

Genotype Summary Report: All Topics

Created for: **Jane Doe**

What does this report show you?

The table contains information about genetic variants. The **Article** column links you to the full article with detailed information and references.

The **Risk Allele** column shows you which allele the **Notes About the Risk Allele** applies to.

The **Your Genotype** column shows which alleles you have. If your genotype matches with one or two copies of the risk allele, it will be highlighted in yellow or orange so that you can easily see it.

Does this report show every possible risk factor for a disease or trait?

No – and this is an important question. 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 this report, and errors or incomplete information in 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 definitely 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.

The information provided in the report and by Genetic Lifehacks is for informational and educational purposes only. It is not intended to diagnose or treat disease. Instead, please take this report as a starting point for learning about your genes.

Topic: Nutrients – Vitamins and Minerals

Article: MTHFR

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
MTHFR C677T	rs1801133	A	AG	40-70% decrease in MTHFR enzyme function (folate metabolism)
MTHFR A1298C	rs1801131	G	TT	10-20% decrease in MTHFR enzyme function (folate metabolism)

Article: Vitamin B12

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
MTRR	rs1801394	G	GG	Decreased MTRR, affects B12
FUT2	rs601338	A	AA	AA only: non-secretor, serum B12 tests may be inaccurate
TCN1	rs526934	G	AG	B12 transporter, lower circulating B12
TCN2	rs9606756	G	AG	B12 binding protein, reduced B12 levels
MTHFR	rs1801133	A	AG	C677T allele; MTHFR efficiency reduced

Article: Riboflavin

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
MTHFR	rs1801133	A	AG	Riboflavin may help lower homocysteine
FMO3	rs1736557	A	GG	Decreased FMO3; riboflavin may help
FMO3	rs28363581	C	TT	Decreased FMO3; riboflavin may help
FMO3	rs3832024	D	II	Decreased FMO3; riboflavin may help
FMO3	rs2266782	A	GG	Decreased FMO3; riboflavin may help
FMO3	rs909530	T	TC	Decreased FMO3; riboflavin may help
FMO3	rs2266780	G	AA	Decreased FMO3; riboflavin may help
FMO3	rs61753344	T	GG	Decreased FMO3; riboflavin may help
FMO3	rs909530	T	TC	Decreased FMO3; riboflavin may help
ETFDH	i5007876	A	--	Multiple ACAD (rare)
SLC52A3	i5008314	A	--	Brown-Vialetto-Van Laere (rare)
SLC25A32	rs147014855	T	CC	Exercise intolerance that responds to riboflavin

Article: Vitamin B6

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
ALPL	rs1256335	G	AA	Decreased vitamin B6
ALPL	rs1697421	T	TT	Slightly decreased vitamin B6 levels
ALPL	rs1780316	T	--	Slightly decreased vitamin B6 levels
ALPL	rs4654748	C	TT	Slightly decreased vitamin B6 levels
ALDH7A1	rs121912707	G	CC	Mutation linked to vitamin B6 dependent epilepsy (rare)
ALDH7A1	rs121912708	A	GG	rare mutation linked to vitamin B6 dependent epilepsy

Article: Vitamin C

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
SLC23A1	rs6133175	G	GG	Higher plasma vitamin C levels
SLC23A1	rs12479919	T	--	Higher plasma vitamin C levels
SLC23A1	rs6053005	T	CC	Higher plasma vitamin C levels
SLC23A1	rs33972313	T	CT	Lower plasma vit. C
SLC23A1	rs10063949	C	CT	Lower plasma vit. C
SLC23A1	rs33972313	T	CT	Lower plasma vit. C

Article: Biotin (B7)

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
BTD	rs13078881	C	GG	Reduced enzyme activity
BTD	rs28934601	G	AA	Mutation related to biotin deficiency (rare)
BTD	rs13073139	A	GG	Mutation related to biotin deficiency (rare)
BTD	rs80338684	T	GG	Mutation related to biotin deficiency (rare)
BTD	rs34885143	A	GG	Mutation related to biotin deficiency (rare)

Article: Zinc

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
IL-6	rs1800795	G	CC	Zinc modulates inflammation
SLC30A8	rs13266634	T	CC	Zinc may decrease blood glucose (if high)
SLC30A8	rs11558471	A	AA	Zinc may decrease blood glucose (if high)
SLC30A2	rs587776926	C	TT	Zinc transporter deficiency
SLC30A2	rs185398527	T	CC	Zinc transporter deficiency
SLC30A2	rs117153535	A	CC	Zinc transporter deficiency
SLC39A2	rs2234632	T	GG	Zinc reduces inflammation
SLC39A13	rs121434363	A	--	Mutation linked to Ehlers-Danlos, zinc dependent
CA1	rs1532423	A	AA	AA: higher serum zinc

Article: Thiamine (B1)

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
SLC19A2	rs2038024	C	AA	Increased risk of venous thromboembolism
SLC19A2	rs28937595	A	CC	Mutation linked to thiamine-responsive megaloblastic anemia (rare)
SLC19A2	rs121908540	A	GG	Mutation linked to thiamine-responsive megaloblastic anemia (rare)
SLC19A2	rs74315373	A	GG	Mutation linked to thiamine-responsive megaloblastic anemia (rare)
SLC19A2	rs74315374	T	CC	Mutation linked to thiamine-responsive megaloblastic anemia (rare)
SLC19A2	rs74315375	T	CC	Mutation linked to thiamine-responsive megaloblastic anemia (rare)
SLC19A3	rs121917884	C	TT	Mutation related to basal ganglia disease (rare)
SLC19A3	rs121917882	A	CC	Mutation related to basal ganglia disease (rare)
SLC22A1	rs72552763	D	DI	reduced thiamine transport
TPK1	rs371271054	C	TT	Carrier of thiamine-related mutation
SLC25A19	rs119473030	G	CC	Mutation for microcephaly
PHDC	rs28933391	A	GG	AA = pathogenic for Pyruvate dehydrogenase deficiency (Important)
PHDC	rs28935769	C	TT	CC = pathogenic for Pyruvate dehydrogenase deficiency (important)
BCKDHB	i3002808	C	GG	Maple syrup urine disease, thiamine responsive (rare)
BCKDHB	rs386834233	A	GG	Maple syrup urine disease, thiamine responsive (rare)
BCKDHB	rs74103423	A	CC	Maple syrup urine disease, thiamine responsive (rare)

Article: Choline

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
PEMT	rs7946	T	TT	Decreased PEMT activity, phosphatidylcholine
CHKA	rs10791957	A	AA	Reduced turnover of methionine to phosphatidylcholine
BHMT	rs3733890	A	GG	Decreased conversion of choline to betaine
FMO3	rs2266782	A	GG	Choline used less as a methyl donor
MTHFD1	rs2236225	A	AG	More likely to have choline deficiency (check diet)

Article: Vitamin A

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
BCMO1	rs7501331	T	CC	Decreased beta-carotene conversion to active form of vitamin A
BCMO1	rs12934922	T	AT	Decreased beta-carotene conversion to active form of vitamin A
BCMO1	rs11645428	G	GG	Decreased beta-carotene conversion to active form of vitamin A
BCMO1	rs6420424	A	AA	Decreased beta-carotene conversion to active form of vitamin A
BCMO1	rs6564851	G	GG	Decreased beta-carotene conversion to active form of vitamin A

Article: Vitamin D

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
CYP2R1	rs2060793	A	AA	Lower vitamin D levels
CYP2R1	rs1562902	T	CC	Higher vitamin D levels
CYP27B1	rs28934607	A	GG	Pathogenic for vitamin D related rickets (important)
CYP27B1	rs28934605	T	CC	Pathogenic for vitamin D related rickets (important)
CYP27B1	rs28934604	T	CC	Pathogenic for vitamin D related rickets (important)
GC	rs2282679	G	TT	Lower vitamin D levels
GC	rs7041	A	AC	Lower vitamin D levels
VDR	rs731236	A	AG	Lower vitamin D levels, VDR-Taql
VDR	rs1544410	T	TC	Lower vitamin D levels, VDR-Bsml
VDR	rs2228570	G	--	Lower vitamin D levels, VDR-FokI
VDR	rs7975232	C	AC	VDR Apal variant

Article: Folic Acid Conversion

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
DHFR	rs70991108	D	II	More unmetabolized folic acid in blood
DHFR	rs1677693	T	--	Affects folic acid metabolism; folic acid supplementation may increase colon cancer risk
DHFR	rs1650697	A	AG	Decreased conversion of folic acid, alters methotrexate response
MTHFR	rs1801133	A	AG	Reduced MTHFR efficiency, may need more folate, B12

Article: Selenium

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
SEP15	rs5845	A	AG	Decreased selenium transport; increased risk of lung cancer in people with lower selenium levels, lower verbal memory scores
SEP15	rs561104	C	TT	Decreased FMO3, which breaks down nitrogen-containing amines. Some people helped with riboflavin.
SEPP1	rs7579	T	TC	Lower serum selenium levels, increased risk of prostate cancer
SEPP1	rs3877899	T	CC	Lower serum selenium levels
SELENOS	rs34713741	T	CC	Increased risk of colon and gastric cancers
GPX4	rs713041	T	TC	Altered GPX4 function, increased risk of colon cancer or breast cancer with low selenium
GPX1	rs1050450	A	--	Lower GPX enzyme activity

Article: MTHFR Beyond C677T and A1298C

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
MTHFR	rs2274976	T	CC	Decreased folate conversion; increased risk of cleft lip, schizophrenia, high homocysteine
MTHFR	rs9651118	C	TT	Decreased risk of liver cancer, lower homocysteine (good)
MTHFR	rs13306560	T	CC	Lower blood pressure, protective against Parkinson's (good)
MTHFR	rs17367504	G	AA	Protective against hypertension and preeclampsia (good)
MTHFR	rs4846049	G	--	GG: Decreased risk of migraines (good)

Article: MTR and MTRR

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
MTR	rs1805087	G	AA	increased enzyme activity; increased risk of cognitive impairment (likely due to higher homocysteine)
MTR	rs1050993	A	AG	Increased relative risk of breast cancer, heart disease
MTR	rs2275565	T	GG	Higher homocysteine levels
MTRR	rs1801394	G	GG	Decreased enzyme efficiency; increased risk for male infertility, slightly increased risk for cancer;

