

Hepatitis C

Disease Report

REPORT CATEGORIES —



IMMUNITY &
INFECTIONS



LIVER 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

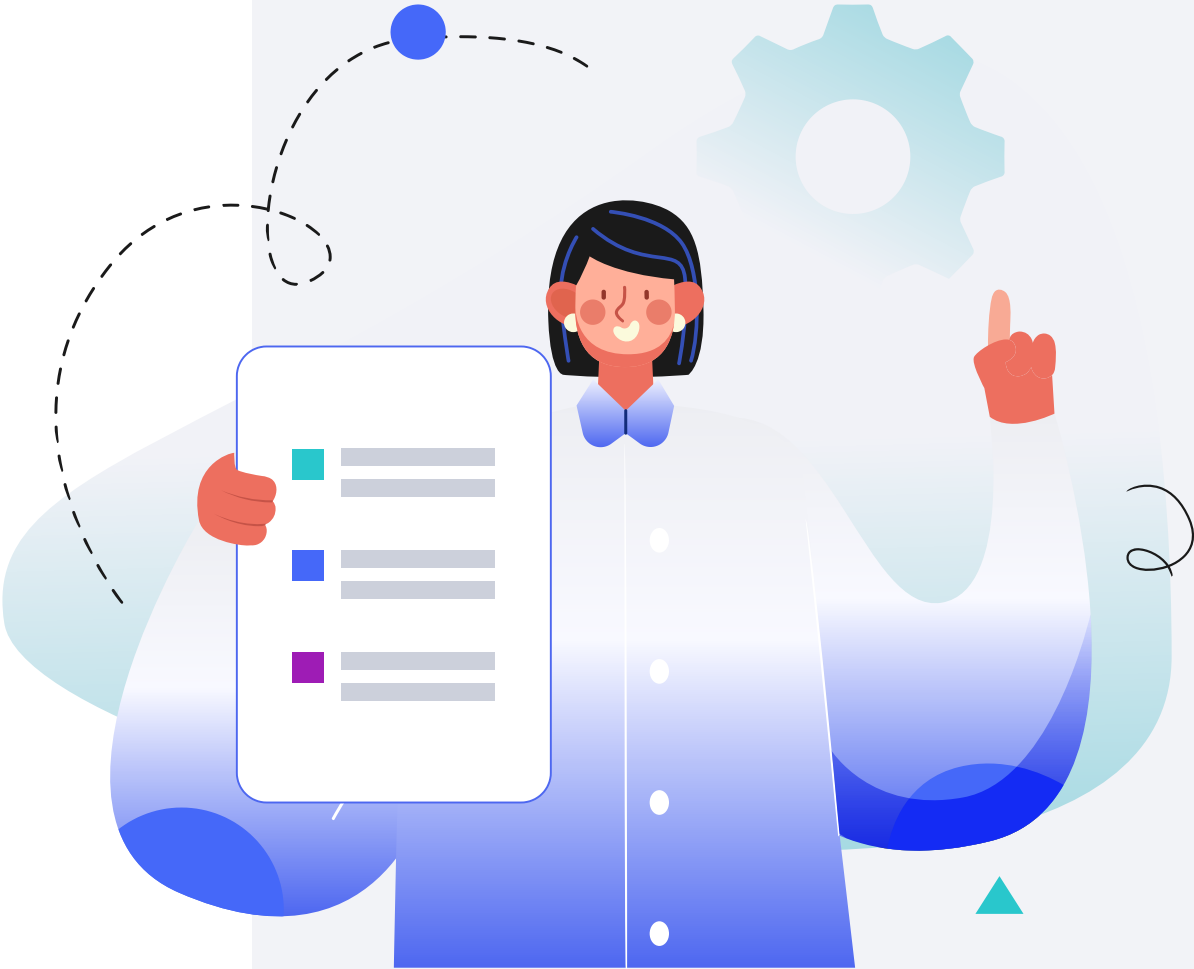
Male

HEIGHT

5ft 5" 165cm

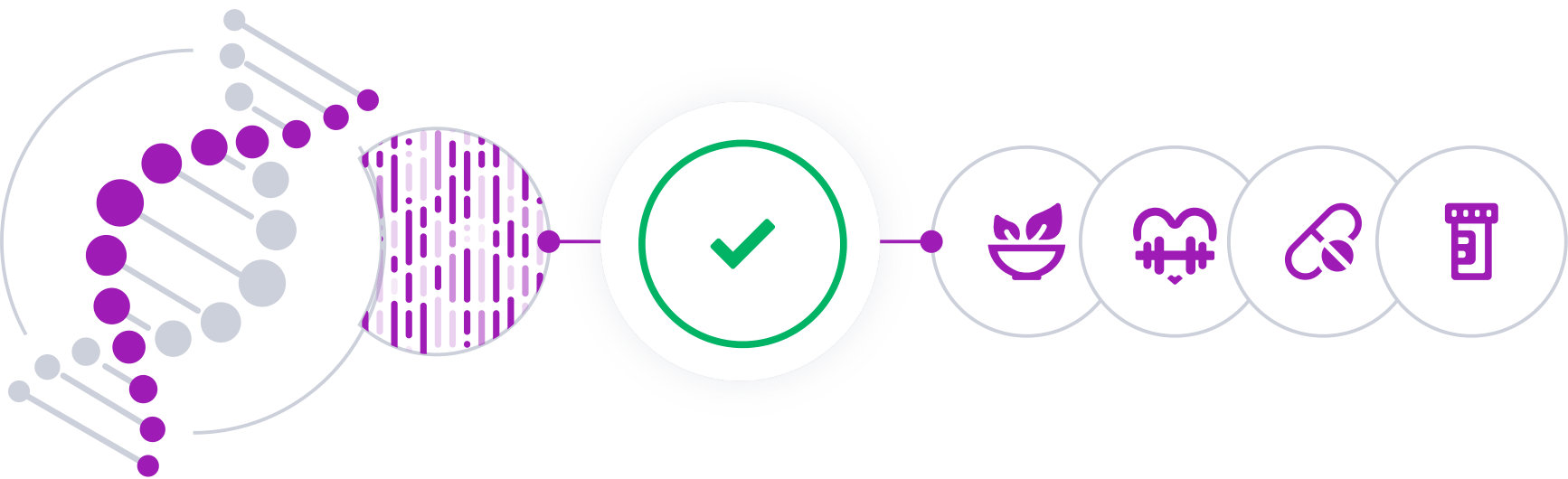
WEIGHT

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.

