SelfDecode™

Taurine

Biohacker Report

REPORT CATEGORY

NUTRITION

Sample Client

Report date: 15 January 2026

Powered by omicsedge

Table of Contents

Personal information

NAME

Sample Client

SEX AT BIRTH

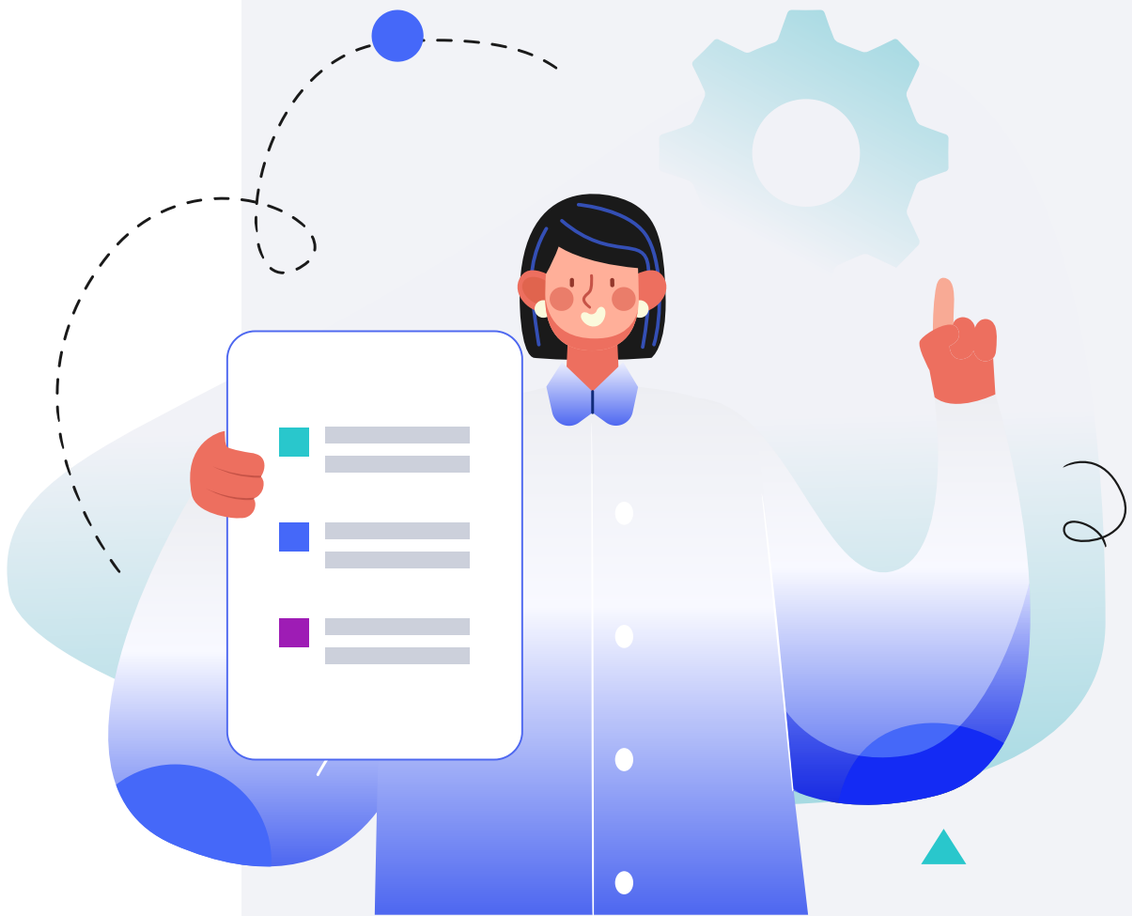
Male

HEIGHT

5ft 5" 165cm

WEIGHT

137lb 62kg

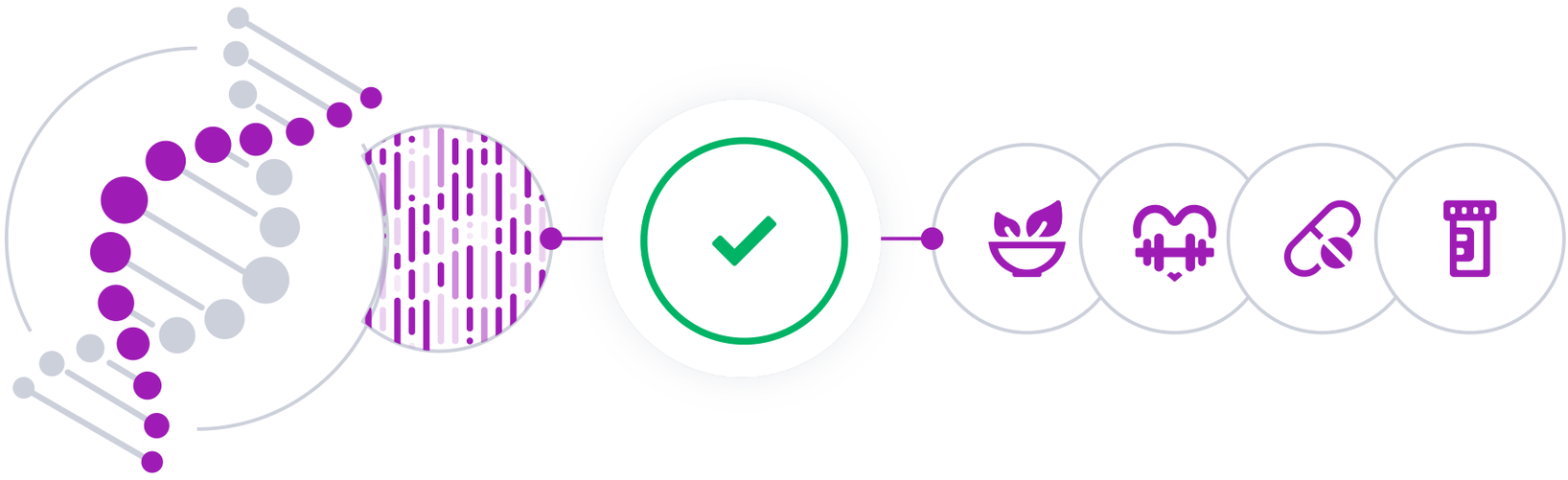


