

Vitamin C

DNA Health Report

REPORT CATEGORY —



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

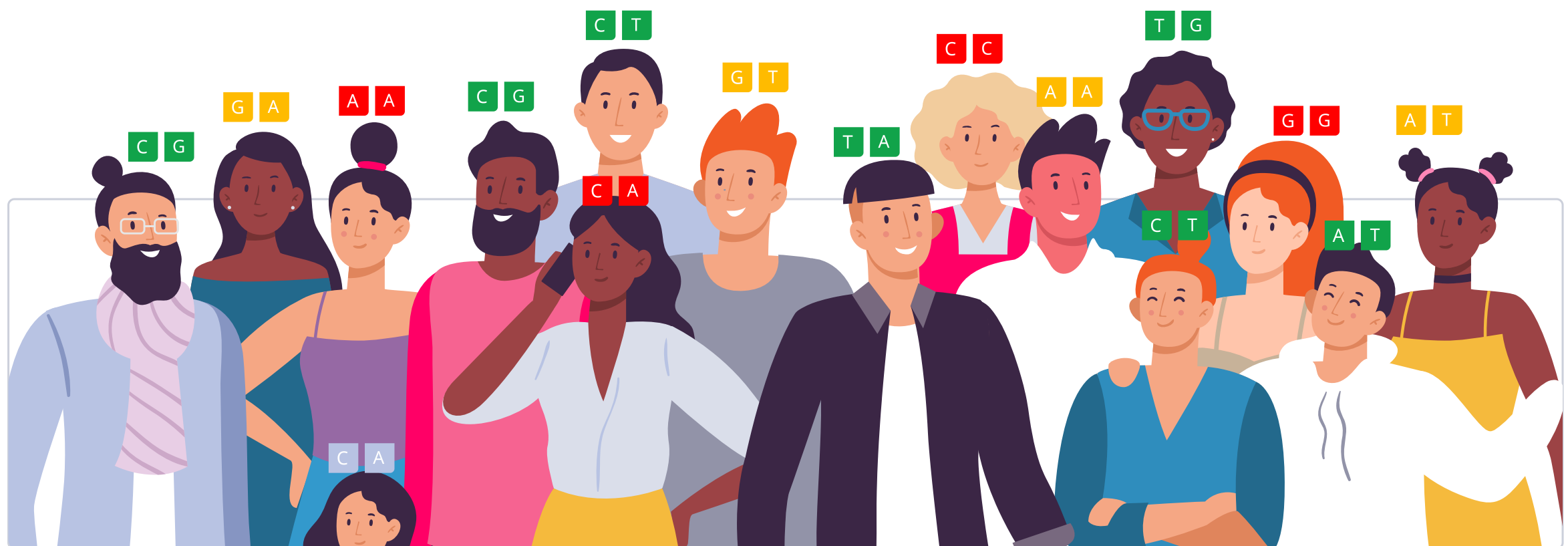


Our Wellness Reports analyze how your DNA influences your health.

We then use this analysis to give you personalized risk estimates and recommendations.



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

About 60 million years ago, our ancestors lost the ability to produce vitamin C. One gene mutation shut down the enzyme responsible for producing this vitamin. Vitamin C is now an essential nutrient, which means we have to get it from food [\[R\]](#).

[Vitamin C](#) (ascorbic acid) acts as an antioxidant, helping to reduce [oxidative stress](#). It also helps make collagen, a protein that builds connective tissue [\[R\]](#).

Optimal vitamin C levels support [\[R\]](#), [\[R\]](#):

- Immunity
- Heart health
- Lung health
- Wound healing
- Skin and bone health

Most adults need 90 mg of vitamin C per day. Some groups like breastfeeding mothers or smokers may need more vitamin C [\[R\]](#), [\[R\]](#), [\[R\]](#).

Most people can get enough vitamin C by eating a variety of fruits and vegetables, including [\[R\]](#):

- Red pepper
- Broccoli
- Tomato
- Orange
- Grapefruit
- Kiwifruit

Did you know?

