

Irritability

DNA Health Report

REPORT CATEGORY —



MENTAL HEALTH

Sample Client

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Personal information

NAME

Sample Client

SEX AT BIRTH

Male

HEIGHT

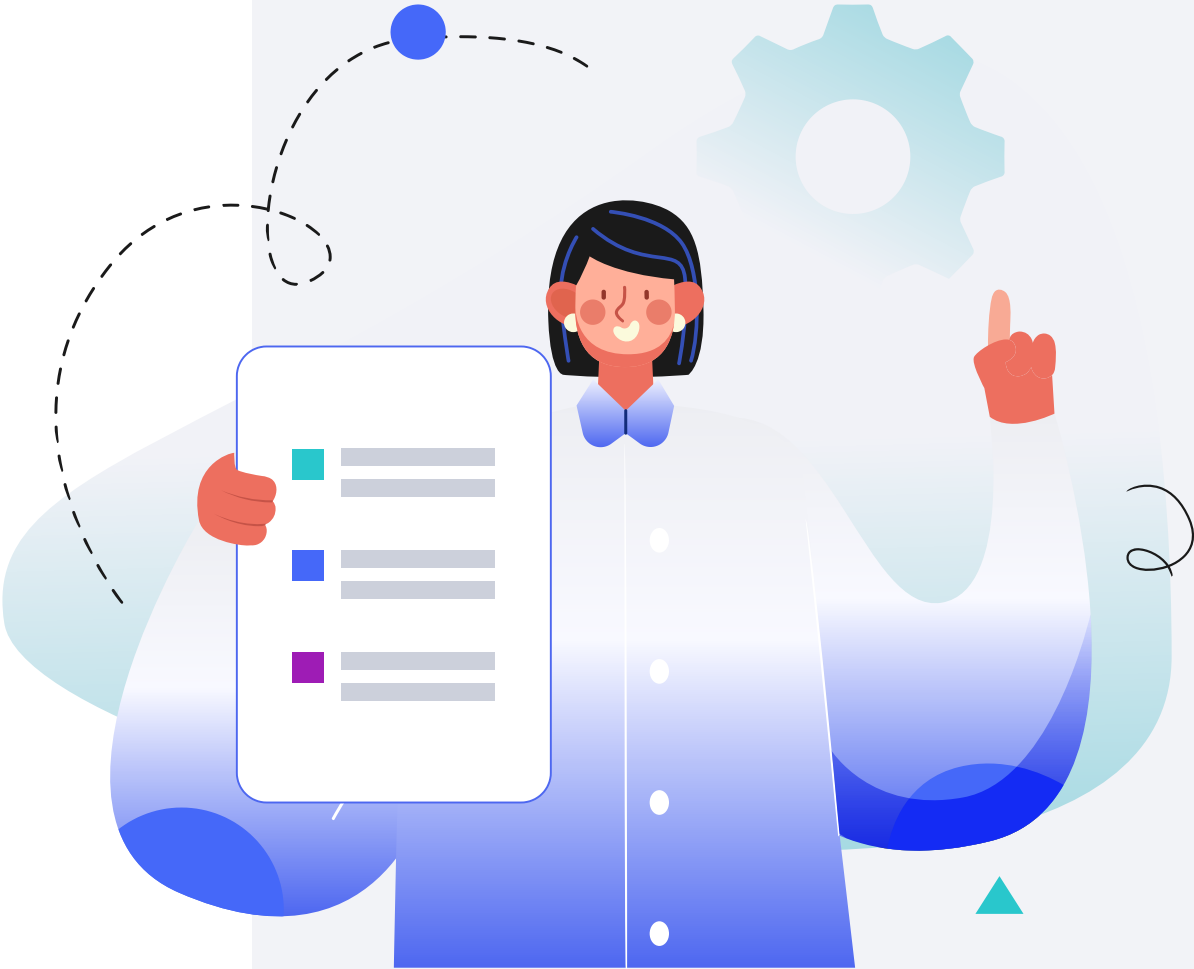
5ft 5" 165cm

WEIGHT

137lb 62kg

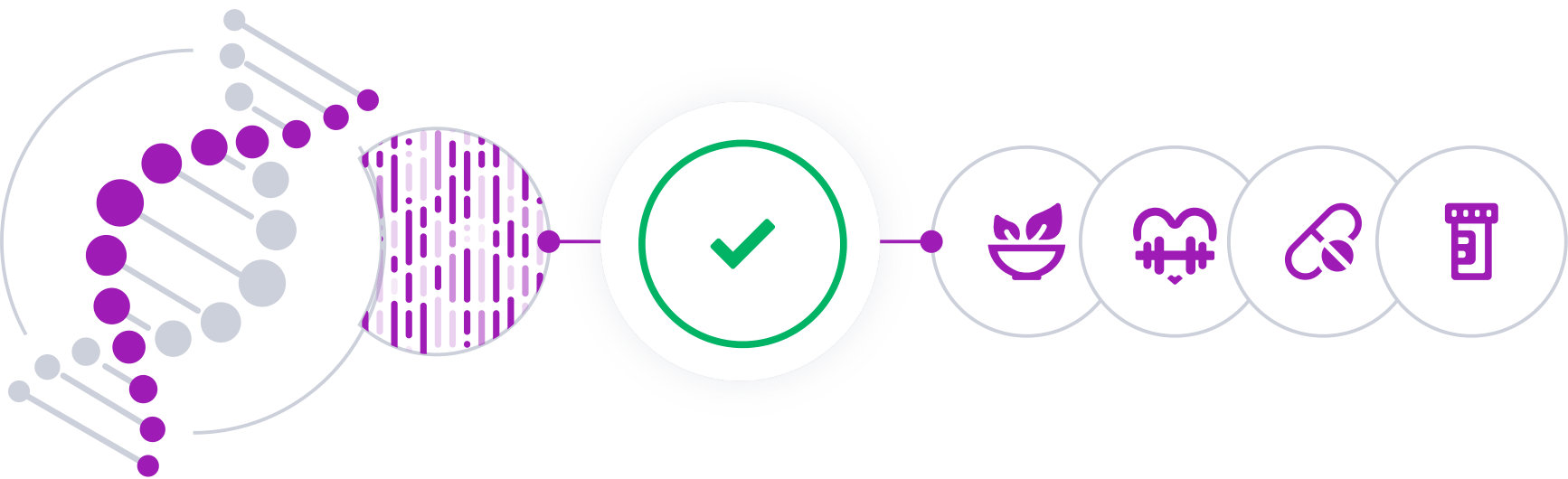
DISCLAIMER

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.