Article: Vitamin K

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
CYP4F2	rs2108622	T	TC	Reduced CYP4F2, possibly __ warfarin dosage
CYP4F2	rs1558139	A	AG	Lower risk of stroke (inc. vit. K)
VKORC1	rs9934438	A	GG	Decreased VKORC1
VKORC1	rs9923231	T	CC	Decreased VKORC1

Article: Magnesium

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
TRPM6	rs3750425	T	CC	lower serum magnesium levels
TRPM6	rs2274924	C	TT	lower serum magnesium levels
TRPM6	rs121912625	A	GG	rare mutation linked to hypomagnesia
TRPM7	rs8042919	A	GG	increased sensitivity to low magnesium levels,
CNNM2	rs12413409	A	GG	decreased risk of hypertension and heart disease (good!)
CNNM2	rs11191548	C	TT	decreased risk of hypertension (good!)
CNNM2	rs7914558	A	GG	AA only: Possibly altered brain systems, increased relative risk of schizophrenia

Topic: Nutrients – Foods

Article: Lactose

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
LCT	rs4988235	G	AA	For GG only: no lactase produced as an adult (lactose intolerant)
MCM6	rs145946881	A	CC	For AA only: no lactase produced as an adult (African ancestry)

Article: Caffeine

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
CYP1A2	rs762551	C	AC	Caffeine metabolism: AC: Intermediate CC: Slow
ADORA2A	rs2298383	C	TT	CC: High caffeine intake may make you anxious
ADORA2A	rs5751876	T	CC	TT only: high caffeine intake may make you anxious

Article: Fish Oil

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
FADS1	rs174546	T	CC	Decreased conversion of plant omega-3's to DHA and EPA
FADS2	rs1535	G	AA	Decreased conversion of plant omega-3's to DHA and EPA

Article: Histamine

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
AOC1	rs10156191	T	CC	Reduced production of DAO
AOC1	rs2052129	T	GG	Reduced production of DAO
AOC1	rs1049742	T	--	Reduced production of DAO
AOC1	rs1049793	G	--	Reduced production of DAO
AOC1	rs2071514	A	GG	Slightly higher DAO
HMNT	rs1050891	A	AA	Reduced breakdown of serum histamine
HMNT	i3000469	T	--	Reduced breakdown of serum histamine
HMNT	rs2071048	T	TT	Reduced breakdown of serum histamine
HMNT	rs11558538	T	CC	Reduced breakdown of serum histamine
HDC	rs2073440	G	TT	Decreased histamine production
HDC	rs267606861	A	CC	pathogenic mutation
HRH1	rs901865	T	TC	Increased H1 receptor
HRH2	rs2067474	A	GG	Decreased H2 receptor
HRH4	rs11662595	G	AA	Decreased H4 receptor

Article: Oxalates

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
CASR	rs1501899	A	--	Increased risk of kidney stones
UMOD	rs4293393	G	AA	Increased risk of kidney stones
DGKH	rs4142110	T	CC	Decreased risk of kidney stones
CLND14	rs219780	T	CC	Decreased risk of kidney stones
AGXT	rs34116584	T	TC	Adds to hyperoxaluria risk; increased risk kidney stones
AGXT	i5012629	D	II	Mutation for hyperoxaluria. (important)
AGXT	i5012628	D	II	Mutation for hyperoxaluria. (important)
AGXT	rs180177309	D	II	Mutation for hyperoxaluria. (important)
AGXT	rs80356708	D	II	Mutation for hyperoxaluria. (important)

Article: Saturated Fats

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
ACE	rs4343	G	AG	Increased risk of high blood pressure and heart disease with high saturated fat diet
APOA2	rs5082	G	AA	Increased risk of obesity with high saturated fat; overall
TCF7L2	rs7903146	T	TC	Increased risk of type 2 diabetes & metabolic syndrome with high saturated fat diet

Article: Tyramine

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
MAOA	rs6323	T	TG	Decreased MAOA
FMO3	rs1736557	A	GG	Increased FMO3
FMO3	rs2266780	G	AA	Mild decrease in FMO3
FMO3	rs2266782	A	GG	Mild decrease in FMO4
FMO3	rs909530	T	TC	Mild decrease in FMO5
FMO3	rs909531	C	--	Mild decrease in FMO6
FMO3	rs28363581	C	TT	Decreased FMO3 (rare
FMO3	rs3832024	D	II	Decreased FMO3 (rare
FMO3	rs61753344	T	GG	Decreased FMO3 (rare
CYP2D6	rs3892097	T	--	Decreased or non-functioning CYP2D6 enzyme
CYP2D6	rs5030655	D	II	Decreased or non-functioning CYP2D6 enzyme
CYP2D6	rs1065852	A	--	Decreased or non-functioning CYP2D6 enzyme
CYP2D6	rs16947	A	--	Decreased or non-functioning CYP2D6 enzyme
CYP2D6	rs5030867	G	TT	Decreased or non-functioning CYP2D6 enzyme
CYP2D6	rs5030656	D	II	Decreased or non-functioning CYP2D6 enzyme
CYP2D6	rs28371706	A	GG	Decreased or non-functioning CYP2D6 enzyme

Article: Alcohol

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
ADH1B	rs1229984	T	CC	Faster metabolism of alcohol into acetaldehyde; may feel bad when drinking a lot
ADH1B	rs2066702	A	--	Faster metabolism of alcohol into acetaldehyde; may feel bad when drinking a lot
ADH1C	rs283413	A	CC	Slow metabolizer of alcohol
ALDH2	rs671	A	GG	Alcohol flush reaction (aka Asian flush)

Article: Amylase

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
AMY1	rs11185098	A	--	Higher amylase activity

Article: Mushrooms

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
SLC22A4	rs1050152	T	TC	Likely to be intolerant of ergothioneine (in mushrooms) with IBD

Article: CBS

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
CBS	rs234706	A	AG	Increased LDL and trigs
CBS	rs1801181	A	GG	AA: slight increases risk of lymphoma with low B6 levels
CBS	rs4920037	A	AG	better arsenic detoxification
CBS	rs234709	T	TT	better arsenic detoxification
CBS	rs5742905	G	--	Increased homocysteine

Article: Food Allergies

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
HLA-DQB1	rs9275596	C	TT	Increased relative risk of peanut allergy
HLA-DRA	rs7192	T	GG	Increased relative risk of peanut allergy
FLG	rs61816761	A	GG	Increased relative risk of peanut allergy; atopic dermatitis
FLG	i4000499	D	--	Increased relative risk of peanut allergy; atopic dermatitis
FLG	rs558269137	D	--	Increased relative risk of peanut allergy; atopic dermatitis
RBFOX1	rs74575857	C	AA	Increased relative risk of wheat allergy
HLA-DQA1	rs9271588	C	CT	Increased relative risk of wheat allergy
IL18	rs1946518	G	GG	Increased relative risk of wheat allergy
HLA-DQ	rs9275596	C	TT	CC only: increased risk of shrimp allergy
IL13	rs20541	A	GG	AA only: increased risk of shrimp allergy
IL13	rs1800925	T	CC	TT only: increased risk of shrimp allergy
TMPRSS6	rs855791	A	GG	AA only: 3-fold increased risk of milk allergy
IL10	rs1800896	C	TT	Increased risk of food allergies in general
IL13	rs1295686	T	CC	Increased risk of food allergies in general
IL4	rs2243250	C	CC	Increased food allergies with vitamin D deficiency
CCL26	rs2302009	C	AA	Increase risk eosinophilic esophagitis

Article: Hunter-Gather vs. Farmer

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
CLTC1	rs1061325	C	TC	C/C: Two copies of the farmer allele C/T: One farmer and one copy of the hunter-gatherer allele T/T: Two copies of the hunter-gatherer allele

Article: BHMT

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
BHMT	rs3733890	A	GG	Reduced conversion of choline to betaine; increased risk of early onset heart disease with poor diet.
BHMT	rs651852	C	--	C/C: increased risk of cleft lip, an indicator of low methyl groups
BHMT	rs567754	T	TC	Decreased risk of ER-negative breast cancer (good)

Article: Mediterranean

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
AGTR1 gene	rs5186	C	AC	increased risk of hypertension and high triglycerides, more likely to choose the Mediterranean diet

Topic: Mood and Brain

Article: Seasonal Affective Disorder

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
PER3	rs139315125	G	AA	Decreased PER3; increased risk of SAD
PER3	rs150812083	G	CC	Decreased PER3, higher risk of SAD
PER3	rs228697	G	CG	Evening preference; Increased risk of SAD
OPN4	rs2675703	T	CT	Greatly increased risk of SAD; responsive to day length
OPN4	rs1079610	C	TT	Attenuated response to light; earlier sleep/wake timing
CLOCK	rs1801260	G	AA	Decreased risk of SAD; higher activity in evening
ARNTL	rs2290035	A	--	AA: lower risk of SAD; AT: increased risk of SAD
HTR2A	rs731779	C	AA	CC only: significantly increased risk of SAD

Article: Oxytocin

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
OXTR	rs53576	A	AG	Less oxytocin; likely to be less empathetic; optimistic
OXT	rs1042778	T	GG	Less empathetic, more socially inhibited; possibly more creative

Article: Resilience Childhood Trauma

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
CRHR1	rs242924	G	--	Increased risk of depression and anxiety due to childhood trauma
CRHR1	rs110402	G	GG	Increased risk of depression and anxiety due to childhood trauma

Article: BDNF

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
BDNF	rs6265	T	TC	Decreased BDNF; higher levels of introversion
BDNF	rs56164415	A	--	Altered BDNF in areas of brain; Increased risk schizophrenia; PTSD
BDNF	rs11030101	T	--	Minor decrease in BDNF
BDNF	rs7103411	C	TC	Minor decrease in BDNF; Increased impulsivity children

Article: BDNF plus Serotonin

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
BDNF	rs6265	T	TC	Decreased BDNF levels
HTR1A	rs6295	G	GC	Increased risk of depression when combined with BDNF

