

Pancreas Inflammation

DNA Health Report

REPORT CATEGORY —



INFLAMMATION &
AUTOIMMUNITY

Sample Client

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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

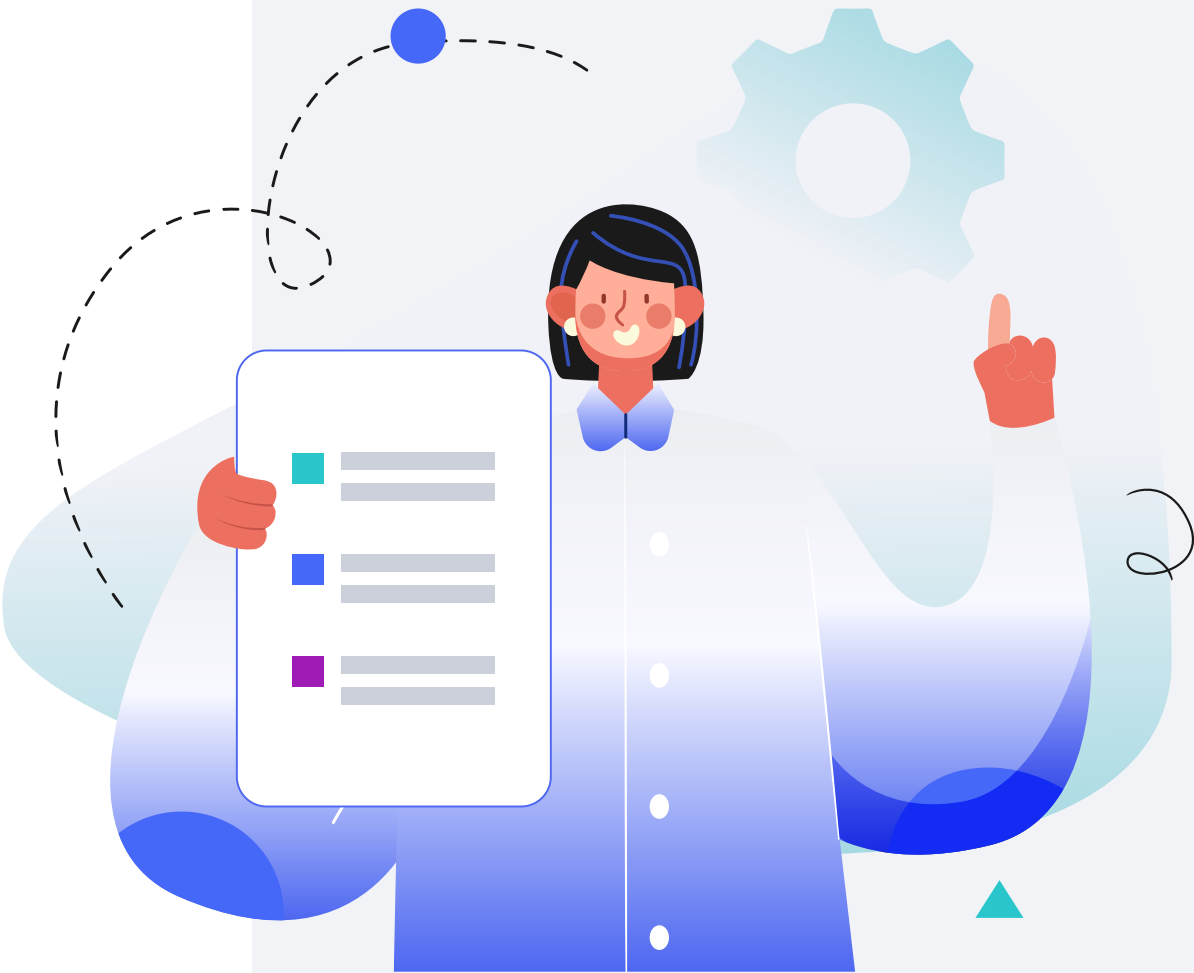
Male

HEIGHT

5ft 5" 165cm

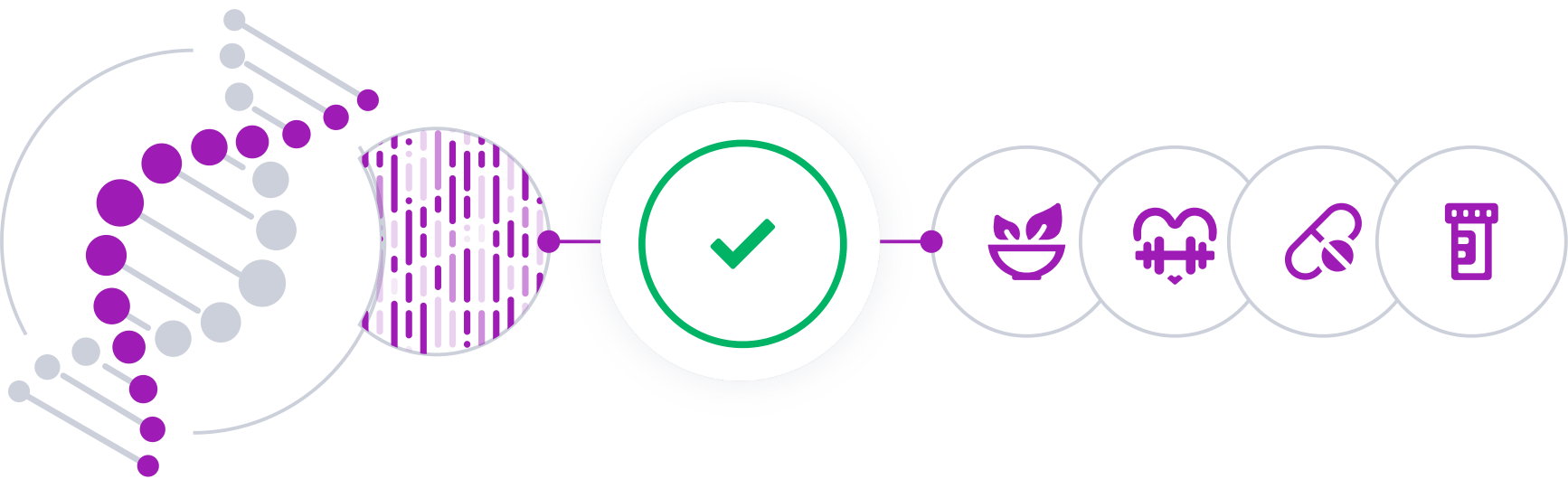
WEIGHT

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.

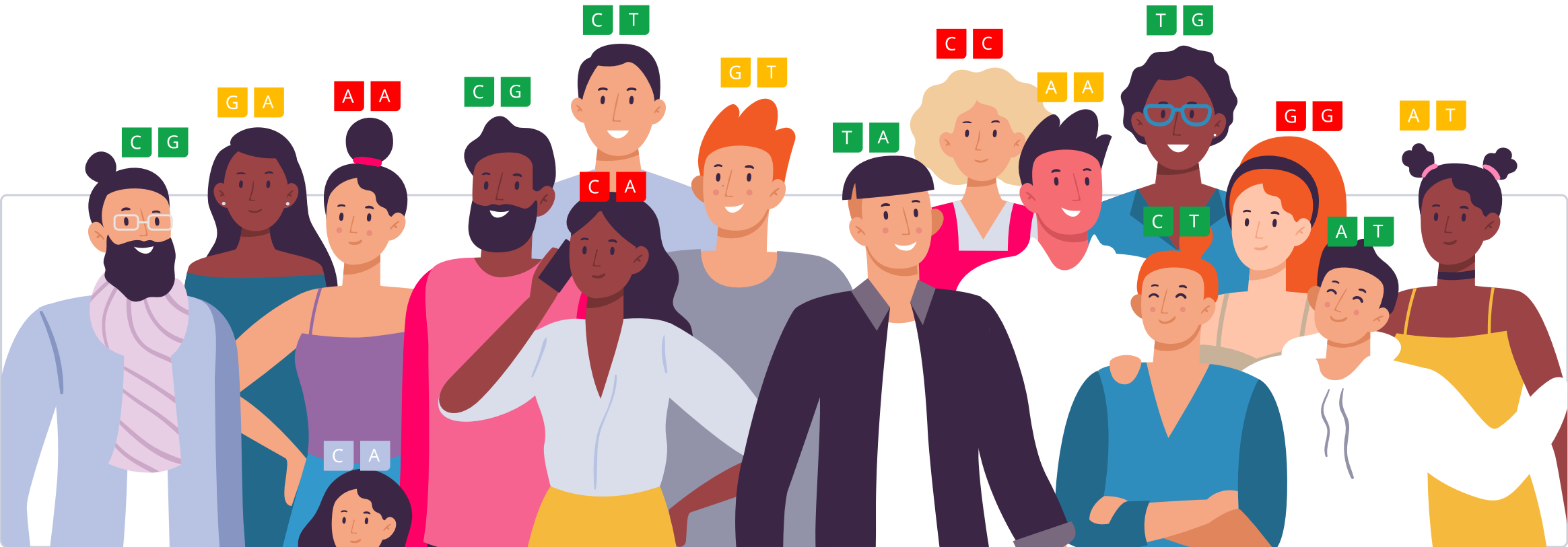


Similarly, our Trait Reports look at how your DNA influences your traits.



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

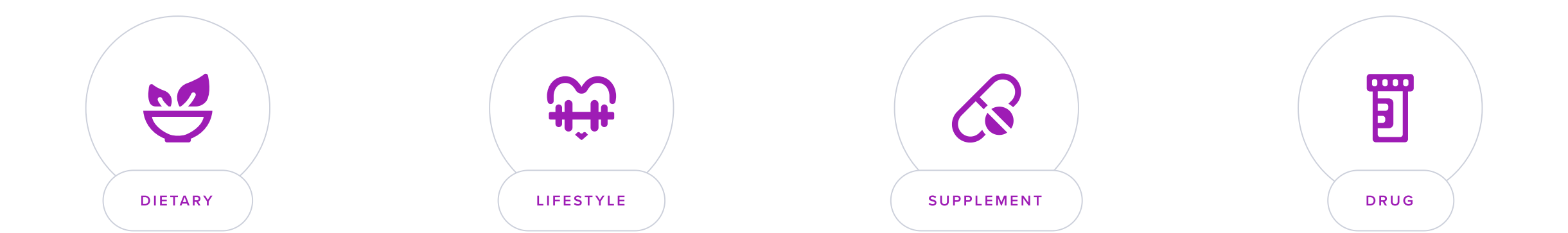
You have 2 risk alleles

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 **pancreas** is an organ located behind the **stomach** that releases crucial enzymes for carbs and fats digestion. It also releases insulin, a key hormone for blood sugar control [\[R\]](#).

Pancreatic inflammation (pancreatitis) can be [\[R\]](#):

- **Acute** (sudden, potentially severe pancreas inflammation)
- **Chronic** (long-term, recurring inflammation of the pancreas that can cause permanent damage to the organ)

Autoimmune pancreatitis is a type of chronic pancreatitis. It happens when the body’s immune system attacks the pancreas [\[R\]](#).

