

Low Blood Pressure

DNA Health Report

REPORT CATEGORY —



HEART & BLOOD
VESSELS

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

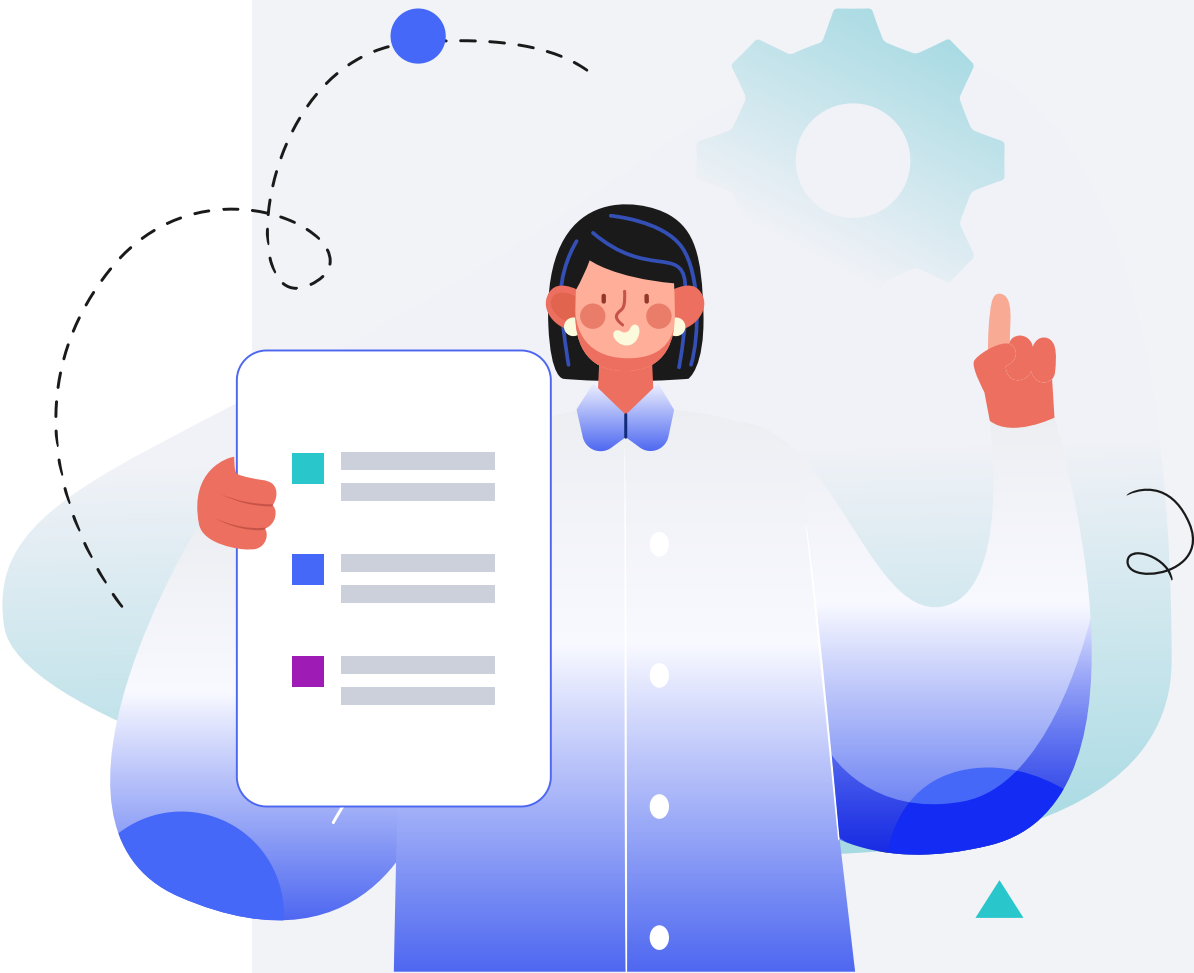
Male

HEIGHT

5ft 5" 165cm

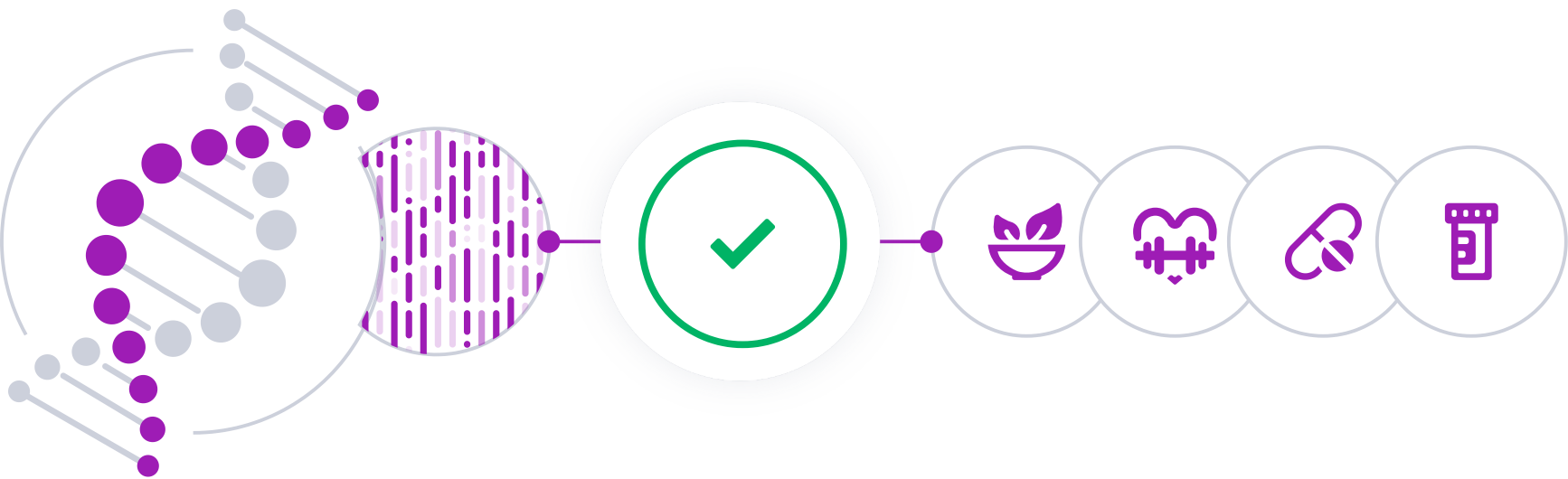
WEIGHT

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.