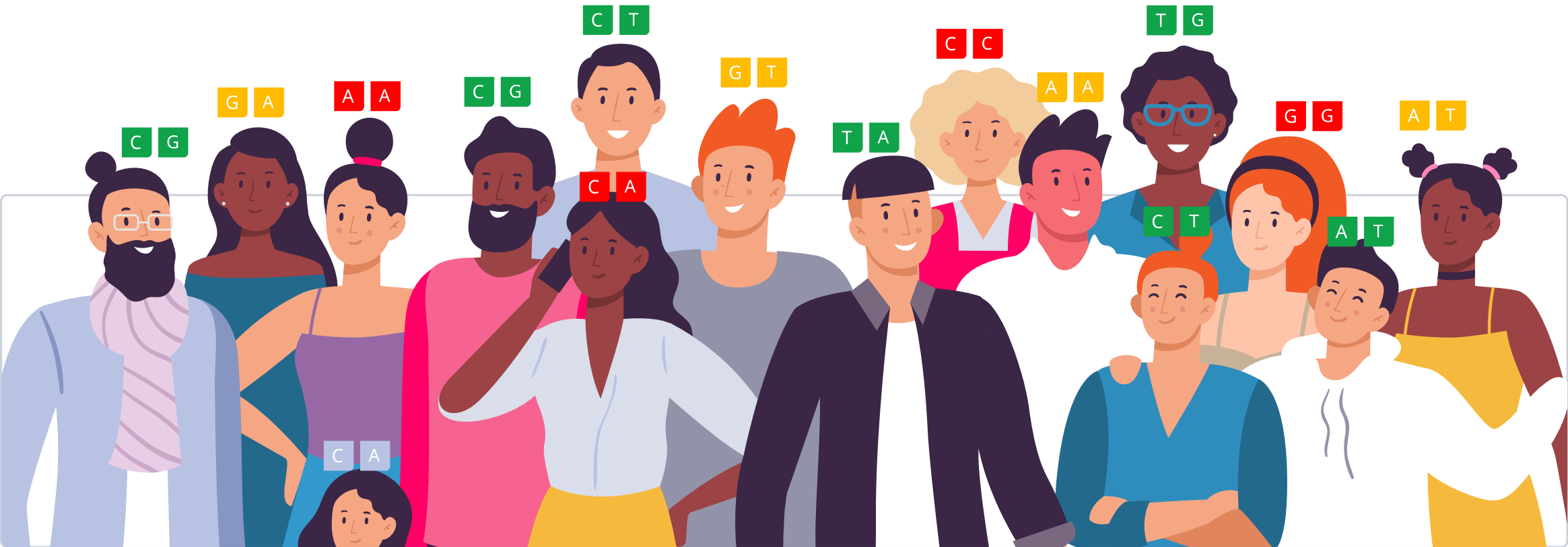


Similarly, our Trait Reports look at how your DNA influences your traits.



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

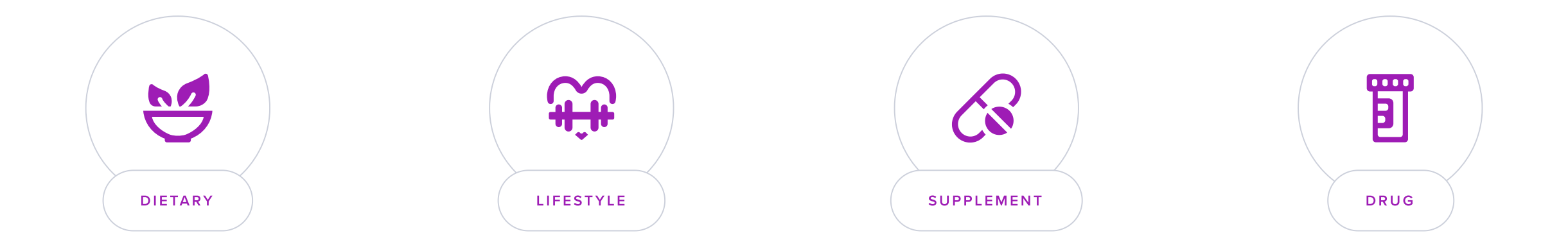
You have 2 risk alleles

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

Hepatitis C is a viral infection that affects the liver. It can cause serious problems, including cirrhosis and liver cancer, if left untreated.

Many people with hepatitis C experience no symptoms, especially in the early stages.

In some cases, symptoms may include:

- Fatigue
- Joint pain
- Nausea
- Loss of appetite
- Dark urine
- Jaundice (yellowing of the skin and eyes)

Risk Factors

Risk factors for hepatitis C infection include:

- Sharing needles or syringes: This is the most common way to contract hepatitis C.
- Blood transfusions: Before 1992, blood transfusions carried a risk of hepatitis C.
- Sexual contact: Although less common, hepatitis C can be transmitted through sexual contact.
- Tattooing and body piercing: Using unsterilized equipment can put you at risk for hepatitis C.
- Birth: Babies born to mothers with hepatitis C are at risk of contracting the virus.
- Other factors: Sharing razors, toothbrushes, or other personal items with someone who has hepatitis C can also put you at risk.



TYPICAL LIKELIHOOD

Typical likelihood of hepatitis C based on 8,654 genetic variants we looked at

Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
CWH43	rs11725957	GG
EFCAB14	rs10789491	GG
HLA-DQA2	rs2858320	GG
EPHA7	rs12527818	TT
RCC2	rs2254135	TT
IFNL2	rs8099917	GT
GPR158	rs1754257	AA
PAK4	rs74597329	GT
GPR158	rs1760726	GG
SLC22A3	rs2504916	TA
PAK4	rs12979860	TC
DPP10	rs1346763	TT
PAK4	rs4803217	AC
NCCRP1	rs8113007	TA
HLA-DQA2	rs2647051	CT
HLA-DQA2	rs2647006	CA
OAS1	rs2660	AA
OAS1	rs10774671	AA
MICA	rs2853968	GA
HLA-B	rs709053	GC
ITPA	rs11697186	AA
ITPA	rs6139030	TT
/	rs28368843	CC
USPL1	rs12161828	CC
HLA-DRB5	rs10456404	TT
TUBA3C	rs1838126	CC
YWHAH	rs1012068	TT
POM121L12	rs1649709	AA
CHMP4B	rs6087561	TT
HLA-DQA2	rs9275572	AG

