

Uterine Fibroids

DNA Health Report

REPORT CATEGORY —



REPRODUCTIVE
HEALTH

Sample Client

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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

“A pain in my uterus” doesn’t quite have the same ring to it as some other body parts, but it may be even more relatable.

Fibroids, or benign growths of the uterus, are one of the most common diseases in women- it’s estimated that 50-80% of women have uterine fibroids [R].

We also know that women have been suffering from fibroids for millenia. Researchers have found them in the remains of cave women and Egyptian mummies [R].

Before modern imaging and surgical techniques, fibroids were very difficult to treat. They were often mistaken for ovarian tumors, and many women died seeking treatment for fibroids [R].

These days, fibroids remain a common cause of abdominal pain, bowel and bladder symptoms, and infertility [R].

If you have suffered from fibroids, you’re in good company. Singer Sara Bareilles, Real Housewife Bethenny Frankel, and model Beverly Johnson have all publicly discussed their struggles with the disease [R].

Genetics is among the factors contributing to this condition. Additionally, genes may interact with certain risk factors and interventions.

For example, one [CCND1](#) gene variant may be linked to uterine fibroids in women with excess weight. Hence, women with this variant should take special care to maintain a healthy weight [R].

On the other hand, a plant-based diet may help protect against fibroids in women with a particular [BET1L](#) gene variant [R].

We just scratched the surface with the examples above, so **read on to find out more about:**

- **How your genetics play a role in uterine fibroids**
- **Your genetic risk score based on almost 200 genetic variants**
- **Personalized recommendations based on your genetics**

About Uterine Fibroids

Uterine fibroids are benign growths that develop in the walls of the uterus. They can vary in size – some are so small that they can’t be seen by the human eye, while others are so large that they can alter the shape of the uterus [\[R, R\]](#).

In the US, **70-80% of women** may be diagnosed with uterine fibroids before they turn 50 [\[R, R, R\]](#).

Risk factors for uterine fibroids include [\[R, R, R, R\]](#):

- An early first period
- Ethnicity – black women have increased risk
- A diet higher in meat and lower in fruit, vegetables, and dairy
- Vitamin D deficiency
- Obesity
- Alcohol intake
- **Genetics**

Often, uterine fibroids don’t cause any symptoms. If there are symptoms, they can include [\[R\]](#):

- Irregular periods (heavy bleeding, periods that last longer than a week, etc.)
- Pain in the pelvis, legs, or back
- Urinating frequently
- Problems with emptying the bladder fully
- Constipation

Rarely, uterine fibroids can lead to complications like [\[R\]](#):

- Infertility and pregnancy problems
- Anemia due to blood loss

Treatment of uterine fibroids can include [\[R\]](#):

- Medications that balance sex hormones
- Medications that reduce bleeding
- Painkillers
- Surgery

Genetics may play a role in people’s chances of developing uterine fibroids. Genes involved may influence cell growth and hormone levels [\[R, R, R\]](#).



MORE LIKELY

More likely to have uterine fibroids based on 49 genetic variants we looked at



Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
POT1	rs79314063	CC
/	rs780590302	AA
BET1L	rs73392700	GG
PAH	rs17033114	TT
UIMC1	rs34933909	TT
CDC42	rs3820282	CT
SLC38A2	rs2131371	CC
MCM8	rs16991615	AG
TERT	rs10069690	CT
ITGA11	rs2306022	CT
ADSL	rs2413620	CG
SULT1B1	rs10794695	TA
E2F6	rs12479436	GT
CD44	rs2553773	CG
/	rs566396343	AA
CTNNA2	rs755741156	AA
TP53	rs78378222	TT
SLAIN2	rs551980034	CC
/	rs779929745	TT
/	rs772494879	CC
GABRG1	rs540409605	CC
FOXO1	rs117245733	GG
POGLUT3	rs149934734	CC
STN1	rs79342925	CC

GENE	SNP	GENOTYPE
SULF2	rs6094982	TT
LNX1	rs191692776	CC
CHEK2	rs17879961	AA
SYNE1	rs58415480	CC
LNX1	rs62323681	AA
TGM1	rs41293836	CC
RAP2C	rs5930554	T
STMN3	rs41308088	CC
CCDC73	rs2207548	CC
DMRT1	rs10815717	GG
GADD45G	rs28508285	AA

