

Lead

DNA Health Report

REPORT CATEGORY —



DETOX

Sample Client

Report date: 15 January 2026

Table of Contents

03 How this works

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

07 Introduction

08 Your genetics

09 Your recommendations

26 Next Steps

- 26 Your Lab Results

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

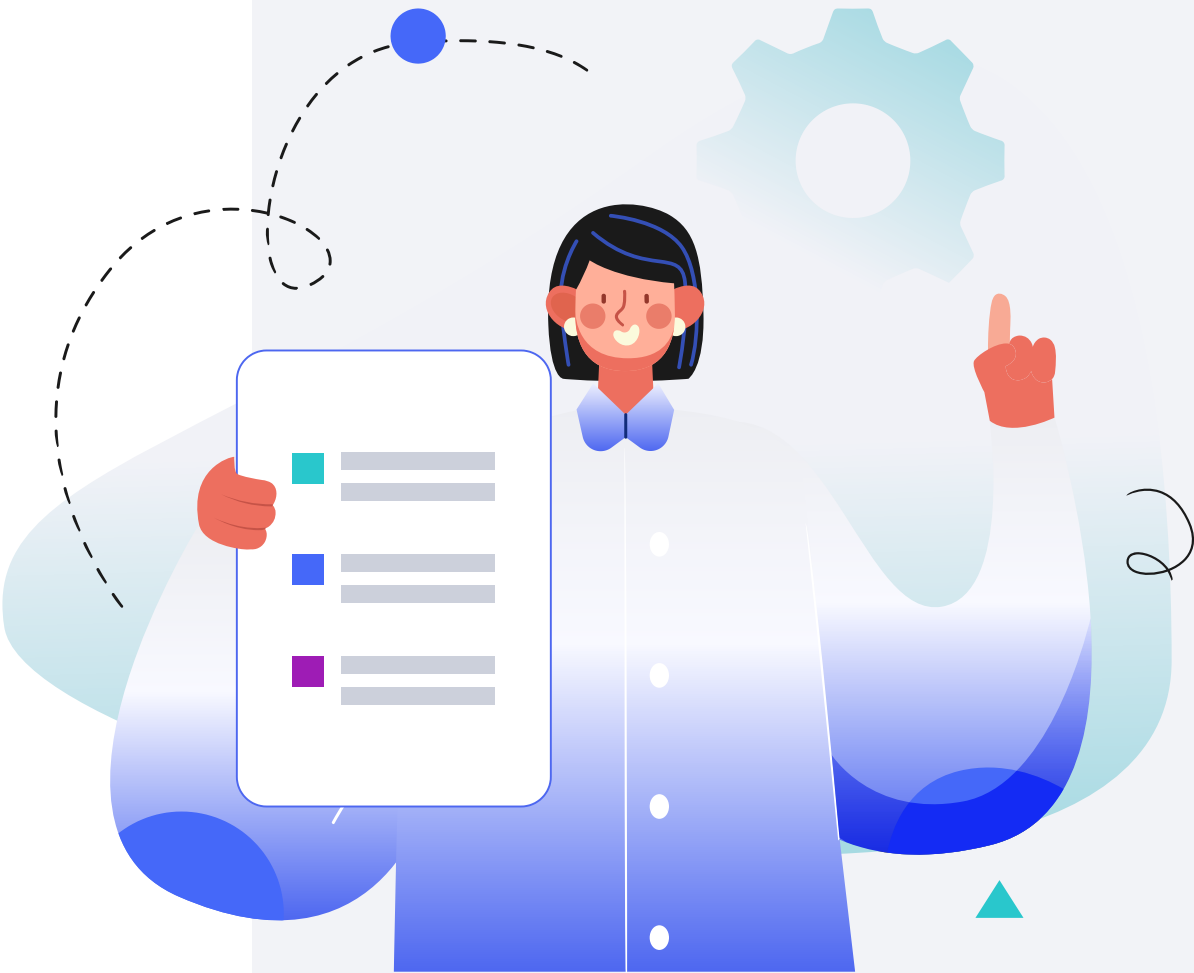
Male

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

Lead is a heavy metal. It is naturally found in the environment in small amounts [\[R\]](#), [\[R\]](#).

Exposure to lead can cause it to build up in the body. A buildup of lead can contribute to oxidative stress and cell damage. This is called **lead poisoning** [\[R\]](#), [\[R\]](#).

In some cases, lead poisoning doesn’t cause any symptoms until lead levels become very high. Symptoms can include [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Slowed development and learning difficulties (in children)
- High blood pressure, mental health conditions, and fertility problems (in adults)

Even short-term exposure to lead can be harmful [\[R\]](#).

