

MAOA (Tyramine)

Gene Report

REPORT CATEGORY —



FOOD SENSITIVITIES

Sample Client

Report date: 15 January 2026

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DISCLAIMER

This report does not diagnose this or any other health conditions. Please talk to a healthcare professional if this condition runs in your family, you think you might have this condition, or you have any concerns about your results.

Personal information

NAME

Sample Client

SEX AT BIRTH

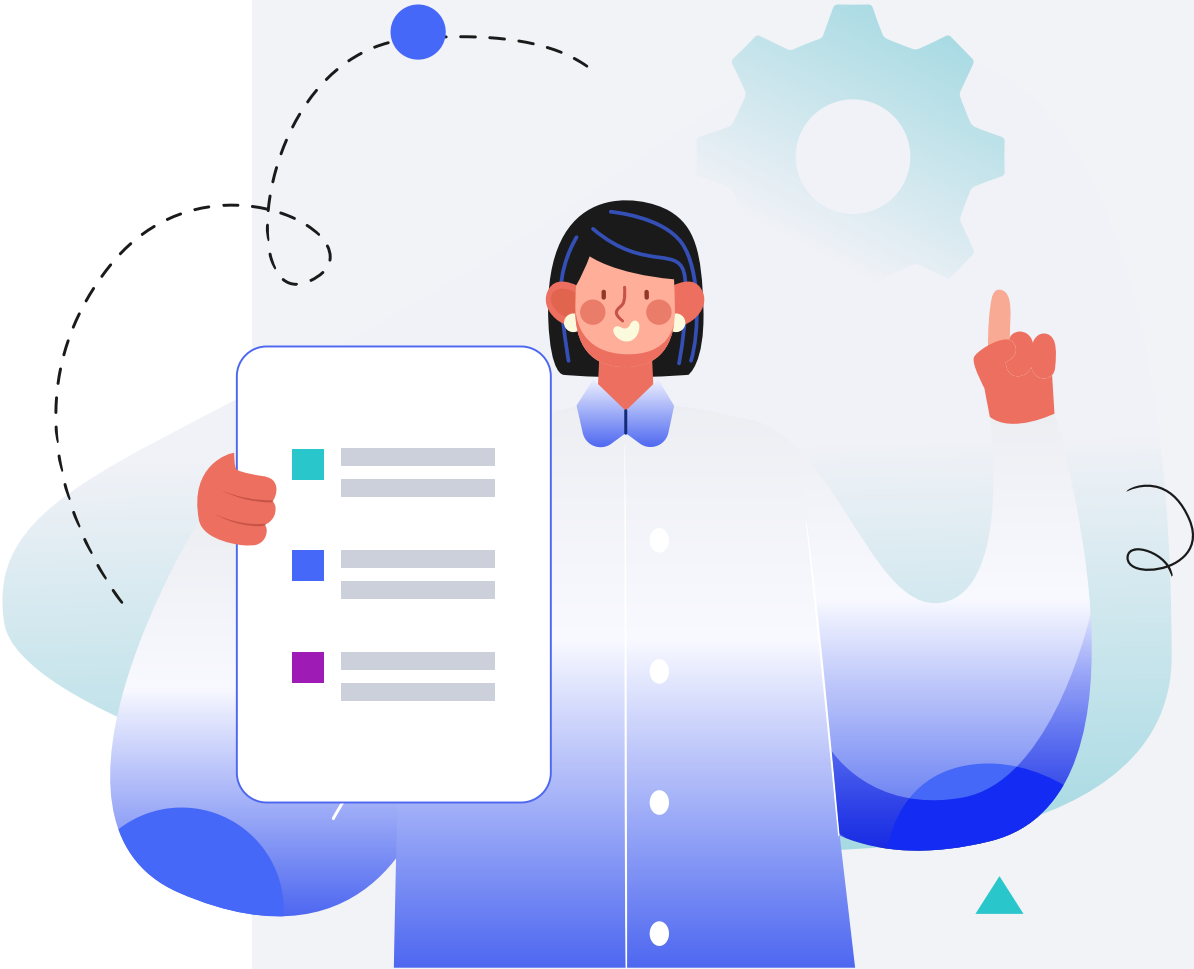
Male

HEIGHT

5ft 5" 165cm

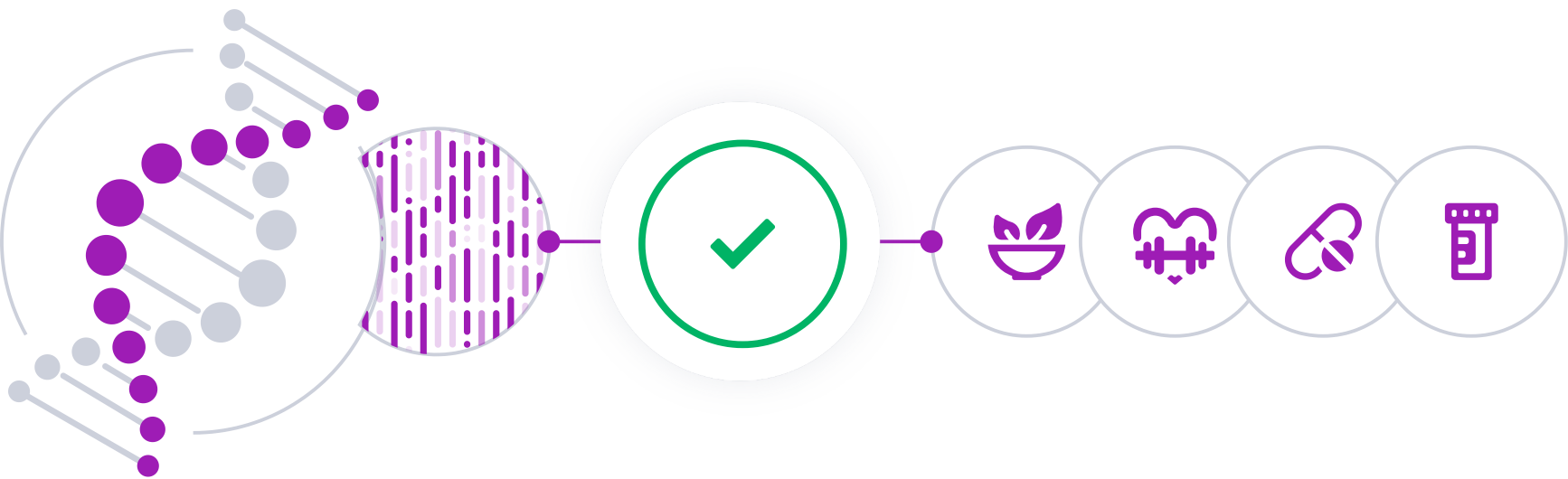
WEIGHT

137lb 62kg



How this works

Our Wellness Reports analyze how your DNA influences your health.
We then use this analysis to give you personalized risk estimates and recommendations.

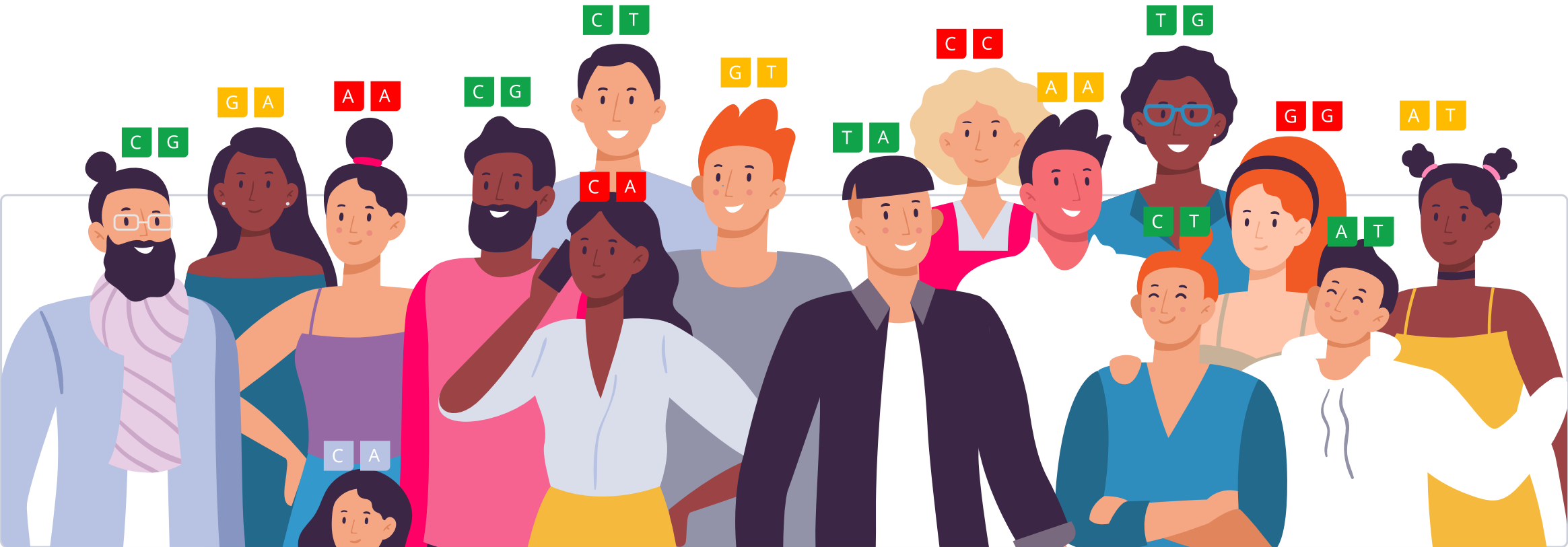


Similarly, our Trait Reports look at how your DNA influences your traits.



