

Potassium

DNA Health Report

REPORT CATEGORY —



Sample Client

Report date: 15 January 2026



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Table of Contents

03 How this works

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

07 Introduction

08 Your genetics

10 Your recommendations

26 Next Steps

- 26 Your Lab Results

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

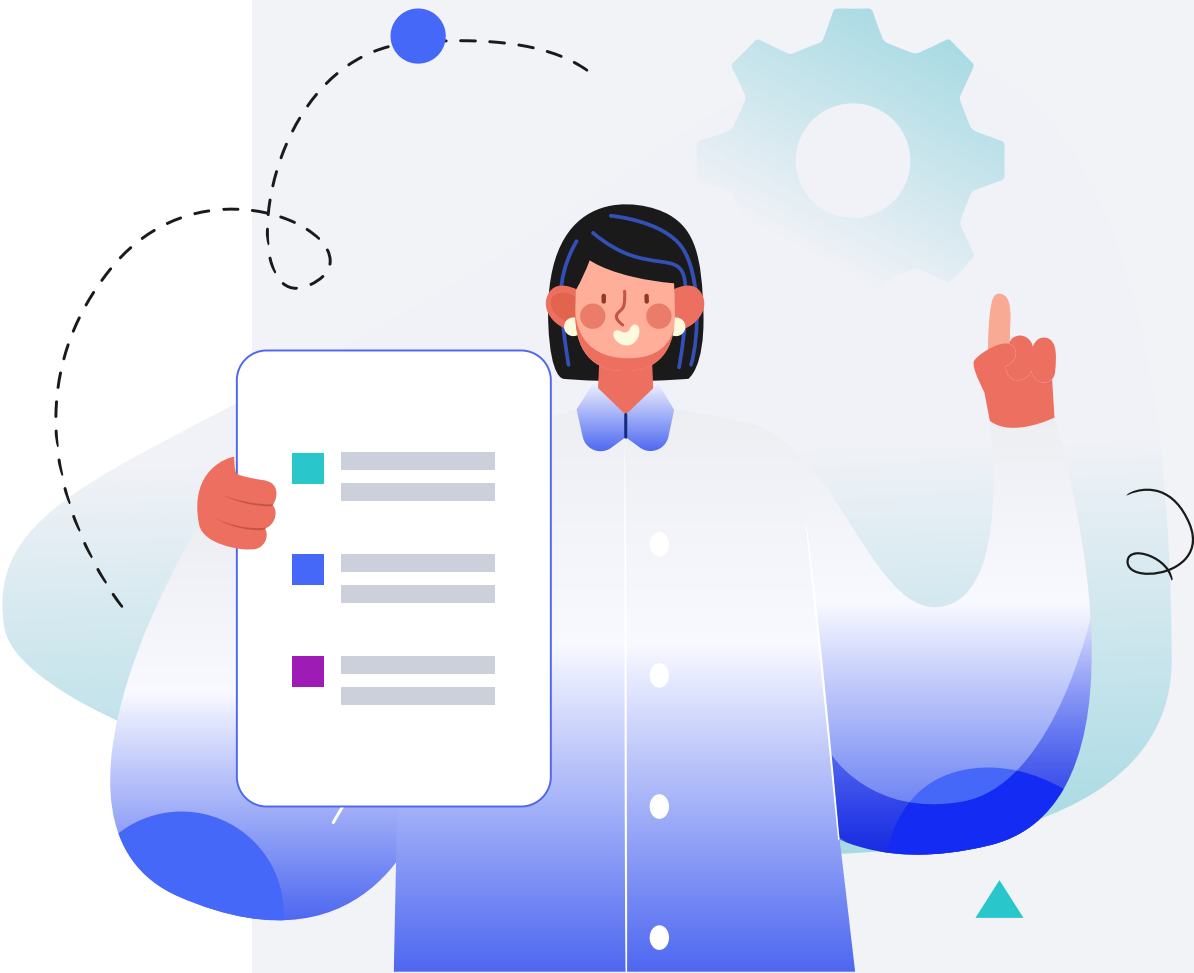
Male

HEIGHT

5ft 5" 165cm

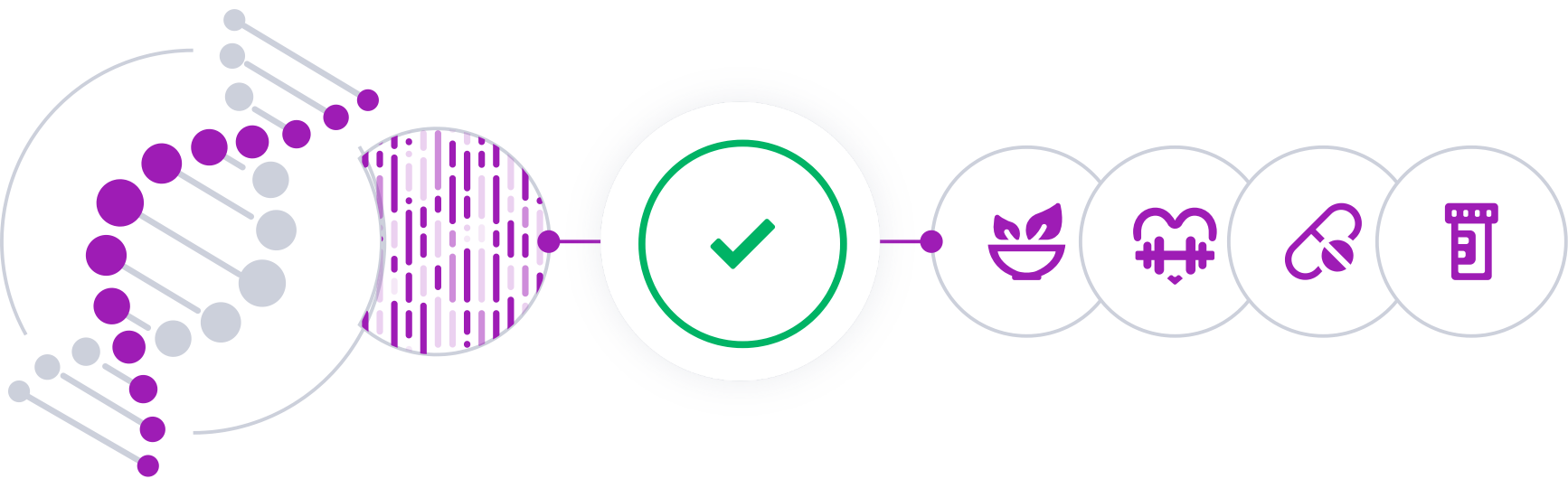
WEIGHT

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.

