

Metabolic Acidosis

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

Metabolic acidosis is a medical condition characterized by an imbalance in the body's acid-base levels, specifically when the body produces an excessive amount of acid or when the kidneys are not removing enough acid from the body. This can result in a decreased level of bicarbonate in the bloodstream, leading to a lower pH level, indicating an overall acidic environment.

Common causes of metabolic acidosis include kidney disease, diabetic ketoacidosis, and the ingestion of certain toxins such as methanol or large doses of aspirin.

Symptoms and Treatment

Symptoms of metabolic acidosis range from mild to severe and can include rapid breathing, confusion, fatigue, headache, and sleepiness. If not managed properly, it can lead to serious complications such as shock or death.

Treatment typically focuses on addressing the underlying cause of the acidosis, and may involve the administration of intravenous bicarbonate, changes in medication, or dialysis in cases where the kidneys are significantly compromised.



MORE LIKELY

More likely to have metabolic acidosis based on 187,331 genetic variants we looked at



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.

- 1

Potassium Bicarbonate
- 2

Avoid High-Impact Exercise

1



Potassium Bicarbonate

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a potassium bicarbonate supplement of 10-20 mmol, once or twice a day with meals and a full glass of water. Continue this regimen daily as directed by a healthcare provider, often recommended for a period ranging from a few weeks to several months based on individual health needs and response.

Description

Potassium bicarbonate (KHCO3) is a white, crystalline powder that is soluble in water and has a slightly salty taste. It can be used as a leavening agent in baking, as a fire suppressant in certain types of dry chemical fire extinguishers, or as a fertilizer to provide potassium in agriculture.

People mainly take potassium bicarbonate as an antacid to relieve heartburn, acid indigestion, and upset stomach. Moreover, potassium bicarbonate may be taken as a source of dietary potassium.

How it helps

Potassium bicarbonate serves as an alkalizing agent, helping to neutralize excess acids in the body, thereby correcting the acid-base imbalance characteristic of metabolic acidosis. This supplementation supports optimal metabolic function and overall homeostasis.

2



Avoid High-Impact Exercise

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Opt for low-impact activities such as swimming, cycling, or walking instead of running or jumping exercises. Engage in these alternative exercises for at least 150 minutes per week, spread out over several days to ensure rest periods between sessions.

Description

For individuals with certain medical conditions or joint issues, avoiding high-impact exercise can help prevent injuries and joint strain. Choosing lower-impact activities like swimming or cycling can provide similar cardiovascular benefits while minimizing the risk of overuse injuries.

How it helps

High-impact exercise can increase the production of lactic acid and other metabolites, potentially worsening metabolic acidosis in susceptible individuals. Lowering the intensity to moderate or engaging in activities that stress the body less can help manage and prevent exacerbation of the condition. It's important to tailor exercise in a way that doesn't overload the body's acid-base handling capacities.

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.

