

Selenium

DNA Health Report

REPORT CATEGORY —



NUTRITION

Sample Client

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DISCLAIMER

This report does not diagnose this or any other health conditions. Please talk to a healthcare professional if this condition runs in your family, you think you might have this condition, or you have any concerns about your results.

Personal information

NAME

Sample Client

SEX AT BIRTH

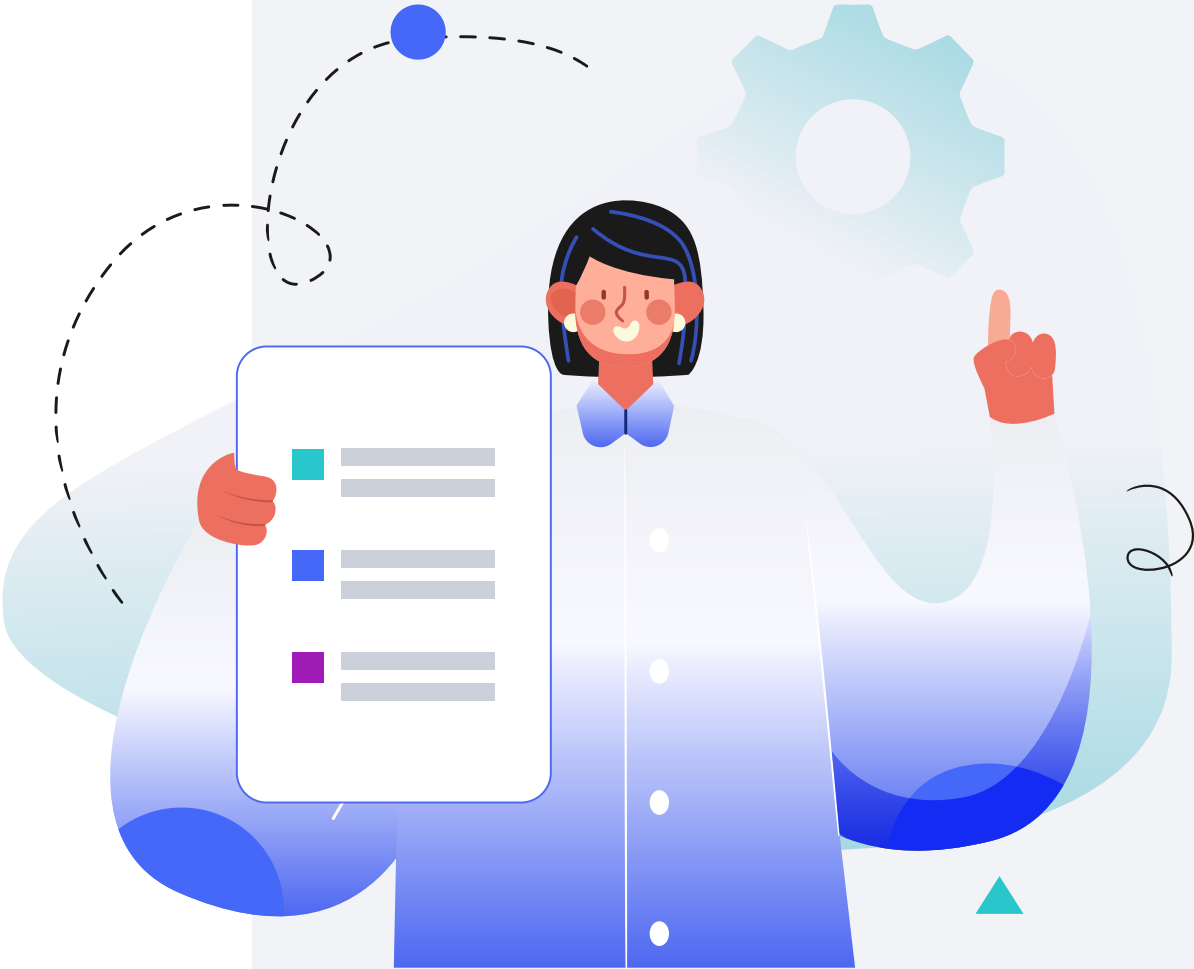
Male

HEIGHT

5ft 5" 165cm

WEIGHT

137lb 62kg



How this works

Our Wellness Reports analyze how your DNA influences your health.
We then use this analysis to give you personalized risk estimates and recommendations.



