

Vitamin E

DNA Health Report

REPORT CATEGORY —



Sample Client

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Personal information

NAME

Sample Client

SEX AT BIRTH

Male

HEIGHT

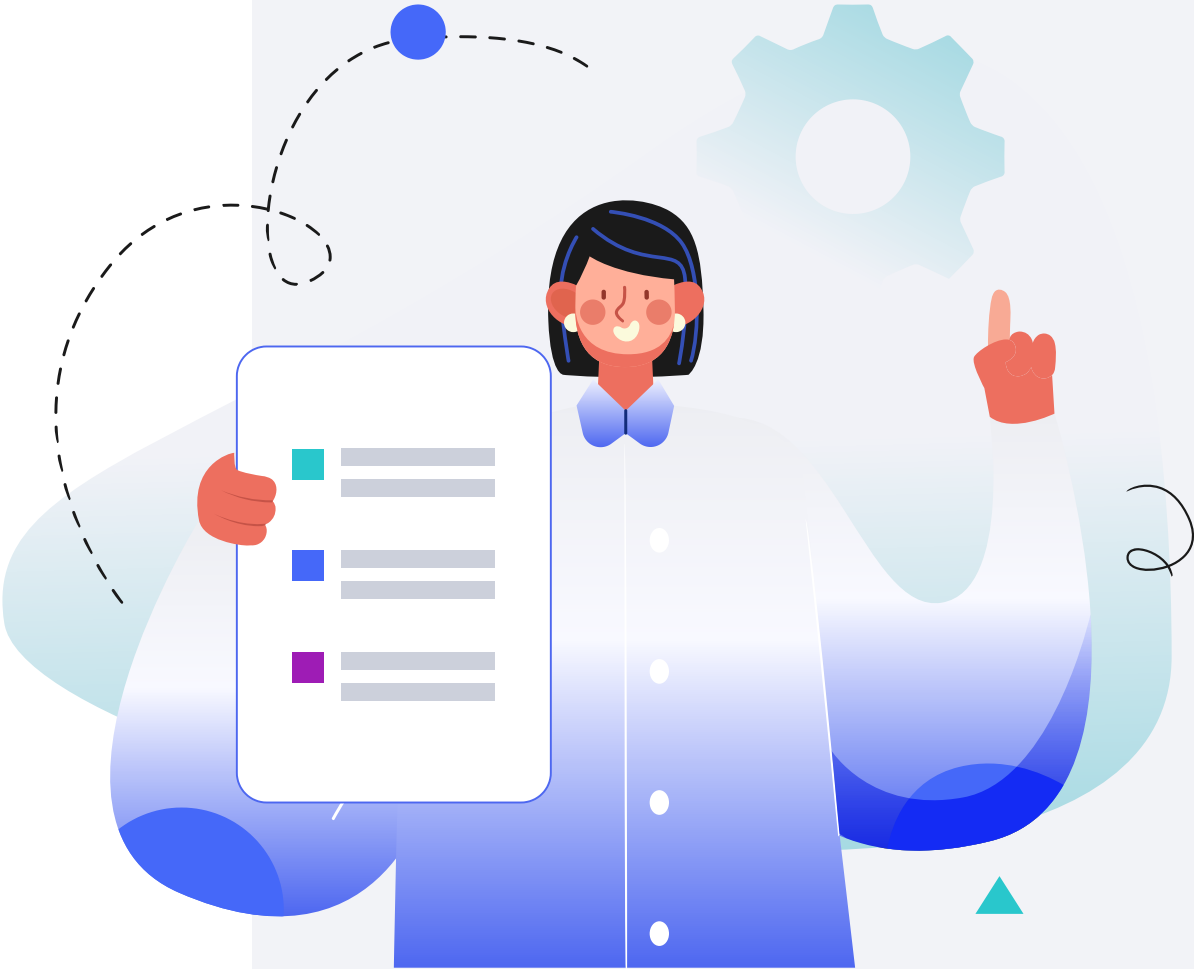
5ft 5" 165cm

WEIGHT

137lb 62kg

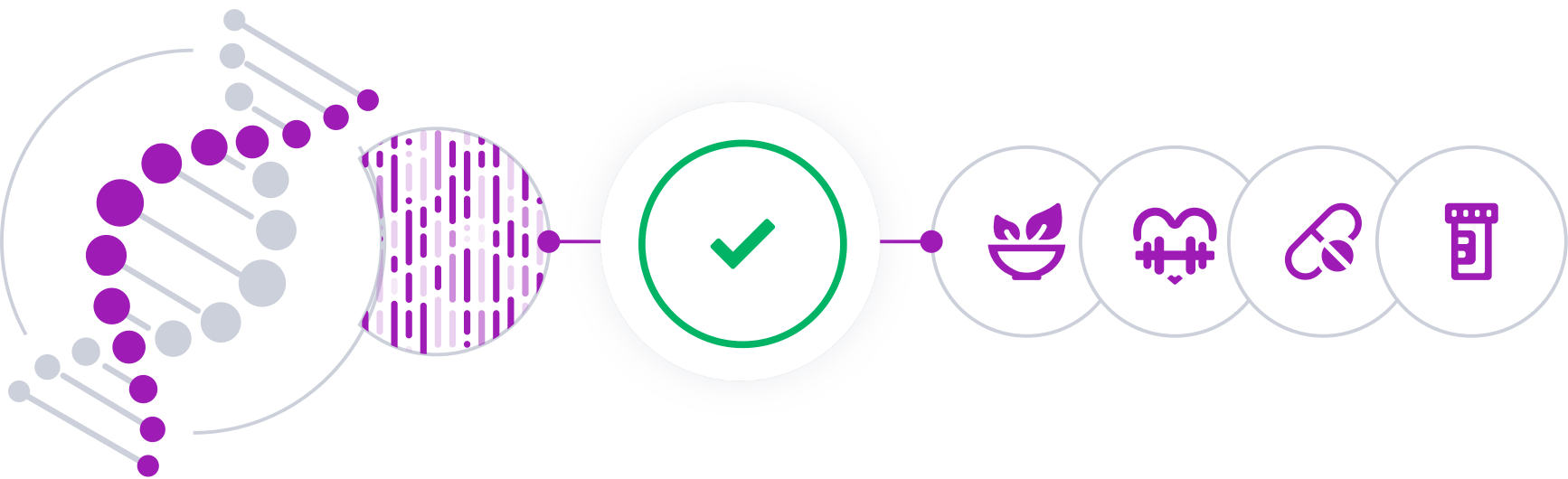
DISCLAIMER

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.