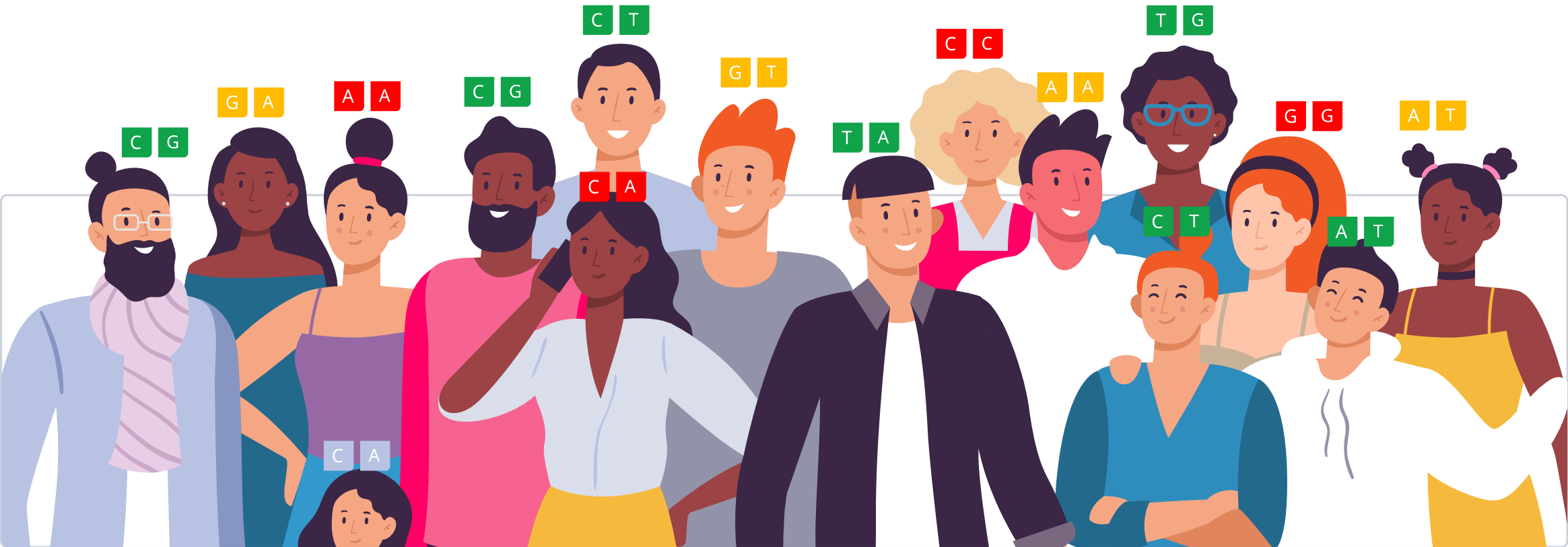


Similarly, our Trait Reports look at how your DNA influences your traits.



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

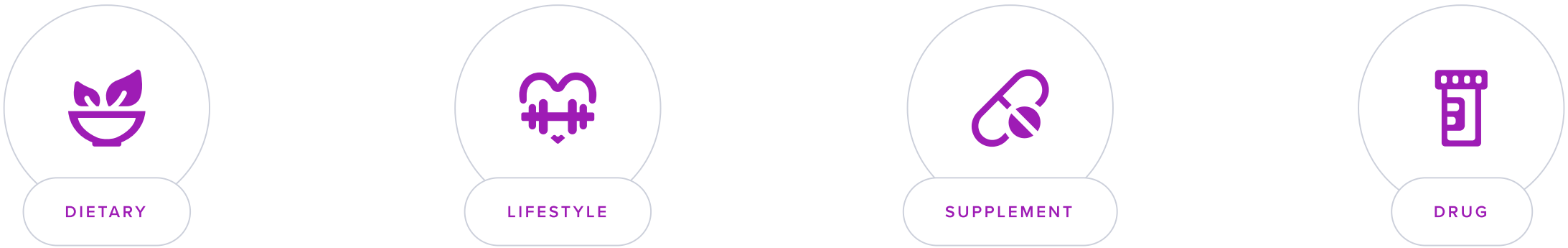
You have 2 risk alleles

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

Everyone gets angry or upset from time to time. However, some people have more of a temper than others. *Irritability* is a tendency to get angry or lose your temper [\[R\]](#).

People are more likely to lose their temper when they are stressed. People who are very irritable don't have as much control over their negative emotions. They may lash out at those around them [\[R\]](#), [\[R\]](#).

Anger problems have been linked to [\[R\]](#):

- Problems at work or school
- Mental health conditions
- Drug misuse
- Relationship problems

In some contexts, such as sports, people may think their anger helps them perform better. However, anger is a major drain on mental energy. Even athletes benefit from learning to relax and soothe their temper [\[R\]](#).

Genetics of Irritability

PERSONALIZED TO GENES

Based on the variants we looked at, your irritability is likely higher. However, your lifestyle and the environment also impact this trait.

Everyone gets angry or upset from time to time. However, some people have more of a temper than others. *Irritability* is a tendency to get angry or lose your temper [R].

Personality is affected by both the environment and our DNA. Up to 60% of differences in irritability may be due to genetics. It’s no surprise that most “personality genes” affect the way the brain works [R, R, R, R].

If you struggle with a short temper, consider talking to a therapist. The best ways to control irritability are to reduce stress and try anger management techniques [R].



HIGHER

Predisposed to higher irritability based on 529,337 genetic variants we looked at



PERCENTILE



Your risk is greater than 95% of the population and lower than 5% of the population.

Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
CAMKMT	rs343949	AA
DPYD	rs4411173	AA
/	rs10905638	GC
TCF4	rs4570961	TC
AMT	rs4499638	GC
SIM1	rs9403716	AG
MSRA	rs17151565	CG
LRP12	rs4734804	AG
BBX	rs507078	GT
DPYS	rs2959025	AG
ARVCF	rs9332377	CT
CRHR1	rs2106785	CC
CRHR1	rs62055701	GG
CFAP77	rs999483	TT
MAPT	rs17650842	AA
PLEKHM1	rs62065453	CC
MEF2C	rs1422192	GG
KANSL1	rs17661015	TT
WNT3	rs70600	CC
NCOA6	rs62211616	GG
MAP1LC3A	rs6087607	GG
FOXP2	rs6969188	GG
/	rs631140	GG
NCOA6	rs7265992	GG

