Folate

Trait

CATEGORIES

INCREASED NEED

Likely increased need for folate

Client

Sonja Schmitzer 2

Folate

TRAIT

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.

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.

When we give a risk score, the risk icon tells you if you are at a higher or lower risk compared to other people:

In total, we analyze up to 83 million genetic variants.

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.

Our recommendations come in three categories: lifestyle, diet, and supplements. The following icons tell you which category a recommendation falls into:

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.

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):

Our team of scientists also ranks each recommendation. We rank based on impact and the strength of evidence in the medical literature.

Impact

An impact score can range from 1-5. It can be assigned to a recommendation that helps with a measurable trait, such as cholesterol levels or blood pressure. In this case, the impact score will reflect how much the trait can change in a person who follows the recommendation. An impact score of 1 reflects the smallest change, while 5 reflects the largest.

An impact score can also be assigned to a recommendation that helps with stress levels, mood, or other traits that can't be measured directly. In this case, the recommendation is compared to other recommendations and standard treatments (if they exist). An impact score is assigned based on these relative comparisons.

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.

0 / 5

No evidence in humans.

Some things to keep in mind:

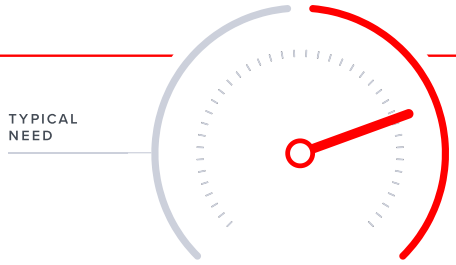
- The scores/gauges use the latest scientific studies. But they are not perfect and will change as the models improve.
- Results might be more accurate for some ethnic groups than others. This depends on the studies used in each report.
- Not everyone with risk variants will develop a health condition.
- People without risk variants can also develop health conditions.
- Genetics is not the whole story. Your health is most often a combination of genetics, lifestyle, and environmental factors.
- Great news, as this means that you can often change your lifestyle to lower your risk.
- It’s important to work with your doctor to better understand your risks. Our reports do not diagnose or treat any health condition. They are not a substitute for medical advice. If you're diagnosed with a certain health condition, follow your doctor's advice.

Summary

Your quick takeaway

GENETICS

Likely increased need for folate based on the genetic variants we looked at



8%

OF USERS SHARE THE SAME SCORE

You have the same genetic predisposition as **8% of our users.**

About Folate

Vitamin B9, also known as folate or folic acid, is an essential nutrient. This means it is not created in our bodies, and we must get it from either food or supplements [R, R].

Folate is the natural form of vitamin B9 found in food. Supplements are usually in the form of *folic acid* or L-methylfolate (5-MTHF). Most adults should get **400 micrograms (mcg)** of folate per day [R, R].

Folate helps the body:

- Protect DNA from damage [R, R]
- Turn genes on and off [R, R]
- Support brain health [R, R, R]
- Support heart health [R, R, R]
- Make red blood cells [R, R]

Folate is particularly important to support a healthy pregnancy. Low levels can lead to birth defects. It may be helpful to increase folate intake when trying to get pregnant. Additionally, pregnant women should get 500-600 mcg of folate per day [R, R, R, R].

Rich sources of folate include [R, R]:

- Spinach
- Black-eyed and green peas
- Asparagus
- Lettuce
- Avocado
- Broccoli
- Citrus fruits
- Fortified rice, bread, and pasta

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YOUR TOP IMPORTANT GENETIC VARIANTS

Who Needs More Folate?

Low levels of folate are not common. However, women may be at a higher risk than men [R, R].

Additional risk factors and causes of low folate levels include:

- **Low intake of fruits and vegetables [R, R]**
- Heavy drinking [R, R]
- Smoking [R, R]
- Gut issues such as inflammatory bowel disease (IBD) or celiac disease [R, R, R]
- Certain medications [R]

A variant in a gene called *MTHFR* is linked to slightly lower folate levels. People who carry two copies of this variant may have about 16% lower blood folate [R].

PERSONALIZED TO YOUR GENES

Based on the variant we looked at, you may have an increased need for folate. However, your diet and lifestyle can also influence your folate levels. Make sure you're getting enough of this vitamin by eating lots of fruits and vegetables.

GENE	SNP	GENOTYPE
/	**rs1801133**	AA