

Low Appetite

DNA Health Report

REPORT CATEGORY —



Sample Client

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Personal information

NAME

Sample Client

SEX AT BIRTH

Male

HEIGHT

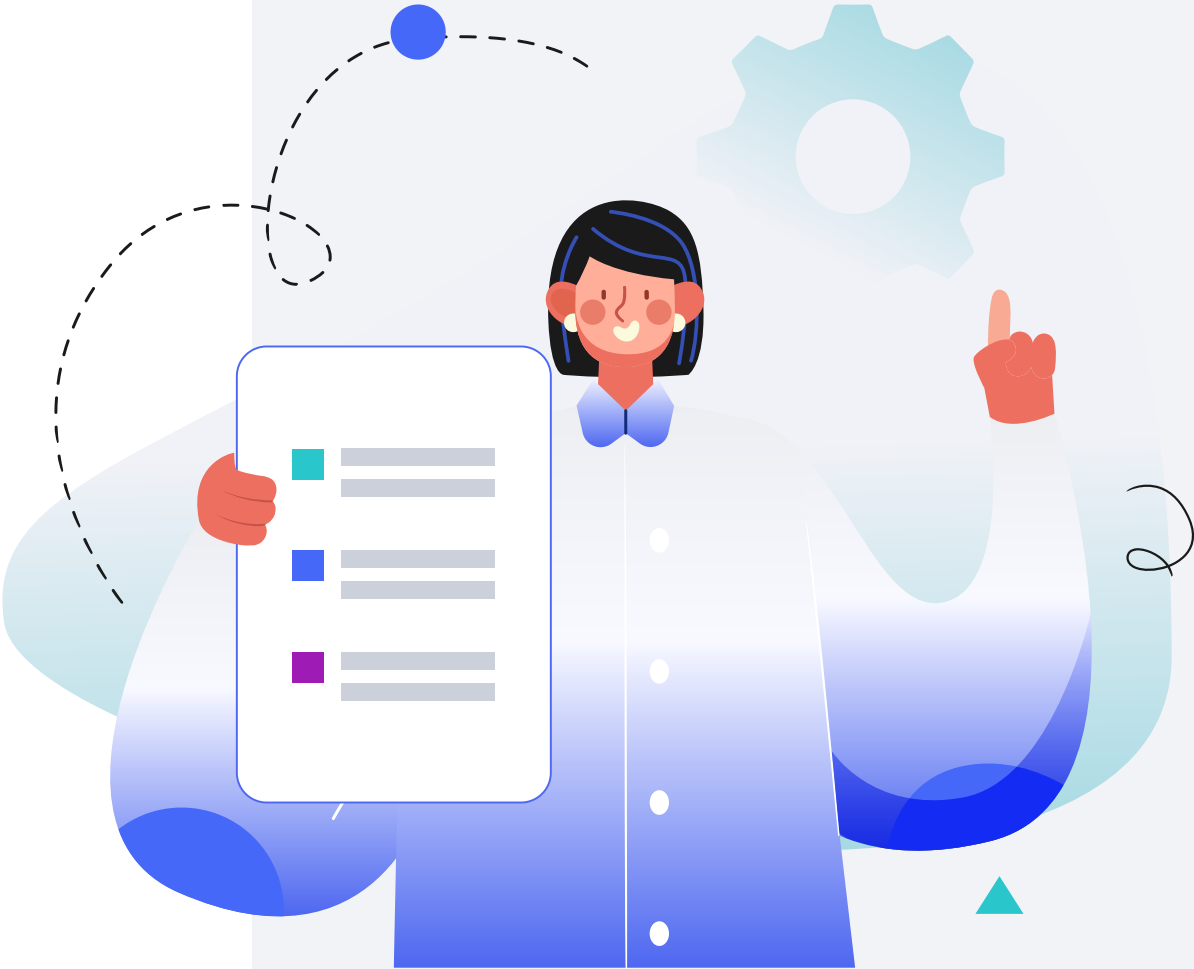
5ft 5" 165cm

WEIGHT

137lb 62kg

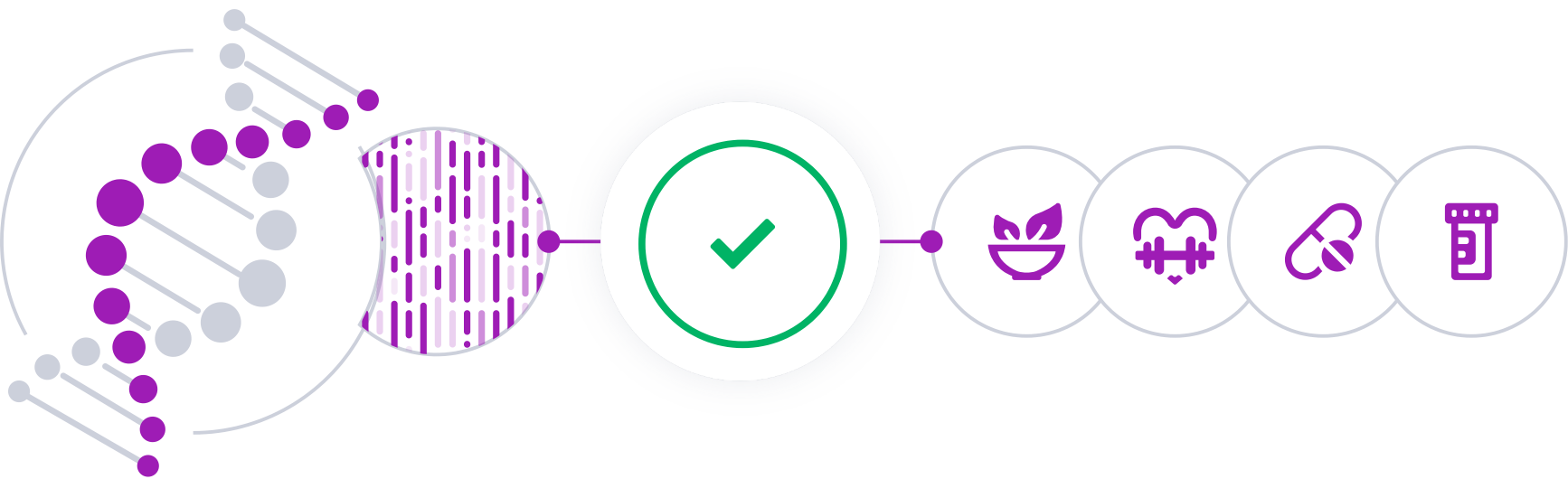
DISCLAIMER

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.