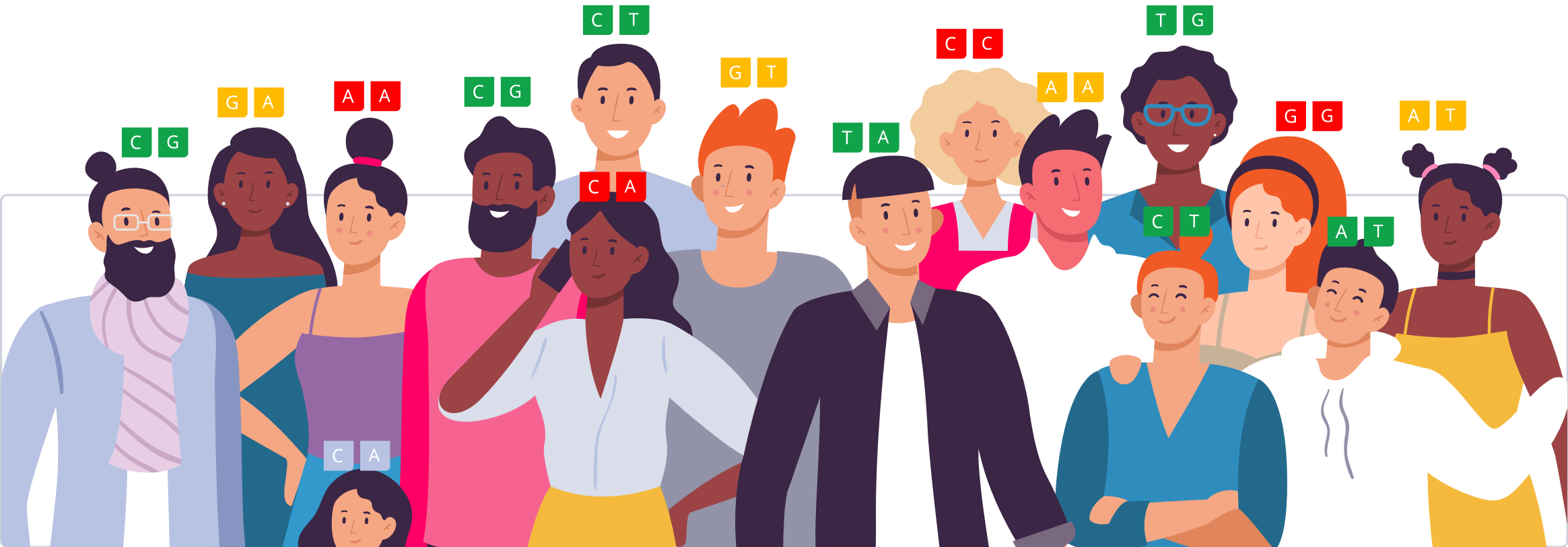


Similarly, our Trait Reports look at how your DNA influences your traits.



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

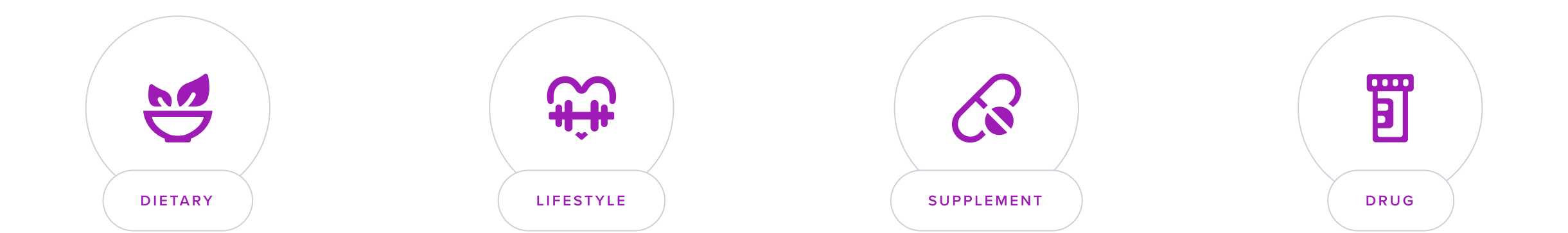
You have 2 risk alleles

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

[Potassium](#) is an essential mineral. It supports our heart, kidneys, muscles, and more [\[R\]](#), [\[R\]](#), [\[R\]](#).

The recommended potassium intake is **4,700 mg/day**. Foods rich in this mineral include [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Vegetables (acorn squash, spinach, broccoli)
- Potatoes
- Legumes
- Dried fruits (apricots, prunes, raisins)

A lot of people may not be getting enough potassium. Western diets with more processed foods and fewer fruits and vegetables are lower in potassium. The rate of potassium deficiency in the U.S. has risen from 4% to 11% in the past two decades, in part due to nutrient depletion of farming soils [\[R\]](#), [\[R\]](#), [\[R\]](#).

Despite this, potassium deficiency is rare in healthy people. It can develop in people losing too much potassium through the gut or kidneys due to some health conditions or drug treatments [\[R\]](#).

Please note: *Avoid taking potassium supplements unless prescribed by a doctor.*

Potassium Genetics

PERSONALIZED TO GENES

Based on the genetic variants that we looked at, you are likely predisposed to typical potassium needs. Try to get the recommended daily amount of 4,700 mg.

Key Takeaways:

- Up to **60%** of differences in people's potassium levels may be due to genetics.
- Other risk factors for potassium deficiency include poor diet, dehydration, magnesium deficiency, and certain medications and health conditions.
- The rate of potassium deficiency in the U.S. has risen from **4% to 11%** in the past two decades.
- If you are at high genetic risk, you may lower overall risk by taking action on factors that you can change.
- Click the **next steps** tab for relevant labs.

Up to **60%** of differences in people's potassium levels may be due to genetics. Involved genes may play a role in [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Potassium transport
- Electrolyte balance
- Kidney function

Keep in mind that your diet and the environment may also influence your potassium levels. A [blood test](#) is the only reliable way to determine your potassium levels.



