SelfDecode™

Malabsorption

DNA Health Report

REPORT CATEGORIES

GUT HEALTH

NUTRITION

Sample Client

Report date: 15 January 2026

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Table of Contents

Personal information

NAME

Sample Client

SEX AT BIRTH

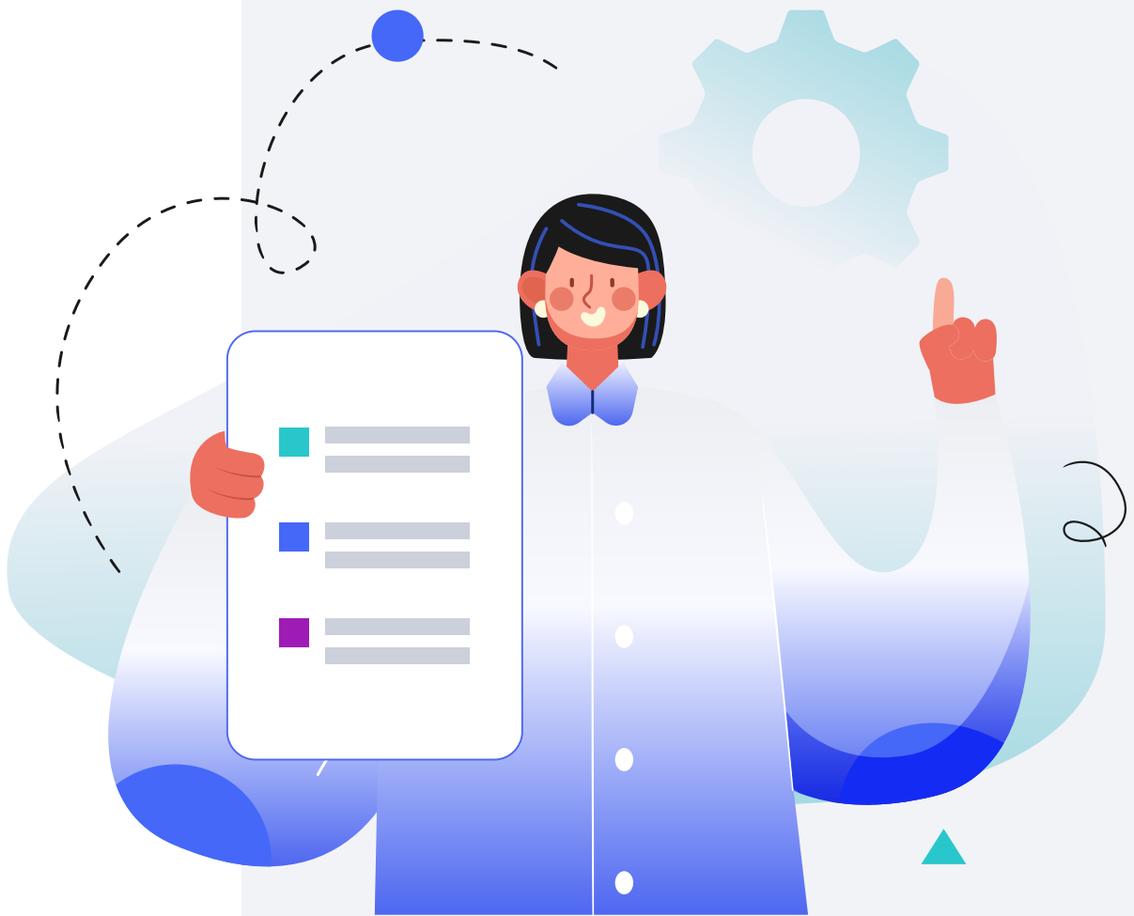
Male

HEIGHT

5ft 5" 165cm

