

Total Protein

Biohacker Report

REPORT CATEGORY —



WEIGHT & BODY FAT

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

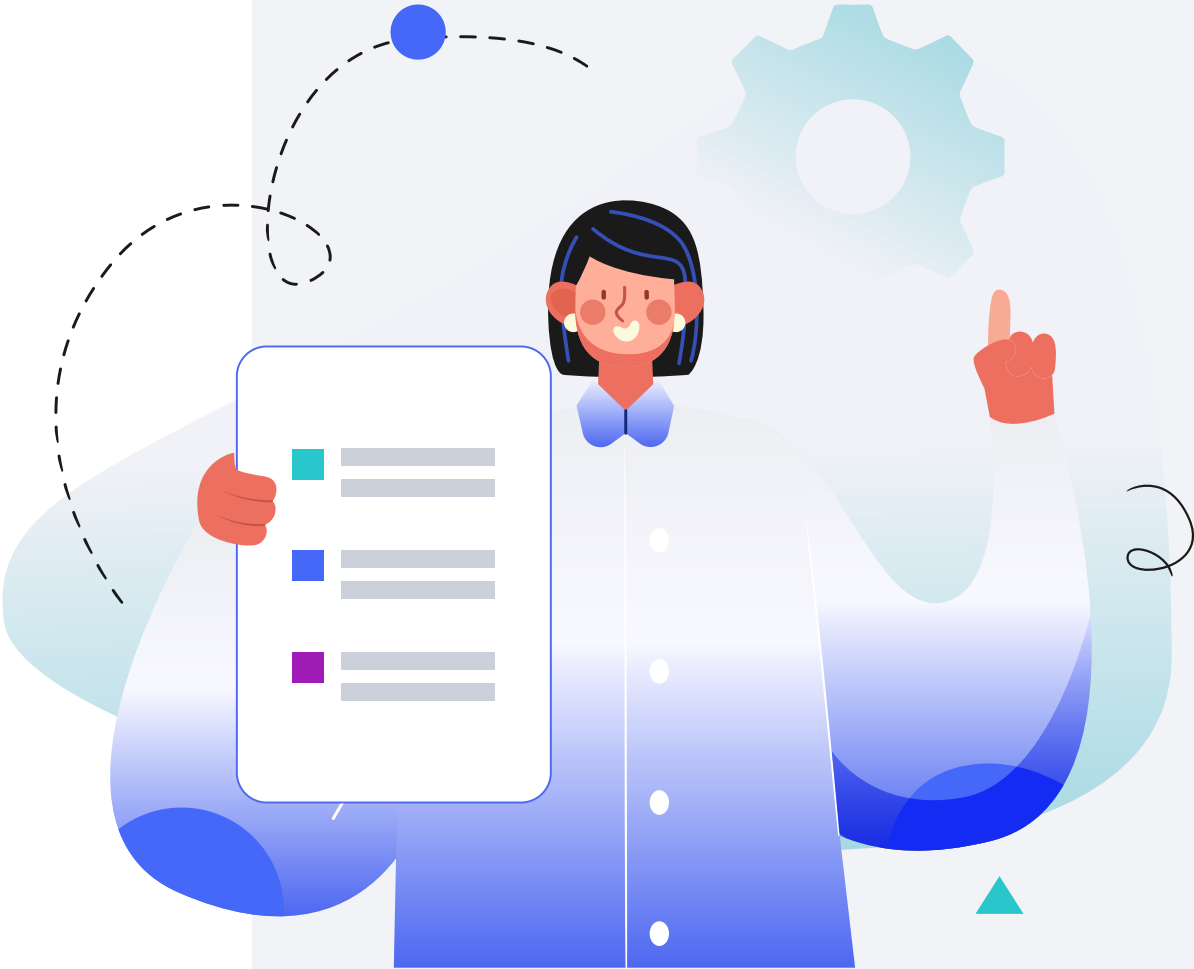
Male

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

Total protein includes [albumin](#) and [globulins](#).

