

Hair Graying

DNA Health Report

REPORT CATEGORY —



Sample Client

Report date: 15 January 2026

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Personal information

NAME

Sample Client

SEX AT BIRTH

Male

HEIGHT

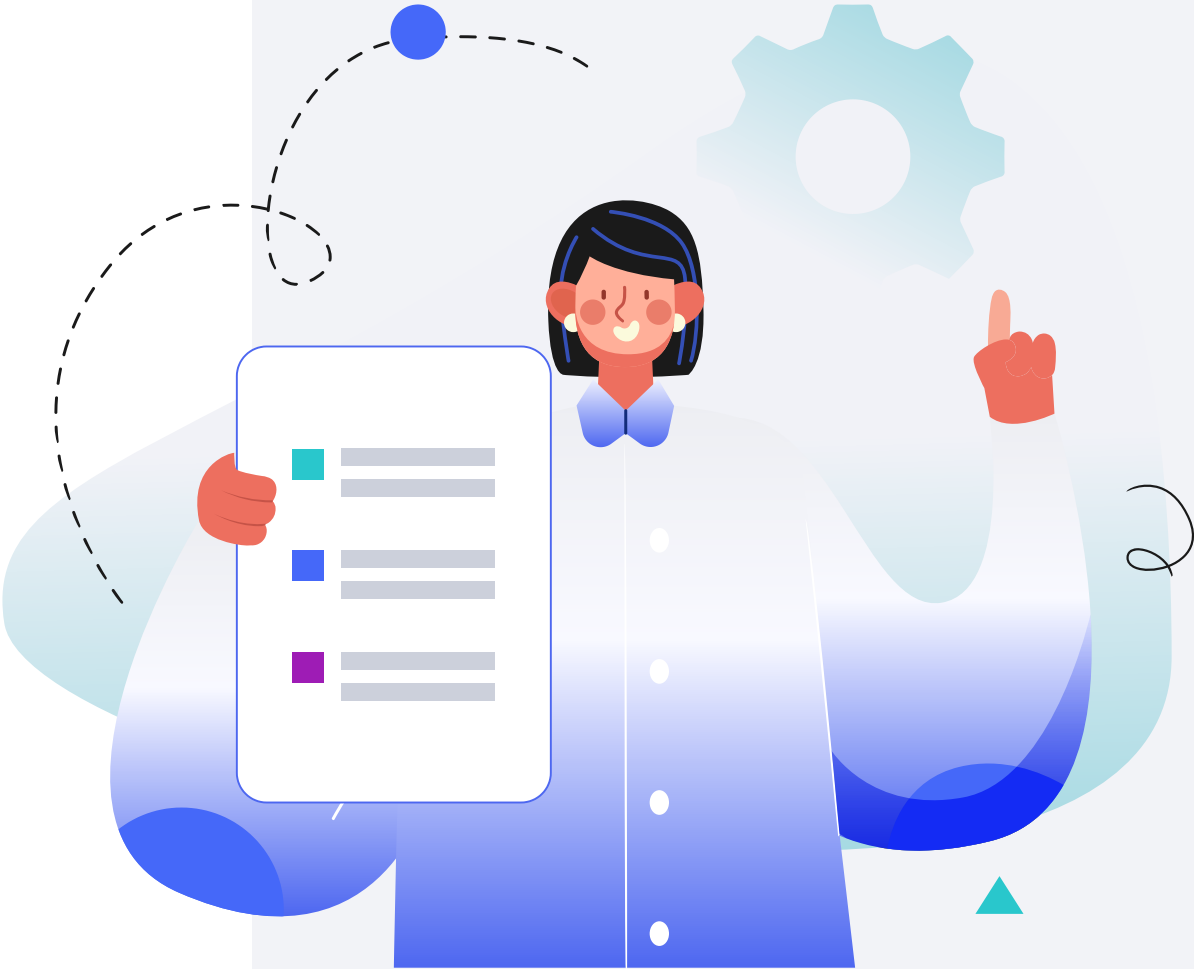
5ft 5" 165cm

WEIGHT

137lb 62kg

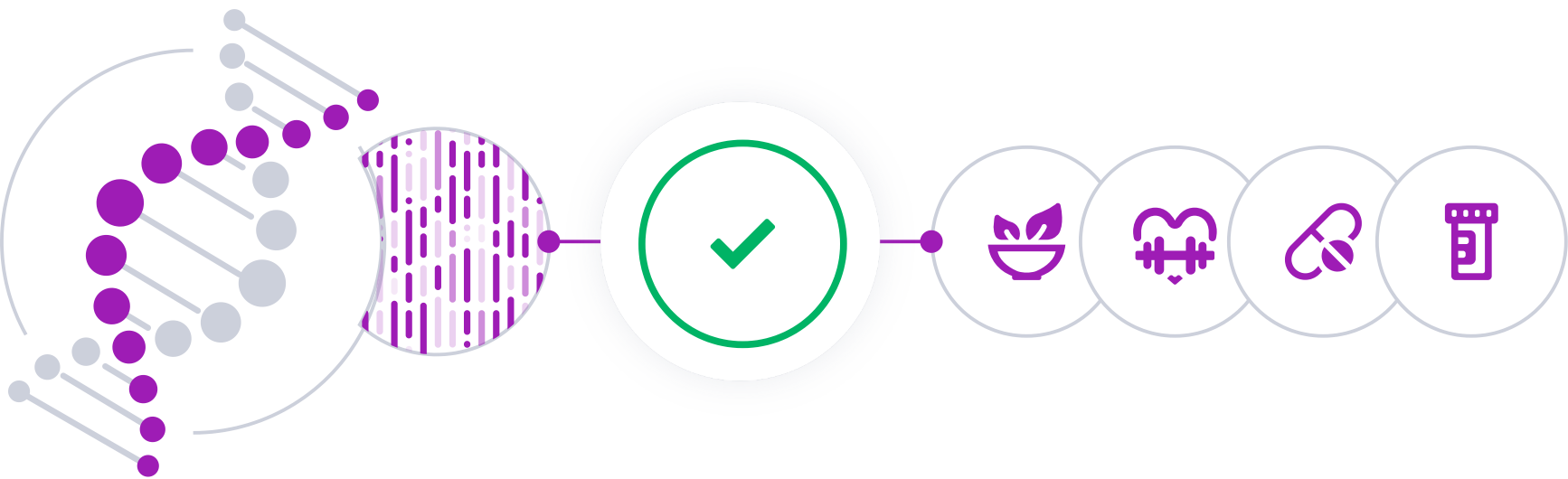
DISCLAIMER

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.