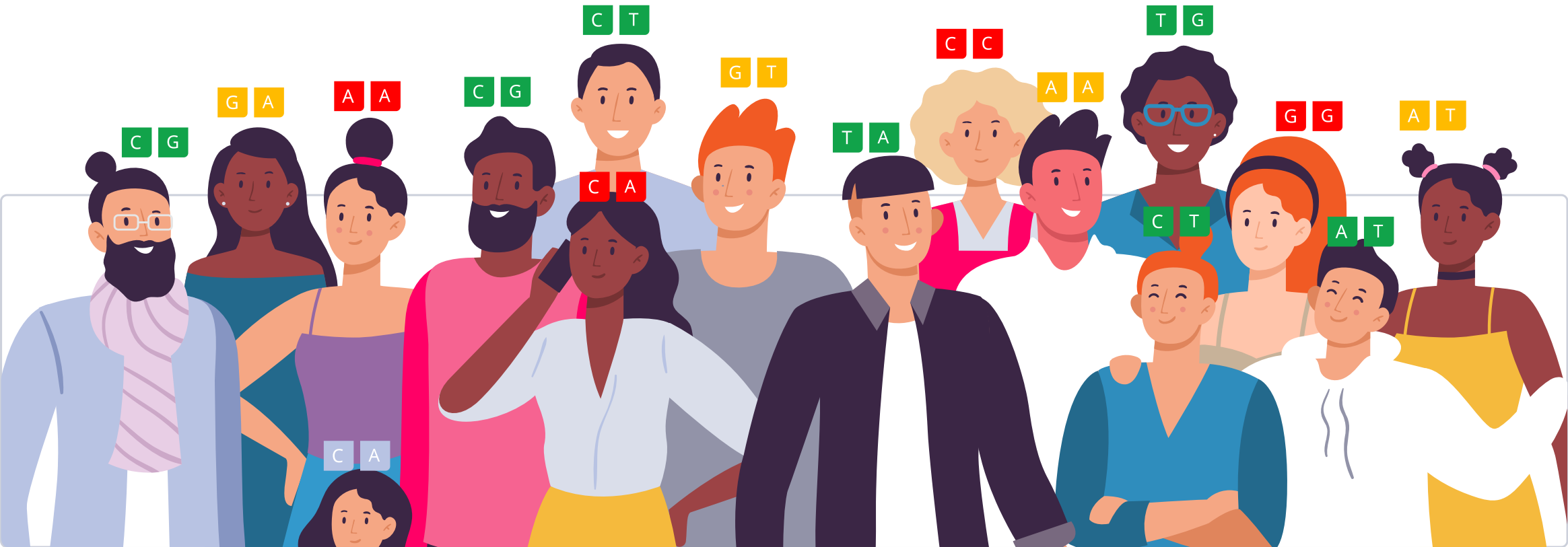


Similarly, our Trait Reports look at how your DNA influences your traits.



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

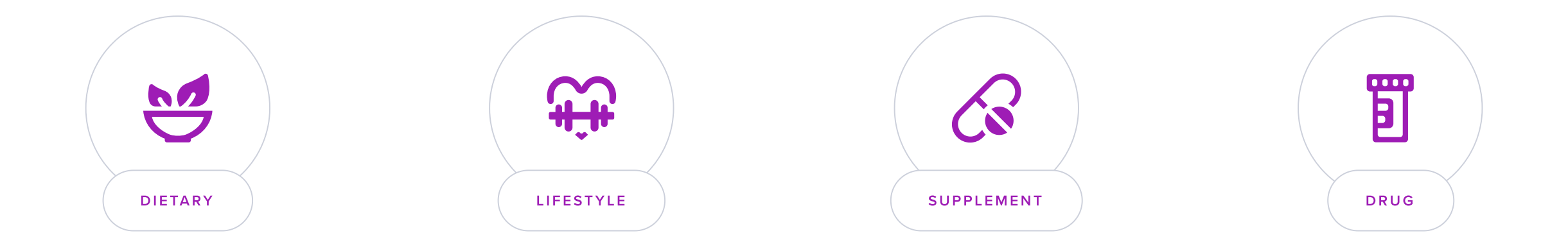
You have 2 risk alleles

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

Low appetite, medically termed as hypophagia or anorexia (distinct from anorexia nervosa, an eating disorder), refers to a reduced desire or interest in eating. It can be a temporary or persistent issue and is often a symptom or side effect of various conditions, ranging from physical illnesses to psychological stress.

The main symptom of low appetite is a reduced food intake. This is often accompanied by weight loss, nutritional deficiencies, fatigue, and weakness. If the loss of appetite is caused by an underlying condition, it may lead to other complications depending on the disease.

Causes and Management

The following factors may decrease appetite:

- **Medications:** Certain drugs, including chemotherapy agents and antibiotics, can reduce appetite as a side effect.
- **Age-related changes:** Older adults often experience a natural decrease in appetite and changes in taste.
- **Lifestyle factors:** Including high stress, poor eating habits, and lack of physical activity.

Genetics can significantly influence appetite, with certain genetic disorders directly affecting how the body regulates hunger and fullness. Variations in genes related to hormones like leptin and ghrelin can lead to changes in appetite, while genetic factors also play a role in determining metabolic rate and taste preferences, indirectly influencing eating habits. Additionally, genetic predispositions to certain mental health conditions can alter appetite.

If a decreased appetite is accompanied by other symptoms like significant weight loss, persistent fatigue, or if it's affecting your quality of life, it's important to consult a healthcare professional for a thorough evaluation. Early intervention is crucial, especially if the low appetite is a symptom of an underlying medical condition.