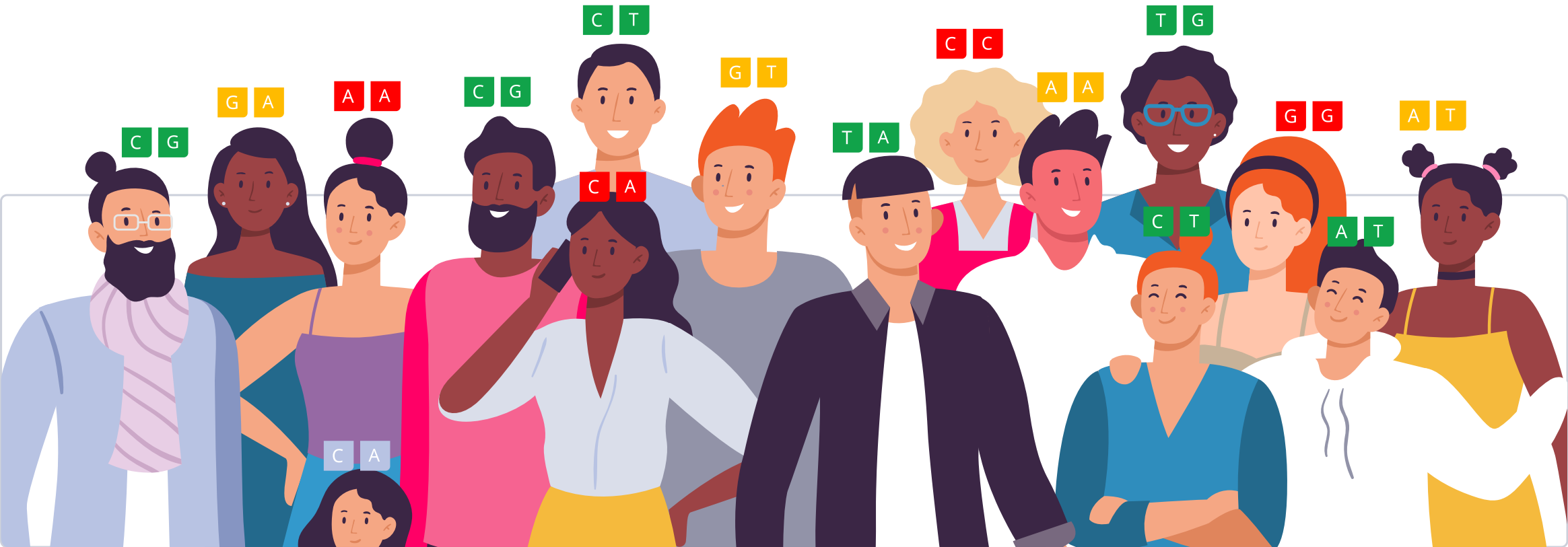


Similarly, our Trait Reports look at how your DNA influences your traits.



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

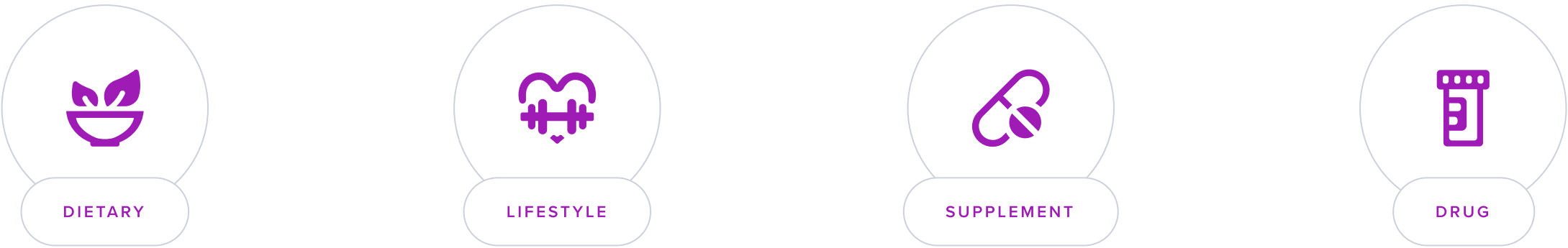
You have 2 risk alleles

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

Vitamin E is the name given to a group of antioxidant nutrients. It is important for [\[R\]](#):

- Reducing oxidative stress
- Immune function
- Regulating gene activity
- Signaling between cells

Vitamin E mainly functions as an antioxidant. When you are exposed to toxins like cigarette smoke or pollution, vitamin E protects your cells from damage [\[R, R, R\]](#).

There are eight natural forms of vitamin E. **Alpha-tocopherol** is the one that our bodies need [\[R, R, R\]](#).

We get most of our vitamin E from food. Some of the best sources include [\[R\]](#):

- Nuts and seeds
- Vegetable oils (e.g., wheat germ oil, sunflower oil)
- Leafy greens

Vitamin E is also available as a supplement and can be found in topical creams and oils.

