

Methionine

Biohacker Report

REPORT CATEGORY —



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

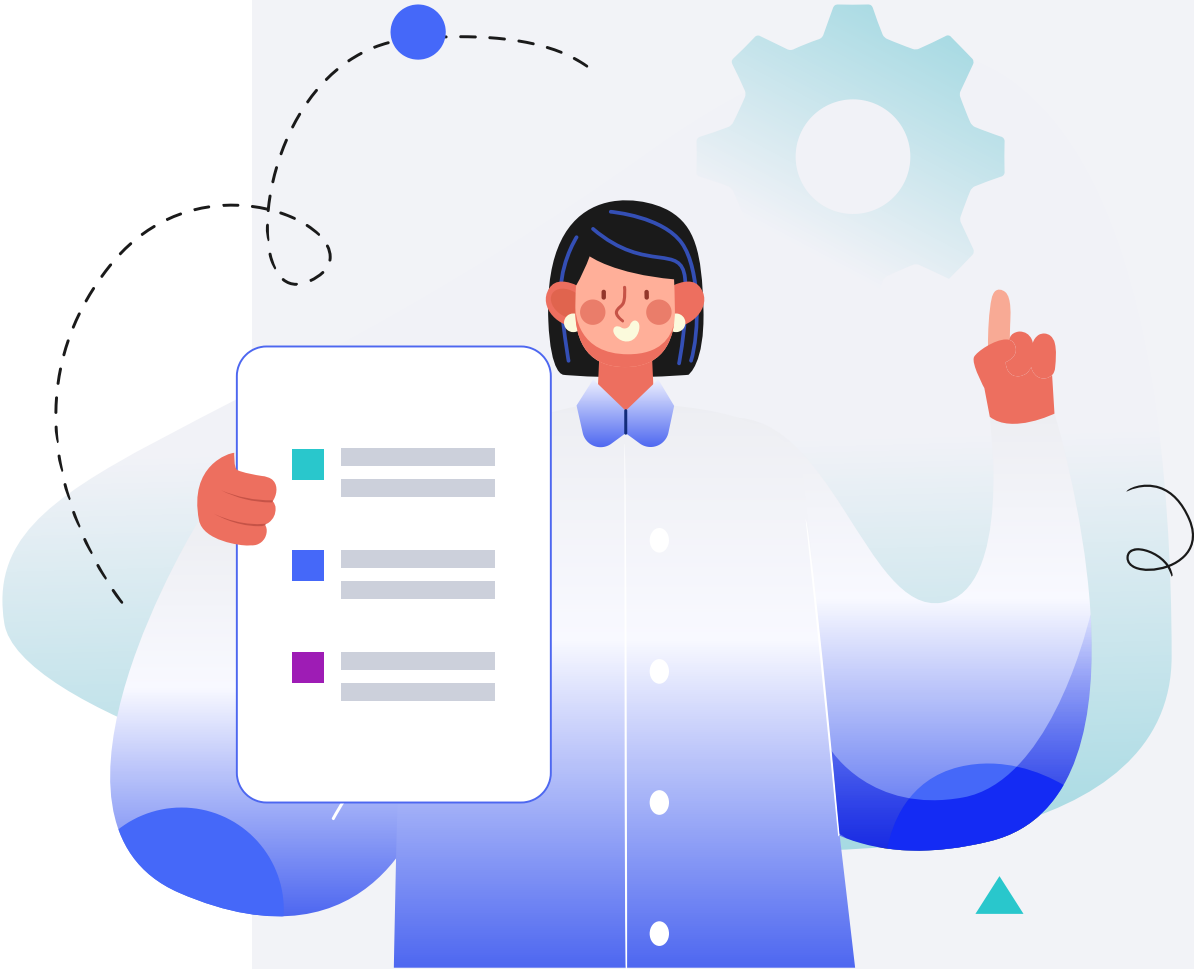
