SelfDecode™

HNMT (Histamine)

Gene Report

REPORT CATEGORIES

INFLAMMATION & AUTOIMMUNITY

FOOD SENSITIVITIES

Sample Client

Report date: 15 January 2026

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Table of Contents

Personal information

NAME

Sample Client

SEX AT BIRTH

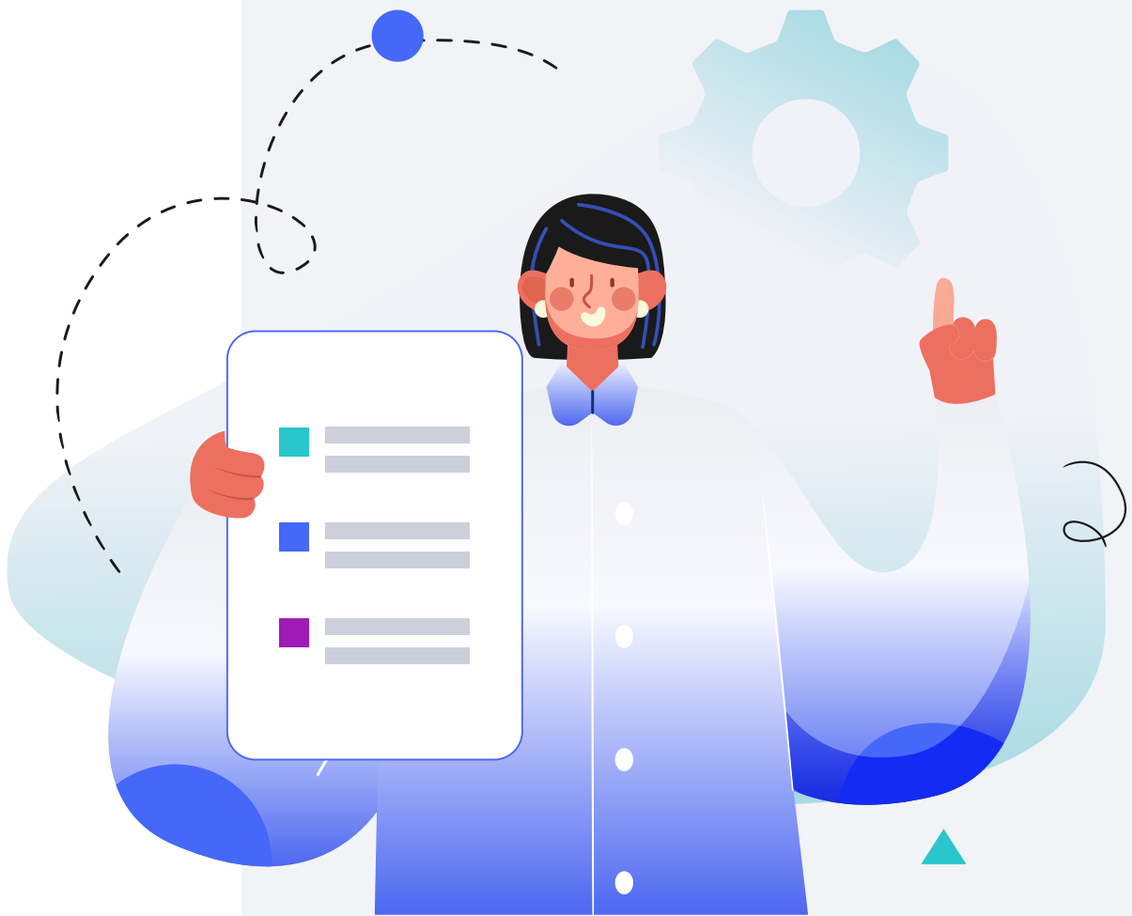
Male

