

IBD5 (Gut Inflammation)

Gene Report

REPORT CATEGORIES —



GUT HEALTH



INFLAMMATION &
AUTOIMMUNITY

Sample Client

Report date: 15 January 2026

Powered by

omicsedge

Table of Contents

03 How this works

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

07 Introduction

08 Your genetics

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

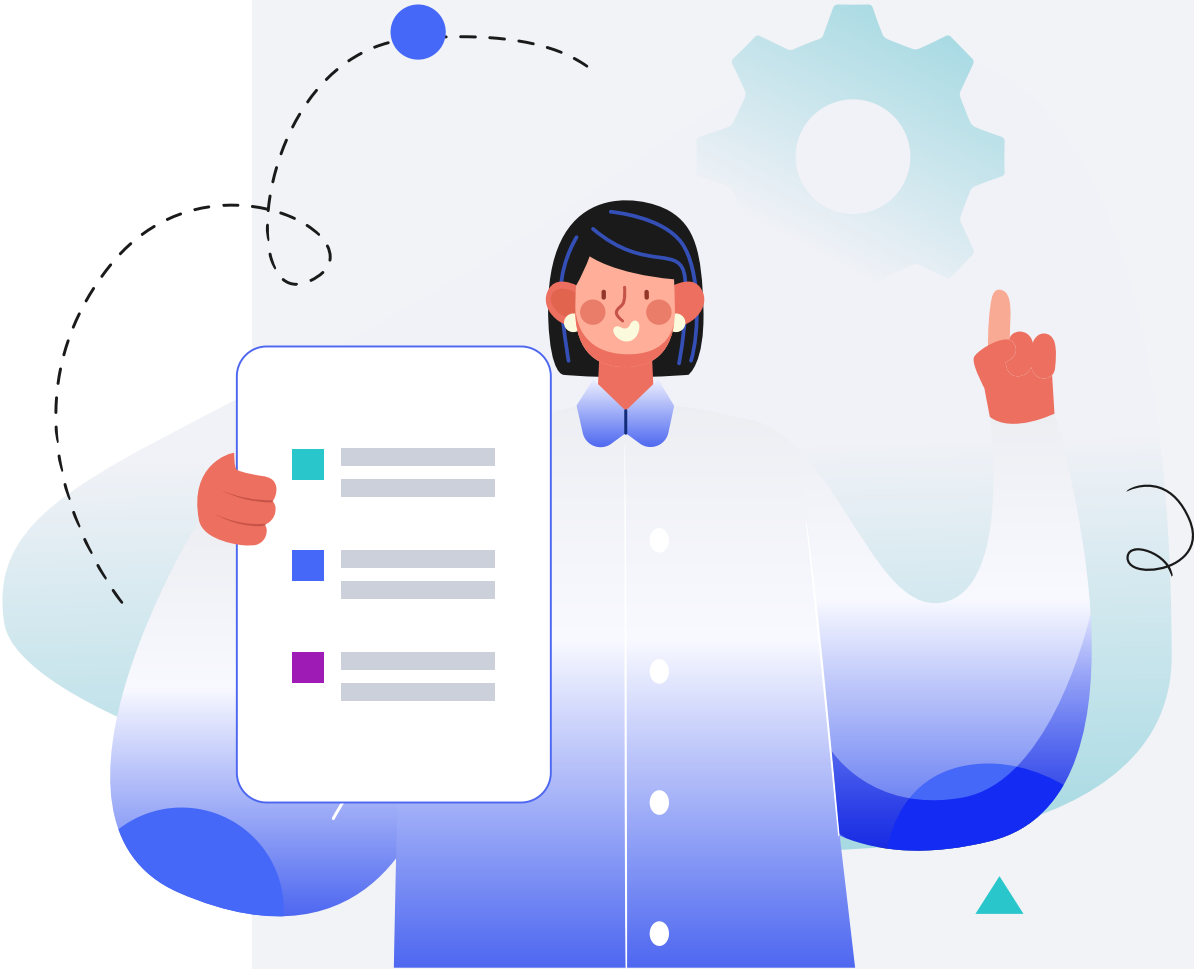
Male

HEIGHT

5ft 5" 165cm

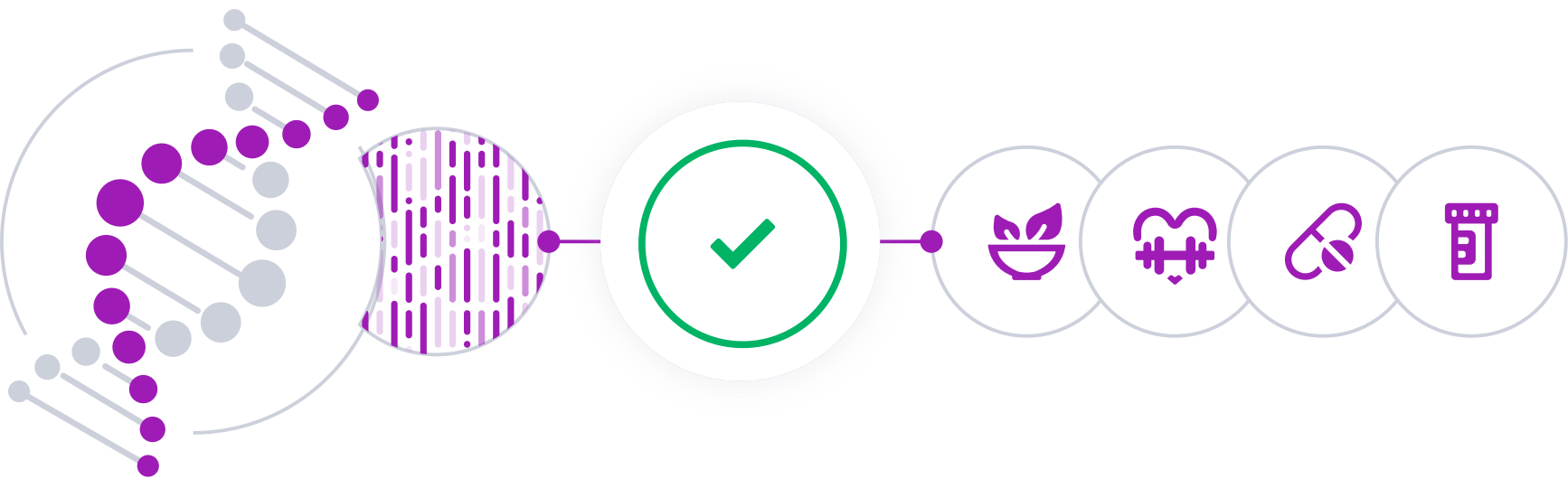
WEIGHT

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.

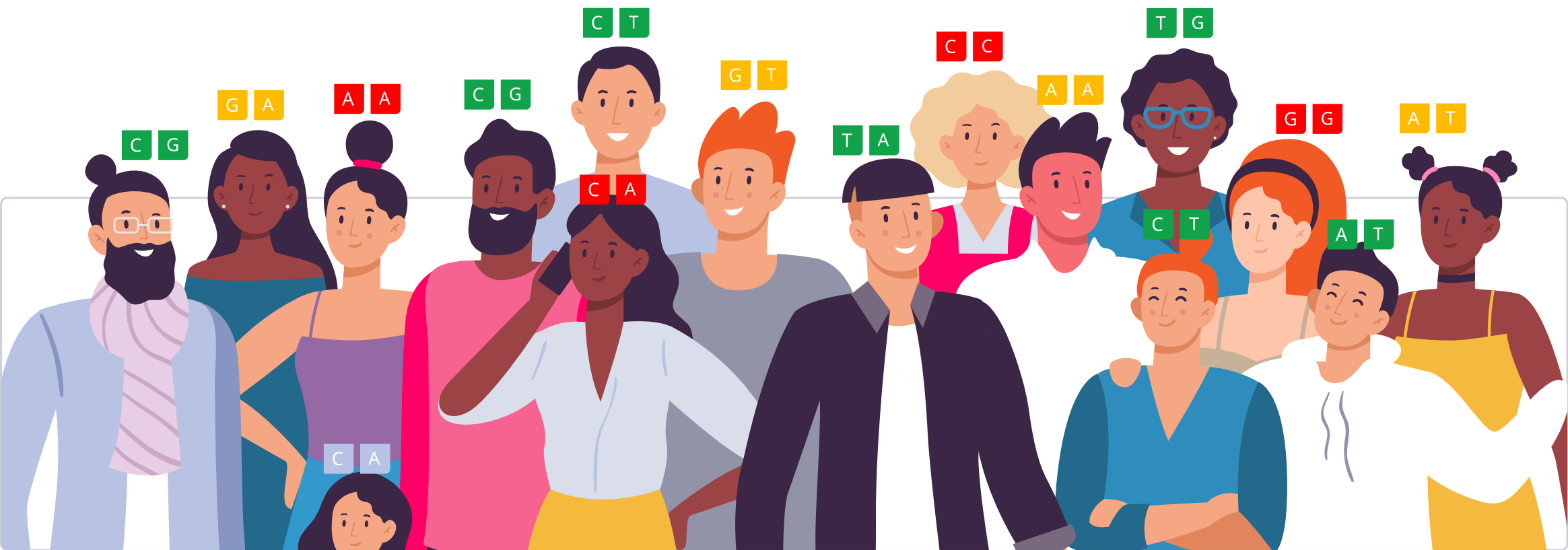


Similarly, our Trait Reports look at how your DNA influences your traits.



