

Ovarian Insufficiency

DNA Health Report

REPORT CATEGORY —



REPRODUCTIVE
HEALTH

Sample Client

Report date: 15 January 2026

Powered by

 omicseDge

Table of Contents

03 How this works

- 04 Impact
- 05 Evidence
- 06 Some things to keep in mind

07 Introduction

08 Your genetics

09 Your recommendations

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

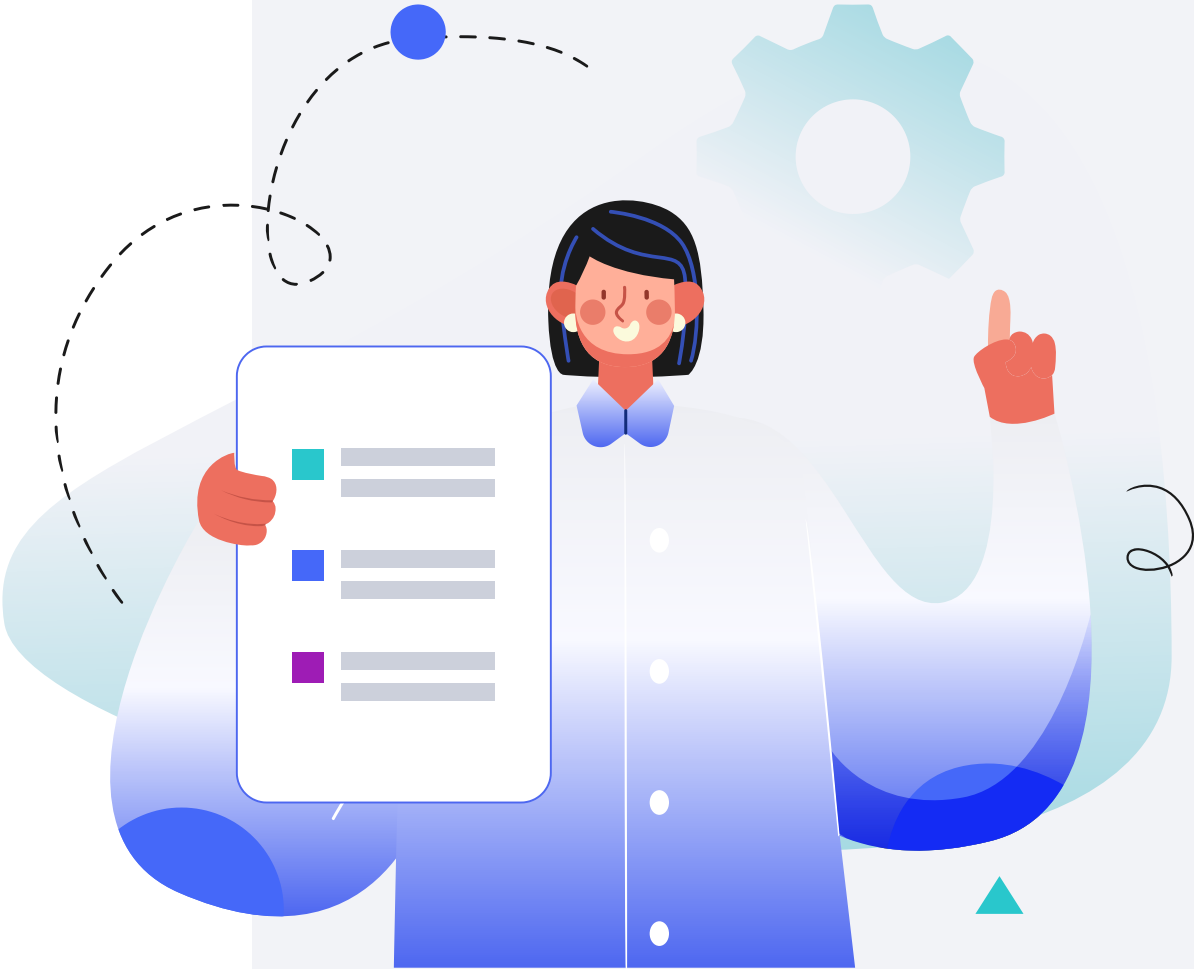
Male

HEIGHT

5ft 5" 165cm

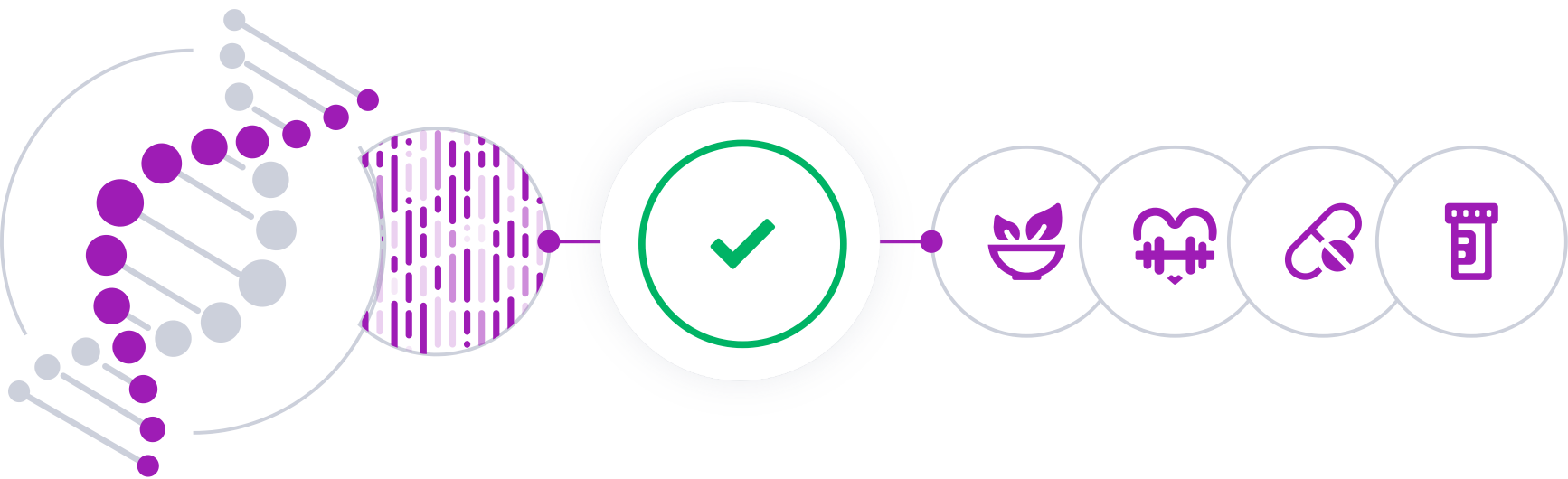
WEIGHT

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