HEIGHT

5ft 5" 165cm

WEIGHT

137lb 62kg

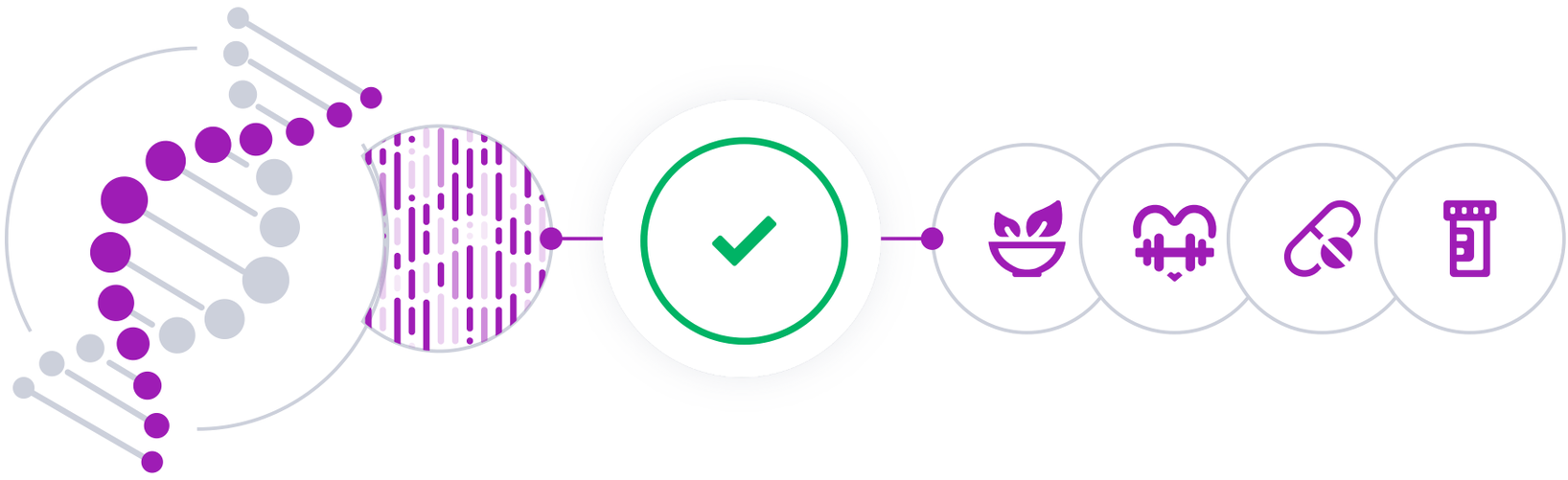


DISCLAIMER

This report does not diagnose this or any other health conditions. Please talk to a healthcare professional if this condition runs in your family, you think you might have this condition, or you have any concerns about your results.

