

Paresthesia

DNA Health Report

REPORT CATEGORY —



NERVE HEALTH

Sample Client

Report date: 15 January 2026

Powered by

 omicse Edge

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

25 Next Steps

- 25 Your Lab Results

Personal information

NAME

Sample Client

SEX AT BIRTH

Male

HEIGHT

5ft 5" 165cm

WEIGHT

137lb 62kg

DISCLAIMER

This report does not diagnose this or any other health conditions. Please talk to a healthcare professional if this condition runs in your family, you think you might have this condition, or you have any concerns about your results.



How this works

Our Wellness Reports analyze how your DNA influences your health.
We then use this analysis to give you personalized risk estimates and recommendations.



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



Your DNA is like an instruction manual — it contains a lot of information.
You can think of it as a blueprint for your body.

Genetic variants are parts of DNA that differ from person to person. Some can make you more vulnerable to certain health issues, while others may influence traits such as eye color.



We use artificial intelligence and machine learning to analyze all this information.
We then summarize your results as a risk score or display it on a gauge.

In total, we analyze up to 83 million genetic variants.

When we give a risk score, the risk icon tells you if you are at a higher or lower risk compared to other people:



Genotype color info:

AA

You don't have any risk alleles

AA

You have 1 risk allele

AA

You have 2 risk alleles

Your risk is also displayed as a percentile. This will tell you how your risks compare to our sample population. The lower your percentile number, the lower your risk. The "50th percentile" would be an average risk.

Similarly, the gauge tells you your relative risk score compared to our sample population, or it indicates a specific trait or haplotype you are more likely to have based on your genetic variants.

When applicable, we also list top evidence-based recommendations that may help lower your risk. The focus is on recommendations that may be of benefit to you, based on your genetics.

Our recommendations come in four categories: lifestyle, diet, supplements and drugs. The following icons tell you which category a recommendation falls into:



Our team of scientists also ranks each recommendation.
We rank based on impact and the strength of evidence in the medical literature.

Impact shows how strongly a recommendation will affect your health in a certain area.
Evidence is how much scientific support there is for the recommendation. Rankings are from 1 to 5 (low to high):



Impact

Impact scores range from 1-5. These scores reflect how much of an effect each recommendation can have. An impact score of 5 predicts the biggest effect.

When a recommendation affects something we can measure, we use those measurements to assign the impact score. For example, a recommendation that decreases cholesterol by 20% will have a higher impact score than one that decreases it by 5%.

Some recommendations affect things that we cannot directly measure, like stress or mood. For these, the impact score is based on how well they work relative to other recommendations and standard treatments. The best ones get the highest scores.

If there is a lot of research that shows a recommendation works especially well for your genotype, the impact score gets increased.

Recommendation Evidence

5 / 5

Recommendations that are considered effective and generally recommended by experts and medical bodies.

4 / 5

Recommendations that are considered likely effective and that have multiple independent meta-analyses and a great many studies supporting them.

3 / 5

Recommendations that are considered possibly effective and have many studies supporting them

2 / 5

Recommendations that have insufficient evidence, with two or several clinical trials supporting them, or many studies but with ambiguous results.

1 / 5

Recommendations that have insufficient evidence, with a single clinical trial, or with many studies most of which didn't find support for the recommendation.

0 / 5

No evidence in humans.

Genotype-specific Evidence

High-quality

Direct evidence that a recommendation helps more in people with your gene variant (many clinical trials, a few large clinical trials, or a meta-analysis).

Medium-quality

Direct evidence that a recommendation helps more in people with your gene variant (a few clinical trials or one large clinical trial).

Low-quality

Direct evidence that a recommendation helps more in people with your gene variant (a single clinical trial or more trials with inconsistent results).

Indirect

A recommendation may help more in people with your gene variant because it targets a specific gene or protein affected by your variant (e.g., MTHFR, dopamine).

