

HLA-DQ (Inflammation)

Gene Report

REPORT CATEGORY —



INFLAMMATION &
AUTOIMMUNITY

Sample Client

Report date: 15 January 2026

Table of Contents

03 How this works

- 04 Impact
- 05 Evidence
- 06 Some things to keep in mind

07 Introduction

08 Your genetics

10 Your recommendations

20 Next Steps

- 20 Your Lab Results

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

The *human leukocyte antigen (HLA)* system is a group of human genes encoding the major histocompatibility complex (MHC) proteins. HLAs are proteins or antigens on the surface of [white blood cells](#). They help flag and remove external agents that may harm the body or cause infections [\[R\]](#).

The *HLA* system has three classes. Specifically, *HLA-DQA1* belongs to class II. The [HLA-DQA1](#) gene codes for an alpha subunit of the HLA-DQ receptor. The [HLA-DQB1](#) gene codes for a beta subunit of the HLA-DQ receptor. Together, the two subunits can form a so-called DQ($\alpha\beta$) heterodimer, which allows white blood cells to present antigens to other cells of the immune system [\[R\]](#), [\[R\]](#).

For example, HLA-DQA1 receptors can present antigens to T-helper cells, which can cause these cells to become activated. Upon activation, T-helper cells stimulate B cells to make antibodies that target specific antigens. These antibodies can then attack and neutralize said antigens [\[R\]](#).

HLA-DQ variants have been linked to many conditions, including [\[R\]](#), [\[R\]](#), [\[R\]](#):

- [Celiac disease](#)
- [Allergies](#)
- Alopecia
- Type 1 diabetes
- Allergies

HLA-DQ

Genetics

Two alleles — DQA1*0501 and DQB1*0201 — form the DQ2.5 haplotype, which codes for the DQ2.5 receptor on white blood cells. The DQ2.5 receptor binds gluten and presents it to T-helper cells, initiating widespread gut inflammation. Additionally, the DQ2.5 haplotype may increase DQ2.5 receptor expression, further contributing to inflammation [R, R, R].

The ‘T’ variant of [rs2187668](#) serves as a genetic marker — it tags the DQ2.5 haplotype with high precision. In other words, the vast majority of people with this allele will have this haplotype. A study of over 27,000 subjects identified this SNP as the primary genetic factor for celiac disease. People carrying the ‘T’ allele had over six times higher chances of being diagnosed with celiac disease. A smaller trial of 889 participants came to a similar conclusion [R, R].

This variant was also linked to an increased risk of allergies to latex and fruits in a study of 78 patients [R].

The ‘G’ allele at [rs2395185](#) marks the allele HLA-**DRB1*1101** and is linked to a higher expression of the *HLA-DRB1* and *DQA1* genes. This variant has been associated with higher rates of ulcerative colitis in several studies, as well as with type 1 diabetes. On the bright side, it also predicts a better response to anti-[TNF](#) treatment [R, R, R, R, R, R, R].

The ‘C’ variant of [rs9275596](#), located between *HLA-DQB1*, *HLA-DQA2*, and *HLA-DQB2*, causes structural changes in this DNA region that may affect its interaction with regulatory proteins. This variant has been linked to an increased risk of [R]:

- [Peanut allergy](#) [R, R]
- [Shrimp allergy](#) [R]
- [Multiple sclerosis](#) [R]
- [Primary sclerosing cholangitis](#) [R]

A study of 4,332 participants associated the ‘G’ variant of [rs9275572](#) with up to 5-fold higher odds of alopecia areata. This variant has also been associated with an increased risk of [R]:

- [Liver cancer caused by HBV](#) [R, R]



TYPICAL ACTIVITY

Likely typical HLA-DQ activity based on 7 genetic variants we looked at

Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
HLA-DQA2	rs9275596	CT
HLA-DQA2	rs2395185	TG
HLA-DQA2	rs9275572	AG
HLA-DQA1	rs6906021	CT
HLA-DQA2	rs9271588	CT
HLA-DQA2	rs9275524	CT
HLA-DQA1	rs2187668	CC

The number of "risk" variants in this table doesn't necessarily reflect your overall result.

- Systemic lupus erythematosus [\[R\]](#)
- Lung cancer [\[R\]](#)

Another allele, ‘C’ at [rs9275524](#), was associated with approximately twice the odds of alopecia areata in a study of 10,796 participants [\[R\]](#).

These two variants, believed to increase or alter HLA activity, are always inherited together, so they act as a single genetic factor. This means you will either have both ‘problematic’ genotypes or none of them.

Another variant, ‘C’ at [rs6906021](#), is believed to increase *HLA-DQA1* activity and has been linked to increased allergic sensitization. Another study, of 29,349 subjects, associated this variant with hypothyroidism [\[R\]](#), [\[R\]](#).