WEIGHT

137lb 62kg

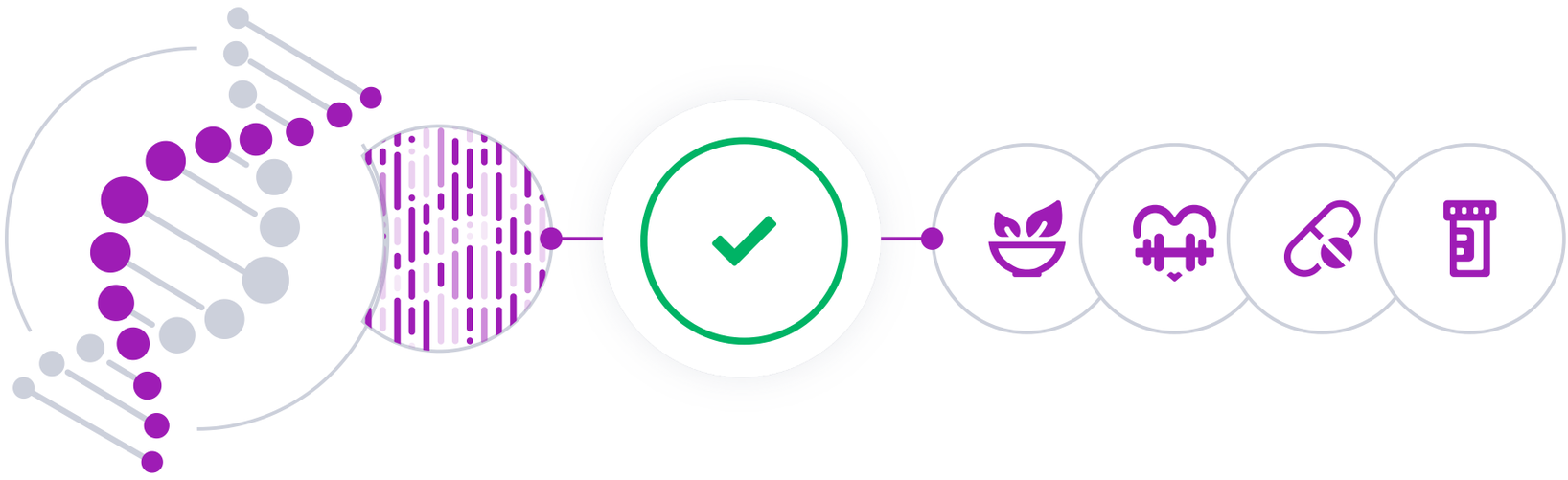


DISCLAIMER

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

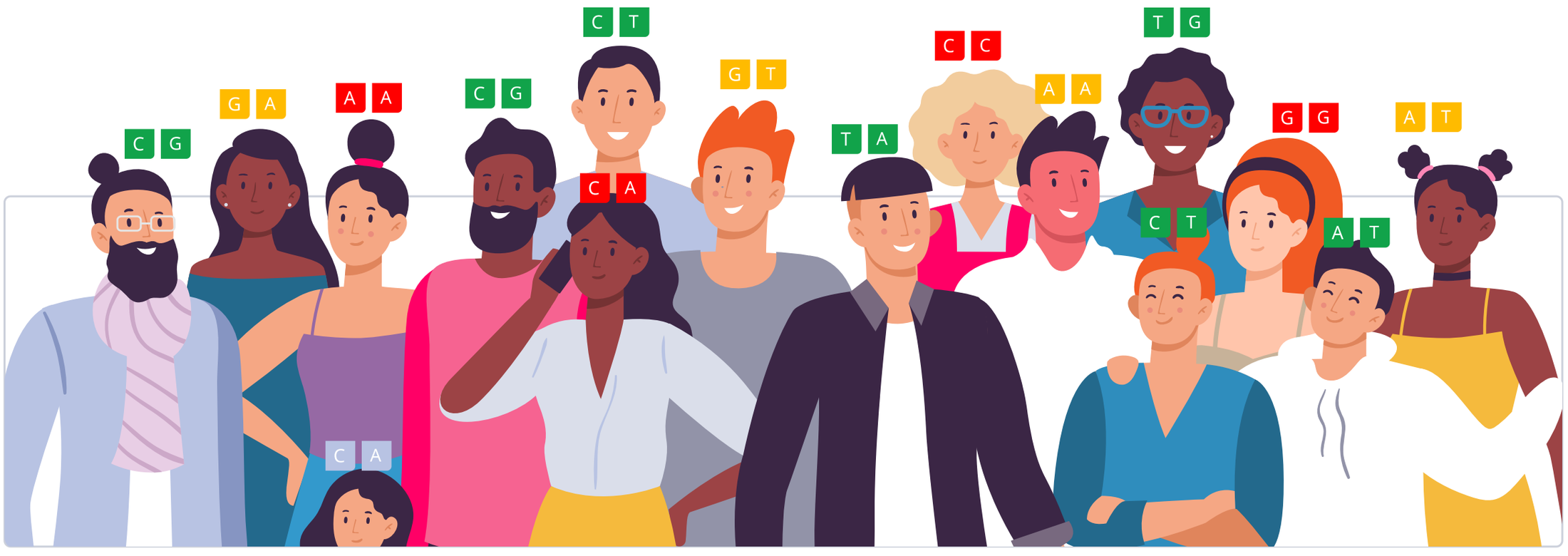
Our Wellness Reports analyze how your DNA influences your health.
We then use this analysis to give you personalized risk estimates and recommendations.