Experts say adults should get at least 15 mg of vitamin E per day. That’s as much as in [\[R, R\]](#):

- 2 oz. (57 g) dry roasted sunflower seeds
- 2 oz. (57 g) dry roasted almonds
- 3 oz. (85 g) dry roasted hazelnuts
- 4 cups of boiled spinach
- ¾ tablespoon wheat germ oil

Over 90% of Americans may not get the recommended amount of vitamin E in their diet. However, serious deficiency is rare. Conditions that increase the risk of vitamin E deficiency include [\[R, R\]](#):

- Fat absorption disorders
- Gut disorders
- Rare genetic diseases

Symptoms of vitamin E deficiency include [\[R\]](#):

- Malnutrition
- Nerve and muscle problems
- Eye problems
- Poor immune function

Please note: *The safe upper limit for adults is 1,000 mg per day. While dietary vitamin E is generally considered safe, vitamin E supplements have been linked to prostate cancer and stroke. Those who have heart disease, bleeding disorders, or other conditions may need to avoid them. They may also interact with some medications. Consult your doctor before taking vitamin E supplements* [\[R, R\]](#).

Vitamin E and Genetics

 PERSONALIZED TO GENES

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

Try to aim for the recommended daily amount of vitamin E. For most adults, that’s **15 mg** of vitamin E per day [\[R\]](#).

Some people may have higher vitamin E levels than others. These differences may be partly due to genetics. Genes involved may influence [\[R\]](#):

- Vitamin metabolism
- Fat metabolism

Genetically higher vitamin E levels may be causally associated with:

- Heart health [\[R\]](#), [\[R\]](#)
- Stroke [\[R\]](#)
- Bone health [\[R\]](#)

Vitamin E is a fat-soluble nutrient. To help your body absorb more of it, try eating vitamin E-rich foods with meals that are higher in healthy fats [\[R\]](#), [\[R\]](#).



TYPICAL NEED

Likely typical need for vitamin E based on 4 genetic variants we looked at

Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
PAFAH1B2	rs12272004	CC
SIDT2	rs964184	CC
CYP4F2	rs2108622	CC
SCARB1	rs11057830	GA
F5	rs6025	CC

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	Broccoli	2	Tomato
3	Spinach	4	Chlorella3 g
5	Shilajit500 mg	6	Avocado
7	Mango	8	Kiwifruit
9	Hazelnuts	10	Trout
11	Sunflower Seeds	12	Almonds
13	Flaxseed Oil15 g	14	Avocado Oil
15	Red Bell Peppers	16	Almond oil
17	Vitamin E200 iu		

1



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 E, a nutrient critical for maintaining healthy skin and eyes, as well as strengthening the body's immune system. Regular consumption of broccoli can help replenish your body's vitamin E stores and prevent deficiency.

2



Tomato

IMPACT

2 / 5

EVIDENCE

1 / 5

How to implement

Incorporate fresh or cooked tomatoes into your daily diet. This can be achieved by adding them to salads, sandwiches, pastas, and sauces or simply eating them on their own. Aim for at least one serving (approximately 1 medium-sized tomato or 1/2 cup of chopped or cooked tomatoes) per day.

Description

Tomatoes are a fruit grown widely in numerous varieties, and are rich in vitamins C and K, as well as the antioxidant lycopene, which may contribute to heart health and protect against certain chronic diseases when incorporated into a balanced diet.

Tomato (*Solanum lycopersicum*) is a fruit originally from the Andes in South America. It is usually consumed as a vegetable in juices, sauces, or fresh. Tomato is an important source of [R]:

- [Vitamin C](#)
- Potassium
- Antioxidants (e.g., [lycopene](#))
- Vitamin B9 ([folate](#))

Tomato is traditionally used for [R, R]:

- High cholesterol
- High blood pressure

How it helps

Tomatoes contain a high amount of Vitamin E, which is an antioxidant that helps protect cells from damage. Consuming tomatoes regularly can thus help to prevent Vitamin E deficiency and maintain cell health.

3



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 is rich in Vitamin E, an antioxidant that protects your body's cells from damage. Regular consumption can help replenish Vitamin E levels in your body, preventing deficiencies related to skin, eye, and heart problems.

4



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 E levels (alpha-tocopherol, by 15.7%) [R, R].

5



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 helps to increase the efficiency of nutrient delivery in your body, enhancing absorption of Vitamin E. This may help improve your Vitamin E levels and its antioxidant functions.