Male

HEIGHT

5ft 5" 165cm

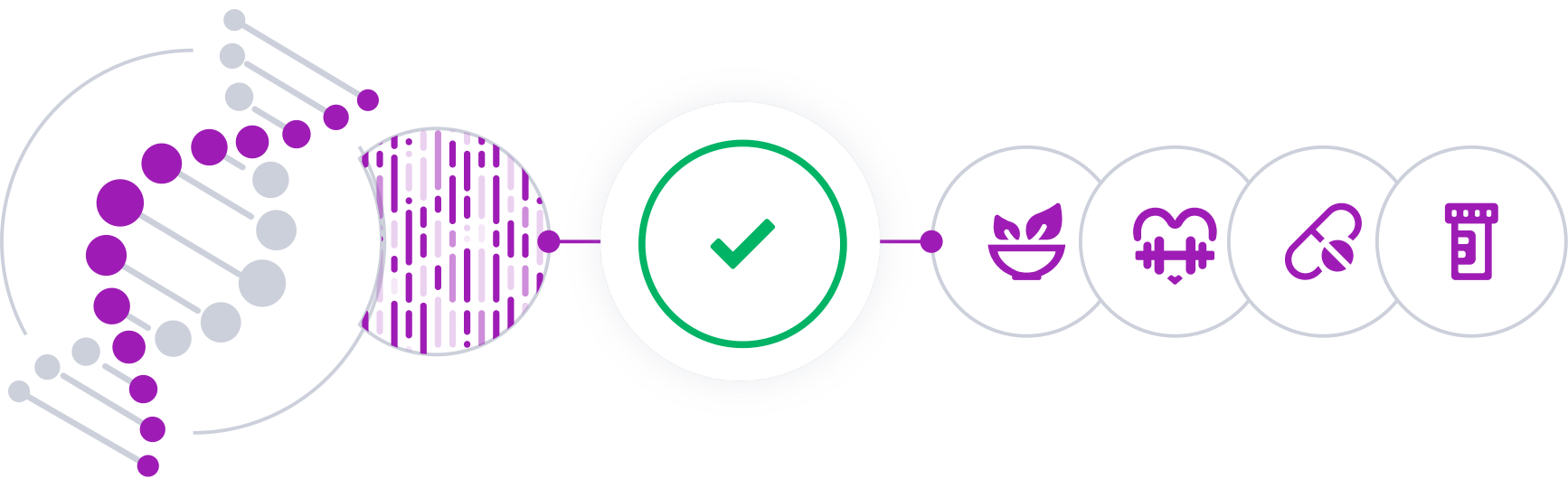
WEIGHT

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.

