

LEPR (Weight/Leptin Resistance)

Gene Report

REPORT CATEGORY —



WEIGHT & BODY FAT

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

Leptin is one of the two major hormones that control appetite and food intake, along with ghrelin. Where ghrelin triggers feelings of hunger, however, leptin increases feelings of fullness and typically encourages us to stop eating [R].

Initially, leptin was only known to be secreted by fat tissue and to circulate at levels directly proportional to the total amount of fat in the body [R].

Leptin is now known to be produced by various tissues and organs including the placenta, kidney, salivary glands, and stomach [R, R, R, R].

Some researchers believe that chronically high leptin (produced by large quantities of fat tissue, for example) might reduce the sensitivity of leptin receptors. This could lead to a state called leptin resistance, similar to insulin resistance in diabetes. People who are resistant to leptin would be less likely to feel full after eating; this could, in turn, lead to overeating and additional weight gain [R, R].

The [LEPR](#) gene encodes the leptin receptor and is a prime candidate gene for susceptibility to [leptin resistance](#). Most researchers argue that people with fewer or less sensitive leptin receptors would be more likely to develop resistance and be overweight [R, R].

LEPR Variant and Weight

Many *LEPR* variants are currently under investigation for their possible link to leptin resistance and obesity. The most important one is [rs1137101](#).

At rs1137101, the ‘GG’ genotype is associated with higher weight, higher BMI, and increased daily intake of calories. People with the ‘GG’ genotype at rs1137101 are also likely to have higher [cholesterol](#), higher blood sugar, and insulin resistance [\[R\]](#).

A recent meta-analysis has confirmed a link between this variant and obesity. The risk was **19% higher per each “G” allele** [\[R\]](#).

This variant likely reduces the number or activity of leptin receptors, potentially contributing to leptin resistance [\[R\]](#), [\[R\]](#).

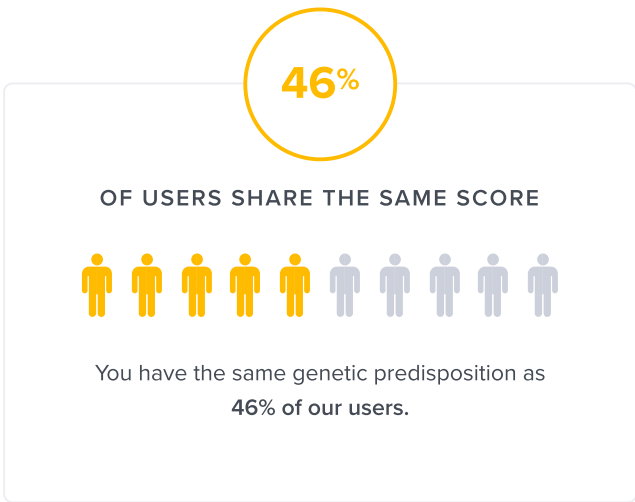
Studies have linked another variant, [rs12405556-T](#), to higher weight and blood lipid levels. This variant is often inherited together with rs1137101-G, meaning many people carry either both or none of them [\[R\]](#).

Other LEPR SNPs—like rs1137100, rs11208659, and rs11804091—have been linked to weight gain and obesity as well. However, the supporting evidence is weaker [\[R\]](#), [\[R\]](#).



TYPICAL ACTIVITY

Likely typical LEPR activity based on the genetic variants we looked at



Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
LEPR	rs1137101	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	Limit Calorie Intake	2	Exercise At Least One Hour a Day1 hour
3	Low-Carbohydrate Diet	4	Sleep for 7+ Hours
5	Fruits And Vegetables	6	Capsaicin and Capsinoids450 mg
7	Relaxation Techniques30 minutes	8	Garcinia Cambogia500 mg
9	Yerba Mate1 g	10	Lactobacillus Rhamnosus10 billion CFU
11	Berberine1000 mg		

Limit Calorie Intake

IMPACT

5 / 5

EVIDENCE

5 / 5

How to implement

Consume fewer calories than your body needs for maintenance. Calculate your daily caloric needs using an online calculator based on your sex, age, weight, height, and activity level, then reduce that number by 500-1000 calories per day to safely lose 1-2 pounds per week. Adjust the caloric intake as needed based on your progress.

Description

People often limit their calorie intake to help them lose weight [R, R].

However, moderate calorie restriction may also help you stay healthier and age better [R, R, R, R, R].

There are different ways to take in fewer calories. You can:

- **Eat low-calorie foods**, such as those rich in proteins, fiber, and water. Avoid fatty and sugary foods, which tend to be high in calories [R].
- Try **intermittent fasting**, which involves changing how often you eat [R].

If you are restricting your calories, make sure your diet remains healthy and balanced. Experts also recommend being physically active, to prevent the loss of muscle and bone mass.