In a [placebo-controlled trial of 30 medical students](#), supplementation with shilajit (2 g) for 45 days **raised vitamin E levels (by 0.33 mg/dL)** [\[R\]](#).

6



Avocado

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate half to one whole avocado into your daily diet. You can add it to salads, sandwiches, or use it as a healthy fat substitute for spreads or dressings.

Description

Avocado is a nutrient-dense fruit known for its creamy texture and healthy monounsaturated fats. It is packed with vitamins, minerals, and dietary fiber, and may support heart health, skin health, and overall nutrition.

[Avocado](#) is a fruit first cultivated in Mexico in 500 BCE [\[R\]](#), [\[R\]](#).

You can eat it raw in salads, sandwiches, and dips. Avocado oil has recently become popular, but it’s much less nutritious than the whole fruit.

Avocado is rich in antioxidants, vitamins, minerals, and fiber. It may support [\[R\]](#):

- Heart health
- Healthy weight
- Healthy aging

How it helps

Avocado is rich in vitamin E. Consuming it can contribute to improving antioxidant defense and skin health.

7



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

Mangoes are a rich source of Vitamin E, which acts as a powerful antioxidant in your body. Consuming mangoes can therefore help replenish Vitamin E levels, thus preventing vitamin E deficiency-related conditions.

8



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 high in vitamin E, which is a powerful antioxidant that helps protect your cells from damage. Regularly consuming kiwifruit may boost your vitamin E levels, potentially preventing deficiencies.

9



Hazelnuts

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate a handful of hazelnuts (about 1 ounce or 28 grams) into your diet daily. You can eat them as a snack, sprinkle chopped hazelnuts over salads, or use hazelnut butter in smoothies. Ensure they are unsalted to keep your sodium intake low.

Description

Hazelnuts are a nutrient-dense nut rich in healthy fats, fiber, and essential vitamins and minerals. Incorporating hazelnuts into your diet can support heart health, provide energy, and contribute to overall nutritional wellness.

Hazelnuts are a good source of manganese, magnesium, as well as being really good for vitamin E, B6, and healthy fats. A 1-ounce serving provides 1.6 mg of manganese or 70%DV.

How it helps

Hazelnuts are a good source of vitamin E, which can help to protect cells from oxidative stress.

10



Trout

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Integrate trout into your diet 2-3 times per week, either grilled, baked, or steamed, aiming for a serving size of about 3-4 ounces (85-113 grams) per meal.

Description

Trout is a type of freshwater fish known for its rich content of omega-3 fatty acids and vitamins A, D, and B12, which are beneficial for heart health and cognitive function. Including trout in one's diet can support overall cardiovascular wellness and brain health.

Trout is not only rich in vitamin D, but also vitamins A and B12, as well as full of protein and good amounts of calcium potassium, magnesium, and niacin. A 3 ounce serving has 16.2 mcg of vitamin D or 81%DV.

How it helps

Trout is not only rich in omega-3 fatty acids but also contains vitamin E, making it beneficial for heart and overall health.

11



Sunflower Seeds

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate a small handful of sunflower seeds (about 1 ounce or 28 grams) into your daily diet. You can eat them alone as a snack, sprinkle them on salads, or add them to homemade bread or muffins. Ensure they are unsalted to keep your sodium intake in check.

Description

Sunflower seeds are nutrient-dense plant-based snacks high in protein, healthy fats, fiber, and essential minerals like magnesium and selenium. They are associated with promoting heart health, supporting digestion, and providing energy.

Sunflower seeds are a great source of biotin, protein and antioxidants, minerals like zinc and selenium, and vitamins E and B6. A ¼ cup serving provides 2.6 mcg of biotin or 9%DV.

How it helps

Sunflower seeds are packed with vitamin E, an essential nutrient that protects your cells from damage. Regularly eating these seeds can help meet your daily vitamin E needs, potentially preventing deficiencies which could lead to neurological problems and visual impairment.