In theory

A recommendation may help more in people with your gene variant because it targets a specific mechanism affected by your variant (e.g., inflammation, oxidative stress).

Some things to keep in mind:

- Genetics doesn’t play a considerable role in a condition or a trait.
- There is not enough research available to estimate a genetic predisposition.
- There are technical limitations to estimating or presenting a genetic predisposition.
- The topic is sensitive, and a genetic predisposition should only be estimated and presented by a healthcare professional.

Introduction

Paresthesia is a sensation of numbness, tingling, or 'pins and needles' that is commonly experienced in various parts of the body. These unusual sensations may be transient or chronic, depending on the underlying cause. Transient episodes can occur in everyday situations, such as when a person sits cross-legged for an extended period, leading to temporary compression of nerves.

Alternatively, chronic paresthesia may be indicative of more serious health conditions, ranging from neurological disorders to systemic illnesses. It typically arises as a symptom rather than a disease in itself, reflecting alterations in neurological function or nerve damage.

Causes and Management

The mechanisms behind paresthesia can involve direct nerve irritation or damage, as well as disturbances in blood circulation that affect nerve supply. The ‘electric’ or ‘crawling’ sensations are generally a result of nerves misfiring or reacting to the loss of normal signals.

When persistent, paresthesia warrants medical evaluation to determine the underlying cause which could include diabetes, multiple sclerosis, vitamin deficiencies, or even toxicity from heavy metals or medications. Managing the condition requires addressing the root cause, and may involve lifestyle changes, medication, or in some cases, surgery to relieve nerve pressure.



TYPICAL LIKELIHOOD

Typical likelihood of paresthesia based on 1,675 genetic variants we looked at



Your Recommendations

Your recommendations are prioritized according to the likelihood of it having an impact for you based on your genetics, along with the amount of scientific evidence supporting the recommendation.

You’ll likely find common healthy recommendations at the top of the list because they are often the most impactful and most researched.

		DOSAGE			DOSAGE
1	Aerobic Exercise (Cardio)	1 hour	2	Yoga	30 minutes
3	Vitamin B12	100 mcg	4	Topical Capsaicin	
5	Massage	30 minutes	6	Acupuncture	1 hour
7	Alpha-Lipoic Acid	600 mg	8	Benfotiamine	300 mg
9	Dietary Vitamin B12		10	Dietary Thiamine (Vitamin B1)	
11	Dietary B Vitamins		12	Vitamin B12 And Folate	
13	Dietary Magnesium		14	Magnesium	350 mg
15	Dietary Omega-3 Fatty Acids		16	Thiamine Supplements	100 mg
17	Topical Alpha-Lipoic Acid		18	B Vitamins	
19	Topical Palmitoylethanolamide (PEA)				

1



Aerobic Exercise (Cardio)

IMPACT

2 / 5

EVIDENCE

1 / 5

How to implement

Engage in at least 150 minutes of moderate-intensity aerobic exercise or 75 minutes of vigorous-intensity activity each week. Distribute this time over at least 3 days per week, avoiding consecutive days of vigorous exercise to allow for recovery.

TYPICAL STARTING DOSE

1 hour

Description

Engaging in regular aerobic exercise, such as running, swimming, or cycling, offers numerous health benefits, including improved cardiovascular fitness, weight management, and mood enhancement. It supports overall physical and mental well-being while reducing the risk of chronic diseases.

Cardio, short for cardiovascular exercise, is any type of physical activity that temporarily increases your heart rate. Examples include **running, cycling, swimming, and brisk walking**.

Regular cardio exercise has many benefits for your overall health. It can help lower your risk of heart disease and diabetes, support weight loss, and improve your mood and energy levels. To get the most out of cardio, try to do it for at **least 30 minutes, 3-5 times a week**.

Interval training is a type of cardio that combines periods of high-intensity training with brief rest periods.

How it helps

In 3 non-placebo-controlled trials of 152 perimenopausal women, practicing aerobic exercise for 12 weeks improved paresthesia among other symptoms [\[R, R, R\]](#).

