

Warts

DNA Health Report

REPORT CATEGORIES —



IMMUNITY &
INFECTIONS



SKIN & BEAUTY

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

Warts are common, benign skin growths caused by various strains of the human papillomavirus (HPV). They can develop on almost any area of the body but are most commonly found on the hands, feet, and knees.

Warts are characterized by their rough surface, which may resemble a cauliflower, and they can vary in size and shape. While they are generally harmless and can sometimes disappear on their own, they are contagious and can be spread through both direct and indirect contact with the infected area of skin.

Treatment

The experience of having warts can range from being an unsightly nuisance to causing discomfort or pain, depending on their location and size. For instance, plantar warts located on the soles of the feet can become painful with the pressure exerted during walking.

Treatment options for warts include over-the-counter remedies, such as salicylic acid, as well as professional medical treatments like cryotherapy, laser therapy, or surgical removal. It's important to consult with a healthcare provider for persistent or bothersome warts to determine the most appropriate course of action.



TYPICAL LIKELIHOOD

Typical likelihood of warts based on 509,200 genetic variants we looked at



Your Recommendations

Your recommendations are prioritized according to the likelihood of it having an impact for you based on your genetics, along with the amount of scientific evidence supporting the recommendation.

You’ll likely find common healthy recommendations at the top of the list because they are often the most impactful and most researched.

DOSAGE		DOSAGE			
1	Green Tea Extract	250 mg	2	Garlic Supplement	200 mg
3	Topical Sulfur		4	Podophyllotoxin	
5	Apple Cider Vinegar		6	Regular Hand Washing	
7	Zinc	15 mg	8	Topical Garlic	
9	Topical Tea Tree Oil		10	Topical Salicylic Acid	

1



Green Tea Extract

IMPACT

2 / 5

EVIDENCE

2 / 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

A meta-analysis of 3 trials and 1247 patients concluded that the green tea extract Polyphenon E (10-15%) increases the odds of complete clearance of anogenital warts [\[R\]](#).

Please note: polyphenols from green tea may bind to iron and form insoluble complexes, which reduces iron absorption in the gut. If you have anemia, consult your healthcare provider before using green tea [\[R\]](#).

2



Garlic Supplement

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Take a garlic supplement, such as a garlic extract or aged garlic supplement, in a dosage of 600-1,200 mg per day, divided into separate doses. This should be taken with meals to minimize digestive issues. Continue daily for at least 8-12 weeks to evaluate its effects on health markers like blood pressure or cholesterol.

TYPICAL STARTING DOSE

200 mg

Description

Garlic is a pungent herb known for its potential health benefits, including cardiovascular support and immune system enhancement. It contains bioactive compounds that may help reduce the risk of chronic diseases and support overall well-being.

[Garlic](#) is a delicious aromatic herb that adds flavor to your food. But did you know that garlic has been a part of traditional medicine for thousands of years? **From ancient Egypt and Rome to China, people have praised garlic for its many health benefits.** Today, we can trace many of those benefits to sulfur-rich compounds found in garlic. People take garlic to help control their blood pressure and cholesterol [\[R\]](#).

Please note: *Garlic can interact with blood thinners (like aspirin, Plavix, Coumadin). If you are on blood thinners, consult your doctor before supplementing with garlic [\[R\]](#).*

How it helps

In a placebo-controlled trial of 50 patients with recurrent common warts, supplementation with lipid garlic extract for up to 4 weeks reduced recurrence and lowered TNF-alpha levels [\[R\]](#).

3

Topical Sulfur

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Apply a thin layer of topical sulfur cream, lotion, or ointment to the affected area of the skin once or twice a day, after cleaning the skin thoroughly. Allow it to sit on the skin for 10 minutes before rinsing off if the product instructions specify. Use consistently for 4 to 8 weeks to see improvement in skin conditions such as acne.