TYPICAL NEED

Likely typical need for potassium based on 152,719 genetic variants we looked at

Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
RGS7	rs183294212	CC
LURAP1	rs111512785	AA
PRG4	rs141261421	GG
NVL	rs78473436	AA
HMCN1	rs138057810	AA
CASQ2	rs117999962	GG
FMO2	rs184768578	AA
SSBP3	rs182561930	CC
PTPRC	rs141793725	TT
ETV3	rs75349367	GG
OLFM3	rs140864890	AA
GALNT2	rs80258856	CC
BEND5	rs139642127	GG
FYB2	rs143507390	GG
SSBP3	rs117932658	TT
RRAGC	rs144130357	CC
DMBX1	rs78451089	GG
/	rs80302144	CC
/	rs7548119	GG
RGS13	rs12071444	GG
HMCN1	rs61829629	GG
PLPP3	rs139123937	GG
PLPP3	rs12075340	AA
ATP1A1	rs10924092	GG
KCNT2	rs77824746	GG
SEC16B	rs75022918	TT
LY9	rs73017956	GG
KCNT2	rs76559586	GG
KCNT2	rs59729886	CC
PRKAA2	rs138876064	GG
PLPP3	rs146657061	GG
PRKAA2	rs184786990	GG

GENE	SNP	GENOTYPE
RNF186	rs7516526	GG
CACHD1	rs185466715	AA
GNAI3	rs76531483	GG
C1ORF174	rs74643023	GG
MTARC1	rs3849284	GG
LRRC52	rs17471444	TT
C1ORF21	rs139777178	AA
LYPLAL1	rs79278760	GG

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	Spinach	2	Broccoli
3	Tomato	4	Beef Spleen
5	Beetroot	6	Oats
7	Brussels Sprouts	8	Kidney beans
9	Raisins	10	Avocado
11	Cantaloupe	12	Black beans
13	Bananas	14	Potatoes
15	Acorn Squash	16	Prunes
17	White Beans	18	Apricots
19	Lentils	20	Beetroot Juice
21	Soy	22	Beef Heart
23	Swiss Chard	24	Sweet Potatoes
25	Turnips	26	Watermelon
27	Potassium Magnesium Citrate		100 mg

1



Spinach

IMPACT

2 / 5

EVIDENCE

1 / 5

How to implement

Incorporate one cup of fresh spinach or half a cup of cooked spinach into your daily diet. You can add spinach to salads, smoothies, omelets, or pastas to easily increase your intake.

Description

Spinach is a leafy green vegetable packed with essential nutrients, including vitamins A and K, iron, and folate. Incorporating spinach into the diet supports eye health, bone health, and overall nutrition.

Spinach is a good source of molybdenum, folate, calcium, and iron, as well as vitamins A, C, and K1. A ½ cup serving provides 8 mcg of molybdenum or 18%DV.

How it helps

Spinach is loaded with potassium, aiding in muscle and nerve health.

2



Broccoli

IMPACT

2 / 5

EVIDENCE

1 / 5

How to implement

Incorporate at least one cup of chopped broccoli, either steamed or raw, into your daily diet. This can be as part of a meal or snack. Continue this practice daily for ongoing health benefits.

Description

Broccoli and broccoli sprouts are nutrient-dense vegetables packed with vitamins, minerals, and antioxidants. They are known for their potential to support a healthy immune system, protect against chronic diseases, and promote overall nutritional wellness.

Broccoli is high in vitamin K and C, as well as a number of other vitamins and minerals, and antioxidants like quercetin. A ½ cup serving provides 110 mcg of vitamin K or 92%DV.

How it helps

Broccoli contains potassium, which is crucial for heart health and neurotransmission.

3



Tomato

IMPACT

2 / 5

EVIDENCE

1 / 5

How to implement

Incorporate fresh or cooked tomatoes into your daily diet. This can be achieved by adding them to salads, sandwiches, pastas, and sauces or simply eating them on their own. Aim for at least one serving (approximately 1 medium-sized tomato or 1/2 cup of chopped or cooked tomatoes) per day.

Description

Tomatoes are a fruit grown widely in numerous varieties, and are rich in vitamins C and K, as well as the antioxidant lycopene, which may contribute to heart health and protect against certain chronic diseases when incorporated into a balanced diet.

Tomato (*Solanum lycopersicum*) is a fruit originally from the Andes in South America. It is usually consumed as a vegetable in juices, sauces, or fresh. Tomato is an important source of [\[R\]](#):

- [Vitamin C](#)
- Potassium
- Antioxidants (e.g., [lycopene](#))
- Vitamin B9 ([folate](#))

Tomato is traditionally used for [\[R\]](#), [\[R\]](#):

- High cholesterol
- High blood pressure

How it helps

Tomatoes, especially concentrated forms like puree or juice, are high in potassium which assists in various bodily functions.