Regular aerobic exercise enhances blood circulation throughout the body, including to the nerves affected by paresthesia.

2



Yoga

IMPACT

1 / 5

EVIDENCE

1 / 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

In a non-placebo-controlled trial of 54 women with multiple sclerosis, practicing yoga for 8 weeks reduced paresthesia and other core symptoms of this condition [\[R\]](#).

3



Vitamin B12

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

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

TYPICAL STARTING DOSE

100 mcg

Description

Vitamin B12 is a water-soluble vitamin primarily found in animal-based foods like meat, fish, and dairy products. It plays a crucial role in maintaining healthy nerve cells, DNA synthesis, and red blood cell formation. Vitamin B12 deficiency can lead to anemia, neurological issues, and fatigue.

[Vitamin B12](#) is important for [\[R\]](#), [\[R\]](#):

- Building DNA
- Nervous system function
- Energy production

You can get vitamin B12 from [\[R\]](#):

- Animal products (meat, fish, eggs, and dairy)
- Fortified foods
- Supplements

Adults should be getting **2.4 micrograms** of vitamin B12 every day [\[R\]](#).

How it helps

Vitamin B12 deficiency is a common cause of neuropathy, which can lead to paresthesia. Supplementing with Vitamin B12 can help replenish low levels and support nerve health, potentially reducing symptoms.

4

Topical Capsaicin

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Apply a capsaicin cream or gel to the affected area 3 to 4 times daily. Make sure the skin is clean and intact before application. Avoid contact with eyes, mouth, and other sensitive areas. Use consistently for several weeks to see improvement.

Description

Capsaicin is a compound found in chili peppers and is used topically in creams and patches for its potential to alleviate pain related to conditions like arthritis, neuropathy, and muscle soreness.

[Capsaicin](#) is the compound that makes chili peppers spicy [\[R\]](#).

People use topical capsaicin to relieve pain and oral capsaicin to aid weight loss [\[R\]](#), [\[R\]](#).

In the short term, capsaicin causes pain. However, **if you’re exposed to a lot of capsaicin over a long period of time, it can reduce your pain sensitivity** [\[R\]](#), [\[R\]](#).

***Please note:** Capsaicin may irritate the skin. Consult your doctor if the irritation is severe or lasts longer than 4 weeks. If capsaicin gets in your eyes, flush them with water immediately and consult your doctor* [\[R\]](#), [\[R\]](#), [\[R\]](#).

How it helps

Topical capsaicin has been found to relieve sensations of numbness and tingling in conditions like paresthesia by depleting the nerve cells of substance P, a compound that helps transmit pain signals. Its application can cause a mild burning sensation which usually diminishes with regular use, helping reduce the perception of paresthesia.

5



Massage

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Schedule a massage session, ideally with a licensed therapist, for 30-60 minutes, once a week. Choose a type of massage that suits your specific needs, such as Swedish for relaxation or deep tissue for muscle tension.

TYPICAL STARTING DOSE

30 minutes

Description

Massage therapy involves the manipulation of soft tissues to relax muscles, reduce stress, and alleviate pain. It can improve circulation, promote relaxation, and provide relief from various physical and mental health concerns.

If you’ve ever had a professional [massage](#), then you probably know how much good it can do. Massages may help with [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Anxiety
- Pain
- Fatigue

Reflexology is a type of massage. It involves applying pressure to specific parts of your feet or hands. In theory, by pressing on these areas, you can relieve tension from other parts of the body [\[R\]](#).

Acupressure is a similar technique, in which pressure points are used to help with stress and pain [\[R\]](#), [\[R\]](#).

How it helps

Massage therapy can increase circulation in areas experiencing numbness, tingling, or electric tweak sensations. By enhancing blood flow and relieving muscle tension around affected nerves, massage may reduce the severity of paresthesia symptoms.