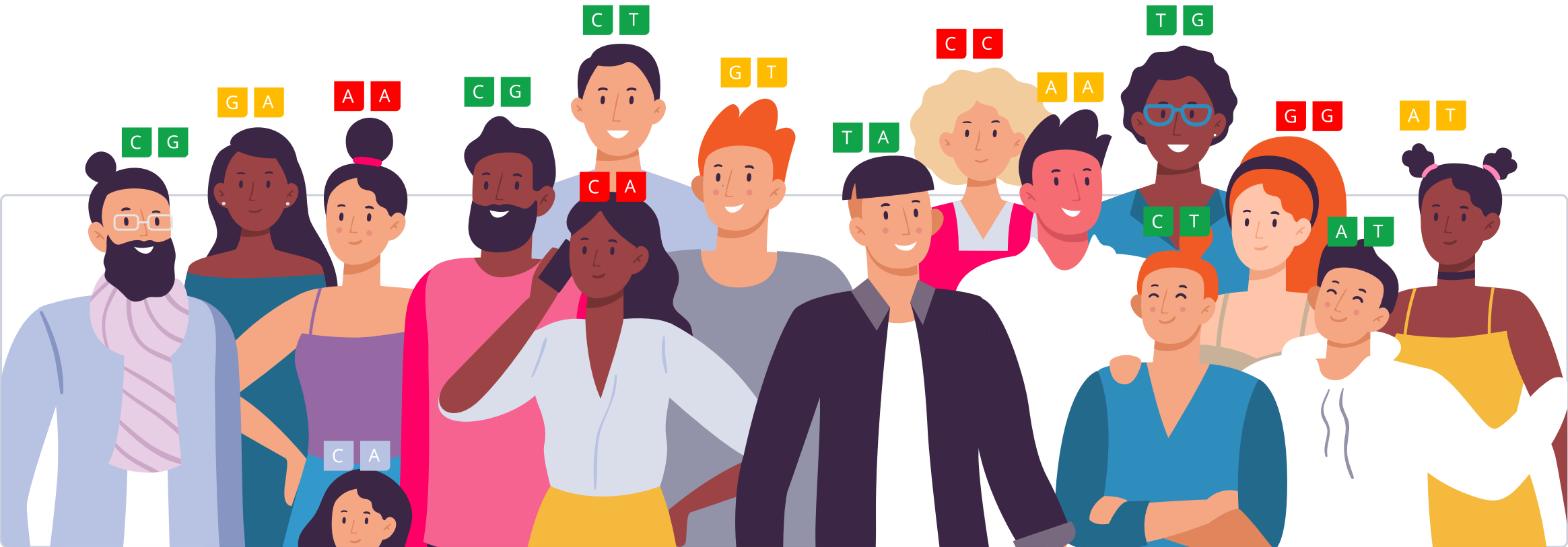


Similarly, our Trait Reports look at how your DNA influences your traits.



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

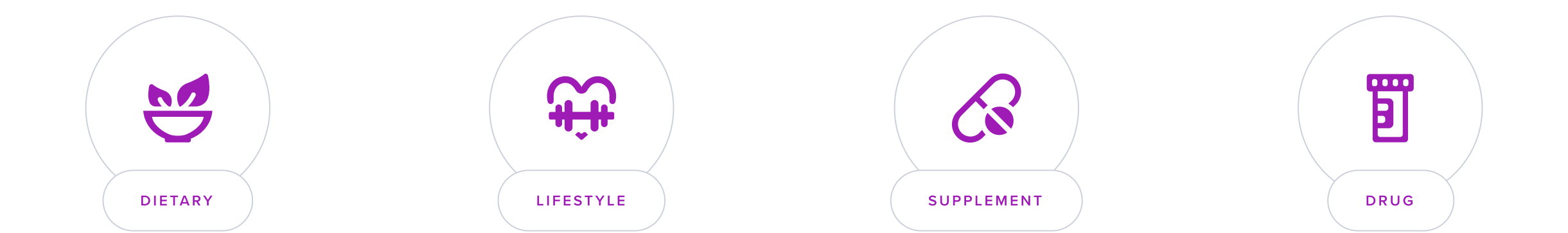
You have 2 risk alleles

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

We’ve all heard of the dangers of high blood pressure, but what about if your blood pressure is low?

Having blood pressure lower than 90/60 is called **hypotension** [R].

High blood pressure affects a lot of people.

But when it comes to low blood pressure, it’s almost impossible to know the true number of those living with the condition, because it’s often symptomless [R].

If symptoms do occur, they can include dizziness, nausea, weakness, and even fainting [R].

One of the more common forms of low blood pressure is **postural hypotension**. This occurs when you suddenly stand up. If you see stars when getting out of bed in the morning, postural hypotension could be the reason [R].

While low blood pressure isn’t always a major concern, it can negatively impact your day-to-day life.

There are several different factors that affect who is more likely to have hypotension. **One of them is genetics** [R].

For instance, if you happen to have a certain variant of the [AHR](#) gene, you may drink less water. This can put you at an increased risk of dehydration, which is linked to hypotension [R, R].

Or, you may be more prone to postural hypotension if you carry a certain variant of the [LRRTM1](#) gene. In this case, you may benefit from compression therapy and exercise [R, R, R, R].

Your DNA may provide some insight to help you deal with low blood pressure.

Read on to find out more about:

- **How your genetics play a role in low blood pressure**
- **Your genetic risk score based on almost 57,000 genetic variants**
- **Personalized recommendations based on your genetics**

Factors And Genetics Affecting Low Blood Pressure

Key Takeaways:

- Genetics may play a role by influencing nervous system function, kidney function, and hormone activity.
- Other risk factors include certain medications and health conditions.
- It is estimated that up to **25%** of adults may have low blood pressure.
- Symptoms are uncommon, so if you do experience symptoms, speak to a healthcare professional. Managing symptoms may involve things like drinking more water, increasing salt intake, avoiding alcohol, changing positions slowly, diet changes, exercising, and wearing compression stockings.
- Click the **next steps** tab for relevant labs.