How this works

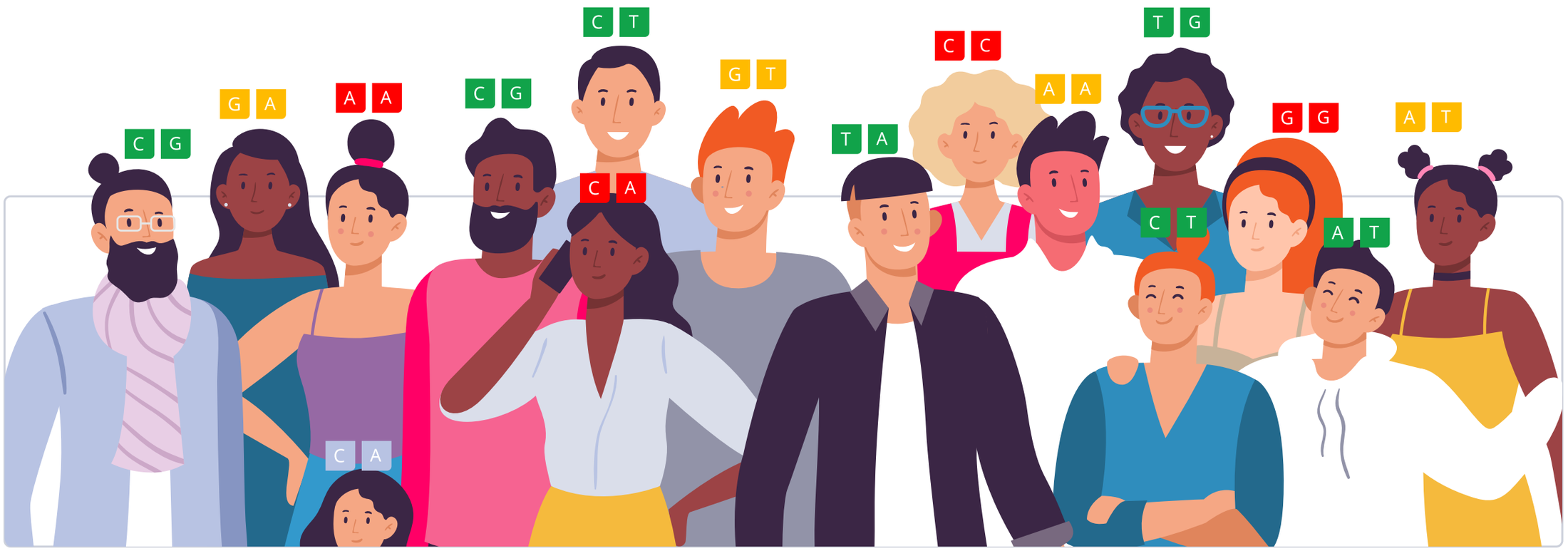
Our Wellness Reports analyze how your DNA influences your health.
We then use this analysis to give you personalized risk estimates and recommendations.



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

Your DNA is like an instruction manual — it contains a lot of information.
You can think of it as a blueprint for your body.

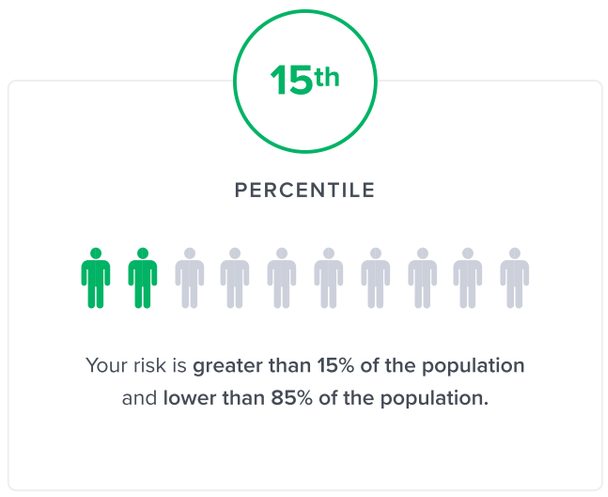
Genetic variants are parts of DNA that differ from person to person. Some can make you more vulnerable to certain health issues, while others may influence traits such as eye color.



We use artificial intelligence and machine learning to analyze all this information. We then summarize your results as a risk score or display it on a gauge.

When we give a risk score, the risk icon tells you if you are at a higher or lower risk compared to other people:

In total, we analyze up to 83 million genetic variants.



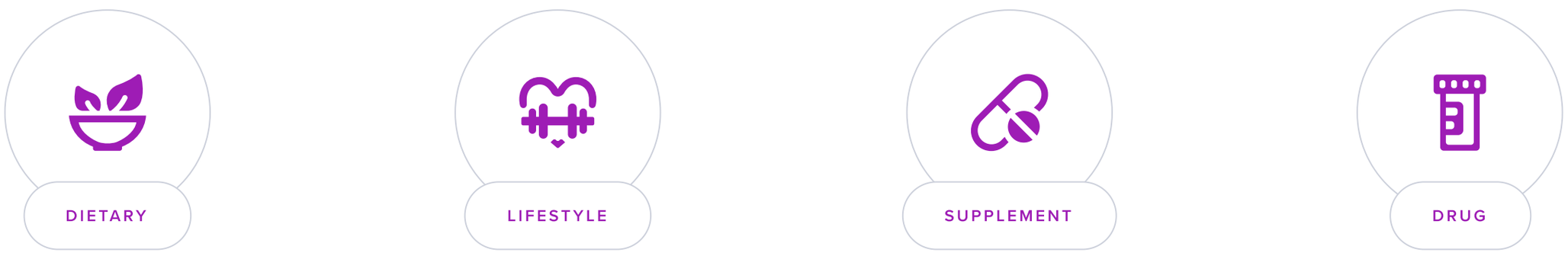
Genotype color info: AA You don't have any risk alleles | AA You have 1 risk allele | AA You have 2 risk alleles