12



Almonds

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Incorporate a handful of almonds (about 23 kernels) into your daily diet. You can eat them as a snack, add them to your breakfast cereals or yogurt, or include them in salads and other dishes. Do this consistently for ongoing health benefits.

Description

Almonds are a good source of omega-6s, protein and vitamins, making for a great snack food. A 1-ounce serving provides 3700 mg of omega-6.

Almonds are nutritious tree nuts that originate from the *Prunus dulcis* tree. They are packed with essential nutrients, including healthy fats, fiber, vitamin E, and magnesium, which collectively contribute to heart health, support weight management, and may help regulate blood sugar levels.

How it helps

Almonds are rich in Vitamin E, an antioxidant that helps protect your cells from damage. Regular intake of almonds elevates your overall Vitamin E levels, potentially preventing deficiencies.

13



Flaxseed Oil

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 1 to 2 tablespoons (15-30 g) of flaxseed oil daily. It can be taken with or without food. For best results, use consistently for at least 2 months.

TYPICAL STARTING DOSE

15 g

Description

Flaxseed oil is a source of healthy fats, particularly alpha-linolenic acid (ALA), an omega-3 fatty acid. It can help support cardiovascular health and may have anti-inflammatory properties when used as part of a well-rounded diet.

[Flaxseed](#) is a common ingredient in bakery products. Some people also use it as a health food to support digestion [\[R\]](#).

Flaxseed is rich in many compounds, including [\[R\]](#):

- Vitamins and minerals
- Protein
- Fiber
- Omega-3 fatty acids ([ALA](#))

How it helps

Flaxseed oil is rich in vitamin E, providing about 100% of the DV per serving.

14



Avocado Oil

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate avocado oil into your diet by using it as a salad dressing, for cooking, or as a base for sauces. Aim to replace other cooking oils with avocado oil, using it in at least one meal per day. Ensure to not exceed the daily calorie intake recommended for your diet by adjusting the quantity of oil used.

Description

Avocado oil has some vitamin E, other fatty acids, and antioxidant properties. The fat content is 65-70% oleic acid.

How it helps

Avocado oil contains vitamin E and using it in cooking can help increase vitamin E intake, supporting overall health.

15



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 have a variety of nutrients, including vitamin E, and can contribute to overall health when included in the diet.

16



Almond oil

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate almond oil into your daily diet by using it as a salad dressing or substituting it for other oils in your cooking. Aim for a serving size of about 1 tablespoon per day to gain its nutritional benefits without adding too many extra calories.

Description

Almond oil is a natural oil extracted from the nuts of the almond tree (*Prunus dulcis*). It is rich in vitamin E, healthy fats, and antioxidants, making it a popular choice for skincare and haircare, promoting moisturized and nourished skin, reducing inflammation, and supporting hair health.

Almond oil is a great source of omega-3 fatty acids, magnesium, phosphorus, copper, and vitamin E. It has antioxidant and anti-inflammatory properties. The fat content is 80% oleic acid.

How it helps

Almond oil is a good source of vitamin E, which can help to maintain healthy skin and eyes, and strengthen the immune system.

17



Vitamin E

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 200 IU of Vitamin E daily as a supplement, preferably with a meal that contains fat to enhance absorption.

TYPICAL STARTING DOSE

200 iu

Description

Vitamin E is a fat-soluble antioxidant found in various foods, such as nuts and seeds. It is known for its ability to protect cells from oxidative damage, support immune function, and may play a role in skin health. Vitamin E supplements are used to bolster antioxidant defenses and may be beneficial for conditions related to oxidative stress.

[Vitamin E](#) is an antioxidant important for the immune system and for heart health [\[R\]](#).

Plant-based foods have the most vitamin E. These include [\[R\]](#):

- Wheat germ
- Sunflower seeds
- Almonds
- Plant oils

Adults need about **15 mg** of vitamin E per day [\[R\]](#).

How it helps

Vitamin E is an antioxidant that protects your cells from damage, helping to prevent health conditions like heart disease and cancer. Regularly taking Vitamin E supplements can maintain the necessary levels in your body and minimize the risk of deficiency.

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.