Health conditions that may cause low appetite include:

- Gastrointestinal disorders
- Depression and other mood disorders
- Anxiety disorders
- Hormonal imbalances
- Chronic kidney disease
- Heart failure
- Cancer

Management of low appetite may include:

- **Addressing underlying causes:** Consultation with a healthcare provider to identify and treat any medical or psychological issues.
- **Nutritional support:** Eating small, frequent meals, including more nutrient-dense foods in the diet, and



TYPICAL LIKELIHOOD

Typical likelihood of low appetite based on 21 genetic variants we looked at



Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
FTO	rs9939609	TT
MC4R	rs17782313	TT
LEP	rs4731426	GG
PPY	rs2070592	TT
CNR1	rs1049353	TT
BDNF	rs12291063	TT
CNR1	rs6454674	TT
CNR1	rs806368	TT
LEPR	rs1137101	AG
LGR4	rs988712	TG
LGR4	rs10501087	CT
BDNF	rs6265	TC
HTR2C	rs518147	G
IL13RA2	rs1414334	G
HTR2C	rs3813928	G
DNMT3B	rs992472	TG
NPY	rs5574	CC
HTR2C	rs6318	G
HTR2C	rs521018	T
HTR2C	rs498207	A
TTC12	rs2283265	CA
CNR1	rs2023239	CC

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

supplementation may help improve appetite.

- Medication review: Assessing current medications for side effects related to appetite and making adjustments as necessary.
- Mental health care: If low appetite is linked to a mental health issue, therapy, counseling, or medication may be beneficial.
- Lifestyle adjustments: Regular physical activity and stress management techniques may help increase appetite.

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	Gentian Root	2	Zinc15 mg
3	Thiamine Supplements100 mg	4	Social Activity1 hour
5	Avoid Rapid Weight Changes	6	Good Eating Habits
7	Chewing	8	Avoid High-Fat Diets
9	Maintain a Regular Meal Schedule	10	Avoid Low-Fat High-Carb Diets
11	Avoid Restrictive Diets	12	Agmatine1 g

1



Gentian Root

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Take 500mg of gentian root in capsule form, 30 minutes before meals, up to three times daily. Continue this regimen for at least three weeks to evaluate its effects on digestive health.

Description

Gentian root is an herbal remedy believed to aid in digestion by stimulating appetite and promoting the secretion of digestive enzymes. It's traditionally used to alleviate symptoms like indigestion and bloating.

How it helps

Gentiana olivieri extract was evaluated for its appetizing effect in children with anorexia. The study showed improvements in weight, food intake, and appetite scores compared to a placebo, indicating its effectiveness as an appetite stimulant in this demographic [\[R\]](#).

A study focused on the roots of *Gentiana olivieri*, aiming to standardize and prepare an appetite-stimulating drug. The aqueous extract of the plant was found to be very bitter, with a high bitterness value, which is associated with stimulating appetite. The study concluded that the extract may increase appetite, suggesting its potential use as a natural medicine for this purpose [\[R\]](#).

2



Zinc

IMPACT

1 / 5

EVIDENCE

1 / 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 may influence serum leptin levels, which are involved in appetite regulation. Studies suggest that zinc supplementation may increase serum leptin levels, potentially affecting appetite regulation and energy metabolism [\[R\]](#).

3



Thiamine Supplements

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Take thiamine supplements orally, starting with a dose of 100 mg daily. This can be taken with or without food, but consistently at the same time each day for at least one month to help improve deficiency symptoms.

TYPICAL STARTING DOSE

100 mg

Description

Your doctor may recommend thiamine supplements. You can also discuss magnesium supplements with your doctor if your magnesium levels are low [\[R\]](#).

How it helps

A study on elderly Irish women with marginal thiamine deficiency found that thiamine supplementation increased appetite, energy intake, body weight, and general well-being while reducing fatigue. This suggests that thiamine supplementation may positively affect appetite and overall health in populations with low thiamine levels [\[R\]](#).

4



Social Activity

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Participate in group activities or gatherings with friends, family, or community members at least twice a week. This could include joining clubs, attending local events, or scheduling regular outings with friends. Aim for these social engagements to last at least an hour each time to foster meaningful connections and conversations.

TYPICAL STARTING DOSE

1 hour

Description

Engaging in social activities, such as spending time with friends and family or participating in group events, can have numerous mental and emotional health benefits. It helps reduce feelings of loneliness, enhances mood, and promotes a sense of belonging and well-being.

Social activities involve physical and mental activities with others that you enjoy and find meaningful. There are plenty of ways to stay socially active and maintain social well-being as you age.

