

Prostate Inflammation

DNA Health Report

REPORT CATEGORY —



SEXUAL HEALTH

Sample Client

Report date: 15 January 2026

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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

Prostate inflammation, or prostatitis, is a condition where the prostate gland becomes swollen and inflamed. The prostate is a walnut-sized gland located below the bladder in men and plays a key role in the production of seminal fluid.

There are several types of prostatitis, each with its own set of causes and symptoms. They include:

- Acute bacterial prostatitis
- Chronic bacterial prostatitis
- Chronic pelvic pain syndrome
- Asymptomatic inflammatory prostatitis

Symptoms of prostate inflammation may include:

- Pain or burning sensation during urination
- Difficulty urinating, or frequent urges to urinate
- Pain in the groin, lower abdomen, or lower back
- Flu-like symptoms (in the case of acute bacterial prostatitis)
- Painful ejaculation
- Blood in the urine or semen

Treatments for prostate inflammation depend on the cause and type of prostatitis. They might include antibiotics, pain relievers, muscle relaxants, or complementary therapies like biofeedback and acupuncture. Regular check-ups with a urologist are crucial for those with persistent or recurrent symptoms.

Causes and Risk Factors

The exact cause of prostatitis is not always clear but can be due to bacterial infections, nerve damage in the pelvic area, or direct injury to the prostate.

Risk factors for prostate inflammation include:

- Recent bladder infections
- Enlarged prostate or benign prostatic hyperplasia (BPH)
- Having a urinary catheter or recent medical procedures involving the urinary tract
- Pelvic trauma or injury
- Dehydration, which can lead to concentrated urine

While prostate inflammation can be uncomfortable and disruptive, with the right treatment and care, most men can achieve relief from their symptoms. It's essential to consult with a healthcare provider if experiencing any signs of prostatitis to receive appropriate care and guidance



MORE LIKELY

More likely to get prostate inflammation based on 294,170 genetic variants we looked at



Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
GATA5	rs200383755	GG
/	rs10786938	TT
GATA3	rs17144046	AG
NCL	rs62199052	GC
MACROH2A1	rs677394	CC
H4C13	rs200476	AA
GCLC	rs534957	CG
STARD4	rs10054105	TT
GATA6	rs9958656	TT
/	rs6078585	TC
TBX5	rs2555019	CC
ODF3	rs72878024	AG
RNASEH2B	rs6561599	GG
GATA5	rs6061244	GG
TSHZ3	rs11084596	CT
FGFR2	rs11199879	CT
TERT	rs2853677	AG
BCL11A	rs2556378	TG
BCL11A	rs10180282	TT
WDR11	rs4548546	TC
HNF1B	rs11651052	GA
TBX3	rs8853	TC
FGFR2	rs2981575	AG

GENE	SNP	GENOTYPE
NUP107	rs190612333	CC
EBLN1	rs148678804	GG
CLPTM1L	rs381949	AA
DNAJC1	rs7906649	AA
DLEU7	rs1638703	GG
CTAGE1	rs17670370	TT

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	Flower Pollen Extract	20 mg	2	Shock Wave Therapy	
3	Saw Palmetto	320 mg	4	E. coli Nissle 1917	
5	Lactobacillus Casei	10 billion CFU	6	Probiotics	30 billion CFU
7	Quercetin	250 mg	8	N-acetylcysteine (NAC)	1200 mg
9	Omega-3 (Fish Oil)	2000 mg	10	Green Tea Extract	250 mg
11	Anti-Inflammatory Diet		12	Stress Management Therapy	1 hour
13	Curcumin	500 mg	14	Lycopene	10 mg

1



Flower Pollen Extract

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Take a flower pollen extract supplement, typically available in capsule or tablet form, daily. The common dosage ranges from 20 to 40 mg per day, and it's recommended to follow the specific dosing instructions on the product label or as directed by a healthcare professional.

TYPICAL STARTING DOSE

20 mg

Description

Flower pollen extract is sometimes used as a dietary supplement for its potential to support prostate health and reduce symptoms of benign prostatic hyperplasia (BPH) in men. It contains nutrients and compounds that may have anti-inflammatory and antioxidant properties.