4



Beef Spleen

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate beef spleen into your diet by consuming it 2-3 times a week. You can cook it by braising, grilling, or making it into stews. Ensure it's thoroughly cooked before eating.

Description

Beef spleen is an organ meat that provides essential nutrients, including iron and vitamin B12. It can be incorporated into a balanced diet to support overall nutritional well-being.

How it helps

Beef spleen is a high-potassium food that can help replenish this nutrient in your body. This can benefit individuals with low potassium levels, as maintaining adequate potassium is important for nerve function, muscle control, and blood pressure regulation.

Beef spleen is a good source of potassium. It contains 284 mg of potassium per 100 grams. Spleens from other animals may have similar nutritional profiles [\[R\]](#).

5



Beetroot

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate beetroot into your diet by eating it raw in salads or drinking beetroot juice. Aim for a serving of about one small beetroot or 200-250 ml of beetroot juice daily. You can maintain this dietary practice consistently as part of your regular diet.

Description

Beetroot is a vegetable rich in dietary nitrates, which may help improve cardiovascular health and exercise performance.

How it helps

Beetroots are rich in potassium, which aids in vascular function and blood pressure regulation.

6



Oats

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate oats into your diet daily by having them for breakfast as oatmeal, or adding them to smoothies, baking recipes, or overnight oats. Aim for at least a half-cup (40 grams) of dry oats to reap the health benefits.

Description

Oats are a whole grain known for their high fiber content and nutritional value, like zinc, iron, and manganese. Including oats in one's diet can promote heart health, stabilize blood sugar levels, and provide sustained energy.

Oats are a good source for manganese, zinc, iron, magnesium, and vitamins B1 and B5. A ½ cup serving provides 0.7 mg of manganese or 30%DV.

How it helps

Oats are rich in potassium, a mineral that helps regulate fluid balance, nerve signals and muscle contractions in the body. Thus, a diet inclusive of oats can help control potassium levels, improving overall health.

7



Brussels Sprouts

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate brussels sprouts into your diet by eating them 2-3 times per week. They can be steamed, roasted, or sautéed and seasoned to taste, forming part of a balanced meal. Each serving should be about 1 cup, which roughly equals 5-6 medium-sized brussels sprouts.

Description

Brussels sprouts are a cruciferous vegetable packed with vitamins, fiber, and antioxidants. They are a nutritious addition to a balanced diet and may support immune health and overall well-being.

Brussels sprouts are good sources of vitamin C, vitamin K, fiber, as well as small amounts of other vitamins and minerals. A ½ cup serving provides 48 mg of vitamin C or 53%DV.

How it helps

Brussels sprouts are rich in potassium, which keeps your heart healthy and helps maintain correct blood pressure. A regular intake can assist in preventing potassium deficiency, thus reducing heart and kidney disease risks.

8



Kidney beans

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate a half to one cup of cooked kidney beans into your diet 2-3 times a week. You can add them to salads, soups, chili, or make a bean-based spread to increase your intake.

Description

Kidney beans are a nutritious legume rich in protein and fiber. They can support digestive health, help regulate blood sugar levels, and contribute to a balanced diet.

Kidney beans are mineral rich and also a good source of protein and fiber, with iron, copper, manganese, potassium, and folate. A ½ cup serving provides 2 mg of iron or 11%DV.

How it helps

Kidney beans have a high amount of potassium. Consuming them regularly aids in maintaining your body's potassium level, which is critical to nerve function and heart health.

9



Raisins

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate a small handful of raisins (about 1/4 to 1/2 cup) into your diet daily. You can add them to oatmeal, yogurt, or salads, or enjoy them as a stand-alone snack.

Description

Raisins are dried grapes rich in natural sugars, fiber, potassium, iron, and antioxidants. They serve as a convenient and nutritious snack option, providing energy and promoting digestive regularity.

Raisins are a good source of fiber, B-vitamins, potassium, manganese, copper, iron and magnesium. A ½ cup serving provides 618 mcg or 13%DV.

How it helps

Raisins are loaded with potassium which helps maintain electrolyte balance, prevent muscle cramps, and support heart function. Adding raisins to your diet can thereby help prevent potassium deficiency.

10



Avocado

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate half to one whole avocado into your daily diet. You can add it to salads, sandwiches, or use it as a healthy fat substitute for spreads or dressings.