How it helps

To promote weight loss, experts recommend lowering your calorie intake by 30% of your daily requirement [R, R].

Eating fewer calories and intermittent fasting may support short-term weight loss equally. On the other hand, people who eat fewer calories may maintain their weight loss better in the long run [R, R, R, R, R, R].

Types of intermittent fasting that may be especially helpful for weight loss include:

- **Alternate-day fasting:** fasting every other day [\[R\]](#)
- **Time-restricted eating:** eating within a certain time frame each day [\[R, R, R, R, R\]](#)

A good way to limit calorie intake is to eat more low-calorie foods. These include soups and foods rich in protein and fiber. You can also try eating a low-calorie snack before a meal [R, R, R].

These methods can help make you feel more full and thus eat less [R, R, R].

Please note: Limiting calorie intake too much or fasting for too long can cause malnutrition, anemia, eating disorders, and other health problems. Children, pregnant women, and people with certain chronic conditions or substance abuse disorders shouldn't do intermittent fasting. Talk to your doctor before implementing any drastic calorie restriction [R].

2



Exercise At Least One Hour a Day

IMPACT

5 / 5

EVIDENCE

5 / 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

Physical [exercise](#) and long-term fitness seem to decrease total leptin production and make people less likely to develop leptin resistance [\[R, R, R\]](#).

Most experts agree that getting 150-300 minutes of exercise per week can help you control your weight. For best results, try to push yourself a bit with **moderate or intense exercise** [\[R, R\]](#).

Exercise helps by burning calories and boosting your metabolism. It may also lower your appetite [\[R, R\]](#).

However, it might take a while to see the results of your hard work. **The benefits of moderate or intense exercise may only show after 12 weeks** [\[R, R, R, R, R\]](#).

Note that exercise may be less effective at helping you lose weight than limiting your calorie intake. However, **it will likely help you maintain a lower weight in the long run** [\[R, R, R\]](#).

3



Low-Carbohydrate Diet

IMPACT

4 / 5

EVIDENCE

4 / 5

How to implement

Limit your daily intake of carbohydrates to less than 26% of your total daily calories. For a standard 2000-calorie diet, this means consuming no more than 130 grams of carbohydrates per day. Focus on including non-starchy vegetables, lean proteins, and healthy fats in your meals while minimizing the intake of sugars, bread, pasta, and other high-carb foods.

Description

Low-carbohydrate diets can promote weight loss, improve blood sugar control, and support heart health. They may also be beneficial for individuals with certain medical conditions, such as epilepsy or metabolic syndrome.

How it helps

Four meta-analyses (the largest one with 17 trials concluded that low-carb diets decrease body weight, fat mass, BMI, and waist circumference. Very low-carbohydrate diets may be the most effective [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

A meta-analysis of 32 studies found that the short-term effects of low-carb diets on weight parameters persist in the long term, but to a small degree. Another meta-analysis (25 trials) found significant effects of low-carb diets on body weight at 3-8 months, but not at 10-30 months, and on BMI at 3-4 months but not at other time points [\[R\]](#), [\[R\]](#).

Low-carb diets help in part with weight loss by **increasing energy expenditure** according to a meta-analysis of 29 trials [\[R\]](#).

The combination of low-carb diets with exercise further decreases waist circumference, body weight, and BMI according to 2 meta-analyses. However, a meta-analysis of 8 studies found no added benefits in trained individuals [\[R\]](#), [\[R\]](#), [\[R\]](#).

Six meta-analyses (the largest one with 38 trials found low-carb diets more effective than low-fat diets for reducing weight. In line with this, a meta-analysis of 48 trials comparing different diets found the low-carb diet had the largest effect on weight loss. However, 3 meta-analyses found both diets similarly effective at reducing body weight and waist circumference [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

In patients with type 2 diabetes, the low-carb dietary pattern is the most effective one at lowering body weight according to 2 meta-analyses [\[R\]](#), [\[R\]](#).

 PERSONALIZED TO YOUR GENES

Your [LEPR](#) gene variant has been associated with excess weight in people with a high intake of refined cereals [\[R\]](#).

Your [LEPR](#) gene variant has been associated with excess weight in people with a high intake of refined cereals [\[R\]](#).

YOUR GENETIC VARIANTS			
GENE	SNP	GENOTYPE	EVIDENCE
LEPR	rs1137100	AG	
GENE	SNP	GENOTYPE	EVIDENCE
LEPR	rs1177681	AG	

4



Sleep for 7+ Hours

IMPACT3 / 5

EVIDENCE3 / 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

Multiple animal studies have suggested a close relationship between [sleep](#) and leptin. In a mouse study, chronic jet lag disrupted the clock in fat cells and induced leptin resistance in the brain [\[R\]](#).