Article: Lithium Orotate

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
MTR	rs1805087	G	AA	Affects B12 which could interact with lithium
MTRR	rs1801394	G	GG	Affects B12 which could interact with lithium
MTRR	rs162036	G	AA	Affects B12 which could interact with lithium
MTRR	rs1802059	A	AA	Affects B12 which could interact with lithium
COMT	rs4680	A	AG	Lower COMT activity; lower pain tolerance
ACCN1	rs11969731	C	--	Increased response to lithium for bipolar disorder
CACNG2	rs2284018	C	TT	Increased response to lithium for bipolar disorder
BDNF	rs6265	T	TC	Decreased BDNF; introversion

Article: COMT

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
COMT	rs4680	A	AG	GG = higher activity; AG=Intermediate activity AA = lower activity
COMT	rs4633	T	TC	CC = higher activity ; TT = lower COMT activity
COMT	rs6267	T	GG	Minor decrease in COMT
COMT	rs165599	A	AG	Minor decrease in COMT

Article: GABA

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
GAD1	rs3749034	A	GG	Increased risk panic disorders
GAD1	rs1978340	A	--	AA only: higher GABA
GAD1	rs769390	A	--	AA only: higher GABA
GAD1	rs3791878	T	--	Less susceptibility to PTSD
GABRA1	rs2279020	G	AG	Increased risk epilepsy; susceptibility to propofol
GABRA1	rs121434579	A	CC	Increased risk epilepsy (rare)
GABRG2	rs211037	T	CC	Increased risk of seizures
ALDH5A1	rs3765310	T	CC	Reduced ALDH1; increased GHB in blood
ALDH5A1	rs2760118	T	TC	Reduced ALDH1; increased risk of impaired cognitive function
ALDH5A1	rs62621664	T	GG	Reduced ALDH1
GABRA2	rs279858	C	TC	increased risk of alcohol use disorder; increased stimulant response from alcohol; linked to aggression and alcohol use in people who had stressful life events as teens
GABRG2	rs796052504	T	CC	Rare mutation linked to epilepsy
GABRA2	rs279871	T	TC	T/T: increased risk of alcohol use disorder

Article: HPA Axis

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
NR3C1	rs6189	T	CC	Glucocorticoid receptor mutation linked to cortisol resistance
NR3C1	rs6190	T	CC	Glucocorticoid receptor mutation linked to cortisol resistance
NR3C1	rs6198	C	TT	Glucocorticoid receptor mutation linked to cortisol

				resistance
NR3C1	rs56149945	C	TT	Increased sensitivity to glucocorticoids; increased risk of obesity; hypertension
NR3C1	rs41423247	C	--	Hypersensitivity to glucocorticoids
NR3C1	rs6191	A	CC	GR variant linked to some resistance to cortisol (minor)
NR3C1	rs10052957	A	--	Linked to hypersensitivity to cortisol (minor)
NR3C2	rs5522	C	TT	Associated with resistance to cortisol; depression.
CRHR1	rs110402	G	GG	Elevated adult cortisol if exposed to childhood trauma; increased risk of depression or anxiety
CRHR1	rs242924	G	--	Elevated adult cortisol if exposed to childhood trauma; increased risk of depression or anxiety
CRHR1	rs242941	A	AC	Increased risk of depression
CRHR1	rs242939	C	TT	Increased risk of depression
FKBP5	rs1360780	T	CT	Incomplete cortisol recovery; risk of depression; anxiety
FKBP5	rs3800373	C	AC	Incomplete cortisol recovery; risk of depression; anxiety
MC2R	rs1941088	A	AG	low cortisol response
MC2R	rs28940892	C	TT	Mutation linked to ACTH resistance (important)
SERPINA6	rs11621961	T	TC	Less cortisol binding globulin; lower plasma cortisol
SERPINA6	rs941601	T	CC	Less cortisol binding globulin; lower plasma cortisol

Article: Anxiety

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
ADORA2A	rs5751876	T	CC	TT: Increased risk panic disorder; Increased anxiety with high caffeine
OXTR	rs53576	A	AG	less empathetic, less sensitive to social rejection (more resilient)
GNB3	rs5443	T	TC	Combined with OXTR; Increased separation anxiety
SLC6A4	rs140701	T	CC	Increased risk panic disorder; social anxiety disorder
BDNF	rs6265	T	TC	Decreased BDNF; Increased risk anxiety disorders
FKBP5	rs1360780	T	CT	TT only: incomplete cortisol recovery; Increased anxiety after psychosocial stress
CHCR1	rs110402	G	GG	Increased cortisol in childhood trauma
ACCN2	rs10875995	C	TT	Heightened reactivity to high CO2 levels; Increased risk panic disorders
ACCN2	rs685012	C	--	Heightened reactivity to high CO2 levels; Increased risk panic disorders

Article: Inflammation and Mood

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
TNF	rs1800629	A	AG	Increased TNF-alpha
IL6	rs1800796	G	GG	GG only: Increased depression with inflammation
IL6	rs1800795	C	CC	CC only: Increased risk depression with stress
IL6	rs1800797	A	AA	Increased depression risk (Chinese pop.)
IL6R	rs4129267	C	TC	CC only: Increased risk anxiety; depression
IL1B	rs16944	G	GG	GG only: Increased IL1B; Increased risk depression
IDO1	rs9657182	C	CT	CC only: more likely to have depr. with inflammation
KMO	rs1053230	C	CC	CC only: higher depression risk

Article: Alcohol Use Disorder

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
OPRM1	rs1799971	G	AA	Stronger alcohol cravings
SNCA	rs17015982	G	--	Increased risk of alcoholism
SLC6A4	rs1042173	A	AA	Stronger alcohol cravings
DRD2	rs1076560	A	AC	Increased risk of alcoholism
DRD3	rs2134655	T	TC	TT: Increased risk of alcoholism
GCKR	rs1260326	T	TC	Slight Increased risk of alcoholism
KLB	rs11940694	A	AG	Greater consumption
ADH1B	rs1229984	T	CC	Reduced risk alcoholism
ADH1B	rs2066702	A	--	Reduced risk alcoholism
ALDH2	rs671	A	GG	Reduced risk alcoholism
ADH1C	rs698	C	CC	Incr. risk pancreatitis

Article: Cannabis Receptors

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
CNR1	rs806368	A	TT	Decreased risk of cannabis dependence
CNR1	rs806368	A	TT	Decreased risk of cannabis dependence
CNR1	rs1049353	T	CC	Decreased risk of cannabis dependence
CNR1	rs1406977	C	TC	Reduced CB1 levels; reduced working memory
CNR2	rs2501432	T	--	Increased CB2 response; Decreased risk of schizophrenia
FAAH	rs324420	A	CC	Increased anandamide; Increased risk of substance abuse
ABCB1	rs1045642	G	AG	GG only: increased risk for cannabis dependence
FAAH	rs4141964	T	TC	Increased risk of cannabis use disorder; increased anandamide

Article: VMAT2

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
SLC18A2	rs363276	T	--	decreased VMAT2 levels, increased risk of PTSD
SLC18A2	rs363387	T	--	increased risk of alcohol dependence (likely decreased VMAT2)
SLC18A2	rs363324	A	AA	lower risk of Parkinson's (likely higher VMAT2)
SLC18A2	rs363227	T	--	increased risk of psychotic disorders, poorer cognitive function

Article: Dyslexia

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
KIAA0319	rs4504469	T	--	Higher risk of dyslexia (Caucasian populations only)
KIAA0319	rs9461045	T	CC	Higher risk of dyslexia
KIAA0319	rs2038137	T	--	TT: Higher risk of dyslexia
KIAA0319	rs761100	C	AC	CC: Higher risk of dyslexia
KIAA0319	rs6935076	T	--	Higher risk of dyslexia
DCDC2	rs793862	A	--	3 to 5x greater risk of dyslexia
DCDC2	rs807701	G	AG	2 to 5x greater risk of dyslexia, amplified if in combination with rs793862

Article: Nootropics

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
BDNF	rs6265	T	TC	Decreased BDNF; noopept increases BDNF
GRIA1	rs548294	T	TC	increased risk of migraines, possibly due to decreased AMPA receptor function; Noopept acts on this receptor
BDNF	rs56164415	A	--	Decreased BDNF; noopept increases BDNF
HIF1A	rs11549465	T	CC	increased HIF-1a; Noopept increases HIF1 also
NPTN	rs7171755	A	AG	lower expression of NPTN in the brain; Bacopa monnieri increases NPTN
TNF	rs1800629	A	AG	Higher TNF-alpha levels; Bacopa reduces TNF-alpha
TNF	rs361525	A	GG	Higher TNF-alpha levels; Bacopa reduces TNF-alpha
NLRP3	rs35829419	A	CC	Increased NLRP3 activation; methylene blue decreases NLRP3 inflammasome
ABCB1	rs1045642	A	AG	may take longer for St. Johns wort to work (attenuated intestinal transport)
GSTM1	rs366631	A	--	A/A: deletion (null) GSTM1 gene; possible increased photosensitivity with St. John's Wort
HIF1A	rs11549467	A	GG	increased HIF-1a; Noopept increases HIF1 also

Article: ANK3 Bipolar

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
ANK3	rs10994336	T	CC	Increased risk of bipolar disorder, decreased executive function
ANK3	rs1938526	G	--	Increased relative risk of bipolar disorder; possibly decreased working memory
ANK3	rs9804190	T	CC	Greater ANK3 expression; lower risk of bipolar disorder
ANK3	rs10761482	T	CC	Increased relative risk of schizophrenia; slightly increased risk of bipolar disorder
ANK3	rs41283526	C	--	Decreased risk of bipolar disorder and schizophrenia

Article: Dopamine

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
DRD1	rs4532	C	TC	Increased risk of nicotine dependence & treatment-resistant schizophrenia
DRD1	rs5326	T	CC	Decreased DRD1 in certain brain regions; poor strategic planning
DRD1	rs686	G	AG	GG: Decreased dopamine recpt1
DRD2	rs6277	A	AG	Increased dopamine receptor 2; better rule-based learning
DRD2	rs1801028	G	GG	Increased risk of schizophrenia
ANKK1	rs1800497	A	AG	Reduced dopamine recpt; Increased risk of PTSD; ADHD
DRD3	rs6280	C	TT	Poorer executive function; Increased risk of alcohol dependence
DRD4	rs1800955	C	--	More likely to be novelty seeker; more impulsive
COMT	rs4680	G	AG	Lower dopamine