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.

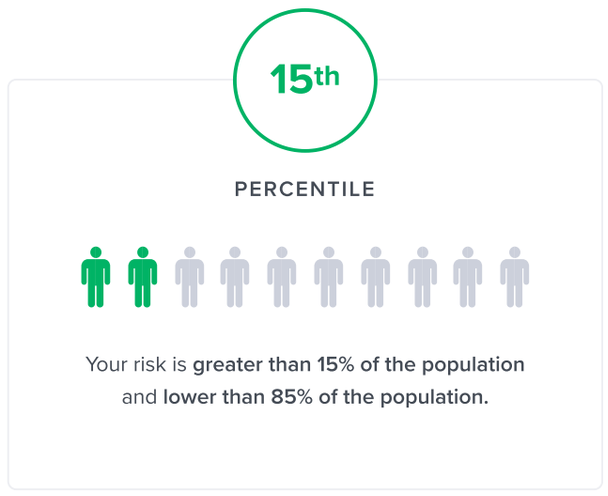
Genetic variants are parts of DNA that differ from person to person. Some can make you more vulnerable to certain health issues, while others may influence traits such as eye color.



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.

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

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



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, afew 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

Malabsorption is a medical condition characterized by the inability of the digestive system to absorb one or more of the major vitamins, minerals, or nutrients from food. This can lead to a variety of complications as the body is deprived of the essential components it needs for proper functioning and maintenance.

Common signs and symptoms of malabsorption include chronic diarrhea, bloating, gas, fatigue, and in some cases, weight loss. The causes of malabsorption are diverse, ranging from chronic diseases like celiac disease or Crohn’s disease, to infections, surgical complications, and the impact of certain medications.

Complications and Treatment

The effects of malabsorption extend beyond gastrointestinal distress; it can lead to malnutrition and the development of deficiencies in critical vitamins and minerals, such as vitamin B12, iron, calcium, and vitamin D. These deficiencies can have wide-ranging impacts on the body, including anemia, osteoporosis, and neurological disorders.

Diagnosing malabsorption typically involves a combination of medical history evaluation, physical examinations, and specialized tests to identify the specific nutrients that are not being properly absorbed and to determine the underlying cause of the malabsorption.

LESS LIKELY

Less likely to have intestinal malabsorption based on 38 genetic variants we looked at

14th

PERCENTILE

Your risk is **greater than 14% of the population** and **lower than 86% of the population.**

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
1	Maintain Optimal Vitamin D Levels	1000 iu
2	Reduce Oxalate Intake	
3	Probiotic Yogurt	
4	Gluten-Free Diet	
5	Avoid Large Meals	
6	Pancreatic Enzymes	
7	Zinc	15 mg
8	Bile Salts	
9	Avoid Carbonated Beverages	
10	Avoid Sugary Foods & Drinks	
11	Probiotics	30 billion CFU
12	Digestive Enzymes	
13	Saccharomyces Boulardii	10 billion CFU
14	Low-FODMAP Diet	

1

Maintain Optimal Vitamin D Levels

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Check your vitamin D levels, they should ideally be in the 30-66 ng/mL range. If your levels are lower than that, take a vitamin D supplement, 1000-4000 IU daily, to reach an optimal range.