Adults who don’t get enough sleep are 25-55% more likely to be overweight or obese. In fact, the risk of obesity may increase by 9% for every hour of sleep lost [\[R, R, R, R\]](#).

Disrupting the natural sleep cycle may also promote weight gain. **People who work night shifts are more likely to be obese** [\[R, R, R\]](#).

Sleep may be even more important for weight control in children. The good news is that every 1-hour increase in sleep may lower their risk of weight gain by a whopping 21% [\[R, R, R, R, R\]](#).

5



Fruits And Vegetables

IMPACT

3 / 5

EVIDENCE

3 / 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

In animals, the consumption of polyphenol-rich fruits and vegetables prevented leptin resistance [\[R\]](#).

A meta-analysis of 17 studies and 563,277 participants found an inverse association between fruit and vegetable consumption and weight, waist circumference, and adiposity. Similarly, interventions aimed at increasing fruit and vegetable intake reduce the prevalence of obesity in children and adolescents according to a meta-analysis of 22 studies and 12,678 participants [\[R\]](#), [\[R\]](#).

In overweight or obese people, increased fruit and vegetable intake may have large effects on body weight (-2.81 kg) according to a meta-analysis of 16 studies and 3,719 participants [\[R\]](#).

In line with this, 2 meta-analyses (the most recent one with 12 trials and 1,151 studies) associated the adoption of a vegetarian diet with a weight reduction of 2.02-4.6 kg. The reduction was higher in people following a vegan diet, consuming a vegetarian diet with energy restriction, and following these diets for over 1 year [\[R\]](#), [\[R\]](#).

Fruits and vegetables are rich in fiber and water, which may help promote satiety, but low in calories.

6



Capsaicin and Capsinoids

IMPACT2 / 5

EVIDENCE3 / 5

How to implement

Take a supplement containing 450 mg of capsaicin or capsinoids, once daily with a meal. Continue this routine daily as part of your supplement regimen.

TYPICAL STARTING DOSE

450 mg

Description

Capsaicin, found in chili peppers, is known for its potential to boost metabolism and promote weight loss. It can also provide pain relief when used topically in certain creams and ointments. Capsinoids are compounds similar to capsaicin, found in chili peppers, and may have similar metabolic and weight management benefits without the intense heat.

[Capsaicin](#) is the compound that makes chili peppers spicy [\[R\]](#).

People use **topical capsaicin** to relieve pain and **oral capsaicin** to aid weight loss [\[R\]](#), [\[R\]](#).

Capsinoids are compounds similar to capsaicin. Unlike capsaicin, they are present in both sweet and chili peppers [\[R\]](#).

How it helps

[Capsaicin](#) acts on a receptor called [TRPV1](#), the activation of which is believed to prevent leptin resistance [\[R\]](#).

TRPV1 may also speed up the metabolism, increase energy expenditure, and reduce appetite [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Capsaicin (1-3 mg) may help you lose weight by [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Reducing your appetite
- Speeding up your metabolism

This amount of capsaicin is available in [\[R\]](#):

- **50-150 mg** of a cayenne pepper extract
- **200-600 mg** of ground cayenne pepper

Combining capsaicin with ingredients like [green tea](#) and [ginger](#) may have similar effects [\[R\]](#), [\[R\]](#), [\[R\]](#).

Supplementing with **capsinoids (6-10 mg for 1-3 months)** may also support weight loss [\[R\]](#), [\[R\]](#).

7



Relaxation Techniques

IMPACT

2 / 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

Leptin resistance and stress may form a feedback loop wherein each contributes to the other: people with detrimental *LEPR* variants may have higher baseline stress, and people under a lot of stress may be more likely to develop leptin resistance [\[R\]](#), [\[R\]](#).

Stress causes weight gain by increasing chemicals that influence hunger and appetite, such as [\[R\]](#):

- [Ghrelin](#)
- [Cortisol](#)

Experts agree that stressed out people are more likely to eat junk food, which may pave the way for weight gain [\[R\]](#), [\[R\]](#), [\[R\]](#).

In fact, stress may lead to unhealthy eating in children as young as 8 years old [\[R\]](#).

The following relaxation techniques may help control eating behavior and weight:

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

8



Garcinia Cambogia

IMPACT2 / 5

EVIDENCE2 / 5

How to implement

Take 500 mg of Garcinia Cambogia as a supplement 30 to 60 minutes before each meal. It is typically recommended to do this three times a day for effective results.

TYPICAL STARTING DOSE

500 mg

Description

Garcinia cambogia is a tropical fruit extract commonly used in weight management supplements. It contains hydroxycitric acid (HCA), which is believed to help curb appetite and support weight loss goals, although scientific evidence is mixed.

