

Sensitivity to Foodborne Mold

Biohacker Report

REPORT CATEGORY —



DETOX

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:

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

[Molds](#) are tiny fungi that live all around us: in the soil and air, on food crops, and even on our skin. Some of them are beneficial while others can wreak havoc on our health [\[R\]](#).

Some molds, especially those on food crops, produce toxic chemicals called *mycotoxins*. Experts estimate that 25% of food crops worldwide are contaminated with mycotoxins, especially *aflatoxins*. Major sources include contaminated [\[R\]](#):

- **Corn and other grains**
- **Milk** (from cows fed contaminated grains)
- **Peanuts**
- Celery
- Grapes
- Apples

Genetics of Mold Sensitivity

Mycotoxins are the most dangerous aspect of foodborne mold. Exposure to higher amounts of these toxins can damage the organs and promote cancer growth [R, R, R].

The ability of our bodies to deal with mycotoxins partly depends on genetics. Involved genes play a role in [R, R, R, R, R]:

- Mycotoxin metabolism and detox (*CYP1A2*)
- DNA repair (*XPC*, *XRCC4*, *ATXN3*)
- Cancer protection (*ADAMTS5*)
- Mycotoxin transport (*SLCO1B1*)
- *Glutathione* function (*GSTA1*)

People with certain variants in these genes may be more prone to negative effects of mycotoxins, including [R, R, R, R, R]:

- Liver cancer
- Liver damage
- Kidney damage

Remember that your other gene variants, diet, and environment also influence your sensitivity to foodborne mold.



Likely typical sensitivity to foodborne mold based on 14 genetic variants we looked at

Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
XPC	rs2228001	TG
PRKDC	rs7003908	AC
ADAMTS5	rs2830581	GA
GSTA1	rs3957357	AA
SLCO1B1	rs4149056	TC
XRCC3	rs861539	GG
XRCC4	rs28383151	GG
CYP1A2	rs762551	AA
XRCC4	rs3734091	GG
XRCC1	rs25487	CC
ERCC2	rs13181	TT
ATXN3	rs8021276	AA
SCAMP5	rs2069526	TT
LMAN1L	rs2069514	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	Avoid Exposure to Molds	2	Bentonite1 tsp
3	Black Seed (Black Cumin)1000 mg	4	Avoid Aflatoxins
5	Probiotic Yogurt	6	Avoid Mycotoxin

1



Avoid Exposure to Molds

IMPACT

4 / 5

EVIDENCE

3 / 5

How to implement

Keep indoor humidity levels below 50% by using dehumidifiers or air conditioners, ensure proper ventilation in areas like bathrooms and kitchens, fix leaks promptly, and clean up any water damage within 24-48 hours to prevent mold growth. Regularly check and clean places where mold tends to accumulate, such as shower curtains, window sills, and refrigerator drip pans.

Description

[Molds](#) are tiny fungi that live all around us: in the soil and air, on food crops, and even on our skin. Some of them are beneficial while others can wreak havoc on our health. Inhaled mold may cause a range of respiratory symptoms, like infections, asthma, and coughing.

[Molds](#) are tiny fungi that live all around us: in the soil and air, on food crops, and even on our skin. Some of them are beneficial while others can wreak havoc on our health [\[R\]](#).

Inhaled mold may cause a range of respiratory symptoms, including [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Respiratory infections
- Reduced lung function
- Caugh
- Asthma worsening

Mycotoxins are the most dangerous aspect of **foodborne mold**. Exposure to higher amounts of these toxins can damage the organs and promote cancer growth [\[R\]](#), [\[R\]](#), [\[R\]](#).

How it helps

Mold thrives in moist conditions and often develops on spoiled foods. Ways to limit your mold exposure include [\[R\]](#):

- Limiting your intake of the most contaminated foods listed above
- Cleaning your refrigerator, kitchen surfaces, and utensils regularly
- Discarding spoiled and moldy foods

If you see mold on your food’s surface, it means it’s already growing inside, too. Make sure to **discard contaminated foods entirely**—not just the moldy parts.