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, afew 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 *HNMT* gene encodes histamine N-methyltransferase, the second major enzyme (after DAO) that breaks down histamine. HNMT is found throughout the body and (perhaps most importantly) in the brain. It deactivates histamine by adding a methyl group [R, R].

These enzymes are extremely important. If either one starts malfunctioning, histamine can increase dramatically throughout the body. While DAO deficiency likely plays a more significant role in histamine intolerance related to dietary histamine, HNMT is more responsible for breaking down the histamine created by our body [R, R].

Histamine is an important chemical. Among other roles, it helps your body [R, R]:

- Protect itself from foreign invaders, by activating parts of the immune system
- Stay awake, by signaling certain parts of the brain
- Digest food, by increasing stomach acid

Histamine can be released by immune cells and gut bacteria, and enter the body through the foods that you eat [R, R].

Some people may be intolerant to histamine. In these people, high histamine levels can lead to symptoms similar to those experienced during an allergic reaction. These include [R, R, R]:

- Bloating and abdominal pain
- Diarrhea or constipation
- Dizziness or headaches
- Hives and itchiness
- Stuffy, runny nose
- Itchy, red eyes

HNMT Genetics

Different *HNMT* gene variants have been linked to histamine-related conditions, such as [R, R, R, R, R]:

- Allergies
- Asthma
- Eczema
- Migraines
- ADHD

In one interesting study, increased brain histamine worsened behavioral symptoms in children with ADHD. The children with the 'AA' genotype at rs1050891 were more likely to have worse symptoms when they were exposed to artificial food colorings and additives (sunset yellow, carmoisine, tartrazine, ponceau 4R, quinoline yellow, Allura red AC, and sodium benzoate) that raise brain histamine [R].

Another variant, the 'T' allele at rs11558538, is associated with decreased HNMT activity and increased risk of schizophrenia, ADHD, and migraine [R].

HIGHER ACTIVITY

Likely higher HNMT activity based on the genetic variants we looked at

Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
HNMT	rs1050891	GA
HNMT	rs11558538	CC

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
1	Low-Histamine Diet	
2	Relaxation Techniques	30 minutes
3	Mindfulness	30 minutes
4	Bifidobacterium Animalis Subsp. Lactis	10 billion CFU
5	SAM-e	400 mg
6	Yoga	30 minutes
7	Meditation	30 minutes
8	Progressive Muscle Relaxation	10 minutes
9	Stress Management Therapy	1 hour
10	Forskolin	500 mg
11	Bifidobacterium Longum	10 billion CFU
12	Vitamin C	2000 mg
13	Avoid Exposure to Molds	
14	Quercetin	250 mg

1

Low-Histamine Diet

IMPACT 5 / 5

EVIDENCE 5 / 5

How to implement

Exclude high-histamine foods such as aged cheeses, smoked meats, fermented products like sauerkraut and kombucha, alcohol, and preserved foods. Instead, focus on fresh meats, freshly caught fish, eggs, gluten-free grains, and fresh fruits and vegetables. Implement this diet consistently on a daily basis for at least 4 weeks to observe any improvements in symptoms.

Description

A low-histamine diet can be helpful for individuals with histamine intolerance or allergies, reducing the consumption of high-histamine foods and alleviating symptoms like headaches, hives, and digestive issues.

