

NOS3 (Cardiovascular)

Gene 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

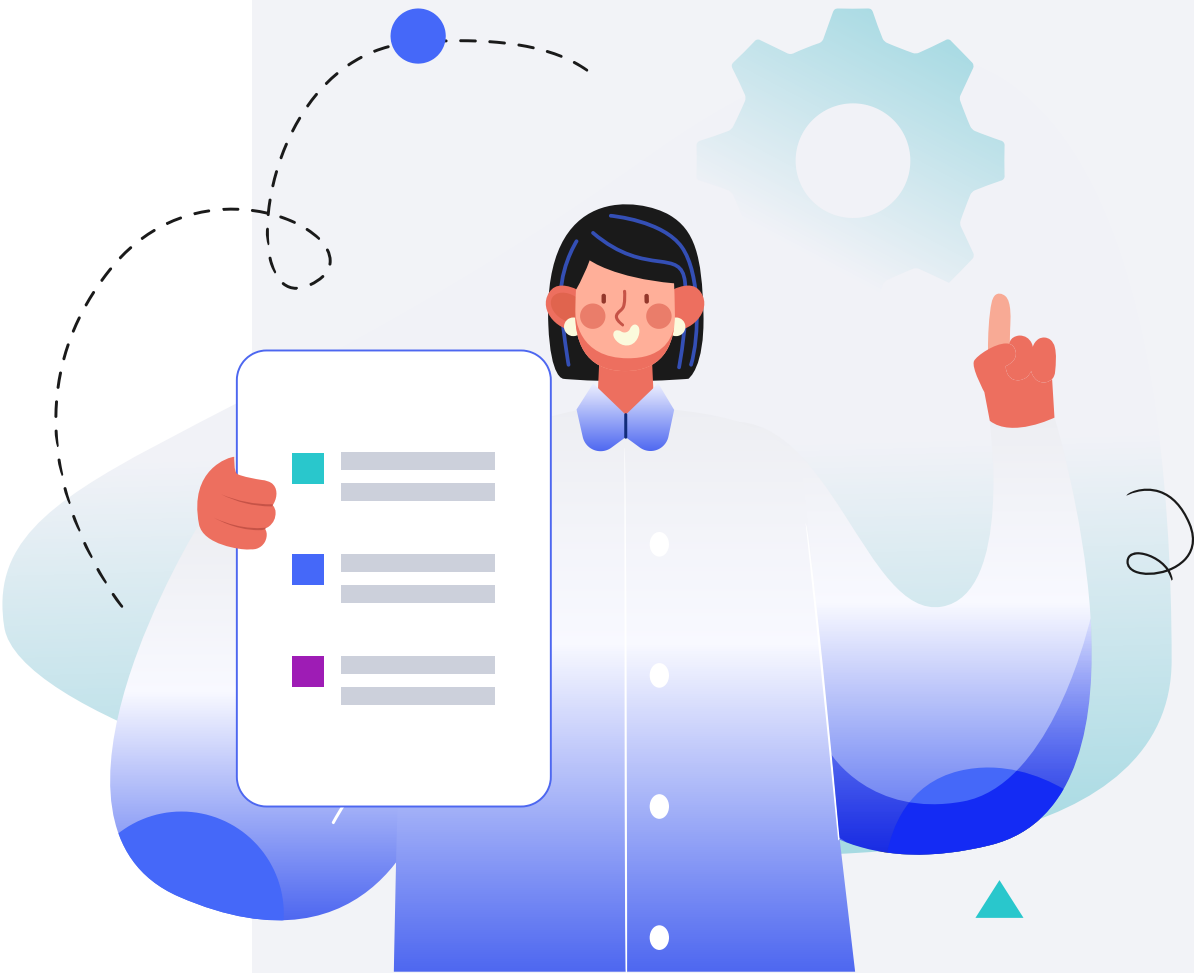
Male

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

The [NOS3](#) gene codes for a protein also called NOS3, short for nitric oxide synthase 3. NOS3 is most abundant in the inner lining of the blood vessels, where it produces nitric oxide (NO) from the amino acid [arginine](#) [\[R\]](#), [\[R\]](#).