Description

Topical sulfur preparations are used for their antimicrobial and anti-inflammatory properties and are commonly employed to treat skin conditions like acne and scabies. Sulfur is a naturally occurring mineral. It has been used for centuries in traditional medicine to reduce bacterial growth and inflammation.

Sulfur is a naturally occurring mineral. It has been used for centuries in traditional medicine to reduce bacterial growth and inflammation. Today, it is commonly used in topical creams and lotions to treat inflammatory skin conditions such as [\[R\]](#):

- Acne
- Rosacea
- Seborrheic dermatitis
- Dandruff

Selenium sulfide is an example of a sulfur compound. People use it for dandruff and seborrheic dermatitis [\[R\]](#).

How it helps

Sulfur is known for its antimicrobial properties and may help in treating warts by inhibiting the growth of the virus that causes them. It can dry out the skin, encouraging the wart to shrink and fall away.

4



Podophyllotoxin

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Apply a small amount of podophyllotoxin solution or cream directly to the affected area using the applicator provided or a cotton swab. Use it twice a day for 3 days, followed by 4 days without treatment. This one-week cycle may be repeated up to 4 times, or as directed by a healthcare professional. Avoid contact with healthy skin around the area and do not cover with a bandage unless instructed by a doctor.

Description

Podophyllotoxin is a natural compound derived from certain plant species, including the Mayapple plant (*Podophyllum peltatum*). It has been used in topical medications to treat warts, due to its potential antiviral properties.

Podophyllotoxin (PPT) is a substance extracted from the roots of *Podophyllum* plants. It is the active ingredient in medical creams and solutions used to treat **external warts** caused by HPV infection [\[R\]](#).

How it helps

Podophyllotoxin is clinically proven to be effective against warts, particularly genital warts. It works by stopping the growth of wart cells, leading to the wart shrinking and eventually disappearing. It is directly applied to the wart, targeting the affected area.

5



Apple Cider Vinegar

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate 1-2 tablespoons of apple cider vinegar into your diet daily by diluting it in a large glass of water. Consume this mixture before meals to potentially benefit from its effects.

Description

Apple cider vinegar is a fermented liquid made from crushed apples and is known for its potential health benefits. It is rich in acetic acid and may aid in weight management, improve digestion, and help regulate blood sugar levels, often used as a natural remedy for various conditions like acid reflux and insulin resistance.

[Vinegar](#) is often used in cooking to add sour flavor and to preserve foods through pickling. Some people also use vinegar for cleaning [\[R\]](#).

Apple cider vinegar is one of the most common vinegars produced from apples. As a health food, apple cider vinegar may help [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Reduce blood sugar
- Lower cholesterol
- Fight infections

How it helps

The acidic content of apple cider vinegar can help to physically remove warts. When applied topically as part of a routine treatment, the acid begins to attack the wart’s structure, causing it to shrink and eventually disappear. It works because the acid slowly destroys the infected skin, allowing healthy skin to take its place.

6



Regular Hand Washing

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Wash your hands with soap and water for at least 20 seconds, making sure to scrub all surfaces of your hands, including the backs, between your fingers, and under your nails. Do this several times a day, especially before eating, after using the bathroom, after blowing your nose, coughing, or sneezing, and after touching garbage.

Description

Regular hand washing is a simple yet highly effective hygiene practice that helps prevent the spread of infectious diseases and illnesses. It is essential for reducing the transmission of harmful pathogens and maintaining overall health.

How it helps

Regular hand washing can help remove contaminants and reduce the transmission of the virus responsible for causing warts (HPV), especially after coming into contact with warts on another person or on oneself. This basic hygiene practice is an effective way to prevent the spread of infections, including warts.

7



Zinc

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take a 15 mg zinc supplement daily, ideally with a meal to enhance absorption.

TYPICAL STARTING DOSE

15 mg

Description

Zinc is an essential mineral found in various foods, including meat, dairy, and nuts. It is crucial for immune function, wound healing, DNA synthesis, and maintaining healthy skin and nails. Zinc supplements are sometimes used to support immune health and manage zinc deficiencies.

