

Pemphigus Vulgaris

Disease Report

REPORT CATEGORIES —



INFLAMMATION &
AUTOIMMUNITY



SKIN & BEAUTY

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

Pemphigus vulgaris is a rare, chronic autoimmune condition where the immune system mistakenly attacks healthy cells in the skin and mucous membranes. This attack leads to blister formation on the skin and mucosal surfaces, which are typically painful and may burst, leading to open sores or ulcers. The condition usually begins with blisters in the mouth before spreading to the skin or other mucosal surfaces.

Pemphigus vulgaris can occur at any age, but it often appears in middle-aged or older individuals. It is not infectious, meaning it cannot be spread from one person to another.

Management

The management of pemphigus vulgaris typically involves the use of immunosuppressive agents to reduce the activity of the immune system to stop the formation of new blisters. Corticosteroids are commonly prescribed, often in combination with other drugs such as azathioprine or mycophenolate mofetil, to achieve better control of the condition with lower doses of steroids. The goal of treatment is to induce a long-term remission while minimizing side effects of the medication.

Despite treatment, people with pemphigus vulgaris may experience periods of flares and remission. Close monitoring by a team of medical professionals, including dermatologists, dental care providers, and other specialists is crucial for managing the disease effectively.



TYPICAL LIKELIHOOD

Typical likelihood of pemphigus vulgaris based on 36 genetic variants we looked at

Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
EPHA5	rs1074532	AA
ANK2	rs362492	CC
UCN3	rs9423602	GG
SOX9	rs17246777	CC
CDH4	rs6093035	AA
ANKFN1	rs9899680	TT
PADI6	rs10888028	TT
STK32A	rs62377684	TT
FHIT	rs17339157	AG
CNTN4	rs67645795	AA
NRIP1	rs2823004	GG
DLC1	rs56061315	AA
PARD3	rs1545214	CA
SMAD3	rs12907183	GA
NRSN1	rs543017	GT
CADPS	rs6772352	GA
PELI2	rs4901619	GA
GPR63	rs4839863	AG
CETN3	rs117814792	GG
IPO7	rs12574246	GG
LAPTM4B	rs2512413	CC
RACGAP1	rs56232366	AA
THSD7B	rs16837853	AA
MED13L	rs11068077	TT
CSMD1	rs10104910	CC
MCPH1	rs17075940	GG
RABAC1	rs11878287	AA
B4GALT4	rs74280516	CC
KCNAB2	rs2235791	CC
LMNTD1	rs16928923	TT
COMMD10	rs77499388	TT
TTC13	rs12040904	AA

GENE	SNP	GENOTYPE
DNAJC15	rs61950435	CC
ITGBL1	rs11069452	GG
/	rs12460063	AA
/	rs11660027	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	Avoid Scratching	2	Avoid Triggers
3	Niacinamide (Vitamin B3)1000 mg	4	Aloe Vera50 mg
5	Topical Vitamin D	6	Moisturize the Skin
7	Topical Sulfur	8	Topical Niacinamide
9	Avoid Contact Triggers	10	L-Carnitine1 g
11	Topical Palmitoylethanolamide (PEA)	12	Topical Zinc Pyrithione
13	Avoid Food Triggers	14	Probiotic Yogurt
15	Autoimmune Protocol (AIP) Diet		

1



Avoid Scratching

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Keep your fingernails short and smooth to minimize damage if you do scratch. Whenever you feel the urge to scratch, try applying a moisturizer, using ice packs, or tapping/slapping the area lightly instead to reduce itching.

Description

Avoiding excessive scratching of the skin, especially in the presence of skin conditions like eczema, helps prevent further skin irritation and potential infection. It supports skin health and encourages healing.

How it helps

Avoiding scratching minimizes trauma to the already compromised skin of individuals with pemphigus vulgaris, thereby reducing the risk of secondary infections and promoting healing of blisters.

2



Avoid Triggers

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Identify substances or environmental factors that exacerbate your condition, such as specific foods, stress, or allergens, and actively avoid them. This may involve reading food labels, asking about ingredients when eating out, and making changes to your home or work environment to reduce exposure to identified triggers.

Description

A "trigger" is something that prompts or worsens the symptoms of a health condition. They can be something you eat or come into contact with. Triggers can lead to a wide range of symptoms, such as gut and skin problems and migraines.

A "trigger" is something that prompts or worsens the symptoms of a health condition.

A **food trigger** can be something you eat.

A **physical trigger** can cause a change to your body through physical contact. It can include swimming in cold water or something you touch or inhale [\[R, R, R\]](#).

