#).

Probiotics may help suppress SH2B3-driven gut inflammation [\[R\]](#), [\[R\]](#), [\[R\]](#).

YOUR GENETIC VARIANTS			
GENE	SNP	GENOTYPE	EVIDENCE
SH2B3	rs3184504	TC	