

JAK2 (Gut Inflammation)

Gene Report

REPORT CATEGORIES —



GUT HEALTH



INFLAMMATION &
AUTOIMMUNITY

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 [JAK2](#) gene encodes a protein called ‘Janus kinase 2’ (JAK2). Members of the JAK family activate STAT (‘Signal transducer and activator of transcription’) proteins in response to cytokines [\[R\]](#).

JAK2 recognizes the signal of different cytokines, including IL-6, IL-11, IL-12, IL-22, and IL-23. The subsequent activation of STAT proteins turns “on” the expression of multiple genes, especially those involved in the growth, development, and activation of the immune system cells that fight off infections [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Inflammatory bowel disease (IBD) is a group of autoimmune diseases characterized by inflammation and sores in the gut lining, which can result in diarrhea, abdominal pain, fatigue, fever, rectal bleeding, nutritional deficiencies, and weight loss [\[R\]](#).

[Crohn’s disease](#) and [ulcerative colitis](#) are the most frequently diagnosed subtypes of IBD. Both conditions share some features but differ in the regions affected:

- Crohn's may affect any portion of the gastrointestinal tract, but mostly the ileum (lower part of the small intestine). It involves ulcerations of all cell layers of the gut lining [\[R\]](#).
- Ulcerative colitis typically affects the colon and rectum. It causes the inflammation of the mucosal layer (innermost cell layer) of the gut [\[R\]](#).

The cause of IBD lies in a complex interplay of [genetic and environmental factors](#) [\[R\]](#).

Inflammatory responses mediated by T cells play a key role in the onset and progression of IBD. Traditionally, Crohn’s disease has been associated with Th1 cells while ulcerative colitis typically shows a Th2 cytokine profile. More recently, the Th17 response has been related to both types of IBD [\[R\]](#), [\[R\]](#).

By activating STAT proteins, JAK2 can help produce Th1 cells [\[R\]](#).

Most importantly, JAK2 activates [STAT3](#) in response to IL-23. This stimulates the development of Th17 cells and the production of inflammatory cytokines by white blood cells (macrophages and dendritic cells), thus contributing to gut inflammation [\[R\]](#), [\[R\]](#).

Polymorphisms increasing the activity of this pathway have been associated with IBD in multiple studies, with the combination of different variants having an additive effect [\[R\]](#), [\[R\]](#), [\[R\]](#).

Additionally, a study found that an overactive JAK2 variant alters the barrier function of the gut lining. This has been suggested to make the gut leakier to infectious bacteria and inflammatory cytokines, further worsening inflammation [\[R\]](#).

JAK2 Variants and IBD

The most widely-studied [JAK2](#) polymorphism is [rs10758669](#). Its minor variant “C” increases the production and activity of the JAK2 protein, leading to an enhanced immune response and inflammation [\[R\]](#).

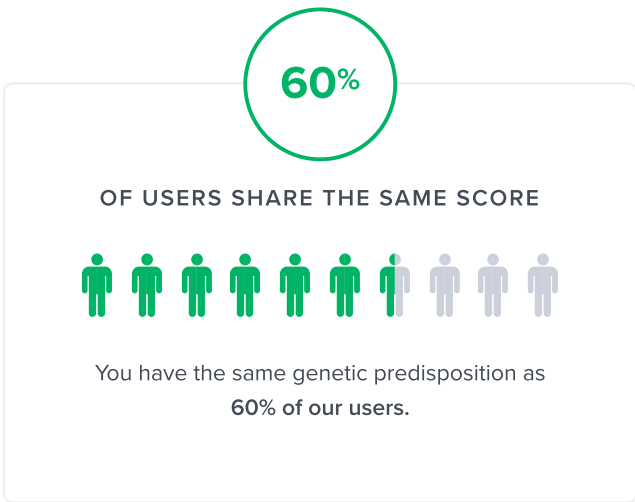
As a result, it’s linked to higher odds of [IBD — both Crohn’s disease and ulcerative colitis](#). The link may be stronger for Crohn’s disease, especially in people of European ancestry [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Another important JAK2 variant, [rs12340895-G](#), has shown similar associations. It’s often inherited with rs10758669-C, meaning that many people will either have none or both of them [\[R\]](#), [\[R\]](#), [\[R\]](#).