How it helps

In 5 placebo-controlled trials of 401 men with chronic prostatitis, supplementation with pollen extract for 8-24 weeks improved the symptoms, pain, and quality of life. Pollen extract was as effective as tadalafil at improving pelvic pain in a non-placebo-controlled trial of 100 patients with chronic prostatitis [\[R, R, R, R, R\]](#).

The combination of pollen extract and vitamins (Deprox500, 2x/day for 30-90 days) improved total symptoms, pain, and quality of life in 2 placebo-controlled trials of 83 men with chronic prostatitis. Pollen extract suppositories (1x/day for 10 days) combined with hyaluronic acid were more effective than ibuprofen at improving the symptoms and quality of life in a non-placebo-controlled trial of 124 patients [\[R, R, R\]](#).

2



Shock Wave Therapy

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Schedule and attend sessions for extracorporeal shock wave therapy (ESWT) with a qualified healthcare provider. Typically, treatments may involve 1 to 3 sessions a week over a span of 3 to 4 weeks, depending on the condition being treated and the severity of symptoms.

Description

Extracorporeal shockwave therapy is a medical treatment that uses shockwaves to stimulate healing and reduce pain in various musculoskeletal conditions. It is often used for conditions such as plantar fasciitis and tendinitis.

In extracorporeal shockwave therapy, sound waves are emitted and passed through parts of the body. Doctors use it to help reduce pain and stimulate tissue recovery in people [\[R, R\]](#).

How it helps

Two meta-analyses (the largest one with 12 trials and 838 patients) concluded that low-intensity extracorporeal shock wave therapy **improves the National Institutes of Health Chronic Prostatitis Symptom Index at 4 weeks and urinary scores at 12 weeks**. However, its **efficacy at 24-week follow-up was non-significant** [\[R, R\]](#).

3



Saw Palmetto

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Take a saw palmetto supplement of 160 mg twice daily or 320 mg once a day. This dosage is typically taken in capsule form. Continue this regimen for at least two to six months to assess its effectiveness for conditions like benign prostatic hyperplasia.

TYPICAL STARTING DOSE

320 mg

Description

Saw palmetto is a plant extract derived from the berries of the saw palmetto palm (*Serenoa repens*). It has traditionally been used by Native Americans for various medicinal purposes. Today, it is primarily used as a dietary supplement for prostate health.

[Saw palmetto](#) (*Serenoa repens*) is a small palm plant native to the US [\[R\]](#) [\[R\]](#).

People use it to help with [\[R\]](#):

- Urinary problems
- Pain
- Hair loss

How it helps

In 2 trials of 328 patients with chronic prostatitis, supplementation with saw palmetto for 8-12 weeks improved the condition (NIH-CPSI and IPSS scores). Adding saw palmetto extract to prulifloxacin for 8 weeks further improved urinary symptoms in a trial of 56 patients. Similarly, adding multi-ingredient supplements with saw palmetto to prulifloxacin further improved prostatitis control and recurrence in 2 non-placebo-controlled trials of 494 patients. Anther multi-ingredient supplement with saw palmetto improved the effectiveness of levofloxacin in a non-placebo-controlled trial of 40 patients. However, saw palmetto was less effective than finasteride in a non-placebo-controlled trial of 64 patients [\[R\]](#) [\[R\]](#) [\[R\]](#) [\[R\]](#) [\[R\]](#) [\[R\]](#) [\[R\]](#).

4



E. coli Nissle 1917

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

EcN is typically taken as capsules, tablets, or suspensions, with the dosage depending on the condition being treated (commonly, 1–2 doses daily). It is usually taken before or with meals, and if combined with antibiotics, should be spaced 2–3 hours apart. Follow the product’s storage instructions, as some require refrigeration. Consult a healthcare provider for proper use, especially for children, during pregnancy, or for long-term treatment of conditions like ulcerative colitis.

Description

E. coli Nissle 1917 (EcN) is a non-pathogenic strain of *Escherichia coli* that is widely studied and used as a probiotic. Originally isolated by Dr. Alfred Nissle in 1917 during World War I, this strain was identified for its ability to combat infectious diarrhea in soldiers. Unlike pathogenic *E. coli* strains, EcN lacks virulence factors and is considered safe for therapeutic use.