When your heart beats, it pumps blood to your entire body through your blood vessels. As blood circulates, it pushes against the inner walls of these blood vessels. Your blood pressure is a measurement of how hard your blood is pushing on these walls. **Blood pressure drops when the blood vessels widen or when the heart pumps slower** [R, R].

When a doctor measures your blood pressure, they give you two numbers. The first number describes the force when your heart beats (*systolic* blood pressure). The second number describes the force between heartbeats (*diastolic* blood pressure) [R].

A reading below 120/80 is generally considered normal. However, **a reading below 90/60 is considered to be low** [R, R].

Up to 25% of older adults may have low blood pressure. It may be less common in young people [R, R, R].



MORE LIKELY

More likely to have low blood pressure based on 54,555 genetic variants we looked at



Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
STAR	rs16887217	TT
ACTBL2	rs6892553	TT
WRNIP1	rs4959677	GG
/	rs6736587	AA
PIK3AP1	rs7098785	AA
NEGR1	rs116746813	GG
DNAH14	rs74517776	GG
/	rs140537647	TT
DNAH14	rs76052697	CC
DNAH14	rs141112742	CC
DNAH14	rs115273007	CC
DENND1B	rs116306513	GG
DNAH14	rs115906048	CC
DNAH14	rs114806783	AA
DNAH14	rs143344867	GG
PLXNA2	rs114552486	GG
DNAH14	rs562197190	TT
CNIH3	rs115958935	AA
DNAH14	rs114841428	CC
LBR	rs79075305	CC
/	rs201392883	GG
HFM1	rs183176641	AA
FASLG	rs2639625	GG
NEGR1	rs76297070	GG

Besides older age, other risk factors for low blood pressure include some [\[R\]](#):

- Medications
- Health conditions (e.g., Parkinson's disease, heart problems)

Two of the most common types of low blood pressure are [\[R\]](#):

- **Orthostatic hypotension** (also called **postural hypotension**): Occurs almost immediately after standing up
- **Postprandial hypotension**: Occurs 1-2 hours after eating a meal

Sudden drops in blood pressure may also be a sign of an underlying health problem. This may be the case if you experience [\[R\]](#):

- Fainting
- Blurry vision
- Nausea
- Fatigue
- Loss of coordination

Ways to manage low blood pressure include [\[R\]](#):

- Drinking more water
- Increasing salt intake
- Avoiding alcohol
- Changing positions slowly (e.g., slowly getting up from a chair or from bed)
- Eating smaller, low-carb meals more often
- Exercising
- Wearing compression stockings

If these strategies don't help, your doctor may prescribe medication [\[R\]](#).

Genetics may play a role in blood pressure by influencing [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Nervous system function
- Kidney function
- Hormone activity

GENE	SNP	GENOTYPE
LBR	rs116561851	AA
TAF12	rs60327514	AA
LBR	rs115372030	GG
LBR	rs149016006	GG
USH2A	rs553114711	GG
FGGY	rs188687527	GG
OR14C36	rs115632439	GG
FASLG	rs140884462	GG
HMGB4	rs114694562	TT
LMO4	rs114165625	TT
USP24	rs184142173	GG
AMY1C	rs72983604	CC
GADD45A	rs12090085	GG
/	rs148689075	GG
RNF19B	rs181818032	GG

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

Your Recommendations

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

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

DOSAGE		DOSAGE	
1	Drink at Least 8 Glasses of Water a Day	2	Moderate Salt Intake
3	Avoid Sugary Foods & Drinks	4	Avoid Large Meals
5	Compression Therapy	6	Biofeedback
7	Aerobic Exercise (Cardio)1 hour	8	Exercise At Least One Hour a Day1 hour
9	Guar Gum5 g	10	Walking30 minutes
11	Physical Maneuvers30 seconds	12	Hawthorn Extract and Camphor500 mg
13	Vitamin B1210 mcg	14	Beetroot Juice
15	Alpha-Lipoic Acid100 mg	16	Compression Stockings

1



Drink at Least 8 Glasses of Water a Day

IMPACT

4 / 5

EVIDENCE

4 / 5

How to implement

Consume a total of at least 64 ounces (or approximately 1.9 liters) of water over the course of the day. This can be divided into 8 glasses, each containing 8 ounces of water. Aim to drink evenly throughout the day to avoid dehydration.