LOWER ACTIVITY

Likely lower JAK2 activity based on the genetic variants we looked at



Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
JAK2	rs10758669	CA
JAK2	rs12340895	CC

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

Your Recommendations

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

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

DOSAGE		DOSAGE	
1	Relaxation Techniques	30 minutes	
2	Probiotics	30 billion CFU	
3	Low-FODMAP Diet		
4	Curcumin	500 mg	
5	Butyrate	300 mg	
6	Omega-3 (Fish Oil)	2000 mg	
7	Green Tea	400 mg	
8	Resveratrol	150 mg	
9	Berberine	1000 mg	
10	Andrographis	300 mg	

1



Relaxation Techniques

IMPACT

4 / 5

EVIDENCE

3 / 5

How to implement

Incorporate relaxation techniques such as deep breathing exercises, meditation, or yoga into your daily routine. Spend at least 15-30 minutes each day practicing one of these techniques, preferably in a quiet, comfortable space without interruptions.

TYPICAL STARTING DOSE

30 minutes

Description

Relaxation techniques encompass various methods like deep breathing, yoga, meditation, and progressive muscle relaxation, aimed at reducing stress and promoting mental and physical relaxation. Practicing these techniques regularly can help manage stress, improve mental clarity, and enhance overall emotional well-being.

We all get stressed from time to time.

[Stress](#) can help you deal with a challenge or avoid danger. However, **it’s not healthy to be stressed for a long time** [\[R, R\]](#).

Relaxation techniques such as [yoga](#) and [meditation](#) can relieve stress in different ways. Most of them focus on breathing and help you get rid of negative thoughts and emotions [\[R\]](#).

People use relaxation techniques to improve conditions like [\[R, R, R\]](#):

- Anxiety
- Depression
- Chronic pain

Progressive muscle relaxation is another relaxation technique. In this technique, you focus on tensing and relaxing different parts of your body. It is common to start with the toes and slowly work your way up to the neck and head [\[R, R\]](#).

Autogenic training is a relaxation technique that a person may carry out on their own. It uses exercises that take the mind’s attention to bodily sensations such as warmth and heaviness [\[R, R\]](#).

How it helps

In mice with IBD, stress worsened gut inflammation by increasing the production of cytokines and chemokines. Interestingly, a JAK2 inhibitor suppressed the production of chemokines, suggesting it helps prevent [neutrophils](#) from building up in the gut [\[R, R\]](#).

Stress has a negative impact on gut health. It may [\[R, R, R\]](#):

- Increase inflammation
- Increase leaky gut
- Disturb gut bacteria

People with IBD tend to have more flare-ups when they’re stressed. Stress may even contribute to the onset and progression of IBD. However, the evidence is limited [\[R, R, R, R, R, R, R\]](#).

Experts recommend managing stress to increase the quality of life in people with IBD [\[R, R, R, R\]](#).

Stressful events may trigger your IBS symptoms. In turn, IBS symptoms can make you anxious and frustrated [\[R, R, R, R\]](#).

The following relaxation techniques may help with IBD and IBS symptoms:

- [Yoga](#) [\[R, R, R\]](#)
- Mindfulness [meditation](#) [\[R, R, R, R, R\]](#)

- Deep breathing [\[R\]](#)

2



Probiotics

IMPACT3 / 5

EVIDENCE3 / 5

How to implement

Take a probiotic supplement containing 10 billion or more live cultures once daily, preferably with a meal or as directed by the packaging or a healthcare provider.

TYPICAL STARTING DOSE

30 billion CFU

Description

Probiotics are live beneficial bacteria and yeasts that can support gut health and digestive function when consumed as supplements or found in fermented foods like yogurt and sauerkraut. They may be beneficial to gut health, immune function, blood sugar, and mood.

Probiotic bacteria are “good” bacteria found mainly in the large intestine. They support your body and mind by [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Maintaining gut health
- Supporting a healthy immune system
- Improving your mood
- Helping to maintain healthy blood sugar

Prebiotics are certain types of fiber and other complex carbs that serve as food for gut bacteria. **They support gut health by helping boost the activity and growth of “good” bacteria** [\[R\]](#), [\[R\]](#).

Prebiotics are also added to foods and supplements. Common prebiotic ingredients are [\[R\]](#), [\[R\]](#):

- Oligo-fructose
- Oligo-galactose
- [Inulin](#)

Mixtures of probiotics and prebiotics are known as **synbiotics** [\[R\]](#).

