

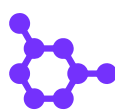
Testosterone (F)

DNA Health Report

REPORT CATEGORIES —



REPRODUCTIVE
HEALTH



SEX HORMONES



SEXUAL HEALTH

Sample Client

Report date: 15 January 2026

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Personal information

NAME

Sample Client

SEX AT BIRTH

Male

HEIGHT

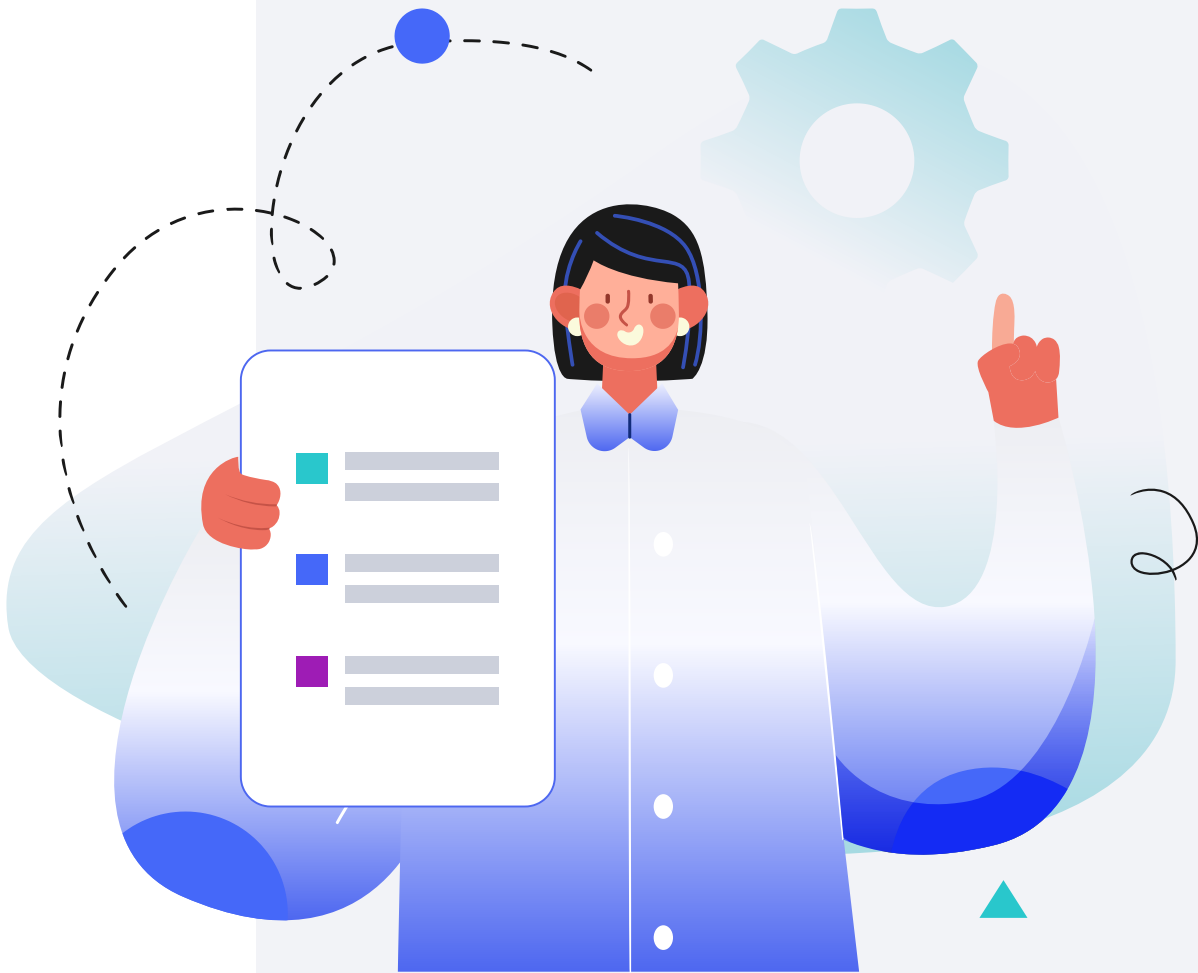
5ft 5" 165cm

WEIGHT

137lb 62kg

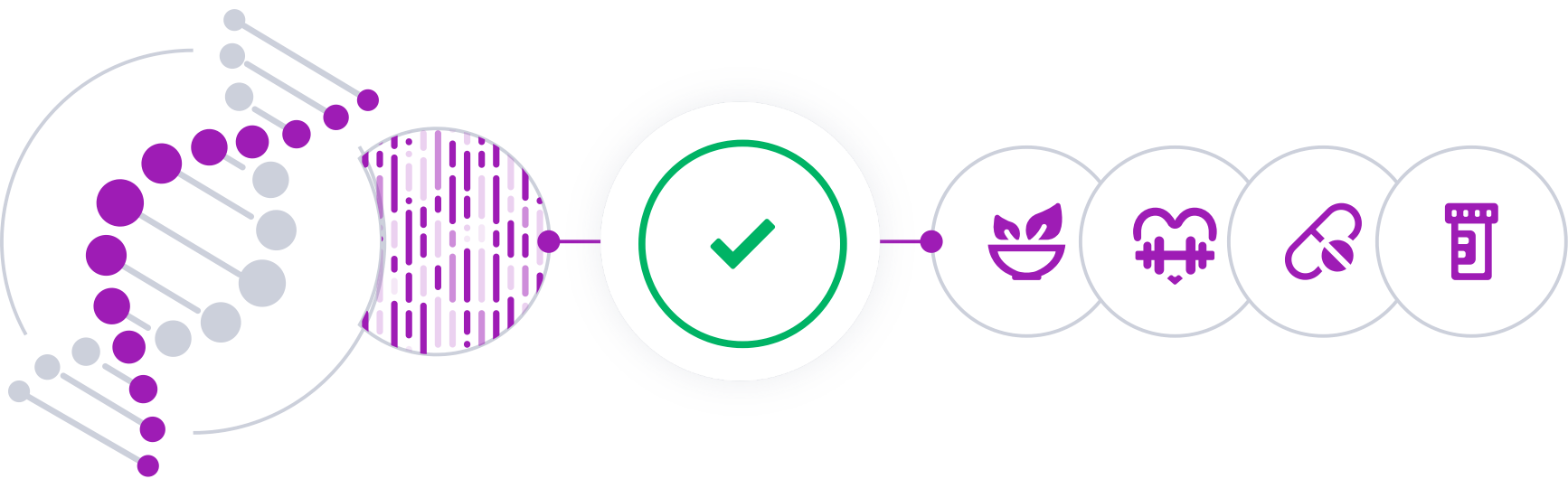
DISCLAIMER

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.

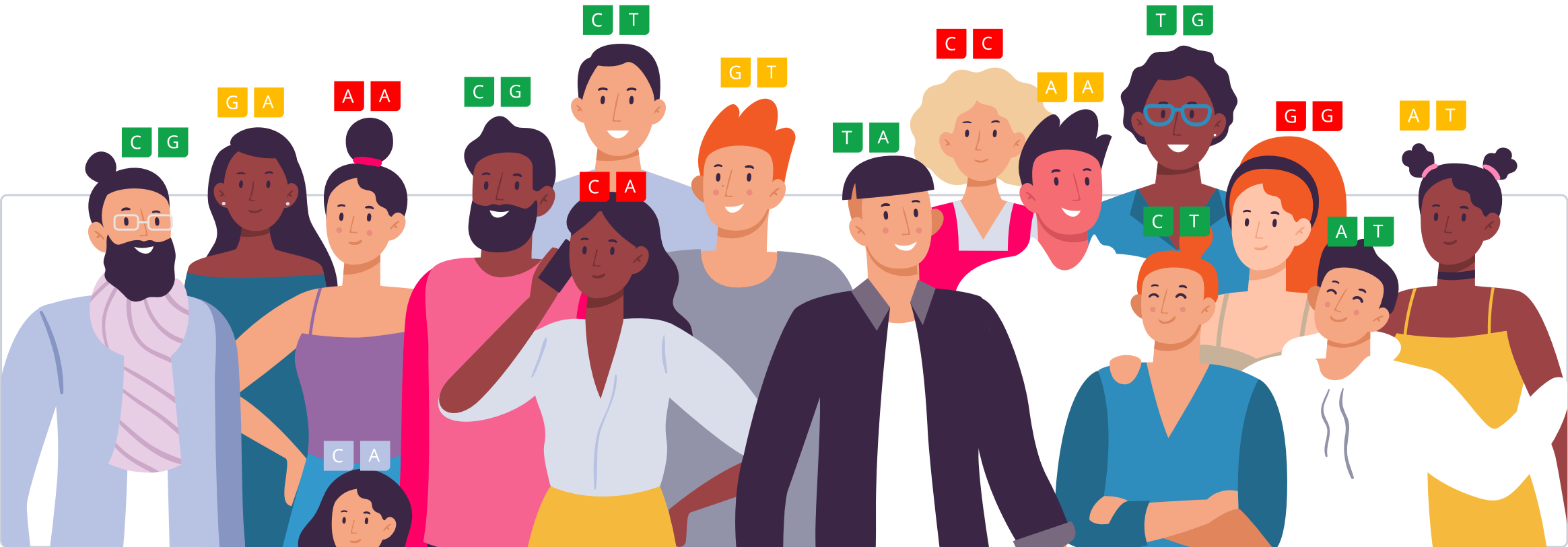


Similarly, our Trait Reports look at how your DNA influences your traits.



