

AncestryDNA DOWNLOAD INSTRUCTIONS

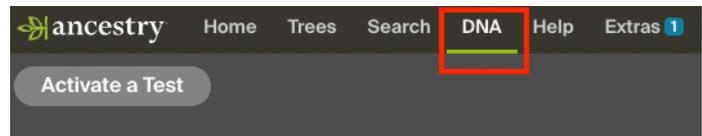
Data privacy is a big priority with genetic data. I recommend downloading your AncestryDNA raw data file and saving it to a secure location. Please don't do this on a public computer – download your data to your computer using your home W-Fi or using a VPN. Then save the raw data file to your hard drive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

1 Log in to AncestryDNA [here](#)

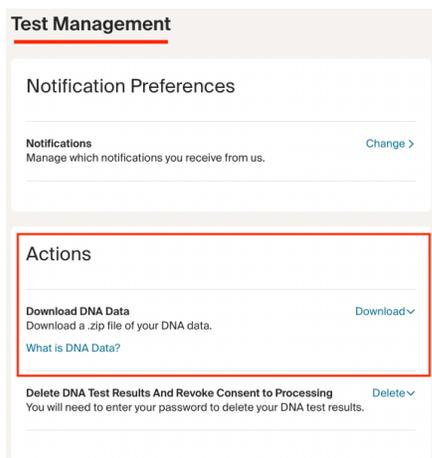
Don't worry - if you've forgotten your password, there is a link to reset it.



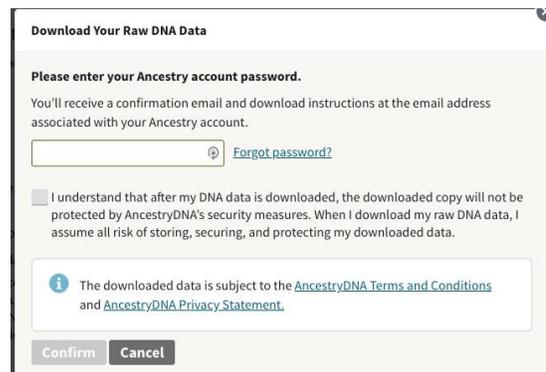
2 Go to your settings under the DNA button.



3 Click Download for Download DNA data under Actions.



4 Read, check the acknowledgement box, and enter your password again.

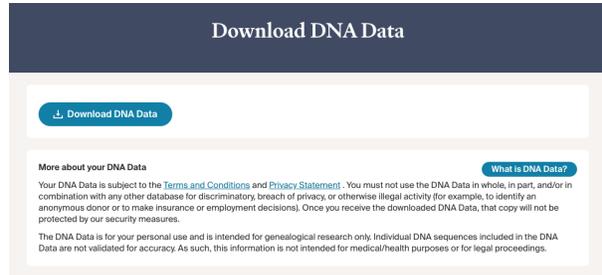
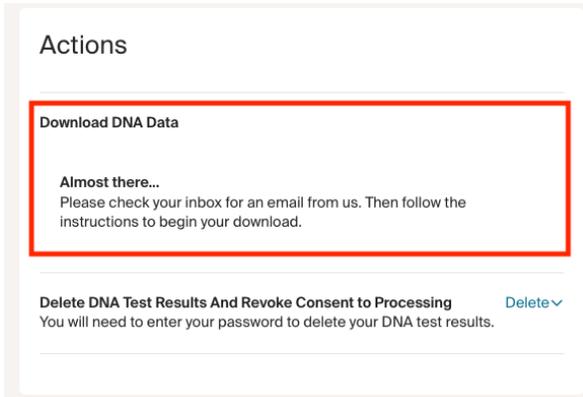


Genetic Lifehacks

Learn. Experiment. Optimize.

5 Wait for an email form AncestryDNA with a download link.

6 Click the email link from AncestryDNA. It will take you to the download page..



7 Your DNA Raw Data will will download as a .zip file to your default downloads directory.

8 Use Your Data!
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:



```
#AncestryDNA raw data download
#This file was generated by AncestryDNA
#Data was collected using ancestryDNA array version: V2.0
#Data is formatted using AncestryDNA converter version: V1.0
#Below is a text version of your DNA file from Ancestry.com DNA, LLC. THIS
#INFORMATION IS FOR YOUR PERSONAL USE AND IS INTENDED FOR GENEALOGICAL RESEARCH
#ONLY. IT IS NOT INTENDED FOR MEDICAL, DIAGNOSTIC, OR HEALTH PURPOSES. THE EXPORTED DATA IS
#SUBJECT TO THE AncestryDNA TERMS AND CONDITIONS, BUT PLEASE BE AWARE THAT THE
#DOWNLOADED DATA WILL NO LONGER BE PROTECTED BY OUR SECURITY MEASURES.
#WHEN YOU DOWNLOAD YOUR RAW DNA DATA, YOU ASSUME ALL RISK OF STORING,
#SECURING AND PROTECTING YOUR DATA. FOR MORE INFORMATION, SEE ANCESTRYDNA FAQS.
#
#Genetic data is provided below as five TAB delimited columns. Each line
#corresponds to a SNP. Column one provides the SNP identifier (rsID where
#possible). Columns two and three contain the chromosome and basepair position
#of the SNP using human reference build 37.1 coordinates. Columns four and five
#contain the two alleles observed at this SNP (genotype). The genotype is reported
#on the forward (+) strand with respect to the human reference.
rsid chromosome position allele1 allele2
rs36928265 1 569588 C G
rs199476136 1 569400 T T
rs198214723 1 693525 A T
rs3131972 1 752721 A G
rs12562834 1 768448 C C
rs115093985 1 787173 G G
rs6681049 1 800007 C C
rs28444699 1 830181 T T
rs4978382 1 840753 T C
rs11516185 1 843405 A T
rs4475091 1 846888 C C
rs13383369 1 852875 T C
rs4970461 1 852964 T G
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Learning ABOUT YOUR GENES

Genetic Lifehacks is full of articles about what you can learn from your genes. Get started by 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](#)