

Heavy Periods

DNA Health Report

REPORT CATEGORY —



REPRODUCTIVE
HEALTH

Sample Client

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DISCLAIMER

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

Personal information

NAME

Sample Client

SEX AT BIRTH

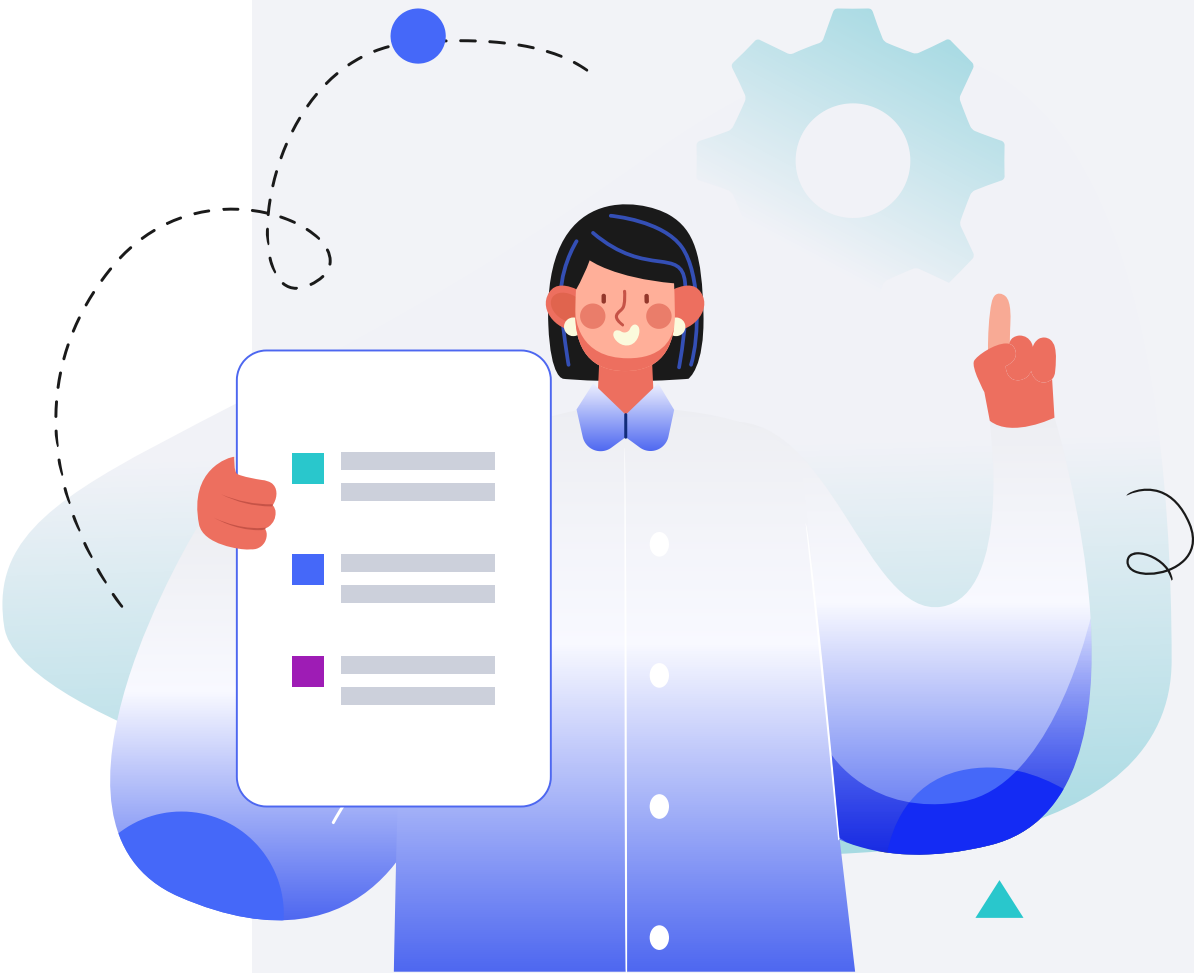
Male

HEIGHT

5ft 5" 165cm

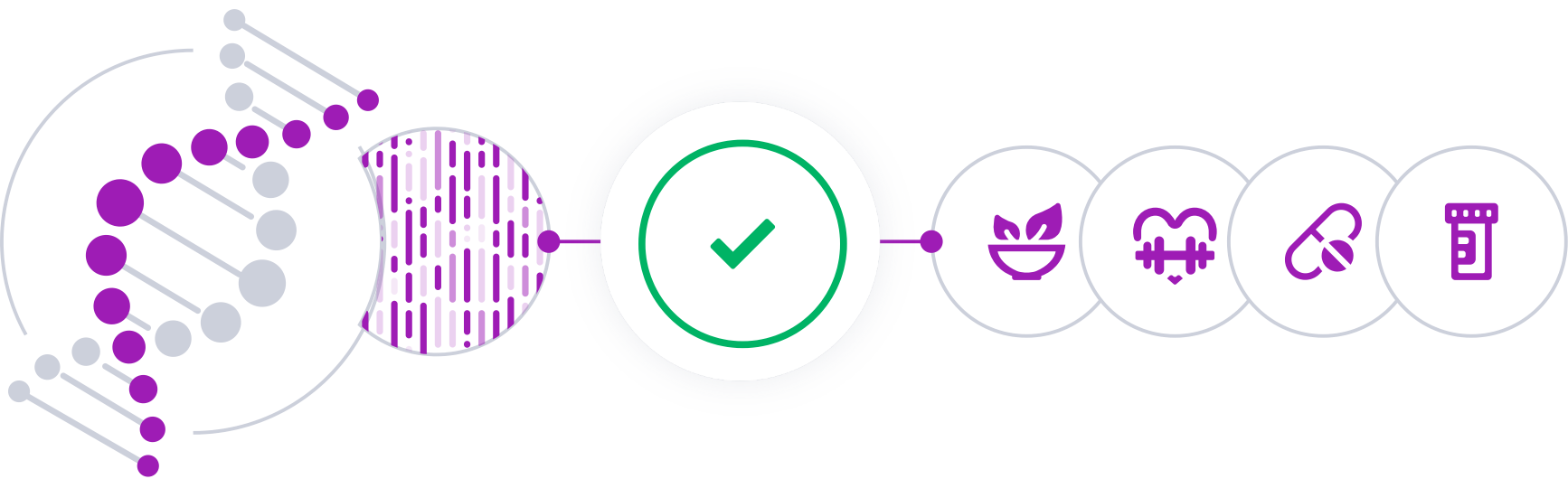
WEIGHT

137lb 62kg



How this works

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

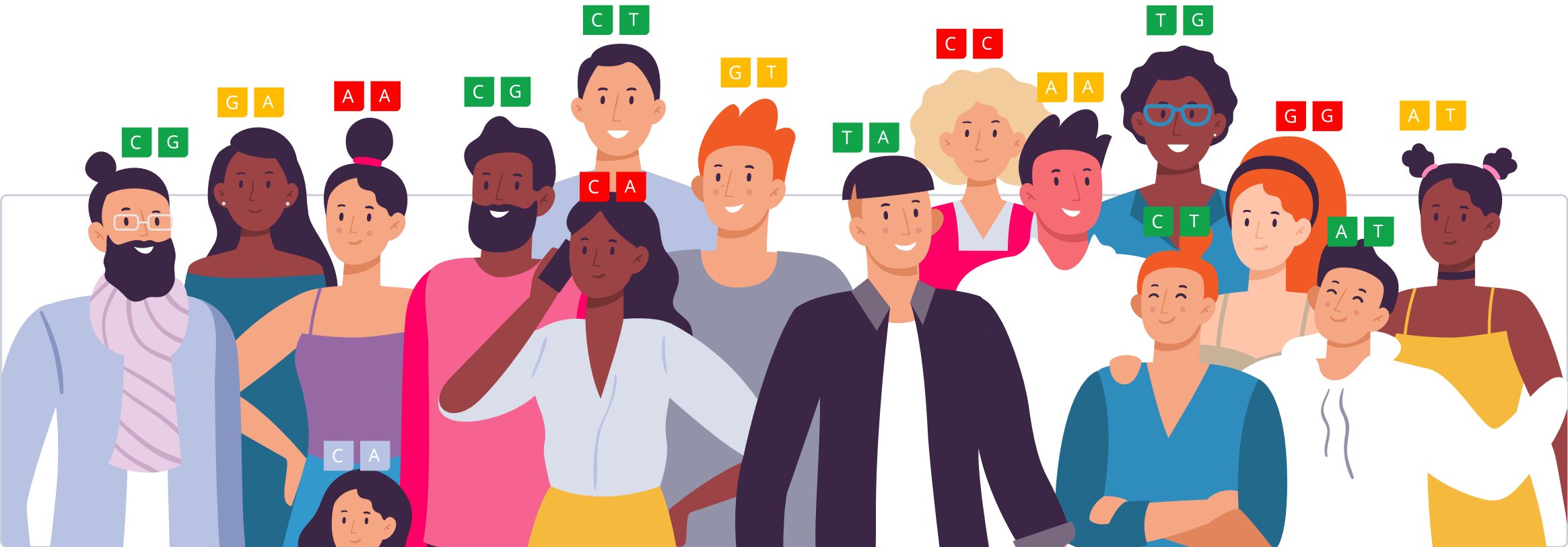


Similarly, our Trait Reports look at how your DNA influences your traits.



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

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



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

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

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



Genotype color info:

AA

You don't have any risk alleles

AA

You have 1 risk allele

AA