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



Your DNA is like an instruction manual — it contains a lot of information.
You can think of it as a blueprint for your body.

Genetic variants are parts of DNA that differ from person to person. Some can make you more vulnerable to certain health issues, while others may influence traits such as eye color.



We use artificial intelligence and machine learning to analyze all this information.
We then summarize your results as a risk score or display it on a gauge.

In total, we analyze up to 83 million genetic variants.

When we give a risk score, the risk icon tells you if you are at a higher or lower risk compared to other people:



Genotype color info:

AA

You don't have any risk alleles

AA

You have 1 risk allele

AA

You have 2 risk alleles

Your risk is also displayed as a percentile. This will tell you how your risks compare to our sample population. The lower your percentile number, the lower your risk. The "50th percentile" would be an average risk.

Similarly, the gauge tells you your relative risk score compared to our sample population, or it indicates a specific trait or haplotype you are more likely to have based on your genetic variants.

When applicable, we also list top evidence-based recommendations that may help lower your risk. The focus is on recommendations that may be of benefit to you, based on your genetics.

Our recommendations come in four categories: lifestyle, diet, supplements and drugs.
The following icons tell you which category a recommendation falls into:



Our team of scientists also ranks each recommendation.
We rank based on impact and the strength of evidence in the medical literature.

Impact shows how strongly a recommendation will affect your health in a certain area.
Evidence is how much scientific support there is for the recommendation. Rankings are from 1 to 5 (low to high):



Impact

Impact scores range from 1-5. These scores reflect how much of an effect each recommendation can have. An impact score of 5 predicts the biggest effect.

When a recommendation affects something we can measure, we use those measurements to assign the impact score. For example, a recommendation that decreases cholesterol by 20% will have a higher impact score than one that decreases it by 5%.

Some recommendations affect things that we cannot directly measure, like stress or mood. For these, the impact score is based on how well they work relative to other recommendations and standard treatments. The best ones get the highest scores.

If there is a lot of research that shows a recommendation works especially well for your genotype, the impact score gets increased.

Recommendation Evidence

- 5 / 5
- Recommendations that are considered effective and generally recommended by experts and medical bodies.
-
- 4 / 5
- Recommendations that are considered likely effective and that have multiple independent meta-analyses and a great many studies supporting them.
-
- 3 / 5
- Recommendations that are considered possibly effective and have many studies supporting them
-
- 2 / 5
- Recommendations that have insufficient evidence, with two or several clinical trials supporting them, or many studies but with ambiguous results.
-
- 1 / 5
- Recommendations that have insufficient evidence, with a single clinical trial, or with many studies most of which didn't find support for the recommendation.
-
- 0 / 5
- No evidence in humans.

Genotype-specific Evidence

- High-quality
- Direct evidence that a recommendation helps more in people with your gene variant (many clinical trials, a few large clinical trials, or a meta-analysis).
- Medium-quality
- Direct evidence that a recommendation helps more in people with your gene variant (a few clinical trials or one large clinical trial).
- Low-quality
- Direct evidence that a recommendation helps more in people with your gene variant (a single clinical trial or more trials with inconsistent results).
- Indirect
- A recommendation may help more in people with your gene variant because it targets a specific gene or protein affected by your variant (e.g., MTHFR, dopamine).
- In theory
- A recommendation may help more in people with your gene variant because it targets a specific mechanism affected by your variant (e.g., inflammation, oxidative stress).

Some things to keep in mind:

- Genetics doesn’t play a considerable role in a condition or a trait.
- There is not enough research available to estimate a genetic predisposition.
- There are technical limitations to estimating or presenting a genetic predisposition.
- The topic is sensitive, and a genetic predisposition should only be estimated and presented by a healthcare professional.

Introduction

[Selenium](#) is a mineral that supports [\[R\]](#):

- Reproduction
- Thyroid function
- DNA production
- Immune response

Selenium deficiency affects anywhere from **500 million to 1 billion** people worldwide, due to inadequate intake [\[R\]](#).

It increases the activity of the master antioxidant enzyme [glutathione](#) and other antioxidants [\[R\]](#), [\[R\]](#).

Did you know? Scientists started discovering the health benefits of selenium in 1957. Until then, it was considered a toxin [\[R\]](#).