Description

Water is an essential nutrient for nearly every process in your body, helping to mainting brain and gut function, maintain a health weight, as well as energy and performance levels, among others.

Water is essential for life. It supports nearly every process in your body [\[R\]](#).

Water helps maintain [\[R\]](#):

- Energy and performance levels
- Brain function
- Gut function
- Healthy weight

Most experts recommend drinking **around 8 glasses (64 oz. or 2 L) of water daily**. You might need more or less than this, depending on how active you are, where you live, or what your overall health is like [\[R\]](#).

How it helps

Dehydration is one potential cause of low blood pressure. It can contribute to symptoms like weakness and dizziness [\[R, R\]](#).

For those whose low blood pressure occurs when standing up, drinking more water may help. Drinking about 2 glasses (16 oz. or 500 mL) in one sitting may help temporarily boost blood pressure [\[R, R, R, R, R\]](#).

Staying hydrated may help by [\[R, R, R\]](#):

- Increasing blood volume
- Activating the “fight-or-flight” nervous system

2



Moderate Salt Intake

IMPACT

4 / 5

EVIDENCE

3 / 5

How to implement

Limit your daily salt intake to 2,300 milligrams (mg), roughly equivalent to one teaspoon of table salt. This includes both the salt added during cooking and any found in prepared or processed foods. Regularly check food labels to monitor your salt consumption, aiming to choose products with lower sodium content.

Description

Moderating salt intake involves limiting the amount of salt in one's diet to help manage blood pressure and reduce the risk of cardiovascular problems by preventing excess sodium retention in the body.

Your body needs a certain amount of sodium to function. For example, it helps support your blood pressure. This sodium usually comes from [salt](#). However, eating too much salt is linked to an increased risk of stroke and heart disease [\[R, R\]](#).

Foods higher in salt include [\[R, R, R\]](#):

- Prepared soups, broths, gravies, and sauces
- Fermented or pickled foods (such as pickles, soy sauce, olives, and [capers](#))
- Cured meats and sausages (such as bacon, salt pork, and salami)
- Cheese (such as Roquefort and Parmesan)

How it helps

For people with low blood pressure and low sodium levels, adding more salt to food (1-2 teaspoons/day) may help [\[R, R, R, R\]](#):

- Support healthy blood pressure and heart rate
- Prevent fainting

Moderate salt intake may help by balancing electrolytes and hormones that control blood pressure. It may also increase blood volume [\[R, R\]](#).

Please note: *Increasing salt intake may not be the best option for older adults and people with conditions such as kidney or heart problems. Talk to your doctor before increasing your salt intake [\[R, R\]](#).*

3

Avoid Sugary Foods & Drinks

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

To avoid sugary foods, eliminate or significantly reduce consumption of foods and beverages high in added sugars such as sodas, candies, baked goods, and sugary cereals from your diet. Instead, opt for natural sugar sources like fruits. Aim to do this daily for ongoing health benefits.

Description

High-sugar foods like baked goods, sweets, and sugary drinks, can spike your blood sugar levels. Consuming a lot of these types of foods can contribute to health issues like diabetes, obesity, insomnia, and heart disease.

High-sugar foods and refined carbs have a high glycemic index (GI). This means they tend to spike your blood sugar levels. They include [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Sugary drinks
- Baked goods
- Sweets
- White bread
- White rice
- Pasta

Eating a lot of sugary foods can contribute to:

- Diabetes [\[R\]](#), [\[R\]](#), [\[R\]](#)
- Weight gain and obesity [\[R\]](#), [\[R\]](#)
- Insomnia [\[R\]](#)
- Heart disease [\[R\]](#)

You may also want to avoid processed sugars and sugary drinks. They may have a role in increasing IL-1B [\[R\]](#), [\[R\]](#).

How it helps

Refined carbs are digested more quickly than other foods. Fast delivery of nutrients to the gut can spike hormones that widen blood vessels. This can contribute to low blood pressure after meals [\[R\]](#), [\[R\]](#), [\[R\]](#).

Experts recommend that people with low blood pressure avoid high-carb meals and sugary foods [\[R\]](#), [\[R\]](#).