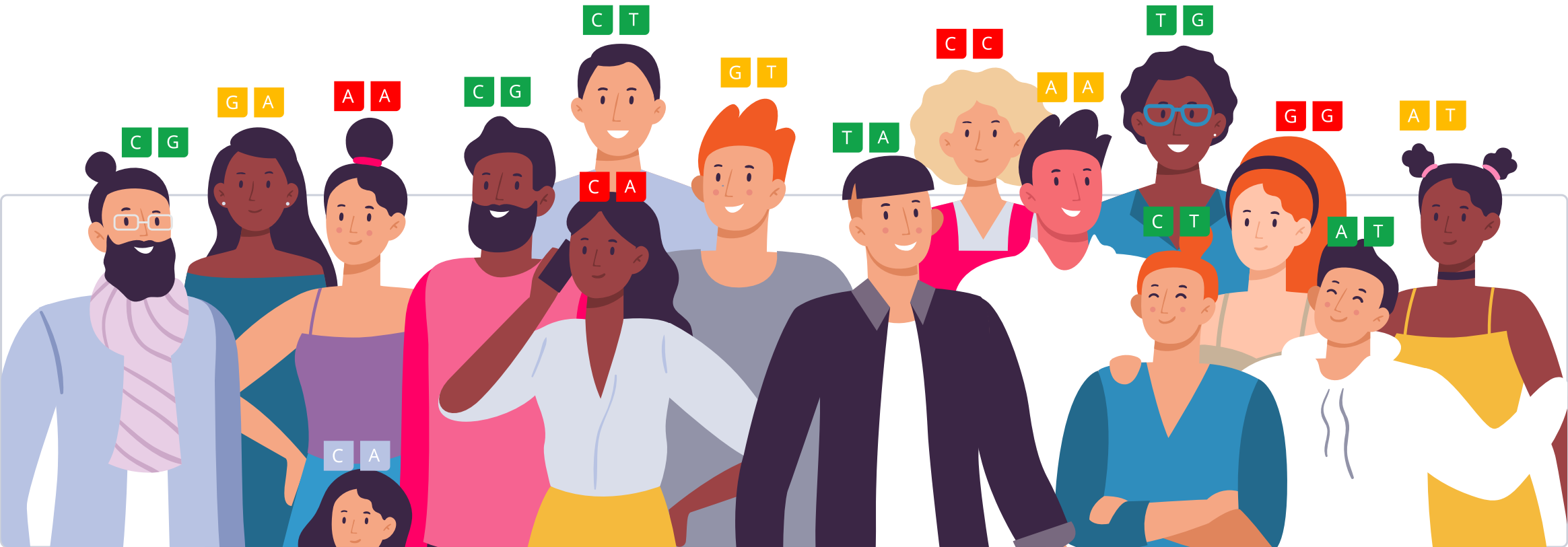


Similarly, our Trait Reports look at how your DNA influences your traits.



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.

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

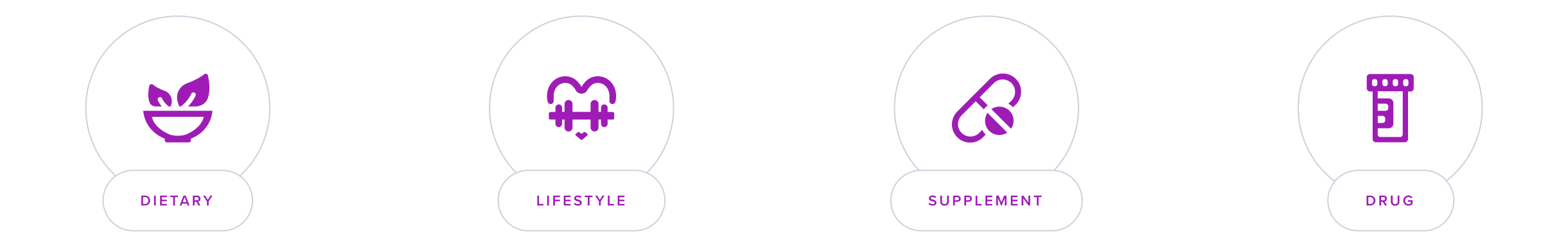
You have 2 risk alleles

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

Gray is the least popular color of hair, but sadly also the one that nearly everyone will have at some point in their lives.

Cultural perceptions of beauty and aging can make it difficult on those who start getting gray hair at a young age. A lot of money is spent on avoiding the loss of hair color, and most would rather keep it until they are actually “old”.

Hair color is determined by the amount and type of pigment called **melanin** in your hair follicles. The same pigment determines skin, eye, and hair color. **Graying happens with the loss of this melanin**, which is a natural effect of aging. Stem cells produce melanin, and their gradual loss over time drains hair of its color [\[R\]](#).

How fast and when your hair goes gray has a lot to do with your genetics. However, things like stress, smoking, and environment play a role as well. So, while you can’t actually prevent it, there are healthy steps you can take to hopefully slow down the process [\[R\]](#).

Risk Factors And Your Genetics

 PERSONALIZED TO GENES

Your genetic profile suggests a predisposition to average hair graying onset, typically beginning in the 30s-40s. Hair graying has a strong genetic component (around 70% heritable), primarily influenced by melanin production genes. While you can't prevent genetic graying, maintaining scalp health may help preserve pigment longer [5, 7].

Hair color is determined by the amount and type of pigment called **melanin** in your hair follicles. The same pigment determines skin, eye, and hair color. **Graying happens with the loss of this melanin**, which is a natural effect of aging.

Anywhere from **30% up to 90%** of differences in people's hair graying may be due to genetics [R].