Histamine is an important chemical. Among other roles, it helps your body [R, R]:

- Protect itself from foreign invaders, by activating parts of the immune system
- Stay awake, by signaling certain parts of the brain
- Digest food, by increasing stomach acid

Histamine can also enter the body through the foods that you eat. Histamine-rich foods include [R, R]:

- Some fish (e.g., mackerel, tuna)
- Fermented foods and drinks (e.g., alcohol, yogurt, sauerkraut, cheese)
- Processed meats (e.g., sausages)
- Some fruits and vegetables (e.g., avocados, tomatoes, eggplant, spinach)

The way the food gets prepared may also play a role. Frying and grilling food may increase histamine levels. Boiling may decrease them [R].

How it helps

Following a low-histamine diet may help those who experience symptoms after consuming histamine-rich foods [R, R].

This diet typically excludes or limits [R, R, R, R, R, R, R]:

- Fermented foods and drinks (especially red wine)
- Fish and meat products, especially if not fresh
- Canned and processed foods
- Chocolate
- Certain vegetables (especially spinach, eggplant, and tomatoes)

The diet may also help with conditions associated with high histamine, such as:

- Hives [R]
- Migraines [R]
- Eczema [R]

Remember it’s more important to avoid foods that trigger your symptoms than to follow any list exactly.

If you suspect a particular food may be triggering your symptoms, try temporarily eliminating it from your diet to see if your symptoms improve or go away. Then, reintroduce it to see if symptoms return. This is the best way to identify sensitivity triggers [R, R].

2

Relaxation Techniques

IMPACT 3 / 5

EVIDENCE 3 / 5

How to implement

Incorporate relaxation techniques such as deep breathing exercises, meditation, or yoga into your daily routine. Spend at least 15-30 minutes each day practicing one of these techniques, preferably in a quiet, comfortable space without interruptions.

TYPICAL STARTING DOSE

30 minutes

Description

Relaxation techniques encompass various methods like deep breathing, yoga, meditation, and progressive muscle relaxation, aimed at reducing stress and promoting mental and physical relaxation. Practicing these techniques regularly can help manage stress, improve mental clarity, and enhance overall emotional well-being.

We all get stressed from time to time.

Stress can help you deal with a challenge or avoid danger. However, **it's not healthy to be stressed for a long time** [R, R].

Relaxation techniques such as yoga and meditation can relieve stress in different ways. Most of them focus on breathing and help you get rid of negative thoughts and emotions [R].

People use relaxation techniques to improve conditions like [R, R, R]:

- Anxiety
- Depression
- Chronic pain

Progressive muscle relaxation is another relaxation technique. In this technique, you focus on tensing and relaxing different parts of your body. It is common to start with the toes and slowly work your way up to the neck and head [R, R].

Autogenic training is a relaxation technique that a person may carry out on their own. It uses exercises that take the mind's attention to bodily sensations such as warmth and heaviness [R, R].

How it helps

Stress triggers the release of histamine and similar chemicals. Histamine may contribute to flare-ups of stress-related conditions such as [R, R, R, R]:

- IBS
- Eczema
- Hives
- Migraines

In line with this, stress management may improve conditions linked to high histamine levels. The following relaxation techniques may help [R, R, R, R, R, R]:

- Yoga
- Meditation
- Progressive muscle relaxation

3

Mindfulness

IMPACT 2 / 5

EVIDENCE 2 / 5

How to implement

Set aside 5-10 minutes each day to practice mindfulness meditation. Find a quiet place, assume a comfortable seated position, close your eyes, focus on your breathing, and observe your thoughts and sensations without judgment.

TYPICAL STARTING DOSE

30 minutes

Description

Mindfulness involves paying focused and non-judgmental attention to the present moment. It can reduce stress, improve emotional regulation, and enhance overall mental clarity and well-being.

Mindfulness is the practice of being aware of the present moment. When practicing mindfulness, a person acknowledges their thoughts, feelings, and sensations without any judgment [R].