6



Acupuncture

IMPACT

0 / 5

EVIDENCE

0 / 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

Acupuncture, a traditional Chinese medicine practice, involves inserting thin needles into specific body points. Studies suggest it can help relieve symptoms of paresthesia by improving circulation and stimulating the nerves. This can reduce feelings of numbness and tingling by encouraging the body's natural healing processes.

7



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

Alpha-Lipoic Acid is an antioxidant that can help improve nerve function. This can reduce the symptoms of paresthesia by protecting the nerves from damage and improving blood flow to nerves.

8



Benfotiamine

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take 300-600 mg of benfotiamine per day, in divided doses with meals to improve absorption. This regimen should be followed daily, potentially long-term, especially for conditions like diabetic neuropathy or for general B1 vitamin supplementation.

TYPICAL STARTING DOSE

300 mg

Description

Benfotiamine is a special form of vitamin B1. It's highly beneficial for the body as it helps convert the food we eat into energy. It also contributes to the overall health of our nerve cells protecting us from nerve-related diseases.

How it helps

Benfotiamine, a form of Vitamin B1, has been found to improve nerve function and reduce neuropathic pain, which can relieve symptoms of paresthesia. It increases transketolase activity, which helps in relieving metabolic imbalances that contribute to nerve damage.

9



Dietary Vitamin B12

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate foods rich in vitamin B12 into your daily diet, such as beef, chicken, fish, and dairy products. If you are vegetarian or vegan, consider fortified cereals or plant-based milks. Aim to meet the recommended dietary allowance (RDA) for adults of 2.4 micrograms of vitamin B12 per day.

Description

Vitamin B12 is important for nerve function, red blood cell production, and overall energy metabolism. It's crucial for preventing pernicious anemia and maintaining neurological health.

How it helps

Vitamin B12 is crucial for the health of nerves, and a deficiency can lead to nerve damage, resulting in conditions like paresthesia.

10



Dietary Thiamine (Vitamin B1)

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate foods high in thiamine into your daily diet, such as whole grains, meat (particularly pork), nuts, and legumes. Aim to meet the recommended dietary allowance for thiamine, which is 1.1 mg per day for adult women and 1.2 mg per day for adult men.

Description

Thiamine, also known as vitamin B1, is a water-soluble nutrient found in various foods, like whole grains, legumes, and pork. It plays a crucial role in energy metabolism and nerve function. Thiamine supplements have been used for many years to treat conditions like beriberi, which is caused by thiamine deficiency.

Thiamine ([vitamin B1](#)) is an essential nutrient. Our body needs it for basic cell function and energy production from nutrient breakdown. It is found in a number of foods, such as [\[R\]](#):

- Meat
- Fish
- Beans
- Whole grains

How it helps

Thiamine is important for nerve function, and its deficiency can cause nerve damage, leading to symptoms such as paresthesia.

11



Dietary B Vitamins

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate foods rich in B vitamins like whole grains, meat, eggs, dairy products, leafy green vegetables, beans, peas, and nuts into your daily meals. For a balanced intake, aim to include at least one serving of a B vitamin-rich food in each meal throughout the day.

Description

B-vitamins are a group of water-soluble vitamins that play essential roles in metabolism, energy production, and overall health. They include B1 (thiamine), B2 (riboflavin), B3 (niacin), B5 (pantothenic acid), B6 (pyridoxine), B7 (biotin), B9 (folate), and B12 (cobalamin).

B vitamins help the body function properly. Three examples are [vitamin B9 \(folate\)](#), [vitamin B12](#), and [vitamin B6](#). They play essential roles in heart, brain, and kidney health [\[R, R, R, R\]](#).

You can get these vitamins from [\[R, R, R\]](#):

- Animal products
- Green leafy vegetables
- Fortified foods
- Supplements

Every day, adults should be getting [\[R\]](#):

- **Folate:** 400 mcg
- **Vitamin B12:** 2.4 mcg
- **Vitamin B6:** 1.7 mg

Folic acid is a form of folate found in most supplements [\[R\]](#).