Other risk factors for graying hair include [R]:

- Obesity
- Lack of exercise
- Drug use
- High cholesterol
- High uric acid

Conditions that may contribute to hair graying include [R]:

- High blood pressure
- Thyroid disorders
- Liver conditions



TYPICAL

Typical based on 5 genetic variants we looked at

Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
KIF1A	rs59733750	AA
MROH2A	rs2361506	GT
NSMCE1	rs1127228	TC
PRDM8	rs7680591	AT
IRF4	rs12203592	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		DOSAGE	
1	Natural Hair Dyes	2	Dietary Iron10 mg
3	Dietary B Vitamins	4	Relaxation Techniques30 minutes
5	Methylfolate400 mcg	6	Vitamin B1210 mcg
7	Topical Kudzu	8	Pantothenic Acid (Vitamin B5)5 mg
9	Para-Aminobenzoic Acid (PABA)100 mg	10	Fo-ti
11	Avoid Hair Plucking	12	Alpha-Ketoglutarate (AKG)1 g
13	Methylsulfonylmethane (MSM)1 g		

1



Natural Hair Dyes

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Choose natural hair dyes, such as henna, indigo, or coffee-based products, and apply them to your hair following the product's specific instructions, usually involving mixing the dye with water or another base, applying it evenly across your hair, and leaving it on for 1-3 hours before rinsing. This process can be repeated every 4-6 weeks or as needed when roots begin to show, or the color fades.

Description

Natural hair dyes use plant-based ingredients to color hair and avoid the chemicals found in traditional hair dyes, offering a safer and more environmentally friendly way to change hair color.

Many people with gray hairs choose to color them with dyes. Unfortunately, traditional hair dyes often contain potentially toxic chemicals that may damage the hair and even have negative health effects in the long term.

One way to avoid these chemicals is by using natural hair dyes. Note, however, that these dyes might still damage your hair and cause allergic reactions.

How it helps

The following herbs are traditionally used as hair dyes [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Henna
- Amla
- [Black tea](#)
- Coffee
- Curry leaves
- Bhringaraj
- [Chyawanprash](#)
- Indian gooseberry
- False daisy
- Lotus tree
- Blackcurrant

However, evidence that they work is lacking in many cases.

2



Dietary Iron

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Incorporate iron-rich foods into your daily meals, such as red meat, chicken, turkey, fish, beans, lentils, tofu, cooked spinach, and fortified cereals. Aim for at least 18 mg of iron per day for adult women and 8 mg per day for adult men. It's also beneficial to pair these foods with vitamin C-rich foods like oranges, strawberries, or bell peppers to enhance iron absorption.

TYPICAL STARTING DOSE

10 mg

Description

Iron (Fe) is an essential mineral. It helps make [hemoglobin](#), a protein that carries oxygen to cells. In this way, iron **increases energy** and supports **brain and immune system function** [\[R, R, R\]](#).

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

- Oysters
- White beans
- Beef
- Chocolate
- Spinach
- Fortified cereals

Women should be getting **8-18 mg** of iron per day, while **men** should be getting **8 mg** [\[R\]](#).

Groups at risk of iron deficiency include [\[R\]](#):

- Menstruating women
- Children
- Vegetarians
- Routine blood donors

How it helps

Low iron levels have been associated with premature hair graying [\[R, R\]](#).

In line with this, low ferritin levels have also been associated with premature hair graying [\[R, R, R\]](#).

Iron is a nutrient required for pigment production [\[R\]](#).

Please note: *A high dose of iron can be toxic. If you are not deficient, it is best to get iron from food. Talk to your doctor before taking iron supplements* [\[R\]](#).

3



Dietary B Vitamins

IMPACT2 / 5

EVIDENCE2 / 5

How to implement

Incorporate foods rich in B vitamins like whole grains, meat, eggs, dairy products, leafy green vegetables, beans, peas, and nuts into your daily meals. For a balanced intake, aim to include at least one serving of a B vitamin-rich food in each meal throughout the day.

Description

B-vitamins are a group of water-soluble vitamins that play essential roles in metabolism, energy production, and overall health. They include B1 (thiamine), B2 (riboflavin), B3 (niacin), B5 (pantothenic acid), B6 (pyridoxine), B7 (biotin), B9 (folate), and B12 (cobalamin).

B vitamins help the body function properly. Three examples are [vitamin B9 \(folate\)](#), [vitamin B12](#), and [vitamin B6](#). They play essential roles in heart, brain, and kidney health [\[R, R, R, R\]](#).