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 Endocrine Disruptors	2	Maintain Optimal Vitamin D Levels1000 iu
3	Dairy Products	4	Aerobic Exercise (Cardio)1 hour
5	Relaxation Techniques30 minutes	6	Limit Soy Intake
7	Exercise At Least One Hour a Day1 hour	8	N-acetylcysteine (NAC)600 mg
9	Meditation30 minutes	10	Apply Heat15 minutes
11	Dietary Iron	12	Green Tea Extract250 mg
13	Avoid Refined Sugar	14	Green Tea400 mg

1



Avoid Endocrine Disruptors

IMPACT3 / 5

EVIDENCE3 / 5

How to implement

Minimize exposure to endocrine disruptors by opting for organic foods to reduce pesticide intake, using glass or stainless steel instead of plastic containers for food and beverages, avoiding cosmetics and personal care products with parabens or phthalates, and regularly vacuuming and dusting your home to reduce contact with flame retardants found in household dust.

Description

Avoiding exposure to endocrine disruptors, such as certain chemicals found in plastics and pesticides, is crucial for maintaining hormonal balance and reducing the risk of hormone-related health problems.

Endocrine disruptors are chemicals that interfere with the body’s hormone (endocrine) system by [\[R, R\]](#):

- Blocking the function or activity of hormones
- Mimicking the function of hormones

Based on limited studies, long-term exposure to these chemicals can have negative effects on health [\[R, R\]](#).

Endocrine disruptors can be found in cosmetics, food products, pesticides, and other common household items [\[R\]](#).

How it helps

Exposure to endocrine disruptors is linked to a higher risk of uterine fibroids. Chemicals found in some plastics may play a role [\[R, R, R, R, R, R, R\]](#).

Some tips to avoid these chemicals include:

- Washing your hands, especially before eating
- Washing your fruits and vegetables
- Buying organic foods whenever possible
- Dusting and vacuuming regularly
- Reducing the use of certain plastics and cosmetics

2



Maintain Optimal Vitamin D Levels

IMPACT

3 / 5

EVIDENCE

2 / 5

How to implement

Check your vitamin D levels, they should ideally be in the 30-66 ng/mL range. If your levels are lower than that, take a vitamin D supplement, 1000-4000 IU daily, to reach an optimal range.

TYPICAL STARTING DOSE

1000 iu

Description

Vitamin D, often referred to as the "sunshine vitamin," can be synthesized by the skin when exposed to sunlight, as well as being found in fish, eggs, and fortified milk. It helps regulate calcium absorption, promoting strong bones and a healthy immune system. Vitamin D deficiency can lead to conditions like rickets in children and osteoporosis in adults.

Your body needs [vitamin D](#) for strong bones. Vitamin D also plays a role in [\[R\]](#):

- Mood
- Immunity
- Heart health
- Blood sugar control

[Sunlight](#) is our main source of vitamin D. Experts recommend getting at least **5-15 minutes of midday sun, 2-3 times per week**. People with darker skin and those living at high latitudes may need longer periods of sun exposure [\[R\]](#), [\[R\]](#).

Foods like fish, eggs, and fortified milk provide small amounts of vitamin D. **People lacking vitamin D should consider taking a supplement** [\[R\]](#).

How it helps

Please note: *Experts recommend getting 600-800 IU of vitamin D per day. Medical bodies recommend against taking more than 4,000 IU per day* [\[R\]](#).

Genetically predicted higher vitamin D levels may be associated with a lower risk of uterine fibroids. In a two-sample Mendelian Randomization (2SMR) study, genetically predicted higher vitamin D levels were found to be causally associated with a reduced risk of uterine fibroids (UFs). The analysis involved data from the United Kingdom Biobank. The results showed an odds ratio of 0.995, indicating a significant protective effect of elevated serum vitamin D levels against UFs. No heterogeneity or pleiotropy was observed [\[R\]](#).

People with uterine fibroids tend to have lower vitamin D levels [\[R\]](#), [\[R\]](#), [\[R\]](#).

Vitamin D may help reduce uterine fibroids. It may also stop them from coming back and slow their progression [\[R\]](#), [\[R\]](#), [\[R\]](#).