Research has shown that a socially active lifestyle [\[R\]](#):

- Makes you less likely to develop certain chronic conditions.
- May promote a longer lifespan.
- Can improve mood and mental health.
- Can improve memory and other aspects of cognition.

How it helps

A cross-sectional study examined the indirect effects of social activity on appetite through depressive symptoms in older adults. It found that increased participation in social activities led to fewer depressive symptoms, which in turn was associated with better appetite. This suggests that social engagement may be a factor in maintaining good appetite, particularly among the elderly [\[R\]](#).

5



Avoid Rapid Weight Changes

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Maintain a consistent, healthy weight by avoiding extreme dieting or sudden increases in food intake. Aim for gradual weight changes, not exceeding 1-2 pounds per week, by adjusting your diet and physical activity levels accordingly. This approach should be sustained over a long-term period to ensure health and prevent potential adverse effects on the body.

Description

Avoiding extreme and rapid weight changes, whether through crash diets or excessive calorie restriction, is essential for preventing negative health consequences such as nutritional deficiencies and metabolic disruptions.

Your weight is determined by the number of calories you consume compared to those you burn. Changes in exercise frequency, amount and type of food consumed, and alcohol intake may alter your energy expenditure. This may cause small weight fluctuations [\[R\]](#).

Some people may gain or lose weight at a faster rate. Rapid weight fluctuations may be due to [\[R\]](#), [\[R\]](#):

- Very drastic diets
- Water retention or dehydration
- Hormonal changes
- Pregnancy
- Taking certain medications
- Certain health conditions

How it helps

Avoiding rapid weight changes helps stabilize body weight in individuals with low appetite, preventing further complications such as nutritional deficiencies and metabolic disturbances. This approach supports a more consistent and healthier intake, promoting better overall health and well-being.

6



Good Eating Habits

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate a variety of fruits, vegetables, whole grains, lean proteins, and healthy fats into your meals daily. Aim to eat at regular intervals, ideally three meals and one to two healthy snacks per day, to maintain energy levels and avoid overeating. Reduce consumption of processed foods, sugary snacks, and beverages.

Description

Practicing good eating habits, such as balanced and portion-controlled meals, can help maintain a healthy weight, support proper nutrition, and reduce the risk of chronic diseases.

Eating habits involve the how, what, when, and where of your diet. Some eating habits can be good for your health, but others... not so much.

Good eating habits include [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Planning and preparing most of your meals
- Eating mindfully and slowly
- Only eating when hungry
- Not skipping meals

Developing good eating habits takes attention, practice, and effort [\[R\]](#).

How it helps

Developing good eating habits, such as structured meal times and balanced nutrition, can stimulate appetite and enhance energy levels, leading to improved overall health and better management of low appetite.

7



Chewing

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate chewing thoroughly into your daily eating habits by ensuring each bite is chewed 20-30 times before swallowing. Practice this technique at every meal and with snacks to improve digestion and satiety.

Description

Chewing can help to reduce the tendency to overeat by keeping your mouth busy and providing a sense of fullness. It can also help to improve your metabolic rate and increase your energy levels. Additionally, chewing can help to improve your attention span and reduce stress levels.

How it helps

Chewing therapy enhances satiety signals and promotes better nutrient absorption, which is particularly beneficial for individuals with low appetite. This process can stimulate digestive enzymes and improve metabolic function, thereby encouraging increased energy levels and overall food intake.

8



Avoid High-Fat Diets

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Choose foods low in saturated and trans fats, such as lean meats, fish, nuts, and low-fat dairy. Opt for cooking methods like grilling, steaming, or baking rather than frying. Incorporate this practice into every meal and snack, aiming to consistently maintain a diet low in high fat foods each day.

Description

Reducing the consumption of high-fat foods, especially those rich in unhealthy saturated and trans fats, can lower the risk of heart disease, obesity, and related health issues. Opting for a balanced and heart-healthy diet promotes better cardiovascular health and overall wellness.

How it helps

Avoiding high-fat diets helps stimulate appetite by ensuring nutrient-rich foods are prioritized, which can enhance the intake of essential vitamins and minerals. This balanced approach mitigates feelings of fullness from unhealthy fats, thereby encouraging a healthier overall dietary pattern.