NO is a messenger molecule with multiple functions in the immune and nervous systems. Additionally, NOS3-derived NO increases blood flow and [lowers the risk of heart disease](#) [\[R\]](#), [\[R\]](#).

On the one hand, NO improves blood vessel function by:

- Activating a pathway that decreases the amount of free [calcium](#), which relaxes the blood vessels [\[R\]](#), [\[R\]](#).
- Breaking down the [free radical](#) superoxide, which prevents blood vessel stiffness [\[R\]](#), [\[R\]](#).

Alternatively, NO prevents the development of clogged arteries by:

- Increasing cGMP levels in the platelets, which prevents them from being activated and clumping together inside the arteries [\[R\]](#), [\[R\]](#).
- Increasing cGMP production in the vessels, which blocks the overgrowth of smooth muscle cells.
- Blocking the major inflammatory hub [NF-kB](#), thus preventing [white blood cells](#) from attaching to the vessels and ending up bound to platelets [\[R\]](#), [\[R\]](#).
- Reducing LDL oxidation, thus preventing [cholesterol](#) buildup in the vessels [\[R\]](#).

However, NO production must be tightly fine-tuned. Very high amounts may react with the superoxide anion and form the even more harmful peroxynitrite [\[R\]](#).

NOS3 Genetics

Among the different *NOS3* polymorphisms, [rs1799983](#) has been most widely studied. The ‘T’ variant produces a protein that can’t reach its activation sites in cell membranes, ultimately decreasing NO production [\[R\]](#).

In line with the beneficial cardiovascular effects of NO, the ‘T’ variant has been associated with an increased risk of coronary heart disease and heart attack in several studies. It’s also more frequent in children with congenital heart disease and predicts a faster progression of heart damage in people with diabetes [\[R, R, R, R\]](#).

However, overproducing ‘GG’ genotype may also have negative effects on the heart. It’s associated with reduced heart function in people with kidney disease, increased risk of death in those with high blood pressure, and heart failure in African-Brazilians [\[R, R, R\]](#).

The ‘T’ allele of [rs1549758](#) has also been associated with an increased risk of coronary heart disease and hypertension but is usually inherited with the ‘T’ allele of [rs1799983](#), meaning you will most likely have both or neither of them [\[R\]](#).

Another SNP, [rs2070744](#), is also linked to an increased risk of coronary heart disease. The ‘C’ allele can be bound by a protein that blocks *NOS3* production. However, the ‘T’ variant at this polymorphism is the one associated with myocardial infarction [\[R, R, R\]](#).

These variants may exert their harmful effects through their associations with:

- Higher blood pressure [\[R, R, R, R, R, R, R, R, R, R\]](#)
- Higher vessel stiffness and blood cholesterol [\[R, R, R, R\]](#)
- Increased risk of complications after heart surgery [\[R, R, R\]](#)
- Reduced effectiveness of conventional and alternative therapies [\[R, R\]](#)

The minor variants of [rs179983](#) and [rs2070744](#) have also been associated with:

- Worse [athletic performance](#) in power sports [\[R, R, R, R, R, R\]](#)



TYPICAL ACTIVITY

Likely typical NOS3 activity based on 2 genetic variants we looked at

Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
NOS3	rs1799983	TT
NOS3	rs2070744	TC
NOS3	rs1549758	CT
NOS3	rs3918226	CT

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

- Longer and more frequent [migraines](#) [\[R, R, R, R\]](#)

On the bright side, they are also linked to:

- Improved performance in aerobic sports and soccer [\[R, R, R\]](#)
- Greater decreases in triglycerides, cholesterol, and blood pressure in [response to unsaturated fats](#) such as [omega-3 fatty acids](#) and [extra virgin olive oil](#) [\[R, R, R, R, R\]](#)

Finally, the ‘T’ allele of [rs3918226](#) also results in lower NOS3 levels and is associated with a higher risk and severity of heart and coronary events. Fortunately, this allele is extremely rare and most people (81-99%) have the ‘CC’ genotype [\[R, R, R\]](#).