3



Dairy Products

IMPACT3 / 5

EVIDENCE2 / 5

How to implement

Incorporate 2-3 servings of low-fat or fat-free dairy products into your daily diet. One serving could be 8 ounces of milk, 1 cup of yogurt, or 1.5 ounces of cheese. Choose options that are low in added sugars and consume as part of balanced meals or snacks throughout the day.

Description

Dairy products, such as milk, yogurt, and cheese, are rich sources of calcium and protein. They are essential for bone health, providing nutrients that support strong bones and teeth, as well as overall nutritional well-being.

Dairy products are made from milk. They include [\[R\]](#):

- Cheese
- Yogurt
- [Kefir](#)
- Butter
- Cream

Dairy products contain high levels of [calcium](#). Calcium helps build strong bones [\[R\]](#).

How it helps

Eating dairy products, especially yogurt, has been linked to a reduced risk of uterine fibroids [\[R\]](#), [\[R\]](#), [\[R\]](#).

However, drinking milk increased the risk of uterine fibroids in one study [\[R\]](#).

4



Aerobic Exercise (Cardio)

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Engage in at least 150 minutes of moderate-intensity aerobic exercise or 75 minutes of vigorous-intensity activity each week. Distribute this time over at least 3 days per week, avoiding consecutive days of vigorous exercise to allow for recovery.

TYPICAL STARTING DOSE

1 hour

Description

Engaging in regular aerobic exercise, such as running, swimming, or cycling, offers numerous health benefits, including improved cardiovascular fitness, weight management, and mood enhancement. It supports overall physical and mental well-being while reducing the risk of chronic diseases.

Cardio, short for cardiovascular exercise, is any type of physical activity that temporarily increases your heart rate. Examples include **running, cycling, swimming, and brisk walking**.

Regular cardio exercise has many benefits for your overall health. It can help lower your risk of heart disease and diabetes, support weight loss, and improve your mood and energy levels. To get the most out of cardio, try to do it for at **least 30 minutes, 3-5 times a week**.

Interval training is a type of cardio that combines periods of high-intensity training with brief rest periods.

How it helps

Being physically active is linked to a reduced risk of uterine fibroids. Both aerobic and resistance exercise may help [\[R, R\]](#).

Exercise may help by reducing estrogen levels and promoting weight loss [\[R, R\]](#).

5



Relaxation Techniques

IMPACT2 / 5

EVIDENCE2 / 5

How to implement

Incorporate relaxation techniques such as deep breathing exercises, meditation, or yoga into your daily routine. Spend at least 15-30 minutes each day practicing one of these techniques, preferably in a quiet, comfortable space without interruptions.

TYPICAL STARTING DOSE

30 minutes

Description

Relaxation techniques encompass various methods like deep breathing, yoga, meditation, and progressive muscle relaxation, aimed at reducing stress and promoting mental and physical relaxation. Practicing these techniques regularly can help manage stress, improve mental clarity, and enhance overall emotional well-being.

We all get stressed from time to time.

[Stress](#) can help you deal with a challenge or avoid danger. However, **it’s not healthy to be stressed for a long time** [\[R\]](#), [\[R\]](#).

Relaxation techniques such as [yoga](#) and [meditation](#) can relieve stress in different ways. Most of them focus on breathing and help you get rid of negative thoughts and emotions [\[R\]](#).

People use relaxation techniques to improve conditions like [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Anxiety
- Depression
- Chronic pain

Progressive muscle relaxation is another relaxation technique. In this technique, you focus on tensing and relaxing different parts of your body. It is common to start with the toes and slowly work your way up to the neck and head [\[R\]](#), [\[R\]](#).

Autogenic training is a relaxation technique that a person may carry out on their own. It uses exercises that take the mind’s attention to bodily sensations such as warmth and heaviness [\[R\]](#), [\[R\]](#).

How it helps

High levels of stress are linked to a higher risk of uterine fibroids. [\[R\]](#).

Stress may promote the growth of uterine fibroids by altering hormone balance. Practicing relaxation techniques such as yoga or meditation may help by reducing stress levels [\[R\]](#), [\[R\]](#).

6



Limit Soy Intake

IMPACT2 / 5

EVIDENCE2 / 5

How to implement

Reduce your consumption of soy and soy-based products to no more than 1-2 servings per week. This includes foods like tofu, soy milk, soy sauce, and edamame. Ensure to read labels on packaged foods to check for hidden soy ingredients.