Adults should be getting **55 micrograms** of selenium per day. Good sources include [\[R\]](#):

- **Brazil nuts**
- Fish
- Meat
- Eggs
- Rice
- Oatmeal

Please note: *Both selenium deficiency and excess are harmful, so balanced intake is crucial. High levels of selenium are linked to type 2 diabetes. Avoid eating more than a few Brazil nuts per day, and talk to your doctor before taking selenium supplements* [\[R\]](#).

Selenium Genetics

PERSONALIZED TO GENES

Based on the gene variants that we looked at, you likely have a typical need for selenium. Try to get the recommended daily amount of 55 micrograms.

Key Takeaways:

- Genes that influence selenium levels play a role in selenium transport, storage, and metabolism.
- Selenium deficiency affects anywhere from **500 million to 1 billion** people worldwide, due to inadequate intake.
- Other risk factors for a selenium imbalance include consuming too much selenium, certain health conditions and medications, as well as dialysis.
- If your genetic risk is high, your overall risk is still low unless you live in an area with inadequate selenium sources.
- Click the **next steps** tab for relevant labs.

Genes that influence selenium levels play a role in selenium transport, storage, and metabolism [R, R].

The [DMGDH](#) and [BHMT](#) genes play a role in selenium and [homocysteine](#) metabolism. The following variants near these genes are linked to higher selenium levels [R, R, R]:

- [rs921943](#)-T
- [rs11960388](#)-A

The [AGA](#) gene affects proteins that transport selenium. One variant near this gene, [rs1395479](#)-A, is linked to higher selenium levels [R, R].

People with the 'A' variant at [rs891684](#) may have lower selenium levels. This variant is near the [SLC39A11](#) gene, which may affect the amount of fat tissue. Selenium may be partly stored in fat tissue [R, R, R].



TYPICAL NEED

Likely typical need for selenium based on 4 genetic variants we looked at

Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
ARSB	rs921943	TC
BHMT	rs7700970	TC
SELENOP	rs3877899	TC
COG1	rs891684	GA
AGA	rs1395479	CC
BHMT	rs11960388	TT
GPX1	rs1050450	GG

The number of "risk" variants in this table doesn't necessarily reflect your overall result.

Genetically higher selenium levels may be causally associated with:

- Low Mood [\[R\]](#)
- Ldl/Hdl cholesterol [\[R\]](#)
- eGFR [\[R\]](#), [\[R\]](#)
- High Blood Sugar (higher for diabetes) [\[R\]](#)
- Bone health (higher bmd) [\[R\]](#)
- Prostate cancer [\[R\]](#)

Keep in mind that your diet, environment, and other genetic variants also influence your selenium levels.

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	Beef	2	Beef liver
3	Tuna	4	Chicken
5	Cottage Cheese	6	Brazil Nuts
7	Sardines	8	Pork
9	Beef Spleen	10	Turkey
11	Eggs	12	Shrimp
13	Brown rice	14	Halibut
15	Beef Heart	16	Selenium Supplements50 mcg
17	Oats	18	Avoid Mercury Exposure

1



Beef

IMPACT

2 / 5

EVIDENCE

1 / 5

How to implement

Incorporate lean beef into your diet 2-3 times per week, with a serving size of about 3-4 ounces (85-113 grams) per meal. Choose cuts like sirloin or round to minimize saturated fat intake.

Description

Beef is a rich source of high-quality protein, essential vitamins, and minerals like iron and zinc. Incorporating lean cuts of beef into a balanced diet can support muscle growth, overall nutrition, and iron intake.

Beef is an excellent source of many B-vitamins, protein, proline, and minerals like zinc and iron. Grass-fed uncharred beef is healthiest. Beef contains 34.82 mg of proline per gram.

How it helps

Beef is rich in selenium, an essential mineral your body needs for various functions, such as making DNA and protecting cells from damage. Consuming beef can, therefore, boost your selenium intake and guard against selenium deficiency.

2



Beef liver

IMPACT

2 / 5

EVIDENCE

1 / 5

How to implement

Incorporate beef liver into your diet 1-2 times per week, aiming for a serving size of about 3-4 ounces (85-113 grams) each time. This can be pan-fried, baked, or incorporated into dishes like stews or pate to make it more palatable.

Description

Beef liver is a commonly recommended organ meat due to its rich content of protein, B-vitamins, and minerals.

Chickpeas are a good source of vitamin B6, iron, folate, fiber, and rich in minerals like copper, zinc, and phosphorus. A ½ cup serving provides 1.1 mg of vitamin B6 or 65%DV.