- Vitamin C had a dramatic influence on world history. Vitamin C deficiency or *scurvy* was so common among sailors that it influenced the outcomes of many sea battles.
- In the 1700s, James Lind, a member of the British Royal Navy, discovered that eating lemons and oranges could reduce and prevent scurvy.
- In the 1930s, Albert Szent-Györgyi discovered ascorbic acid, which was named vitamin C soon after. He received the Nobel Prize in 1937 for this discovery.
- Two-time Nobel Prize winner Linus Pauling pioneered the research on vitamin C for disease prevention.

Vitamin C

Genetics and

Deficiency

PERSONALIZED TO GENES

Based on the genetic variants we looked at, you may have a typical need for vitamin C.

Try to aim for the recommended daily amount of vitamin C. For most adults, that’s 90 mg of vitamin C per day (125 mg/day for smokers) [R].

Key Takeaways:

- Vitamin C supports a number of important body functions, like immunity, heart and lung health, wound healing, and collagen production.
- Being genetically predisposed to needing more vitamin C means you may want to consider supplementing with vitamin C.
- It is very difficult to get vitamin C deficiency in the modern, western world.
- Click the **next steps** tab for relevant labs.

[Vitamin C deficiency](#) or *scurvy* is extremely rare in developed countries. Milder forms may cause [R]:

- Poor wound healing
- Gum bleeding
- Skin lesions
- Joint pain

Genetically lower levels of vitamin C may be causally associated with an increased risk for high blood sugar [R].

In turn, genetically higher levels of vitamin C may be causally associated with:

- Lower risk of heart disease [R, R]
- Lower risk of Alzheimer's disease [R]
- Improved longevity [R]



TYPICAL NEED

Likely typical need for vitamin C based on 11 genetic variants we looked at



Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
SLC23A1	rs4257763	GG
LTA4H	rs117885456	GG
GLB1L	rs13028225	CT
GSTO2	rs156697	GA
AKT1	rs10136000	GG
FADS2	rs174547	TT
SYCP3	rs2559850	GA
MAF	rs56738967	CG
SLC23A1	rs33972313	CC
TBX2	rs9895661	TT
RER1	rs6693447	TT
RGS14	rs10051765	CC
GSTA1	rs7740812	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	Collard Greens	2	Spinach
3	Broccoli	4	Kale
5	Strawberries	6	Chlorella3 g
7	Cantaloupe	8	Grapes
9	Apricots	10	Acorn Squash
11	Kiwifruit	12	Vitamin C500 mg
13	Swiss Chard	14	Shilajit500 mg
15	Cauliflower	16	Guava
17	Green Bell Peppers	18	Tangerines
19	Radishes	20	Blackcurrants
21	Blackberries	22	Papaya500 mg
23	Peaches	24	Red Bell Peppers
25	Berries	26	Brussels Sprouts
27	Mango	28	Apples
29	Cabbage	30	Turnips
31	Fruits And Vegetables		

1



Collard Greens

IMPACT

2 / 5

EVIDENCE

1 / 5

How to implement

Incorporate at least one cup of cooked or two cups of raw collard greens into your diet 3-4 times a week. Wash the greens thoroughly before use to remove any dirt or pesticides.

Description

Collard greens are a nutritious leafy vegetable rich in vitamins, minerals, and antioxidants. They are known for their potential to support bone health, provide essential nutrients, and contribute to a balanced diet.

Collard greens contain vitamins K, A, and C, as well as decent amounts of calcium and folate. A 1-cup (cooked) serving provides 836 mcg of vitamin K or 697%DV.

How it helps

Collard greens are high in Vitamin C, which is vital for the growth and repair of tissues in all parts of your body. Adding them to your diet can help replenish your Vitamin C levels, strengthening your immune system and increasing your body's ability to heal.