As a result, lead is no longer used in the manufacturing of some products. This includes gasoline and paint. However, lead can still be found in some pipes, batteries, and the wall paint of older homes [\[R\]](#), [\[R\]](#), [\[R\]](#).

Risk factors for lead poisoning include [\[R\]](#), [\[R\]](#), [\[R\]](#):

- **Living in or renovating an older home**
- **Younger age:** Children may be more likely to eat lead-based paint chips and come into contact with lead-contaminated dust. They might also absorb lead more easily than adults.
- **Hobbies and jobs that require lead soldering:** For example, jewelry-making, stained glass-making, and restoring older furniture.

Genetics of Lead Levels

Some people may be predisposed to higher levels of lead than others. This may put them at a higher risk of lead poisoning, especially when they are exposed to lead in their environment [R, R].

This may be due to genetics. In fact, about **40%** of differences in lead levels may be attributed to genetic factors [R].

Genes involved may influence [R]:

- Lead absorption and buildup
- Lead distribution in the body

Keep in mind that the environment may also influence your lead levels. The only way to determine your blood lead levels is to take a blood test.

If your levels are high, your doctor may recommend chelation therapy. This is a form of treatment that binds heavy metals and helps remove them from the body [R, R].



TYPICAL LEVELS

Predisposed to typical levels of lead based on 14 genetic variants we looked at



Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
MTHFR	rs1801133	AA
AGTR1	rs79019069	AA
MTHFR	rs1476413	CC
SLC11A2	rs224589	GG
SRGAP3	rs76153987	CC
/	rs9863067	CC
CAPZB	rs12136530	AA
ALAD	rs1805313	AA
PEPD	rs16968074	AA
/	rs366631	AG
MAGI2	rs798338	CA
RGS5	rs2662776	GA
ALAD	rs1800435	CC
GSTP1	rs1695	AA
THSD7A	rs116864947	TT
GSTP1	rs1138272	CC
TTC26	rs60580184	GG
PTPN2	rs144653651	GG
HFE	rs1800562	GG
HFE	rs1799945	CC
BSPRY	rs10121150	AA
HDHD3	rs8177812	GG
ABO	rs550057	TT

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	Avoid Lead Exposure	2	Dietary Calcium
3	N-acetylcysteine (NAC)600 mg	4	EDTA600 mg
5	Chlorella and Brown Seaweed	6	Modified Citrus Pectin15 g
7	Dietary Selenium	8	Sweating More30 minutes
9	Vitamin C2000 mg	10	Regular Hand Washing
11	Zinc15 mg	12	Air Purifier
13	Dietary Iron	14	Maintain Optimal Iron Levels10 mg
15	Chlorella3 g	16	Calcium Supplements1000 mg
17	Avoid Exposure To Organic Solvents		

Avoid Lead Exposure

IMPACT

5 / 5

EVIDENCE

5 / 5

How to implement

Prevent lead exposure by using cold water for drinking and cooking, regularly cleaning dust from windowsills and floors, and ensuring that your home's paint is not chipping if it was built before 1978. For occupations involving potential lead exposure, use protective gear and follow safety protocols. Test your home for lead if it's old or you're concerned about contamination.

Description

Lead is a heavy metal. It is naturally found in the environment in small amounts [R, R].

Exposure to lead can cause it to build up in the body. A buildup of lead can contribute to oxidative stress and cell damage. This is called **lead poisoning** [R, R].

Lead is no longer used in the manufacturing of some products like gasoline and paint. However, it can still be found in some pipes, batteries, and the wall paint of older homes [R, R, R].

How it helps

Lead exposure has greatly decreased since this metal is no longer used in the manufacturing of gasoline, paint, and pipes. Nevertheless, risk factors for lead poisoning include [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- **Living in or renovating an older home**
- **Younger age:** Children may be more likely to eat lead-based paint chips and come into contact with lead-contaminated dust. They might also absorb lead more easily than adults.
- **Hobbies and jobs that require lead soldering:** For example, jewelry-making, stained glass-making, and restoring older furniture.

This meta-analysis of 28 studies across 16 countries found a high-quality, small but significant inverse relationship between calcium intake and blood lead levels. Similarly, iron intake showed high-quality evidence of mostly negative associations with blood lead levels in 11 analyses [R].