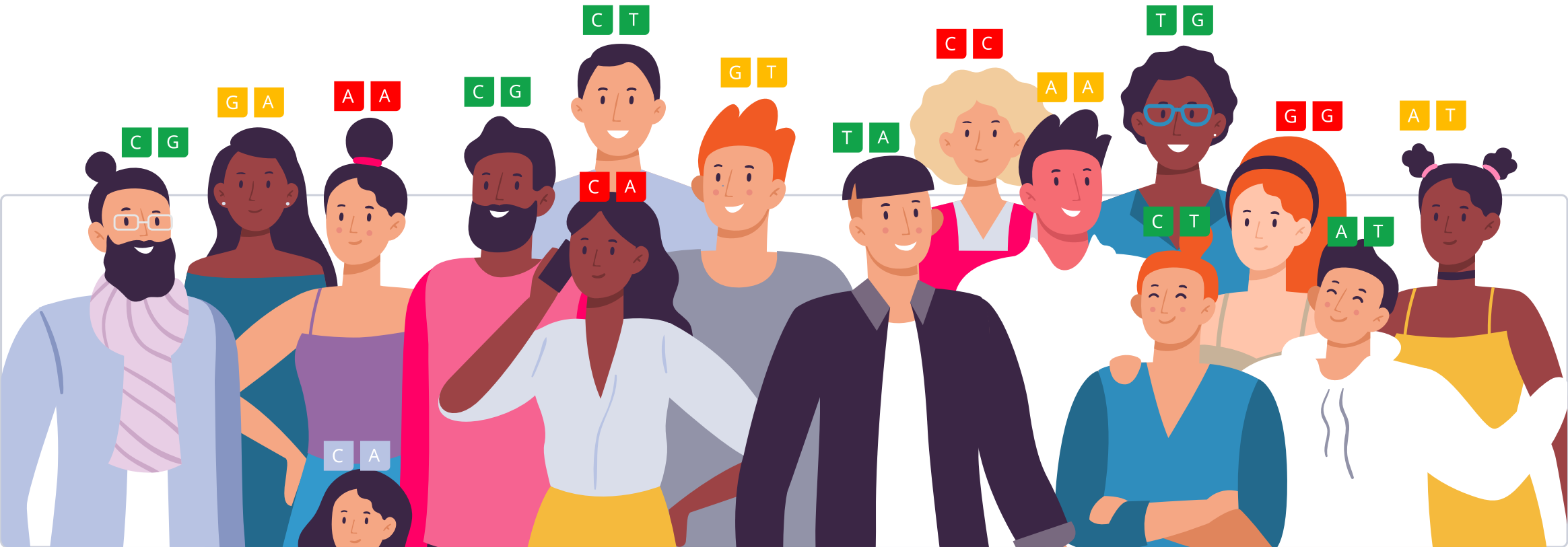


Similarly, our Trait Reports look at how your DNA influences your traits.



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

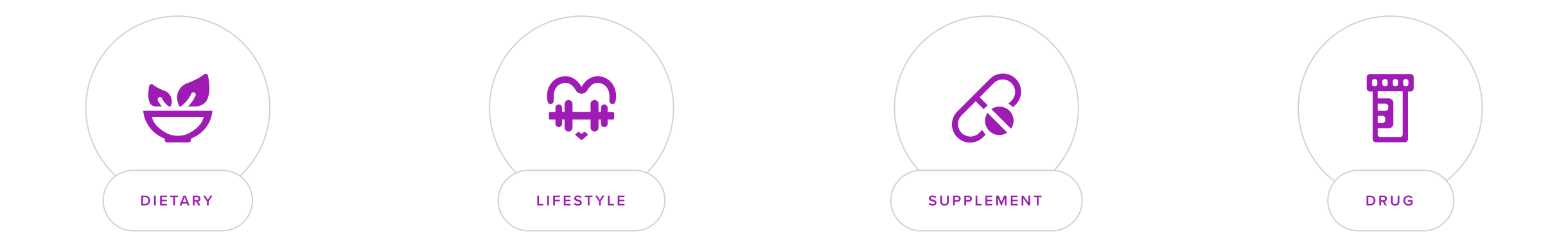
You have 2 risk alleles

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

Methionine is a sulfur-containing essential amino acid. This means that the human body can't make it and we need to get it through diet. Foods rich in methionine include [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Eggs
- Fish
- Poultry (e.g., chicken and turkey)
- Meat
- Dairy

Experts recommend a daily intake of **13-14 mg/kg** of methionine and cysteine, another sulfur-containing amino acid [\[R\]](#).

Methionine is a crucial building block for proteins. It also helps produce the body's strongest antioxidant [glutathione](#). Methionine plays important roles in [\[R\]](#), [\[R\]](#):

- Digestion [\[R\]](#)
- Immune function [\[R\]](#), [\[R\]](#)
- Antioxidant protection [\[R\]](#), [\[R\]](#)
- Brain health [\[R\]](#)

Factors Influencing Methionine Levels

Methionine deficiency is rare. However, low methionine levels could still result from:

- Vegan diets [\[R\]](#)
- Severe malnutrition [\[R\]](#), [\[R\]](#)
- Rare genetic disorders [\[R\]](#), [\[R\]](#)

There are a few factors that may cause **high methionine levels**, such as [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Liver disease
- High-protein diets
- Rare genetic disorders

Methionine-restricted diets have gained attention due to some beneficial effects found in cell and animal studies. However, more research in humans is needed before drawing conclusions. Read [this post](#) for more information [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#)

Genetics may also influence methionine levels. Genes involved may play a role in methionine breakdown [\[R\]](#), [\[R\]](#), [\[R\]](#).