How it helps

In cells, pretreatment with different *Lactobacillus* [probiotics](#) ([L. plantarum](#), [L. rhamnosus](#), and [L. acidophilus](#)) blocked JAK2 activation [\[R\]](#).

According to experts, probiotics may be helpful for some people with IBD. This is because people with IBD often lack “good” gut bacteria [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Probiotic supplements that contain *Lactobacillus*, *Bifidobacterium*, and *Streptococcus* species may support gut health in people with ulcerative colitis [\[R\]](#), [\[R\]](#), [\[R\]](#).

Probiotics may be less effective for Crohn's disease [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Please note: *Talk to your doctor before taking probiotics* [\[R\]](#).

3



Low-FODMAP Diet

IMPACT3 / 5

EVIDENCE3 / 5

How to implement

Eliminate foods high in FODMAPs (fermentable oligosaccharides, disaccharides, monosaccharides, and polyols) from your diet for 4 to 6 weeks. This includes certain fruits, vegetables, dairy products, grains, and sweeteners. After the elimination phase, gradually reintroduce foods one at a time to identify triggers.

Description

The low FODMAP diet is used to manage symptoms of irritable bowel syndrome (IBS) and other gastrointestinal disorders. It involves restricting certain fermentable carbohydrates to reduce digestive discomfort and improve gut health.

FODMAPs are a group of carbs that are hard to digest. Rather than being absorbed by the intestines, these carbs are fermented by your gut bacteria. A product of fermentation is gas [\[R\]](#), [\[R\]](#).

FODMAPs also pull fluid into your gut. This may promote diarrhea [\[R\]](#).

Foods high in FODMAPs include [\[R\]](#):

- High-fructose corn syrup
- Artificial sweeteners
- Apples
- Corn
- Dairy
- Beans

A **[low-FODMAP diet](#)** limits the intake of **FODMAPs**. Some health experts recommend it for IBS and other digestive issues [\[R\]](#), [\[R\]](#), [\[R\]](#).

How it helps

Some experts recommend a low-FODMAP diet to help control the symptoms of gut inflammation. Specific oligosaccharides can increase the expression of IL-23 in the gut and thus worsen the impact of your variants [\[R\]](#).

In rats, eating a high-fructose diet causes inflammation and tissue scarring in the liver in part by activating the JAK2/STAT3 pathway [\[R\]](#), [\[R\]](#).

Experts suggest a low-FODMAP diet to help with some symptoms of IBD. This is because FODMAPs tend to irritate the gut [\[R\]](#), [\[R\]](#).

For example, fructans may worsen pain, bloating, gas, and bathroom urgency in people with IBD. Other FODMAPs such as [sorbitol](#) may not have the same effects [\[R\]](#).

A low-FODMAP diet helps eliminate food triggers that can disturb your gut. **In some people with IBS, a low-FODMAP diet may reduce stomach pain and bloating** [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

4



Curcumin

IMPACT

2 / 5

EVIDENCE

3 / 5

How to implement

Take a 500 mg curcumin supplement daily with food. To enhance absorption, take it with a meal that contains fats or oils since curcumin is fat-soluble.

TYPICAL STARTING DOSE
500 mg

Description

Curcumin is a compound found in turmeric known for its anti-inflammatory and antioxidant properties. It has been studied for its potential to reduce inflammation, support joint health, and contribute to overall well-being.

[Turmeric](#) is a yellow spice from India. It may reduce inflammation and [oxidative stress](#) [R].

The most important active compound in turmeric is **curcumin**. People use curcumin for [R, R, R, R, R, R]:

- Joint pain
- Hay fever
- Mood
- High blood sugar
- Gut health
- Liver health

How it helps

In mice with IBD, dietary curcumin improved injuries and reduced the activation of JAK2 and STAT3 [R].

Curcumin also blocked the JAK2/STAT3 pathway in animals with other conditions that cause inflammatory and oxidative damage [R, R, R].

In people with **ulcerative colitis**, curcumin may help relieve symptoms. It may be most helpful when combined with medication. However, the evidence is mixed [R, R, R, R].

Curcumin may help by reducing inflammation [R].

