

Polycystic Kidney Disease

Disease Report

REPORT CATEGORY —



Sample Client

Report date: 15 January 2026

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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

Polycystic kidney disease (PKD) is a chronic, genetic disorder characterized by the growth of numerous cysts in the kidneys. These fluid-filled cysts can vary in size and often lead to an increase in the overall size of the kidneys, disrupting their normal structure and function over time.

As the cysts expand, they compress and damage the healthy kidney tissue, leading to a decline in kidney function. This can result in a range of symptoms including high blood pressure (hypertension), back or side pain, and in advanced cases, renal failure.

Complications and Treatment

In addition to the direct impact on the kidneys, polycystic kidney disease can also have systemic effects. Individuals with PKD may experience problems in other organs, such as the liver, where cysts may also develop. Furthermore, complications such as kidney stones, urinary tract infections, and brain aneurysms are more common in people with PKD.

Treatment focuses on managing symptoms and slowing the progression of the disease with medication, lifestyle changes, and in severe cases, dialysis or kidney transplantation. It is essential for patients with PKD to regularly monitor their condition under medical supervision to address any arising complications promptly.



MORE LIKELY

More likely to have polycystic kidney disease based on 30,032 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	Alpha-Lipoic Acid	600 mg	2	DASH Diet	
3	Omega-3 (Fish Oil)	2000 mg	4	Mediterranean Diet	
5	Avoid Processed High Phosphate Foods		6	Limit Salt Intake	
7	Taurine	500 mg	8	Riboflavin (Vitamin B2)	25 mg

1



Alpha-Lipoic Acid

IMPACT

1 / 5

EVIDENCE

1 / 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

Supplementation with alpha-lipoic acid (1.6 g/day) for 6 months reduced cardiovascular risk factors such as fasting glucose, fasting insulin, insulin resistance, and uric acid in a placebo-controlled trial of 59 patients with autosomal dominant polycystic kidney disease [\[R\]](#).

2



DASH Diet

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Adopt a dietary pattern that emphasizes fruits, vegetables, whole grains, lean proteins, and low-fat dairy, while reducing sodium, red meat, sweets, and sugary beverages. Aim for 4-5 servings of both fruits and vegetables per day, 6-8 servings of grains (with at least half being whole grains), and 2-3 servings of low-fat dairy. This diet should be followed daily to manage blood pressure effectively.

Description

The DASH (Dietary Approaches to Stop Hypertension) diet is a dietary plan designed to reduce high blood pressure. It emphasizes fruits, vegetables, lean proteins, and whole grains while limiting sodium intake.

Health experts developed the DASH diet to reduce blood pressure. This diet also helps support weight control while reducing inflammation and cholesterol [\[R\]](#).

It **limits salt, sweets, and saturated fat**, while promoting the intake of [\[R\]](#):

- Fruits (4-5 servings/day)
- Vegetables (4-5 servings/day)
- Whole grains (6-8 servings/day)
- Low-fat dairy (2-3 servings/day)
- Nuts, seeds, and legumes (4-5 servings/week)
- Fish and poultry (up to 6 ounces/day)

The DASH diet focuses on fresh, minimally processed food rich in nutrients. Magnesium, calcium, and potassium-rich foods are particularly important due to their beneficial effects on the heart and blood vessels [\[R\]](#).

Although similar to the [Mediterranean diet](#), DASH is lower in sodium (<2,300 mg a day) and omega-3 fatty acids. On the other hand, it’s higher in red meat and dairy [\[R\]](#).

How it helps

The DASH diet is designed to lower blood pressure, which can help manage symptoms and reduce complications in polycystic kidney disease.

3



Omega-3 (Fish Oil)

IMPACT

0 / 5

EVIDENCE

0 / 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

2000 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

Omega-3 fatty acids can reduce inflammation and potentially slow the progression of kidney damage in polycystic kidney disease.

4



Mediterranean Diet

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate a variety of primarily plant-based foods, such as fruits, vegetables, whole grains, nuts, and legumes, into every meal. Choose healthy fats, like olive oil, over saturated fats and consume fish and poultry at least twice a week. Limit red meat to a few times a month and include a moderate amount of dairy products. Opt for water and red wine in moderation as your beverages.

Description

The [Mediterranean diet](#) is based on the traditional cuisine from the Mediterranean regions. It moderates the intake of red meat and dairy, while being rich in fruits and vegetables, whole grains, and healthy fats ([olive oil](#)).

The [Mediterranean diet](#) focuses on traditional cuisine from the Mediterranean regions. It’s rich in [\[R\]](#):

- [Olive oil](#)
- Fruits and vegetables
- Whole grains
- Nuts and seeds
- Fish

This type of diet may **reduce inflammation and protect the brain and heart** [\[R, R, R, R\]](#).

Limited intake of animal products, saturated fat, and refined sugar likely contribute to the health benefits of the Mediterranean diet [\[R\]](#).

How it helps

The Mediterranean diet emphasizes fruits, vegetables, whole grains, and healthy fats that can support kidney health by reducing inflammation and oxidative stress.