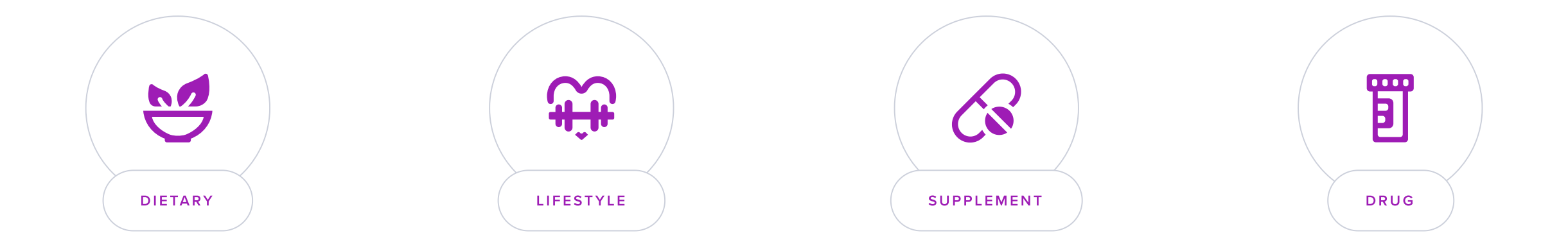
You have 2 risk alleles

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

Primary ovarian insufficiency (POI), also known as premature ovarian failure, is a condition characterized by impaired ovarian function before the age of 40. Unlike menopause, which is a natural decline in reproductive hormones, POI involves a premature decrease in ovarian activity, often leading to irregular menstrual cycles, decreased fertility, and the early onset of menopausal symptoms [\[R\]](#).