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	Dietary Nitrates	2	Exercise At Least One Hour a Day1 hour
3	Dietary Omega-3 Fatty Acids	4	Avoid Air Pollution
5	Extra Virgin Olive Oil (EVOO)	6	L-Citrulline3 g
7	Vitamin C2000 mg	8	Dietary Iron
9	Vitamin E200 iu	10	Maintain Optimal Vitamin D Levels1000 iu

1



Dietary Nitrates

IMPACT

4 / 5

EVIDENCE

4 / 5

How to implement

Incorporate foods high in dietary nitrates, such as beets, spinach, arugula, and celery, into your daily meals. Aim for about 300-400 mg of dietary nitrates daily, which equates to roughly 2 cups of nitrate-rich vegetables.

Description

Nitrates found in foods like leafy greens and beets can convert into nitric oxide in the body, which may help dilate blood vessels, lower blood pressure, and enhance exercise performance.

How it helps

Foods that contain **nitrates** can potentially increase NO and thus lower blood pressure. Vegetables are rich in nitrates and roughly supply 80% of these compounds [\[R\]](#).

Beetroot is the most famous nitrate-rich food. Some other foods rich in nitrates include [\[R\]](#):

- Leafy greens
- Celery
- Broccoli
- Chinese cabbage
- Turnips
- Cucumbers
- Carrots
- Cauliflower
- [Pomegranate](#) juice

2



Exercise At Least One Hour a Day

IMPACT

4 / 5

EVIDENCE

4 / 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

Experts agree that exercising helps reduce the risk of heart disease [\[R, R, R\]](#).

It likely helps control [\[R, R, R, R, R, R\]](#):

- Weight
- [Blood sugar](#)
- [Cholesterol](#)
- Blood pressure
- Inflammation

Guidelines recommend a combination of [\[R, R, R\]](#):

- **Cardio:** at least 150 min/week of moderate activity or 75 min/week of intense activity
- **Strength training:** 2 times/week

Strength and endurance training may help by improving heart function. Other forms of exercise that tend to help include cycling and tai chi [\[R, R, R, R\]](#).

In people who already have heart disease, exercise may prevent complications and hospital visits. It may even boost the quality of life [\[R, R, R, R, R\]](#).

Interestingly, exercise lowers blood pressure by stimulating NOS3 [\[R, R\]](#).

Please note: *If you have heart disease, speak to your doctor before changing your exercise regimen.*

 PERSONALIZED TO YOUR GENES

People with your [NOS3](#) gene variant may get bigger improvements in blood pressure from cardio [\[R\]](#).

YOUR GENETIC VARIANTS			
GENE	SNP	GENOTYPE	EVIDENCE
NOS3	rs1799983	TT	

3



Dietary Omega-3 Fatty Acids

IMPACT3 / 5

EVIDENCE4 / 5

How to implement

Incorporate foods high in omega-3 fatty acids into your diet daily. This includes eating fish such as salmon, mackerel, and sardines at least twice a week. Alternatively, include a tablespoon of flaxseed oil or chia seeds in your daily diet.

Description

[Omega-3 fatty acids](#) are some of the healthiest fats we can eat. They help lower inflammation and protect the heart, brain, and eyes. Our bodies produce less omega-3s than we need for optimal health, so it's important to get enough through food or supplements [\[R\]](#), [\[R\]](#), [\[R\]](#).

There are three major types of omega-3s: ALA, EPA, and DHA. **EPA and DHA are vital for mental and heart health** [\[R\]](#), [\[R\]](#), [\[R\]](#).