5



Avoid Processed High Phosphate Foods

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

To follow this recommendation, remove or significantly reduce processed foods such as sodas, packaged snacks, processed meats, and canned foods from your daily diet. Instead, opt for fresh fruits, vegetables, whole grains, and lean proteins. It's helpful to read nutrition labels, aiming to keep your daily phosphate intake below 700 mg if possible.

Description

Processed foods often have high levels of phosphate. These include fast foods and soda. Extra phosphate can make bones brittle and damage your blood vessels over time. So, it's healthier to choose fresh foods over processed ones.

How it helps

Processed foods high in phosphate can worsen kidney function in polycystic kidney disease. Managing phosphate intake helps preserve kidney health longer.

6



Limit Salt Intake

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Reduce your daily salt intake to less than 2,300 milligrams (mg), equivalent to about one teaspoon of table salt. This includes all salt consumed, whether added during cooking, at the table, or present in processed and ready-to-eat foods.

Description

Limiting salt intake involves lowering the amount of sodium in the diet, which can help lower blood pressure and reduce the risk of heart disease. It often involves avoiding processed and other high-sodium foods such as cured meats, soups and sauces, and various pickled foods.

Your body needs a certain amount of sodium to function. For example, it helps support your blood pressure. This sodium usually comes from [salt](#). However, eating too much salt is linked to an increased risk of stroke and heart disease [\[R\]](#), [\[R\]](#).

Foods higher in salt include [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Prepared soups, broths, gravies, and sauces
- Fermented or pickled foods (such as pickles, soy sauce, olives, and [capers](#))
- Cured meats and sausages (such as bacon, salt pork, and salami)
- Cheese (such as Roquefort and Parmesan)

Try to limit your daily intake to 1 teaspoon of salt (2,400 mg of sodium) [\[R\]](#).

How it helps

Reducing salt intake can help manage blood pressure, which is crucial for preventing further kidney damage in people with polycystic kidney disease.

7



Taurine

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take 1-4 g of taurine supplement daily, divided into two or three doses with meals for optimal absorption. It can be taken continuously, with periodic evaluations of its effects and benefits.

TYPICAL STARTING DOSE

500 mg

Description

Taurine is an amino acid found in various foods and often used in energy drinks and supplements. It plays a role in neurological and cardiovascular health and can help support energy metabolism.

[Taurine](#) is the most abundant free amino acid in humans. It's not essential, which means we can produce it. We can also get it from protein-rich foods, such as [\[R\]](#):

- Seafood
- Meat
- Dairy

Taurine is a popular additive in energy drinks and can also be taken as a supplement [\[R\]](#).

Taurine plays an important role in [\[R\]](#), [\[R\]](#):

- Bile production
- Calcium metabolism

It is also well-known for its antioxidant and anti-inflammatory properties [\[R\]](#).

How it helps

Taurine supplementation has been observed to slow the progression of kidney disease in animal models of polycystic kidney disease (PKD). It may help by reducing cyst formation and growth, and improving kidney function through its antioxidant properties.

8



Riboflavin (Vitamin B2)

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take a riboflavin (vitamin B2) supplement daily, with a dose ranging from 5mg to 400mg, depending on the specific health concern or advice from a healthcare provider. Swallow the supplement with water, preferably with a meal to enhance absorption. This regimen can be continued long-term or as directed by a healthcare professional.

TYPICAL STARTING DOSE

25 mg

Description

Riboflavin is a water-soluble B vitamin found in various foods like dairy products, leafy greens, and lean meats. It plays a crucial role in energy production, metabolism, building red blood cells, and maintaining healthy skin and eyes.

[Vitamin B2](#) helps our cells create energy. It’s also known as riboflavin [\[R\]](#), [\[R\]](#).

This vitamin is important for [\[R\]](#), [\[R\]](#):

- Brain, liver, and gut health
- Building red blood cells

Riboflavin deficiency is rare in the US. People with gut, eating, or hormonal disorders may be at a higher risk. Alcohol abuse and certain medications can also deplete this vitamin [\[R\]](#), [\[R\]](#).

Good sources of riboflavin include [\[R\]](#), [\[R\]](#):

- Eggs
- Dairy
- Lean and organ meats
- Green vegetables
- Fortified cereals

How it helps

Riboflavin (Vitamin B2) supplementation could potentially be beneficial in polycystic kidney disease by helping to manage high blood pressure, which is a common complication. Vitamin B2 plays a key role in maintaining blood pressure within normal ranges.

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.

	Urea	30.5 mg/dL		9 Nov 2025
	Cystatin C	0.57 mg/L		9 Nov 2025
	eGFR	71 mL/min/1.73 m2		29 Aug 2025
	Uric Acid	4.4 mg/dL		9 Nov 2025
	Creatinine	1.08 mg/dL		9 Nov 2025
	Albumin/Creatinine Ratio, Random Urine	37 mg/g crt		9 Nov 2025
	BUN	14 mg/dL		9 Nov 2025