Folate deficiency is rare but can happen in people that don’t eat enough fruits and vegetables. Alcoholics and lactating mothers may also be at an increased risk [\[R\]](#).

Vitamin B12 deficiency often takes years to develop, as the body is able to store large amounts in the liver. Groups that may be at an increased risk include [\[R, R\]](#):

- Vegans
- Pregnant women
- Older people
- People with gut issues

People with kidney problems or gut issues may be at increased risk of vitamin B6 deficiency [\[R\]](#).

How it helps

B Vitamins, including B12, B6, and B1, are crucial for nerve health and function. Deficiencies in these vitamins can lead to paresthesia. Supplementing with B vitamins could help reduce symptoms by supporting nerve regeneration and reducing inflammation.

12



Vitamin B12 And Folate

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take a combined supplement of vitamin B12 and folate daily. For adults, the typical dose is 2.4 mcg of B12 and 400 mcg of folate. This supplement should be taken with water and a meal to enhance absorption.

Description

Vitamin B12 and folate (vitamin B9) work together to support DNA synthesis and red blood cell formation. Both are essential for preventing megaloblastic anemia and are commonly found in a variety of foods, including leafy greens, legumes, and fortified cereals.

How it helps

Vitamin B12 and Folate are crucial for nerve health. Deficiencies in these vitamins can lead to nerve damage and symptoms like tingling and numbness.

13



Dietary Magnesium

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Increase your intake of magnesium-rich foods such as leafy green vegetables, nuts, seeds, and whole grains. Aim to include these foods in your diet daily, following the recommended dietary allowance of 320 mg per day for women and 420 mg per day for men.

Description

Magnesium is a vital mineral involved in over 300 biochemical reactions in the body. It supports various functions, including muscle and nerve function, bone health, and blood sugar regulation.

Magnesium is an essential mineral. Your body needs it for [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Muscle, nerve, and bone function
- Blood sugar and blood pressure control
- DNA and protein production
- Strong immunity

Women need **310-320 mg** of magnesium per day, while men need **400-420 mg** [\[R\]](#).

Foods rich in magnesium include **nuts, seeds, and leafy greens**. Magnesium is also available as a supplement [\[R\]](#).

How it helps

Magnesium plays a key role in nerve transmission and might help manage paresthesia symptoms. It stabilizes the nerve cells' electrical activity and can help lessen tingling and numbness by improving nerve function.

14



Magnesium

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take up to 350 mg of magnesium daily as a supplement, preferably with a meal to enhance absorption.

TYPICAL STARTING DOSE

350 mg

Description

Magnesium is an essential mineral involved in various bodily functions, including muscle contractions, nerve signaling, and bone health. Maintaining adequate magnesium levels through diet or supplements can support overall well-being and reduce the risk of magnesium deficiency-related health issues.

[Magnesium](#) is an essential mineral. Your body needs it for [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Muscle, nerve, and bone function
- Blood sugar and blood pressure control
- DNA and protein production
- Strong immunity

Women need **310-320 mg** of magnesium per day, while men need **400-420 mg** [\[R\]](#).

Foods rich in magnesium include **nuts, seeds, and leafy greens**. Magnesium is also available as a supplement [\[R\]](#).

How it helps

Magnesium plays a role in nerve transmission and muscle contraction. Deficiency can lead to neurological symptoms including paresthesia. Supplementing with magnesium can help alleviate these symptoms by supporting nerve and muscle function.

15



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 have anti-inflammatory properties that can help reduce nerve inflammation, potentially easing symptoms of paresthesia. They may also support nerve repair and enhance overall nerve function.

16



Thiamine Supplements

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take thiamine supplements orally, starting with a dose of 100 mg daily. This can be taken with or without food, but consistently at the same time each day for at least one month to help improve deficiency symptoms.