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	Zinc	15 mg	2	Milk Thistle (Silymarin)	300 mg
3	Tomato		4	TUDCA (Tauroursodeoxycholic Acid)	250 mg
5	Chlorella	3 g	6	Black Seed (Black Cumin)	1000 mg
7	L-Carnitine	1 g	8	Mediterranean Diet	
9	Spirulina	500 mg	10	Mitoquinone Mesylate (MitoQ)	
11	SAM-e	400 mg	12	Exercise At Least One Hour a Day	1 hour
13	Avoid Illicit Drugs		14	Avoid Raw Seafood	

1



Zinc

IMPACT

3 / 5

EVIDENCE

2 / 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 supplementation in patients with hepatitis C has shown mixed results. While zinc is essential for liver health and immune function, its specific role in hepatitis C treatment varies based on individual patient characteristics and disease factors.

Key findings from clinical trials include [R, R, R, R, R]:

- Zinc supplementation does not consistently improve the virological response in hepatitis C treatment.
- In some studies, zinc has shown potential benefits in reducing liver enzyme levels and improving symptoms in patients with hepatic encephalopathy.
- The optimal dosage and regimen for zinc supplementation in hepatitis C patients are not well established. Typical dosages used in studies start from 30 mg of elemental zinc per day.
- Zinc may have a role in enhancing the efficacy of certain antiviral therapies, but this requires further validation.

 PERSONALIZED TO YOUR GENES

Supplementation with zinc may improve serum virological response more in patients with hepatitis C carrying your *IFNL3* gene variant [R].

YOUR GENETIC VARIANTS			
GENE	SNP	GENOTYPE	EVIDENCE
PAK4	rs12979860	TC	

2



Milk Thistle (Silymarin)

IMPACT2 / 5

EVIDENCE2 / 5

How to implement

Take a 300 mg milk thistle (silymarin) supplement daily with water, preferably with a meal for better absorption. Continue this regimen as advised by your healthcare provider.

TYPICAL STARTING DOSE

300 mg

Description

Silymarin is a natural plant extract derived from the milk thistle plant (*Silybum marianum*). It has been traditionally used for its potential anti-inflammatory and liver-protective properties. Silymarin consists of several flavonolignans, including silybin, silydianin, and silychristin.

Milk thistle (*Silybum marianum*) is a purple flowering plant in the daisy family. Traditionally, it has been used for liver problems. Some people also eat the leaves in salads [\[R\]](#), [\[R\]](#).

The extract of milk thistle is called *silymarin* [\[R\]](#), [\[R\]](#), [\[R\]](#).

People use milk thistle to help with [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Liver problems
- Blood sugar control
- Indigestion
- Skin problems

How it helps

A [Cochrane review of 18 trials and 1088 patients with alcoholic and/or hepatitis B or C virus liver diseases](#) concluded that silymarin supplementation **reduces liver mortality (except in high-quality trials) but has no effect on overall mortality, complications of liver disease, or liver histology** [\[R\]](#).

In contrast, the combination of silymarin (400 mg/day) with the antivirals ribavirin and sofosbuvir taken for 8 weeks **reduced viral load, decreased ALT, AST, ALP, and bilirubin, and increased the oxidative markers SOD, TAS, GSH, GSSG, and MDA** in a [non-placebo-controlled trial of 30 patients with hepatitis C](#) [\[R\]](#).

However, a [meta-analysis of 5 trials and 389 patients with hepatitis C](#) found that silymarin **doesn’t reduce HCV RNA or ALT levels better than the placebo** [\[R\]](#).