Reducing carb intake may help with blood pressure drops after meals [\[R\]](#), [\[R\]](#).

4



Avoid Large Meals

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Divide your daily food intake into smaller portions spread out over five to six times a day instead of having three large meals. Ensure that each portion is balanced and includes a variety of nutrients. This means having breakfast, a mid-morning snack, lunch, an afternoon snack, dinner, and possibly a light evening snack, depending on your caloric needs.

Description

Eating smaller, more frequent meals may help prevent overeating. This involves eating the same number of meals at about the same times every day. Doing so may help with issues like blood pressure, body weight, cholesterol levels, and migraines.

Eating smaller, more frequent meals may help prevent overeating. One way to do this is to keep a regular meal schedule. This involves eating the same number of meals at about the same times every day. Doing so may help [\[R\]](#), [\[R\]](#), [\[R\]](#):

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

How it helps

Eating smaller and more frequent meals may help prevent drops in blood pressure in some people [\[R\]](#), [\[R\]](#), [\[R\]](#).

When we eat larger meals, more blood flows to the gut. This blood is needed to help break all the food down. In addition, large meals can spike hormones that widen blood vessels and cause a drop in blood pressure [\[R\]](#), [\[R\]](#).

5



Compression Therapy

IMPACT3 / 5

EVIDENCE3 / 5

How to implement

Wear compression stockings or sleeves daily, especially during long periods of standing or sitting. Choose a compression level appropriate for your condition (mild, moderate, or high), as advised by a healthcare professional. Start wearing them in the morning before swelling occurs and keep them on until bedtime.

Description

Compression therapy involves wearing specialized garments that apply pressure to the limbs, promoting better circulation and reducing swelling. It is commonly used to manage conditions like venous disorders and can help alleviate symptoms, improve vascular health, and enhance overall well-being.

In compression therapy, different methods are used to apply pressure to the legs. These methods include [\[R\]](#):

- Bandages
- Wraps
- Compression stockings
- Pneumatic pressure devices

Compression therapy supports blood flow. It may help [\[R, R, R\]](#):

- Prevent blood clots and deep vein thrombosis (DVT)
- Reduce some kinds of swelling
- Reduce symptoms of restless legs syndrome

How it helps

Compression therapy may help people whose low blood pressure occurs when they stand up. Techniques that may help include [\[R, R, R, R, R, R, R, R, R\]](#):

- Whole-body compression
- Abdominal compression
- Leg compression

Compression therapy may help by [\[R, R\]](#):

- Improving blood vessel function
- Boosting blood flow

However, one review found no significant effect for compression therapy on low blood pressure [\[R\]](#).

6



Biofeedback

IMPACT

2 / 5

EVIDENCE

3 / 5

How to implement

Attend biofeedback sessions once or twice a week for about 8 to 10 weeks. During these sessions, a therapist will guide you through exercises to control different body functions, such as heart rate or muscle tension, using monitors that provide feedback on your physiological state. Practice the techniques learned during sessions at home daily to improve symptoms and manage your condition.

Description

Biofeedback is a type of therapy that teaches people how to control certain body functions, such as heart rate, blood pressure, and muscle tension. It can be used to treat a variety of conditions, including stress, anxiety, and chronic pain.

Biofeedback is a kind of “**brain training**” in which sensors are attached to your body. They detect information like your heart rate, temperature, and breathing rate. By seeing this information, you may be better able to control these functions [\[R\]](#), [\[R\]](#).

Biofeedback is used to help with [\[R\]](#), [\[R\]](#):

- Gut problems
- Chronic pain
- Migraines
- Insomnia
- Attention

[Neurofeedback](#) is a form of biofeedback that measures brain activity in real time [\[R\]](#).

How it helps

A meta-analysis of 8 studies concluded that biofeedback dialysis significantly reduces the frequency of intradialytic hypotension [\[R\]](#).

Biofeedback helps gain control over body functions like heart rate, which can indirectly influence blood pressure.

7

Aerobic Exercise (Cardio)

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

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

TYPICAL STARTING DOSE

1 hour

Description

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

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

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

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

How it helps

Walking after eating may prevent blood pressure drops after meals [\[R\]](#), [\[R\]](#).