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

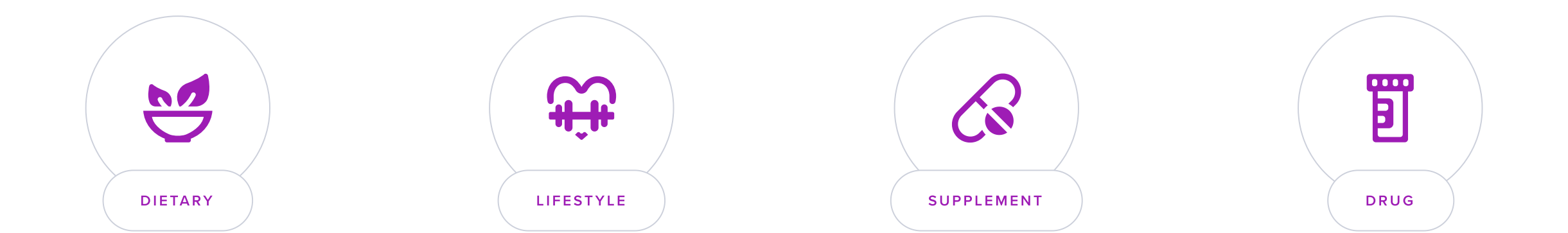
You have 2 risk alleles

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

Researchers have identified a group of genes on chromosome 5 that is strongly associated with IBD and named it *IBD5*. Besides [NOD2](#) (*CARD15*), it's the only genetic factor with a proven IBD link. The region contains different genes potentially involved in gut inflammation, including [R](#), [R](#):

- [IRF1](#), which regulates interferons (signaling proteins)
- [SLC22A4](#) and [SLC22A5](#), which enable carnitine transport
- [P4HA2](#), which allows [collagen](#) production
- [C5ORF56](#) (unknown function)
- Genes for [IL-4](#), [IL-13](#) and other cytokines

During the past few decades, scientists have found various SNPs in this region associated with IBD incidence, and they have tried to discover the exact gene responsible for this link.

IBD5 Variants and IBD

A large meta-analysis of over 75,000 subjects found 16% higher disease rates per “T” allele of the [rs2188962](#) polymorphism. In another meta-analysis of over 15,000 participants, this variant was associated with 25% higher odds of Crohn’s disease. However, a review with nearly 10,000 people didn’t find a link between rs2188962-T and ulcerative colitis. This variant belongs to a gene called [C5ORF56](#). Interestingly, the study on Crohn’s disease patients found that all *IBD5* variants were associated with decreased expression of another gene, [SLC22A5](#) [\[R\]](#), [\[R\]](#), [\[R\]](#).

A study of 158 families with Crohn's disease-affected members also suggested *SLC22A5* as a causal genetic factor. More precisely, the authors suggested two SNPs that may play a role in IBD development [\[R\]](#):

- [rs1050152](#)-T in the [SLC22A4](#) (OCTN1) gene
- [rs2631367](#)-C in the *SLC22A5* (OCTN2) gene

These variants are almost always inherited together, along with other ones from the *IBD5* region. *SLC22* genes enable the uptake of the amino acid [carnitine](#) in the gut lining.

A meta-analysis of 26 studies confirmed the link between the above two variants and IBD. They correlated with 20-23% higher rates of both Crohn's disease and ulcerative colitis. This paper identified another significant *IBD5* SNP, [rs12521868](#), associated with 36% higher IBD rates [\[R\]](#).

The *SLC22A4* and *SLC22A5* genes encode transport proteins (OCTN1 and OCTN2) that supply the gut lining with carnitine and other essential components. Mice lacking OCTN2 develop gut inflammation, ulcers, and perforations due to carnitine deficiency [\[R\]](#), [\[R\]](#).

A study of 944 participants found that people with *SLC22A4* and *SLC22A5* variants have reduced gene expression in the blood and gut tissue, making them prone to inflammation. This confirms the mentioned link between *IBD5* SNPs and lower *SLC22A5* expression [\[R\]](#).



LOWER ACTIVITY

Predisposed to lower IBD5 activity based on 4 genetic variants we looked at



Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
SLC22A5	rs12521868	TT
SLC22A5	rs2188962	TT
SLC22A4	rs1050152	TC
SLC22A4	rs2631367	CG

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