

# Prolactin

## Biohacker Report

REPORT CATEGORIES —

  
SEX HORMONES

  
REPRODUCTIVE  
HEALTH

Sample Client

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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.



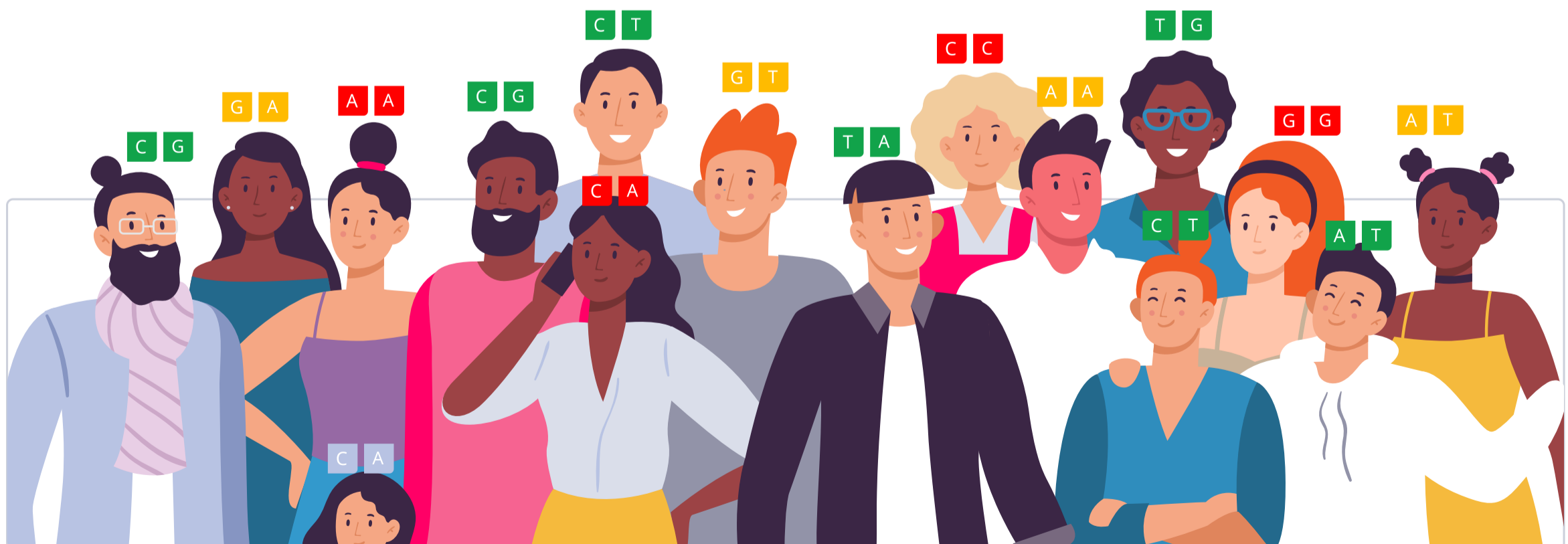
Similarly, our Trait Reports look at how your DNA influences your traits.



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:**

<b>AA</b> You don't have any risk alleles	<b>AA</b> You have 1 risk allele	<b>AA</b> You have 2 risk alleles
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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

[Prolactin](#) is a hormone with key roles in fertility and reproduction. It stimulates the production of breast milk (lactation) and enhances motherly behavior [\[R\]](#), [\[R\]](#).

High prolactin levels may cause:

- Acne [\[R\]](#)
- Migraine [\[R\]](#), [\[R\]](#)
- Irregular or absent periods [\[R\]](#)
- Excessive or inappropriate production of breast milk [\[R\]](#)
- Increased appetite and weight gain [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#)
- Worsening of autoimmune disease [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#)

Low prolactin may lead to:

- Ovarian dysfunction [\[R\]](#)
- Abnormal or absent periods [\[R\]](#)
- Insufficient milk production after childbirth [\[R\]](#)

High and low prolactin may cause problems with sexual function [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

# Factors Affecting Prolactin Levels

## Key Takeaways:

- Both high and low prolactin can cause issues with weight control, fertility, milk production, and more.
- High prolactin levels are normal only during pregnancy and breastfeeding.
- Up to **50%** of differences in people's prolactin levels may be due to genetics.
- Besides genetics, different lifestyle factors and health conditions can affect prolactin levels.