9



Maintain a Regular Meal Schedule

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Eat your meals at the same times each day, for instance, breakfast at 7 AM, lunch at 12 PM, and dinner at 6 PM. Stick to this schedule every day, including weekends, to help regulate your body's internal clock and improve digestion.

Description

Maintaining a regular meal schedule helps regulate blood sugar levels, supports digestion, and promotes a healthy metabolism. Consistency in meal timing can contribute to overall energy balance and long-term weight management.

Blood sugar ([glucose](#)) is the body’s main source of energy. It increases after a meal. Skipping meals may reduce this energy supply and lead to [R](#), [R](#):

- Poor cognitive performance
- Headaches

A regular meal schedule means eating the same number of meals at about the same times every day. Doing so may help [R](#), [R](#):

- Balance the internal clock
- Maintain a healthy body weight
- Support healthy cholesterol levels
- Prevent migraines

How it helps

Maintaining a regular meal schedule can stimulate appetite and enhance nutrient absorption by providing consistent food intake, which helps to counteract low appetite. This approach also supports metabolic stability, contributing to overall energy levels and well-being.

10



Avoid Low-Fat High-Carb Diets

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Opt for a diet that balances macronutrients rather than focusing on low fat and high carbohydrates. Include moderate to high amounts of healthy fats and proteins while choosing complex carbohydrates over simple ones. Aim to make this dietary adjustment a permanent part of your eating habits rather than a temporary diet.

Description

Avoiding low-fat-high-carb diets can help promote a balanced macronutrient intake and better blood sugar control. Incorporating healthy fats into the diet supports satiety, hormone production, and overall nutritional well-being.

How it helps

Avoiding low-fat high-carb diets helps improve appetite by ensuring adequate caloric density through healthy fats, which promote satiety and may enhance overall nutritional intake, crucial for individuals with low appetite.

11



Avoid Restrictive Diets

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Ensure your diet includes a variety of foods from all food groups, such as fruits, vegetables, grains, proteins, and dairy, or their alternatives. Instead of eliminating entire food categories, focus on moderation and balance. Aim for a colorful plate at each meal to help incorporate a range of nutrients.

Description

People often limit their calorie intake to help them lose weight. There are different ways to take in fewer calories. Strategies include [\[R\]](#), [\[R\]](#):

- **Eating low-calorie foods** [\[R\]](#).
- **[Intermittent fasting](#)**, which involves changing how often you eat [\[R\]](#).

However, limiting calorie intake too much or fasting for too long can cause malnutrition, anemia, eating disorders, and other health problems.

How it helps

Avoiding restrictive diets ensures adequate caloric and nutrient intake, which is crucial for individuals with low appetite. This approach helps prevent malnutrition and supports overall health by promoting balanced nutrition without overwhelming the individual.

12



Agmatine

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take agmatine as a dietary supplement in a dose of 1.6 to 6.4 milligrams per kilogram of body weight, daily. It can be consumed with or without food. For best results, continue taking it on a daily basis for at least two weeks to assess its effect on your body.

TYPICAL STARTING DOSE

1 g

Description

Agmatine is a naturally occurring compound found in the human body and in certain foods. It is sometimes used as a dietary supplement and is believed to have potential benefits for pain relief, mood regulation, and cognitive function.

How it helps

ease note: *There is no evidence from controlled clinical trials to support this recommendation. It is included based on uncontrolled clinical trials, animal or cell udies, or non-scientific criteria. Please take this recommendation with a grain of salt until more research is available.*

Agmatine, found abundantly in the hypothalamus, stimulates feeding behavior in rats. Its orexigenic effect involves increased neuropeptide Y (NPY) activity mediated by α2-adrenoceptor stimulation in the paraventricular nucleus (PVN), highlighting potential therapeutic implications for eating-related disorders [R].

Agmatine and GABA, both found in brain regions related to appetite regulation, interact in stimulating feeding behavior in satiated rats. Agmatine's orexigenic effect is enhanced by GABAergic agonists and mediated through α2-adrenoceptor activation, emphasizing their role in appetite control [R].

Its interaction with neurotransmitter systems, including its effects on serotonin and dopamine, might also play a role in appetite stimulation.

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.