Symptoms of pancreas inflammation can include [\[R\]](#):

- Severe abdominal pain
- Nausea and vomiting
- Fever
- Rapid pulse
- Low blood pressure
- Unexpected weight loss

Treatment for pancreas inflammation depends on its severity and other factors. It may include changes to the diet and lifestyle, medications for pain and inflammation, and, for more severe cases, hospitalization [\[R\]](#).

Risk Factors

The **pancreas** is an organ located behind the stomach that releases crucial enzymes for carbs and fats digestion. **Pancreatitis** is inflammation of the pancreas, which can be acute or chronic.

Potential risk factors for pancreatitis include [R](#), [R](#), [R](#):

- **Alcohol**
- Cigarette smoking
- Obesity
- High blood lipids
- Certain medications
- Genetics

Genetically predicted higher fasting insulin may be associated with acute and chronic pancreas inflammation. In contrast, genetically high testosterone levels may be causally associated with a lower risk of pancreas inflammation [R](#), [R](#).

Health conditions that may contribute to pancreas inflammation include [R](#), [R](#):

- Gallstones
- Diabetes
- Infections
- Injury or trauma



MORE LIKELY

More likely to get pancreas inflammation based on 1,669 genetic variants we looked at



Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
PRSS1	rs10273639	CC
JCAD	rs2995271	TT
JAKMIP2	rs17107296	AA
JAKMIP2	rs150261364	CC
SPINK5	rs112861203	TT
STK32A	rs148849032	CC
MORC4	rs12688220	C
JAKMIP2	rs146303903	AA
CTRC	rs497078	CC
STK32A	rs142623619	AA
/	rs150176211	GG
ADRB2	rs17640347	GG
ABCG5	rs75331444	GG
SLC25A34	rs60816621	CC
COLEC10	rs11988997	CC
NUP62CL	rs12688091	G
TBC1D8B	rs12689287	G
RNF128	rs66491909	G
PWWP3B	rs379742	G
RADX	rs5916761	A
PWWP3B	rs67184230	G
TWIST2	rs4663946	CC
IGDCC4	rs75405617	TT
SYNJ1	rs61750217	CC

GENE	SNP	GENOTYPE
GBE1	rs28763904	AA
C4ORF50	rs138928790	CC
PLEKHH3	rs200210041	GG
NAA38	rs144163075	CC
PDLIM5	rs76352571	AA
FLNC	rs181067717	CC
SNRK	rs56104180	CC
FAM81A	rs111778770	GG
PCDHB1	rs17208383	CC
RAP1B	rs141697489	GG
TMEM222	rs150461998	CC
CAPG	rs62623452	CC
KRT76	rs149868801	CC
TMC3	rs150843673	GG
CFAP61	rs115175415	CC
RAD51C	rs28363317	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	Chinese Rhubarb	500 mg	2	Glutamine	5 g
3	Low-Fat Diet		4	Probiotics	10 billion
5	Acupuncture	1 hour	6	Antioxidant Supplements	
7	Methionine	200 mg	8	Pancreatic Enzymes	
9	Avoid Cannabis		10	Omega-3 (Fish Oil)	500 mg
11	Maintain Optimal Vitamin D Levels	1000 iu	12	Yoga	30 minutes
13	Magnesium Sulfate	200 mg	14	Salvia Miltiorrhiza	
15	Bacillus Subtilis And Enterococcus Faecium		16	White Peony (Chinese Peony)	500 mg
17	Emoxypine		18	Chewing	
19	Enterococcus Faecium		20	Avoid Meals 3-4 Hours Before Bedtime	
21	Avoid Refined Sugar		22	Exercise At Least One Hour a Day	1 hour
23	Dietary Omega-3 Fatty Acids		24	Avoid Calcium Supplements	
25	Dietary Antioxidants		26	Alpha-Lipoic Acid	600 mg
27	Curcumin	500 mg	28	Bacillus Subtilis	
29	Mindful Eating		30	Whole Grains	

1



Chinese Rhubarb

IMPACT3 / 5

EVIDENCE3 / 5

How to implement

Take a supplement containing Chinese rhubarb extract, typically available in tablet or capsule form. The common dosage ranges from 500 to 1,000 mg per day, taken with water. It is advised to consult with a healthcare provider for the exact dosage based on individual health needs. Use this supplement daily for a period as recommended by the healthcare provider, usually not exceeding 8 weeks without medical advice.

TYPICAL STARTING DOSE

500 mg

Description

Chinese rhubarb is another traditional Chinese herbal remedy known for its potential to support digestive health and relieve constipation. It contains compounds that may have mild laxative effects.

[Rhubarb](#) (also named *Rhei* or *Dahuang*) is one of the most ancient herbs in traditional Chinese medicine. Rhubarb includes approximately 60 species of plants of the genus *Rheum* L. [\[R\]](#), [\[R\]](#).

The rhubarb rhizome is considered a top medicinal plant in Chinese medicine. It is used for [\[R\]](#), [\[R\]](#):

- Constipation
- Kidney disease
- Herpes
- Gum disease

It may help due to its antibacterial and anti-inflammatory effects [\[R\]](#).

How it helps

In combination with standard therapy for acute pancreas inflammation, **rhubarb (10-90 g/day for 1-2 weeks)** may help [\[R\]](#), [\[R\]](#):

- Reduce abdominal pain
- Shorten hospital stay
- Reduce mortality

Please note: *Be careful with rhubarb if you are prone to allergies. High doses of rhubarb may cause diarrhea and abdominal cramps. Avoid long-term use due to dependence risk. Rhubarb is not safe for people with gut conditions, women who are pregnant or breastfeeding, and children under 12 years of age. Make sure to consult your doctor before taking rhubarb* [\[R\]](#), [\[R\]](#).