Article: Psychopathy

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
MAO	rs6323	T	TG	Reduced MAOA activity
LINC00951	rs4714329	A	AG	Increased risk of antisocial personality disorder with childhood maltreatment
HTR2B	rs79874540	T	GG	Increased risk of aggressiveness and impulsiveness, exacerbated with alcohol
OXTR	rs237887	G	AG	G/G: linked in many studies to be more likely to have antisocial behavior
OXTR	rs237885	T	TG	T/T: more likely to have callous-unemotional traits[ref]
OXTR	rs53576	A	AG	Not as empathetic, more antisocial
OXTR	rs1042778	T	GG	T/T: Less emotional and social; more likely to have callous-unemotional traits (risk for psychopathy)
SNAP25	rs3746544	T	TG	T/T: more common genotype in males with antisocial personality disorder

Article: Depression and Mitochondrial Function

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
SOD2	rs4880	A	AG	AA only: higher chronic inflammation, increased relative risk of depression and psychological stress
GSTA1	rs3957357	A	AG	Low/ non-functioning enzyme; increased relative risk of psychiatric illness
BDNF	rs6265	T	TC	CC: decreased BDNF; decreased hippocampus volume if exposed to early life stress
MTHFD1L	rs11754661	A	AG	Increased risk of depressive rumination and increased lifetime risk of depression
ATP6V1B2	rs1106634	A	GG	Increased relative risk of major depressive disorder
FKBP5	rs1360780	T	CT	Increased relative risk for depression, incomplete cortisol recovery, and increased anxiety after psychosocial stress
FKBP5	rs3800373	C	AC	Increased relative risk of major depressive disorder
CRHR1	rs110402	G	GG	GG: elevated cortisol in people exposed to childhood trauma
CRHR1	rs242924	G	--	GG: elevated cortisol in people exposed to childhood trauma
CRHR1	rs242941	A	AC	slightly increased relative risk of depression
CRHR1	rs242939	C	TT	increased relative risk of depression

Article: Tryptophan

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
IDO1	rs3808606	A	AG	AA only: more conversion to kynurenine
IDO1	rs9657182	C	CT	probably more conversion to kynurenine
KMO	rs1053230	T	CC	Increased conversion to kynurenine
TPH2	rs4570625	G	GG	less conversion of tryptophan to serotonin
TPH2	rs11178997	A	--	Increased risk of depression
TPH2	rs1843809	G	TT	Decreased risk of depression
TPH2	rs1386494	T	CC	TT only: Decreased depression risk
TPH2	rs4290270	T	--	TT only: circadian disruption in people with depression
IDO2	rs10109853	T	TC	Decreased IDO2 function
IDO2	rs4503083	A	--	Decreased IDO2 function
IDO1	rs7820268	C	TC	C/C: 1.5-fold increased relative risk of MS

Article: Brain Fog

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
FGA	rs121909612	A	TT	possibly carrier of a rare mutation related to fibrinogen amyloidosis
SERPINF	rs8074026	T	TC	increase venous clotting risk, reduced breakdown of microclots
GPX1	rs1050450	A	--	increased risk of brain fog in Long Covid patients
GSTM1	rs366631	A	--	A/A: deletion (null) GSTM1 gene. more common genotype in people with Long Covid brain fog
TLR4	rs10759931	G	--	G/G: common genotype, more likely to have poor cognitive outcomes from mild-Covid
HFE	rs1800562	A	GG	C282Y variant, most common cause of hereditary hemochromatosis, iron buildup could cause brain fog
HFE	rs1799945	G	CC	higher iron levels, more of a problem if two copies (GG) or if combined with C282Y

Article: Migraine Susceptibility

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
TRPM8	rs10166942	T	TC	TT: increased risk of migraines (temperature and menthol receptor gene)
TRPM8	rs10166942	T	TC	TT: increased risk of migraines (temperature and menthol receptor gene)
BDNF	rs6265	T	TC	Increased risk of migraines due to lower BDNF
MMP16	rs10504861	T	TC	Reduced risk of migraines
NNMT	rs694539	T	CC	TT only: 4-fold increase in migraine risk (methylation cycle)
MTHFR	rs1801133	A	AG	Increased risk of migraines (methylation cycle)
C7orf10	rs4379368	T	CC	Decreased risk of migraines (serotonin)
SLC6A4	rs2066713	A	AG	Decreased risk of migraines (serotonin)
AOC1	rs1049793	G	--	Increased risk of migraines (histamines from foods)
AOC1	rs10156191	T	CC	Increased risk of migraines (histamines from foods)
TNF	rs3093664	G	AA	Increased risk of migraines (inflammatory pathway)
TNF	rs1800750	A	GG	Increased risk of migraines (inflammatory pathway)
TNF	rs1800629	A	AG	Increased risk of migraines (inflammatory pathway)
IL1A	rs17561	A	CC	Increased risk of migraines (inflammatory pathway)
KCNK18	rs869025175	D	II	rare mutation (talk with your doctor)
MTDH	rs1835740	T	CC	This variant is linked to glutamate regulation. Glutamate is an excitatory neurotransmitter.
LRP1	rs11172113	C	TC	Less likely to have migraines caused by cholesterol

Article: Serotonin

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
TPH2	rs4570625	T	GG	decreased risk of depression, less anxiety, and aggression, more likely to be honest
HTR1A	rs6295	C	GC	C/C: higher impulsiveness, increased risk for depression
HTR1B	rs6296	G	CC	increased risk of depression, anxiety after stressful life events, increased risk of childhood aggressive behavior, ADHD
HTR2A	rs6314	A	GG	reduced serotonin 2A receptors in the prefrontal cortex, increased risk of social withdrawal
HTR2A	rs6311	C	TT	more empathy for happiness

Topic: Heart Health

Article: Prothrombin

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
F2	rs1799963	A	GG	Increased risk of blood clots (important)
F2	i3002432	A	GG	Increased risk of blood clots (important)
F2	rs3136516	G	AA	Slightly increased risk of venous thromboembolism (Caucasian pops)
F2	rs1799963	A	GG	Increased risk of blood clots (important)
F2	rs1799963	A	GG	Increased risk of blood clots (important)
F2	rs1799963	A	GG	Increased risk of blood clots (important)
F2	rs1799963	A	GG	Increased risk of blood clots (important)
F2	rs1799963	A	GG	Increased risk of blood clots (important)
F2	rs1799963	A	GG	Increased risk of blood clots (important)
F2	rs1799963	A	GG	Increased risk of blood clots (important)
F2	rs1799963	A	GG	Increased risk of blood clots (important)
F2	rs1799963	A	GG	Increased risk of blood clots (important)
F2	rs1799963	A	GG	Increased risk of blood clots (important)
F2	rs1799963	A	GG	Increased risk of blood clots (important)
F2	rs1799963	A	GG	Increased risk of blood clots (important)

Article: Aldosterone Synthase

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
CYP11B2	rs1799998	G	AG	Increased risk of high blood pressure, stroke
CYP11B2	rs61757294	G	--	Carrier of aldosterone synthase deficiency mutation (rare)

Article: Blood Pressure

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
AGTR1	rs5186	C	AC	Increased risk of high blood pressure; Incr. risk of fatty liver, insulin resistance.
AGTR1	rs3772622	C	TT	Increased risk of fatty liver, especially in CVD
AGTR1	rs1492078	T	--	Decreased risk of kidney cancer (good)

Article: Thrombocytopenia / Clots

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
ADAMTS13	rs28647808	G	CC	Decreased ADAMTS13
ADAMTS13	rs685523	T	--	Decreased ADAMTS13
ADAMTS13	rs142572218	T	CC	Decreased ADAMTS13 (important)
ADAMTS13	rs148312697	C	GG	Decreased ADAMTS13 (important)
VWF	rs1063856	C	TC	Increased von Willebrand factor
VWF	rs1063857	G	AG	Increased von Willebrand factor

Article: Fibrinogen

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
FGA	rs6050	C	TT	Increased risk of stroke, DVT, heart disease
FGA	rs2070022	A	GG	Decreased fibrinogen, lower clot risk
FGB	rs1800787	T	TC	Increased fibrinogen, incr. stroke risk
FGB	rs1800789	A	AG	Increased fibrinogen, incr. stroke risk
FGB	rs1800790	A	--	Increased fibrinogen, incr. stroke risk
FGG	rs2066865	A	GG	Increased fibrinogen; increased stroke risk
FGG	rs2066860	T	CC	Slightly increased risk of DVT

Article: PIA1/A2

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
ITGB3	rs5918	C	TC	Increased risk of heart disease.