2



Spinach

IMPACT

2 / 5

EVIDENCE

1 / 5

How to implement

Incorporate one cup of fresh spinach or half a cup of cooked spinach into your daily diet. You can add spinach to salads, smoothies, omelets, or pastas to easily increase your intake.

Description

Spinach is a leafy green vegetable packed with essential nutrients, including vitamins A and K, iron, and folate. Incorporating spinach into the diet supports eye health, bone health, and overall nutrition.

Spinach is a good source of molybdenum, folate, calcium, and iron, as well as vitamins A, C, and K1. A ½ cup serving provides 8 mcg of molybdenum or 18%DV.

How it helps

Spinach provides vitamin C as well as other essential nutrients, supporting immune function and overall well-being.

3



Broccoli

IMPACT

2 / 5

EVIDENCE

1 / 5

How to implement

Incorporate at least one cup of chopped broccoli, either steamed or raw, into your daily diet. This can be as part of a meal or snack. Continue this practice daily for ongoing health benefits.

Description

Broccoli and broccoli sprouts are nutrient-dense vegetables packed with vitamins, minerals, and antioxidants. They are known for their potential to support a healthy immune system, protect against chronic diseases, and promote overall nutritional wellness.

Broccoli is high in vitamin K and C, as well as a number of other vitamins and minerals, and antioxidants like quercetin. A ½ cup serving provides 110 mcg of vitamin K or 92%DV.

How it helps

Broccoli is rich in vitamin C, which is a necessary nutrient for our bodies to function properly. Consuming broccoli can help prevent vitamin C deficiency by providing a substantial portion of the daily recommended intake of this vital nutrient.

4



Kale

IMPACT

2 / 5

EVIDENCE

1 / 5

How to implement

Incorporate at least one cup of kale, cooked or raw, into your daily diet. You can add it to smoothies, salads, or use it as a cooked vegetable side dish.

Description

Jumping, such as through activities like jumping jacks or trampolining, is a cardiovascular exercise that can improve heart health, strengthen muscles, and boost overall fitness. It's an effective way to increase physical activity and promote a healthy lifestyle.

Kale is a good source of calcium, and is also abundant in vitamins A, C, and K, manganese, and potassium. A 1-cup serving (cooked) has 94 mg of calcium or 7%DV.

How it helps

Kale is rich in vitamin C, which boosts your immune function and aids in collagen production for skin and wound healing. Including kale in your diet can help prevent Vitamin C deficiency, thereby enhancing your overall health.

5



Strawberries

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate a serving of strawberries, which is approximately eight medium-sized strawberries (about 1 cup or 150 grams), into your daily diet. You can enjoy them as a snack, add them to your breakfast cereal or oatmeal, blend them into smoothies, or use them as a topping for salads and desserts.

Description

Strawberries are a delicious fruit rich in vitamin C, antioxidants, and dietary fiber. They provide essential nutrients and are associated with various health benefits, including improved immune function and heart health.

Strawberries (*Fragaria ananassa*) are one of the most consumed berries, both fresh and processed in juices, jams, yogurts, and desserts [R].

Strawberries have a high content of antioxidants and vitamins, such as [R, R]:

- Vitamin C
- Folate
- Flavonoids

How it helps

Strawberries contain high levels of vitamin C, which is essential for the body to develop and repair bodily tissues. Regularly eating strawberries can provide enough vitamin C, preventing deficiencies like scurvy.

6



Chlorella

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 3 to 5 grams of chlorella in tablet or powder form daily, ideally before meals to improve digestion. Continue this supplementation for at least 2 to 3 months to observe benefits.

TYPICAL STARTING DOSE
3 g

Description

[Chlorella](#) is a microalga from freshwater. People consume chlorella in rice, pancakes, or tea. It can also be found as a supplement [\[R, R\]](#).

Chlorella is **rich in protein** and several micronutrients. It may be useful to [\[R, R, R, R, R, R, R, R\]](#):

- Reduce blood sugar
- Lower cholesterol
- Reduce blood pressure
- Improve immunity

How it helps

In 2 placebo-controlled trials of 90 smokers, supplementation with chlorella extract (3600-6300 mg/day) for 6 weeks raised vitamin C levels by 44.4% [\[R, R\]](#).