2



Glutamine

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Take 5 to 10 grams of glutamine powder, mixed with water or another beverage, daily. It can be divided into two servings, one in the morning and the other in the evening. This supplementation is generally considered safe for long-term use, but it's best to consult with a healthcare provider for personalized advice.

TYPICAL STARTING DOSE

5 g

Description

Glutamine is an amino acid that plays a role in various bodily functions, including immune support and gut health. It may help with muscle recovery and overall well-being, particularly for individuals engaging in strenuous exercise.

L-glutamine is an amino acid produced by the body. Its levels may decrease during periods of stress or illness. It is important for protein and energy production, and helps control kidney pH balance [\[R\]](#).

Some people take L-glutamine as a supplement to help with [\[R\]](#):

- Gut health
- Immunity
- Exercise recovery and muscle performance
- Brain health

How it helps

Glutamine, considered as a fuel for intestinal and immune cells, can help decrease gut-related inflammation, including pancreas inflammation. It may also promote healing by maintaining the barrier between the inside of your intestines and the rest of your body, preventing harmful bacteria or toxins from moving out of your gut and into your body.

Four meta-analyses (the largest one with 31 trials) concluded that supplementation with glutamine reduces the risk of mortality, total infectious complications, and multiple organ dysfunction, shortens the length of hospital stay, increases the levels of albumin and decreases CRP in patients with acute pancreatitis [\[R, R, R, R\]](#).

3



Low-Fat Diet

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Adopt a diet where less than 30% of your daily calories come from fat. Incorporate plenty of fruits, vegetables, whole grains, and lean proteins. Avoid or significantly limit high-fat foods like fried foods, processed snacks, and fatty meats. Aim for this dietary pattern consistently each day.

Description

Low-fat diets are often recommended for heart health and weight management. They can help reduce the intake of saturated and trans fats, lowering the risk of cardiovascular disease.

A low-fat diet is a diet that provides **30% or less** of the daily energy requirement from fat [\[R\]](#).

This type of diet may be useful for **losing weight, reducing cholesterol levels, and lowering the risk of certain health conditions**, such as [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Heart disease
- Diabetes
- Certain types of cancer

Low-fat diets prioritize the following foods [\[R\]](#), [\[R\]](#):

- Vegetables and fruits
- Whole grains
- Legumes (e.g., beans, lentils, peas)
- Skinless poultry (e.g., chicken, duck, and turkey)
- Fish and seafood (e.g., salmon, lake trout, tuna, and herring)
- Egg whites
- Low-fat dairy products

How it helps

Eating a lot of fat, especially saturated fat, is linked to a **higher risk of both acute (25-45%) and chronic (55-110%) pancreas inflammation** [\[R\]](#), [\[R\]](#).

Consuming a high-fat diet is also associated with [\[R\]](#):

- Earlier onset of pancreas inflammation (by up to 9 years)
- Higher risk of abdominal pain (nearly 3 times)

Hence, **people with pancreas inflammation may benefit from eating a low-fat diet** [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

4

Probiotics

IMPACT

3 / 5

EVIDENCE

3 / 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

10 billion

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

Supplementation with **probiotics (with at least 2 strains)** may help with pancreas inflammation by reducing [\[R\]](#), [\[R\]](#):

- Hospital stay
- Organ failure risk (by up to **60%**)

Probiotics **may not** provide greater benefits when combined with prebiotics [\[R\]](#), [\[R\]](#).

5



Acupuncture

IMPACT

2 / 5

EVIDENCE

3 / 5

How to implement

Visit a licensed acupuncturist for a session, typically lasting between 30 to 60 minutes, once or twice a week. Depending on your specific condition, a course of treatment might range from a few weeks to several months.

TYPICAL STARTING DOSE

1 hour

Description

Acupuncture is a part of traditional Chinese medicine. It involves inserting thin needles at specific points on the body. People use it to relieve pain and allergies, as well as reduce nausea and improve sleep.

[Acupuncture](#) is a part of traditional Chinese medicine. It involves **inserting thin needles at specific points on the body**. People use it to [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Relieve pain
- Improve sleep quality
- Relieve allergies
- Reduce nausea

How it helps

According to some experts, acupuncture may help reduce pain caused by pancreas inflammation [\[R\]](#).

In combination with standard therapy, acupuncture may help with pancreas inflammation by:

- Reducing abdominal pain and swelling
- Improving gut function

However, more research is needed to confirm these benefits [\[R\]](#), [\[R\]](#).

Please note: *Acupuncture is safe for most people. However, it may come with extra risks for pregnant women, people with pacemakers, and people with bleeding disorders. Consult your doctor or a licensed acupuncturist for more information* [\[R\]](#).

6



Antioxidant Supplements

IMPACT

2 / 5

EVIDENCE

3 / 5

How to implement

Take an antioxidant supplement daily with a meal to enhance absorption. The specific dose may vary depending on the type of antioxidant (e.g., vitamin C, vitamin E, selenium), but a common multivitamin or antioxidant blend can be used as directed on the product label. Consult with a healthcare provider for personalized advice and dosage.

Description

Antioxidant supplements are dietary supplements that provide concentrated doses of antioxidants, such as vitamins C and E or coenzyme Q10, to help combat oxidative stress and reduce the risk of chronic diseases.

Our cells sometimes produce molecules called **reactive oxygen species (ROS)** [\[R\]](#).