TYPICAL STARTING DOSE

1000 iu

Description

Vitamin D, often referred to as the "sunshine vitamin," can be synthesized by the skin when exposed to sunlight, as well as being found in fish, eggs, and fortified milk. It helps regulate calcium absorption, promoting strong bones and a healthy immune system. Vitamin D deficiency can lead to conditions like rickets in children and osteoporosis in adults.

Your body needs vitamin D for strong bones. Vitamin D also plays a role in [R]:

- Mood
- Immunity
- Heart health
- Blood sugar control

Sunlight is our main source of vitamin D. Experts recommend getting at least **5-15 minutes of midday sun, 2-3 times per week**. People with darker skin and those living at high latitudes may need longer periods of sun exposure [R, R].

Foods like fish, eggs, and fortified milk provide small amounts of vitamin D. **People lacking vitamin D should consider taking a supplement** [R].

How it helps

A study of 48 elderly women associated low vitamin D levels with calcium malabsorption. Supplementation with vitamin D3 corrected it [R].

2

Reduce Oxalate Intake

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Avoid high-oxalate foods such as spinach, beets, potatoes, and nuts. Instead, choose low-oxalate options like bananas, cabbage, and cucumbers. Aim to keep your daily oxalate intake under 100mg.

Description

Reducing oxalate intake means consuming foods and beverages with lower oxalate content, which can help prevent kidney stone formation and support kidney health. Oxalates are naturally occurring compounds found in various foods like spinach, chocolate, and nuts, and managing their intake is important for those prone to kidney stone formation.

Oxalate (*oxalic acid*) is a natural substance found in many foods, such as [R, R, R]:

- **Spinach**
- Tea
- Rhubarb
- Chocolate
- Beets
- Nuts

Adults typically get 150-250 mg of oxalate every day. A high intake of oxalate may reduce calcium absorption and increase the risk of kidney stones [R, R, R].

How it helps

Reducing oxalate intake can decrease the risk of kidney stones, which are more common in individuals with certain malabsorption disorders. Foods high in oxalates, like spinach and nuts, when eaten in excess can contribute to stone formation.

3

Probiotic Yogurt

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Consume one to two servings of probiotic yogurt each day. Each serving is typically 6 to 8 ounces. Continue this practice daily for at least 1 to 2 weeks to begin noticing benefits to digestive health.

Description

Probiotic yogurt is a dairy product containing live probiotic cultures like Lactobacillus and Bifidobacterium, which can aid digestion and improve gut health when consumed regularly. It is a good source of calcium, protein, and probiotics, contributing to bone health and digestive well-being.

How it helps

Probiotic yogurt introduces beneficial bacteria to the digestive system, which can help restore the balance of gut flora. This is important for individuals with malabsorption, as a healthy gut flora can improve the digestion and absorption of nutrients.

4

Gluten-Free Diet

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Remove all foods containing wheat, barley, and rye from your diet. This includes obvious sources like bread and pasta, as well as hidden sources in sauces, soups, and processed foods. Check labels for gluten-free certification, and aim to maintain this diet consistently, as even small amounts of gluten can cause symptoms to recur in sensitive individuals.

Description

A gluten-free diet is essential for individuals with celiac disease or gluten sensitivity. It helps prevent digestive issues and promotes overall health by avoiding foods containing gluten, a protein found in wheat, barley, and rye.

Gluten is a protein found in wheat and some other grains. **People with celiac disease have to follow a gluten-free diet to prevent gut damage.** A gluten-free diet eliminates all foods containing [R, R]:

- Wheat
- Barley
- Rye
- Malt
- Brewer's yeast

How it helps

For individuals with celiac disease, a form of malabsorption, adhering to a gluten-free diet is crucial. Gluten triggers an immune response that damages the small intestine, impairing nutrient absorption.