7



Cantaloupe

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate one serving (approximately one cup of diced fruit) of cantaloupe into your daily diet. You can enjoy this as a part of your breakfast, as a snack between meals, or as a sweet, nutritious dessert.

Description

Cantaloupe is a good source of vitamin A and C, beta-carotene, fiber, folate, potassium, and several other vitamins and minerals.

Cantaloupe is a good source of vitamin C, beta-carotene, fiber, folate, potassium, and a lesser source for many vitamins and minerals. A ½ cup serving provides 29 mg of vitamin C or 32%DV.

How it helps

Eating cantaloupe is beneficial as it's rich in Vitamin C, a nutrient necessary for collagen synthesis, immune functionality, and antioxidant protection. Regular consumption can prevent Vitamin C deficiency, thus keeping your body healthy.

8



Grapes

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate a serving of grapes, which is about 32 seedless grapes or approximately 1 cup, into your daily diet. You can eat them as a snack, add them to salads, or blend them into smoothies. Do this consistently for a period of at least 3 months to observe potential health benefits.

Description

Grapes are a nutrient-dense fruit rich in vitamins, fiber, and antioxidants like resveratrol. Regular consumption of grapes is associated with potential benefits for heart health, skin health, and overall well-being.

How it helps

Regular consumption of Concord grape juice, without other similar fruits, for 9 weeks significantly increased $\gamma\delta$ T-cell numbers, serum vitamin C, and antioxidant activity, benefiting immune function in middle-aged individuals [\[R\]](#).

9



Apricots

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate fresh or dried apricots into your diet daily. Fresh apricots can be eaten as a snack, sliced into salads, or blended into smoothies. Dried apricots can be added to oatmeal, yogurt, or trail mix. Aim for a serving size of about 30 grams (approximately 4 fresh apricots or a handful of dried apricots) per day.

Description

Apricots are a nutritious fruit packed with vitamins, minerals, and fiber. They support eye health, provide immune-boosting antioxidants, and contribute to overall well-being when included in a balanced diet.

Apricots are a nutritious little fruit, containing vitamins A, C, and E, potassium, and several antioxidants. A ½ cup serving provides 755 mcg of potassium or 16%DV.

How it helps

Apricots provide some vitamin C, which is crucial for the synthesis of collagen and overall skin health.

10



Acorn Squash

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate acorn squash into your meals 2-3 times per week. It can be roasted, steamed, or sautéed and used in a variety of dishes such as soups, salads, or as a side to your main course.

Description

Acorn squash is loaded with fiber, B-vitamins including thiamine, vitamins A and C, as well as magnesium, potassium, and iron. A ½ cup serving provides 644 mcg of potassium or 14%DV.

Acorn squash is loaded with fiber, B-vitamins including thiamine, vitamins A and C, as well as magnesium, potassium, and iron. A ½ cup serving provides 644 mcg of potassium or 14%DV.

How it helps

Acorn squash is high in vitamin C, which is an essential nutrient that helps in repairing body tissues and maintaining a healthy immune system.

11



Kiwifruit

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Eat one to two kiwifruits daily, either as a snack or incorporated into your meals. You can consume them for breakfast, add them to a salad for lunch, or blend them into a smoothie. Continue this practice as a regular part of your diet to gain its nutritional benefits.

Description

Kiwifruit is a vitamin C-rich fruit that supports immune health, digestion, and skin vitality. It's also a good source of dietary fiber, making it a nutritious addition to a balanced diet.

Kiwifruit are technically berries, full of vitamin E, fiber, other minerals and vitamins, particularly vitamin K and C. One kiwifruit provides 1.1 mg of vitamin E or 7%DV.