You can get these vitamins from [\[R, R, R\]](#):

- Animal products
- Green leafy vegetables
- Fortified foods
- Supplements

Every day, adults should be getting [\[R\]](#):

- **Folate:** 400 mcg
- **Vitamin B12:** 2.4 mcg
- **Vitamin B6:** 1.7 mg

Folic acid is a form of folate found in most supplements [\[R\]](#).

Folate deficiency is rare but can happen in people that don’t eat enough fruits and vegetables. Alcoholics and lactating mothers may also be at an increased risk [\[R\]](#).

Vitamin B12 deficiency often takes years to develop, as the body is able to store large amounts in the liver. Groups that may be at an increased risk include [\[R, R\]](#):

- Vegans
- Pregnant women
- Older people
- People with gut issues

People with kidney problems or gut issues may be at increased risk of vitamin B6 deficiency [\[R\]](#).

How it helps

People with low vitamin B12 levels are more likely to have premature hair graying. Anecdotally, supplementation has been reported to revert hair graying in a man with deficiency [\[R, R, R, R\]](#).

Low blood levels of folate and biotin have also been associated with premature hair graying [\[R\]](#).

B vitamins may be essential nutrients for hair pigmentation [\[R\]](#).

4



Relaxation Techniques

IMPACT2 / 5

EVIDENCE2 / 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

High levels of perceived stress are associated with premature hair graying. However, the evidence is mixed [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Several cases of sudden hair graying due to severe emotional stress have been reported [\[R\]](#).

[Norepinephrine](#) released in response to stress may cause the death of the stem cells that give hairs their color. Relaxation techniques are a great way to reduce stress, potentially helping prevent premature hair graying [\[R\]](#).

5



Methylfolate

IMPACT

2 / 5

EVIDENCE

1 / 5

How to implement

Take an L-methyl folate supplement (400-800 micrograms daily), ideally with a meal, to improve absorption. This dosage is recommended for adults, including pregnant women, to support overall health, especially to reduce the risk of neural tube defects in developing fetuses. Continue daily use as part of your regular supplement routine.

TYPICAL STARTING DOSE

400 mcg

Description

Folate, a B-vitamin, is crucial for DNA synthesis, cell growth, and the formation of red blood cells. Adequate folate intake supports overall health and reduces the risk of neural tube defects during pregnancy.

[Vitamin B9](#) (*folate*) plays an essential role in [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Making DNA
- Metabolism
- Energy production

SelfDecode recommends L-methylfolate as the preferred folate supplement for those who need one. It is superior to folic acid because it doesn't require activation, but the research is still ongoing [\[R\]](#), [\[R\]](#).

How it helps

Folate helps produce melanin, which contributes to hair color. Hence, its deficiency can result in premature graying by reducing melanin supply to the hair.

A [study of 52 people with premature hair graying](#) associated this condition with **low blood levels of vitamin B9** [\[R\]](#).

How to implement

TYPICAL STARTING DOSE

10 mcg

Description

Vitamin B12 is important for [R, R]:

- Building DNA
- Nervous system function
- Energy production

- Animal products (meat, fish, eggs, and dairy)
- Fortified foods
- Supplements

Adults should be getting **2.4 micrograms** of vitamin B12 every day [R].

How it helps

Vitamin B12 aids in producing pigment in your hair which prevents graying. A deficiency can lead to premature graying, so a supplement can help restore proper levels and potentially slow the graying process.

Four studies of 463 participants associated hair graying with **low blood levels of vitamin B12** [[R](#), [R](#), [R](#)].

Anecdotally, **supplementation with vitamin B12 reverted hair graying** in a man with deficiency. [R].

7



Topical Kudzu

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Apply a cream or gel containing kudzu extract to the affected area of the skin, gently massaging it in until fully absorbed. This should be done 2-3 times daily for at least 4 weeks to see improvements.

Description

Kudzu root extract, derived from the kudzu plant, contains compounds known as isoflavones that may be used topically for their potential anti-aging and skin-soothing effects. It is used in skincare products to address concerns such as skin elasticity and firmness.

Kudzu (*Pueraria*) is a climbing vine native to Southeast Asia. It’s been used in traditional Chinese medicine for over 2,000 years [\[R\]](#).

Topical kudzu may reduce oxidative stress in the skin and hair [\[R\]](#).