Finally, the ‘C’ variant of [rs9271588](#) is also believed to increase *HLA-DQA1* activity and has been associated with:

- Allergy to wheat protein [\[R\]](#)
- Natural killer T-cell lymphoma [\[R\]](#)

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	Check For Shrimp Allergy	2	Probiotics30 billion CFU
3	Check For Peanut Allergy	4	Avoid Food Triggers
5	Gluten-Free Diet	6	Zinc15 mg
7	Black Seed (Black Cumin)1000 mg	8	Maintain Optimal Vitamin D Levels1000 iu

1



Check For Shrimp Allergy

IMPACT5 / 5

EVIDENCE5 / 5

How to implement

Before consuming shrimp or any products containing shrimp, you should undergo allergy testing with a healthcare provider. This can be done through a skin prick test or a blood test to identify if you have a shrimp allergy. If you have never had shrimp before, start by consuming a very small amount in a controlled environment, such as a doctor's office, and wait for any adverse reactions.

Description

Testing for food allergies can provide crucial insights into an individual's immune response to specific foods, helping to identify and avoid potential allergens. This proactive approach can prevent allergic reactions, ranging from mild discomfort to severe anaphylaxis, and ensure safer dietary choices for improved overall health and well-being.

How it helps

Experts recommend complete shrimp avoidance to people with shrimp allergy. This includes carefully reading food labels, asking about the list of ingredients at restaurants and social events, rejecting food if you can’t be certain it doesn’t contain shrimps, and informing caregivers of your children or other relatives about their food allergies and management. Some people react after touching shrimps or inhaling steam from cooking them. They may need to completely avoid places where shrimps are prepared or processed [\[R\]](#).

Shrimp allergens show very high cross-reactivity with those of other shellfish like crabs or lobsters. People who are allergic to shrimps typically need to avoid these other shellfish as well. Subjects allergic to shrimps may also react to inhalative allergens such as dust mites and cockroaches due to cross-reactivity [\[R\]](#).

 PERSONALIZED TO YOUR GENES

Your [HLA-DQB1](#) gene variant has been associated with an increased risk of shrimp allergy [\[R\]](#).

YOUR GENETIC VARIANTS			
GENE	SNP	GENOTYPE	EVIDENCE
HLA-DQA2	rs9275596	CT	

2



Probiotics

IMPACT

4 / 5

EVIDENCE

4 / 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

In a small trial of 21 subjects, probiotic supplementation was able to reduce *HLA-DQA1* expression [\[R\]](#).

Probiotics may reduce inflammation by supporting “good” gut bacteria. The types of probiotics studied include [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- [Lactobacillus casei](#)
- [L. acidophilus](#)
- [L. rhamnosus](#)
- [L. salivarius](#)
- [Bifidobacterium animalis](#)
- [B. longum](#)

They may also help when used with prebiotics (food for probiotic bacteria) [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Probiotics may also reduce inflammation linked to chronic health conditions [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

3



Check For Peanut Allergy

IMPACT3 / 5

EVIDENCE4 / 5

How to implement

Consult with a healthcare provider to perform a peanut allergy test, which may include a skin prick test, blood test, or an oral food challenge. This is usually done once, unless symptoms suggest otherwise or under medical advice to reevaluate.

Description

Testing for food allergies can provide crucial insights into an individual's immune response to specific foods, helping to identify and avoid potential allergens. This proactive approach can prevent allergic reactions, ranging from mild discomfort to severe anaphylaxis, and ensure safer dietary choices for improved overall health and well-being.

In allergic people, peanut ingestion can cause different symptoms, ranging from unpleasant to life-threatening [\[R\]](#).

People with peanut allergy should make sure to read food labels carefully and take other precautions to avoid ingesting peanuts [\[R\]](#).

How it helps

Experts recommend avoiding peanuts as the cornerstone of peanut allergy management. The following steps may help [\[R\]](#), [\[R\]](#):

- Always reading food labels carefully
- Avoiding food that can’t be guaranteed to be peanut-free
- When dining out, discussing food allergies with those who are preparing the food
- Cleaning cookware and utensils thoroughly or having a separate set for those with peanut allergy
- Carrying any prescribed medications with you
- Wearing a medical ID bracelet that identifies peanut allergy
- Making sure the school staff have appropriate training in managing an allergic reaction

Because peanuts are relatively common as food ingredients, avoiding them can be challenging. Be especially careful with the following foods [\[R\]](#):

- Ground or mixed nuts
- Baked goods, such as cookies and pastries
- Ice cream and frozen desserts
- Energy bars
- Cereals and granola
- Grain breads
- Marzipan
- Nougat
- Salad dressings
- Ethnic foods including African, Chinese, Indonesian, Mexican, Thai, and Vietnamese dishes

Other foods may trigger symptoms due to *cross-contamination*. In cross-contamination, a small amount of the allergen may be unknowingly present in the triggering food. For example, a chocolate bar may contain peanut traces because it’s made using equipment that also processes peanuts. Cross-contamination can also occur at restaurants or even at home [\[R\]](#).