3



Tomato

IMPACT

2 / 5

EVIDENCE

1 / 5

How to implement

Incorporate fresh or cooked tomatoes into your daily diet. This can be achieved by adding them to salads, sandwiches, pastas, and sauces or simply eating them on their own. Aim for at least one serving (approximately 1 medium-sized tomato or 1/2 cup of chopped or cooked tomatoes) per day.

Description

Tomatoes are a fruit grown widely in numerous varieties, and are rich in vitamins C and K, as well as the antioxidant lycopene, which may contribute to heart health and protect against certain chronic diseases when incorporated into a balanced diet.

Tomato (*Solanum lycopersicum*) is a fruit originally from the Andes in South America. It is usually consumed as a vegetable in juices, sauces, or fresh. Tomato is an important source of [R]:

- [Vitamin C](#)
- Potassium
- Antioxidants (e.g., [lycopene](#))
- Vitamin B9 ([folate](#))

Tomato is traditionally used for [R, R]:

- High cholesterol
- High blood pressure

How it helps

Consuming a specialized food product (FSMP) increased lycopene levels in healthy subjects and preserved carotenoid levels in HCV patients without affecting therapy response. It improved oxidative status in nonresponder HCV patients [R].

4



TUDCA (Tauroursodeoxycholic Acid)

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 250 to 1500 mg of TUDCA (tauroursodeoxycholic acid) per day, divided into two or three doses with meals. This recommendation is based on general guidelines from clinical studies; for specific conditions or as directed by a healthcare professional, dosages may vary.

TYPICAL STARTING DOSE

250 mg

Description

TUDCA is a bile acid derivative naturally produced in small quantities in the human body and also found in the bile of bears. It is often used as a supplement due to its potential to support liver health, reduce inflammation, and protect against bile acid buildup, making it valuable in managing liver conditions like cholestasis and certain liver diseases.

TUDCA, short for tauroursodeoxycholic acid, is a [bile acid](#) that naturally occurs in the body. It consists of ursodeoxycholic acid (UDCA) and taurine [\[R\]](#).

TUDCA is known for its liver-protective effects. People often use it as a dietary supplement to support liver health and promote overall well-being [\[R\]](#).

How it helps

In a [placebo-controlled trial of 150 patients with chronic hepatitis C](#), supplementation with TUDCA (500-750 mg/day) for 6 months **decreased serum aminotransferase levels** [\[R\]](#).

 PERSONALIZED TO YOUR GENES

People with your [SLCO1B](#) gene variant may absorb TUDCA better [\[R\]](#).

YOUR GENETIC VARIANTS			
GENE	SNP	GENOTYPE	EVIDENCE
SLCO1B1	rs4149056	TC	

5



Chlorella

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 3 to 5 grams of chlorella in tablet or powder form daily, ideally before meals to improve digestion. Continue this supplementation for at least 2 to 3 months to observe benefits.

TYPICAL STARTING DOSE

3 g

Description

[Chlorella](#) is a microalga from freshwater. People consume chlorella in rice, pancakes, or tea. It can also be found as a supplement [\[R\]](#) [\[R\]](#).

Chlorella is **rich in protein** and several micronutrients. It may be useful to [\[R\]](#) [\[R\]](#) [\[R\]](#) [\[R\]](#) [\[R\]](#) [\[R\]](#) [\[R\]](#) [\[R\]](#):

- Reduce blood sugar
- Lower cholesterol
- Reduce blood pressure
- Improve immunity

How it helps

In a placebo-controlled trial of 18 patients with chronic hepatitis C, supplementation with chlorella for 12 weeks lowered ALT levels in 84.61% of the patients [\[R\]](#).

6



Black Seed (Black Cumin)

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

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

TYPICAL STARTING DOSE

1000 mg

Description

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

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

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

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

How it helps

In an uncontrolled trial of 30 patients with hepatitis C, supplementation with black seed (450 mg, 3x/day) for 3 months reduced viral load and TAC, as well as improved total protein, albumin, red blood cell count, platelet count, and fasting glucose.

The combination of black seed (250 mg/day) and ascorbate (1000 mg/day) as an add-on to antivirals for 8 weeks reduced the levels of AST, ALT, ALP, GGT, bilirubin, and MDA, and increased SOD, TAS, and GSH activity in a non-placebo-controlled trial of 30 patients with hepatitis C [\[R\]](#), [\[R\]](#).