How it helps

Applying a spray with kudzu root extract (1%) on the hair reduced the development of new gray hairs by half in a small study [\[R\]](#).

Kudzu may help by reducing oxidative stress [\[R\]](#).

8



Pantothenic Acid (Vitamin B5)

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

For adults, take a pantothenic acid (Vitamin B5) supplement of 5 to 10 milligrams daily with water and a meal. This can be continued indefinitely as part of a daily vitamin regimen to support overall health.

TYPICAL STARTING DOSE

5 mg

Description

Vitamin B5, or pantothenic acid, is found in a wide range of foods such as meat, eggs, and whole grains. It is vital for energy metabolism and the synthesis of fatty acids, supporting healthy skin, digestion, and nerve function.

[Vitamin B5](#) (pantothenic acid) is a water-soluble vitamin required for making [\[R\]](#):

- Energy from food
- Cholesterol, sex, and stress hormones
- Hemoglobin
- Neurotransmitters (acetylcholine and melatonin)

Adults should get **5 mg of vitamin B5 per day** [\[R\]](#).

Vitamin B5 deficiency is extremely rare because this vitamin is present in nearly all foods, especially in meat, dairy products, eggs, avocado, sweet potato, and sunflower seeds. However, **pregnant and lactating women may benefit from slightly increased amounts of this vitamin (6-7 mg/day)** [\[R\]](#).

How it helps

Supplementation with [vitamin B5](#) (200 mg/day calcium pantothenate) may reduce the number of gray hairs [\[R\]](#), [\[R\]](#).

9



Para-Aminobenzoic Acid (PABA)

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take para-aminobenzoic acid (PABA) as a dietary supplement in doses ranging from 100 mg to 500 mg per day, with meals to enhance absorption. It's important to follow the dosage recommended by the product manufacturer or your healthcare provider. The duration of supplementation can vary, but consult a healthcare professional for personalized advice, especially for long-term use.

TYPICAL STARTING DOSE

100 mg

Description

PABA, or para-aminobenzoic acid, is a chemical compound that was once considered a B vitamin (specifically, vitamin B10) but is no longer classified as such because the body can synthesize it on its own. PABA is found in various foods, particularly in liver, brewer's yeast, and some leafy green vegetables. Today, the supplement is taken for its potential benefits on skin and hair health.

Para-aminobenzoic acid (PABA) is a chemical that occurs naturally in the body, as well as in several foods. PABA has been historically referred to as vitamin B10. However, it's not recognized as a vitamin anymore because it's not essential for human health and the gut microbiota can produce it on its own [R].

Gut bacteria can use PABA to produce [folate](#), an essential vitamin. However, the amount produced is insufficient to meet your needs [R].

Good sources of PABA include [R]:

- Organ meats
- Mushrooms
- Whole grains
- Green leafy vegetables

People mainly take PABA as a supplement to support skin and hair health [R].

How it helps

Supplementation with PABA (up to 24 g/day) caused hair darkening in two old studies [R, R].

Please note: *Oral PABA supplements have been reported to cause acute liver injury. PABA shouldn't be taken together with certain antibiotics (sulfonamides). Due to the lack of safety data, children and breastfeeding women are advised against taking PABA* [R, R].

10



Fo-ti

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take a fo-ti supplement of 500-1000mg daily, ideally with meals to enhance absorption. This should be done consistently for at least a few months to evaluate its effects. Adjust dosage according to personal tolerance and health goals, and consult a healthcare provider for personalized advice.

Description

Fo-Ti, or Polygonum multiflorum, is an herb used in traditional Chinese medicine for its potential to promote hair growth and anti-aging effects.

How it helps

Fo-ti has been used for hair blackening in traditional Chinese medicine for centuries [\[R, R\]](#).

Fo-ti may help by stimulating the production of melanin, as seen in animal and cell studies. However, evidence in humans is lacking [\[R, R, R\]](#).

11



Avoid Hair Plucking

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Refrain from intentionally pulling out hair from any part of your body, including scalp, eyebrows, and other areas, to prevent damage to hair follicles and potential hair loss or skin issues.

Description

Hair plucking, also known as epilation, involves manually removing hair from its follicle using tweezers or other devices. While it can provide temporary hair removal benefits, there are potential downsides.

