

Summary Report Overview

What does this summary report tell you?

- Matches your genetic data to the articles on [Genetic Lifehacks](#)
- Easy way to see which articles are relevant to you
- Click on the article links to read all the details, including peer-reviewed references

Your Genotype:
What your genetic data
shows for this rs id

Effect Allele Notes:
Very brief overview of the
research on the risk allele
See the article for details!

Gene	RS ID	Effect Allele	Your Genotype	Notes About Effect Allele
IL-6	rs1800795	C	CC	C/C: additional zinc may not be needed in aging; G allele (common) may benefit from more zinc
SLC30A8	rs13266634	T	CT	Zinc may decrease blood glucose (if high)
SLC30A8	rs11558471	A	AG	Zinc may decrease blood glucose (if high)
		C	--	Zinc transporter deficiency
		T	--	Zinc transporter deficiency
		A	--	Zinc transporter
SLC39A2	rs2234632	T	--	Zinc reduces inf
SLC39A13	rs121434363	A	--	Mutation linked
CA1	rs1532423	A	GG	AA: higher serum

Color coding:
Yellow = one risk allele
Orange = two risk allele:

Dashed Genotype?
Means that your version
of genetic data didn't
cover this specific rs id

Article: Thiamine (B1)

Gene	RS ID	Effect Allele	Your Genotype	Notes About Effect Allele
SLC19A2	rs2038024			of venous thromboembolism

Article Links:
Click for all details:
background science,
references, and lifehacks

What does it mean when the genotype is highlighted?

- Yellow highlight: Your genotype matches one copy of the risk allele
- Orange highlight: Your data matches with two copies of the risk allele

Does the Cheat Sheet show every possible risk for a certain disease or trait?

- No. Genetic data from 23andMe or AncestryDNA covers less than 1% of your full genome.
- Genetics research is still relatively new, and researchers continually make new discoveries.

How accurate is this information?

- Errors are always possible, including errors in your genetic data, typos on the cheat sheet, and errors in the research studies.
- Always seek qualified medical advice before making medical decisions.

If I'm at an increased risk for a disease, does this mean that I will get the disease?

- No. For most diseases, your genetic risk factors combine with your environment (diet, toxin exposure, gut microbiome, pathogens, activity level, where you live, sleep quality, and more).
- The good news is that you can use this information to prevent chronic diseases for which you are at risk by altering your environmental factors.