Please note: *The number of available gene variants for this report is low, so take your results with a grain of salt. We will update the report as soon as new gene variants become available.*



TYPICAL NEED

Likely typical need for methionine based on 3 genetic variants we looked at

Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
CCT4	rs62149891	AA
NKAIN3	rs145273360	AA

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	Beef liver	2	Chicken
3	Seaweed	4	Methylfolate400 mcg
5	Tuna	6	Cod
7	Chicken Liver	8	Perch
9	Methionine200 mg	10	Halibut
11	Eggs	12	Vitamin B12100 mcg
13	Egg Whites	14	SAM-e400 mg
15	Methylsulfonylmethane (MSM)1 g	16	Brussels Sprouts
17	Turkey	18	Salmon

1



Beef liver

IMPACT

2 / 5

EVIDENCE

1 / 5

How to implement

Incorporate beef liver into your diet 1-2 times per week, aiming for a serving size of about 3-4 ounces (85-113 grams) each time. This can be pan-fried, baked, or incorporated into dishes like stews or pate to make it more palatable.

Description

Beef liver is a commonly recommended organ meat due to its rich content of protein, B-vitamins, and minerals.

Chickpeas are a good source of vitamin B6, iron, folate, fiber, and rich in minerals like copper, zinc, and phosphorus. A ½ cup serving provides 1.1 mg of vitamin B6 or 65%DV.

How it helps

Beef liver is high in methionine, which is crucial for critical processes such as the synthesis of other important amino acids and the support of metabolic functions.

2



Chicken

IMPACT

2 / 5

EVIDENCE

1 / 5

How to implement

Incorporate chicken into your meals 2-3 times a week, preferably opting for lean cuts like breast meat. Cook it through methods such as grilling, baking, or boiling to avoid adding excess fats. Aim for a portion size of about 3-4 ounces (85-113 grams) per serving.

Description

Chicken is a lean source of protein and essential nutrients like vitamin B12 and selenium. It can be a healthy part of a balanced diet that supports muscle growth and overall nutritional well-being.

Chicken and particularly dark meat like the thigh, is a good source of omega-6s that also contains protein, vitamins, and even needed trace minerals like selenium. One chicken thigh contains 3792 mg of omega-6.

How it helps

Chicken is packed with methionine, an essential amino acid that your body can't produce on its own. A diet rich in chicken can thus provide sufficient methionine to perform vital roles like tissue growth and repair.

3



Seaweed

IMPACT

2 / 5

EVIDENCE

1 / 5

How to implement

Incorporate seaweed into your diet 2-3 times per week by adding it to salads, soups, or as a wrap for sushi and other ingredients. Seaweed can be consumed both in dried form as a snack or rehydrated in meals.

Description

Seaweed is a marine algae that is a source of vitamins A and C, iron, calcium, iodine, omega-3s, and dietary fiber. It is often consumed as a food and is valued for its potential to provide essential nutrients, including iodine, and support thyroid health.

Seaweed is a good source of iodine and also has vitamins A, C, E and K, along with folate, zinc, sodium, calcium and magnesium. A 2-tablespoon serving provides 116 mcg of iodine or 77%DV.

How it helps

Seaweed is rich in essential amino acids, including low levels of methionine, which prevents high amounts of methionine that might promote cell overgrowths. Additionally, seaweeds contain beneficial compounds like dietary fibers, minerals, and vitamins, which offer overall health advantages.

4



Methylfolate

IMPACT2 / 5

EVIDENCE1 / 5

How to implement

Take an L-methyl folate supplement (400-800 micrograms daily), ideally with a meal, to improve absorption. This dosage is recommended for adults, including pregnant women, to support overall health, especially to reduce the risk of neural tube defects in developing fetuses. Continue daily use as part of your regular supplement routine.

TYPICAL STARTING DOSE

400 mcg

Description

Folate, a B-vitamin, is crucial for DNA synthesis, cell growth, and the formation of red blood cells. Adequate folate intake supports overall health and reduces the risk of neural tube defects during pregnancy.

[Vitamin B9](#) (*folate*) plays an essential role in [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Making DNA
- Metabolism
- Energy production

SelfDecode recommends L-methylfolate as the preferred folate supplement for those who need one. It is superior to folic acid because it doesn't require activation, but the research is still ongoing [\[R\]](#), [\[R\]](#).

How it helps

Folate works along with vitamin B12 as a methyl donor in the conversion of homocysteine to methionine. Ensuring sufficient folate intake supports this critical biochemical pathway.