Article: Factor V

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
F5	rs6025	T	CC	Factor V Leiden; Increase risk of blood clots (important)

Article: Coronary Artery Disease

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
CDKN2B-AS1	rs2383206	G	GG	Increased risk for CAD
CDKN2B-AS1	rs10757274	G	GG	Increased risk for CAD
TCF7L2	rs7903146	T	TC	Increased risk of CAD, type 2 diabetes.
ALOX5AP	rs17222842	A	--	AA: significantly decreased risk of heart attack
ALOX5AP	rs4769874	A	--	Increased risk of CAD
ACE	rs4343	G	AG	ACE deletion; increased risk

				of CAD
LRP8	rs5174	T	TC	Increased risk of CAD
LOX1	rs11053646	G	CC	Increased risk of CAD
NOS3	rs891512	A	GG	Increased risk of CAD, blood pressure
NOS3	rs1800779	G	AA	Increased risk of CAD
PCSK9	rs11591147	T	GG	Significantly lower risk of heart disease. (good)
PCSK9	rs28362286	A	CC	Significantly lower risk of heart disease. (good)
PCSK9	rs67608943	G	CC	Significantly lower risk of heart disease. (good)
PCSK9	rs72646508	T	CC	Significantly lower risk of heart disease. (good)
PCSK9	rs505151	G	AG	Increased LDL, increased heart disease
PCSK9	i5000370	C	--	Increased LDL, increased heart disease
PCSK9	rs28942111	A	TT	Increased LDL, increased heart disease
LPA	rs3798220	C	TT	Risk of elevated Lp(a), increased risk for heart disease
LPA	rs10455872	G	AA	Risk of elevated Lp(a), increased risk for heart disease
LDLR	rs6511720	T	GG	Lower LDL, decreased CAD risk
LDLRAP1	rs121908324	A	GG	Mutation linked to familial hypercholesterolemia
LDLRAP1	rs121908325	T	CC	Mutation linked to familial hypercholesterolemia
ABCA1	rs2230806	T	TC	Decreased risk of CAD
MEF2A	rs121918529	T	CC	Rare, significantly increased risk of CAD.
APOB	rs144467873	A	GG	Pathogenic mutation for hypercholesterolemia
APOB	i4000339	A	GG	Pathogenic mutation for hypercholesterolemia
APOB	rs5742904	T	--	Pathogenic mutation for hypercholesterolemia

Article: Ferritin

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
FTL	rs104894685	A	GG	carrier of a rare mutation related to ferritin
FTL	rs397514540	T	CC	carrier of a rare mutation related to ferritin
SLC40A1	rs11568350	A	CC	higher ferritin levels (African American men)
TF	rs1799852	T	TC	lower serum transferrin levels, slightly higher ferritin level
TF	rs3811647	A	AG	higher ferritin
TMPRSS6	rs855791	A	GG	lower ferritin levels (Caucasian men)
SLC17A1	rs17342717	T	CC	higher ferritin
BTBD9	rs9296249	C	TT	higher serum ferritin levels
BTBD9	rs3923809	A	AA	lower serum ferritin levels
VWF	rs1800386	C	TT	lower ferritin in premenopausal women, check for VWF deficiency
F5	rs6025	T	CC	increased ferritin levels in women (due to decreased menstrual bleeding)

Article: Aspirin Therapy

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
GUCY1A3	rs7692387	G	--	GG: Decreased risk of heart disease with aspirin
COMT	rs4680	A	AG	AA: decreased risk of heart disease with aspirin in women
IGTB3	rs5918	C	TC	May not benefit from aspirin for heart attack prevention

Article: HDL Cholesterol

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
CETP	rs1800777	A	GG	Lower HDL, Increased sepsis risk
CETP	rs5882	G	AG	Higher HDL, lower risk of heart attack
CETP	rs708272	A	AG	Higher HDL, lower risk of heart attack
CETP	rs3764261	A	AC	Lower HDL
LIPC	rs4775065	A	--	AA only: lower HDL

Article: Plant Sterols

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
CYP7A1	rs3808607	T	TG	TT: no cholesterol lower benefit from plant sterols
CETP	rs5882	A	AG	No triglyceride lowering benefit from sterols
ABCG8	rs41360247	C	TT	Reduce phytosterol absorption, lower CAD
ABCG8	rs4148217	A	CC	Reduced risk of heart disease
ABCG8	rs4245791	C	TC	Increased cholesterol and sterol absorption, Increased CAD
ABCG8	rs4299376	T	TG	increased risk of heart disease

Article: Triglyceride Levels

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
APOA5	rs662799	G	AA	Higher triglycerides
APOA5	rs2075291	T	CC	Higher triglycerides, especially in Asian ancestry
APOA5	rs3135506	C	GG	Slightly higher triglycerides
APOA5	rs651821	T	TT	Slightly higher triglycerides
LPL	rs328	G	CC	Slightly lower triglycerides
LPL	rs320	G	TT	Slightly lower triglycerides
LPL	rs268	G	AA	High triglycerides
GCKR	rs780094	T	TC	Slightly higher triglycerides
APOC2	rs5126	C	AA	Really high triglycerides (important)
APOC2	rs120074114	C	AA	Really high triglycerides (important)
GPD1	rs199673455	A	GG	Really high triglycerides (important)

Article: LDL and Total Cholesterol Levels

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
PCSK9	rs11591147	T	GG	Lower LDL; Decreased risk of heart disease (good)
PCSK9	rs28362286	A	CC	Lower LDL; Decreased risk of heart disease (good)
PCSK9	rs67608943	G	CC	Lower LDL; Decreased risk of heart disease (good)
PCSK9	rs72646508	T	CC	Lower LDL; Decreased risk of heart disease (good)
PCSK9	rs505151	G	AG	Increased LDL
PCSK9	rs28942111	A	TT	Familial hypercholesterolemia possible (important)
PCSK9	rs28942112	C	TT	Familial hypercholesterolemia possible (important)
PCSK9	i5000370	C	--	Familial hypercholesterolemia possible (important)
				Familial

PCSK9	rs28942112	C	TT	hypercholesterolemia possible (important)
APOB	rs693	A	AG	Higher LDL, total cholesterol
APOB	rs6752026	A	GG	Lower LDL
ABCA1	rs2230806	T	TC	Incr. risk heart disease
LDLR	rs6511720	T	GG	Decreased LDL
GPER1	rs11544331	T	CC	Increased LDL-C, especially in women
HMGCR	rs3846662	G	GG	Statins may not work well
APOB	rs144467873	A	GG	Pathogenic for hypercholesterolemia (important)
APOB	rs5742904	T	--	Pathogenic for hypercholesterolemia (important)
APOB	rs12713559	A	GG	Pathogenic for hypercholesterolemia (important)
LDLRAP1	rs121908324	A	GG	Pathogenic for hypercholesterolemia (important)
LDLRAP1	rs121908325	T	CC	Pathogenic for hypercholesterolemia (important)

Article: CRP

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
CRP	rs1205	T	CC	Lower CRP levels (good)
CRP	rs3091244	G	AG	Lower CRP levels (good)
CRP	rs1800947	G	--	Lower CRP levels (good)
CRP	rs3093058	A	--	Higher CRP levels
CRP	rs3093059	G	AA	Higher CRP levels

Article: Nitric Oxide Synthase

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
NOS3	rs891512	A	GG	Increased risk of heart disease, increased blood pressure
NOS3	rs1800779	G	AA	Increased risk of heart disease.
NOS3	rs4496877	T	--	Increased risk of high blood pressure (males)
NOS3	rs2070744	C	TT	Increased risk of high blood pressure, coronary artery disease

Article: PCSK9 Cholesterol

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
PCSK9	rs11591147	T	GG	Decreased LDL-cholesterol; lower risk of heart disease. (good)
PCSK9	rs28362286	A	CC	Decreased LDL-cholesterol; lower risk of heart disease. (good)
PCSK9	rs67608943	G	CC	Decreased LDL-cholesterol; lower risk of heart disease. (good)
PCSK9	rs72646508	T	CC	Decreased LDL-cholesterol; lower risk of heart disease. (good)
PCSK9	rs505151	G	AG	Increased LDL, increased risk of heart disease
PCSK9	rs28942112	C	TT	High LDL (important)
PCSK9	rs28942111	A	TT	High LDL (important)

Article: Von Willebrand Factor Deficiency

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
VWF	i3002455	C	--	Von Willebrand factor deficiency possible
VWF	i3002797	T	--	Von Willebrand factor deficiency possible
VWF	i5004518	G	--	Von Willebrand factor deficiency possible
VWF	i5049115	A	--	Von Willebrand factor

				deficiency possible
VWF	i5039483	I	--	Von Willebrand factor deficiency possible
VWF	i5049338	A	--	Von Willebrand factor deficiency possible
VWF	rs1800386	C	TT	Von Willebrand factor deficiency possible
VWF	rs61750591	D	--	Von Willebrand factor deficiency possible
VWF	rs61748477	A	GG	Von Willebrand factor deficiency possible
VWF	rs61750584	G	AA	Von Willebrand factor deficiency possible
VWF	rs61750579	T	AA	Von Willebrand factor deficiency possible
VWF	rs121964894	A	GG	Von Willebrand factor deficiency possible
VWF	rs62643630	A	CC	Von Willebrand factor deficiency possible
VWF	rs267607353	C	AA	Von Willebrand factor deficiency possible
VWF	rs121964894	T	GG	Von Willebrand factor deficiency possible
VWF	rs267607353	G	AA	Von Willebrand factor deficiency possible
VWF	rs41276738	T	CC	Von Willebrand factor deficiency possible
VWF	rs61748477	T	GG	Von Willebrand factor deficiency possible
VWF	rs61748478	G	--	Von Willebrand factor deficiency possible
VWF	rs61748497	C	AA	Von Willebrand factor deficiency possible
VWF	rs61750584	C	AA	Von Willebrand factor deficiency possible
VWF	rs61750612	T	GG	Von Willebrand factor deficiency possible
VWF	rs61750630	T	CC	Von Willebrand factor deficiency possible
VWF	rs61754002	T	GG	Von Willebrand factor deficiency possible

VWF	rs61748495	T	--	Von Willebrand factor deficiency possible
VWF	rs61749372	G	--	Von Willebrand factor deficiency possible
VWF	rs61749380	A	GG	Von Willebrand factor deficiency possible
VWF	rs61749384	A	GG	Von Willebrand factor deficiency possible
VWF	rs61749392	G	CC	Von Willebrand factor deficiency possible

Article: Top 10 Genes

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
HFE	rs1800562	A	GG	C282Y mutation, most common cause of hereditary hemochromatosis
HFE	rs1799945	G	CC	H63D mutation, milder buildup of iron, problem when combined with HFE
F5	rs6025	T	CC	factor V Leiden, significantly increased risk of blood clots
LPA	rs3798220	C	TT	risk of elevated Lp(a), significantly increased risk for heart disease
LPA	rs10455872	G	AA	likely elevated Lp(A), increased risk for heart disease
BCHE	rs1799807	C	TT	A-variant, may have delayed recovery from succinylcholine
F2	rs1799963	A	GG	Prothrombin variant, increased risk of DVT
PCSK9	rs505151	G	AG	increased LDL, increased risk of coronary artery disease
PCSK9	rs28942112	C	TT	increased LDL, increased risk of coronary artery disease
PCSK9	i5000370	C	--	increased LDL, increased risk of coronary artery disease