How it helps

Kiwifruit is rich in Vitamin C, so consuming it regularly can help replenish your body's Vitamin C levels. Hence, eating kiwifruit can help to prevent Vitamin C deficiency related conditions.

12



Vitamin C

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 500-2000 mg of vitamin C supplement daily. It can be taken at any time of the day, with or without food, according to personal preference or tolerance.

TYPICAL STARTING DOSE

500 mg

Description

[Vitamin C](#) is an essential nutrient. This means that our bodies can’t produce it on their own, so we have to get it from food or supplements [\[R\]](#).

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

- Citrus Fruits
- Peppers
- Brussel sprouts
- Kiwi
- Broccoli
- Tomato
- Cantaloupe
- Cauliflower
- Spinach

Vitamin C has antioxidant properties. It supports immunity, heart health, and wound healing [\[R\]](#), [\[R\]](#).

Vitamin C deficiency is called *scurvy*. In the past, many sailors suffered from it [\[R\]](#).

How it helps

Vitamin C is essential for the growth, development, and repair of all body tissues and to boost your immune system. If you don't consume enough, it may lead to Vitamin C deficiency (scurvy), so taking a supplement ensures you're getting the required amount.

13



Swiss Chard

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate Swiss chard into your diet by adding it to salads, sautéing it with olive oil and garlic for a side dish, or mixing it into soups and stews. Aim to eat Swiss chard 2-3 times per week to benefit from its nutrients.

Description

Swiss chard is a leafy green vegetable rich in vitamins K, A, and C, as well as minerals like potassium and magnesium. It supports bone health, immunity, and overall nutrition.

How it helps

Swiss Chard is rich in Vitamin C, which contributes to the health of your body's tissues and immune system. By incorporating this into your diet, you may help prevent Vitamin C deficiency and its related symptoms.

14



Shilajit

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a pea-sized portion (approximately 500mg) of purified shilajit resin and dissolve it in warm water, tea, or milk. Consume this once daily, ideally in the morning on an empty stomach for best absorption. Continue this routine daily for 6 to 8 weeks to observe benefits.

TYPICAL STARTING DOSE
500 mg

Description

[Shilajit](#), also known as shilaras or bitumen, is a tar-like substance that oozes from sedimentary rocks worldwide, especially in the Himalayas. It is made of rock humus, minerals, and organic substances (e.g., marine organisms) decomposed by microbes and compressed by layers of rock [\[R\]](#).

Shilajit is called a rasayana (rejuvenator) and a maharasa (super-vitalizer) in Ayurveda (indigenous Indian medicine). It is traditionally used to [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Boost energy levels
- Improve memory and focus
- Fight stress
- Manage male reproductive disorders

Shilajit is sold as capsules or powder [\[R\]](#).

How it helps

Shilajit doesn't directly impact Vitamin C levels, as it is not a source of Vitamin C. However, it can enhance the benefits you receive from Vitamin C by aiding your body's absorption of nutrients.

In a [placebo-controlled trial of 30 medical students](#), supplementation with shilajit (2 g) for 45 days **raised vitamin C levels (by 0.27 mg/dL)** [\[R\]](#).

15



Cauliflower

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate cauliflower into your meals at least 2-3 times a week. You can consume it raw in salads, steamed as a side dish, or roasted with a drizzle of olive oil for a healthy snack or part of your main meal.

Description

Cauliflower is a nutritious vegetable high in vitamins, minerals, and fiber. It's a versatile ingredient that can be used in various dishes and may support digestive health and provide essential nutrients for overall wellness.

Cauliflower is a good source of vitamins C, K, and B6, as well as potassium, folate, manganese, with small amounts of others. A ½ cup serving provides 26 mg of vitamin C or 29%DV.

How it helps

Cauliflower is rich in vitamin C, which boosts your immune system and promotes healthy skin, teeth, and bones. Regular consumption can help prevent a deficiency in this vital nutrient.

16



Guava

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate fresh guava into your diet by consuming 1-2 whole fruits daily or adding sliced guava to salads, smoothies, or yogurts. This can be continued as a regular part of your daily dietary intake to obtain its nutritional benefits.