Fatty fish are rich in EPA and DHA. They include [\[R\]](#):

- Salmon
- Tuna
- Herring
- Sardines

For optimal health, try to get at least **two servings of fatty fish per week**. Fish oil supplements are available for those who don't eat fish regularly [\[R\]](#).

How it helps

Experts recommend increasing your intake of omega-3 from fatty fish to help prevent heart disease [\[R\]](#), [\[R\]](#), [\[R\]](#).

The following omega-3 sources may protect the heart:

- **At least 1 serving (100-114 g) of fatty fish per week** [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#)
- **Fish oil supplements (0.5-3 g/day)** [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#)

Omega-3s may help by [\[R\]](#):

- Reducing triglycerides
- Lowering blood pressure
- Preventing blood clots

Interestingly, one of them ([DHA](#)) prevents the cytokine [TNF-alpha](#) from blocking NOS3 production [\[R\]](#).

The FDA has even approved an omega-3-based drug for people at high risk of heart disease [\[R\]](#).

Please note: Fish oil can interact with blood thinners (like aspirin, Plavix, Coumadin). Consult your doctor before taking fish oil [\[R\]](#).

 PERSONALIZED TO YOUR GENES

Dietary omega-3 fatty acids may lower blood triglycerides and cholesterol more in people with your **NOS3** gene variant [\[R\]](#), [\[R\]](#).

YOUR GENETIC VARIANTS			
GENE	SNP	GENOTYPE	EVIDENCE
NOS3	rs1799983	TT	

4



Avoid Air Pollution

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Stay indoors on days when air quality indexes (AQI) indicate high pollution levels, which are often reported by weather services or government environmental agencies. **Install air purifiers** in your home, especially in bedrooms, to reduce indoor pollutants. Limit outdoor exercise when air pollution warnings are issued, opting for indoor activities instead.

Description

Avoiding air pollution by reducing exposure to pollutants in the environment is essential for respiratory and overall health. It can help lower the risk of respiratory diseases, cardiovascular conditions, and other health issues associated with poor air quality.

While city life is convenient in a lot of ways, it comes with some health hazards. Cars, factories, and other sources increase air [pollution](#) [\[R\]](#).

Air pollution plays a role in [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Lung disease
- Heart disease
- Diabetes
- Asthma
- Skin conditions

How it helps

Experts say that air pollution can lead to heart disease by causing [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Inflammation
- [Oxidative stress](#)
- Blood clots
- High blood pressure

Both short- and long-term exposure to air pollution are linked to heart disease [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Environmental pollutants reduce both NOS3 production and NO release while increasing free radicals, potentially contributing to this increased risk [\[R\]](#).

Some ways to avoid air pollution include [\[R\]](#), [\[R\]](#):

- Not exercising in polluted areas
- Avoiding areas with lots of traffic
- Using air purifiers with HEPA filters
- Wearing N95 face masks in highly polluted areas

 PERSONALIZED TO YOUR GENES

People with your [NOS3](#) gene variant may be at an increased risk of heart disease, especially if they are exposed to high levels of air pollution [\[R\]](#).

YOUR GENETIC VARIANTS			
GENE	SNP	GENOTYPE	EVIDENCE
NOS3	rs1799983	TT	

5



Extra Virgin Olive Oil (EVOO)

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Incorporate 1-2 tablespoons of extra virgin olive oil into your daily diet. Use it as a dressing for salads, vegetables, or incorporate it into cooking, but avoid using it at high temperatures to preserve its health benefits.

Description

Extra virgin olive oil is a high-quality olive oil obtained from the first pressing of olives. It is rich in monounsaturated fats and antioxidants, like polyphenols, and is associated with various health benefits, including heart health and anti-inflammatory properties.

[Olive oil](#) is fat from the olive, a traditional tree of the Mediterranean Basin [\[R\]](#).