5



Tuna

IMPACT

2 / 5

EVIDENCE

1 / 5

How to implement

Incorporate tuna into your meals 2-3 times per week, aiming for a serving size of about 3.5 ounces (100 grams) per meal. Choose fresh or water-packed tuna instead of oil-packed to reduce unnecessary calorie intake.

Description

Tuna is a type of saltwater fish commonly consumed worldwide, rich in lean protein, omega-3 fatty acids, and essential vitamins and minerals. Its health benefits include heart health support, improved brain function, and reduced inflammation. Tuna is often included in diets for conditions like cardiovascular disease prevention and cognitive enhancement.

Tuna is a source of niacin, vitamin D, as well as being a very good source of protein and omega-3 fatty acids. A 3-ounce serving has 8.6 mg of niacin or 54%DV.

How it helps

Tuna is rich in methionine, an essential amino acid that your body cannot produce on its own. Consuming tuna therefore provides this necessary nutrient, helpful for various body functions like tissue growth and repair.

6



Cod

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate cod into your diet 2-3 times per week, choosing baked or grilled options to maximize health benefits. Each serving should be about 3-4 ounces (85-113 grams).

Description

Cod is a common white fish with protein, iodine, choline, B-vitamins, as well as phosphorus and selenium.

Cod is a common white fish with protein, iodine, choline, B-vitamins, as well as phosphorus and selenium. One 3-ounce serving provides 158 mcg of iodine or 106%DV.

How it helps

When you consume cod, it provides your body with an essential amino acid called Methionine. This amino acid is critical for the functioning of your body and contributes to preventing conditions like liver damage, affecting mood and depression, and promotion of cardiovascular health.

7



Chicken Liver

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate chicken liver into your meals 1-2 times per week, aiming for portions of about 100 grams (3.5 ounces) per serving. You can cook it by pan-frying, baking, or incorporating it into dishes like pâtés or spreads.

Description

Chicken liver is a nutrient-dense food that is rich in iron, vitamin A, and other essential nutrients. It can be a valuable addition to the diet to support healthy blood and overall nutritional health.

How it helps

Chicken liver is another good source of methionine, aiding in liver function and the synthesis of necessary amino acids for overall health.

8



Perch

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate perch, a type of freshwater fish, into your meals 2-3 times a week. Cook it grilled, baked, or steamed to get its nutritional benefits without adding unhealthy fats.

Description

Perch is a type of freshwater fish commonly found in North America and Europe. It is a lean source of protein and provides essential nutrients like vitamin B12, selenium, methionine, manganese, and omega-3 fatty acids, promoting heart health, muscle maintenance, and overall nutrition when incorporated into a balanced diet.

Perch is a good source of protein, methionine, vitamin B12, phosphorus, selenium, and manganese. Perch contains 12.62 mg of methionine per gram.

How it helps

Perch is rich in essential amino acids, including methionine. Regular consumption can help replenish methionine levels in the body, preventing potential deficiencies associated with conditions like liver disease.

9



Methionine

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a methionine supplement in the form of SAME at 200-400mg daily, with water, preferably on an empty stomach to enhance absorption. It's recommended to start with a lower dose and gradually increase as needed. Consult with a healthcare provider for personalized advice, especially if you have other medical conditions or are taking medications.

TYPICAL STARTING DOSE

200 mg

Description

Methionine is an essential amino acid found in various protein-rich foods. It plays a crucial role in protein synthesis and liver function and is important for overall health.

1. A **methionine supplement** can vary depending on which source is utilized to boost methionine levels. One or more of the following options can be taken to boost methionine levels:
- a. SAME or S-Adenosyl-Methionine can be taken in doses starting at 200 mg/day. It is sometimes recommended to take with the other two supplements to promote absorption.

b. TMG (Betaine) or trimethylglycine supplements are made from the byproducts of sugar beet processing. Typically, it is offered in 500-1000 mg capsules.

c. Methylfolate is the biologically active form of folate (vitamin B9) and typically offered in dosages of 7.5-15 mg.