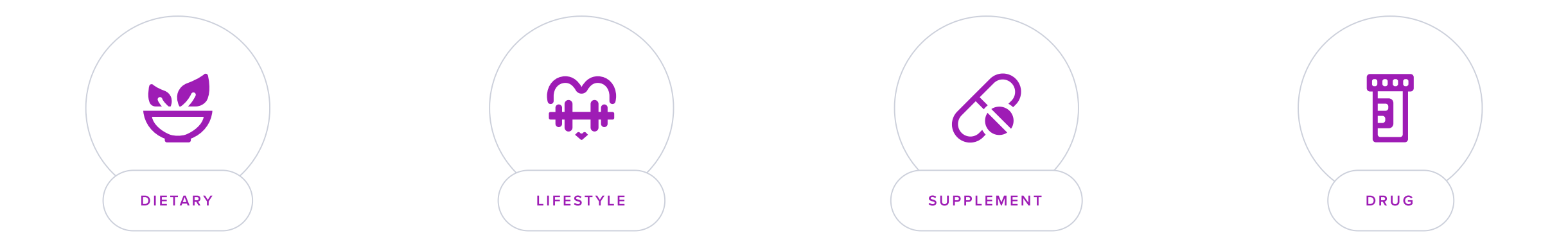
You have 2 risk alleles

Your risk is also displayed as a percentile. This will tell you how your risks compare to our sample population. The lower your percentile number, the lower your risk. The "50th percentile" would be an average risk.

Similarly, the gauge tells you your relative risk score compared to our sample population, or it indicates a specific trait or haplotype you are more likely to have based on your genetic variants.

When applicable, we also list top evidence-based recommendations that may help lower your risk. The focus is on recommendations that may be of benefit to you, based on your genetics.

Our recommendations come in four categories: lifestyle, diet, supplements and drugs.
The following icons tell you which category a recommendation falls into:



Our team of scientists also ranks each recommendation.
We rank based on impact and the strength of evidence in the medical literature.

Impact shows how strongly a recommendation will affect your health in a certain area.
Evidence is how much scientific support there is for the recommendation. Rankings are from 1 to 5 (low to high):



Impact

Impact scores range from 1-5. These scores reflect how much of an effect each recommendation can have. An impact score of 5 predicts the biggest effect.

When a recommendation affects something we can measure, we use those measurements to assign the impact score. For example, a recommendation that decreases cholesterol by 20% will have a higher impact score than one that decreases it by 5%.

Some recommendations affect things that we cannot directly measure, like stress or mood. For these, the impact score is based on how well they work relative to other recommendations and standard treatments. The best ones get the highest scores.

If there is a lot of research that shows a recommendation works especially well for your genotype, the impact score gets increased.