Note that curcumin is hard to absorb. Look for supplements with *bioavailable* curcumin, which is easier to absorb. Combining curcumin with [piperine](#) (a compound in black pepper) may also help [R, R].

Please note: curcumin may interfere with iron absorption due to its iron-chelating properties, potentially exacerbating anemia or making it harder to manage. If you have anemia, consult your healthcare provider before using curcumin or turmeric supplements [R, R, R].

5



Butyrate

IMPACT2 / 5

EVIDENCE1 / 5

How to implement

Take butyrate supplements orally with a full glass of water, typically starting with a dose of 300 to 600 mg per day. It can be taken with or without food, but if stomach upset occurs, try taking it with meals. The specific dosage and duration of use should be based on the guidance of a healthcare professional, tailored to individual health needs.

TYPICAL STARTING DOSE

300 mg

Description

Butyrate is a short-chain fatty acid produced by gut bacteria during the digestion of dietary fiber. It plays a crucial role in maintaining gut health, supporting the integrity of the intestinal lining, and contributing to overall digestive well-being.

[Butyrate](#) is a short-chain fatty acid produced when the gut bacteria ferment indigestible fibers. It prevents inflammation in the gut and is essential for maintaining a healthy barrier between the large bowel and the bloodstream [\[R\]](#).

People take butyrate to support gut health, improve insulin sensitivity, and promote weight loss.

How it helps

Butyrate blocked different JAK2 signaling pathways in cells. In mice with ulcerative colitis, butyrate reduced tissue damage and the production of JAK2 and STAT3 in the colon [\[R\]](#), [\[R\]](#).

Supplementation with butyrate (1.8-4 g/day for 8-12 weeks) may cause remission in people with both Crohn’s disease and ulcerative colitis. Butyrate may also help as an add-on to conventional medication [\[R\]](#), [\[R\]](#), [\[R\]](#).

Butyrate may help by reducing inflammation [\[R\]](#).

6



Omega-3 (Fish Oil)

IMPACT

1 / 5

EVIDENCE

2 / 5

How to implement

Take 1-2 g of omega-3 (fish oil) supplement daily, preferably with a meal to enhance absorption.

TYPICAL STARTING DOSE

2000 mg

Description

Omega-3 fatty acids are essential fats found in fatty fish like salmon, flaxseeds, and walnuts. They are known for their potential cardiovascular and brain health benefits, including reducing the risk of heart disease and supporting cognitive function.

[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 [\[R\]](#), [\[R\]](#).

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

- Salmon
- Tuna
- Herring
- Sardines

For optimal protection, 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

In rats, supplementation with omega-3s blocked the activation of JAK2/STAT3 and other inflammatory pathways [\[R\]](#).

Many studies have used omega-3 supplementation to induce and maintain remission in people with Crohn's disease and ulcerative colitis but their quality was low and the results are mixed. Meta-analyses found insufficient evidence to support omega-3 supplementation in people with IBD [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

7



Green Tea

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Consume 400 mg of green tea extract daily. This can be taken in the form of capsules or tablets available that specify the amount of green tea extract. Ensure the supplement is taken according to the product's specific instructions, usually once a day with water.

TYPICAL STARTING DOSE

400 mg

Description

Tea is a beverage made by steeping the leaves of the *Camellia sinensis* plant in hot water. It comes in various types, including black, green, white, and herbal teas, and is known for its diverse flavors and potential health benefits due to antioxidants and other bioactive compounds.

[Green](#) and black tea are made from the same plant (*Camellia sinensis*). This plant is processed in different ways to make each type of tea [\[R\]](#), [\[R\]](#).

Tea contains antioxidants called **flavonoids**, which may help prevent [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Heart disease
- Cancer
- Diabetes

How it helps

In two mice studies, green tea polyphenols reduced inflammation by specifically blocking the JAK2/STAT3 pathway [\[R\]](#), [\[R\]](#).

In a placebo-controlled trial of 20 patients with mild to moderate ulcerative colitis, taking a commercial green tea extract (400-800 mg/day) for 56 days reduced ulcerative colitis activity in 66.7% of the participants and improved remission rate in 53.3% [\[R\]](#).

Supplementation with the green tea polyphenol EGCG (200-400 mg, 2x/day) reduced the frequency of bowel movements and bleeding in 78% of the participants and caused total remission of 56% in an uncontrolled trial of 9 people with pouchitis after surgery for ulcerative colitis [\[R\]](#).