GENE	SNP	GENOTYPE
SIX3	rs4953152	GG
AUTS2	rs13223152	GG
ASIP	rs62212173	CC
CADM2	rs6549048	GG
ICOS	rs6711058	GG
TEF	rs4820434	GG
LYRM9	rs9630740	GG
/	rs17592462	CC
MMP16	rs16884419	GG
PANK4	rs7535528	GG
/	rs58446129	CC
/	rs1158960	CC
/	rs10905619	GG
ERCC4	rs4781534	GG
/	rs12886000	GG
TCF4	rs28758902	CC
CELF4	rs2217127	GG

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	Aerobic Exercise (Cardio)	1 hour	
2	Yoga	30 minutes	
3	Avoid Mercury Exposure		
4	American Ginseng	200 mg	
5	Topical Chamomile		
6	Spend Time in Nature	2 hours	
7	Magnesium	350 mg	
8	Probiotic Yogurt		
9	Whole Grains		
10	Royal Jelly	300 mg	
11	Peppermint		
12	Meditation	30 minutes	
13	Cognitive-Behavioral Therapy (CBT)		
14	Fruits And Vegetables		
15	B Vitamins		
16	Regular Sleep Schedule		
17	5-HTP	100 mg	
18	Dietary Omega-3 Fatty Acids		
19	Krill Oil	1 g	
20	Listen to Music	30 minutes	
21	L-Theanine	100 mg	
22	Deep Breathing	5 minutes	
23	N-acetylcysteine (NAC)	600 mg	
24	Sleep for 7+ Hours		
25	Mindfulness-Based Stress Reduction (MBSR)	2 hours	

1



Aerobic Exercise (Cardio)

IMPACT

3 / 5

EVIDENCE

2 / 5

How to implement

Engage in at least 150 minutes of moderate-intensity aerobic exercise or 75 minutes of vigorous-intensity activity each week. Distribute this time over at least 3 days per week, avoiding consecutive days of vigorous exercise to allow for recovery.

TYPICAL STARTING DOSE

1 hour

Description

Engaging in regular aerobic exercise, such as running, swimming, or cycling, offers numerous health benefits, including improved cardiovascular fitness, weight management, and mood enhancement. It supports overall physical and mental well-being while reducing the risk of chronic diseases.

Cardio, short for cardiovascular exercise, is any type of physical activity that temporarily increases your heart rate. Examples include **running, cycling, swimming, and brisk walking**.

Regular cardio exercise has many benefits for your overall health. It can help lower your risk of heart disease and diabetes, support weight loss, and improve your mood and energy levels. To get the most out of cardio, try to do it for at **least 30 minutes, 3-5 times a week**.

Interval training is a type of cardio that combines periods of high-intensity training with brief rest periods.

How it helps

In 3 non-placebo-controlled trials of 152 perimenopausal women, practicing aerobic exercise for 12 weeks improved irritability among other symptoms [\[R, R, R\]](#).

A single bout of aerobic exercise also reduced irritability among other withdrawal symptoms in 2 trials of 30 smokers [\[R, R\]](#).

Aerobic exercise helps reduce stress hormones like adrenaline and cortisol while increasing the production of endorphins.

2



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

Yoga practice may reduce irritability in different populations such as stressed medical students, children with autistic spectrum disorder, and breast cancer survivors [\[R, R, R\]](#).

Yoga combines physical postures, breathing exercises, and meditation which together help reduce stress, improve mood, and decrease irritability.

3



Avoid Mercury Exposure

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

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.

Description

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

How it helps

Mercury is a neurotoxic substance that can cause a myriad of neurological health problems, including irritability, when exposed. Therefore, avoiding mercury exposure helps to reduce such toxic effects, thereby lessening irritability.

A study compared 19 exposed (mean urinary Hg = 36 micrograms/l) to mercury, with those of 20 unexposed dentists. Significant urinary Hg dose effects were found for poor mental concentration, emotional lability, somatosensory irritation, and mood scores. Individual tests evaluating cognitive and motor function changed in the expected directions but were not significantly associated with urinary Hg [\[R\]](#).

A cross-sectional study in which 134 metal artisan center employees and 48 high-risk household contacts were tested for blood lead and mercury levels. Significant association was observed between elevated mercury levels and complaints of burning or watery eyes (p=0.001), anxiety, nervousness, irritability, and severe shyness (p=0.001) [\[R\]](#).

4



American Ginseng

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Take 200-400 mg of American ginseng extract daily, preferably with a meal to enhance absorption. This regimen can be followed continuously for up to 12 weeks, after which a break or reassessment of the need to continue should be considered.