Proteins play an important role in many biological processes. They help with [\[R\]](#):

- Growth and development
- Nutrient and hormone transport
- Muscle function
- Immune function

Normally, albumin makes up for more than half of blood proteins, and the remainder are globulins [\[R\]](#).

Albumin is made in the liver and is the most plentiful protein in the blood. It helps maintain osmotic pressure (prevents fluid from leaking out of blood vessels) and transports hormones, vitamins, and minerals around your body.

Globulins include enzymes, antibodies, and carrier proteins [\[R\]](#).

Factors Affecting Total Protein Levels

Total protein includes [albumin](#) and [globulins](#). **Albumin** is made in the liver and is the most plentiful protein in the blood. It helps maintain osmotic pressure (prevents fluid from leaking out of blood vessels) and transports hormones, vitamins, and minerals around your body. **Globulins** include enzymes, antibodies, and carrier proteins [\[R\]](#).

Generally, total protein levels are only checked when doctors suspect specific medical issues. Things that may affect total protein levels include [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Malnutrition
- Liver disease (reduced production)
- Kidney disease (increased loss)
- Dehydration
- **Genetics**

Up to **65%** of differences in people’s protein levels may be due to genetics [\[R\]](#).



Predisposed to typical protein levels based on **931,097** genetic variants we looked at

Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
FCGR2B	rs2926468	CC
TNFRSF13B	rs34562254	AG
ARHGAP45	rs62131205	CC
DIPK1A	rs2244588	AA
/	rs113722063	CC
IQGAP2	rs34592828	GA
GRAMD1A	rs1688031	TC
TNFSF12	rs3803800	GA
TRAF3	rs12436513	CA
GCKR	rs1260326	TC
BCL2	rs4940572	AG
TCF7	rs62379371	AG
SNX8	rs144787122	AA
SH2B3	rs540639423	CC
HAX1	rs117525971	GG
SERPINA1	rs28929474	CC
FLT3	rs76428106	TT
RBPJ	rs77849807	AA
TNFSF13B	rs374039502	TT
ADAL	rs139974673	TT
ABCA6	rs77542162	AA
FCGRT	rs142385484	CC
CCND2	rs76895963	TT
/	rs9274442	GG
BIRC2	rs118115443	AA
IKZF3	rs13380871	TT
TNFRSF13C	rs7287486	GG
IGHG2	rs148393876	CC
BMP2K	rs118190473	TT
RASA2	rs9819371	CC
TNFAIP3	rs112020444	CC
SLC38A5	rs5906672	C

GENE	SNP	GENOTYPE
BCL2L11	rs1448187	TT
DNAJC13	rs77682405	GG
MAFB	rs66739327	CC
ANKRD55	rs6873385	TT
PPARG	rs1801282	CC
IL2RA	rs12722497	CC
MAML2	rs11021537	GG
DUSP22	rs2143738	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	Black Seed (Black Cumin) 1000 mg

1



Black Seed (Black Cumin)

IMPACT

1 / 5

EVIDENCE

1 / 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

In an [uncontrolled trial of 30 patients with hepatitis C](#), supplementation with black seed (450 mg, 3x/day) for 3 months **reduced viral load and TAC, as well as improved total protein, albumin, red blood cell count, platelet count, and fasting glucose** [\[R\]](#).

The combination of black seed (250 mg/day) and ascorbate (1000 mg/day) as an add-on to antivirals for 8 weeks **reduced the levels of AST, ALT, ALP, GGT, bilirubin, and MDA, and increased SOD, TAS, and GSH activity** in a [non-placebo-controlled trial of 30 patients with hepatitis C](#) [\[R\]](#).

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.

	Protein, Urine		Negative Positive	9 Nov 2025
	Protein, Total	7.4 g/dL	6.16.67.88.1	9 Nov 2025
	Albumin	4.3 g/dL	3.44.45.5	9 Nov 2025
	Globulin	3.1 g/dL	233.5	9 Nov 2025