High levels of ROS can cause [oxidative stress](#) and damage our cells. Oxidative stress plays a role in many health conditions, including [\[R\]](#):

- High blood sugar
- Type 2 diabetes
- Heart disease

Antioxidants are substances that help combat ROS [\[R\]](#).

Some common antioxidants include [vitamin C](#) and [vitamin E](#). You can get most antioxidants from fresh fruits and vegetables. **Antioxidants are also available as supplements** [\[R\]](#), [\[R\]](#).

How it helps

Supplementation with antioxidant blends (e.g., selenium, β -carotene, vitamin C, vitamin E, and methionine) may help **relieve pain due to chronic pancreas inflammation** [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

It may help the most in middle-aged and older people and those with heavy alcohol intake. However, **it may also increase the risk of adverse effects**, such as [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Allergies
- Headache
- Nausea
- Constipation
- Diarrhea

In people with **acute pancreas inflammation**, antioxidant supplements may reduce [\[R\]](#), [\[R\]](#):

- Hospital stay
- Complications
- Mortality

Antioxidant supplements **may not help with pancreas inflammation caused by pancreas imaging** [\[R\]](#), [\[R\]](#).

Please note: *While dietary vitamin E is generally considered safe, vitamin E supplements have been linked to prostate cancer. They may also not be the best option for pregnant people. Those who have heart disease, bleeding disorders, or other conditions may also need to avoid them. Consult your doctor before taking vitamin E supplements* [\[R\]](#).

7



Methionine

IMPACT

2 / 5

EVIDENCE

3 / 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

A meta-analysis of 8 studies and 411 patients with chronic pancreatitis concluded that consuming antioxidants with methionine reduces pain [\[R\]](#).

8



Pancreatic Enzymes

IMPACT

2 / 5

EVIDENCE

3 / 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

Two meta-analyses (the largest one with 17 studies and 511 patients with chronic pancreatitis) concluded that supplementation with pancreatic enzymes improves weight loss, the coefficient of nitrogen absorption, fecal fat and nitrogen excretion, fecal weight, abdominal pain, serum nutritional parameters, gastrointestinal symptoms, and quality of life. High-dose or enteric-coated enzymes showed greater effectiveness. However, one of them found most of the effects non-significant [\[R\]](#), [\[R\]](#).

Pancreatic enzymes help break down fats, proteins, and carbohydrates for absorption in the gut, which eases the load on an inflamed pancreas. This may allow the pancreas to rest and recover.

9



Avoid Cannabis

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Stop any form of cannabis use, including smoking, vaping, edibles, and topical applications. If you currently use cannabis, it's recommended to cease usage immediately and seek support or counseling if necessary for cessation.

Description

Avoiding cannabis is advised in situations where its use is prohibited by law or poses health risks, particularly for individuals with a history of substance abuse or mental health conditions. Responsible use and adherence to local regulations are essential to minimize potential negative consequences.

[Cannabis](#) (marijuana) is a plant used for its medicinal and recreational properties. It contains substances called *cannabinoids*, such as [CBD](#) and THC [\[R\]](#).

Cannabis misuse can have long-term consequences, such as [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Lung damage
- Mental health problems
- Cognitive impairment

How it helps

Both **recreational and therapeutic cannabis use** is associated with pancreas inflammation. The link may be stronger in men and those under 30 years of age [\[R\]](#), [\[R\]](#), [\[R\]](#).

10



Omega-3 (Fish Oil)

IMPACT2 / 5

EVIDENCE2 / 5

How to implement

Take 1-2 g of omega-3 (fish oil) supplement daily, preferably with a meal to enhance absorption.

TYPICAL STARTING DOSE

500 mg

Description

Omega-3 fatty acids are essential fats found in fatty fish like salmon, flaxseeds, and walnuts. They are known for their potential cardiovascular and brain health benefits, including reducing the risk of heart disease and supporting cognitive function.

[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 [\[R\]](#), [\[R\]](#).

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

- Salmon
- Tuna
- Herring
- Sardines

For optimal protection, 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

Supplementation with **omega-3 fatty acids** may help with acute pancreas inflammation by reducing [\[R\]](#), [\[R\]](#):

- Disease complications (e.g., infections)
- Hospital stay
- Mortality

Please note: *Omega-3s can interact with blood thinners (like aspirin, Plavix, Coumadin). Consult your doctor before taking omega-3s* [\[R\]](#).

11

Maintain Optimal Vitamin D Levels

IMPACT

1 / 5

EVIDENCE

2 / 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

People with chronic pancreas inflammation may be **14-17% more likely to have low vitamin D**. It may be caused by [\[R\]](#), [\[R\]](#):

- Poor absorption of vitamin D
- Poor nutrition due to alcohol intake

Vitamin D supplementation may help correct vitamin D deficiency in people with chronic pancreas inflammation [\[R\]](#).

Please note: *Experts recommend getting 600-800 IU of vitamin D per day. Medical bodies recommend against taking more than 4,000 IU per day* [\[R\]](#).

12



Yoga

IMPACT

1 / 5

EVIDENCE

2 / 5

How to implement

Practice yoga for at least 20 to 30 minutes a day, most days of the week. Choose a style that matches your fitness level and goals, and consider attending a class or using online resources to guide your practice.

TYPICAL STARTING DOSE

30 minutes

Description

Yoga is a mind-body practice that combines physical postures, breathing exercises, and meditation. It enhances flexibility, strength, and mental well-being and is used for stress reduction, relaxation, and overall health improvement.

[Yoga](#) combines breathing, stretching, and relaxation techniques. Practicing yoga may help [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Reduce [stress](#)
- Improve fitness
- Lower blood pressure and heart rate
- Manage pain

How it helps

According to some experts, yoga may help reduce pain caused by pancreas inflammation [\[R\]](#).