DISCLAIMER

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

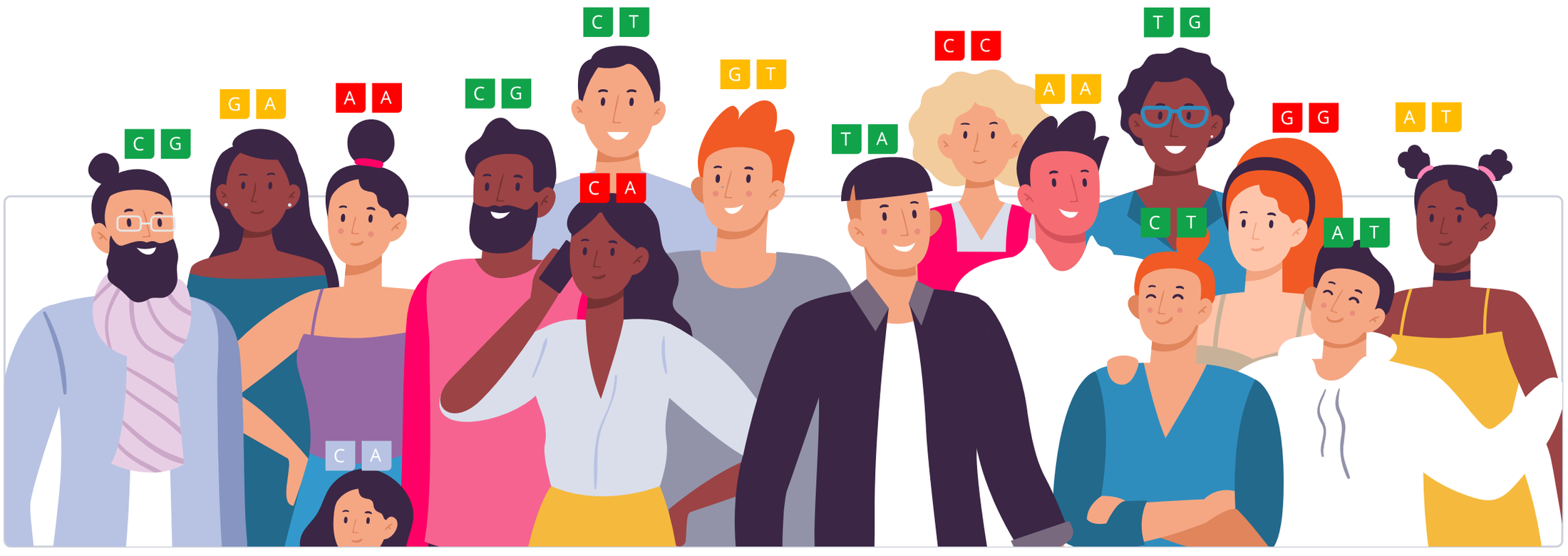
Our Wellness Reports analyze how your DNA influences your health.
We then use this analysis to give you personalized risk estimates and recommendations.



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.