Some helpful tips to reduce lead exposure include [[R](#), [R](#)]:

- Washing hands, tools, and toys
- Cleaning dusty surfaces
- Removing shoes before entering the house
- Running cold water for a minute before using it if your building has old plumbing with lead pipes
- Keeping your home well maintained, especially if it has lead-based paint
- Wearing protective clothing at work
- Preventing children from playing on soil
- Eating a healthy diet to reduce lead absorption

2



Dietary Calcium

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Consume 1,000-1,200 mg of calcium daily through dietary sources such as dairy products (milk, yogurt, cheese), green leafy vegetables (kale, broccoli), and fortified foods (orange juice, plant-based milks). Adults under 50 need 1,000 mg per day, while those over 50 should aim for 1,200 mg per day.

Description

Dietary calcium is a mineral found in dairy products, leafy greens, and fortified foods. It is essential for bone health, muscle function, and nerve transmission.

[Calcium](#) is the most abundant mineral in the human body. It is vital for the bones, heart, muscles, and nervous system [\[R\]](#).

Your body gets calcium from food and needs vitamin D to help absorb it. Calcium can be found in a variety of foods, including [\[R\]](#):

- Dairy products
- Green, leafy vegetables
- Fish with edible soft bones (e.g., sardines)
- Calcium-fortified foods and beverages

How it helps

Consuming dietary calcium helps protect your body from lead exposure by decreasing its absorption in the gut. When your calcium level is sufficient, lead is less likely to be absorbed and stored in your bones and teeth, effectively reducing the potential for lead poisoning.

3



N-acetylcysteine (NAC)

IMPACT

1 / 5

EVIDENCE

1 / 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) works by binding to harmful lead particles in your body, converting them into a substance your body can easily remove. This process lowers lead levels in your system, mitigating the damage it may cause.

In a [non-placebo-controlled trial of 171 workers exposed to lead](#), supplementation with NAC (200-800 mg/day) for 12 weeks **decreased homocysteine and oxidative damage** [\[R\]](#), [\[R\]](#).

4



EDTA

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

EDTA supplements should be taken under medical supervision. The dosage depends on the condition being treated. It's important to maintain a balanced diet and possibly supplement with minerals, as EDTA can deplete essential nutrients.

TYPICAL STARTING DOSE

600 mg

Description

EDTA (Ethylenediaminetetraacetic acid) is a chelating agent used to bind and remove heavy metals from the bloodstream. It's commonly used in chelation therapy for conditions like lead poisoning. However, oral EDTA has poor absorption, and there's no evidence it can help detox heavy metals. It may also deplete essential minerals and cause the buildup of heavy metals in the digestive tract.

How it helps

In one study, iron and EDTA fortification significantly reduced blood lead concentrations in lead-exposed children, with NaFeEDTA being more effective than ferrous sulfate. However, no improvements in cognitive test scores were observed [R].

Please note: EDTA for lead detox is administered intravenously under strict medical supervision. Supplemental EDTA is poorly absorbed, and there is no evidence it can provide the same benefits.

5



Chlorella and Brown Seaweed

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a brown seaweed and chlorella supplement according to the product's instructions. Begin with a low to moderate dose, such as 500-1000 mg of chlorella and 100-250mg of *Fucus* per day, and gradually increase as tolerated. Splitting the dosage throughout the day may enhance absorption and efficacy.

Description

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

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

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

Brown seaweed, such as kelp and wakame, is a nutrient-dense marine alga often used in Asian cuisine and dietary supplements. It's a natural source of essential minerals like iodine and may offer various health benefits, including thyroid support and potential antioxidant effects.

How it helps

In a non-placebo-controlled trial of 37 participants with long-term titanium dental implants or amalgam fillings, supplementation with chlorella and Fucus extracts for 90 days reduced the levels of mercury, lead, and other heavy metals [\[R\]](#).

Chlorella and brown seaweed may bind to heavy metals and facilitate their elimination from the body.

6



Modified Citrus Pectin

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Take 5 grams of modified citrus pectin in powder form, mixed with water or juice, three times per day away from meals.

TYPICAL STARTING DOSE

15 g

Description

Modified citrus pectin is a fruit fiber processed to improve absorption from the digestive system into the bloodstream. It can help protect against some chronic conditions and has benefits for heart health. Additionally, it may help remove toxic heavy metals from your body to promote good overall health.

How it helps

In a non-placebo-controlled trial of 8 healthy volunteers, ingesting modified citrus pectin (15 g/day for 5 days and 20 g on day 6) increased urinary lead excretion by 560% at day 6 [R].

Modified citrus pectin may bind to lead and help excrete it with urine.

7



Dietary Selenium

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate selenium-rich foods into your daily diet, such as Brazil nuts, seafood, and organ meats. Eating 1-2 Brazil nuts a day can meet the daily selenium requirement for most adults.