7



L-Carnitine

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 500 mg of L-carnitine supplement daily with a glass of water, preferably with a meal to enhance absorption.

TYPICAL STARTING DOSE

1 g

Description

L-carnitine is an amino acid-like compound that plays a role in energy metabolism and helps prevent toxic substances from building up in cells. It is often used in dietary supplements for its potential to support muscle recovery, reduce fatigue, and enhance athletic performance.

[L-carnitine](#) is a compound that helps you burn fat. It also prevents toxic substances from building up in cells [\[R\]](#).

Your body can usually make enough carnitine to meet its needs. You can also get it from **meat and dairy products** [\[R\]](#).

People use L-carnitine for [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Heart problems
- Overactive thyroid
- Fertility problems
- Blood sugar control
- Weight control

How it helps

In 60 hepatitis C patients, 12 months of ALC supplementation reduced both **mental and physical fatigue**, improved health-related quality of life, and, therefore, has the potential to increase patient adherence to the combination regimen [\[R\]](#).

8



Mediterranean Diet

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate a variety of primarily plant-based foods, such as fruits, vegetables, whole grains, nuts, and legumes, into every meal. Choose healthy fats, like olive oil, over saturated fats and consume fish and poultry at least twice a week. Limit red meat to a few times a month and include a moderate amount of dairy products. Opt for water and red wine in moderation as your beverages.

Description

The [Mediterranean diet](#) is based on the traditional cuisine from the Mediterranean regions. It moderates the intake of red meat and dairy, while being rich in fruits and vegetables, whole grains, and healthy fats ([olive oil](#)).

The [Mediterranean diet](#) focuses on traditional cuisine from the Mediterranean regions. It’s rich in [\[R\]](#):

- [Olive oil](#)
- Fruits and vegetables
- Whole grains
- Nuts and seeds
- Fish

This type of diet may **reduce inflammation and protect the brain and heart** [\[R, R, R, R\]](#).

Limited intake of animal products, saturated fat, and refined sugar likely contribute to the health benefits of the Mediterranean diet [\[R\]](#).

How it helps

Low adherence to a Mediterranean diet may increase the risk of progression to liver cancer in people with chronic hepatitis C [\[R\]](#).

The Mediterranean diet may help through its anti-inflammatory effects.

9



Spirulina

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 1-8 g of spirulina supplements daily, preferably with a meal to enhance absorption.

TYPICAL STARTING DOSE

500 mg

Description

Spirulina is a blue-green algae. It is rich in nutrients like protein, vitamins, and minerals, particularly vitamin B12 and iron, and is a source of antioxidants, chlorophyll, and phycocyanin. It can be found in powdered or tablet form as a supplement, and is often used to boost energy, support the immune system, and enhance overall nutrition. Additionally, spirulina.

[Spirulina](#) is a supplement made from blue-green algae that grows in fresh and marine water [\[R, R\]](#).

Dried spirulina is up to 70% protein. It’s also rich in vitamins, antioxidants, and healthy fats. This makes it a great source of nutrition for both people and livestock [\[R, R, R\]](#).

People use spirulina supplements to reduce [\[R, R\]](#):

- Cholesterol
- Blood pressure
- Blood sugar

How it helps

In a placebo-controlled trial of 66 patients with chronic hepatitis C, supplementation with spirulina (500 mg/day) for 6 months **produced a complete end of treatment virological response in 13.3% of the patients and a partial end in 6.7%** [\[R\]](#).

10



Mitoquinone Mesylate (MitoQ)

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take MitoQ supplement by swallowing one capsule each morning with water, preferably on an empty stomach to aid in its absorption. This should be done daily for an extended period, often several months, to notice a significant benefit in conditions related to mitochondrial dysfunction or to support overall mitochondrial health.

Description

Mitoquinone mesylate is a novel antioxidant compound that targets mitochondria, the energy-producing organelles in cells. It has the potential to support cellular health and may have applications in promoting overall well-being.