Regular exercise, especially cardio, may also help people whose blood pressure drops when standing up [\[R\]](#), [\[R\]](#), [\[R\]](#).

Exercise may help by increasing heart rate [\[R\]](#), [\[R\]](#).

Please note: *Avoid exercising when it is hot or humid. Exercises that require you to quickly change positions may trigger symptoms of low blood pressure. Talk to your doctor before starting a new exercise regimen* [\[R\]](#).

8



Exercise At Least One Hour a Day

IMPACT

2 / 5

EVIDENCE

2 / 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

Walking after eating may prevent blood pressure drops after meals [\[R\]](#), [\[R\]](#).

Regular exercise, especially cardio, may also help people whose blood pressure drops when standing up [\[R\]](#), [\[R\]](#), [\[R\]](#).

Exercise may help by increasing heart rate [\[R\]](#), [\[R\]](#).

Please note: *Avoid exercising when it is hot or humid. Exercises that require you to quickly change positions may trigger symptoms of low blood pressure. Talk to your doctor before starting a new exercise regimen* [\[R\]](#).

9



Guar Gum

IMPACT1 / 5

EVIDENCE2 / 5

How to implement

Take 5-10 grams of guar gum with at least 8 ounces of water. Start with a lower dose to assess your tolerance, then gradually increase as needed. It is best taken before meals, up to three times a day.

TYPICAL STARTING DOSE

5 g

Description

Guar gum is a soluble fiber derived from guar beans and is commonly used as a food thickener and stabilizer. Its ability to slow down digestion and promote a feeling of fullness can be beneficial for managing appetite and supporting digestive health when consumed as part of a balanced diet.

Guar gum is a fiber made from the seeds of the Indian cluster bean (*Cyamopsis tetragonolobus*). It is used in food products to help bind and thicken them [\[R\]](#).

Guar gum may help with blood pressure control and support the immune system [\[R\]](#).

How it helps

Guar gum (9 g, taken before a meal) may help with blood pressure drops after eating [\[R\]](#), [\[R\]](#), [\[R\]](#).

Guar gum may help by [\[R\]](#), [\[R\]](#):

- Slowing digestion
- Reducing absorption of sugar in the gut

10

Walking

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate at least 30 minutes of brisk walking into your daily routine, aiming for a minimum of five days a week. This can be done in one continuous session or broken into shorter periods, such as three 10-minute walks throughout the day.

TYPICAL STARTING DOSE

30 minutes

Description

Walking is a low-impact form of exercise that can contribute to cardiovascular fitness, weight management, and improved overall health. It is used to support physical activity goals, enhance mood, and promote better cardiovascular health.

How it helps

Walking after eating may prevent blood pressure drops after meals [\[R, R\]](#).

Regular exercise, especially cardio, may also help people whose blood pressure drops when standing up [\[R, R, R\]](#).

Exercise may help by increasing heart rate [\[R, R\]](#).

Please note: *Avoid exercising when it is hot or humid. Exercises that require you to quickly change positions may trigger symptoms of low blood pressure. Talk to your doctor before starting a new exercise regimen* [\[R\]](#).

11

Physical Maneuvers

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Perform physical maneuvers such as leg crossing and muscle tensing in a standing position for about 30 seconds to 1 minute, whenever you feel symptoms of dizziness or lightheadedness. Try to do these exercises 2-3 times a day, especially in situations where these symptoms commonly occur.

TYPICAL STARTING DOSE

30 seconds

Description

Physical maneuvers refer to specific movements or techniques performed to achieve various health and fitness goals. These maneuvers can include exercises, stretches, or therapeutic movements designed to improve strength, flexibility, and mobility. The health benefits can include improved heart health and muscular strength, increased joint flexibility, and better balance. The specific benefits depend on the type and purpose of the maneuver, making them valuable tools for achieving specific health and fitness objectives.

How it helps

Physical maneuvers, like standing up slowly or crossing your legs, help regulate your blood flow and increase blood pressure. They aid the blood in moving up towards your brain, which could diminish low blood pressure symptoms like dizziness or imbalance.