Description

Guava is a nutritious fruit rich in vitamins, minerals, and dietary fiber. Consuming guava can support immune health, digestive regularity, and overall well-being.

Guava (*Psidium guajava* L.) is a tropical fruit found from India to Indonesia, and the Caribbean to Latin America. The fruit and leaves of the guava plant have been used medicinally for centuries.

People use guava fruit and leaf extracts to potentially help with [R](#), [R](#):

- Diabetes
- Digestive issues
- Weight control
- Joint health

How it helps

Guava is packed with Vitamin C, which strengthens your immune system and aids in repairing body tissues. Regularly consuming guava can help treat Vitamin C deficiency by replenishing the necessary levels in your body.

In a non-placebo-controlled trial of 399 preschool children, consuming guava (25 g/day) for 140 days increased vitamin C levels, thus reducing iron deficiency. Drinking guava juice providing 200 mg/day ascorbic acid for 10 weeks increased serum hemoglobin (by 0.64 g/dL) and plasma ferritin (by 2.47 ng/mL) in a placebo-controlled trial of 95 school children [R](#), [R](#).

17



Green Bell Peppers

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate green bell peppers into your diet by adding them to meals at least three to four times per week. They can be eaten raw as a snack, chopped into salads, or cooked in dishes such as stir-fries, fajitas, and omelets.

Description

Green bell peppers are a colorful source of vitamins and antioxidants, particularly vitamin C. They promote immune health, skin vitality, and overall nutritional wellness.

Green bell pepper is high in vitamin C as well as having a good amount of vitamin B6, fiber, and other vitamins and minerals. A ½ cup serving provides 60 mg of vitamin C or 67%DV.

How it helps

Green bell peppers are high in vitamin C, which your body needs to repair tissues and boost the immune system. By consuming them regularly, you can fulfill your daily intake needs and thus prevent potential vitamin C deficiency.

18



Tangerines

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Include fresh tangerines in your diet, consuming 1-2 whole fruits daily either as a snack or part of a meal. Continue this practice consistently for overall dietary improvement and potential health benefits.

Description

A tangerine is a citrus fruit believed to have originated in Southeast Asia. Tangerine oil, derived from the peel, contains compounds like limonene and myrcene. Tangerines are also rich in vitamin C, dietary fiber, and other antioxidants.

How it helps

Tangerines, being rich in Vitamin C, can help boost your immune system by supporting various cellular functions of both the innate and adaptive immune system. They also help repair tissues, heal wounds, and keep your teeth and bones healthy by aiding in collagen production.

19



Radishes

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate 1-2 servings of radishes into your diet each day. This can be done by adding sliced radishes to salads, eating them as a crunchy snack, or including them in cooked dishes like stir-fries. Each serving should consist of about a half-cup of sliced radishes.

Description

Radishes are crisp, peppery root vegetables known for their low-calorie content and rich vitamin C and fiber content. They support digestive health, and provide immune-boosting antioxidants.

How it helps

Radishes are rich in Vitamin C, which is crucial for boosting the immune system and aiding collagen production in the body. Regularly consuming radishes can therefore help protect against Vitamin C deficiency and the associated issues like impaired immunity and delayed wound healing.

20



Blackcurrants

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate about 1/2 cup of fresh or frozen blackcurrants into your daily diet. You can add them to your morning yogurt, oatmeal, or smoothies. For those who prefer, blackcurrant juice or preserves can also be consumed, but be mindful of added sugars in processed forms.

Description

Blackcurrants are small, nutrient-dense berries packed with vitamins, minerals, and antioxidants. They are known for their potential to promote heart health, improve cognitive function, and provide essential nutrients for overall vitality.

How it helps

Blackcurrants are very high in vitamin C, significantly contributing to the daily recommended intake.