[Prolactin](#) is a hormone with key roles in fertility and reproduction. It stimulates the production of breast milk (lactation) and enhances motherly behavior [\[R\]](#), [\[R\]](#), [\[R\]](#).

Up to 50% of differences in people's prolactin levels may be due to genetics [\[R\]](#).

Men and non-pregnant women generally have low levels of prolactin. Women's prolactin levels peak during pregnancy and remain elevated after childbirth [\[R\]](#).

Prolactin levels also vary during the day. They increase during sleep and peak in the early morning.

Low prolactin may result from:

- Obesity [\[R\]](#), [\[R\]](#)
- Underactive pituitary gland [\[R\]](#), [\[R\]](#)
- Some drugs [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#)

Factors that may lead to high prolactin include:

- Stress [\[R\]](#), [\[R\]](#)
- Alcohol [\[R\]](#)
- Underactive thyroid [\[R\]](#), [\[R\]](#)
- Polycystic ovary syndrome (PCOS) [\[R\]](#)
- Kidney and liver disease [\[R\]](#), [\[R\]](#), [\[R\]](#)
- Pituitary tumors (prolactinoma) [\[R\]](#), [\[R\]](#), [\[R\]](#)
- Some drugs [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#)



LOWER LEVELS

**Predisposed to lower prolactin levels based on 77 genetic variants we looked at**

Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
CFHR3	rs12144939	GG
VTN	rs704	GG
CPB2	rs1926447	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	<b>SAM-e</b>	400 mg	2	<b>Mucuna Pruriens</b>	300 mg
3	<b>Licorice and Peony</b>		4	<b>Massage</b>	30 minutes
5	<b>Yoga Nidra</b>	30 minutes	6	<b>Avoid Illicit Drugs</b>	
7	<b>Sleep for 7+ Hours</b>		8	<b>Chasteberry</b>	150 mg
9	<b>Jasmine Oil Aromatherapy</b>	2 drops	10	<b>Pyridoxine (Vitamin B6)</b>	50 mg

1  **SAM-e**

**IMPACT**  
●●●●● 4 / 5

**EVIDENCE**  
●●●●● 2 / 5

## How to implement

Take 400-1600 mg of SAM-e as a supplement daily, preferably on an empty stomach to enhance absorption. It is often recommended to start with low dosage and observe how your body responds over a few weeks, adjusting as necessary under the guidance of a healthcare provider.

**TYPICAL STARTING DOSE**

**400 mg**

## Description

**SAM-e** is a chemical that helps maintain liver and brain health. Your body makes SAM-e from the amino acid *methionine*, but it's also available as a supplement [\[R\]](#).

SAM-e supplementation may help with:

- Joint pain [\[R\]](#)
- Liver disease [\[R\]](#)
- Depression [\[R\]](#)


**Please note:** SAM-e may not be safe for people with a bipolar disorder. It may also interact with 5-HTP, St. John's wort, and different medications.


Combining it with antidepressants can be dangerous and even life-threatening. Never take SAM-e supplements without consulting your doctor [\[R\]](#), [\[R\]](#), [\[R\]](#).


## How it helps

In 2 placebo-controlled trials of 27 depressed patients, treatment with SAM-e for 14 days significantly lowered blood prolactin levels [\[R\]](#), [\[R\]](#).

SAM-e may help by releasing dopamine, which acts as a prolactin inhibitor [\[R\]](#).

2  **Mucuna Pruriens**

**IMPACT**  **3 / 5**

**EVIDENCE**  **1 / 5**

## How to implement

Take 300 to 500 mg of standardized Mucuna pruriens extract once daily, preferably with water. For consistent benefits, consider taking it at the same time each day.

**TYPICAL STARTING DOSE**

**300 mg**

## Description

Mucuna pruriens is a tropical legume known for its seeds, which contain L-dopa, a precursor to dopamine. It is used in traditional medicine for its potential to support mood, cognitive function, and overall well-being.

[Mucuna pruriens](#) is an edible legume native to China and India. It is also known as cowhage or the “velvet bean” [\[R\]](#).