Triggers can lead to a wide range of symptoms in people who are sensitive to them. These may include [\[R, R, R, R, R, R, R, R\]](#):

- Gut problems
- Skin problems
- Migraines

How it helps

Avoiding triggers in pemphigus vulgaris helps to minimize flare-ups by reducing exposure to substances that can provoke immune responses. This proactive approach can lead to improved symptom management and overall quality of life for patients.

3



Niacinamide (Vitamin B3)

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Take 500 mg of niacinamide (vitamin B3) orally, twice daily with a glass of water, preferably with meals to avoid stomach upset. This supplementation can be continued long-term for maintaining overall skin health and supporting metabolic functions.

TYPICAL STARTING DOSE

1000 mg

Description

Niacinamide, also known as vitamin B3, is a water-soluble vitamin that plays a crucial role in skin health and may help reduce inflammation, improve skin texture, and alleviate symptoms of certain skin conditions when applied topically.

[Niacinamide](#) is one of two forms of [vitamin B3](#). Vitamin B3 supports your nervous system, skin, gut, and more [\[R\]](#).

Vitamin B3 deficiency is called pellagra. It may cause diarrhea, dermatitis, and dementia. Niacinamide may help with pellagra because the body converts it into vitamin B3. Niacinamide may also help with [\[R\]](#):

- Acne [\[R\]](#)
- Diabetes [\[R\]](#)
- Osteoarthritis [\[R\]](#)

How it helps

Niacinamide helps in pemphigus vulgaris by reducing skin inflammation and promoting healing through its anti-inflammatory properties, potentially alleviating symptoms and improving overall skin condition.

4



Aloe Vera

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a 50 mg Aloe vera supplement daily, with a glass of water, preferably at the same time each day to maintain consistency.

TYPICAL STARTING DOSE

50 mg

Description

Aloe vera is a succulent plant native to arid regions and contains a gel-like substance in its leaves that is rich in vitamins, minerals, and antioxidants, making it beneficial for soothing skin irritations, promoting wound healing, and providing relief from conditions such as sunburn and minor burns. The primary active compounds in aloe vera gel include polysaccharides, vitamins like vitamin C and E, and minerals such as zinc, which contribute to its healing and anti-inflammatory effects.

[Aloe vera](#) lives in the desert, and its thick leaves store water in the form of a gel [\[R\]](#).

People use aloe gel to help soften the skin and soothe burns [\[R\]](#).

Oral aloe supplements may help with blood sugar and gut health [\[R\]](#).

How it helps

Aloe vera supplementation may benefit individuals with pemphigus vulgaris by providing anti-inflammatory properties and promoting wound healing through its rich content of polysaccharides, vitamins, and minerals, thus alleviating skin irritation and discomfort.

5



Topical Vitamin D

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Apply a vitamin D infused cream, lotion, or oil directly to your skin, focusing on areas that are most often exposed to sunlight, such as your face, arms, and legs. Use the product daily, preferably after showering to enhance absorption, for at least several months to notice skin health improvements.

Description

Topical vitamin D formulations are used to address skin conditions like psoriasis and support overall skin health. While vitamin D is naturally synthesized by the body when exposed to sunlight, topical vitamin D preparations are typically synthetic.

Your body needs [vitamin D](#) for strong bones. Vitamin D also plays a role in [\[R\]](#):

- Mood
- Immunity
- Heart health
- Blood sugar control
- Skin health

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

Health professionals recommend topical vitamin D for some skin conditions [\[R\]](#).

How it helps

Topical vitamin D may enhance skin barrier function and modulate immune responses, thereby reducing inflammation and promoting healing in lesions associated with pemphigus vulgaris. This intervention can be particularly beneficial in managing skin fragility and discomfort.

6



Moisturize the Skin

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Apply a moisturizer to your skin within a few minutes after bathing or showering once daily. For dry skin conditions, moisturizing twice daily, once in the morning and once at night before bed, may be beneficial. Choose a moisturizer suited for your skin type; for sensitive skin, opt for fragrance-free options.

Description

Moisturizing the skin involves applying skincare products to maintain skin hydration, prevent dryness, and support a healthy skin barrier, which can help alleviate skin conditions like dryness, itching, and flakiness.

A water imbalance in the skin can make it dry and more susceptible to irritation [\[R\]](#).

Moisturizers help the skin retain water. In doing so, they may strengthen the skin barrier [\[R\]](#).

There are many types of moisturizing products, including [\[R\]](#):

- Gels
- Lotions
- Creams
- Ointments

These products differ in their water and oil content. Ointments contain the most oil. Lotions and gels contain more water. Creams have a bit of both [\[R\]](#).

It might take some trial and error to find products that work best for your skin type [\[R\]](#).

People with skin conditions like eczema may benefit more from using moisturizers with a lot of oil. These include ointments and creams [\[R\]](#), [\[R\]](#).