Description

Avocado is a nutrient-dense fruit known for its creamy texture and healthy monounsaturated fats. It is packed with vitamins, minerals, and dietary fiber, and may support heart health, skin health, and overall nutrition.

[Avocado](#) is a fruit first cultivated in Mexico in 500 BCE [\[R\]](#), [\[R\]](#).

You can eat it raw in salads, sandwiches, and dips. Avocado oil has recently become popular, but it’s much less nutritious than the whole fruit.

Avocado is rich in antioxidants, vitamins, minerals, and fiber. It may support [\[R\]](#):

- Heart health
- Healthy weight
- Healthy aging

How it helps

Avocados are a good source of potassium, which is important for maintaining proper heart function and regulated blood pressure levels.

11



Cantaloupe

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate one serving (approximately one cup of diced fruit) of cantaloupe into your daily diet. You can enjoy this as a part of your breakfast, as a snack between meals, or as a sweet, nutritious dessert.

Description

Cantaloupe is a good source of vitamin A and C, beta-carotene, fiber, folate, potassium, and several other vitamins and minerals.

Cantaloupe is a good source of vitamin C, beta-carotene, fiber, folate, potassium, and a lesser source for many vitamins and minerals. A ½ cup serving provides 29 mg of vitamin C or 32%DV.

How it helps

Cantaloupe is a potassium-rich fruit that helps maintain electrolyte balance and proper cell function.

12



Black beans

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate one cup of cooked black beans into your daily diet. You can add them to salads, soups, or wraps to easily increase your fiber and protein intake.

Description

Black beans are a nutritious legume rich in fiber, protein, and essential vitamins and minerals. Incorporating black beans into your diet can support digestive health, provide sustained energy, and contribute to overall nutritional wellness.

Black beans are high in fiber, protein, B-vitamins like thiamine, and minerals like magnesium, manganese, copper, and iron. A ½ cup serving provides 0.4 mg of thiamine or 33%DV.

How it helps

Black beans contain a substantial amount of potassium, assisting in fluid balance and muscle contractions.

13



Bananas

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate 1-2 bananas into your daily diet. Bananas can be eaten as a standalone snack, added to cereal, oatmeal, or smoothies, or used as an ingredient in baking. Aim to include them regularly for ongoing dietary benefits.

Description

Bananas are a nutrient-rich fruit packed with potassium, fiber, and essential vitamins. They are a convenient and healthy snack option that can help support heart health, digestive regularity, and overall well-being.

Bananas are a good source of vitamins B6 and C, as well as numerous minerals, including potassium, copper, and magnesium. A single banana provides 0.4 mg of vitamin B6 or 25%DV.

How it helps

Bananas are high in potassium, which helps balance the amount of water in your body and keeps your heart beating regularly. Eating bananas regularly can prevent potassium deficiency which might cause muscle weakness and irregular heartbeat.

14



Potatoes

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate potatoes into your diet 2-3 times per week, either baked, boiled, or steamed, avoiding deep-frying to minimize unhealthy fats. Aim for portion sizes of about a half to a whole medium-sized potato per serving.

Description

Potatoes are a starchy root vegetable rich in carbohydrates, molybdenum, iron, fiber, vitamin C, manganese and potassium. They provide sustained energy, and promote digestive regularity.

Potatoes are a good source for choline, as well as vitamins and minerals (mostly in the skin), including iron, vitamins C and B6, potassium, manganese, and niacin. One medium potato provides 57 mcg of choline or 10%DV.

How it helps

Potatoes are high in potassium, a critical nutrient that helps maintain your body's fluid balance, nerve function, and muscle contractions. Including them in your diet can help prevent a potassium deficiency, potentially preventing muscle cramps and irregular heartbeats.

15



Acorn Squash

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate acorn squash into your meals 2-3 times per week. It can be roasted, steamed, or sautéed and used in a variety of dishes such as soups, salads, or as a side to your main course.

Description

Acorn squash is loaded with fiber, B-vitamins including thiamine, vitamins A and C, as well as magnesium, potassium, and iron. A ½ cup serving provides 644 mcg of potassium or 14%DV.

Acorn squash is loaded with fiber, B-vitamins including thiamine, vitamins A and C, as well as magnesium, potassium, and iron. A ½ cup serving provides 644 mcg of potassium or 14%DV.

How it helps

Acorn squash is rich in potassium, a nutrient that helps regulate heart and muscle contractions, as well as balance fluids in the body. Including it in your diet could help prevent potassium deficiency, which can lead to symptoms like muscle weakness and irregular heartbeat.