An important compound in *Mucuna pruriens* is *L-DOPA*, which helps make the chemical messenger [dopamine](#). Extracts of *Mucuna pruriens* may support fertility and protect the nerves [\[R\]](#).

## How it helps

In an old study, *Mucuna pruriens* attenuated the increment of blood prolactin caused by treatment with chlorpromazine [\[R\]](#).

*M. pruriens* may help because it contains dopamine. This neurotransmitter acts as a prolactin inhibitor [\[R\]](#).

3



## Licorice and Peony

IMPACT

2 / 5

EVIDENCE

1 / 5

## How to implement

Take a licorice root and white peony supplement (250-500 mg of each ingredient, three times daily) in the form of a capsule, tablet, or liquid extract. It's important not to exceed 4 to 6 weeks of continuous use without a break, due to potential side effects like high blood pressure or low potassium levels. It can be consumed with or without food, according to your preference.

## Description

**Licorice** (*Glycyrrhiza glabra*) is a plant used to flavor candy and drinks [\[R\]](#).

Its root has long been used in folk medicine. Today, people use it for sore throats, digestive problems, and itchy skin. Its compound *licochalcone A* may also help with rosacea [\[R\]](#).


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

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

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

## How it helps

In patients with schizophrenia, an herbal preparation with licorice and peony may attenuate the increment of blood prolactin caused by antipsychotic drugs such as risperidone [\[R, R\]](#).

4  **Massage**

IMPACT 1 / 5

EVIDENCE 1 / 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

In a non-placebo-controlled trial of 39 patients undergoing intensive chemotherapy, receiving 20-minute massage sessions lowered blood prolactin levels [\[R\]](#).

Massage may help by releasing dopamine, which acts as a prolactin inhibitor [\[R\]](#).

5  **Yoga Nidra**

**IMPACT**  1 / 5

**EVIDENCE**  1 / 5

## How to implement

Practice Yoga Nidra for 30-45 minutes per session. Choose a quiet, comfortable place where you won't be disturbed. Aim to do this 3-5 times a week, preferably in the evening before bed to help improve sleep quality and reduce stress.

**TYPICAL STARTING DOSE**

**30 minutes**

## Description


Yoga nidra is a guided meditation and relaxation practice that originates from yoga traditions. It is used for reducing stress, improving sleep quality, and promoting mental relaxation, often involving deep introspection and heightened awareness.

## How it helps

Prolactin levels may increase in response to stress [\[R, R\]](#).

In a non-placebo-controlled trial of 126 women with menstrual irregularities, practicing yoga nidra (35-45 min/day, 5x/week for 6 months) decreased prolactin levels [\[R, R\]](#).

Yoga nidra may help by reducing stress. This releases dopamine, which acts as a prolactin inhibitor [\[R\]](#).

6  **Avoid Illicit Drugs**

**IMPACT** 1 / 5

**EVIDENCE** 1 / 5

## How to implement

Refrain from using any illegal substances, including but not limited to, narcotics, stimulants, hallucinogens, and cannabis where it's not legalized. This means not purchasing, possessing, or consuming these substances in any form or amount. Commit to this practice indefinitely for long-term health benefits.

## Description

Avoiding the use of illicit drugs is essential for preserving physical and mental health, as these substances can lead to addiction, mental health disorders, and other physical health issues. Abstaining from their use supports a safer and healthier lifestyle.

Illicit drugs are highly addictive, illegal drugs. Examples include **marijuana, cocaine, meth, and MDMA (ecstasy)**. The term can also refer to a non-medical use of drugs that are legally available (e.g., medical marijuana in some countries and states) [\[R\]](#).

Illicit drug use can have a **devastating impact on all aspects of your health and wellbeing**. It can lead to [\[R\]](#):

- Dependence and addiction
- Injury and accidents
- Health and sleep problems
- Problems in family and social life

## How it helps

The following drugs may raise blood prolactin levels:

- Amphetamine [\[R\]](#)
- Ketamine [\[R\]](#)

In contrast, marijuana and cocaine may not raise prolactin [\[R, R\]](#).

7



## Sleep for 7+ Hours

IMPACT

1 / 5

EVIDENCE

1 / 5

### How to implement

Ensure you allocate enough time in your schedule to achieve a minimum of 7 hours of sleep each night. This might involve going to bed earlier or adjusting your evening routine to promote relaxation and make it easier to fall asleep.