How it helps

Moisturizing the skin helps maintain optimal hydration levels and supports the skin barrier in pemphigus vulgaris, reducing dryness and irritation. This can alleviate symptoms such as itching and flakiness, enhancing overall skin health.

7



Topical Sulfur

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Apply a thin layer of topical sulfur cream, lotion, or ointment to the affected area of the skin once or twice a day, after cleaning the skin thoroughly. Allow it to sit on the skin for 10 minutes before rinsing off if the product instructions specify. Use consistently for 4 to 8 weeks to see improvement in skin conditions such as acne.

Description

Topical sulfur preparations are used for their antimicrobial and anti-inflammatory properties and are commonly employed to treat skin conditions like acne and scabies. Sulfur is a naturally occurring mineral. It has been used for centuries in traditional medicine to reduce bacterial growth and inflammation.

Sulfur is a naturally occurring mineral. It has been used for centuries in traditional medicine to reduce bacterial growth and inflammation. Today, it is commonly used in topical creams and lotions to treat inflammatory skin conditions such as [\[R\]](#):

- Acne
- Rosacea
- Seborrheic dermatitis
- Dandruff

Selenium sulfide is an example of a sulfur compound. People use it for dandruff and seborrheic dermatitis [\[R\]](#).

How it helps

Topical sulfur helps manage pemphigus vulgaris by reducing inflammation and suppressing bacterial growth on the skin, which can alleviate symptoms and prevent secondary infections commonly associated with this autoimmune blistering disorder.

8



Topical Niacinamide

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Apply a topical niacinamide product, containing 2-5% niacinamide, to clean, dry skin once or twice daily. For best results, use consistently as part of your morning and/or evening skincare routine.

Description

Niacinamide, a form of vitamin B3, is used topically for its ability to improve skin texture, reduce redness, and minimize the appearance of pores. It is a versatile skincare ingredient suitable for various skin types and conditions.

[Niacinamide](#) is a form of [vitamin B3](#) (niacin). Vitamin B3 supports your nerves, skin, gut, and more [\[R\]](#).

Niacinamide can be applied to the skin to potentially help with [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Acne
- Wrinkles
- Dark patches

How it helps

Topical niacinamide helps reduce inflammation and redness associated with pemphigus vulgaris, promoting skin barrier function and improving overall skin texture. Its anti-inflammatory properties can alleviate discomfort and support healing in affected areas.

9



Avoid Contact Triggers

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Identify substances or materials that irritate your skin or exacerbate your condition and consistently avoid direct contact with them. This may involve wearing protective clothing or gloves, changing household cleaners or detergents to hypoallergenic options, and carefully reading labels on cosmetics and skin care products to ensure they do not contain irritants specific to your sensitivity.

Description

Identifying and avoiding contact triggers, such as allergens or irritants, can help individuals manage allergies or sensitive skin conditions more effectively, reducing symptoms and improving overall quality of life.

A "trigger" is something that prompts or worsens the symptoms of a health condition.

A contact trigger can be something you touch or inhale. It can include anything from your own sweat to dust in the air [\[R\]](#).

A physical trigger can be anything you come into physical contact with that causes a change to your body. It can include anything from swimming in cold water to wearing tight clothing [\[R\]](#), [\[R\]](#).

In people who are sensitive to them, physical triggers may contribute to vitiligo [\[R\]](#), [\[R\]](#).

In fact, **about 1 in 5 people may have at least one contact trigger**. Common triggers may include [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Nickel and cobalt (e.g., jewelry)
- Latex (e.g., rubber gloves)
- Fragrances

Contact triggers may cause or worsen symptoms in people with eczema [\[R\]](#), [\[R\]](#).

How it helps

Avoiding contact triggers helps manage pemphigus vulgaris by minimizing skin irritation and inflammation, thus reducing the frequency and severity of flare-ups. This proactive strategy supports the healing process and improves overall skin integrity.

10



L-Carnitine

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 500 mg of L-carnitine supplement daily with a glass of water, preferably with a meal to enhance absorption.

TYPICAL STARTING DOSE

1 g

Description

L-carnitine is an amino acid-like compound that plays a role in energy metabolism and helps prevent toxic substances from building up in cells. It is often used in dietary supplements for its potential to support muscle recovery, reduce fatigue, and enhance athletic performance.

[L-carnitine](#) is a compound that helps you burn fat. It also prevents toxic substances from building up in cells [\[R\]](#).

Your body can usually make enough carnitine to meet its needs. You can also get it from **meat and dairy products** [\[R\]](#).