16



Prunes

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Eat 5-6 prunes daily, either as a snack or incorporated into meals, to help improve digestion and potentially bone health. Continue this habit consistently for at least a few weeks to observe benefits.

Description

Prunes are dried plums that are rich in dietary fiber, vitamins, and minerals, particularly potassium and vitamin K, as well as antioxidants. They are often consumed to support digestive health and may help regulate bowel movements.

Prunes are a good source of omega-6 fatty acids, vitamin A and B6, potassium, iron, magnesium, and copper. A ½ cup serving provides 635 mcg or 14%DV.

How it helps

Prunes are rich in potassium, a mineral that maintains heart function and helps muscular contractions. This mineral's presence in high amounts in prunes can avert potassium deficiency and support your body's overall health.

17



White Beans

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate white beans into your diet by adding them to soups, salads, or as a side dish for meals. Aim for a serving size of about 1/2 to 1 cup (100 to 200 grams) of cooked white beans, at least 3-4 times a week for optimal benefits.

Description

White beans, such as cannellini beans, are a type of legume rich in dietary fiber, protein, and essential nutrients like folate. They are used to support digestive health, regulate blood sugar, and provide sustained energy.

White beans are full of protein, vitamins, and minerals, notably iron, folate, copper, potassium, magnesium, and zinc. A 1-cup serving provides 8 mg of iron or 44%DV.

How it helps

White beans are a dense source of potassium, helping to manage heart rhythm and muscle function.

18



Apricots

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate fresh or dried apricots into your diet daily. Fresh apricots can be eaten as a snack, sliced into salads, or blended into smoothies. Dried apricots can be added to oatmeal, yogurt, or trail mix. Aim for a serving size of about 30 grams (approximately 4 fresh apricots or a handful of dried apricots) per day.

Description

Apricots are a nutritious fruit packed with vitamins, minerals, and fiber. They support eye health, provide immune-boosting antioxidants, and contribute to overall well-being when included in a balanced diet.

Apricots are a nutritious little fruit, containing vitamins A, C, and E, potassium, and several antioxidants. A ½ cup serving provides 755 mcg of potassium or 16%DV.

How it helps

Apricots are rich in potassium, a mineral that helps regulate heart function and blood pressure. A diet high in apricots thus can help prevent potassium deficiency, maintaining healthy body functions.

19



Lentils

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate at least 1/2 cup of cooked lentils into your daily diet. You can add them to salads, soups, or rice dishes for a nutritious boost. Continue this practice as a regular part of your diet to benefit from their high fiber and protein content.

Description

Lentils are a nutritious legume that provides a good source of plant-based protein, fiber, and essential vitamins and minerals.

Lentils are loaded with iron, protein, fiber, vitamins, minerals, like thiamine, phosphorus, zinc, manganese, and copper. A ½ cup serving provides 3 mg of iron or 17%DV.

How it helps

Lentils are high in potassium, a mineral and electrolyte that's important for heart health and nerve function. Eating them regularly can ensure a healthy potassium level, thus preventing potassium deficiency, or hypokalemia.

20



Beetroot Juice

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Consume 200-250ml of beetroot juice daily, at least 1-2 hours before engaging in physical activity or as part of your breakfast routine. This regimen should be maintained consistently for at least 2 weeks to start noticing benefits in terms of increased stamina and blood pressure regulation.

Description

Beetroot juice is a concentrated source of dietary nitrates, known for their potential to enhance athletic performance and improve blood pressure regulation. It is often consumed by athletes to enhance stamina and aid in recovery.

Beetroot (*Beta vulgaris*) contains iron, nitrates, sodium, potassium, and betalaine [\[R\]](#).

Beets are an inexpensive and mineral-rich vegetable that are widely used in Western cooking. Compared to other vegetables with high iron content, beets have a low price and are easy to store [\[R\]](#).

How it helps

Drinking beetroot juice provides a good amount of potassium, contributing to heart and muscle function.

21



Soy

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate soy-based products such as tofu, soy milk, and edamame into your daily diet. Aim for at least one serving per day, equivalent to about a cup of soy milk, a half-cup of cooked soybeans, or a 3-ounce piece of tofu.