AGXT	rs34116584	T	TC	Increased risk of hyperoxaluria, especially if combined with another AGXt mutation
AGXT	rs180177309	D	II	Hyperoxaluria mutation
AGXT	rs80356708	D	II	Hyperoxaluria mutation
SERPINA1	rs28929474	T	CC	Pi*Z mutation, two copies causes alpha-1 antitrypsin deficiency
SERPINA1	rs17580	A	TT	Pi*S mutation, two copies causes alpha-1 antitrypsin deficiency
FEMV	rs61732874	A	CC	familial Mediterranean fever mutation
FEMV	rs3743930	G	CC	familial Mediterranean fever mutation
FEMV	rs104895083	C	GG	familial Mediterranean fever mutation
FEMV	i4000403	C	GG	familial Mediterranean fever mutation
FEMV	rs104895094	C	TT	familial Mediterranean fever mutation
FEMV	i4000407	C	TT	familial Mediterranean fever mutation
FEMV	rs28940580	G	CC	familial Mediterranean fever mutation
FEMV	rs28940578	T	CC	familial Mediterranean fever mutation
FEMV	i4000406	C	TT	familial Mediterranean fever mutation
FEMV	rs11466023	A	GG	familial Mediterranean fever mutation
FEMV	i4000410	T	CC	familial Mediterranean fever mutation
FEMV	rs28940579	G	AA	familial Mediterranean fever mutation
MTHFR	rs1801133	A	AG	MTHFR C677T variant, decreased enzyme function

Article: Thrombocytopenia

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
ADAMTS13	rs28647808	G	CC	lower ADAMTS13, increased risk of kidney and cardiovascular complications in diabetes
ADAMTS13	rs685523	T	--	lower ADAMTS13; increased risk of cardiac-related death
ADAMTS13	rs142572218	T	CC	carrier of a pathogenic mutation in ADAMTS13, Upshaw-Schulman syndrome
ADAMTS13	rs148312697	C	GG	reduced ADAMTS13 (rare)
VWF	rs1063856	C	TC	likely to have increased Von Willebrand factor, slightly increased risk of blood clots
VWF	rs1063857	G	AG	likely to have increased Von Willebrand factor, slightly increased risk of blood clots

Article: Lipoprotein(a)

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
LPA	rs3798220	C	TT	risk of elevated Lp(a), increased risk for heart disease (important)
LPA	rs10455872	G	AA	risk of elevated Lp(a), increased risk for heart disease (important)
LPA	rs6919346	T	CC	decreased Lp(a)
LPA	rs41272114	T	CC	decreased Lp(a)
LPA	rs143431368	C	TT	decreased Lp(a)

Article: Blood Clots

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
ITGB3	rs5918	C	TC	increased risk of blood clots, increased risk of heart disease
VWF	rs1063856	C	TC	likely to have increased Von Willebrand factor, slightly increased risk of blood clots.
VWF	rs1063857	G	AG	likely to have increased Von Willebrand factor, slightly increased risk of blood clots.
G6P	rs1613662	G	AA	slightly increased platelet stickiness, slightly increased risk of blood clots.
F11	rs2036914	C	CC	C/C: increased risk of venous thrombosis, thromboembolism
F2	rs1799963	A	GG	Increased risk of blood clots, increased risk of stroke with PFO
F2	i3002432	A	GG	Increased risk of blood clots, increased risk of stroke with PFO
F5	rs6025	T	CC	factor V Leiden; increased risk of clots, DVT
ITGB3	rs5918	C	TC	PIA1/A2 mutation, increased risk of heart disease,
VWF	rs1063856	C	TC	— Likely to have increased Von Willebrand factor, slightly increased risk of blood clots
VWF	rs1063857	G	AG	Likely to have increased Von Willebrand factor, slightly increased risk of blood clots
G6P	rs1613662	G	AA	increased platelet stickiness
F11	rs2036914	C	CC	C/C: increased risk of venous thrombosis, thromboembolism

Topic: Disease Prevention

Article: Hemochromatosis

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
HFE C282Y	rs1800562	A	GG	Hemochromatosis; iron build up (important)
HFE H63D	rs1799945	G	CC	Iron build up; (milder) hemochromatosis risk if 2x
HFE S65C	rs1800730	T	AA	Iron build up; (milder) hemochromatosis risk
BMP2	rs235756	A	GG	Increased ferritin levels with HFE (above)
BTBD9	rs3923809	G	AA	Higher ferritin levels
SLC40A1	rs1439816	C	--	More liver damage with HFE
TMPRSS6	rs855791	G	GG	Increased iron stores (men)
SLC40A1	rs11568350	A	CC	Higher ferritin levels
HFE2	rs121434375	T	AA	hemochromatosis type 2A mutation
HFE2	rs74315325	A	TT	Hemochromatosis type 2A mutation
HFE2	rs74315326	C	TT	Hemochromatosis type 2A mutation
SLC40A1	rs28939076	T	GG	Hemochromatosis type 4 mutation
HIF1A	rs11549465	T	CC	Increased high iron in hemochromatosis patients

Article: Skin Cancer

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
MC1R	rs1805008	T	CC	Increased risk of melanoma and basal cell carcinoma
MC1R	rs1805007	T	CC	Increased risk of melanoma and basal cell carcinoma
MC1R	rs1805006	A	CC	Increased risk of melanoma and basal cell carcinoma
MC1R	rs1805009	C	GG	Increased risk of melanoma and basal cell carcinoma
ASIP	rs1015362	C	CC	increased risk of skin cancer; sunburns; freckles
ASIP	rs4911414	T	GG	increased risk of skin cancer; sunburns; freckles
EXOC2	rs12210050	T	TC	Slightly increased risk skin cancer
SLC45A2	rs16891982	G	GG	C/G: reduced risk of skin cancer (Caucasians)
PADI6	rs7538876	A	GG	AA: increased risk of skin cancer
IRF4	rs12203592	T	CC	Increased risk of skin cancer and moles

Article: Osteoporosis

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
TNFSF11	rs2277438	G	AA	GG only: lower bone mineral density
TNFSF11	rs2277439	G	AA	Lower bone mineral density
TNFSF11	rs12585014	G	--	Lower femoral strength; BMD
OPG	rs3102735	C	TT	CC only: lower BMD
LRP5	rs3736228	T	CC	Increased risk of osteoporosis
SQRDL	rs1044032	C	TC	Decreased risk of osteoporosis
VDR	rs1544410	T	TC	Increased risk of low BMD; osteoporosis
VDR FokI	rs2228570	A	--	Adequate vitamin D is important here
ESR2	rs4986938	T	TC	TT only: lower BMD
TGFB1	rs1800470	G	AG	Decreased risk of osteoporosis (Asian)
COL1A1	rs1800012	A	CC	Lower bone mineral density

Article: Gallstones

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
ABCG8	rs11887534	C	GG	Increased risk of gallstones; Increased cholesterol secretion
ABCG8	rs6756629	A	GG	Increased risk of gallstones
ABCG8	rs4299376	T	TG	Increased risk of gallstones (Caucasian populations)
ABCG8	rs4245791	C	TC	Increased risk of gallstones
ABCB4	rs2230028	C	CT	Increased risk of gallstones

Article: Gout and Uric Acid

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
ABCG2	rs2231142	T	TG	Increased risk of gout; higher uric acid
ABCG2	rs72552713	A	GG	Increased risk of gout; higher uric acid
SLC2A9	rs6449213	C	TC	Decreased risk for gout; lower uric acid
SLC2A9	rs7442295	G	AG	Decreased risk for gout; lower uric acid
SLC2A9	rs12510549	C	TC	Decreased risk for gout; lower uric acid
SLC2A9	rs12498742	G	AG	Decreased risk for gout; lower uric acid
SLC2A9	rs16890979	T	--	Decreased risk for gout; lower uric acid
SLC2A9	rs1014290	G	AG	Decreased risk for gout; lower uric acid
SLC2A9	rs10805346	T	CC	Decreased risk for gout; lower uric acid
SLC22A12	rs475688	C	CC	Higher risk of gout (common)
SLC22A12	rs780094	C	TC	Decreased risk of gout
SLC28A2	rs2271437	G	TT	Increased risk of gout

Article: Dry Eyes

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
IL1B	rs1143634	G	GG	Incr. dry eyes due to increased tear osmolality
PTPN22	rs33996649	T	CC	Incr. dry eyes; immune system
VDR	rs7975232	C	AC	Incr. dry eyes; vit. D receptor
MUC1	rs4072037	C	CC	Incr. dry eyes; mucin
TRPM8	rs10166942	C	TC	Decreased cold receptor
TACR1	rs3771863	T	CC	Reduced risk dry eyes
BDNF	rs6265	T	TC	Incr. dry eyes; decreased BDNF
THBS1	rs2228262	G	AA	Increased risk of dry eyes after laser surgery
THBS1	rs2292305	G	AA	More likely to develop dry eyes after laser surgery
FGF10	rs104893889	T	CC	Rare; possible problems producing tears

Article: Macular Degeneration

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
CFH	rs1061170	C	TC	Increased risk of AMD
CFH	rs1410996	A	GG	AA: increased risk of AMD
CFH	rs800292	G	GG	GG: increased risk of AMD
CFH	rs10922109	A	CC	Decreased risk of AMD
CFI	rs10033900	T	CC	TT: increase risk of AMD
C3	rs147859257	G	TT	Increased risk of AMD (rare)
ARMS2	rs10490924	T	GG	TT: increase risk of AMD
LIPC	rs10468017	T	TC	Decreased risk of AMD
C2	rs10468017	T	TC	Decreased risk of AMD
C2	rs547154	T	GG	Decreased risk of AMD
C2	rs4151667	A	AT	Decreased risk of AMD
C2	rs641153	A	--	Decreased risk of AMD