TYPICAL STARTING DOSE

200 mg

Description

American ginseng is a perennial herb native to North America, particularly regions of the United States and Canada. It is valued for its potential health benefits, including immune system support, stress reduction, and enhanced cognitive function, with the primary active compounds being ginsenosides.

[Ginseng](#) is a plant people use to improve [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Sexual function
- Immunity
- Fatigue
- Attention

There are many different types of ginseng. The most common ones are [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Korean red ginseng, also called Asian ginseng (*Panax ginseng*)
- [American ginseng](#) (*Panax quinquefolius*)
- Chinese notoginseng, also called Sanchi (*Panax notoginseng*)

How it helps

An acute, randomized, double-blind, placebo-controlled, crossover study found significant improvement in working memory performance and a sense of calmness with doses of 100 mg of American Ginseng [\[R\]](#).

5

Topical Chamomile

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Apply a chamomile cream or ointment directly to the affected area of the skin 2-3 times daily. Ensure the skin is clean before application. Continue use for as long as symptoms persist or according to the product's specific instructions.

Description

Chamomile extract, obtained from the flowers of the *Matricaria chamomilla* plant, is used topically for its anti-inflammatory and calming properties. It is commonly applied to soothe irritated skin and alleviate conditions like dermatitis.

How it helps

Topical chamomile has been shown to have soothing properties when applied to the skin. Its natural anti-inflammatory and calming effects can help reduce skin irritability and redness by soothing the affected area and providing a gentle, natural relief.

6



Spend Time in Nature

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Aim to spend at least 120 minutes per week in natural environments, such as parks, forests, or beaches. This can be divided into short durations throughout the week, for example, 17 minutes per day or longer sessions on weekends.

TYPICAL STARTING DOSE

2 hours

Description

Spending time in nature, also known as ecotherapy or forest bathing, is a wellness practice that involves immersing oneself in natural environments. It offers mental and physical health benefits, including reduced stress, improved mood and eye health, healthier weight, and blood sugar control.

Spending over 2 hours in nature every week is linked to better health and well-being [R].

Spending more time in nature or in urban green areas may help support [R, R, R, R, R]:

- Healthy weight
- Blood sugar control
- Heart health
- Mental health
- Eye health

To get in touch with nature, you can [R, R]:

- Go on a walk
- Go biking or camping
- Garden
- Visit a park

How it helps

Being in nature reduces stress, boosts levels of serotonin, and enhances mood, which can all play a role in mitigating irritability.

7



Magnesium

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take up to 350 mg of magnesium daily as a supplement, preferably with a meal to enhance absorption.

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.

[Magnesium](#) is an essential mineral. Your body needs it for [\[R\]](#), [\[R\]](#), [\[R\]](#):

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

Women need **310-320 mg** of magnesium per day, while men need **400-420 mg** [\[R\]](#).

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

How it helps

Magnesium can have a calming effect on the nervous system, which might reduce feelings of irritability.

8



Probiotic Yogurt

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Consume one to two servings of probiotic yogurt each day. Each serving is typically 6 to 8 ounces. Continue this practice daily for at least 1 to 2 weeks to begin noticing benefits to digestive health.

Description

Probiotic yogurt is a dairy product containing live probiotic cultures like Lactobacillus and Bifidobacterium, which can aid digestion and improve gut health when consumed regularly. It is a good source of calcium, protein, and probiotics, contributing to bone health and digestive well-being.

How it helps

Consuming probiotic yogurt has been linked to improvements in mood and reductions in irritability. Probiotics help balance the gut microbiome, which is connected to brain health through the gut-brain axis. Healthy gut flora can positively affect mood and emotional well-being.

9



Whole Grains

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate at least three servings of whole grains into your daily diet. This can include consuming foods such as whole grain bread, brown rice, whole grain pasta, and oats. Aim to replace refined grains with whole grains at each meal for optimal benefits.

Description

Whole grains encompass a variety of grains like wheat, oats, and quinoa, where the entire grain kernel is intact. They are rich in fiber, vitamins, minerals, and antioxidants, supporting heart health and reducing the risk of chronic diseases.

Unlike refined grains, whole grains contain nutritious parts of the grain like bran and germ.

Whole grains provide many crucial nutrients, including:

- Fiber
- B-vitamins
- Iron
- Magnesium
- Phosphorus

Due to their high fiber content, whole grains don't tend to spike blood sugar like refined grains do.