Recommendation Evidence

- 5 / 5
- Recommendations that are considered effective and generally recommended by experts and medical bodies.
-
- 4 / 5
- Recommendations that are considered likely effective and that have multiple independent meta-analyses and a great many studies supporting them.
-
- 3 / 5
- Recommendations that are considered possibly effective and have many studies supporting them
-
- 2 / 5
- Recommendations that have insufficient evidence, with two or several clinical trials supporting them, or many studies but with ambiguous results.
-
- 1 / 5
- Recommendations that have insufficient evidence, with a single clinical trial, or with many studies most of which didn't find support for the recommendation.
-
- 0 / 5
- No evidence in humans.

Genotype-specific Evidence

- High-quality
- Direct evidence that a recommendation helps more in people with your gene variant (many clinical trials, a few large clinical trials, or a meta-analysis).
- Medium-quality
- Direct evidence that a recommendation helps more in people with your gene variant (a few clinical trials or one large clinical trial).
- Low-quality
- Direct evidence that a recommendation helps more in people with your gene variant (a single clinical trial or more trials with inconsistent results).
- Indirect
- A recommendation may help more in people with your gene variant because it targets a specific gene or protein affected by your variant (e.g., MTHFR, dopamine).
- In theory
- A recommendation may help more in people with your gene variant because it targets a specific mechanism affected by your variant (e.g., inflammation, oxidative stress).

Some things to keep in mind:

- Genetics doesn’t play a considerable role in a condition or a trait.
- There is not enough research available to estimate a genetic predisposition.
- There are technical limitations to estimating or presenting a genetic predisposition.
- The topic is sensitive, and a genetic predisposition should only be estimated and presented by a healthcare professional.

Introduction

The menstrual cycle lasts about 28 days. A period lasts for 3-5 days of this cycle. However, periods as short as 2 days or as long as 7 days can still be considered normal [\[R\]](#), [\[R\]](#), [\[R\]](#).

Up to 55% of people who menstruate may have heavy periods. Their periods may last longer than 7 days or they may lose a lot of blood during their period [\[R\]](#).

Symptoms of heavy periods can include [\[R\]](#), [\[R\]](#):

- Needing to change a tampon or pad very often
- Needing to use extra protection to control blood flow
- Bleeding that lasts longer than 7 days
- Passing blood clots that are larger than a quarter

If you lose a lot of blood during your periods, you may be at a higher risk of anemia (a lack of healthy red blood cells). This can lead to symptoms like fatigue and dizziness [\[R\]](#).

Factors Contributing to Heavy Periods

 PERSONALIZED TO GENES

Based on the genetic variants we looked at, you may be less likely to have heavy periods. However, your lifestyle, diet, and environment may also influence heavy periods.

Key Takeaways:

- Up to **55%** of the differences in heavy periods may be due to genetics.
- Other risk factors include certain medications and health conditions, use of intrauterine devices (IUD), and stress.
- Up to **55%** of people who menstruate may have heavy periods.
- If you have high genetic risk or experience symptoms, talk to your healthcare professional about the best actions to take.
- Click the **Recommendations** tab for potential dietary and lifestyle changes and **next steps** for relevant labs.

Up to 55% of people who menstruate may have heavy periods. Their periods may last longer than 7 days or they may lose a lot of blood during their period [\[R\]](#).

Many factors can contribute to heavy periods, including [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Medications
- Health conditions that alter hormone levels or impact the uterus
- Use of intrauterine devices (IUD)
- Stress
- **Genetics**



LESS LIKELY

Less likely to have heavy periods based on 20,302 genetic variants we looked at



PERCENTILE



Your risk is greater than 17% of the population and lower than 83% of the population.

Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
ARL14EP	rs11031006	GG
UIMC1	rs2456181	GG
DMRT1	rs10976689	AA
PSMD13	rs547025	CT
MCM8	rs16991615	AG
TERT	rs72709458	CT
TERT	rs72709458	CT
ITGA11	rs148079454	AA
AADACL2	rs577706273	GG
/	rs138376136	AG
FRMD6	rs138935132	AC
TP53	rs78378222	TT
POGLUT3	rs149934734	CC
RAP2C	rs12392108	TT
COX7C	rs144547792	GG
/	rs146741629	CC
KCNK2	rs547067	TT
EPHA5	rs144026705	AA
COL5A1	rs112290467	GG
RPL27A	rs140928568	GG
MRPL23	rs138801154	GG
/	rs115549347	TT
ADAM23	rs151000880	AA
TMOD2	rs80077390	CC

Up to 55% of the differences in heavy periods may be due to genetics. Genes involved may influence the function of blood vessels of the uterus [\[R\]](#).

Heavy periods can have a major impact on day-to-day life. Luckily, there are ways to manage them. Treatments can include [\[R\]](#), [\[R\]](#):

- Medications
- Surgery

GENE	SNP	GENOTYPE
AKR1C1	rs182944440	CC
ZFPM2	rs7003249	CC
TENM4	rs144891298	AA
SLAMF9	rs78243655	AA
/	rs193090021	TT
RBFOX1	rs117218078	GG
COX7C	rs150666358	CC
ARHGAP23	rs138289112	GG
PRKG2	rs149498868	CC
RASGRP3	rs144939947	TT
COX7C	rs111402458	TT
PAX8	rs80290871	TT
ZNF646	rs148753960	CC
NDUFC1	rs149918776	TT
TWIST1	rs139165502	GG
CAMK2D	rs188182052	TT

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

Your Recommendations

Your recommendations are prioritized according to the likelihood of it having an impact for you based on your genetics, along with the amount of scientific evidence supporting the recommendation.

You’ll likely find common healthy recommendations at the top of the list because they are often the most impactful and most researched.

DOSAGE		DOSAGE	
1	Avoid Mercury Exposure	2	Boswellia350 mg
3	Ginger500 mg	4	Avoid Coffee and Tea After Iron-Rich Meals
5	Apply Heat15 minutes	6	Dietary Iron
7	Magnesium350 mg		

Avoid Mercury Exposure

1 / 5

2 / 5

Limit consumption of large fish such as shark, swordfish, king mackerel, and tilefish, which are known to have higher mercury levels. Opt for smaller fish like salmon, shrimp, pollock, and catfish, and limit seafood intake to 8-12 ounces (two to three servings) per week. Check and follow local advisories regarding the safety of fish caught by family and friends in your local lakes, rivers, and coastal areas.

Avoiding exposure to mercury, a toxic heavy metal found in certain seafood and environmental sources, is essential to prevent adverse health effects, including neurological damage and developmental issues.

Mercury and other [heavy metals](#) are found in the soil, water, food, and some commonly-used household products. They adversely affect the environment and living organisms. According to some studies, mercury is considered **the most toxic heavy metal** in the environment [R, R].

A major source of mercury exposure is seafood, especially large fish such as [R]:

- Tuna
- Shark
- Swordfish

Avoiding mercury doesn't necessarily help with heavy periods. Mercury exposure could harm your overall health, but it's unrelated to menstrual flow.

Occupational mercury exposure is significantly associated with menstrual issues such as longer periods, cycle delays, and blood volume changes, as well as dysmenorrhea. It can also lead to adverse reproductive outcomes like pregnancy-induced hypertension, stillbirth, low birth weight, and birth defects in offspring [R].

Reproductive hazards in 704 female workers exposed to low-level metallic mercury and 583 controls were investigated. Females exposed to low-level mercury for a long term mainly manifested dysmenorrhoea, and the incidence of dysmenorrhoea increased with exposure dose, suggesting a dose-response relationship [R].

2



Boswellia

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Take a 350 mg Boswellia supplement daily, ideally with a meal to enhance absorption.

TYPICAL STARTING DOSE

350 mg

Description

Boswellia is an herbal remedy derived from the resin of certain trees. It's known for its potential anti-inflammatory properties and is often used to support joint health.

[Boswellia](#), also known as frankincense, is the hardened sap of the *Boswellia serrata* tree [\[R\]](#).

In traditional medicine, boswellia is used for joint pain and gut conditions [\[R\]](#).