[Garcinia cambogia](#) is a plant native to Asia [\[R\]](#).

Different parts of *G. cambogia* are used to [\[R\]](#):

- Preserve and flavor food
- Make artwork and polish metals

In traditional medicine, people mainly use *G. cambogia* and its active compounds to manage weight [\[R\]](#), [\[R\]](#).

How it helps

In studies on obese animals, [Garcinia cambogia](#) extract enhanced glucose metabolism and leptin signaling [\[R\]](#), [\[R\]](#), [\[R\]](#).

Supplementing with ***Garcinia cambogia* (up to 4.7 g/day for 8-12 weeks)** may support weight loss. Combining *G. cambogia* with other herbs may have similar benefits [\[R\]](#), [\[R\]](#), [\[R\]](#).

Its active component **HCA (1-2.8 g/day for 2-12 weeks)** may also help with weight control [\[R\]](#).

G. cambogia helps by [\[R\]](#), [\[R\]](#):

- Lowering fat production
- Promoting fat burning
- Reducing appetite

Note that the evidence is mixed. *G. cambogia* extract didn’t promote weight loss in some of the studies [\[R\]](#), [\[R\]](#), [\[R\]](#).

Please note: *G. cambogia* may cause liver damage. Consult your doctor before taking it [\[R\]](#), [\[R\]](#), [\[R\]](#).

9



Yerba Mate

IMPACT2 / 5

EVIDENCE2 / 5

How to implement

Take yerba mate as a supplement by consuming 1 to 3 grams of the dried leaves in capsule form daily, or by drinking 1 to 3 cups of yerba mate tea. Do this consistently for at least 4 to 8 weeks to observe potential benefits.

TYPICAL STARTING DOSE

1 g

Description

Yerba mate is a South American herbal tea known for its caffeine content and antioxidant properties. It provides a boost in alertness and mental clarity and is used for its potential to enhance focus and energy.

Yerba mate is a traditional South American beverage made from the dried leaves of the yerba mate plant (*Ilex paraguariensis*). It is commonly consumed in countries like Argentina, Uruguay, Paraguay, and Brazil, and has a long history of cultural significance and social bonding.

Yerba mate is traditionally sipped through a *bombilla*, a special metal straw, from a gourd-shaped container. This results in a flavorful and stimulating drink often shared among friends and family.

How it helps

In mice, [yerba mate](#) appeared to prevent leptin resistance [\[R\]](#).

Yerba mate supplementation showed positive effects on weight-related parameters in several studies. It reduced body fat mass, fat percentage, and waist-to-hip ratio, while increasing fat burning and satiety during exercise. Additionally, a combination supplement with yerba mate, guaraná, and damiana induced significant weight loss and reduced the time to perceived gastric fullness in overweight participants [\[R, R, R, R\]](#).

10



Lactobacillus Rhamnosus

IMPACT2 / 5

EVIDENCE1 / 5

How to implement

Take a probiotic supplement containing Lactobacillus rhamnosus. Typically, the suggested dose is 10 billion CFUs (colony-forming units) per day. This can be taken as a single daily dose or divided into two doses, morning and evening, with or without food. Continue this regimen for at least 4 weeks to observe benefits.

TYPICAL STARTING DOSE
10 billion CFU

Description

Lactobacillus rhamnosus is a beneficial probiotic strain that can support digestive health and contribute to a balanced gut microbiome. It may help improve gut function, enhance nutrient absorption, and bolster the immune system, promoting overall well-being.

[Lactobacillus rhamnosus](#) is a [probiotic](#) bacterium, part of the normal gut microflora. Various foods may have added *L. rhamnosus*, including yogurt, cheese, and fermented legumes [\[R, R\]](#).

People take *L. rhamnosus* supplements to balance their immune system and help with infections, allergies, and dermatitis [\[R\]](#).

How it helps

Some [probiotic](#) supplements with [L. rhamnosus](#) improved leptin resistance in obese mice that had been fed a high-fat diet [\[R\]](#).

In 2 placebo-controlled trials of 175 overweight and obese participants, supplementation with *L. rhamnosus* (strains GG and CGMCC1.3724) reduced body weight, fat mass, and waist circumference [\[R, R\]](#).

L. rhamnosus may help by improving gut health and metabolism.

How to implement

TYPICAL STARTING DOSE

1000 mg

Description

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

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

- Diabetes
- High cholesterol
- High blood pressure
- PCOS

How it helps

Berberine (300-500 mg, 3x/day for 12 weeks) may reduce weight by [R, R, R, R]:

- Decreasing appetite
- Improving the [gut microbiome](#)
- Improving sugar and fat metabolism

However, some studies found that berberine doesn't benefit weight loss [R].

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.