Note: excessive levels of methylfolate can cause adverse reactions like anxiety and sore joints and muscles. Speak with your doctor before using a methionine supplement.

How it helps

Methionine, an essential amino acid, cannot be naturally produced by the body making its supplementation beneficial to maintain typical body functions. It aids in the production of other important molecules and proteins, and may potentially improve conditions where its deficiency is a factor.

10



Halibut

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate halibut into your meals two to three times per week, opting for baked, grilled, or broiled preparations. Each serving should be about 3 to 4 ounces (85 to 113 grams), ensuring it's cooked thoroughly until it reaches an internal temperature of 145°F (63°C).

Description

Halibut is a lean fish known for its high-quality protein content and essential nutrients like omega-3 fatty acids. Regular consumption of halibut can contribute to heart health, support brain function, and provide key vitamins and minerals.

Halibut is an excellent source of omega-3 fatty acids, selenium, B-vitamins, and other minerals like magnesium and phosphorus. Halibut contains 15.2 mg of methionine per gram.

How it helps

Halibut is rich in methionine, an essential amino acid that our bodies can't produce. Incorporating halibut into your diet can help meet your methionine needs, supporting key bodily functions like DNA repair and growth.

11



Eggs

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate eggs into your diet 3-4 times a week, preferably for breakfast or as part of a balanced meal. They can be boiled, scrambled, or made into omelets, ensuring they are cooked thoroughly.

Description

Eggs are a nutrient-dense food rich in protein, vitamins, and minerals. They support various aspects of health, including muscle development, brain function, and eye health.

Eggs are great nutrition sources, with protein, healthy fats, arachidonic acid, and numerous vitamins and minerals.

How it helps

Eggs are rich in the essential amino acid methionine, which your body cannot produce itself. Consuming eggs can help to replace or increase methionine levels in your body, thus managing the condition related to its deficiency.

12



Vitamin B12

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

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

TYPICAL STARTING DOSE

100 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 plays a critical role in the methylation cycle and helps in the metabolization of methionine. Adequate B12 levels are important for maintaining proper methionine metabolism.

13



Egg Whites

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Consume egg whites by separating them from the yolks of whole eggs. You can eat egg whites daily, incorporating them into meals such as breakfast omelettes, scrambled eggs, or as a protein addition to smoothies. Aim for 2-4 egg whites per day depending on your dietary protein needs.

Description

Egg whites are great nutrition sources, with protein, healthy fats, and numerous vitamins and minerals.

Egg whites are great nutrition sources, with protein, healthy fats, and numerous vitamins and minerals. Egg white contains 16.6 mg of methionine per gram.

How it helps

Egg whites are rich in proteins but low in methionine, an amino acid. So, consuming egg whites can help control methionine levels, reducing the risk of conditions linked to high methionine, like heart disease.

14



SAM-e

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 400-1600 mg of SAM-e as a supplement daily, preferably on an empty stomach to enhance absorption. It is often recommended to start with low dosage and observe how your body responds over a few weeks, adjusting as necessary under the guidance of a healthcare provider.

TYPICAL STARTING DOSE

400 mg

Description

SAM-e is a chemical that helps maintain liver and brain health. Your body makes SAM-e from the amino acid *methionine*, but it’s also available as a supplement [\[R\]](#).

SAM-e supplementation may help with:

- Joint pain [\[R\]](#)
- Liver disease [\[R\]](#)
- Depression [\[R\]](#)

Please note: SAM-e may not be safe for people with a bipolar disorder. It may also interact with 5-HTP, St. John’s wort, and different medications. Combining it with antidepressants can be dangerous and even life-threatening. Never take SAM-e supplements without consulting your doctor [\[R\]](#), [\[R\]](#), [\[R\]](#).

How it helps

SAM-e is a derivative and dietary source of methionine.

15



Methylsulfonylmethane (MSM)

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Take 1 to 3 grams of Methylsulfonylmethane (MSM) per day, divided into three doses. This can be in the form of capsules or powder that is mixed with water. It is recommended to start with a lower dose to assess tolerance, then gradually increase to the desired dose over a period of 1 to 2 weeks.