21



Blackberries

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate a serving of blackberries into your daily diet, which is about 1/2 to 1 cup. You can add them to your morning cereal, blend them into a smoothie, or eat them as a snack.

Description

Blackberries are a delicious and antioxidant-rich fruit packed with vitamins and fiber. They can promote immune health, support digestive regularity, and contribute to overall well-being.

How it helps

Blackberries are rich in Vitamin C, which assists in the growth, development and repair of body tissues. Adding them to your diet aids in boosting your immune system, aids in the prevention of iron deficiency and disease resistance. One cup (approximately 144 g) of blackberries contains approximately 30.2 mg of Vitamin C (around 34% of RDI).

22



Papaya

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 500 mg of papaya extract daily for at least one month to observe potential health benefits. If using powdered form, it can be mixed with water or juice for easier consumption.

TYPICAL STARTING DOSE

500 mg

Description

Papaya is a tropical fruit native to Central America and Mexico that is rich in vitamins A and C, folate, and dietary fiber. It has a long history in traditional medicines as a digestive aid and promoting skin health. Papaya's extract, papain, is used as a dietary supplement for digestive support.

Papaya is a tropical orange fruit. It originates from Central America, but today it's most widely grown in India.

People enjoy the great taste of papaya. It's also rich in healthy nutrients that may support the immune system.

How it helps

Papaya provides a significant amount of vitamin C, known for its role in strengthening the immune system and promoting skin health.

23



Peaches

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate fresh or canned peaches into your diet, aiming for at least one serving (about one medium-sized peach or approximately 150 grams) each day. Peaches can be enjoyed as a snack, blended into smoothies, or added to salads and yogurt.

Description

Peaches are the fruit of the peach tree and are believed to have originated in China, where they have been cultivated for thousands of years, but now grown all over the world. They are rich in various nutrients, including vitamins A and C, dietary fiber, and antioxidants.

How it helps

Eating peaches can help treat a Vitamin C deficiency as they are rich in this essential nutrient. Regular consumption can improve your immune function, skin health, and can enhance the absorption of iron in your body.

24



Red Bell Peppers

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate one cup of sliced red bell peppers into your daily diet. You can add them raw to salads, sandwiches, or eat them as a snack with hummus. Alternatively, you can cook them and include them in dishes like stir-fries, stews, and fajitas.

Description

Red bell peppers are a type of *Capsicum annuum*, originating from Central and South America. They are known for being rich in nutrients, including vitamin C, vitamin A, dietary fiber, and antioxidants, which may support immune health, vision, and digestion.

Red bell peppers are excellent sources of both vitamin A and C, as well as being good sources of antioxidants. A ½ cup serving provides 117 mcg of vitamin A or 13%DV.

How it helps

Red bell peppers are packed with high amounts of Vitamin C, which is essential for the normal functioning of your immune system and tissue repair. Eating them can help you maintain good levels of this vitamin in your body, preventing related deficiency diseases.

25



Berries

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate a variety of berries such as strawberries, blueberries, raspberries, and blackberries into your daily diet. Aim for at least one cup of fresh or frozen berries every day, either as a snack, part of your breakfast (such as in oatmeal or yogurt), or as a dessert.

Description

Berries, such as strawberries, blueberries, and raspberries, are packed with antioxidants, vitamins, and fiber. Regular consumption of berries may support heart health, improve cognitive function, and contribute to overall well-being.

How it helps

Berries, including strawberries, raspberries, and blueberries, are high in vitamin C, which supports a healthy immune system.

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Brussels Sprouts

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate brussels sprouts into your diet by eating them 2-3 times per week. They can be steamed, roasted, or sautéed and seasoned to taste, forming part of a balanced meal. Each serving should be about 1 cup, which roughly equals 5-6 medium-sized brussels sprouts.

Description

Brussels sprouts are a cruciferous vegetable packed with vitamins, fiber, and antioxidants. They are a nutritious addition to a balanced diet and may support immune health and overall well-being.