POI affects approximately 1% of women and is marked by significantly reduced estrogen levels and irregularities in the release of eggs (anovulation). Women with POI may have intermittent ovarian function, where some periods are normal, potentially allowing for natural conception, though these cases are rare.

Symptoms of POI can mimic those of natural menopause and may include [\[R\]](#):

- Irregular or missed periods
- Hot flashes and night sweats
- Vaginal dryness
- Irritability or difficulty concentrating
- Decreased sexual desire
- Infertility

Causes and Management

The exact cause of POI is often unknown, but several factors may contribute to its development [\[R\]](#):

- Genetic disorders such as Turner syndrome or fragile X syndrome
- Autoimmune disorders where the immune system mistakenly attacks ovarian tissue
- Chemotherapy and radiation therapy
- Surgical removal of the ovaries.
- Viral infections such as mumps
- Environmental and lifestyle factors, including toxins, smoking, and other external influences

Managing POI focuses on addressing the symptoms, preventing complications, and dealing with fertility issues. The following strategies may help [\[R\]](#):

- **Hormone replacement therapy (HRT)** to help control menopausal symptoms and reduce the risk of osteoporosis by maintaining necessary hormone levels. Estrogen therapy should be accompanied by progesterone if the uterus is intact, to reduce the risk of endometrial cancer.
- **Calcium and vitamin D supplements** to help prevent osteoporosis.
- **Regular physical activity and a healthy diet** to maintain a healthy weight and reduce the risk of cardiovascular disease.
- **Fertility treatment** such as in vitro fertilization (IVF) with donor eggs if the affected woman wishes to become pregnant.
- **Psychological support and counseling** to help cope with the emotional and psychological impacts of early menopause and infertility.



TYPICAL LIKELIHOOD

Typical likelihood of ovarian insufficiency based on 961,210 genetic variants we looked at



Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
UGT2B11	rs3966085	GG
CHSY3	rs246246	TT
ZNF239	rs10793451	TT
PRKCE	rs6759058	AA
NPY2R	rs9999820	GA
NPY2R	rs4323056	AG
NPY2R	rs2880418	GA
NPY2R	rs4402990	CA
ESR1	rs9340799	GA
DAB2	rs10058075	CC

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	Myo-inositol	4 g	2	Soy Isoflavones	40 mg
3	Inositol	2 g	4	Black Cohosh	40 mg
5	D-chiro-inositol (DCI)	600 mg	6	Red Clover	40 mg

1



Myo-inositol

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 2 grams of myo-inositol supplement orally twice a day, preferably with meals to enhance absorption. This regimen should be followed daily for at least 6 months to observe significant benefits.

TYPICAL STARTING DOSE

4 g

Description

Myo-inositol is a naturally occurring compound that plays a role in various cellular functions. It is used in dietary supplements and is believed to have potential benefits for mental health, hormone regulation, and insulin sensitivity.

Inositol is a type of sugar that our bodies need to function. It was considered a vitamin (vitamin B8) until it was discovered that our bodies can make it from another common sugar, glucose [\[R\]](#).

[Myo-inositol](#) is the most common form of inositol. It plays a role in [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Heart health
- Normal blood sugar levels
- Mental health
- Cognitive function
- Reproductive health

Myo-inositol can convert to [D-chiro-inositol](#) in the body. These two forms of inositol are often combined in supplements. People use them to improve blood sugar control and PCOS [\[R\]](#), [\[R\]](#), [\[R\]](#).

How it helps

Myo-inositol aids in hormonal balance and supports ovarian function by enhancing insulin sensitivity and reducing oxidative stress, which can be particularly beneficial in addressing symptoms associated with ovarian insufficiency.

2



Soy Isoflavones

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a soy isoflavone supplement containing 40 to 80 milligrams daily, ideally with food to improve absorption. This dosage can be continued on a daily basis for several months, but it's recommended to reevaluate its effectiveness and any potential side effects with a healthcare provider periodically.

TYPICAL STARTING DOSE

40 mg

Description

Soy isoflavones are natural compounds found in soybeans and soy products. They are phytoestrogens, which means they can mimic the effects of estrogen in the body and are associated with potential health benefits like menopausal symptom relief and improved heart health.