Practicing **yoga (2-3x/week for 12 weeks)** may help people with chronic pancreas inflammation by [\[R\]](#), [\[R\]](#):

- Reducing pain
- Improving mood and anxiety
- Increasing appetite

13



Magnesium Sulfate

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 200-400 mg of magnesium sulfate orally with water once daily, ideally in the evening or as directed by your healthcare provider. Continue this supplementation as recommended by your healthcare provider, often for several weeks to months for optimal benefits.

TYPICAL STARTING DOSE
200 mg

Description

Magnesium sulfate, also known as Epsom salt, is used in baths and topical applications to soothe sore muscles, alleviate stress, and promote relaxation. It is believed to be absorbed through the skin, providing a calming effect on muscles and the nervous system.

How it helps

In a study involving 270 ERCP patients from March 2017 to 2018, they were divided into MS (2g) and placebo groups, given before and after the procedure. Pancreatitis occurred in 8.9% of the MS group and 12.6% of the placebo group, with no significant difference (P=0.33). However, in high-risk patients, MS reduced Pancreatitis incidence significantly (P=0.017). Hospital stays were also shorter in the MS group [\[R\]](#).

14



Salvia Miltiorrhiza

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 200-600mg of Salvia miltiorrhiza extract in capsule or tablet form daily, divided into two or three doses. This should be taken with water, preferably 30 minutes before meals. Continue for a period of 8 to 24 weeks for noticeable effects.

Description

Salvia miltiorrhiza, also known as Danshen, is a traditional Chinese medicinal herb. It is primarily used for its potential cardiovascular benefits, including improving blood circulation and reducing the risk of heart-related conditions. It contains various compounds, including tanshinones and salvianolic acids.

How it helps

In a non-placebo-controlled trial of 36 patients with severe acute pancreatitis, supplementation with *Salvia miltiorrhiza* for 7 days reduced serum levels of IL-6, IL-8, and TNF-alpha. The combination of *Salvia miltiorrhiza* and somatostatin, both with and without ulinastatin, increased IL-10 levels while reducing the incidence of pancreatic sepsis, multiple organ dysfunction syndrome, and mortality in a non-placebo-controlled trial of 306 patients with severe acute pancreatitis [\[R\]](#), [\[R\]](#).

Salvia miltiorrhiza has anti-inflammatory compounds that can help reduce inflammation in the pancreas. It also improves blood circulation, which can aid in the healing and restoration of the pancreas function.

15



Bacillus Subtilis And Enterococcus Faecium

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a supplement containing Bacillus subtilis and Enterococcus faecium according to the manufacturer's instructions, usually once daily with a meal. Continue taking the supplement for at least 4 weeks to observe benefits.

Description

Bacillus subtilis and Enterococcus faecium are friendly bacteria or probiotics that live in our gut. They boost our immunity, help us digest food and can block harmful bacteria from making us sick. Keeping a healthy balance of these bacteria in our body is vital for maintaining good health.

How it helps

In a placebo-controlled trial of 128 patients, taking probiotics capsules (a mixed preparation of *Bacillus subtilis* and *Enterococcus faecium*) reduced the length of hospitalization, time to abdominal pain relief, and time to successful oral feeding. No statistical difference was found in recurrent abdominal pain between the two groups [R].

Bacillus subtilis and *Enterococcus faecium* may help by ensuring proper digestion and absorption of nutrients, potentially reducing inflammation.

16



White Peony (Chinese Peony)

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Take 500 mg of white peony (Chinese peony) supplement daily. It can be consumed with or without food, according to your preference.

TYPICAL STARTING DOSE

500 mg

Description

White peony is a plant extract derived from the root of the *Paeonia lactiflora* plant, commonly known as Chinese and sometimes red peony. It has been used traditionally in Chinese herbal medicine for its potential anti-inflammatory and pain-relieving properties. The main compounds in white peony extract include paeoniflorin and other glycosides.

White peony is commonly used for [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Autoimmune skin/joint conditions
- Menstrual cramps
- Heart disease
- Improved immune response

How it helps

In people with acute pancreas inflammation, red (Chinese) peony may speed up recovery from [\[R\]](#), [\[R\]](#):

- Fever
- Abdominal pain and swelling
- Uncontrolled bowel movement

Studied red (Chinese) peony preparations include:

- Extract (2x/day for 7 days)
- Decoction (1x-2x/day)

17



Emoxypine

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Emoxypine is typically available in oral capsules, tablets, or injectable forms, with the dosage depending on the condition being treated. For general antioxidant or neuroprotective purposes, the oral dose ranges from 125–250 mg taken 2–3 times daily, while more intensive treatments may require higher doses or injectable administration under medical supervision. It is usually recommended to take Emoxypine with meals to minimize gastrointestinal discomfort. Treatment duration can vary from a few weeks to several months, depending on the therapeutic goal.

Description

Emoxypine (2-ethyl-6-methyl-3-hydroxypyridine succinate) is a synthetic antioxidant and nootropic compound primarily used in Russia and some Eastern European countries. It is derived from pyridoxine (vitamin B6) and known for its neuroprotective, anti-stress, and anti-inflammatory properties.

Emoxypine can reduce anxiety, stress, and symptoms of depression by normalizing neurotransmitter levels and protecting brain cells from oxidative stress. Additionally, it has applications in managing cognitive impairment, improving memory, and protecting against age-related neurodegeneration. Emoxypine is also used for cardiovascular health, as it can improve blood flow and protect tissues from ischemia-reperfusion injuries.