Brussels sprouts are good sources of vitamin C, vitamin K, fiber, as well as small amounts of other vitamins and minerals. A ½ cup serving provides 48 mg of vitamin C or 53%DV.

How it helps

Brussels sprouts are packed with vitamin C, which helps to maintain immune function. Regularly eating them can boost vitamin C levels, reducing the risk of deficiency.

27



Mango

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate fresh mango into your diet 2-3 times a week, either as a snack or part of a meal. Opt for ripe mangoes for the best taste and nutritional value. If fresh mangoes are not available, frozen or dried mango can be a good alternative, but be mindful of any added sugars in dried mangoes.

Description

Mangoes are a delicious tropical fruit packed with vitamins, minerals, and antioxidants, promoting immune health, eye health, and skin vitality. They also provide dietary fiber and may support digestive regularity when included in a balanced diet.

Mangos are good for a host of nutrients, including vitamins E, C, A, and K, potassium, copper, and folate. A ½ cup serving provides 0.7 mg of vitamin E or 5%DV.

How it helps

Mango is a good source of dietary vitamin C, promoting a healthy immune system and skin health.

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Apples

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate at least one whole apple into your daily diet, either as a snack or part of your meals, ensuring to eat them consistently every day for an ongoing period to derive potential health benefits.

Description

Apples are a nutritious fruit known for their fiber content and antioxidant-rich skin. They support overall health by aiding digestion, reducing the risk of chronic diseases, and promoting heart health.

Apples (*Malus domestica Borkh.*) are one of the most widely consumed fruits in the world. They have a high nutritional value and content of antioxidants [\[R, R\]](#).

Eating apples is associated with a lower risk of [\[R, R\]](#):

- Heart disease
- Asthma
- Diabetes

How it helps

Apples contain vitamin C, although not in very high amounts.

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Cabbage

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate fresh cabbage into your diet by adding it to salads, soups, stews, or as a side dish steamed or lightly sautéed. Aim for at least 2-3 servings of cabbage per week, where one serving is approximately one cup chopped or two leaves.

Description

Cabbage is a cruciferous vegetable rich in vitamins, fiber, and antioxidants. It's known for its potential to support digestive health, provide essential nutrients, and contribute to a balanced diet.

Cabbage is a great source of vitamins C and K, with decent amounts of other vitamins and minerals like folate and manganese. A ½ cup serving provides 16 mg of vitamin C or 18%DV.

How it helps

Cabbage is rich in vitamin C, which strengthens your immune system, aids in the absorption of iron, and promotes healthy skin. Regularly eating cabbage can therefore help prevent vitamin C deficiency by supplying this essential nutrient. One cup (89g) of chopped, raw cabbage can provide 32mg of vitamin C.

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Turnips

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate turnips into your diet 2-3 times a week by adding them to soups, stews, or roasting them as a side dish. You can also shred raw turnips into salads for a crunchy texture.

Description

Turnips are root vegetables from the Brassicaceae family and are rich in vitamins, minerals, and fiber. They are used in cooking for their potential to support weight management, improve digestion, and provide essential nutrients like vitamin C and potassium.

How it helps

Turnips are rich in Vitamin C, which supports the body's immune system and aids in collagen production, essential for wound healing and skin health. Consuming them can, therefore, help replenish your body's Vitamin C levels and potentially correct any deficiency related issues.

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Fruits And Vegetables

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Increase your intake of fruits and vegetables to at least five servings per day, aiming for a variety of types and colors to ensure a broad range of nutrients. Each serving size should roughly be the amount you can fit in one hand. Try to incorporate at least one serving of fruits or vegetables into every meal and snack throughout the day.

Description

A diet rich in fruits and vegetables provides essential nutrients, antioxidants, and dietary fiber. This combination supports overall health, helps maintain a healthy weight, and reduces the risk of chronic diseases such as heart disease and certain cancers.

How it helps

Many fruits and vegetables, such as oranges, strawberries, and bell peppers, are high in Vitamin C and can help boost your intake.

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.