Article: G6PD Deficiency

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
G6PD	rs5030868	A	GG	G6PD deficiency mutation
G6PD	rs72554664	T	CC	G6PD deficiency mutation
G6PD	rs1050828	T	CC	G6PD deficiency mutation
G6PD	rs72554665	T	CC	G6PD deficiency mutation
G6PD	rs5030869	T	CC	G6PD deficiency mutation
G6PD	rs137852327	T	CC	G6PD deficiency mutation
G6PD	rs137852330	A	GG	G6PD deficiency mutation
G6PD	i5012739	T	--	G6PD deficiency mutation
G6PD	i3003411	T	CC	G6PD deficiency mutation
G6PD	i5008436	T	CC	G6PD deficiency mutation
G6PD	i5008440	A	GG	G6PD deficiency mutation

Article: HIF1A

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
HIF1A	rs11549465	T	CC	Increased HIF1A; increased cancer risk
HIF1A	rs11549467	A	GG	Increased HIF1A; increased cancer risk
HIF1A	rs2057482	T	CC	Decreased HIF1A; decreased cancer

Article: Trimethylaminuria

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
FMO3	rs2266782	A	GG	Decreased FMO3 function; increased risk of hypertension
FMO3	rs2266780	G	AA	Somewhat decreased FMO3 function
FMO3	rs909530	T	TC	Somewhat decreased FMO3 function
FMO3	rs1736557	A	GG	Decreased FMO3 function
FMO3	rs72549332	A	GG	Decreased FMO3 function
FMO3	rs72549326	T	CC	Decreased FMO3 function
FMO3	rs72549322	G	AA	Decreased FMO3 function
FMO3	rs61753344	T	GG	Decreased FMO3 function
FMO3	rs3832024	D	II	Decreased FMO3 function

Article: Alpha-1

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
SERPINA1	rs17580	A	TT	Pi*S mutation
SERPINA1	rs28929474	T	CC	Pi*Z mutation
SERPINA1	rs28929473	A	--	Null mutation
SERPINA1	rs199422211	A	TT	Null mutation
SERPINA1	rs28931572	T	AA	Null mutation
SERPINA1	rs28931568	T	CC	Pi Mineral Springs mutation
SERPINA1	rs61761869	A	GG	Pi Procida mutation
TNF	rs361525	A	GG	increased likelihood of having chronic bronchitis with Pi*Z mutation
GSTP1	rs1695	G	AA	G/G: reduced function, increased risk of COPD in AAT deficiency

Article: TREM2

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
TREM2	rs75932628	T	CC	Increased risk of Alzheimer's
TREM2	rs143332484	T	CC	Somewhat increased risk of Alzheimer's

Article: Alzheimer's Protection

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
APP	rs63750847	T	--	Resistance to Alzheimer's (important)
HMGCR	rs3846662	A	GG	A/A: decreased risk of Alzheimer's
MAPT	rs8070723	G	AG	Slightly reduces risk of Alzheimer's; greatly reduced risk of palsy and Parkinson's
ZCWPW1	rs1476679	C	TT	Slightly reduces the risk of Alzheimer's

Article: APOE

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
APOE	rs429358	C	TT	Read the article to determine APOE
APOE	rs7412	C	TC	Read the article to determine APOE

Article: MSH3

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
MSH3	rs26279	G	AA	Increased relative risk of cancers, especially colon and breast
MSH3	rs863221	T	--	Increased survival rate in colon cancer (good)

Article: Small Fiber Neuropathy

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
SCN9A	rs6746030	A	GG	increased risk of arthritis pain, back pain (lumbar disc), and phantom pain
SCN9A	rs4369876	A	CC	More sensitive to pain, increased risk of small fiber neuropathy
SCN9A	rs74449889	G	AA	Increased risk of neuropathic pain
SCN9A	rs80356470	T	AA	(rare) primary erythromelalgia
SCN9A	rs182650126	C	TT	(rare) increased risk of neuropathy pain
SCN10A	rs6795970	A	AA	Higher pain threshold; decreased pain in inflammatory bowel disease
SCN10A	rs12632942	G	AA	GG: lower pain threshold
SCN10A	rs151090729	T	CC	(rare mutation) hyperexcitable NaV1.8; increased risk of small fiber neuropathy
SCN11A	rs138607170	A	GG	(rare mutation) familial episodic pain syndrome, hereditary autonomic neuropathy
SCN11A	rs483352921	C	GG	(rare mutation) familial episodic pain syndrome
SCN11A	rs483352920	G	AA	(rare mutation) congenital insensitivity to pain
SCN11A	rs141686175	G	AA	(rare mutation) increased nerve firing, pain and neuropathy
TRPV1	rs8065080	T	TT	TT: increased risk of painful arthritis, lower pain tolerance to cold or pinprick

Article: Chronic Lyme

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
ABCB1	rs1128503	A	AG	A/G: increased risk of post-treatment Lyme disease syndrome
TLR1	rs5743618	C	AA	C/C: 1.9x more likely to have antibiotic-refractory Lyme arthritis
HLA-DRB1	rs660895	G	AG	G/G: increased risk of Lyme arthritis, rheumatoid arthritis
TLR2	rs5743708	A	GG	A/G: much less likely to have advanced-stage Lyme
ANO10	rs41289586	T	CC	Increased risk of Lyme

Article: Phenylketonuria

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
PAH	rs5030861	T	CC	Phenylketonuria
PAH	rs5030858	A	GG	Phenylketonuria
PAH	rs5030857	A	GG	Phenylketonuria
PAH	rs5030855	T	CC	Phenylketonuria
PAH	rs5030853	A	CC	Phenylketonuria
PAH	rs5030852	A	CC	Phenylketonuria
PAH	rs5030849	T	CC	Phenylketonuria
PAH	rs5030841	G	AA	Phenylketonuria
PAH	rs28934899	G	CC	Phenylketonuria
PAH	rs62508588	T	--	Phenylketonuria
PAH	i4000479	C	GG	Phenylketonuria
PAH	i4000478	T	CC	Phenylketonuria
PAH	rs62514953	T	GG	Phenylketonuria
PAH	rs62516092	C	GG	Phenylketonuria
PAH	rs62642933	C	AA	Phenylketonuria
PAH	rs62642932	T	CC	Phenylketonuria
PAH	rs76296470	A	GG	Phenylketonuria
PAH	rs75193786	G	AA	Phenylketonuria
PAH	i4000470	C	GG	Phenylketonuria
PAH	i4000467	A	CC	Phenylketonuria
PAH	rs5030860	C	TT	Phenylketonuria
PAH	rs5030856	C	TT	Phenylketonuria
PAH	i3003401	A	GG	Phenylketonuria
PAH	i4000472	G	AA	Phenylketonuria
PAH	i4000473	A	GG	Phenylketonuria
PAH	i3003397	A	CC	Phenylketonuria
PAH	i4000481	T	CC	Phenylketonuria
PAH	i3003398	A	GG	Phenylketonuria
PAH	i3003399	A	GG	Phenylketonuria
PAH	i3003400	A	GG	Phenylketonuria
PAH	i4000476	C	GG	Phenylketonuria

Article: Serotonin 2A Alzheimers

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
HTR2A	rs6313	G	AA	Increased risk of Alzheimer's in people without the APOE E4 allele
HTR2A	rs6314	A	GG	Reduced serotonin 2A receptors in the prefrontal cortex, increased risk of social withdrawal, diminished hippocampal response to novel stimuli
MAOA	rs6323	T	TG	Reduced MAOA activity

Article: Prions

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
PRNP	rs1799990	G	AA	Protective against sporadic CJD, and possibly reduced risk for late-onset Alz.
PRNP	rs11538758	T	CC	possible pathogenic allele for Gerstmann-Straussler-Scheinker syndrome (double-check your genetic data with a clinical test)
PRNP	rs28933385	A	GG	E200K, possibly pathogenic allele for CJD, familial fatal insomnia, double-check this with a clinical-grade test.
PRNP	i5004356	C	--	possible pathogenic allele for Gerstmann-Straussler-Scheinker syndrome (double-check your genetic data with a clinical test)
ZBTB38	rs9857275	A	CC	slightly decreased risk of prion diseases
SEMA3A	rs488333	G	AA	slightly increased risk of prion diseases

Article: Cavity Genes

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
DEFB1	rs11362	C	TC	C/C: increased risk of cavities
DEFB1	rs1799946	T	TC	T/T: increased risk of cavities
IL32	rs4786370	C	TC	much more likely to carry the bacteria that causes cavities (<i>S. mutans</i>)
GALK2	rs11635005	C	TC	C/C: Carrying <i>S. mutans</i> significantly increases the risk of cavities, lower GALK2 enzyme activity
AMELX	rs946252	T	CC	increased risk of cavities
AQP6	rs1996315	A	AG	Decreased risk of cavities
WNT10A	rs121908120	A	TT	Decreased risk of cavities
C5orf66	rs1122171	T	TC	An average of 1.2 to 2.4 more cavities

Article: Essential Tremor

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
CTNNA3	rs12764057	G	--	Increased relative risk of ET
CTNNA3	rs12764057	G	--	Increased relative risk of ET
CTNNA3	rs7903491	A	--	Increased relative risk of ET
FUS	rs186547381	T	CC	rare mutation linked to essential tremor
SCN11A	rs138607170	A	GG	rare mutation linked to essential tremor
LINGO1	rs11856808	T	CC	Increased relative risk of ET; gene involved in brain repair and neuronal growth
LINGO1	rs9652490	G	AA	Increased relative risk of ET; gene involved in brain repair and neuronal growth
MAPT	rs1052553	G	AG	Increased relative risk of ET
TREM2	rs75932628	T	CC	Reduced intracellular signaling, increased risk of Alzheimer's disease, increased risk of essential tremor
HTRA2	rs72470545	A	GG	Rare mutation, significantly increased risk of ET
MTHFR	rs1801133	A	AG	Increased risk of essential tremor, possibly linked to reduced detoxification (avoid heavy metals and increase folate in your diet)
DRD3	rs6280	C	TT	Increased risk of essential tremor (especially voice tremor) - dopamine receptor
VDR	rs2228570	A	--	AA - reduced risk of essential tremor; vitamin D receptor
CYP2C19	rs4244285	A	GG	Increased risk of essential tremor; CYP2C19 is involved in detoxification of tobacco products (avoid cigarette smoke)