[Zinc](#) is an essential mineral. Your body needs it to [\[R\]](#), [\[R\]](#):

- Defend against disease
- Protect DNA from damage
- Heal wounds
- Control blood sugar

Some of the best sources of zinc include **shellfish, pork, beef, and beans**. It is also available as a supplement [\[R\]](#).

Adults should get **8-11 mg of zinc** per day [\[R\]](#).

How it helps

Zinc has been shown to stimulate the immune system and has antiviral effects. Studies suggest that both oral and topical forms of zinc can be effective in treating warts. Zinc helps by attacking the virus that causes warts and boosting the immune response to prevent wart formation and encourage their removal.

8



Topical Garlic

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Crush or mince fresh garlic and mix it with a carrier oil, like olive or coconut oil, to dilute its strength. Apply this mixture directly to the affected area of the skin, leave it on for about 20 minutes, then rinse off. Repeat this process daily for up to 2 weeks or until you see improvement.

Description

Garlic is a topical application derived from the garlic bulb, known for its potential antibacterial and anti-inflammatory properties. It is commonly used for skin issues like acne and fungal infections due to its main compound, allicin, and its origins can be traced back to the Allium plant family.

[Garlic](#) is a vegetable often used to flavor food. It’s been a part of traditional medicine for thousands of years [\[R\]](#).

Today, people take garlic to help control their blood pressure and cholesterol [\[R\]](#).

The active component in garlic is called *allicin*.

How it helps

Garlic contains allicin, which has antiviral properties, making it potentially useful against warts caused by the human papillomavirus (HPV). Applying garlic extract or crushed garlic to the wart may help reduce the size and appearance of the wart over time.

9



Topical Tea Tree Oil

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Apply a few drops of 100% tea tree oil to a cotton swab or ball and gently dab onto the affected area of the skin. Do this 1-2 times daily until improvements are noticeable, usually for a period of 1-4 weeks. Avoid applying tea tree oil to large areas of the skin and test on a small patch of skin first to ensure no allergic reaction occurs.

Description

Tea tree oil is used topically for its antimicrobial and antifungal properties, commonly applied to treat skin conditions like acne, fungal infections, and insect bites. Its main chemical compound of interest is terpinen-4-ol, and it is sourced from the leaves of the tea tree, *Melaleuca alternifolia*.

[Tea tree oil](#) is derived mostly from steaming the leaves of *Melaleuca alternifolia*, a tree native to Australia [\[R\]](#).

It’s used to treat a number of conditions, such as [\[R\]](#):

- Acne
- Dandruff
- Nail fungus
- Lice
- Athlete's foot

How it helps

Tea tree oil has antiviral properties that can help in treating warts. Its application may slowly destroy the infected skin, causing the wart to fall off eventually. However, its effectiveness might vary among individuals and requires consistent application.

10



Topical Salicylic Acid

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Apply a small amount of salicylic acid gel or cream to the affected area of the skin once or twice a day, after gently cleaning and drying the skin. Use consistently for several weeks to achieve the best results, and always follow the specific product instructions.

Description

Salicylic acid is a beta-hydroxy acid (BHA) used in skincare for its ability to exfoliate the skin, unclog pores, and treat acne. It is derived from the bark of willow trees and is effective in managing various skin conditions.

Salicylic acid is a medication that removes dead skin cells. It’s used to treat a number of skin issues, such as [\[R\]](#), [\[R\]](#):

- Dandruff
- Warts
- Acne

For acne, **salicylic acid (0.5-2%)** is available without a prescription in a variety of topical products. These include [\[R\]](#), [\[R\]](#):

- Soaps
- Facial wipes
- Lotions
- Gels

How it helps

Salicylic acid has a long history of use for warts, supported by evidence showing its effectiveness. It acts by softening and dissolving the keratin that makes up the wart and the thick layer of dead skin that often tops it. This helps the wart to shed naturally.