Your DNA is like an instruction manual — it contains a lot of information.
You can think of it as a blueprint for your body.

Genetic variants are parts of DNA that differ from person to person. Some can make you more vulnerable to certain health issues, while others may influence traits such as eye color.



We use artificial intelligence and machine learning to analyze all this information.
We then summarize your results as a risk score or display it on a gauge.

In total, we analyze up to 83 million genetic variants.

When we give a risk score, the risk icon tells you if you are at a higher or lower risk compared to other people:



Genotype color info:

AA

You don't have any risk alleles

AA

You have 1 risk allele

AA

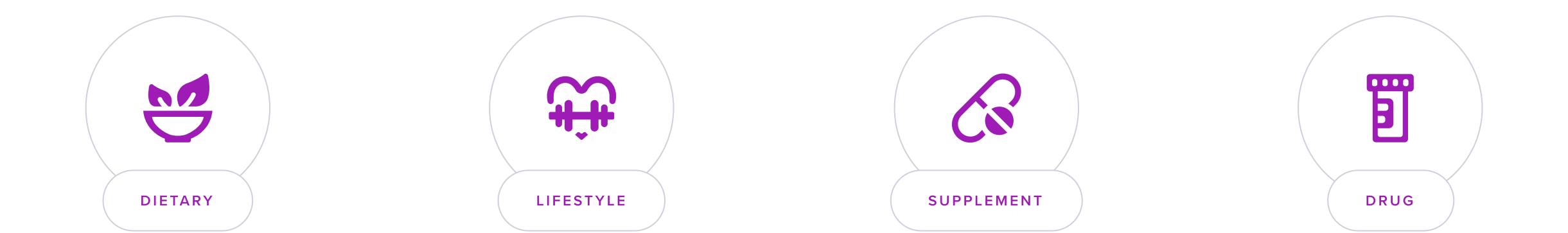
You have 2 risk alleles

Your risk is also displayed as a percentile. This will tell you how your risks compare to our sample population. The lower your percentile number, the lower your risk. The "50th percentile" would be an average risk.

Similarly, the gauge tells you your relative risk score compared to our sample population, or it indicates a specific trait or haplotype you are more likely to have based on your genetic variants.

When applicable, we also list top evidence-based recommendations that may help lower your risk. The focus is on recommendations that may be of benefit to you, based on your genetics.

Our recommendations come in four categories: lifestyle, diet, supplements and drugs. The following icons tell you which category a recommendation falls into:



Our team of scientists also ranks each recommendation.
We rank based on impact and the strength of evidence in the medical literature.

Impact shows how strongly a recommendation will affect your health in a certain area.
Evidence is how much scientific support there is for the recommendation. Rankings are from 1 to 5 (low to high):



Impact

Impact scores range from 1-5. These scores reflect how much of an effect each recommendation can have. An impact score of 5 predicts the biggest effect.

When a recommendation affects something we can measure, we use those measurements to assign the impact score. For example, a recommendation that decreases cholesterol by 20% will have a higher impact score than one that decreases it by 5%.

Some recommendations affect things that we cannot directly measure, like stress or mood. For these, the impact score is based on how well they work relative to other recommendations and standard treatments. The best ones get the highest scores.

If there is a lot of research that shows a recommendation works especially well for your genotype, the impact score gets increased.

Recommendation Evidence

- 5 / 5
- Recommendations that are considered effective and generally recommended by experts and medical bodies.
-
- 4 / 5
- Recommendations that are considered likely effective and that have multiple independent meta-analyses and a great many studies supporting them.
-
- 3 / 5
- Recommendations that are considered possibly effective and have many studies supporting them
-
- 2 / 5
- Recommendations that have insufficient evidence, with two or several clinical trials supporting them, or many studies but with ambiguous results.
-
- 1 / 5
- Recommendations that have insufficient evidence, with a single clinical trial, or with many studies most of which didn't find support for the recommendation.
-
- 0 / 5
- No evidence in humans.