EcN is commonly available in probiotic formulations and has a well-established safety profile. Owing to its ability to modulate the gut microbiota and reduce inflammation, people use it to improve:

- IBD
- IBS
- Diarrhea
- Intestinal infections

How it helps

In a non-placebo-controlled trial of 110 patients with chronic bacterial prostatitis, combining *E. coli* Nissle 1917 with levofloxacin improved the symptoms and reduced recurrence better than levofloxacin alone [\[R\]](#).

5



Lactobacillus Casei

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a supplement containing Lactobacillus casei daily, with a dosage recommended by the product's manufacturer or a healthcare professional. The specific amount can vary, but it is commonly found in doses around 10 billion colony-forming units (CFUs). Continue this regimen for at least 4 weeks to observe potential health benefits.

TYPICAL STARTING DOSE
10 billion CFU

Description

Lactobacillus casei is a probiotic bacterium known for its potential to support gut health and immune function. It contributes to a balanced gut microbiome and may help alleviate digestive issues like diarrhea.

[Lactobacillus casei](#) is a [probiotic](#) bacterium found in fermented foods (e.g., cheese), as well as in the reproductive and gastrointestinal tracts of humans and other animals [\[R\]](#), [\[R\]](#).

People mainly take *L. casei* to support a healthy gut microbiota [\[R\]](#).

How it helps

In a placebo-controlled trial of 84 patients with chronic bacterial prostatitis, supplementation with *L. casei* DG (2 capsules/day for 3 months)prevented symptom recurrence, improved quality of life, and reduced the need for antibiotics [\[R\]](#).

6



Probiotics

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a probiotic supplement containing 10 billion or more live cultures once daily, preferably with a meal or as directed by the packaging or a healthcare provider.

TYPICAL STARTING DOSE
30 billion CFU

Description

Probiotics are live beneficial bacteria and yeasts that can support gut health and digestive function when consumed as supplements or found in fermented foods like yogurt and sauerkraut. They may be beneficial to gut health, immune function, blood sugar, and mood.

[Probiotic bacteria](#) are “good” bacteria found mainly in the large intestine. They support your body and mind by [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Maintaining gut health
- Supporting a healthy immune system
- Improving your mood
- Helping to maintain healthy blood sugar

Prebiotics are certain types of fiber and other complex carbs that serve as food for gut bacteria. **They support gut health by helping boost the activity and growth of “good” bacteria** [\[R\]](#), [\[R\]](#).

Prebiotics are also added to foods and supplements. Common prebiotic ingredients are [\[R\]](#), [\[R\]](#):

- Oligo-fructose
- Oligo-galactose
- [Inulin](#)

Mixtures of probiotics and prebiotics are known as **synbiotics** [\[R\]](#).

How it helps

In a placebo-controlled trial of 84 patients with chronic bacterial prostatitis, supplementation with *L. casei* DG (2 capsules/day for 3 months) prevented symptom recurrence, improved quality of life, and reduced the need for antibiotics [\[R\]](#).

7



Quercetin

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 250-1000 mg of quercetin supplement daily with a glass of water, preferably with a meal to aid in its absorption.

TYPICAL STARTING DOSE

250 mg

Description

Quercetin is a natural plant flavonoid found in various foods, particularly in fruits and vegetables like apples, onions, and broccoli. It is used as a dietary supplement and is valued for its potential antioxidant and anti-inflammatory properties.

[Quercetin](#) is a **plant-based antioxidant**. It supports the immune system and helps lower inflammation [\[R\]](#), [\[R\]](#).

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

- Apples
- Onions
- Tea

People mainly use quercetin supplements to relieve allergies [\[R\]](#), [\[R\]](#), [\[R\]](#).

How it helps

In a double-blind, placebo-controlled trial involving 30 men with chronic pelvic pain syndrome, quercetin (500 mg twice daily) significantly improved symptoms like prostate inflammation compared to the placebo group. In a follow-up open-label study, a supplement containing quercetin, bromelain, and papain further improved symptoms in 82% of participants [\[R\]](#).

Please note: *quercetin may inhibit the production of the thyroid hormone T4 (thyroxine). Individuals with thyroid disorders, particularly hypothyroidism or low T4 levels, should exercise caution when using quercetin and always consult with a healthcare provider before taking this supplement* [\[R\]](#).