How it helps

Whole grains can provide a steady source of energy, preventing blood sugar spikes that might lead to irritability.

10



Royal Jelly

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take a royal jelly supplement daily, starting with a dose of approximately 300 mg to 500 mg. It can be consumed either in capsule form or directly, depending on your preference, for a period ranging from 3 to 6 months to observe the potential health benefits.

TYPICAL STARTING DOSE

300 mg

Description

Royal jelly is a nutrient-rich substance secreted by worker bees to feed bee larvae and the queen bee. Royal jelly contains protein B-vitamins, calcium and iron. It is taken as a supplement for it's potential energy-boosting and immune-supporting properties.

How it helps

Royal Jelly contains nutrients like proteins and vitamins that can potentially support brain health, helping improve mood and reducing irritability. However, the evidence is still not conclusive and individual responses may vary.

11



Peppermint

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take 1-2 capsules of peppermint oil, which is often sold as a supplement, three times a day before meals. This is usually done for 4-6 weeks to help with symptoms like digestive discomfort. Always check the specific dosage on the product label since concentrations can vary.

Description

Peppermint is an aromatic plant and a member of the mint family. It has a long history of traditional use, dating back to ancient Egypt and Greece, and is native to Europe and Asia but is now cultivated worldwide. Its main traditional uses include soothing digestive issues, alleviating headaches, and providing relief from respiratory symptoms. This is due to its active compounds menthol and menthone. It is used today for similar purposes, whether eating, made into tea, or consumed as a supplement.

How it helps

Peppermint has calming and soothing properties that can alleviate irritability. It can reduce stress and anxiety, promoting relaxation and improving mood.

12



Meditation

IMPACT

0 / 5

EVIDENCE

0 / 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 promotes relaxation and helps in managing stress, which can lower irritability. It enables individuals to focus on the present and reduce negative emotions.

13



Cognitive-Behavioral Therapy (CBT)

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Schedule weekly sessions with a certified cognitive-behavioral therapist for a period of 5 to 20 weeks. Engage actively in exercises assigned by your therapist both during sessions and as homework to apply CBT strategies to daily life.

Description

Cognitive-behavioral therapy (CBT) is a psychotherapeutic approach that has been effective in treating various mental health conditions by helping individuals identify and change negative thought patterns and behaviors. It is widely used for conditions like depression, anxiety, and phobias.

Psychotherapy (talk therapy) involves talking about your health with a licensed therapist. It may improve the way you react to certain experiences [\[R\]](#).

Talk therapy is a great way to improve many conditions, including [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Depression
- Anxiety disorders
- PTSD
- OCD
- Substance use disorder
- Bipolar disorder

Cognitive-behavioral therapy (CBT) is a type of talk therapy. CBT aims to change the way you think about your life and yourself. Through CBT, a therapist can help you develop healthy coping mechanisms [\[R\]](#).

How it helps

CBT helps individuals recognize and alter thought patterns that contribute to irritability, thereby improving their ability to handle stress.

14



Fruits And Vegetables

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Increase your intake of fruits and vegetables to at least five servings per day, aiming for a variety of types and colors to ensure a broad range of nutrients. Each serving size should roughly be the amount you can fit in one hand. Try to incorporate at least one serving of fruits or vegetables into every meal and snack throughout the day.

Description

A diet rich in fruits and vegetables provides essential nutrients, antioxidants, and dietary fiber. This combination supports overall health, helps maintain a healthy weight, and reduces the risk of chronic diseases such as heart disease and certain cancers.

How it helps

A diet rich in fruits and vegetables provides essential nutrients that support overall brain health, potentially reducing irritability.

15



B Vitamins

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take a B vitamin complex supplement once daily, preferably with your morning meal to enhance absorption. The supplement should include a range of B vitamins such as B1 (thiamine), B2 (riboflavin), B3 (niacin), B5 (pantothenic acid), B6 (pyridoxine), B7 (biotin), B9 (folate), and B12 (cobalamin). Ensure consistency by taking it at the same time each day.

Description

B vitamins help the body function properly. Two examples are [vitamin B9 \(folate\)](#) and [vitamin B12](#). They play essential roles in [\[R, R, R, R\]](#):

- DNA formation
- Metabolism
- Energy production

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

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

Adults should be getting **400 micrograms (mcg) of folate** and **2.4 mcg of vitamin B12** every day [\[R, R\]](#).

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

How it helps

B Vitamins are crucial for brain health and may help reduce irritability by supporting the nervous system.