Description

Selenium is a trace mineral found in various foods, including nuts, seeds, and seafood. It is an essential nutrient that plays a crucial role in maintaining the body's antioxidant defenses and supporting thyroid function.

[Selenium](#) supports [\[R\]](#):

- Reproduction
- Thyroid function
- DNA production
- Immune response

Adults should be getting **55 micrograms** of selenium per day. Good sources of selenium include [\[R\]](#):

- Brazil nuts
- Fish
- Meat
- Eggs
- Rice
- Oatmeal

How it helps

In a cross-sectional study of 1833 participants, blood lead and cadmium negatively affected cognitive performance and blood selenium showed a positive association, particularly in men. Selenium may thus decrease the negative impact of heavy metal combinations on cognitive function [\[R\]](#).

Dietary selenium can bind with lead in the body, forming an inert mass that the body can then safely eliminate.

8



Sweating More

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate at least 30 minutes of moderate-intensity exercise, such as brisk walking, cycling, or swimming, into your daily routine to induce sweating. Ensure to stay hydrated by drinking water before, during, and after exercise. Aim for most days of the week for consistent benefits.

TYPICAL STARTING DOSE

30 minutes

Description

Sweating more through physical activity or heat exposure helps regulate body temperature, eliminate toxins, and support cardiovascular health by improving blood flow and reducing the risk of heat-related illnesses.

How it helps

Sweating more promotes the elimination of toxins, including lead, through your skin. Regular exercise and sauna use can help increase sweating and potentially lower your body's lead levels.

9



Vitamin C

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take 500-2000 mg of vitamin C supplement daily. It can be taken at any time of the day, with or without food, according to personal preference or tolerance.

TYPICAL STARTING DOSE

2000 mg

Description

[Vitamin C](#) is an essential nutrient. This means that our bodies can’t produce it on their own, so we have to get it from food or supplements [\[R\]](#).

Foods rich in Vitamin C include: [\[R\]](#)

- Citrus Fruits
- Peppers
- Brussel sprouts
- Kiwi
- Broccoli
- Tomato
- Cantaloupe
- Cauliflower
- Spinach

Vitamin C has antioxidant properties. It supports immunity, heart health, and wound healing [\[R\]](#), [\[R\]](#).

Vitamin C deficiency is called *scurvy*. In the past, many sailors suffered from it [\[R\]](#).

How it helps

Vitamin C is an antioxidant that can help reduce the oxidative damage caused by lead and increase its excretion.

10



Regular Hand Washing

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Wash your hands with soap and water for at least 20 seconds, making sure to scrub all surfaces of your hands, including the backs, between your fingers, and under your nails. Do this several times a day, especially before eating, after using the bathroom, after blowing your nose, coughing, or sneezing, and after touching garbage.

Description

Regular hand washing is a simple yet highly effective hygiene practice that helps prevent the spread of infectious diseases and illnesses. It is essential for reducing the transmission of harmful pathogens and maintaining overall health.

How it helps

Proper hygiene practices, such as regular handwashing, can reduce the transfer of lead from contaminated surfaces to the mouth or food.

11



Zinc

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take a 15 mg zinc supplement daily, ideally with a meal to enhance absorption.

TYPICAL STARTING DOSE

15 mg

Description

Zinc is an essential mineral found in various foods, including meat, dairy, and nuts. It is crucial for immune function, wound healing, DNA synthesis, and maintaining healthy skin and nails. Zinc supplements are sometimes used to support immune health and manage zinc deficiencies.

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

- Defend against disease
- Protect DNA from damage
- Heal wounds
- Control blood sugar

Some of the best sources of zinc include **shellfish, pork, beef, and beans**. It is also available as a supplement [\[R\]](#).

Adults should get **8-11 mg of zinc** per day [\[R\]](#).

How it helps

Zinc is an essential mineral that can help protect against lead toxicity by competing with lead for absorption and aiding in its excretion.

12



Air Purifier

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Install an air purifier in your home, ideally in the rooms you spend the most time in, such as your bedroom and living room. Keep the air purifier on for at least 12 hours each day, or continuously if possible, to effectively reduce airborne contaminants. Regularly clean or replace the filters according to the manufacturer's instructions to maintain its efficiency.

Description

Air purification is the process of cleaning the air around us. Using a high-quality air purifier with a HEPA filter helps remove harmful particles like dust, smoke, and bacteria. Having clean air to breathe can help boost your health by reducing allergies, asthma problems, and even certain infections.

How it helps

By removing particulate matter, air purifiers can reduce the levels of lead in indoor air, minimizing lead inhalation.

