

Unexplained Weight Loss

DNA Health Report

REPORT CATEGORY —



WEIGHT & BODY FAT

Sample Client

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Table of Contents

03 How this works

- 04 Impact
- 05 Evidence
- 06 Some things to keep in mind

07 Introduction

08 Your genetics

09 Your recommendations

13 Next Steps

- 13 Your Lab Results

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

Unexplained weight loss refers to a significant drop in body weight that occurs without a clear reason, such as dieting or increased physical activity. The condition is often a symptom rather than a disease itself and may be a sign of an underlying health issue.

In medical practices, clinicians consider a weight loss of more than 5% over a period of 6-12 months as unexplained or unintentional if the individual is not actively trying to lose weight through changes in nutrition or exercise regimes.

Causes and Management

Potential causes of unexplained weight loss can range from digestive disorders, such as celiac disease or peptic ulcers, to systemic conditions like diabetes, hyperthyroidism, or chronic obstructive pulmonary disease (COPD). Emotional and mental health issues such as depression or anxiety can also lead to decreased appetite and subsequent weight loss.

Due to the broad range of possible etiologies, a thorough evaluation, which may involve a series of tests and assessments, is critical to identify and address the root cause of weight loss.



TYPICAL LIKELIHOOD

Typical likelihood of unexplained weight loss based on 1,674 genetic variants we looked at



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	Maintain a Regular Meal Schedule	2	Good Eating Habits
3	Strength Training		1 hour

1



Maintain a Regular Meal Schedule

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Eat your meals at the same times each day, for instance, breakfast at 7 AM, lunch at 12 PM, and dinner at 6 PM. Stick to this schedule every day, including weekends, to help regulate your body's internal clock and improve digestion.

Description

Maintaining a regular meal schedule helps regulate blood sugar levels, supports digestion, and promotes a healthy metabolism. Consistency in meal timing can contribute to overall energy balance and long-term weight management.

Blood sugar ([glucose](#)) is the body’s main source of energy. It increases after a meal. Skipping meals may reduce this energy supply and lead to [\[R, R\]](#):

- Poor cognitive performance
- Headaches

A regular meal schedule means eating the same number of meals at about the same times every day. Doing so may help [\[R, R\]](#):

- Balance the internal clock
- Maintain a healthy body weight
- Support healthy cholesterol levels
- Prevent migraines

How it helps

Maintaining a regular meal schedule helps stabilize blood sugar levels and improves nutritional intake, which can counteract the effects of unexplained weight loss. This consistency supports metabolic health and encourages energy balance, essential for weight stabilization.

2



Good Eating Habits

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate a variety of fruits, vegetables, whole grains, lean proteins, and healthy fats into your meals daily. Aim to eat at regular intervals, ideally three meals and one to two healthy snacks per day, to maintain energy levels and avoid overeating. Reduce consumption of processed foods, sugary snacks, and beverages.

Description

Practicing good eating habits, such as balanced and portion-controlled meals, can help maintain a healthy weight, support proper nutrition, and reduce the risk of chronic diseases.

Eating habits involve the how, what, when, and where of your diet. Some eating habits can be good for your health, but others... not so much.

Good eating habits include [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Planning and preparing most of your meals
- Eating mindfully and slowly
- Only eating when hungry
- Not skipping meals

Developing good eating habits takes attention, practice, and effort [\[R\]](#).

How it helps

Good eating habits contribute to stabilizing weight by providing essential nutrients necessary for maintaining energy balance and metabolic function, addressing the potential deficiencies that may accompany unexplained weight loss.

3



Strength Training

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Engage in strength training exercises, such as weight lifting or bodyweight exercises, for 60 minutes per session, 2 to 3 times per week. Ensure you work all major muscle groups and rest each muscle group for at least 48 hours before exercising it again.

TYPICAL STARTING DOSE

1 hour

Description

Strength training, also called resistance or *anaerobic* training, contracts the muscles against an external resistance for short periods of time. This helps gain muscle strength, tone, and mass. This can include activities like weight lifting, pushups, and crunches.

Strength training, also known as resistance training, is a type of physical exercise that uses resistance to build strength, anaerobic endurance, and size [\[R\]](#). Some of the most common strength training methods include [\[R\]](#):

- Weight lifting
- Bodyweight exercises like push-ups, pull-ups, squats, and lunges.
- Resistance bands
- Plyometrics or explosive force exercises

The benefits of strength training are numerous, and include [\[R\]](#):

- Increased muscle strength
- Improved bone health
- Reduced risk of injury
- Improved balance and coordination
- Enhanced mood
- Boost metabolism

Consult with a doctor before starting any new exercise program, especially if you have any health conditions.

How it helps

Strength training helps build muscle mass, which can be beneficial for individuals experiencing unexplained weight loss. By increasing muscle mass, the body's resting metabolic rate may improve, potentially stabilizing weight and promoting healthier body composition.

Next Steps

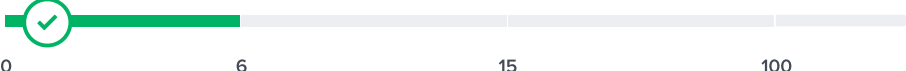
Remember, your genes only tell one important part of your health story!

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.

	TSH	2.76 mIU/mL		9 Nov 2025
	ESR	1 mm/hr		9 Nov 2025
	WBC	6.92 x10^3/mm3		9 Nov 2025
	HbA1c	30 mmol/mol		29 Dec 2025
	Ferritin	102.2 ng/mL		9 Nov 2025
	Glucose, Fasting	97 mg/dL		9 Nov 2025
	Vitamin B12	687 pg/mL		9 Nov 2025
	Albumin	4.3 g/dL		9 Nov 2025
	Hemoglobin	17.1 g/dL		9 Nov 2025

✓	Creatinine	1.08 mg/dL	0.6 0.7 1.1 1.2	9 Nov 2025
!	hs-CRP	1.6 mg/L	0 0.5 3 100 500	9 Nov 2025
✓	BUN	14 mg/dL	7 13 22 25	9 Nov 2025