Green tea is rich in antioxidants that may reduce inflammation in the gut.

Please note: polyphenols from green tea may bind to iron and form insoluble complexes, which reduces iron absorption in the gut. If you have anemia, consult your healthcare provider before using green tea [\[R\]](#).

8



Resveratrol

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 150-500 mg of resveratrol as a supplement daily, preferably with meals to enhance absorption. This dosage range is based on studies for various health benefits, and it's advised to not exceed 500 mg per day without medical supervision.

TYPICAL STARTING DOSE

150 mg

Description

Resveratrol is a natural compound found in red grapes, red wine, and some berries. It is known for its potential antioxidant properties and its role in promoting heart health.

[Resveratrol](#) is an antioxidant found mainly in [\[R\]](#):

- Berries
- Red grapes
- Red wine
- Peanuts

It’s purported to have anti-inflammatory and antioxidant effects [\[R, R, R\]](#).

How it helps

Resveratrol specifically blocked JAK2 in obese mice with osteoarthritis and white blood cells (macrophages). A synthetic resveratrol derivative improved IBD and other inflammatory conditions by targeting JAK2 [\[R, R, R\]](#).

In 2 placebo-controlled trials of 106 patients with active mild to moderate ulcerative colitis, supplementation with resveratrol (500 mg/day) for 6 weeks decreased IBD and clinical colitis scores, TNF-alpha (by 19.70 pg/mL), CRP (by 4764.25 ng/mL), and MDA, while increasing SOD and quality of life [\[R, R\]](#).

Resveratrol may help by suppressing inflammatory responses and repairing the intestinal barrier.

9



Berberine

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Take 500 mg of berberine two times a day before meals. Continue this regimen for up to three months, then evaluate its effects with your healthcare provider.

TYPICAL STARTING DOSE

1000 mg

Description

Berberine is a compound found in certain plants, known for its potential to support blood sugar control and heart health.

[Berberine](#) is an active compound of some plants used in traditional medicine, such as [\[R\]](#):

- European barberry
- Oregon grape
- Goldenseal
- Chinese goldthread
- Tree turmeric

Berberine is also available as a supplement. People use it to help with [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Diabetes
- High cholesterol
- High blood pressure
- PCOS

How it helps

In addition, berberine reduced JAK2 activity in mice with colitis and diabetic rats [\[R\]](#), [\[R\]](#).

In a placebo-controlled trial of 16 people with ulcerative colitis, using 900 mg/day berberine as an add-on to mesalamine for 3 months reduced gut tissue damage better than mesalamine alone [\[R\]](#).

Berberine may help by reinforcing the barrier function of the gut lining and promoting a healthy gut microbiome.

10



Andrographis

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take an Andrographis supplement following the dosages provided on the product label, usually ranging from 300 to 600 mg daily. This is typically divided into two to three doses throughout the day, with meals, and should be done for up to 8 weeks to support immune function or relieve cold symptoms.

TYPICAL STARTING DOSE

300 mg

Description

Andrographis is a medicinal herb native to South Asian countries like India and Sri Lanka. It is known for its potential health benefits, primarily due to its active compound, andrographolide, which has anti-inflammatory and immune-boosting properties. Andrographis is often used in traditional medicine to treat conditions such as upper respiratory tract infections, fever, and digestive issues.

[Andrographis](#) (*Andrographis paniculata*) is an Ayurvedic plant known as the “king of [bitters](#)” People traditionally use it to fight infections and the common cold [\[R\]](#).

How it helps

In two clinical trials, [andrographolide](#), the active ingredient in andrographis, improved ulcerative colitis by suppressing the IL-23/[IL-17](#) axis [\[R, R\]](#).

Taking 1,200-1,800 mg andrographis daily for 8 weeks reduced the symptoms in 45-60% of the participants in a placebo-controlled trial of 225 people with mild-to-moderate ulcerative colitis, being the 1,800 mg dose more effective. However, andrographis did not improve remission rates [\[R\]](#).

In an 8-week non-placebo-controlled trial of 120 ulcerative colitis patients, andrographis extract (1,200 mg/day) was approximately as effective as mesalazine at causing response (76% vs 82%) and clinical remission (21% vs 16%) [\[R\]](#).

Andrographis may help through its anti-inflammatory properties.

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.