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

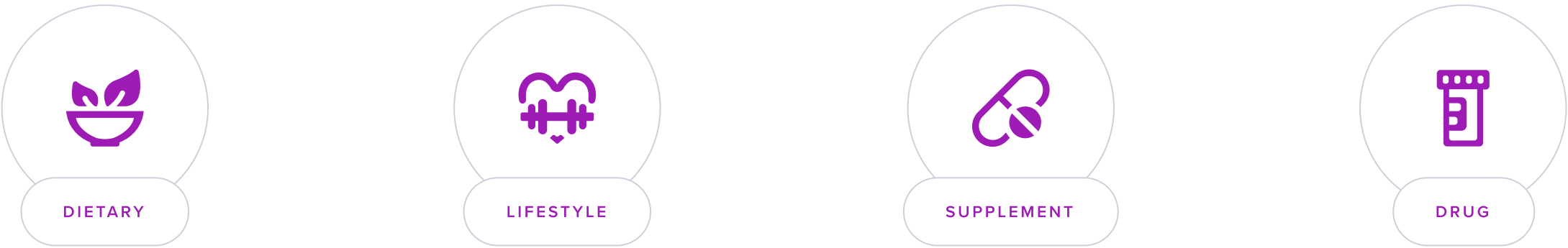
You have 2 risk alleles

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

Testosterone is the major male sex hormone. However, testosterone is important for females as well. Normal testosterone levels are important for maintaining bone health and a healthy sex drive in all people [\[R\]](#).

In women, **polycystic ovarian syndrome (PCOS) may cause high testosterone levels.** Problems linked with high testosterone include [\[R\]](#):

- Acne
- High blood pressure and high cholesterol
- Irritability and mood changes
- Difficulty with fertility

On the other hand, genetics, obesity, and some chronic conditions may contribute to **low testosterone.** Women with low testosterone may experience [\[R\]](#):

- Low sex drive
- Mood changes
- Brittle bones

Genetics, Environment and Testosterone

Testosterone is the major male sex hormone. However, normal testosterone levels are important for maintaining bone health, sex drive, and more **in all people**.

In women, problems linked with high testosterone include acne, high blood pressure and cholesterol, mood changes, and fertility issues [\[R\]](#), [\[R\]](#).

Up to 60% of differences in people’s testosterone levels may be due to genetics. Genes involved may influence testosterone metabolism [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Testosterone levels are also influenced by your environment and lifestyle habits. Ways to balance your testosterone include [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Exercising
- Maintaining a healthy weight
- Improving your sleep quality
- Eating a diet with healthy fats. Testosterone is made from cholesterol, and low-fat diets have been linked to low testosterone levels



Predisposed to higher testosterone levels based on 1,655 genetic variants we looked at

Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
CYP3A7	rs45446698	TT
PRLR	rs112694713	AA
FKBP4	rs56196860	CC
TYK2	rs8111359	CC
NUDT2	rs61237993	AA
AKR1C3	rs36032941	AC
ABCA8	rs34931250	CT
MCM9	rs1032388	CT
SLC51A	rs5855544	DEL()T
MLXIPL	rs13229619	GA
REEP3	rs10740131	TA
SDC1	rs3771243	GA
CNDP2	rs117327231	CC
C4A	rs184265581	GG
CMIP	rs58072681	TT
SLC22A10	rs1939769	GG
LRP12	rs11774829	TT
S1PR1	rs6684361	TT
ZNF799	rs4804181	AA
/	rs2824138	TT
SRP14	rs11638521	CC
TNFSF12	rs62059839	CC
/	rs12436785	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	
1	Geranylgeraniol150 mg

1



Geranylgeraniol

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Geranylgeraniol can be taken as a dietary supplement, typically in the form of capsules or softgels. The recommended dosage varies depending on individual health needs and the specific product formulation. It is generally advised to start with a lower dose and gradually increase it, under the guidance of a healthcare professional. Taking it with a meal may enhance absorption and efficacy.

TYPICAL STARTING DOSE
150 mg

Description

Geranylgeraniol is a natural compound found in various plants and herbs, known for its potential health benefits. It plays a crucial role in the body's biosynthesis of essential molecules like CoQ10 and vitamin K2. This compound is noted for its anti-inflammatory, antioxidant, and anti-cancer properties, making it a promising supplement for enhancing overall well-being.

How it helps

Geranylgeraniol (GG) supplementation (150-300 mg) may enhance testosterone levels, particularly in people with baseline levels below 700 ng/dL. It showed significant increases in total, free, and bioavailable testosterone in an 8-week study of 66 healthy men and women [R].

Next Steps

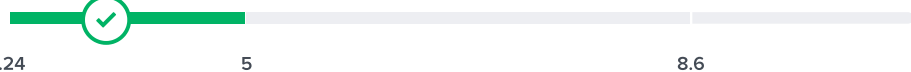
Remember, your genes only tell one important part of your health story!

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.

	LH	2.73 mIU/mL		9 Nov 2025
	SHBG	39.3 nmol/L		9 Nov 2025
	DHEA Sulfate	303 mcg/dL		9 Nov 2025
	Estradiol	101.46 pg/mL		9 Nov 2025
	Testosterone, Total	1500 ng/dL		9 Nov 2025
	Testosterone, Free (Direct / Labcorp)	150 pg/mL		9 Nov 2025