Emoxypine works by scavenging free radicals, enhancing membrane fluidity, and improving the body's antioxidant defenses.

How it helps

In a trial of patients with chronic pancreatitis, treatment with Emoxypine reduced pain, total and LDL cholesterol, and triglycerides while improving quality of life [\[R\]](#).

18



Chewing

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate chewing thoroughly into your daily eating habits by ensuring each bite is chewed 20-30 times before swallowing. Practice this technique at every meal and with snacks to improve digestion and satiety.

Description

Chewing can help to reduce the tendency to overeat by keeping your mouth busy and providing a sense of fullness. It can also help to improve your metabolic rate and increase your energy levels. Additionally, chewing can help to improve your attention span and reduce stress levels.

How it helps

In a non-placebo-controlled trial of 204 patients with acute pancreatitis, chewing gum 4x/day reduced the length of hospital stay and sped up the recovery of gastrointestinal function [R].

Chewing your food thoroughly allows for easy digestion, which reduces the workload on your pancreas. It also promotes the release of pancreatic enzymes.

19



Enterococcus Faecium

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take Enterococcus faecium as a probiotic supplement, usually available in capsule or powder form. For general gut health, the typical dosage ranges from 5 to 10 billion colony-forming units (CFUs) per day. It is advised to consume the supplement with a glass of water, ideally 30 minutes before a meal for better absorption. Continue daily for at least 4 weeks to evaluate its benefits.

Description

These are types of beneficial bacteria that can be found in probiotic supplements. They may contribute to digestive health, support the immune system, and promote gut microbiome balance. Incorporating probiotics containing these strains can help maintain overall well-being.

How it helps

Enterococcus Faecium is a type of probiotic that helps maintain a healthy balance of gut bacteria. Its role in pancreas inflammation isn't directly established, but a balanced gut microbiota can potentially improve the body's overall health, leading to an indirect positive effect.

128 patients were given probiotics capsules (a mixed preparation of Bacillus subtilis and Enterococcus faecium) or placebo. There was a significant reduction in the length of hospitalization in the probiotics treatment group vs the placebo group (5.36 ± 0.15 vs 6.02 ± 0.17 d). The probiotics group was associated with a shorter time to abdominal pain relief and time to successful oral feeding than the placebo group. No statistical difference was found in recurrent abdominal pain between the two groups [R].

20



Avoid Meals 3-4 Hours Before Bedtime

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Finish your last meal of the day at least 3 to 4 hours before you go to sleep. For example, if you usually go to bed at 10 pm, aim to have dinner no later than 6 pm to 7 pm.

Description

Avoiding meals, especially heavy meals, close to bedtime can help prevent digestive discomfort, indigestion, and disrupted sleep patterns. Opting for lighter evening meals promotes better digestion and overall sleep quality.

How it helps

Eating heavy meals, especially at night, can put extra stress on the pancreas during digestion, so eating lighter can help mitigate this stress.

21



Avoid Refined Sugar

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Eliminate foods and beverages high in refined sugars, such as sodas, candies, pastries, and white bread, from your diet. Replace them with natural sugars found in fruits and whole grains. Implement this change immediately and maintain it indefinitely for long-term health benefits.

Description

Reducing the consumption of refined sugar and high-sugar foods can help prevent dental problems, manage blood sugar levels, and support weight management.

How it helps

Refined sugars can promote inflammation and increase the workload of the pancreas, so reducing their intake might help ease pancreas inflammation.

22



Exercise At Least One Hour a Day

IMPACT

0 / 5

EVIDENCE

0 / 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

Exercise can help in the management of pancreas inflammation by promoting overall health, improving blood flow, and aiding in weight management which is important to reduce stress on the pancreas.

23



Dietary Omega-3 Fatty Acids

IMPACT

0 / 5

EVIDENCE

0 / 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

Omega-3 fatty acids are known for their anti-inflammatory properties and can help reduce inflammation in the body, including the pancreas.

24



Avoid Calcium Supplements

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Do not purchase or consume any calcium supplements. If you're currently using them, discontinue use immediately and do not replace them with another form of calcium supplement. Ensure that your calcium needs are met through dietary sources such as dairy products, leafy green vegetables, or fortified foods instead.

Description

Calcium supplements are pills people take to increase their calcium levels. But sometimes, instead of helping, they can lead to kidney stones and heart issues. Therefore, it's generally healthier to get your calcium from food like milk, cheese, and leafy green vegetables.

How it helps

Genetically higher levels of calcium may be causally associated with increased risk for chronic pancreatitis pancreas Inflammation [\[R\]](#).

25



Dietary Antioxidants

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate foods rich in antioxidants, such as fruits (berries, oranges, plums), vegetables (spinach, kale, bell peppers), nuts (walnuts, almonds), and seeds (flaxseeds, chia seeds) into your daily meals. Aim for at least 5 servings of fruits and vegetables per day, ensuring a variety of colors to cover different antioxidants.

Description

Dietary antioxidants are compounds found in foods that help neutralize harmful molecules called free radicals, potentially reducing the risk of oxidative stress-related diseases and supporting overall health. Examples include vitamins C and E, beta-carotene, and polyphenols.

Our cells sometimes produce molecules called **reactive oxygen species (ROS)** [\[R\]](#).

High levels of ROS can cause [oxidative stress](#) and damage our cells. Oxidative stress plays a role in many health conditions, including [\[R\]](#):

- High blood sugar
- Type 2 diabetes
- Heart disease

Antioxidants are substances that help combat ROS [\[R\]](#).