Mindfulness and other types of meditation may improve [R]:

- Weight and anxiety
- Low mood
- Sleep disturbances
- Pain
- High blood pressure

How it helps

Stress triggers the release of histamine and other vasoactive chemicals. Histamine may contribute to flare-ups of stress-related disorders such as migraine [R, R, R, R].

In line with this, mindfulness (for 8 weeks) may help with conditions worsened by histamine such as headaches (e.g., migraine and tension-type headaches) [R].

4

Bifidobacterium Animalis Subsp. Lactis

IMPACT 2 / 5

EVIDENCE 2 / 5

How to implement

Take a supplement containing Bifidobacterium animalis subsp. lactis at a dose of 10 billion colony-forming units (CFU) daily, with or without food. Joe's preferred strain is *B lactis* HN019 (10B CFU). Continue this regimen daily for at least 2 weeks to 4 weeks to observe potential benefits.

TYPICAL STARTING DOSE

10 billion CFU

Description

Bifidobacterium animalis lactis is a specific strain of probiotic bacteria known for its potential to support digestive health and immune function.

Bifidobacterium animalis is a probiotic bacterium that can be found in the healthy gut of most mammals, including humans. *B. lactis* was previously considered to be a separate species but was shown to be a subspecies of *B. animalis* [R, R].

People mainly take *B. animalis* to support gut health [R, R, R, R, R, R].

How it helps

Supplementation with *B. animalis* (4x10^9 CFU/day for 8 weeks) may reduce the symptoms in people with **pollen allergy** [R].

Probiotic mixes with this species may help with **eczema** [R, R, R].

This probiotic may help by **reducing histamine levels** [R].

**CFU (colony forming units) = the number of active bacteria in one probiotic serving*

5

SAM-e

IMPACT 2 / 5

EVIDENCE 2 / 5

How to implement

Take 400-1600 mg of SAM-e as a supplement daily, preferably on an empty stomach to enhance absorption. It is often recommended to start with low dosage and observe how your body responds over a few weeks, adjusting as necessary under the guidance of a healthcare provider.

TYPICAL STARTING DOSE

400 mg

Description

SAM-e is a chemical that helps maintain liver and brain health. Your body makes SAM-e from the amino acid *methionine*, but it's also available as a supplement [R].

SAM-e supplementation may help with:

- Joint pain [R]
- Liver disease [R]
- Depression [R]

> **Please note:** *SAM-e may not be safe for people with a bipolar disorder. It may also interact with 5-HTP, St. John's wort, and different medications. Combining it with antidepressants can be dangerous and even life-threatening. Never take SAM-e supplements without consulting your doctor* [R, R, R].

How it helps

S-adenosylmethionine or SAM-e provides methyl groups for methylation reactions and helps clear homocysteine [R, R].

Because HNMT inactivates histamine by methylating it, SAM-e might help HMNT work more efficiently [R, R, R, R].

The long-term administration of SAM-e relieves pain in migraine sufferers. The benefit arises gradually and long-term treatment is required for therapeutic effectiveness [R].

Please note: *SAM-e may not be safe for people with bipolar disorder. It may also interact with 5-HTP, St. John's wort, and different medications. Combining it with antidepressants can be dangerous and even life-threatening. Never take SAM-e supplements without consulting your doctor* [R, R, R].

6

Yoga

IMPACT 2 / 5

EVIDENCE 2 / 5

How to implement

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

TYPICAL STARTING DOSE

30 minutes

Description

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

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

- Reduce stress
- Improve fitness
- Lower blood pressure and heart rate
- Manage pain

How it helps

Practicing yoga may help with the following conditions associated with high histamine levels:

- Migraines [R, R, R]
- IBS [R]

Yoga and other relaxation techniques may help by reducing stress. This may help lower histamine release [R].

7

Meditation

IMPACT 2 / 5

EVIDENCE 2 / 5

How to implement

Set aside 10-20 minutes each day in a quiet space without distractions to practice meditation. Focus on your breath or perform guided meditation using an app or audio track.