How it helps

Beef liver is high in selenium, a mineral that acts as an antioxidant and boosts your immune system. Consuming beef liver may therefore help prevent selenium deficiency, maintaining good health.

3



Tuna

IMPACT

2 / 5

EVIDENCE

1 / 5

How to implement

Incorporate tuna into your meals 2-3 times per week, aiming for a serving size of about 3.5 ounces (100 grams) per meal. Choose fresh or water-packed tuna instead of oil-packed to reduce unnecessary calorie intake.

Description

Tuna is a type of saltwater fish commonly consumed worldwide, rich in lean protein, omega-3 fatty acids, and essential vitamins and minerals. Its health benefits include heart health support, improved brain function, and reduced inflammation. Tuna is often included in diets for conditions like cardiovascular disease prevention and cognitive enhancement.

Tuna is a source of niacin, vitamin D, as well as being a very good source of protein and omega-3 fatty acids. A 3-ounce serving has 8.6 mg of niacin or 54%DV.

How it helps

Tuna is rich in selenium, an essential trace mineral that your body needs for functions like metabolism and thyroid regulation. Regular consumption of selenium-rich foods like tuna can help keep selenium deficiencies at bay and support overall health.

4



Chicken

IMPACT

2 / 5

EVIDENCE

1 / 5

How to implement

Incorporate chicken into your meals 2-3 times a week, preferably opting for lean cuts like breast meat. Cook it through methods such as grilling, baking, or boiling to avoid adding excess fats. Aim for a portion size of about 3-4 ounces (85-113 grams) per serving.

Description

Chicken is a lean source of protein and essential nutrients like vitamin B12 and selenium. It can be a healthy part of a balanced diet that supports muscle growth and overall nutritional well-being.

Chicken and particularly dark meat like the thigh, is a good source of omega-6s that also contains protein, vitamins, and even needed trace minerals like selenium. One chicken thigh contains 3792 mg of omega-6.

How it helps

Chicken is a good source of selenium, which is a nutrient the body uses to create antioxidant enzymes. Eating chicken can help ensure adequate selenium levels, thereby promoting a well-functioning immune system and preventing selenium deficiency.

5



Cottage Cheese

IMPACT

2 / 5

EVIDENCE

1 / 5

How to implement

Incorporate 1/2 cup of cottage cheese into your daily diet. This can be included as part of your breakfast, as a snack, or mixed into dishes like salads or pasta. Continue this habit daily for long-term health benefits.

Description

Cottage cheese (1%) is a healthy dairy product, high in protein, and a good source of selenium, calcium, vitamin B12, and riboflavin.

Cottage cheese (1%) is a healthy dairy product, high in protein, and a good source of selenium, calcium, vitamin B12, and riboflavin. A 1-cup serving provides 20 mcg of selenium or 36%DV.

How it helps

Cottage cheese is rich in selenium, a mineral essential for your body's enzyme functions and antioxidant properties. Regular consumption can boost your body's selenium levels, aiding in the prevention of selenium deficiency-related disorders.

6



Brazil Nuts

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Consume 1-2 Brazil nuts daily to meet your selenium needs and potentially improve heart health and thyroid function. Do not exceed this amount to avoid selenium toxicity.

Description

Brazil nuts are a nutritious snack rich in selenium, a mineral essential for various bodily functions, including thyroid health and immune support.

Brazil nuts have an enormous amount of selenium along with other minerals like magnesium, phosphorus, and copper, and vitamins E and B1. A 1-ounce (6–8 nuts) serving provides 544 mcg of selenium or 989%DV.

How it helps

Brazil nuts are packed with selenium, a mineral that your body needs in small quantities for maintaining a healthy immune system and metabolism.

A study of 37 morbidly obese women found that consuming one Brazil nut daily for 8 weeks improved selenium levels and GPx activity [\[R\]](#).

In a study of 31 older adults with mild cognitive impairment (MCI), daily Brazil nut consumption for 6 months increased selenium levels and improved verbal fluency and constructional praxis, indicating potential cognitive benefits [\[R\]](#).

 PERSONALIZED TO YOUR GENES

Consuming Brazil nuts may improve selenium status more in people with your [GPX1](#) gene variant [\[R\]](#), [\[R\]](#).