### Description

Optimizing sleep involves adopting healthy sleep habits and creating a sleep-conducive environment to ensure restorative and sufficient sleep duration. It supports cognitive function, mood stability, and overall physical health. Most experts recommend getting **at least 7 hours of good-quality sleep each night**.

[Sleep supports your body and mind](#) [R, R]. More precisely, sleep helps:


- Support brain health [R, R]
- Maintain a healthy weight and appetite [R, R, R]
- Regulate blood pressure [R, R]
- Balance blood sugar [R, R]

Ways to sleep better include [R]:

- Reducing your bright light exposure (screen time) in the evenings
- Sticking to a regular sleep schedule
- Avoiding hunger or large meals before bed
- Avoiding nicotine, caffeine, and alcohol before bed
- Maintaining a sleep area that's cool, dark, and quiet

### How it helps

In a non-placebo-controlled trial of 14 sleep-deprived subjects, sleep extension lowered prolactin levels [R].

8  **Chasteberry**

**IMPACT**  
● ○ ○ ○ ○ 1 / 5

**EVIDENCE**  
● ○ ○ ○ ○ 1 / 5

## How to implement

Take 150-500 mg of chasteberry extract daily, ideally in the morning to align with the body's natural hormonal rhythms. This dose is typically recommended for a duration of at least three months to evaluate its effectiveness on symptoms.

**TYPICAL STARTING DOSE****150 mg**

## Description


Chasteberry, also known as chaste tree or Vitex, is an herb commonly used to support women's health, particularly in addressing symptoms of premenstrual syndrome (PMS) and hormonal imbalances. It may help regulate the menstrual cycle and alleviate some PMS symptoms.

Chasteberry is the fruit of the chaste tree (*Vitex agnus-castus*), a plant native to Europe and Asia [\[R\]](#), [\[R\]](#).

Early studies note that chasteberry may help with menstrual problems [\[R\]](#).

## How it helps

In a placebo-controlled trial of 20 healthy men, supplementation with chasteberry extract (BP1095E1, 480 mg/day) for 14 days slightly lowered prolactin levels. However, a lower dose of 120 mg/day had the opposite effect [\[R\]](#).

9  **Jasmine Oil Aromatherapy**

**IMPACT**  
● ○ ○ ○ ○ 1 / 5

**EVIDENCE**  
● ○ ○ ○ ○ 1 / 5

## How to implement

Place a few drops of jasmine oil into a diffuser filled with water and use it for 30 minutes to an hour in the room you are in. For best results, do this aromatherapy session daily, especially during times of stress or before going to sleep.

**TYPICAL STARTING DOSE****2 drops**



## Description

Jasmine oil aromatherapy is used for its potential to reduce stress and promote relaxation. Inhaling the scent of jasmine oil may have calming effects on the mind and body.

## How it helps

In a non-placebo-controlled trial of 35 women, applying jasmine extract nasal drops lowered blood prolactin in 10 of the participants [\[R\]](#).

10  **Pyridoxine (Vitamin B6)**

**IMPACT**  **EVIDENCE** 

## How to implement

Take a pyridoxine (vitamin B6) supplement daily. Requirements range from 1.3 to 1.7 milligrams per day for adults, but supplement doses usually start from 50 mg. Consult with a healthcare provider for higher doses or specific medical conditions that might benefit from increased supplementation.

**TYPICAL STARTING DOSE**

**50 mg**

## Description

A **vitamin B6 supplement** of up to 1.3-1.7 mg per day can be taken to meet needs not achieved through diet. Long term supplementation of vitamin B6 can be problematic, so talk to your doctor before using.

## How it helps

In a study involving male patients with treatment-resistant schizophrenia, high-dose vitamin B6 significantly reduced serum prolactin levels by 68.1% over 16 weeks, compared to a 37.4% reduction in the control group [\[R\]](#).

Intravenous administration of vitamin B6 caused an acute decrease in prolactin levels in normal subjects and suppressed prolactin secretion induced by a dopamine receptor blocker [\[R\]](#).

Another study found that vitamin B6 administration slightly lowered prolactin levels in normal women, although the reduction was not statistically significant [\[R\]](#).

# 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.