Please note: *quercetin may interfere with iron absorption due to its iron-chelating properties, potentially exacerbating anemia or making it harder to manage. If you have anemia, consult your healthcare provider before using quercetin supplements* [\[R\]](#).

8



N-acetylcysteine (NAC)

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Take 600 mg of N-Acetylcysteine (NAC) supplement daily with water. It can be taken at any time of the day, but try to take it at the same time each day for best results.

TYPICAL STARTING DOSE
1200 mg

Description

NAC is a supplement that contains a form of the amino acid cysteine, a protein building block that your body uses to make the antioxidant glutathione. It is used for its potential antioxidant properties and its ability to support lung, gut, and mental health.

[N-acetylcysteine](#) (NAC) is converted to cysteine in the body. Cysteine is a protein building block (amino acid) that helps make the antioxidant glutathione [\[R\]](#).

People take NAC to potentially support [\[R\]](#), [\[R\]](#):

- Mental health
- Ovarian health and pregnancy outcomes
- Lung health
- Gut health

How it helps

In a study involving 63 men with category III chronic prostatitis (CP), participants received either N-acetylcysteine (NAC) or a placebo in addition to tamsulosin for 12 weeks. NAC+tamsulosin significantly reduced the NIH-Chronic Prostatitis Symptom Index (NIH-CPSI) total score, pain subscore, and quality-of-life subscore compared to placebo+tamsulosin (P < .001). More NAC+tamsulosin patients met the responder criterion (65.6% vs. 29.0%) and reported symptom improvement (62.5% vs. 25.80%). [\[R\]](#)

9



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 from fish oil have strong anti-inflammatory properties that can help in reducing prostate inflammation.

10



Green Tea Extract

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take a green tea extract supplement containing 250-500 mg of EGCG (the active compound in green tea) daily, preferably with a meal to enhance absorption. This dosage is typically split into two separate doses, taken in the morning and later in the day. Continue this regimen for at least three months to observe potential health benefits.

TYPICAL STARTING DOSE

250 mg

Description

Green tea extract is a concentrated form of the beneficial compounds found in green tea, such as catechins. It is used in dietary supplements for its potential to enhance metabolism, aid in weight management, and provide antioxidant protection.

[Green tea](#) is made from the same plant as black tea (*Camellia sinensis*). However, the leaves and buds are processed differently [\[R\]](#).

Green tea contains **catechins**. These are antioxidants that help prevent [oxidative stress](#) [\[R\]](#).

EGCG is the main catechin found in green tea. It may help reduce inflammation and support weight loss [\[R\]](#).

How it helps

Green tea catechins can reduce inflammation and exhibit anti-cancer properties which may help in managing prostate inflammation.

11

Anti-Inflammatory Diet

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate foods rich in omega-3 fatty acids, such as salmon and flaxseeds, fruits, vegetables, nuts, and whole grains into your daily meals. Avoid processed foods, red meats, and refined sugars. Aim for a balanced diet consisting mostly of plant-based foods and lean protein sources, adjusting portions sizes to meet your individual nutritional needs and health goals.

Description

An anti-inflammatory diet focuses on reducing inflammation in the body by emphasizing foods rich in anti-inflammatory compounds, such as fruits, vegetables, fatty fish, nuts, and seeds, while minimizing processed foods and those high in added sugars and trans fats.

Anti-inflammatory diets use healthy foods to reduce inflammation. These diets are generally high in [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Colorful fruits and vegetables
- Nuts and seeds
- Fish
- Olive oil
- Tea

They also tend to restrict [\[R\]](#), [\[R\]](#):

- Processed food
- Sugar and refined carbs
- Red meat

The [Mediterranean diet](#) and the DASH diet are good examples of anti-inflammatory diets [\[R\]](#), [\[R\]](#).

How it helps

An anti-inflammatory diet focuses on foods that reduce inflammation such as fruits, vegetables, nuts, and fish. This can help alleviate symptoms of prostate inflammation by reducing overall body inflammation.

12

Stress Management Therapy

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Engage in stress management therapy sessions, such as cognitive-behavioral therapy (CBT), for at least 1 hour per week over a course of 8 to 12 weeks. Techniques can include mindfulness, deep breathing exercises, and identifying stressors to develop coping strategies.