PERSONALIZED TO YOUR GENES

Your [HLA-DQB1](#) gene variant has been associated with an increased risk of peanut allergy [\[R, R\]](#).

YOUR GENETIC VARIANTS

GENE	SNP	GENOTYPE	EVIDENCE
HLA-DQA2	rs9275596	CT	

4



Avoid Food Triggers

IMPACT3 / 5

EVIDENCE3 / 5

How to implement

Identify foods that trigger negative reactions in your body, such as digestive issues, allergies, or headaches, and eliminate them from your diet entirely. This may require keeping a food diary for a few weeks to observe patterns and might involve cutting out common triggers like dairy, gluten, soy, or certain additives. Continuously monitor and adjust your diet to avoid these triggers as long as the symptoms persist.

Description

Food triggers are specific substances or ingredients in one's diet that can exacerbate or induce adverse reactions, such as allergies, sensitivities, or digestive issues, often leading to symptoms like inflammation, bloating, or discomfort.

A "trigger" is something that prompts or worsens the symptoms of a health condition.

Food triggers can lead to a wide range of symptoms in people who are sensitive to them. These may include [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Gut problems
- Skin problems
- Migraines

How it helps

Experts agree that limiting certain foods can help manage gut inflammation. However, they urge people to eat a healthy and varied diet [\[R\]](#), [\[R\]](#), [\[R\]](#).

The most common food triggers include [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Hot and spicy foods (like mustard and wasabi)
- Fatty and fried foods
- Dairy (lactose)
- High-fiber foods (like raw vegetables)
- Nightshades (like tomatoes and potatoes)
- Sweets and sugary drinks
- Coffee and alcohol

Increased intake of some foods is linked to higher odds of gut inflammation. These include [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Margarine and cooking oils with omega-6 fatty acids
- Animal protein, especially red and processed meat
- Cheese
- Alcohol

If you have IBD, your doctor may advise you to avoid certain foods to see if symptoms improve. Please work with a healthcare professional to find the best diet to manage the condition.

5



Gluten-Free Diet

IMPACT

3 / 5

EVIDENCE

3 / 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

Two alleles — DQA1*0501 and DQB1*0201 — form the DQ2.5 haplotype, which codes for the DQ2.5 receptor on white blood cells. The DQ2.5 receptor binds gluten and presents it to T-helper cells, initiating widespread gut inflammation [\[R\]](#), [\[R\]](#).

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 [\[R\]](#).

6



Zinc

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Take a 15 mg zinc supplement daily, ideally with a meal to enhance absorption.

TYPICAL STARTING DOSE

15 mg

Description

Zinc is an essential mineral found in various foods, including meat, dairy, and nuts. It is crucial for immune function, wound healing, DNA synthesis, and maintaining healthy skin and nails. Zinc supplements are sometimes used to support immune health and manage zinc deficiencies.

[Zinc](#) is an essential mineral. Your body needs it to [\[R\]](#), [\[R\]](#):

- Defend against disease
- Protect DNA from damage
- Heal wounds
- Control blood sugar

Some of the best sources of zinc include **shellfish, pork, beef, and beans**. It is also available as a supplement [\[R\]](#).

Adults should get **8-11 mg of zinc** per day [\[R\]](#).

How it helps

Zinc has anti-inflammatory and anti-oxidative effects. Supplementing with **zinc (30-40 mg/day)** may help reduce inflammation [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Zinc deficiency may contribute to inflammation by stimulating HLA class II molecules [\[R\]](#).

7



Black Seed (Black Cumin)

IMPACT3 / 5

EVIDENCE3 / 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

[Black seed](#) has well-known anti-inflammatory properties. Its active ingredient, thymoquinone, was able to reduce the expression of HLA class II receptors on immune cells [\[R\]](#).

Five meta-analyses (the largest one with 50 trials) concluded that supplementation with black seed lowers CRP (by 0.55-0.98 mg/L), TNF-alpha, and IL-6 (by 0.25 pg/mL) levels_ [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

8

Maintain Optimal Vitamin D Levels

IMPACT1 / 5

EVIDENCE2 / 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

Some research has suggested that [UV light](#) and vitamin D have beneficial effects on autoimmunity by suppressing HLA class II inflammatory molecules [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Genetically predicted higher vitamin D levels may be associated with lower levels of CRP. However, bi-directional Mendelian randomization analysis did not show a causal relationship between vitamin D and CRP. In non-linear analysis, CRP levels decreased significantly with increasing vitamin D concentration up to around 50 nmol/L for participants with vitamin D deficiency. Correcting low vitamin D status may reduce chronic inflammation, but no causal link between CRP and vitamin D was established in this study [\[R\]](#), [\[R\]](#).

In people over 60, vitamin D deficiency may lead to low-grade inflammation. This may be especially true in smokers [\[R\]](#).

Please note: *Experts recommend getting 600-800 IU of vitamin D per day. Medical bodies recommend against taking more than 4,000 IU per day* [\[R\]](#).

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.