5

Avoid Large Meals

IMPACT 0 / 5

EVIDENCE 0 / 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 large meals can overwhelm the digestive system, particularly in people with malabsorption issues, leading to increased symptoms. Smaller, more frequent meals can aid in better digestion and nutrient absorption.

6

Pancreatic Enzymes

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Take pancreatic enzyme supplements with each meal and snack, starting with the dosage recommended by your healthcare provider, which can vary based on the degree of pancreatic insufficiency and the fat content of the meal. The supplements should be taken during or just before a meal to help properly digest the food.

Description

Pancreatic enzymes are substances that your pancreas produces to help your body break down and digest the food you eat. They're super important because they allow your body to absorb the nutrients from your meals. If your pancreas doesn't make enough of these enzymes, your body might struggle to get enough nutrition from food.

How it helps

Pancreatic enzyme supplements help in the digestion of fats, proteins, and carbohydrates. They can be particularly beneficial for people with malabsorption issues by compensating for the lack of natural digestive enzymes, thus improving nutrient absorption.

7

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 supplementation can be particularly beneficial for individuals with malabsorption because zinc is crucial for maintaining a healthy immune system, wound healing, and DNA synthesis. Malabsorption can lead to zinc deficiency, so supplementation helps restore proper levels to support overall health.

8

Bile Salts

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Take one bile salt supplement with each meal, not exceeding three times a day. Ensure to drink at least a full glass of water with each dose. For best results, continue taking bile salts with meals for at least a month to evaluate their effectiveness on digestive health.

Description

Bile salts are natural compounds produced by the liver and stored in the gallbladder. They play a crucial role in digestion by aiding in the breakdown and absorption of dietary fats.

Bile salts are important compounds found in bile. They help digest fats in the gut [R].

Bile salts are often used to counter bile salt deficiency and treat gallstones. Examples of bile salts include [R]:

- UDCA
- CDCA

How it helps

Bile salts are crucial for the digestion and absorption of fats in the diet. People with malabsorption often have difficulty digesting fats, and supplementing with bile salts can help improve fat digestion and nutrient absorption.

9

Avoid Carbonated Beverages

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Stop consuming drinks like soda, sparkling water, and other carbonated beverages. If you're used to drinking these regularly, gradually reduce your intake by replacing one carbonated drink with a non-carbonated alternative, such as still water or herbal tea, each day until you no longer consume them.

Description

Avoiding carbonated beverages, particularly those high in sugar or artificial additives, can support dental health by reducing the risk of tooth decay and enamel erosion, and avoid potentially irritating the bladder.

How it helps

Carbonated beverages can lead to gas and bloating, which can exacerbate symptoms in people with malabsorption issues. By avoiding these drinks, individuals may experience fewer abdominal discomforts and improve nutrient absorption.

10

Avoid Sugary Foods & Drinks

IMPACT 0 / 5

EVIDENCE 0 / 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 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

Sugary foods can exacerbate malabsorption issues by promoting the overgrowth of bacteria in the small intestine, which can interfere with nutrient absorption and lead to symptoms like gas and diarrhea.

11

Probiotics

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Take a probiotic supplement containing 10 billion or more live cultures once daily, preferably with a meal or as directed by the packaging or a healthcare provider.

TYPICAL STARTING DOSE

30 billion CFU

Description

Probiotics are live beneficial bacteria and yeasts that can support gut health and digestive function when consumed as supplements or found in fermented foods like yogurt and sauerkraut. They may be beneficial to gut health, immune function, blood sugar, and mood.

Probiotic bacteria are "good" bacteria found mainly in the large intestine. They support your body and mind by [R, R, R, R, R, R, R, R]:

- Maintaining gut health
- Supporting a healthy immune system
- Improving your mood
- Helping to maintain healthy blood sugar

Prebiotics are certain types of fiber and other complex carbs that serve as food for gut bacteria. **They support gut health by helping boost the activity and growth of "good" bacteria** [R, R].

Prebiotics are also added to foods and supplements. Common prebiotic ingredients are [R, R]:

- Oligo-fructose
- Oligo-galactose
- Inulin

Mixtures of probiotics and prebiotics are known as **synbiotics** [R].