2



Bentonite

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Take 1 to 2 teaspoons of bentonite clay mixed with water daily on an empty stomach, ideally at least one hour before or after other medications or supplements. Continue this regimen for up to 2 weeks, then take a break or consult a healthcare professional for further guidance.

TYPICAL STARTING DOSE

1 tsp

Description

Bentonite is a natural clay often used in skincare and detoxification products. It is believed to have absorbent properties that can help remove impurities from the skin or digestive tract, but its use should be approached with caution and under proper guidance.

How it helps

In 2 placebo-controlled trials of 236 participants exposed to aflatoxins, supplementation with calcium montmorillonite (3 g/day) for 5 days reduced urinary excretion of an aflatoxin biomarker by 55-90%. Similarly, supplementation with refined calcium montmorillonite clay (1.5-3 g/day) for 3 months reduced AFB1-lysine adduct levels in a placebo-controlled trial of 380 exposed participants. NovaSil bentonite clay (1.5-3 g/day for 3 months in adults and 0.75-1.5 g/day for 14 days in children) reduced aflatoxin levels without impairing vitamin and mineral absorption in 2 placebo-controlled trials of 177 adults and 63 children [\[R, R, R, R, R\]](#).

Bentonite clay can bind to mold toxins in your body and assist in their removal.

3



Black Seed (Black Cumin)

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take 1000 mg of black seed (black cumin) supplement daily, preferably split into two doses of 500 mg each, one in the morning and one in the evening.

TYPICAL STARTING DOSE

1000 mg

Description

Black seed, also known as black cumin or *Nigella sativa*, has been used for its potential health benefits in traditional medicine. It is believed to have anti-inflammatory, antioxidant, and immune-boosting properties.

[Black seed](#) (black cumin) and its oil are used in cooking and traditional medicine [\[R\]](#).

People use black seed for [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Asthma
- Allergies
- High blood sugar
- High blood pressure
- Joint pain

How it helps

Black Seed (Black Cumin) has antifungal properties that can help to combat the mold in your system, reducing your sensitivity. It might also boost your immune system, improving your body's ability to fight off mold exposure.

4



Avoid Aflatoxins

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Store grains and nuts in a dry, cool place to prevent mold growth. Check for moldy smells or discoloration in foods before eating, especially in peanuts, corn, and grains. Avoid purchasing damaged or discolored grains and nuts.

Description

Aflatoxins are toxic substances produced by molds that can contaminate various food products, particularly nuts and grains. Avoiding foods contaminated with aflatoxins is crucial to prevent potential health risks, including liver damage and cancer.

How it helps

Aflatoxins are a type of mycotoxin produced by certain molds found on agricultural crops. Avoiding foods contaminated with aflatoxins can decrease mold exposure and related health issues.

5



Probiotic Yogurt

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Consume one to two servings of probiotic yogurt each day. Each serving is typically 6 to 8 ounces. Continue this practice daily for at least 1 to 2 weeks to begin noticing benefits to digestive health.

Description

Probiotic yogurt is a dairy product containing live probiotic cultures like Lactobacillus and Bifidobacterium, which can aid digestion and improve gut health when consumed regularly. It is a good source of calcium, protein, and probiotics, contributing to bone health and digestive well-being.

How it helps

Probiotic yogurt can help support a healthy gut microbiome, potentially reducing the impact of mold sensitivities.

6



Avoid Mycotoxin

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

To avoid mycotoxins, store grains and nuts in a dry, cool place, check for mold on foods before eating, and avoid consuming products with visible mold. Prefer buying whole foods over processed ones, and if possible, opt for foods tested for mycotoxin contamination. Discard any food that smells musty or shows signs of spoilage.

Description

Avoiding mycotoxin exposure, which can occur in contaminated foods, is crucial to prevent potential health risks such as liver damage and cancer. Being cautious about food quality and storage conditions can help minimize the risk of mycotoxin ingestion.

How it helps

Mycotoxins are toxic compounds produced by certain molds. Limiting exposure to mycotoxins is beneficial for reducing symptoms associated with mold sensitivity.

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.