Genotype-specific Evidence

- High-quality
- Direct evidence that a recommendation helps more in people with your gene variant (many clinical trials, a few large clinical trials, or a meta-analysis).
-
- Medium-quality
- Direct evidence that a recommendation helps more in people with your gene variant (a few clinical trials or one large clinical trial).
-
- Low-quality
- Direct evidence that a recommendation helps more in people with your gene variant (a single clinical trial or more trials with inconsistent results).
-
- Indirect
- A recommendation may help more in people with your gene variant because it targets a specific gene or protein affected by your variant (e.g., MTHFR, dopamine).
-
- In theory
- A recommendation may help more in people with your gene variant because it targets a specific mechanism affected by your variant (e.g., inflammation, oxidative stress).

Some things to keep in mind:

- Genetics doesn’t play a considerable role in a condition or a trait.
- There is not enough research available to estimate a genetic predisposition.
- There are technical limitations to estimating or presenting a genetic predisposition.
- The topic is sensitive, and a genetic predisposition should only be estimated and presented by a healthcare professional.

Introduction

The [MAOA](#) gene codes for [monoamine oxidase](#), an enzyme that helps break down the following chemical messengers [\[R\]](#):

- [Dopamine](#)
- [Serotonin](#)
- [Norepinephrine](#) (noradrenaline)

Collectively, these chemicals are called *monoamine neurotransmitters*.

Monoamine oxidase also breaks down other compounds with a monoamine structure, such as [phenethylamine](#) and **tyramine**. It also plays a role in histamine metabolism, though secondary [\[R\]](#).

About

There are multiple *MAOA* variants affecting enzyme activity. While low-activity variants lead to increased levels of the monoamine neurotransmitters dopamine, serotonin, and norepinephrine, variants with high activity decrease them. The main one is [rs6323](#), and its “**T**” **allele** encodes a MAO-A protein with **lower activity** [\[R\]](#).

Another important variant is [rs909525](#), but it's often inherited together with rs6323, so it may not be an independent genetic factor.

For tyramine, MAOA is the star player—it's the primary enzyme responsible for breaking this compound down. Tyramine is found in aged, fermented, and preserved foods like aged cheeses, wine, cured meats, and sauerkraut. **When MAOA activity is low, tyramine can accumulate** and cause blood vessels to first constrict and then rapidly dilate, often triggering intense headaches or migraines.

This is why some people get severe **headaches after eating certain cheeses or drinking red wine**—their MAOA isn't efficiently clearing the tyramine, leading to what's sometimes called the "cheese effect."

Histamine and tyramine are closely connected biogenic amines that share metabolic pathways, food sources, and symptoms. Both accumulate in aged/fermented foods, and MAOA serves as a backup enzyme for histamine breakdown.

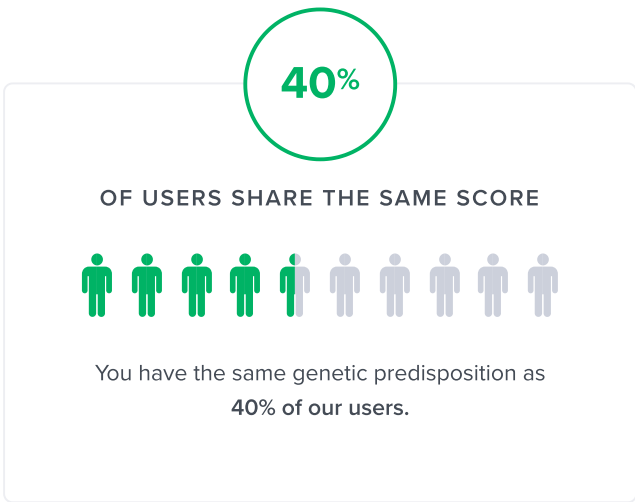
While MAOA does help break down histamine, it's actually a secondary player in histamine metabolism. The main enzyme responsible for clearing histamine is DAO (diamine oxidase), but MAOA serves as an important backup system. When someone has low MAOA activity combined with other histamine-clearing issues, they may experience symptoms after eating histamine-rich foods like aged cheeses, fermented foods, or certain wines. This can create a situation where even small amounts of dietary histamine become problematic.

People with low MAOA activity often need to be more careful about their food choices, particularly avoiding aged and fermented foods that are high in tyramine and



HIGHER ACTIVITY

Likely higher MAOA activity based on the genetic variants we looked at



Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
MAOA	rs6323	G
MAOA	rs909525	C

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

histamine. The same applies to individuals treated with **MAO-A inhibitors**.