TYPICAL STARTING DOSE

30 minutes

Description

Meditation is a mindfulness practice that can reduce stress, improve mental clarity, and promote relaxation. Regular meditation is associated with numerous mental and emotional health benefits, including reduced anxiety and enhanced emotional well-being.

Meditation is a relaxation technique that trains your mind to focus and redirect your thoughts. Some of the main types of meditation are [R]:

- Mindfulness
- Focused
- Transcendental
- Mantra
- Moving

People use meditation to improve [R, R]:

- Stress and anxiety
- Mood
- Sleep disturbances
- Pain

How it helps

Meditation may help with the following conditions associated with high histamine levels:

- IBS [R]
- Migraines [R, R]

Meditation and other relaxation techniques may help by reducing stress. This may help lower histamine release [R].

8

Progressive Muscle Relaxation

IMPACT 2 / 5

EVIDENCE 2 / 5

How to implement

Set aside at least 10-15 minutes daily in a quiet, comfortable spot where you won't be disturbed. Start by tensing the muscles in your feet for 5 seconds, then relax for 30 seconds, and progressively work your way up through the major muscle groups of your body, tensing then relaxing each for 5 and 30 seconds respectively.

TYPICAL STARTING DOSE

10 minutes

Description

Progressive Muscle Relaxation is a relaxation technique involving the systematic tensing and releasing of muscle groups to reduce muscle tension, stress, and anxiety. Regular practice can lead to improved physical and mental relaxation.

Progressive muscle relaxation is a relaxation technique focused on releasing muscle tension. In this technique, you focus on tensing and relaxing different parts of your body, one after the other, to relieve stress R, R].

It is common to start with the toes and slowly work your way up to the neck and head. Try to focus on a single muscle group at a time (for example, the calf muscles). Tense these muscles for 5-10 seconds, then relax for 20-30 seconds before moving on to the next muscle group [R, R].

How it helps

Progressive muscle relaxation may help with the following conditions associated with high histamine levels:

- Migraines [R]
- IBS [R]
- Eczema [R]
- Asthma [R, R]

Progressive muscle relaxation and other relaxation techniques may help by reducing stress. This may help lower histamine release [R].

9

Stress Management Therapy

IMPACT 2 / 5

EVIDENCE 2 / 5

How to implement

Engage in stress management therapy sessions, such as cognitive-behavioral therapy (CBT), for at least 1 hour per week over a course of 8 to 12 weeks. Techniques can include mindfulness, deep breathing exercises, and identifying stressors to develop coping strategies.

TYPICAL STARTING DOSE

1 hour

Description

Stress management therapy refers to various techniques and approaches aimed at reducing and coping with stress. It can improve mental and physical well-being by helping individuals better manage the effects of stress on their health.

How it helps

Stress triggers the release of histamine and other vasoactive chemicals, which may contribute to flare-ups of stress-related disorders [R, R, R, R].

In line with this, stress management therapy may help with conditions worsened by histamine like atopic dermatitis. It may improve [R]:

- Eczema severity
- Itching intensity
- Scratching

10

Forskolin

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Take 250 mg of a 10% forskolin extract twice a day. For best results, consume it on an empty stomach about 15-30 minutes before meals. This regimen should be followed daily for at least 12 weeks to evaluate its effectiveness.

TYPICAL STARTING DOSE

500 mg

Description

Forskolin is a natural compound found in the roots of the Indian coleus plant, and it has been studied for its potential to support weight management and heart health.

Forskolin is a popular supplement and research tool that entered medical practice from Ayurvedic medicine. It is obtained from the dried root of an Indian plant known as *Plectranthus barbatus* or *Coleus forskohlii* [R].

Forskolin is especially popular as a weight loss supplement, but the research behind it is limited [R, R, R].

How it helps

In people with **asthma**, forskolin (10 mg/day) may help prevent attacks [R, R].

Forskolin may help by **preventing histamine release** [R].

11

Bifidobacterium Longum

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Take a Bifidobacterium longum supplement daily, with a typical dosage around 10 billion colony-forming units (CFUs). It can be consumed any time of day, but taking it with a meal might improve its absorption and effectiveness. Continue this regimen for at least 4 weeks to assess its benefits on digestive health.