Olive oil has anti-inflammatory and antioxidant properties. It may also reduce the risk of [\[R\]](#), [\[R\]](#):

- Heart disease
- Diabetes
- Cancer

Olive oil is also the primary fat source in the [Mediterranean diet](#), which may improve brain and heart health [\[R\]](#).

How it helps

A meta-analysis of 30 studies and 3106 participants concluded that olive oil interventions (1-50 mg/day) decrease CRP (by 0.64 mg/L) and IL-6 (by 0.29 mg/L) [\[R\]](#).

Following a Mediterranean diet including extra-virgin olive oil reduced heart disease risk by 43% in a study of over 7,000 people [\[R\]](#).

In line with this, research involving 101,460 people found that a daily 25-g increase in olive oil consumption reduced the risk of heart disease by 37% [\[R\]](#).

In a double-blind crossover trial with chronic coronary artery syndrome patients, hydroxytyrosol-enriched olive oil (412.5 mg olive oil with 2.5 mg hydroxytyrosol for 1 month) significantly improved various cardiovascular markers compared to placebo. This included improved endothelial function, arterial health, and left ventricular diastolic function, while also reducing oxidative stress and inflammation markers [\[R\]](#).

6



L-Citrulline

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Take 1.5 to 5 grams of L-citrulline supplements per day, orally, with or without food. This dosage can be taken all at once or divided into two to three smaller doses throughout the day. It's generally recommended to start at the lower end of the dosage range and adjust based on your body's response.

TYPICAL STARTING DOSE

3 g

Description

L-citrulline is an amino acid that may help improve blood flow and reduce muscle soreness, making it a popular supplement for athletes and individuals with certain cardiovascular conditions. Its potential to enhance nitric oxide production supports vascular health and overall circulation.

[Citrulline](#) is an amino acid (protein building block). Citrulline can be found in foods like [R](#), [R](#), [R](#), [R](#), [R](#):

- Watermelon
- Pumpkins
- Cucumber
- Bitter melon

The body uses L-citrulline to produce nitric oxide, a compound that helps widen blood vessels. It is important for heart and sexual health [R](#), [R](#), [R](#).

L-citrulline is commonly used as supplement to support [R](#):

- Blood vessel health
- Muscle health
- Metabolic health
- Sexual health

How it helps

Watermelon is very rich in the non-essential amino acid [citrulline](#), which the body can use to make NO’s precursor arginine. Other citrulline sources include melons, pumpkins, and cucumbers. More directly, **arginine-rich foods** include chickpeas, peanuts, soybeans, lentils, turkey, and pork loin [R](#), [R](#), [R](#).

7



Vitamin C

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Take 500-2000 mg of vitamin C supplement daily. It can be taken at any time of the day, with or without food, according to personal preference or tolerance.

TYPICAL STARTING DOSE

2000 mg

Description

[Vitamin C](#) is an essential nutrient. This means that our bodies can’t produce it on their own, so we have to get it from food or supplements [\[R\]](#).

Foods rich in Vitamin C include: [\[R\]](#)

- Citrus Fruits
- Peppers
- Brussel sprouts
- Kiwi
- Broccoli
- Tomato
- Cantaloupe
- Cauliflower
- Spinach

Vitamin C has antioxidant properties. It supports immunity, heart health, and wound healing [\[R\]](#), [\[R\]](#).

Vitamin C deficiency is called *scurvy*. In the past, many sailors suffered from it [\[R\]](#).

How it helps

[Vitamin C](#) reduces oxidative damage to the tissues (including the blood vessels) by breaking down free radicals. Importantly, it activates the production of NOS3-derived NO [\[R\]](#), [\[R\]](#), [\[R\]](#).

Two meta-analyses (the largest one with 15 studies and 374,488 participants) associated high vitamin C intake with ~19% lower risk of coronary heart disease, while supplementing with at least 700 mg/day reduced the risk by ~33%. However, the results were mixed [\[R\]](#), [\[R\]](#).

Higher genetically predicted and actual blood levels of vitamin C and/or dietary intake may be causally a reduced risk of heart disease [\[R\]](#), [\[R\]](#).