YOUR GENETIC VARIANTS			
GENE	SNP	GENOTYPE	EVIDENCE
GPX1	rs1050450	GG	

7



Sardines

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate two to three servings of sardines into your diet each week. You can eat them grilled, steamed, or straight from the can as part of salads, sandwiches, or as a snack. Each serving should be about 3.5 ounces (100 grams), which is roughly one can of sardines.

Description

Sardines are small, oily fish known for their rich content of omega-3 fatty acids, calcium, B12, and vitamin D. Consuming sardines can support heart health, bone strength, and provide essential nutrients, and they are typically found in coastal waters.

Sardines are a good source of iron, omega-3 fatty acids, and a host of vitamins and minerals including calcium, iron, and vitamin D. A 2-sardine serving provides 2 mg of iron or 11%DV.

How it helps

Sardines are high in selenium, a mineral that aids in DNA production and thyroid gland function. Eating sardines may contribute to adequate selenium leaves in your body, reduce inflammation, improve immune health, and potentially prevent selenium deficiency.

8



Pork

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate lean cuts of pork, such as tenderloin or loin chop, into your diet 2-3 times per week, aiming for a portion size of about 3-4 ounces (85-113 grams) per meal. Cook it using healthy methods like grilling, baking, or broiling to minimize added fats.

Description

Pork is a meat obtained from pigs, and is a great source of zinc, protein, and iron, as well as leucine, selenium, phosphorus, and B-vitamins.

Pork is a good source of protein, chromium, selenium, phosphorus, zinc, and potassium. A 3-ounce serving provides 3.6 mcg of chromium or 10%DV.

How it helps

Pork is high in selenium, a mineral essential for your body's antioxidant defenses and thyroid health. Regularly consuming pork might help meet your selenium needs, thus promoting overall health and preventing selenium deficiency.

9



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 high in selenium, an essential nutrient that plays crucial roles in reproduction, thyroid hormone metabolism, DNA synthesis, and protection from oxidative damage and infection. Including beef spleen in your diet can help ensure you're getting adequate selenium, supporting these bodily functions.

Beef spleen is a good source of selenium. It contains 91.5 mg of selenium per 100 grams. Spleens from other animals may have similar nutritional profiles [\[R\]](#).

10



Turkey

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate turkey into your diet 2-3 times per week, choosing lean cuts like turkey breast. Aim for portions about the size of a deck of cards (3-4 ounces) for each serving.

Description

Turkey is a poultry meat known for its lean protein content and is a good source of nutrients like selenium and B vitamins. It is valued for its health benefits, including muscle growth, immune support, and stress reduction due to its content of tryptophan, which is a precursor to serotonin.

Turkey is a good source of zine, and rich in B-vitamins, minerals like selenium and phosphorus, and protein. A 3-ounce serving provides 1.5 mg of zinc or 14%DV.

How it helps

Turkey is a rich source of selenium - an essential mineral that supports immune system function, thyroid health, and antioxidant activity. Thus, regular consumption of turkey can help boost selenium levels in the body, preventing a selenium deficiency.

11



Eggs

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate eggs into your diet 3-4 times a week, preferably for breakfast or as part of a balanced meal. They can be boiled, scrambled, or made into omelets, ensuring they are cooked thoroughly.

Description

Eggs are a nutrient-dense food rich in protein, vitamins, and minerals. They support various aspects of health, including muscle development, brain function, and eye health.

Eggs are great nutrition sources, with protein, healthy fats, arachidonic acid, and numerous vitamins and minerals.

How it helps

Eggs are a great source of selenium, which supports your immune system and thyroid function. A consistent intake of selenium-rich foods like eggs can help keep your selenium levels normal and prevent deficiency.

12



Shrimp

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate shrimp into your diet 2-3 times per week, either grilled, boiled, or baked, aiming for servings of about 3-4 ounces (85-113 grams) per meal. Avoid frying or preparing with high-fat sauces to maintain nutritional benefits.

Description

Shrimp are a type of shellfish known for their low calorie content and high protein levels. They are a good source of essential nutrients like iodine, selenium, and vitamin B12, supporting thyroid function, immune health, and nerve function.

Shrimp are a great source for protein and minerals like selenium, zinc, iron, potassium, magnesium, and phosphorus. A 3-ounce serving provides 40 mcg of selenium or 73%DV.