TYPICAL STARTING DOSE

10 billion CFU

Description

Bifidobacterium longum is a beneficial probiotic strain known for its potential to support digestive health and boost the immune system.

Bifidobacterium longum is a probiotic bacterium naturally present in the human gastrointestinal tract. Its subspecies *B. longum subsp. infantis* is one of the earliest bacteria to colonize the infant gut [R].

People take *B. longum* to enhance immunity against infections and support gut health [R, R, R].

How it helps

Supplementation with *B. longum* (5x10^10 CFU/day for 4 weeks) may reduce the symptoms in people with **pollen allergy** [R].

A probiotic mix with this *B. longum*, *B. animalis*, and *Lactobacillus casei* may help with **eczema** [R].

This probiotic may help by blocking histamine function [R].

**CFU (colony forming units) = the number of active bacteria in one probiotic serving*

12

Vitamin C

IMPACT 1 / 5

EVIDENCE 1 / 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

Low blood vitamin C levels may cause histamine spikes. Supplementation (1 g/day for 3 days) may restore normal histamine levels [R].

Please note: *Supplementing with vitamin C is linked to a slightly higher risk of kidney stones in men. Talk to your doctor before taking vitamin C* [R, R].

13

Avoid Exposure to Molds

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Keep indoor humidity levels below 50% by using dehumidifiers or air conditioners, ensure proper ventilation in areas like bathrooms and kitchens, fix leaks promptly, and clean up any water damage within 24-48 hours to prevent mold growth. Regularly check and clean places where mold tends to accumulate, such as shower curtains, window sills, and refrigerator drip pans.

Description

Molds are tiny fungi that live all around us: in the soil and air, on food crops, and even on our skin. Some of them are beneficial while others can wreak havoc on our health [R].

Inhaled mold may cause a range of respiratory symptoms, including [R, R, R, R, R]:

- Respiratory infections
- Reduced lung function
- Caugh
- Asthma worsening

Mycotoxins are the most dangerous aspect of **foodborne mold**. Exposure to higher amounts of these toxins can damage the organs and promote cancer growth [R, R, R].

How it helps

Some studies indicate molds may enhance histamine release, especially in sensitized people. This suggests a possible mechanism by which molds may worsen conditions like histamine intolerance [R].

However, experiments with controlled exposure to mold have not consistently demonstrated increased symptoms related to histamine release or intolerance compared to placebo, suggesting that mold may not directly contribute to histamine intolerance under controlled conditions [R].

14

Quercetin

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Take 250-1000 mg of quercetin supplement daily with a glass of water, preferably with a meal to aid in its absorption.

TYPICAL STARTING DOSE

250 mg

Description

Quercetin is a natural plant flavonoid found in various foods, particularly in fruits and vegetables like apples, onions, and broccoli. It is used as a dietary supplement and is valued for its potential antioxidant and anti-inflammatory properties.

Quercetin is a plant-based antioxidant. It supports the immune system and helps lower inflammation [R, R].

Good sources of quercetin include [R]:

- Apples
- Onions
- Tea

People mainly use quercetin supplements to relieve allergies [R, R, R].

How it helps

Taking quercetin (200 mg/day for 4 weeks) may reduce the symptoms and sleep disturbances in people with **pollen allergy** [R].

Quercetin (1 g/day for 3 days) may also prevent **contact dermatitis** and skin sensitivity to light [R].

Quercetin may help by **preventing histamine release** [R].

Please note: *quercetin may inhibit the production of the thyroid hormone T4 (thyroxine). Individuals with thyroid disorders, particularly hypothyroidism or low T4 levels, should exercise caution when using quercetin and always consult with a healthcare provider before taking this supplement* [R].

Please note: *quercetin may interfere with iron absorption due to its iron-chelating properties, potentially exacerbating anemia or making it harder to manage. If you have anemia, consult your healthcare provider before using quercetin supplements* [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.