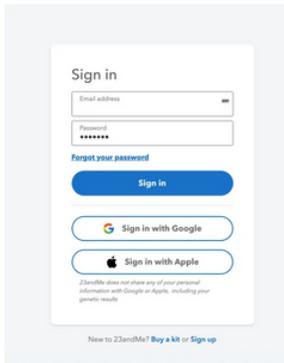


23andMe DOWNLOAD INSTRUCTIONS

Data privacy is a big priority with genetic data. I recommend downloading your 23andMe raw data file and saving it to a secure location. Please don't do this on a public computer – download your data to your own computer using your home wifi or using a VPN. Then save the raw data file to your hard drive -- and perhaps also to an external USB backup drive, if you have one.

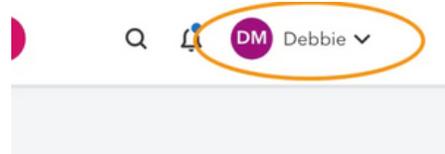
1 Log in to 23andMe [here](#)

Don't worry - if you've forgotten your password, there is a link to reset it.

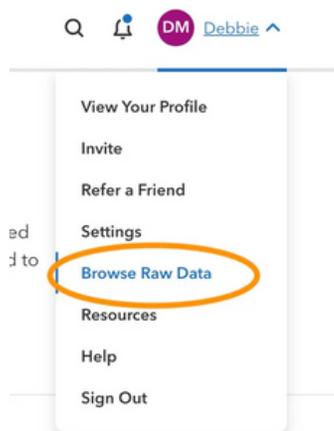


2 Click on your name in the upper right corner of the page.

If you are on a mobile device, tap on the menu icon on the top right corner of the screen.



3 Click on Browse Raw Data



4 Click on the download link

The button to download is in the middle of the screen next to the underlined Browse.

Request your raw data download

Click the link below to submit a request to download your raw data file. When it is ready, we'll send you a message to the email address linked to your account. You can also check this page for the status of your request.

If you upload your raw data to a third party application or service, keep in mind that your raw data is not validated for accuracy and the interpretation, reports or other claims that the third party makes may not be accurate. Your data also may not be maintained in a secure or private manner by third parties.

I understand the limitations and risks associated with uploading my information to third party sites.

Submit request

5 Request your raw data

Click on the check box and then submit your request to download your raw data.

Request your raw data download

Click the link below to submit a request to download your raw data file. When it is ready, we'll send you a message to the email address linked to your account. You can also check this page for the status of your request.

If you upload your raw data to a third party application or service, keep in mind that your raw data is not validated for accuracy and the interpretation, reports or other claims that the third party makes may not be accurate. Your data also may not be maintained in a secure or private manner by third parties.

I understand the limitations and risks associated with uploading my information to third party sites.

Submit request

6 Wait patiently for a few minutes.

It will take a few minutes for the download request to be processed. 23andMe will send you an email when it is ready. Or – just wait a few minutes and hit refresh on the download page.



7 Click on the Download Raw Data button

Your raw data download is ready!

Download raw data

8 The download starts automatically

The file will be a .zip file. Double click it to access the text file with your raw data.

This is what it will look like:

```
# This data file generated by 23andMe at: Tue Aug 03 07:52:27 2021
#
# This file contains raw genotype data, including data that is not used in 23andMe reports.
# This data has undergone a general quality review however only a subset of markers have been
# individually validated for accuracy. As such, this data is suitable only for research,
# educational, and informational use and not for medical or other use.
#
# Below is a text version of your data. Fields are TAB-separated
# Each line corresponds to a single SNP. For each SNP, we provide its identifier
# (an rsID or an internal ID), its location on the reference human genome, and the
# genotype call oriented with respect to the plus strand on the human reference sequence.
# We are using reference human assembly build 37 (also known as Annotation Release 38).
# Note that it is possible that data downloaded at different times may be different due to ongoing
# improvements in our ability to call genotypes. More information about these changes can be found
# at
#
# More information on reference human assembly builds:
# https://www.ncbi.nlm.nih.gov/assembly/GCF_000001485.13/
#
# rsID chromosome position genotype
rs12544887 1 73462 AA
rs113172 1 75272 GG
rs1083843 1 76986 CC
rs1212415 1 77546 AA
rs1149799 1 78773 GG
rs11248777 1 78959 AG
rs1238385 1 82498 AA
```

Learning ABOUT YOUR GENES

Genetic Lifehacks is full of articles about what you can learn from your genes. Get started with Searching for a specific health concern, or try some of these interesting articles:

- [Top 10 Genes to Check in Your Raw Data](#)
- [MTHFR and the Methylation Cycle](#)
- [Lactose Intolerance Genes](#)
- [ABCC11: Body odor and ear wax](#)