TYPICAL STARTING DOSE

1 g

Description

MSM is a naturally occurring sulfur compound found in foods and used in dietary supplements. It has anti-inflammatory properties and may be used to support joint health and reduce exercise-related muscle soreness.

A molecule of MSM is broken down in the body into a sulfate (sulfur) group and two methyl groups.

The following may increase people’s needs for sulfur and methyl groups: physical activity, recovery from injuries, inflammation, infections/sickness, toxins, etc.

People also need more sulfur when taking hormones (DHEA, pregnenolone, etc.), drugs (Aspirin, Tylenol, NSAIDs, birth control, etc.) or supplements (flavonoids & polyphenols - resveratrol, quercetin, curcumin, etc.) that undergo sulfation.

How it helps

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

Methylsulfonylmethane (MSM) may help with low levels of serum methionine and cystine due to its sulfur content. Both methionine and cystine are sulfur-containing amino acids, and sulfur is essential for their synthesis. Here's how MSM can be beneficial:

Sulfur Donation: MSM is a source of organic sulfur. Sulfur from MSM can be used in the body’s synthesis of amino acids, including methionine. Increasing the availability of sulfur can potentially support the production of this amino acid if the body is deficient in them.

Methionine Synthesis: Methionine is an essential amino acid, meaning it must be obtained from the diet. While MSM does not directly increase methionine levels, the sulfur it provides can be incorporated into methionine when the body synthesizes new proteins.

16



Brussels Sprouts

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate brussels sprouts into your diet by eating them 2-3 times per week. They can be steamed, roasted, or sautéed and seasoned to taste, forming part of a balanced meal. Each serving should be about 1 cup, which roughly equals 5-6 medium-sized brussels sprouts.

Description

Brussels sprouts are a cruciferous vegetable packed with vitamins, fiber, and antioxidants. They are a nutritious addition to a balanced diet and may support immune health and overall well-being.

Brussels sprouts are good sources of vitamin C, vitamin K, fiber, as well as small amounts of other vitamins and minerals. A ½ cup serving provides 48 mg of vitamin C or 53%DV.

How it helps

Brussels sprouts contain methionine, which can help in the synthesis of proteins and the proper function of metabolism.

17



Turkey

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate turkey into your diet 2-3 times per week, choosing lean cuts like turkey breast. Aim for portions about the size of a deck of cards (3-4 ounces) for each serving.

Description

Turkey is a poultry meat known for its lean protein content and is a good source of nutrients like selenium and B vitamins. It is valued for its health benefits, including muscle growth, immune support, and stress reduction due to its content of tryptophan, which is a precursor to serotonin.

Turkey is a good source of zine, and rich in B-vitamins, minerals like selenium and phosphorus, and protein. A 3-ounce serving provides 1.5 mg of zinc or 14%DV.

How it helps

Turkey is high in a substance called methionine, an amino acid vital for many body functions. Consuming turkey can prevent deficiencies, thus supporting normal function and preventing conditions linked to low methionine, such as abnormal growth and liver damage.

18



Salmon

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate at least two servings of salmon into your weekly diet, aiming for each serving to be about 3.5 ounces (100 grams), cooked. Choose wild-caught salmon when possible for higher omega-3 content.

Description

Salmon is a nutrient-rich fish known for its high content of omega-3 fatty acids, which can support heart health and reduce inflammation. It's also an excellent source of protein, vitamin D, and various minerals.

How it helps

In a clinical trial involving overweight adults, regular consumption of farmed Atlantic salmon for four weeks resulted in reduced triglyceride levels and increased HDL cholesterol. It also lowered large VLDL and chylomicron particle counts while raising large LDL particles in a dose-dependent manner. Salmon intake reduced total triglycerides, VLDL, and chylomicron triglyceride content, and altered lipoprotein particles in a way associated with reduced cardiovascular disease risk. Another study with healthy subjects showed that salmon consumption increased omega-3 levels and decreased triacylglycerols and heart rate. Salmon protein intake lowered serum glucose and triglycerides and increased certain amino acid concentrations. In HIV-infected patients with dyslipidemia, salmon oil reduced triglycerides. However, a separate trial found that salmon consumption did not significantly alter various health markers in overweight/obese participants. [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

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.