Description

Soy is a legume native to East Asia, and its health benefits include being a source of plant-based protein, fiber, and various vitamins and minerals. It is known for its potential to support heart health, reduce cholesterol levels, and provide essential nutrients in vegetarian and vegan diets.

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

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

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

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

- Soy beverages
- Tofu
- Tempeh
- Edamame
- Miso
- Natto

Soy protein and soy isoflavones are also available as supplements.

How it helps

Soybeans are rich in potassium, a mineral crucial in maintaining heart and nerve health. Consuming them may help replenish your body's potassium levels, preventing health complications of deficiency such as heart irregularities and muscle weakness.

22



Beef Heart

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate beef heart into your meals 2-3 times a week. It can be grilled, braised, or stewed. For a balanced diet, accompany it with vegetables and whole grains.

Description

Beef heart is a nutrient-dense organ meat that provides a concentrated source of essential nutrients, including iron, B vitamins, and coenzyme Q10. It is considered a nutritious food choice that can promote heart health and overall well-being when included in a balanced diet.

How it helps

Beef heart is rich in potassium which can help your body maintain a healthy balance of this crucial electrolyte, aiding in nerve and muscle cell functioning. This dietary recommendation can help treat conditions associated with low potassium levels, such as fatigue and heart irregularities.

Beef heart is a good source of potassium. It contains 219 mg of potassium per 100 grams. Hearts from other animals may have similar nutritional profiles [\[R\]](#).

23



Swiss Chard

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate Swiss chard into your diet by adding it to salads, sautéing it with olive oil and garlic for a side dish, or mixing it into soups and stews. Aim to eat Swiss chard 2-3 times per week to benefit from its nutrients.

Description

Swiss chard is a leafy green vegetable rich in vitamins K, A, and C, as well as minerals like potassium and magnesium. It supports bone health, immunity, and overall nutrition.

How it helps

Swiss Chard is high in potassium, a vital mineral for your body, helping with nerve function and muscle contractions, and helping to balance fluids. Consuming it could assist people with low potassium levels, preventing weakness, fatigue, and abnormal heart rhythms.

24



Sweet Potatoes

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate sweet potatoes into your diet 2-3 times per week, either baked, steamed, or boiled, as a side dish or part of your main meals.

Description

Sweet potatoes are nutritious root vegetables packed with vitamins A and C, fiber, and antioxidants. They contribute to eye health, immune support, and overall nutrition.

Sweet potatoes are a rich source of vitamins, minerals, and antioxidants, including vitamins A, C, B5, and B6, fiber, manganese, and potassium. One potato provides 1,403 mcg of vitamin A or 156%DV.

How it helps

Sweet potatoes are a good dietary source of potassium, which is vital for muscle strength and nerve functioning.

25



Turnips

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate turnips into your diet 2-3 times a week by adding them to soups, stews, or roasting them as a side dish. You can also shred raw turnips into salads for a crunchy texture.

Description

Turnips are root vegetables from the Brassicaceae family and are rich in vitamins, minerals, and fiber. They are used in cooking for their potential to support weight management, improve digestion, and provide essential nutrients like vitamin C and potassium.

How it helps

Turnips are high in potassium, a nutrient that helps regulate heart and muscle function. This can help maintain a healthy balance of this mineral if you are deficient.

26



Watermelon

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate fresh watermelon into your diet, aiming to consume about 1-2 cups of cubed watermelon daily, either as a snack or part of your meals. It is best consumed fresh to maximize its hydrating effects and nutritional benefits.

Description

Watermelon is a refreshing fruit known for its high water content and being a good source of vitamins A and C. It is used to help stay hydrated and may support skin health due to its antioxidant properties.

How it helps

Watermelon is not only hydrating but also a good source of potassium, important for muscle and nerve regulation.

27



Potassium Magnesium Citrate

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take a potassium magnesium citrate supplement daily with a full glass of water, preferably with a meal to minimize stomach upset. The typical dose is between 100-400 mg for magnesium, and 99-100 mg for potassium, but follow the specific dosage recommended on the product label or by a healthcare provider. Continue as long as recommended by your healthcare provider, usually for several months to support electrolyte balance.

TYPICAL STARTING DOSE

100 mg

Description

Potassium magnesium citrate is a dietary supplement that combines potassium and magnesium in citrate form. It is often used to support cardiovascular health, muscle function, and overall electrolyte balance in the body.

How it helps

Combining potassium with magnesium can help address deficiencies and support cardiovascular and neuromuscular health.

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 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.