16



Regular Sleep Schedule

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Go to bed and wake up at the same time every day, even on weekends and holidays. This helps regulate your body's internal clock, leading to better sleep quality. Aim for 7-9 hours of sleep per night.

Description

Maintaining a regular sleep schedule involves going to bed and waking up at consistent times each day. This practice helps regulate the body's internal clock and promotes better sleep quality, mood, and cognitive function.

How it helps

Maintaining a regular sleep schedule can improve the quality of sleep, leading to better mood regulation and decreased irritability.

17



5-HTP

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take 100 mg of 5-HTP as a supplement daily, ideally with a glass of water. It can be taken at any time of the day but taking it at the same time each day may help establish a routine.

TYPICAL STARTING DOSE

100 mg

Description

5-HTP is a building block for serotonin. 5-HTP and serotonin help make melatonin, a hormone that promotes sleep. People mainly use 5-HTP as a mood-boosting supplement. It may also help reduce appetite, help with chronic pain and fatigue, and improve sleep quality.

5-HTP is a building block for the “happiness hormone” serotonin. 5-HTP and serotonin help make melatonin, a hormone that promotes sleep [R].

People mainly use 5-HTP as a mood-boosting supplement [R, R]. According to early research, it may also:

- Reduce appetite [R, R, R]
- Help with chronic pain and fatigue [R, R, R]
- Improve sleep quality [R, R]

Please note: 5-HTP can interact with SAM-e, St. John’s wort, and different medications. Combining it with antidepressants can be dangerous and even life-threatening. Never take 5-HTP without consulting your doctor [R, R, R].

How it helps

5-HTP can increase the production of serotonin, which may help improve mood and reduce irritability.

18



Dietary Omega-3 Fatty Acids

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate foods high in omega-3 fatty acids into your diet daily. This includes eating fish such as salmon, mackerel, and sardines at least twice a week. Alternatively, include a tablespoon of flaxseed oil or chia seeds in your daily diet.

Description

[Omega-3 fatty acids](#) are some of the healthiest fats we can eat. They help lower inflammation and protect the heart, brain, and eyes. Our bodies produce less omega-3s than we need for optimal health, so it's important to get enough through food or supplements [\[R\]](#), [\[R\]](#), [\[R\]](#).

There are three major types of omega-3s: ALA, EPA, and DHA. **EPA and DHA are vital for mental and heart health** [\[R\]](#), [\[R\]](#), [\[R\]](#).

Fatty fish are rich in EPA and DHA. They include [\[R\]](#):

- Salmon
- Tuna
- Herring
- Sardines

For optimal health, try to get at least **two servings of fatty fish per week**. Fish oil supplements are available for those who don't eat fish regularly [\[R\]](#).

How it helps

Omega-3 fatty acids found in certain fish and seeds have been shown to benefit mental health and may alleviate irritability.

19



Krill Oil

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take 1 to 3 grams of krill oil daily as a dietary supplement, preferably with a meal to enhance absorption. It's often available in soft gel form, making it easy to swallow. Continue this regimen consistently for best results, typically reviewing its effectiveness and any need for adjustments with a healthcare provider after a few months.

TYPICAL STARTING DOSE

1g

Description

Krill oil is a source of omega-3 fatty acids, primarily in the form of phospholipids. It can promote cardiovascular health, joint comfort, and may have anti-inflammatory properties.

How it helps

Krill Oil, rich in Omega-3 fatty acids, can enhance mood and decrease irritability by supporting brain function and reducing inflammation. It is important to note that while Krill Oil can help manage symptoms, it isn't a cure for irritability.

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Listen to Music

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Select music that aligns with your preference and listen for at least 30 minutes per day. This can be done while engaging in other activities or as a standalone activity to relax or energize yourself, depending on the genre chosen.

TYPICAL STARTING DOSE

30 minutes

Description

Listening to music can have a positive impact on mental and emotional well-being, reducing stress, improving mood, and even enhancing cognitive performance. Music therapy is used in various healthcare settings to support mental health and overall quality of life.

How it helps

Listening to music can have a relaxing effect on the mind and body, regulating mood and reducing irritability.

21



L-Theanine

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take 100-400 mg of L-theanine supplement daily. It can be consumed at any time of the day, with or without food.

TYPICAL STARTING DOSE

100 mg

Description

L-theanine is an amino acid found in tea leaves, known for its calming and relaxation-promoting effects. It is often used to reduce stress and anxiety and may contribute to improved focus and cognitive performance.