Today, some people use boswellia for [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Osteoarthritis
- IBD
- Skin aging
- Asthma
- Gum health

How it helps

Boswellia may reduce inflammation and balance female hormones, which could lessen the severity of heavy periods. However, more medical research is required to confirm its efficacy for this use.

In a study involving 102 patients with heavy menstrual bleeding (HMB), three groups received ibuprofen and either frankincense, ginger, or a placebo for 2 menstrual cycles. Frankincense and ginger groups experienced reduced menstrual duration (-1.77 and -1.8 days respectively), while the placebo group did not (-0.52 days). All groups saw a decrease in menstrual bleeding amount, with no significant difference. Quality of life (QOL) improved more in the frankincense and ginger groups compared to placebo (frankincense: -25.7, ginger: -29.2 vs. placebo) [\[R\]](#).

3



Ginger

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a 500 mg ginger supplement daily, preferably with a meal to enhance absorption and minimize potential stomach discomfort.

TYPICAL STARTING DOSE

500 mg

Description

Ginger is a versatile spice known for its potential anti-inflammatory and digestive benefits. It may help alleviate nausea, reduce muscle soreness, and support gastrointestinal comfort when consumed as part of a balanced diet.

[Ginger root](#) is a cooking spice and a traditional remedy. People mostly use it to relieve [\[R\]](#):

- Nausea
- Menstrual cramps
- Joint pain

How it helps

Ginger can help regulate your menstrual cycle and decrease heavy bleeding due to its anti-inflammatory and pain-relieving properties. It also aids in reducing the production of prostaglandins, substances associated with heavy periods.

4



Avoid Coffee and Tea After Iron-Rich Meals

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Wait at least an hour after consuming an iron-rich meal before drinking coffee to ensure optimal iron absorption from your meal.

Description

Avoiding coffee and tea immediately after consuming iron-rich foods or supplements can enhance the body's absorption of dietary iron. They contain compounds that may inhibit iron absorption, so waiting a while before drinking them can optimize the nutritional benefits of iron-rich meals.

How it helps

Similar to tea, coffee can hinder the absorption of iron. It is advisable to avoid coffee shortly after consuming iron-rich foods to maximize iron uptake.

5



Apply Heat

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Place a warm, not hot, heating pad or a warm wet towel on the affected area for 15-20 minutes at a time. Do this several times a day, ensuring there's at least a 1-hour interval between sessions to avoid skin damage.

TYPICAL STARTING DOSE

15 minutes

Description

Applying heat, such as through heating pads or warm baths, can help relieve muscle tension and soothe pain. It is a common method for managing muscle aches, menstrual cramps, and minor injuries.

People use hot applications to relieve pain, improve blood flow, and more [\[R\]](#), [\[R\]](#).

Types of hot applications include [\[R\]](#), [\[R\]](#):

- Heating pads
- Hot baths
- Saunas
- Hot water bottles

How it helps

Applying heat to the lower abdomen can help relax the muscles, potentially easing cramps and minimizing the perception of heavy bleeding.

6



Dietary Iron

IMPACT

0 / 5

EVIDENCE

0 / 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.

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

Iron is an essential mineral that is often depleted during heavy periods due to blood loss. Including dietary iron can help prevent anemia.

How to implement

TYPICAL STARTING DOSE

350 mg

Description

Magnesium is an essential mineral involved in various bodily functions, including muscle contractions, nerve signaling, and bone health. Maintaining adequate magnesium levels through diet or supplements can support overall well-being and reduce the risk of magnesium deficiency-related health issues.

- Muscle, nerve, and bone function
- Blood sugar and blood pressure control
- DNA and protein production
- Strong immunity

Foods rich in magnesium include **nuts, seeds, and leafy greens**. Magnesium is also available as a supplement [R].

How it helps

Magnesium may help reduce heavy periods by improving blood vessel integrity and influencing prostaglandin production which affects menstrual flow.

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.

	Ferritin	102.2 ng/mL		9 Nov 2025
	Platelet Count	215 x10^3/mm3		9 Nov 2025
	Hematocrit	51.8 %		9 Nov 2025
	Hemoglobin	17.1 g/dL		9 Nov 2025
	Iron	228 mcg/dL		9 Nov 2025