How it helps

Probiotics can help improve gut health by adding beneficial bacteria to the digestive tract. These bacteria can assist in breaking down food more effectively, which can be beneficial for individuals with malabsorption by enhancing the digestion and absorption of nutrients.

12

Digestive Enzymes

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Take one to two capsules of digestive enzymes with each meal. Start with the lower dosage and increase if necessary, based on your body's response and digestive needs. Continue this regimen daily, assessing your body's response over several weeks to determine long-term usage.

Description

Digestive enzymes aid in the breakdown of food, helping the body absorb nutrients more effectively. They can improve digestive comfort, reduce bloating, and support overall digestive health when taken as supplements or obtained from food sources.

How it helps

Supplemental digestive enzymes can assist in breaking down foods into their nutrient pieces, making it easier for a body that's struggling with malabsorption to take up these nutrients effectively. This can help alleviate symptoms related to nutrient deficiencies.

13

Saccharomyces Boulardii

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Take Saccharomyces boulardii as an oral supplement, typically available in capsule or powder form, twice daily with a glass of water. Continue this regimen for 4-8 weeks, or as directed by a healthcare provider.

TYPICAL STARTING DOSE

10 billion CFU

Description

Saccharomyces boulardii is a beneficial yeast often used as a probiotic supplement to support digestive health and prevent or alleviate symptoms of diarrhea, including those caused by antibiotics or infections.

How it helps

Saccharomyces boulardii is a type of yeast that can help improve the intestinal absorption of nutrients. It works by supporting the health of the gut lining and promoting the growth of beneficial gut bacteria, which can be compromised in malabsorption disorders. Enhancing the gut flora and barrier function can lead to improved nutrient uptake.

14

Low-FODMAP Diet

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Eliminate foods high in FODMAPs (fermentable oligosaccharides, disaccharides, monosaccharides, and polyols) from your diet for 4 to 6 weeks. This includes certain fruits, vegetables, dairy products, grains, and sweeteners. After the elimination phase, gradually reintroduce foods one at a time to identify triggers.

Description

The low FODMAP diet is used to manage symptoms of irritable bowel syndrome (IBS) and other gastrointestinal disorders. It involves restricting certain fermentable carbohydrates to reduce digestive discomfort and improve gut health.

FODMAPs are a group of carbs that are hard to digest. Rather than being absorbed by the intestines, these carbs are fermented by your gut bacteria. A product of fermentation is gas [R, R].

FODMAPs also pull fluid into your gut. This may promote diarrhea [R].

Foods high in FODMAPs include [R]:

- High-fructose corn syrup
- Artificial sweeteners
- Apples
- Corn
- Dairy
- Beans

A low-FODMAP diet limits the intake of FODMAPs. Some health experts recommend it for IBS and other digestive issues [R, R, R].

How it helps

The low-FODMAP diet reduces intake of certain carbohydrates that are poorly absorbed in the small intestine. This can decrease symptoms of malabsorption such as bloating, gas, and diarrhea in sensitive individuals.

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.

Zinc	17.12 umol/L	7.65 – 9.18 – 12.24 – 19.89	9 Nov 2025
Ferritin	102.2 ng/mL	30 – 50 – 150 – 380	9 Nov 2025
Calcium, Ionized	1.1 mmol/L	1.2 – 1.4	9 Nov 2025
Vitamin B12	687 pg/mL	200 – 400 – 1000 – 1100	9 Nov 2025
Vitamin D, 25-Hydroxy, Total	58.59 ng/mL	10 – 20 – 30 – 75 – 150	9 Nov 2025
Albumin	4.3 g/dL	3.4 – 4.4 – 5.5	9 Nov 2025
Calcium	9.2 mg/dL	6.5 – 8.5 – 8.8 – 9.8 – 10.5 – 13	9 Nov 2025
Transferrin	306 mg/dL	188 – 341	9 Nov 2025
Iron	228 mcg/dL	40 – 50 – 70 – 140 – 180 – 350	9 Nov 2025