TYPICAL STARTING DOSE

1 hour

Description

Stress management therapy refers to various techniques and approaches aimed at reducing and coping with stress. It can improve mental and physical well-being by helping individuals better manage the effects of stress on their health.

How it helps

Managing stress can help reduce inflammation in the body, including the prostate. Stress has been shown to exacerbate symptoms of prostate inflammation.

13



Curcumin

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take a 500 mg curcumin supplement daily with food. To enhance absorption, take it with a meal that contains fats or oils since curcumin is fat-soluble.

TYPICAL STARTING DOSE
500 mg

Description

Curcumin is a compound found in turmeric known for its anti-inflammatory and antioxidant properties. It has been studied for its potential to reduce inflammation, support joint health, and contribute to overall well-being.

[Turmeric](#) is a yellow spice from India. It may reduce inflammation and [oxidative stress](#) [\[R\]](#).

The most important active compound in turmeric is **curcumin**. People use curcumin for [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Joint pain
- Hay fever
- Mood
- High blood sugar
- Gut health
- Liver health

How it helps

Curcumin, found in turmeric, has anti-inflammatory properties that can reduce inflammation in the prostate. It can also inhibit the activity of molecules involved in the inflammatory process.

14



Lycopene

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take a lycopene supplement of 10 to 30 mg per day. It can be consumed with a fat-containing meal to enhance absorption. This supplementation can be ongoing daily to support overall health benefits such as heart health and antioxidant protection.

TYPICAL STARTING DOSE

10 mg

Description

Lycopene is a powerful antioxidant found in tomatoes and other red or pink fruits and vegetables. Consuming lycopene-rich foods may help reduce the risk of chronic diseases and support heart and prostate health.

[Lycopene](#) is a bright red substance that gives color to a number of fruits such as [R](#), [R](#):

- Tomato
- Watermelon
- Papaya
- Apricot

Lycopene has antioxidant properties. It may help support [R](#), [R](#), [R](#):

- Heart health
- Prostate health
- Cognition

How it helps

Lycopene has shown beneficial effects on prostate health. However, the research is limited when it comes to prostatitis in particular.

Profluss, a triple therapy including *Serenoa repens*, selenium, and lycopene, ameliorates symptoms associated with category IIIa chronic prostatitis/chronic pelvic pain syndrome [R](#).

Two animal studies have shown promising results:

1. Lycopene attenuates chronic prostatitis by inhibiting oxidative stress and inflammation through its potent antioxidant capacity in rats [R](#)
2. Lycopene may have an additional (synergistic) effect with ciprofloxacin in the treatment of chronic bacterial prostatitis in rats [R](#)

Next Steps

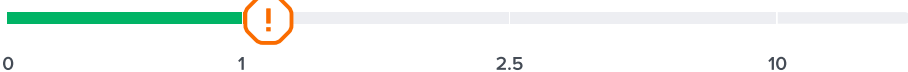
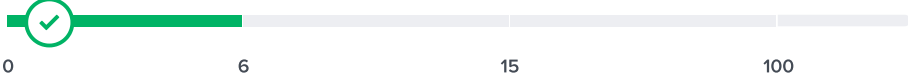
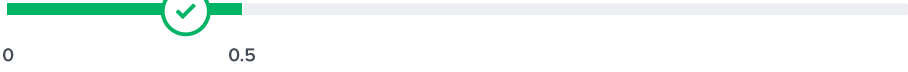
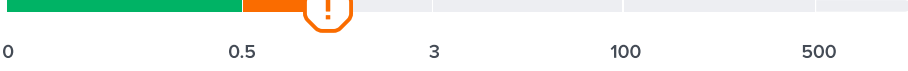
Remember, your genes only tell one important part of your health story!

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.

	PSA, Total	1.13 ng/mL		9 Nov 2025
	ESR	1 mm/hr		9 Nov 2025
	WBC	6.92 x10^3/mm3		9 Nov 2025
	Zinc	17.12 umol/L		9 Nov 2025
	PSA, Free	0.38 ng/mL		9 Nov 2025
	hs-CRP	1.6 mg/L		9 Nov 2025