People use L-carnitine for [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Heart problems
- Overactive thyroid
- Fertility problems
- Blood sugar control
- Weight control

How it helps

In a double-blind, placebo-controlled trial on 48 PV patients under corticosteroid treatment, 2g of l-carnitine supplementation for 8 weeks significantly increased serum carnitine levels ($p < .001$) and decreased serum BMP4 ($p = .003$), OPN ($p = .03$), and cystatin C ($p = .001$) levels without affecting blood pressure. No harmful side effects were reported. Further research is needed for confirmation [\[R\]](#).

11



Topical Palmitoylethanolamide (PEA)

IMPACT

1 / 5

EVIDENCE

1 / 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

Topical palmitoylethanolamide (PEA) aids in managing pemphigus vulgaris by reducing localized inflammation and alleviating associated symptoms such as itching and discomfort. This mechanism helps promote skin healing and enhances the overall quality of life for affected individuals.

12



Topical Zinc Pyrithione

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Apply a pea-sized amount of zinc pyrithione cream or lotion onto the affected area of the skin once daily, preferably in the evening before bed, for at least 4 weeks, or as directed by your healthcare provider. Avoid contact with eyes and rinse thoroughly with water if this occurs.

Description

Topical zinc pyrithione is widely recognized for its antimicrobial properties, making it a popular ingredient in treatments for various skin conditions. It's most commonly found in over-the-counter formulations such as shampoos, creams, and lotions, targeting issues like dandruff, seborrheic dermatitis, and psoriasis.

Zinc pyrithione works by slowing the growth of yeast that can cause such conditions, helping to alleviate symptoms like flakiness, redness, and itching.

How it helps

Topical zinc pyrithione aids in managing pemphigus vulgaris by exerting anti-inflammatory effects, which may reduce skin irritation and blister formation, while its antimicrobial properties help prevent secondary infections in affected areas.

13



Avoid Food Triggers

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Identify foods that trigger negative reactions in your body, such as digestive issues, allergies, or headaches, and eliminate them from your diet entirely. This may require keeping a food diary for a few weeks to observe patterns and might involve cutting out common triggers like dairy, gluten, soy, or certain additives. Continuously monitor and adjust your diet to avoid these triggers as long as the symptoms persist.

Description

Food triggers are specific substances or ingredients in one's diet that can exacerbate or induce adverse reactions, such as allergies, sensitivities, or digestive issues, often leading to symptoms like inflammation, bloating, or discomfort.

A "trigger" is something that prompts or worsens the symptoms of a health condition.

Food triggers can lead to a wide range of symptoms in people who are sensitive to them. These may include [R](#), [R](#), [R](#), [R](#):

- Gut problems
- Skin problems
- Migraines

How it helps

Avoiding food triggers in pemphigus vulgaris helps reduce inflammation and skin irritation by eliminating substances that may provoke immune responses, thereby promoting skin healing and enhancing overall patient wellness.

14



Probiotic Yogurt

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Consume one to two servings of probiotic yogurt each day. Each serving is typically 6 to 8 ounces. Continue this practice daily for at least 1 to 2 weeks to begin noticing benefits to digestive health.

Description

Probiotic yogurt is a dairy product containing live probiotic cultures like Lactobacillus and Bifidobacterium, which can aid digestion and improve gut health when consumed regularly. It is a good source of calcium, protein, and probiotics, contributing to bone health and digestive well-being.

How it helps

Probiotics, like those found in yogurt, can help strengthen the immune system by balancing gut bacteria. Since pemphigus vulgaris is an autoimmune disease, maintaining a healthy immune system is crucial. Probiotic yogurt might reduce inflammation and autoimmunity, potentially easing symptoms.

15



Autoimmune Protocol (AIP) Diet

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Eliminate grains, legumes, nuts, seeds, nightshades, dairy, eggs, coffee, alcohol, refined sugars, refined oils, food additives, and processed foods from your diet for a minimum of 30 days. After this elimination period, gradually reintroduce foods one at a time, every 5-7 days, to identify any that trigger symptoms.

Description

The Autoimmune Protocol (AIP) diet is a dietary approach designed to help individuals with autoimmune diseases identify and eliminate foods that may trigger inflammation and autoimmune responses. It focuses on nutrient-dense, anti-inflammatory foods while avoiding potential allergens and irritants.

How it helps

The Autoimmune Protocol (AIP) diet aims to reduce inflammation and autoimmune reactions in the body. It involves eliminating foods that may trigger an immune response, such as grains, legumes, nuts, seeds, nightshades, dairy, and processed foods, replacing them with nutrient-dense whole foods. Though direct studies on pemphigus vulgaris and the AIP Diet are scarce, the rationale is that by reducing systemic inflammation and potential dietary triggers, symptoms of autoimmune conditions like pemphigus vulgaris may improve.

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.