Plucking can be painful, may cause ingrown hairs, and may lead to skin irritation or infection if not done hygienically. Frequent plucking can also damage hair follicles, potentially affecting hair growth and color over time.

How it helps

The repeated mechanical stress caused by plucking may accelerate the aging of melanocyte stem cells, leading to premature graying. Scientists create mouse models of hair graying by repeatedly plucking hair to accelerate graying [\[R\]](#).

Repetitive hair plucking can contribute to hair graying by disrupting the normal hair growth cycle and potentially affecting melanocyte stem cells in hair follicles. This disruption may lead to a depletion of melanocytes responsible for hair pigmentation, resulting in the growth of gray or white hairs.

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.*

12



Alpha-Ketoglutarate (AKG)

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take alpha-ketoglutarate (AKG) as a dietary supplement in a dose of approximately 1-2g per day, preferably with meals to aid in its absorption. The exact dosage may vary based on the specific product and individual health needs, so it's important to follow the label instructions or consult a healthcare provider for personalized advice. This supplementation can be ongoing, with periodic evaluations to assess its effects on your health.

TYPICAL STARTING DOSE

1 g

Description

Alpha-ketoglutarate (AKG) is a key molecule in the Krebs cycle, crucial for energy production in cells. It plays a role in amino acid synthesis and nitrogen transport. In supplement form, it's claimed to improve athletic performance and support recovery, but the scientific evidence for these benefits is limited.

How it helps

High levels of hydrogen peroxide(oxidative stress) block the production of pigment, leading to gray hair [\[R\]](#).

AKG is an effective free radical scavenger and a powerful antioxidant that can directly react with hydrogen peroxide (H2O2) to form succinate, water, and carbon dioxide [\[R\]](#).

Its role as a cofactor for enzymes involved in the synthesis of amino acids and collagen could also support hair follicle health.

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.*

13



Methylsulfonylmethane (MSM)

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take 1 to 3 grams of Methylsulfonylmethane (MSM) per day, divided into three doses. This can be in the form of capsules or powder that is mixed with water. It is recommended to start with a lower dose to assess tolerance, then gradually increase to the desired dose over a period of 1 to 2 weeks.

TYPICAL STARTING DOSE

1 g

Description

MSM is a naturally occurring sulfur compound found in foods and used in dietary supplements. It has anti-inflammatory properties and may be used to support joint health and reduce exercise-related muscle soreness.

A molecule of MSM is broken down in the body into a sulfate (sulfur) group and two methyl groups.

The following may increase people’s needs for sulfur and methyl groups: physical activity, recovery from injuries, inflammation, infections/sickness, toxins, etc.

People also need more sulfur when taking hormones (DHEA, pregnenolone, etc.), drugs (Aspirin, Tylenol, NSAIDs, birth control, etc.) or supplements (flavonoids & polyphenols - resveratrol, quercetin, curcumin, etc.) that undergo sulfation.

How it helps

Methylsulfonylmethane (MSM) is suggested to impact hair color primarily due to its high sulfur content. Here's how MSM might influence hair color:

- **Sulfur and keratin:** MSM provides sulfur, a key component of keratin, the primary structural protein in hair. Sulfur can strengthen the hair and potentially impact the pigmentation process. Healthy, strong hair is more likely to maintain its natural color.
- **Antioxidant effects:** MSM may help reduce oxidative stress in the body. Oxidative stress is linked to aging and the graying of hair. By counteracting this stress, MSM could theoretically help in maintaining hair pigment.
- **Improved blood flow:** MSM is believed to improve blood circulation, which can enhance the health of hair follicles. Better nourished hair follicles might be more effective in maintaining hair color.
- **Collagen production:** MSM can contribute to collagen production. Collagen is essential for maintaining the health and structure of hair. Healthier hair might be better at retaining its natural color.

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.*

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.

	T4 Free (FT4)	1.26 ng/dL		9 Nov 2025
	TSH	2.76 mIU/mL		9 Nov 2025
	Ferritin	102.2 ng/mL		9 Nov 2025
	Vitamin D, 25-Hydroxy, Total	58.59 ng/mL		9 Nov 2025
	T3 Total	0.95 ng/mL		9 Nov 2025
	Iron	228 mcg/dL		9 Nov 2025