[L-theanine](#) is an amino acid found in black and [green tea](#) [\[R\]](#).

People take L-theanine as a supplement to [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Improve cognition
- Boost immunity
- Relieve anxiety and stress

How it helps

L-Theanine, found primarily in tea, has been shown to promote relaxation without drowsiness. It helps manage irritability by inducing calming effects on the brain, which may be due to its ability to increase levels of gamma-aminobutyric acid (GABA), serotonin, and dopamine, which are neurotransmitters involved in mood regulation.

22



Deep Breathing

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Practice deep breathing exercises for 5-10 minutes at least twice a day, ideally in the morning and before bed. Sit or lie down in a comfortable position, slowly inhale through your nose, allowing your chest and lower belly to rise, hold the breath for a moment, and then exhale slowly through your mouth or nose.

TYPICAL STARTING DOSE

5 minutes

Description

Deep breathing techniques, such as diaphragmatic or abdominal breathing, can promote relaxation, reduce stress, and improve lung capacity. Regular deep breathing exercises can contribute to overall mental and physical well-being by reducing tension and increasing oxygen supply to the body.

How it helps

Deep breathing exercises can activate the body's relaxation response, lower stress levels, and reduce feelings of irritability.

23



N-acetylcysteine (NAC)

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take 600 mg of N-Acetylcysteine (NAC) supplement daily with water. It can be taken at any time of the day, but try to take it at the same time each day for best results.

TYPICAL STARTING DOSE

600 mg

Description

NAC is a supplement that contains a form of the amino acid cysteine, a protein building block that your body uses to make the antioxidant glutathione. It is used for its potential antioxidant properties and its ability to support lung, gut, and mental health.

[N-acetylcysteine](#) (NAC) is converted to cysteine in the body. Cysteine is a protein building block (amino acid) that helps make the antioxidant glutathione [\[R\]](#).

People take NAC to potentially support [\[R\]](#), [\[R\]](#):

- Mental health
- Ovarian health and pregnancy outcomes
- Lung health
- Gut health

How it helps

N-acetylcysteine (NAC) helps boosts levels of glutathione, a key antioxidant that may reduce oxidative stress and inflammation in the brain, which in turn can reduce irritability. Moreover, NAC has shown potential in modulating neurotransmission, particularly in parts of the brain responsible for mood regulation.

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Sleep for 7+ Hours

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Ensure you allocate enough time in your schedule to achieve a minimum of 7 hours of sleep each night. This might involve going to bed earlier or adjusting your evening routine to promote relaxation and make it easier to fall asleep.

Description

Optimizing sleep involves adopting healthy sleep habits and creating a sleep-conducive environment to ensure restorative and sufficient sleep duration. It supports cognitive function, mood stability, and overall physical health. Most experts recommend getting **at least 7 hours of good-quality sleep each night**.

[Sleep](#) supports your body and mind [\[R, R\]](#). More precisely, sleep helps:

- Support brain health [\[R, R\]](#)
- Maintain a healthy weight and appetite [\[R, R, R\]](#)
- Regulate blood pressure [\[R, R\]](#)
- Balance blood sugar [\[R, R\]](#)

Ways to sleep better include [\[R\]](#):

- Reducing your bright light exposure (screen time) in the evenings
- Sticking to a regular sleep schedule
- Avoiding hunger or large meals before bed
- Avoiding nicotine, caffeine, and alcohol before bed
- Maintaining a sleep area that’s cool, dark, and quiet

How it helps

Getting at least 7 hours of sleep is crucial for reducing irritability. Adequate sleep helps in repairing the body and mind, improving mood, and enhancing cognitive function, which can all decrease feelings of irritability.

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Mindfulness-Based Stress Reduction (MBSR)

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Enroll in an 8-week MBSR course, which includes a weekly 2.5-hour class, one all-day class after the sixth week, and 45 minutes of daily home practice guided by assignments and instructional recordings.

TYPICAL STARTING DOSE

2 hours

Description

Mindfulness-Based Stress Reduction (MBSR) is a structured program that teaches mindfulness techniques to reduce stress and improve overall mental and emotional health. MBSR has been shown to help individuals cope with chronic pain, anxiety, and other stress-related conditions.

How it helps

MBSR is a structured program that teaches mindfulness meditation to alleviate stress, anxiety and mood disorders. It helps individuals respond more calmly to situations that may cause irritability.

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 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.