13



Dietary Iron

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate iron-rich foods into your daily meals, such as red meat, chicken, turkey, fish, beans, lentils, tofu, cooked spinach, and fortified cereals. Aim for at least 18 mg of iron per day for adult women and 8 mg per day for adult men. It's also beneficial to pair these foods with vitamin C-rich foods like oranges, strawberries, or bell peppers to enhance iron absorption.

Description

Iron (Fe) is an essential mineral. It helps make [hemoglobin](#), a protein that carries oxygen to cells. In this way, iron **increases energy** and supports **brain and immune system function** [\[R\]](#), [\[R\]](#), [\[R\]](#).

Foods rich in iron include [\[R\]](#):

- Oysters
- White beans
- Beef
- Chocolate
- Spinach
- Fortified cereals

Women should be getting **8-18 mg** of iron per day, while **men** should be getting **8 mg** [\[R\]](#).

Groups at risk of iron deficiency include [\[R\]](#):

- Menstruating women
- Children
- Vegetarians
- Routine blood donors

How it helps

Dietary iron can help prevent lead absorption in the body because both metals use the same transport mechanism for absorption in the gut. So, a higher intake of iron can compete with lead, reducing its absorption and buildup, thereby mitigating lead toxicity.

14



Maintain Optimal Iron Levels

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Check your iron levels. If they are below optimal, take a 10 mg iron supplement daily, preferably with a meal to enhance absorption and reduce stomach upset.

TYPICAL STARTING DOSE

10 mg

Description

Iron (Fe) is an essential mineral. It helps make [hemoglobin](#), a protein that carries oxygen to cells. In this way, iron **increases energy** and supports **brain and immune system function** [\[R\]](#), [\[R\]](#), [\[R\]](#).

Foods rich in iron include [\[R\]](#):

- Oysters
- White beans
- Beef
- Chocolate
- Spinach
- Fortified cereals

Women should be getting **8-18 mg** of iron per day, while **men** should be getting **8 mg** [\[R\]](#).

Groups at risk of iron deficiency include [\[R\]](#):

- Women
- Children
- Vegetarians
- Routine blood donors

Iron supplements are available for people who can't meet their needs through a balanced diet, but they should not be taken without consulting a doctor.

How it helps

Iron counteracts lead absorption in the body. It can therefore help prevent lead poisoning and minimize the effects if it has already occurred.

15



Chlorella

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

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

TYPICAL STARTING DOSE

3 g

Description

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

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

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

How it helps

In a non-placebo-controlled trial of 37 participants with long-term titanium dental implants or amalgam fillings, supplementation with chlorella and Fucus extracts for 90 days reduced the levels of mercury, lead, and other heavy metals [\[R\]](#).

Chlorella may bind to heavy metals and facilitate their elimination from the body.

16



Calcium Supplements

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take 500-600 mg of calcium supplement twice daily with food. For best absorption, do not exceed 600 mg at one time and ensure a total daily intake of 1000-1200 mg from all sources, including diet. Continue indefinitely for ongoing support of bone health.

TYPICAL STARTING DOSE

1000 mg

Description

Calcium supplements are commonly used to support bone health and prevent conditions like osteoporosis. Adequate calcium intake is essential for maintaining strong bones and teeth.

[Calcium](#) is the most abundant mineral in the human body. It is vital for the bones, heart, muscles, and nervous system [\[R\]](#).

Your body gets calcium from food and needs vitamin D to help absorb it. Calcium can be found in a variety of foods, including [\[R\]](#):

- Dairy products
- Green, leafy vegetables
- Fish with edible soft bones (e.g., sardines)
- Calcium-fortified foods and beverages

How it helps

Lead exposure can harm the body by interfering with the essential nutrients. By taking calcium supplements, it can help to prevent lead absorption in the body because both lead and calcium use the same transport methods in the body.

17



Avoid Exposure To Organic Solvents

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Ensure to work in well-ventilated areas and wear protective gear when handling products like paints, varnishes, and adhesives. When possible, choose solvent-free or water-based products to minimize exposure. Regularly check labels for any solvents listed and strive to limit their use in both personal and professional settings.

Description

Avoiding exposure to organic solvents, commonly found in paints, adhesives, and cleaning products, can protect against the potential health risks associated with inhalation or skin contact, such as respiratory issues and skin irritation.

Organic solvents are used in various industries and workplaces for tasks like cleaning, painting, and manufacturing.

However, their use can be hazardous to workers' health. Exposure to these solvents can lead to problems such as breathing difficulties, skin irritation, and reduced fertility [\[R\]](#).

How it helps

Organic solvents can enhance lead absorption; avoiding them decreases potential lead exposure avenues.

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.