Please note: *Supplementing with vitamin C is linked to a slightly higher risk of kidney stones in men. Talk to your doctor before taking vitamin C* [\[R\]](#), [\[R\]](#).

8



Dietary Iron

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Incorporate iron-rich foods into your daily meals, such as red meat, chicken, turkey, fish, beans, lentils, tofu, cooked spinach, and fortified cereals. Aim for at least 18 mg of iron per day for adult women and 8 mg per day for adult men. It's also beneficial to pair these foods with vitamin C-rich foods like oranges, strawberries, or bell peppers to enhance iron absorption.

Description

Iron (Fe) is an essential mineral. It helps make [hemoglobin](#), a protein that carries oxygen to cells. In this way, iron **increases energy** and supports **brain and immune system function** [\[R\]](#), [\[R\]](#), [\[R\]](#).

Foods rich in iron include [\[R\]](#):

- Oysters
- White beans
- Beef
- Chocolate
- Spinach
- Fortified cereals

Women should be getting **8-18 mg** of iron per day, while **men** should be getting **8 mg** [\[R\]](#).

Groups at risk of iron deficiency include [\[R\]](#):

- Menstruating women
- Children
- Vegetarians
- Routine blood donors

How it helps

Iron is required for NOS3 to function. Because excessive doses may increase the risk of coronary artery disease, it's preferable to obtain it from iron-rich foods such as shellfish, liver, sardines, lentils, and spinaches than from supplements [\[R\]](#), [\[R\]](#).

Dietary iron intake may be associated with a lower risk of heart disease [\[R\]](#), [\[R\]](#).

How to implement

TYPICAL STARTING DOSE

200 iu

Description

- Wheat germ
- Sunflower seeds
- Almonds
- Plant oils

How it helps

This indicates a need for caution with supplement doses exceeding the recommended dietary allowance (RDA), highlighting the importance of obtaining essential nutrients through a balanced diet instead.

10

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

Interestingly, vitamin D increased *NOS3* expression in mice. This may be the reason why its deficiency is associated with impaired blood vessel function in humans [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

In a 12-week double-blinded randomized controlled trial of overweight or obese 95 individuals, supplementation with magnesium and vitamin D (360 mg magnesium glycinate + 1000 IU vitamin D 3 × daily) decreased systolic blood pressure (by 7.5 mmHg) for individuals who had a baseline systolic blood pressure above 132 mmHg [\[R\]](#).

Next Steps

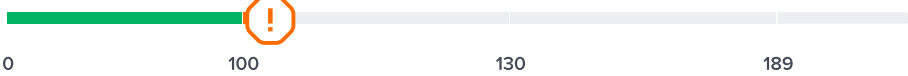
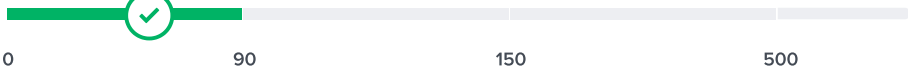
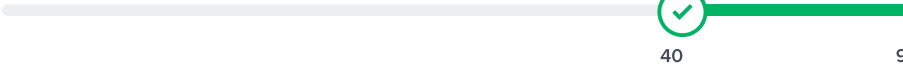
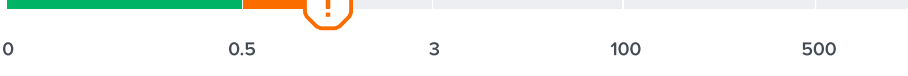
Remember, your genes only tell one important part of your health story!

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.

	LDL Cholesterol	103 mg/dL		9 Nov 2025
	Triglycerides	54 mg/dL		9 Nov 2025
	HDL Cholesterol	42 mg/dL		9 Nov 2025
	Homocysteine	12.84 umol/L		9 Nov 2025
	hs-CRP	1.6 mg/L		9 Nov 2025