How it helps

Shrimp is high in selenium, a vital nutrient that your body needs to support immune function and thyroid health. Therefore, including shrimp in your diet can help keep your selenium levels balanced, reducing your risk of deficiency.

13



Brown rice

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Replace white rice with brown rice in your meals. Aim to consume brown rice 3-4 times a week, incorporating it into dishes such as stir-fries, salads, or as a side to your main protein source. Start with a serving size of about 1/2 to 1 cup of cooked brown rice per meal.

Description

Brown rice is a whole grain rich in fiber, vitamins, and minerals. It provides sustained energy, supports digestive health, and contributes to overall nutritional well-being.

Brown rice contains a host of B-vitamins including thiamine, and minerals like magnesium, phosphorus, manganese, and selenium. A ½ cup serving provides 0.1 mg of thiamine or 8%DV.

How it helps

Brown rice is rich in selenium, which supports your immune system and thyroid function. Regularly consuming brown rice could enhance these functions, helping to prevent selenium deficiency.

14



Halibut

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate halibut into your meals two to three times per week, opting for baked, grilled, or broiled preparations. Each serving should be about 3 to 4 ounces (85 to 113 grams), ensuring it's cooked thoroughly until it reaches an internal temperature of 145°F (63°C).

Description

Halibut is a lean fish known for its high-quality protein content and essential nutrients like omega-3 fatty acids. Regular consumption of halibut can contribute to heart health, support brain function, and provide key vitamins and minerals.

Halibut is an excellent source of omega-3 fatty acids, selenium, B-vitamins, and other minerals like magnesium and phosphorus. Halibut contains 15.2 mg of methionine per gram.

How it helps

Halibut is a seafood rich in selenium, a critical nutrient that plays a role in DNA synthesis, metabolism of thyroid hormones, and protection from oxidative damage and infection. Consuming halibut regularly can help maintain the selenium level in the body, keeping these processes healthy and preventing selenium deficiency.

15



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

Eating beef heart is beneficial because it is rich in selenium, an essential trace mineral. This mineral plays a critical role in metabolism and thyroid function, and also helps protect your body from damage caused by oxidative stress, so it's helpful for those with a selenium deficiency.

Beef heart is a good source of selenium. It contains 39 mg of selenium per 100 grams. Hearts from other animals may have similar nutritional profiles [\[R\]](#).

16



Selenium Supplements

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Take 50 mcg of selenium supplements once daily, preferably with a meal to enhance absorption.

TYPICAL STARTING DOSE

50 mcg

Description

Selenium is a trace mineral found in Brazil nuts and many other foods as well as supplements. It is an essential nutrient that plays a crucial role in maintaining the body's antioxidant defenses and supporting thyroid function.

[Selenium](#) supports [\[R\]](#):

- Reproduction
- Thyroid function
- DNA production
- Immune response

Adults should be getting **55 micrograms** of selenium per day. Selenium supplements are available for people who can't meet their needs with a balanced diet [\[R\]](#).

How it helps

Selenium is an important element that boosts your immune system and helps prevent heart disease and cancer. If you have a selenium deficiency, taking selenium supplements will help restore the necessary balance and your body's ability to function properly.

17



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

Eating oats can help prevent selenium deficiency as they are a rich source of this essential mineral. Selenium supports the immune system, thyroid gland, and can help protect your body from damage caused by oxidative stress.

18



Avoid Mercury Exposure

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Limit consumption of large fish such as shark, swordfish, king mackerel, and tilefish, which are known to have higher mercury levels. Opt for smaller fish like salmon, shrimp, pollock, and catfish, and limit seafood intake to 8-12 ounces (two to three servings) per week. Check and follow local advisories regarding the safety of fish caught by family and friends in your local lakes, rivers, and coastal areas.

Description

Avoiding exposure to mercury, a toxic heavy metal found in certain seafood and environmental sources, is essential to prevent adverse health effects, including neurological damage and developmental issues.

Mercury and other [heavy metals](#) are found in the soil, water, food, and some commonly-used household products. They adversely affect the environment and living organisms. According to some studies, mercury is considered **the most toxic heavy metal** in the environment [\[R\]](#), [\[R\]](#).

A major source of mercury exposure is seafood, especially large fish such as [\[R\]](#):

- Tuna
- Shark
- Swordfish

How it helps

Avoiding mercury exposure is crucial as mercury can displace selenium, potentially disrupting the functions that rely on selenium, such as antioxidant protection.

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.