TYPICAL STARTING DOSE

100 mg

Description

Your doctor may recommend thiamine supplements. You can also discuss magnesium supplements with your doctor if your magnesium levels are low [\[R\]](#).

How it helps

Thiamine (Vitamin B1) is vital for nerve function and energy metabolism. Deficiencies can lead to nerve damage, resulting in symptoms such as tingling or numbness.

17

Topical Alpha-Lipoic Acid

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Apply a thin layer of alpha-lipoic acid cream, gel, or serum to the affected area of the skin once or twice daily, after cleansing and drying the skin thoroughly. Ensure to avoid contact with eyes and mucous membranes. Use consistently for at least 1-2 months to observe potential benefits.

Description

Alpha-lipoic acid is an antioxidant compound that can be applied topically to protect the skin from oxidative stress and promote a more youthful appearance. It may help reduce signs of aging and improve skin texture.

[Alpha-lipoic acid](#) is a natural antioxidant. It’s found in almost every cell in your body [\[R, R, R\]](#).

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

- Complications of high blood sugar
- Skin aging
- Weight loss

How it helps

Alpha-lipoic acid is an antioxidant that, when applied topically, may aid in the management of paresthesia by promoting nerve repair and reducing inflammation. It has shown potential in improving symptoms of numbness, tingling, and pain associated with nerve damage.

18



B Vitamins

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take a B vitamin complex supplement once daily, preferably with your morning meal to enhance absorption. The supplement should include a range of B vitamins such as B1 (thiamine), B2 (riboflavin), B3 (niacin), B5 (pantothenic acid), B6 (pyridoxine), B7 (biotin), B9 (folate), and B12 (cobalamin). Ensure consistency by taking it at the same time each day.

Description

B vitamins help the body function properly. Two examples are [vitamin B9 \(folate\)](#) and [vitamin B12](#). They play essential roles in [\[R, R, R, R\]](#):

- DNA formation
- Metabolism
- Energy production

You can get these vitamins from [\[R, R, R, R, R\]](#):

- Animal products
- Green leafy vegetables
- Citrus fruits
- Fortified foods
- Supplements

Adults should be getting **400 micrograms (mcg) of folate** and **2.4 mcg of vitamin B12** every day [\[R, R\]](#).

Folate deficiency is rare but can happen in people that don’t eat enough fruits and vegetables. Alcoholics and lactating mothers may also be at an increased risk [\[R\]](#).

Vitamin B12 deficiency often takes years to develop, as the body is able to store large amounts in the liver. Groups that may be at an increased risk include [\[R, R\]](#):

- Vegans
- Pregnant women
- Older people
- People with gut issues

How it helps

B Vitamins, especially B1, B6, and B12, are essential for nerve health. Deficiencies in these vitamins can lead to nerve damage and subsequent symptoms of paresthesia. Supplementing with B Vitamins helps in nerve repair and function.

19



Topical Palmitoylethanolamide (PEA)

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Apply a cream or gel containing palmitoylethanolamide (PEA) to the affected area of your skin 2-3 times daily. Gently massage it into the skin until fully absorbed. Continue this application daily for a period of at least 4-6 weeks to assess its effects on reducing pain and inflammation.

Description

PEA, a fatty acid compound, is used topically for its anti-inflammatory and analgesic effects. It may help relieve skin conditions associated with inflammation and itching.

How it helps

PEA has anti-inflammatory and neuroprotective properties, which can help reduce nerve pain and discomfort associated with paresthesia.

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.

	Calcium, Ionized	1.1 mmol/L		9 Nov 2025
	Vitamin B12	687 pg/mL		9 Nov 2025
	Magnesium	2.17 mg/dL		9 Nov 2025
	Homocysteine	12.84 umol/L		9 Nov 2025
	Potassium, Serum	5.2 mmol/L		9 Nov 2025
	Vitamin B6	55 ng/mL		13 Jan 2026
	Calcium	9.2 mg/dL		9 Nov 2025