Soy is a common food in many cuisines around the world, especially Asian cuisines [\[R\]](#).

It's a great source of [\[R\]](#), [\[R\]](#):

- Plant-based protein
- Fiber
- Omega-3 fats
- Antioxidants (isoflavones)

Soy-based foods include [\[R\]](#):

- Tofu
- Tempeh
- Edamame
- Miso
- Natto

Soy protein and soy isoflavones are also available as supplements.

How it helps

Soy isoflavones can mimic estrogen in the body, potentially alleviating menopausal symptoms associated with ovarian insufficiency by helping to balance hormonal fluctuations and improve overall quality of life.

3



Inositol

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take inositol as a daily supplement, usually available in powder or capsule form. The typical dosage ranges from 2 grams to 18 grams per day, divided into smaller doses taken with meals and water to aid absorption. It's important to start with a lower dose and gradually increase to avoid digestive side effects.

TYPICAL STARTING DOSE

2 g

Description

Inositol is a naturally occurring compound that plays a role in cell signaling and neurotransmitter function. It has been studied for its potential in promoting mental health and managing conditions like anxiety and depression when used as a supplement under the guidance of a healthcare professional.

Inositol is a type of sugar that our bodies need to function. It was considered a vitamin (vitamin B8) until it was discovered that our bodies can make it from another common sugar, glucose [\[R\]](#).

[Myo-inositol](#) is the most common form of inositol. It plays a role in [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Heart health
- Normal blood sugar levels
- Mental health
- Cognitive function
- Reproductive health

Myo-inositol can convert to [D-chiro-inositol](#) in the body. These two forms of inositol are often combined in supplements. People use them to improve blood sugar control and PCOS [\[R\]](#), [\[R\]](#), [\[R\]](#).

How it helps

Inositol, particularly myo-inositol, supports ovarian function by promoting the regulation of insulin and hormonal balance, which may improve the ovarian response and menstrual regularity in women with ovarian insufficiency.

4



Black Cohosh

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a black cohosh supplement of 20 to 40 mg twice daily for up to six months to manage menopause symptoms. Make sure to check the label for a product standardized to contain 2.5% triterpene glycosides.

TYPICAL STARTING DOSE

40 mg

Description

Black cohosh is an herbal remedy often used by some individuals to alleviate symptoms of menopause, such as hot flashes and mood swings.

How it helps

Black Cohosh may help alleviate symptoms associated with ovarian insufficiency, such as hot flashes and mood swings, by modulating hormonal balance and providing estrogen-like effects, which can improve the overall quality of life.

5



D-chiro-inositol (DCI)

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a supplement containing 600-1200 mg of D-chiro-inositol daily, preferably with meals to enhance absorption. This dosage may vary based on individual health conditions and goals, so it's essential to consult with a healthcare professional for personal guidance.

TYPICAL STARTING DOSE

600 mg

Description

D-chiro-inositol is a compound related to inositol that is used as a dietary supplement, particularly in the management of polycystic ovarian syndrome (PCOS). It may help improve insulin sensitivity and hormonal balance in individuals with PCOS.

How it helps

D-chiro-inositol (DCI) supports ovarian function by enhancing insulin sensitivity and restoring hormonal balance, which are critical factors in managing ovarian insufficiency. This improvement can lead to better ovarian health and reproductive outcomes.

6



Red Clover

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a red clover supplement in the form of capsules, typically ranging from 40 to 80 milligrams daily. This should be done under the guidance of a healthcare provider, especially if you're using it for menopausal symptoms or bone health, to ensure it's appropriate for your individual needs. Generally, it's used for periods ranging from 3 to 12 months.

TYPICAL STARTING DOSE

40 mg

Description

Red Clover is a plant that's often utilized for its health benefits. Not just pleasing to the eyes with its bright color, it's known to help with skin health and menopause symptoms. Additionally, it may improve heart health and bone density. It's like a power-plant, offering multiple health benefits in one package.

How it helps

Red Clover can help alleviate menopausal symptoms associated with ovarian insufficiency by providing isoflavones, such as genistein and daidzein, which mimic estrogen effects and support hormonal balance in the body.