How it helps

In a placebo-controlled trial of 30 hepatitis C patients, supplementation with mitoQ (40-80 mg/day) for 28 days decreased ALT and AST levels [R].

11



SAM-e

IMPACT

0 / 5

EVIDENCE

1 / 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

In an open-label pilot study, 29 patients with CHC who had previously failed therapy with (peg)IFN α /ribavirin were treated with SAME, betaine, pegIFN α 2b, and ribavirin for 6 or 12 months. 59% achieved early virological response (EVR), but only 10% achieved sustained virological response (SVR). SAME and betaine were deemed safe in combination with pegIFN α /ribavirin [R].

12



Exercise At Least One Hour a Day

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Dedicate a minimum of 60 minutes to moderate-intensity activities such as brisk walking, swimming, or cycling. Do this most days of the week, aiming for at least 5 days to optimize benefits.

TYPICAL STARTING DOSE

1 hour

Description

[Exercise](#) can do wonders for your health. It can help you lose weight, improve your heart health, boost your mood, and more [\[R\]](#).

There are many ways you can be active. You can walk, run, swim, dance, or play team sports. **Everything counts, and it's never too late to start!**

Try to get at least **60 minutes of moderate physical activity on most days**, including walking. **Getting a mix of cardio (min 150 min/day) and strength training (min 2 times a week) may be optimal.**

How it helps

Regular exercise improves overall health and can help your body fight the virus better. It also helps manage liver fat, which is beneficial for hepatitis C patients.

13



Avoid Illicit Drugs

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Refrain from using any illegal substances, including but not limited to, narcotics, stimulants, hallucinogens, and cannabis where it's not legalized. This means not purchasing, possessing, or consuming these substances in any form or amount. Commit to this practice indefinitely for long-term health benefits.

Description

Avoiding the use of illicit drugs is essential for preserving physical and mental health, as these substances can lead to addiction, mental health disorders, and other physical health issues. Abstaining from their use supports a safer and healthier lifestyle.

Illicit drugs are highly addictive, illegal drugs. Examples include **marijuana, cocaine, meth, and MDMA (ecstasy)**. The term can also refer to a non-medical use of drugs that are legally available (e.g., medical marijuana in some countries and states) [\[R\]](#).

Illicit drug use can have a **devastating impact on all aspects of your health and wellbeing**. It can lead to [\[R\]](#):

- Dependence and addiction
- Injury and accidents
- Health and sleep problems
- Problems in family and social life

How it helps

Using illicit drugs, especially those that are injected, can harm your liver and make hepatitis C worse. Staying away from these drugs helps protect your liver.

14



Avoid Raw Seafood

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Do not consume seafood that is uncooked or undercooked, including sushi, sashimi, ceviche, and raw oysters. Always ensure that seafood is cooked to an internal temperature of 145 degrees Fahrenheit before eating. Practice this avoidance consistently to reduce the risk of foodborne illnesses.

Description

Avoiding the consumption of raw seafood is recommended to reduce the risk of foodborne illnesses, including bacterial and parasitic infections such as salmonella.

Seafood is a healthy source of protein and essential nutrients such as omega-3 fatty acids and vitamins. Fish and shellfish are also low in saturated fat and cholesterol, making them a good choice for a balanced diet.

However, eating raw seafood can be dangerous as it may contain toxins and harmful germs that can cause food poisoning. Eating raw fish or shellfish, such as sushi or oysters, can increase the risk of food-borne illnesses such as **anisakiasis and salmonella infection**.

Make sure to cook seafood properly to reduce the risk of food poisoning.

How it helps

Eating raw seafood can expose individuals to viruses and bacteria that are harmful to the liver, making it especially dangerous for those already dealing with hepatitis C. By avoiding raw seafood, patients reduce the risk of additional liver infections and complications, helping manage the condition more effectively.

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.

	ALT	26 IU/L		9 Nov 2025
	AST	17 IU/L		9 Nov 2025
	ALP	68 IU/L		9 Nov 2025
	Zinc	17.12 umol/L		9 Nov 2025
	Platelet Count	215 x10^3/mm3		9 Nov 2025
	Albumin	4.3 g/dL		9 Nov 2025
	Bilirubin, Total	1 mg/dL		9 Nov 2025