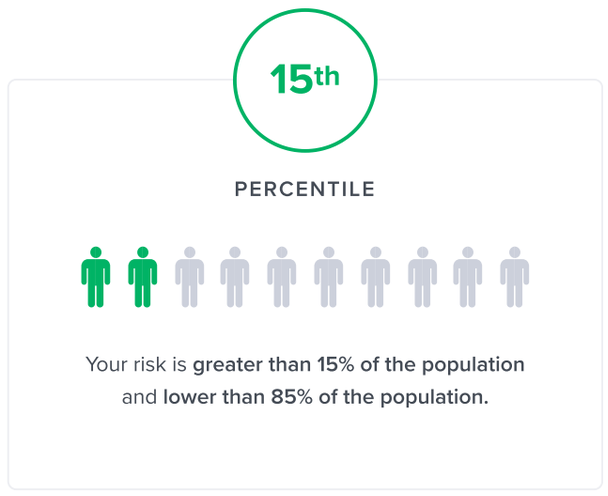
Genetic variants are parts of DNA that differ from person to person. Some can make you more vulnerable to certain health issues, while others may influence traits such as eye color.



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.

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

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



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, afew 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

Taurine is a non-essential amino acid, meaning that your body is capable of making what it needs. Still, getting more taurine from dietary sources may offer a range of health benefits.

It is the most abundant amino acid in many organs and helps support [R]:

- Heart health
- Brain health
- Eye health
- Muscle function
- Nerve function
- Immunity

Taurine is found in a variety of foods, from **meat and seafood to dairy, eggs, and beans**. Though a popular supplement for exercise, the research on its effectiveness is mixed [R, R].

Taurine levels decline as we age, and researchers are studying its potential benefits for overall health and longevity [R, R, R].

Factors Affecting Taurine Status

Low taurine levels are rare. Potential risk factors include [R]:

- Kidney issues
- Reduced taurine intake
- Reduced methionine and vitamin B6 intake
- Older age
- Various chronic health issues
- Certain medications
- **Genetics**

You can ensure adequate taurine levels by including taurine-rich foods in your diet or taking a supplement.

If you have concerns about taurine deficiency talk to your healthcare professional.

TYPICAL NEED

Likely typical taurine needs based on 11,487 genetic variants we looked at

Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
NLRP12	rs4632248	GG
SHISA6	rs6503358	AA
FSTL4	rs150849543	TC
EDIL3	rs150528855	CT
SLITRK1	rs192762805	TC
/	rs28452380	GG
/	rs12576623	TT
ORMDL2	rs77145008	TT
ADCY2	rs151146801	GG
PPFIBP2	rs145469063	CC
C9ORF152	rs142089194	AA
RRP12	rs61864255	CC
TBXAS1	rs117836866	AA
SNAP25	rs79262309	TT
NETO1	rs11659202	GG
HMGN1	rs192926831	CC
TOPBP1	rs112227893	AA
MACC1	rs73080450	GG
GAS2L1	rs117497222	TT
EVA1C	rs149047607	TT
ABCB10	rs184398685	TT
NIBAN1	rs34199165	GG
ZPR1	rs117685255	TT
RTL1	rs145396156	GG
PRMT6	rs115588973	TT
HPS3	rs73168804	TT
B3GALT1	rs144887265	TT
FREM1	rs75136442	TT
PHACTR2	rs144328973	AA
CLDN14	rs141407166	TT
TMEM132D	rs183412754	AA
MPHOSPH6	rs78387568	CC

GENE	SNP	GENOTYPE
STK32C	rs117050174	CC
MAGI2	rs143783757	AA
IRF2	rs192329659	GG
PCDH20	rs118158552	AA
CHODL	rs77545925	GG
ATP8B1	rs151186978	GG
/	rs181815656	GG
CISD1	rs2779637	TT
INPP5A	rs72868929	GG
UTP23	rs140776387	AA
NYAP2	rs138362621	TT
GNB1L	rs141609155	CC
CCDC198	rs117786916	CC
FLRT3	rs143696585	AA
PSEN1	rs117985645	CC
C8ORF37	rs183068198	GG
TBL1XR1	rs183756663	AA
/	rs182557938	CC

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
1	Taurine	500 mg

1

Taurine

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Take 1-4 g of taurine supplement daily, divided into two or three doses with meals for optimal absorption. It can be taken continuously, with periodic evaluations of its effects and benefits.

TYPICAL STARTING DOSE

500 mg

Description

Taurine is an amino acid found in various foods and often used in energy drinks and supplements. It plays a role in neurological and cardiovascular health and can help support energy metabolism.

Taurine is the most abundant free amino acid in humans. It's not essential, which means we can produce it. We can also get it from protein-rich foods, such as [R]:

- Seafood
- Meat
- Dairy

Taurine is a popular additive in energy drinks and can also be taken as a supplement [R].

Taurine plays an important role in [R, R]:

- Bile production
- Calcium metabolism

It is also well-known for its antioxidant and anti-inflammatory properties [R].

How it helps

There may be some confusion in your question as Taurine is an amino acid, not a condition. Therefore, a supplement recommendation of Taurine cannot treat the condition "Taurine" because it's not a recognized medical condition.

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.