Antioxidants are found in many plants. Good sources include [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Fruits like tomatoes, berries, and pomegranates
- Vegetables like onions, spinach, and celery
- Chocolate
- Olive oil
- Wine

How it helps

Antioxidants help neutralize free radicals in the body, which can decrease oxidative stress and may lower inflammation in tissues, including the pancreas.

26



Alpha-Lipoic Acid

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take 600-1800 mg of alpha-lipoic acid daily, preferably with a meal to enhance absorption.

TYPICAL STARTING DOSE

600 mg

Description

[Alpha-lipoic acid](#) is a natural antioxidant found in almost every cell in your body. People use alpha-lipoic acid to help with issues like skin aging, weight loss, and high blood sugar [\[R, R, R\]](#).

People use alpha-lipoic acid to help with [\[R, R, R, R\]](#):

- Complications of high blood sugar
- Skin aging
- Weight loss
- Carpal tunnel syndrome

How it helps

Animal studies indicate that ALA can significantly reduce serum amylase and lipase levels, as well as pro-inflammatory cytokines, in various models of induced acute pancreatitis [\[R, R, R\]](#).

Additionally, ALA may improve oxidative stress markers and histological outcomes in the pancreas, suggesting its potential to mitigate pancreatic damage [\[R, R, R\]](#).

27



Curcumin

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take a 500 mg curcumin supplement daily with food. To enhance absorption, take it with a meal that contains fats or oils since curcumin is fat-soluble.

TYPICAL STARTING DOSE
500 mg

Description

Curcumin is a compound found in turmeric known for its anti-inflammatory and antioxidant properties. It has been studied for its potential to reduce inflammation, support joint health, and contribute to overall well-being.

[Turmeric](#) is a yellow spice from India. It may reduce inflammation and [oxidative stress](#) [R].

The most important active compound in turmeric is **curcumin**. People use curcumin for [R, R, R, R, R, R]:

- Joint pain
- Hay fever
- Mood
- High blood sugar
- Gut health
- Liver health

How it helps

Curcumin, found in turmeric, has strong anti-inflammatory properties that may assist in reducing the inflammation associated with pancreatitis.

28



Bacillus Subtilis

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take a probiotic supplement containing Bacillus subtilis at a dose recommended by the manufacturer, typically once daily with a glass of water, preferably on an empty stomach for optimal absorption. Continue this regimen daily for at least one to two months to evaluate its benefits.

Description

Bacillus subtilis is a beneficial bacteria strain commonly used in probiotic supplements to support digestive health and maintain a balanced gut microbiome. Incorporating probiotics containing bacillus subtilis may promote better gut function.

How it helps

In a placebo-controlled trial of 128 patients, taking probiotics capsules (a mixed preparation of *Bacillus subtilis* and *Enterococcus faecium*) reduced the length of hospitalization, time to abdominal pain relief, and time to successful oral feeding. No statistical difference was found in recurrent abdominal pain between the two groups [R].

Bacillus subtilis may help by improving digestion and enhancing your body's immune response. This can minimize the stress on the pancreas, help control inflammation, and assist in recovery.

29



Mindful Eating

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Allocate at least 20-30 minutes for each meal, taking small bites and chewing each bite around 20-30 times before swallowing. This practice should be maintained consistently at every meal to enhance digestion and control portion sizes.

Description

Chewing slowly and thoroughly can aid in digestion and promote a sense of fullness, potentially assisting with portion control and weight management. It can also enhance nutrient absorption by breaking down food more effectively in the mouth.

How it helps

Eating slowly and chewing food thoroughly aids in the digestive process, reducing the workload on the pancreas and potentially lessening inflammation.

30



Whole Grains

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate at least three servings of whole grains into your daily diet. This can include consuming foods such as whole grain bread, brown rice, whole grain pasta, and oats. Aim to replace refined grains with whole grains at each meal for optimal benefits.

Description

Whole grains encompass a variety of grains like wheat, oats, and quinoa, where the entire grain kernel is intact. They are rich in fiber, vitamins, minerals, and antioxidants, supporting heart health and reducing the risk of chronic diseases.

Unlike refined grains, whole grains contain nutritious parts of the grain like bran and germ.

Whole grains provide many crucial nutrients, including:

- Fiber
- B-vitamins
- Iron
- Magnesium
- Phosphorus

Due to their high fiber content, whole grains don't tend to spike blood sugar like refined grains do.

How it helps

Whole grains are a good source of fiber, which can aid in digestion and help maintain a healthy weight, thus reducing the risk of pancreas inflammation.

Next Steps

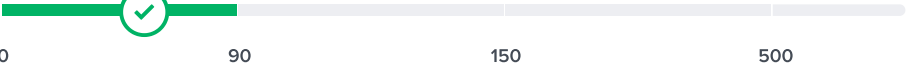
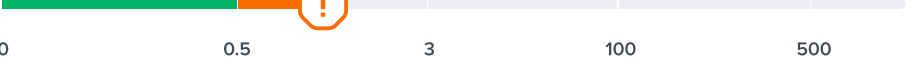
Remember, your genes only tell one important part of your health story!

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.

	Glucose, Fasting	97 mg/dL		9 Nov 2025
	Lipase	55 U/L		9 Nov 2025
	Triglycerides	54 mg/dL		9 Nov 2025
	Insulin, Fasting	9.08 uU/mL		9 Nov 2025
	hs-CRP	1.6 mg/L		9 Nov 2025
	Amylase	64.3 IU/L		9 Nov 2025
	Testosterone, Total	1500 ng/dL		9 Nov 2025
	Bilirubin, Total	1 mg/dL		9 Nov 2025
	Calcium	9.2 mg/dL		9 Nov 2025