Description

For individuals with specific allergies or sensitivities, limiting soy intake can help prevent uncomfortable symptoms and digestive issues.

Soy is a common food in many cuisines around the world, especially Asian cuisines [\[R\]](#).

It’s a great source of [\[R\]](#), [\[R\]](#):

- Plant-based protein
- Fiber
- Omega-3 fats
- Antioxidants (isoflavones)

However, eating too much soy over a long period of time is linked to uterine fibroids [\[R\]](#).

How it helps

Eating a lot of soy products is linked to a higher risk of uterine fibroids [\[R\]](#).

Soy isoflavones mimic estrogen in the body. This may promote the growth of uterine fibroids [\[R\]](#).

7



Exercise At Least One Hour a Day

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Dedicate a minimum of 60 minutes to moderate-intensity activities such as brisk walking, swimming, or cycling. Do this most days of the week, aiming for at least 5 days to optimize benefits.

TYPICAL STARTING DOSE

1 hour

Description

[Exercise](#) can do wonders for your health. It can help you lose weight, improve your heart health, boost your mood, and more [\[R\]](#).

There are many ways you can be active. You can walk, run, swim, dance, or play team sports. **Everything counts, and it's never too late to start!**

Try to get at least **60 minutes of moderate physical activity on most days**, including walking. **Getting a mix of cardio (min 150 min/day) and strength training (min 2 times a week) may be optimal.**

How it helps

Being physically active is linked to a reduced risk of uterine fibroids [\[R\]](#), [\[R\]](#).

Exercise may help by reducing estrogen levels and promoting weight loss [\[R\]](#), [\[R\]](#).

8



N-acetylcysteine (NAC)

IMPACT2 / 5

EVIDENCE1 / 5

How to implement

Take 600 mg of N-Acetylcysteine (NAC) supplement daily with water. It can be taken at any time of the day, but try to take it at the same time each day for best results.

TYPICAL STARTING DOSE

600 mg

Description

NAC is a supplement that contains a form of the amino acid cysteine, a protein building block that your body uses to make the antioxidant glutathione. It is used for its potential antioxidant properties and its ability to support lung, gut, and mental health.

[N-acetylcysteine](#) (NAC) is converted to cysteine in the body. Cysteine is a protein building block (amino acid) that helps make the antioxidant glutathione [\[R\]](#).

People take NAC to potentially support [\[R\]](#), [\[R\]](#):

- Mental health
- Ovarian health and pregnancy outcomes
- Lung health
- Gut health

How it helps

N-acetylcysteine or NAC (600 mg/day for 12 weeks) may help reduce uterine fibroids [\[R\]](#).

NAC may help by reducing oxidative stress [\[R\]](#).

9



Meditation

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Set aside 10-20 minutes each day in a quiet space without distractions to practice meditation. Focus on your breath or perform guided meditation using an app or audio track.

TYPICAL STARTING DOSE

30 minutes

Description

Meditation is a mindfulness practice that can reduce stress, improve mental clarity, and promote relaxation. Regular meditation is associated with numerous mental and emotional health benefits, including reduced anxiety and enhanced emotional well-being.

Meditation is a relaxation technique that trains your mind to focus and redirect your thoughts. Some of the main types of meditation are [\[R\]](#):

- Mindfulness
- Focused
- Transcendental
- Mantra
- Moving

People use meditation to improve [\[R\]](#), [\[R\]](#):

- Stress and anxiety
- Mood
- Sleep disturbances
- Pain

How it helps

High levels of stress are linked to a higher risk of uterine fibroids. [\[R\]](#).

Stress may promote the growth of uterine fibroids by altering hormone balance. Practicing relaxation techniques such as yoga or meditation may help by reducing stress levels [\[R\]](#), [\[R\]](#).

10



Apply Heat

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Place a warm, not hot, heating pad or a warm wet towel on the affected area for 15-20 minutes at a time. Do this several times a day, ensuring there's at least a 1-hour interval between sessions to avoid skin damage.

TYPICAL STARTING DOSE

15 minutes

Description

Applying heat, such as through heating pads or warm baths, can help relieve muscle tension and soothe pain. It is a common method for managing muscle aches, menstrual cramps, and minor injuries.

People use hot applications to relieve pain, improve blood flow, and more [\[R\]](#), [\[R\]](#).