12



Hawthorn Extract and Camphor

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take hawthorn extract in the form of a supplement capsule, typically available in dosages ranging from 250 to 500 mg. Combine this with camphor in a topical form, commonly found in creams or ointments. Use the hawthorn extract capsule once or twice daily with meals, and apply the camphor topical product to the affected area no more than three to four times a day. Continue this regimen for at least three to six months to evaluate its effectiveness.

TYPICAL STARTING DOSE

500 mg

Description

Hawthorn extract is used in herbal medicine for its potential to support cardiovascular health, including regulating blood pressure and improving circulation. Camphor is used in various topical products for its potential to relieve minor pain and itching. When applied properly, it can provide temporary relief from discomfort associated with skin conditions and muscle aches.

How it helps

Hawthorn extract can aid in increasing blood pressure by improving heart function and blood vessel strength. However, camphor should not be used for low blood pressure as it might cause the pressure to drop further.

13



Vitamin B12

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take a 50 mcg vitamin B12 supplement daily, preferably with a meal to enhance absorption.

TYPICAL STARTING DOSE

10 mcg

Description

Vitamin B12 is a water-soluble vitamin primarily found in animal-based foods like meat, fish, and dairy products. It plays a crucial role in maintaining healthy nerve cells, DNA synthesis, and red blood cell formation. Vitamin B12 deficiency can lead to anemia, neurological issues, and fatigue.

[Vitamin B12](#) is important for [\[R\]](#), [\[R\]](#):

- Building DNA
- Nervous system function
- Energy production

You can get vitamin B12 from [\[R\]](#):

- Animal products (meat, fish, eggs, and dairy)
- Fortified foods
- Supplements

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

How it helps

Vitamin B12 aids in creating red blood cells, which transport oxygen throughout your body; a shortage of this vitamin might lead to anemia, a condition that lowers blood pressure. By taking Vitamin B12, you're helping your body develop more red blood cells, which in turn can boost your blood pressure.

14



Beetroot Juice

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Consume 200-250ml of beetroot juice daily, at least 1-2 hours before engaging in physical activity or as part of your breakfast routine. This regimen should be maintained consistently for at least 2 weeks to start noticing benefits in terms of increased stamina and blood pressure regulation.

Description

Beetroot juice is a concentrated source of dietary nitrates, known for their potential to enhance athletic performance and improve blood pressure regulation. It is often consumed by athletes to enhance stamina and aid in recovery.

Beetroot (*Beta vulgaris*) contains iron, nitrates, sodium, potassium, and betalaine [\[R\]](#).

Beets are an inexpensive and mineral-rich vegetable that are widely used in Western cooking. Compared to other vegetables with high iron content, beets have a low price and are easy to store [\[R\]](#).

How it helps

Beetroot juice can support healthy blood pressure levels due to its high content of nitrates, which help to dilate blood vessels and improve blood flow.

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Alpha-Lipoic Acid

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take 600-1800 mg of alpha-lipoic acid daily, preferably with a meal to enhance absorption.

TYPICAL STARTING DOSE

100 mg

Description

[Alpha-lipoic acid](#) is a natural antioxidant found in almost every cell in your body. People use alpha-lipoic acid to help with issues like skin aging, weight loss, and high blood sugar [\[R, R, R\]](#).

People use alpha-lipoic acid to help with [\[R, R, R, R\]](#):

- Complications of high blood sugar
- Skin aging
- Weight loss
- Carpal tunnel syndrome

How it helps

Alpha-Lipoic Acid isn't typically used to treat low blood pressure. Its main functions are to help with cell function and act as an antioxidant, reducing inflammation and skin aging. It's crucial to consult a healthcare provider for appropriate low blood pressure treatments.

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Compression Stockings

IMPACT

0 / 5

EVIDENCE

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How to implement

Wear compression stockings during the day, especially when you expect to be sitting or standing for long periods. They should be put on before getting out of bed in the morning and removed before going to bed at night. Ensure they are the correct size and compression level as advised by a healthcare professional.

Description

Compression stockings are often worn to improve blood circulation in the legs and reduce the risk of conditions like varicose veins and deep vein thrombosis. They can be beneficial for individuals who spend long periods sitting or standing and those with certain medical conditions that affect blood flow.

How it helps

Compression stockings can help reduce the pooling of blood in the legs, improving circulation and potentially raising blood pressure.

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.