Types of hot applications include [\[R\]](#), [\[R\]](#):

- Heating pads
- Hot baths
- Saunas
- Hot water bottles

How it helps

Applying heat helps to relax the pelvic muscles, reducing menstrual cramp discomfort which is often exacerbated by fibroids.

11



Dietary Iron

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate iron-rich foods into your daily meals, such as red meat, chicken, turkey, fish, beans, lentils, tofu, cooked spinach, and fortified cereals. Aim for at least 18 mg of iron per day for adult women and 8 mg per day for adult men. It's also beneficial to pair these foods with vitamin C-rich foods like oranges, strawberries, or bell peppers to enhance iron absorption.

Description

Iron (Fe) is an essential mineral. It helps make [hemoglobin](#), a protein that carries oxygen to cells. In this way, iron **increases energy** and supports **brain and immune system function** [\[R\]](#), [\[R\]](#), [\[R\]](#).

Foods rich in iron include [\[R\]](#):

- Oysters
- White beans
- Beef
- Chocolate
- Spinach
- Fortified cereals

Women should be getting **8-18 mg** of iron per day, while **men** should be getting **8 mg** [\[R\]](#).

Groups at risk of iron deficiency include [\[R\]](#):

- Menstruating women
- Children
- Vegetarians
- Routine blood donors

How it helps

Women with heavy menstrual bleeding due to fibroids may be at risk for iron-deficiency anemia. Including dietary iron can help prevent anemia.

12



Green Tea Extract

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take a green tea extract supplement containing 250-500 mg of EGCG (the active compound in green tea) daily, preferably with a meal to enhance absorption. This dosage is typically split into two separate doses, taken in the morning and later in the day. Continue this regimen for at least three months to observe potential health benefits.

TYPICAL STARTING DOSE

250 mg

Description

Green tea extract is a concentrated form of the beneficial compounds found in green tea, such as catechins. It is used in dietary supplements for its potential to enhance metabolism, aid in weight management, and provide antioxidant protection.

[Green tea](#) is made from the same plant as black tea (*Camellia sinensis*). However, the leaves and buds are processed differently [\[R\]](#).

Green tea contains **catechins**. These are antioxidants that help prevent [oxidative stress](#) [\[R\]](#).

EGCG is the main catechin found in green tea. It may help reduce inflammation and support weight loss [\[R\]](#).

How it helps

Green tea extract contains compounds like EGCG which have been shown to help reduce inflammation and could potentially modulate estrogen, a hormone that can influence the growth of fibroids.

13



Avoid Refined Sugar

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Eliminate foods and beverages high in refined sugars, such as sodas, candies, pastries, and white bread, from your diet. Replace them with natural sugars found in fruits and whole grains. Implement this change immediately and maintain it indefinitely for long-term health benefits.

Description

Reducing the consumption of refined sugar and high-sugar foods can help prevent dental problems, manage blood sugar levels, and support weight management.

How it helps

Refined sugars can lead to insulin resistance and weight gain, which might increase fibroid growth. Cutting back on sugar can reduce these risks.

14



Green Tea

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Consume 400 mg of green tea extract daily. This can be taken in the form of capsules or tablets available that specify the amount of green tea extract. Ensure the supplement is taken according to the product's specific instructions, usually once a day with water.

TYPICAL STARTING DOSE

400 mg

Description

Tea is a beverage made by steeping the leaves of the *Camellia sinensis* plant in hot water. It comes in various types, including black, green, white, and herbal teas, and is known for its diverse flavors and potential health benefits due to antioxidants and other bioactive compounds.

[Green](#) and black tea are made from the same plant (*Camellia sinensis*). This plant is processed in different ways to make each type of tea [\[R, R\]](#).

Tea contains antioxidants called **flavonoids**, which may help prevent [\[R, R, R, R\]](#):

- Heart disease
- Cancer
- Diabetes

How it helps

Compounds found in green tea, like EGCG, have been shown to potentially reduce the size and severity of fibroids.

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
	Vitamin D, 25-Hydroxy, Total	58.59 ng/mL		9 Nov 2025
	RBC	6.05 x10^6/mm3		9 Nov 2025
	Hematocrit	51.8 %		9 Nov 2025
	Hemoglobin	17.1 g/dL		9 Nov 2025
	Estradiol	101.46 pg/mL		9 Nov 2025