Article: Prostate Genes

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
8q24	rs188140481	A	TT	>4 fold increased risk of prostate cancer (important)
HOXB13	rs138213197	T	CC	>5 fold increased risk of prostate cancer (important, rare)
FGFR4	rs2011077	C	CC	increased risk of prostate cancer and BPH (up to 6-fold increase for Japanese ancestry)
HNF1B	rs4430796	A	AG	increased relative risk of prostate cancer (additive risk)
CASC17	rs1859962	G	TT	increased relative risk of prostate cancer (additive risk)
8q24	rs16901979	A	AC	increased relative risk of prostate cancer (additive risk)
8q24	rs6983267	G	TG	increased relative risk of prostate cancer (additive risk)
DAB2IP	rs1571801	T	TG	increased risk of aggressiveness in prostate cancer
17p12	rs4054823	T	TC	T/T: increased risk of aggressiveness in prostate cancer
CASC8	rs1447295	A	CC	increased relative risk of prostate cancer, and increased aggressiveness in prostate cancer
11q13	rs11228565	A	GG	increased aggressiveness in prostate cancer
ESR2	rs2987983	G	AG	G/G: increased risk of prostate cancer, but risk mitigated by adding phytoestrogens or isoflavonoids to the diet
COX2	rs5275	G	AG	G/G: decreased risk of prostate cancer with salmon consumption, fish oil (good)
				A/A: deletion (null) GSTM1

GSTM1	rs366631	A	--	gene; increased risk of prostate cancer in Caucasians
GSTP1	rs1138272	T	CC	increased risk of prostate cancer
GSTP1	rs1695	G	AA	G/G: increased risk of prostate cancer
CYP3A4	rs2740574	C	TT	increased risk of aggressive prostate cancer in African Americans
GPX4	rs3746165	G	--	G/G: 35% lower risk of prostate cancer lethality; higher gamma-tocopherol (specific form of vitamin E) intake decreases the risk even more
CYP1B1	rs1056836	C	CC	C/C: lower risk of prostate cancer
CYP19A1	rs700518	T	CC	TT: increased risk of BPH

Article: Parkinson's Risk

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
LRRK2	rs34637584	A	GG	significantly increased risk of Parkinson's
LRRK2	rs34778348	A	GG	increased risk of Parkinson's
LRRK2	rs33995883	G	AA	slightly increased risk of Parkinson's
SNCA	rs2736990	G	AG	slightly increased risk of Parkinson's
SNCA	rs356218	G	--	slightly increased risk of Parkinson's
PER1	rs2253820	C	CC	slightly increased risk of Parkinson's
SLC2A13	rs1994090	G	TG	slightly increased risk of Parkinson's
ALDH	rs671	A	GG	increased risk of PD with pesticide exposure
GBA	rs421016	G	--	increased risk for Parkinson's, AA - increased risk of Gaucher's
GBA	i4000417	I	DD	increased risk for Parkinson's, II - increased risk of Gaucher's
GBA	rs2230288	T	CC	increased risk for Parkinson's, TT - increased risk of Gaucher's

Article: Primary Sclerosing Cholangitis

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
HLA-DRB1	rs2187668	T	CC	HLA-DRB1*0301; significantly increased susceptibility to PSC
HLA-B	rs3099844	A	CC	increased susceptibility to PSC
HLA-B	rs2844559	T	CC	increased susceptibility to PSC
HLA-B	rs2844559	T	CC	increased susceptibility to PSC
FUT2	rs601338	A	AA	A/A: non-secretor of blood type; increased risk of Candida infections in the bile ducts, increased episodes of cholangitis, increased risk of dominant stenosi
SLCO1B1	rs4149056	C	TC	slightly decreased risk of PSC
PNPLA3	rs738409	G	CC	Increased liver fat, NAFLD; increased fibrosis by 3-fold in PSC
NR1I2	rs1054190	T	CC	Reduced median survival in PSC
NR1I2	rs1054190	T	CC	Reduced median survival in PSC
MMP3	rs650108	G	--	increased risk of progression and need for liver transplant in PSC patients
TNF	rs1800629	A	AG	Higher TNF levels; 3-fold increased risk of PSC
MMEL1	rs3748816	G	GG	Decreased risk of PSC

Article: Genetic Superpowers

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
CRHR1	rs242924	T	--	T/T: Resiliency! Protective against the negative effects of childhood trauma.
CRHR1	rs110402	A	GG	AA: Resiliency! Protective against the negative effects of childhood trauma.
IL17A	rs2275913	A	GG	A/A: ~ half the risk for H3N2 flu
IL28	rs2275913	G	GG	G/G: less than half the risk for H3N2 flu

IL1B	rs8099917	G	TT	half the risk for H3N2 flu
PCSK9	rs11591147	T	GG	decreased LDL-cholesterol, 30% lower risk of heart disease
PCSK9	rs28362286	A	CC	decreased LDL-cholesterol, lower risk of heart disease
PCSK9	rs67608943	G	CC	decreased LDL-cholesterol, lower risk of heart disease
PCSK9	rs72646508	T	CC	decreased LDL-cholesterol, lower risk of heart disease
CCR5	i3003626	D	DI	reduced likelihood of progressing to AIDS with HIV
FOXO3A	rs2802292	G	TT	increased odds of living longer
FOXO3A	rs1935949	A	GG	increased odds of living longer in women
FOXO3A	rs479744	T	GG	slightly increased odds of living longer
FUT2	rs601338	A	AA	A/A: non-secretor of blood type, resistance to norovirus
FUT2	rs1047781	T	AA	TT: non-secretor of blood type, resistance to norovirus (East Asian ancestry)
FOXC2	rs121909106	T	CC	double lash mutation, increased risk of lymphedema
FOXC2	rs121909107	A	GG	double lash mutation, increased risk of lymphedema
TAS2R38	rs713598	G	CG	Can taste bitter
TAS2R38	rs10246939	C	TC	Can taste bitter
TAS2R16	rs846672	C	--	Can taste bitter in ethanol, fermented foods
TAS2R16	rs846664	A	AA	Can taste bitter in ethanol, fermented foods
TAS2R16	rs978739	T	CT	Can taste bitter in ethanol, fermented foods
DEC2	rs121912617	T	GG	natural short sleeper (less than 0.5% of population)

Topic: Sleep and Circadian Rhythm

Article: Sleep Overview

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
ADA	rs73598374	T	CC	Decreased adenosine deaminase; more slow-wave sleep; groggy in the morning.
MEIS1	rs2300478	G	TG	Increased risk of restless leg syndrome and/or periodic limb movement disorder
GABRA	rs2229940	T	TT	Increased risk of restless leg syndrome and/or periodic limb movement disorder
BTBD9	rs3923809	A	AA	Increased risk of restless leg syndrome and/or periodic limb movement disorder
BTBD9	rs9357271	T	TT	Increased risk of restless leg syndrome and/or periodic limb movement disorder
MAP2K5	rs6494696	G	--	Increased risk of restless leg syndrome and/or periodic limb movement disorder
PTPRD	rs1975197	A	GG	Increased risk of restless leg syndrome and/or periodic limb movement disorder
HLA-DRB	rs3135388	A	GG	HLA-DRB1*1501; Increased risk of narcolepsy
HLA-DRB	rs1154155	G	TT	Increased risk of narcolepsy
CLOCK	rs1801260	G	AA	Higher activity level in the evening; often leading to delayed sleep
CLOCK	rs11932595	G	AG	Increased risk of sleep difficulty or sleep disturbances
PER2	rs35333999	T	CC	Likely to stay up later with evening chronotype; this variant is linked to a longer circadian period
AANAT	rs28936679	A	--	Increased risk of Delayed Sleep Phase Disorder (rare)

GSK3B	rs334558	G	AG	Increased risk of insomnia in depression
PER2	rs7602358	G	TT	Increased risk of insomnia; especially when stressed
CLOCK	rs1801260	G	AA	Decreased risk of insomnia in women only
GABRA6	rs3219151	T	CC	Increased risk of insomnia with adverse life events; increase risk of panic disorder

Article: Melatonin

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
TPH2	rs4290270	T	--	Decreased tryptophan conversion; Increased early waking
TPH2	rs4570625	G	GG	Decreased tryptophan conversion
AANAT	rs28936679	A	--	Melatonin production issue; DSPD
MTNR1A	rs2375801	C	--	Melatonin receptor - increases cancer metastasis
MTNR1A	rs6553010	A	GG	Melatonin receptor - increases cancer metastasis
MTNR1B	rs10830963	G	CG	Melatonin receptor - Increased fasting glucose
MTNR1B	rs1387153	T	TC	Melatonin receptor - Increased fasting glucose

Article: Slow Wave Sleep

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
ADA	rs73598374	T	CC	Decreased adenosine deaminase; more slow-wave sleep; groggy in the morning.

Article: Short Sleep

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
DEC2	rs121912617	T	GG	Rare; short sleeper (6 hours per night)

Article: Shift Work

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
MTNR1A	rs12506228	A	AC	Fewer melatonin receptors in brain; shift work is harder and Alzheimer's risk increases

Article: Bruxism

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
HTR2A	rs2770304	C	--	Increased risk of bruxism
HTR2A	rs6313	A	AA	Increased risk of bruxism
DRD1	rs686	G	AG	Increased risk of bruxism

Article: BMAL1

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
ARNTL	rs6486122	T	TC	Increased risk of heart disease; diabetes
ARNTL	rs11022775	T	CC	Increased risk of diabetes
ARNTL	rs969485	G	AA	Increased risk of breast cancer with night shift work
ARNTL	rs2278749	T	CC	Night shift work is less likely to increase cancer

Article: Circadian Mood

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
CRY1	rs10861688	T	CC	Increased risk of depression
CRY2	rs10838524	G	AG	Increased risk of depression
PER2	rs934945	T	CC	Increased severity; depression
PER3	rs139315125	G	AA	Increased risk of depression
PER3	rs228697	G	CG	Increased risk of depression
NPAS2	rs11123857	G	AA	Increased risk of depression
NR1D1	rs2314339	T	CC	Increased risk of depression
OPN4	rs2675703	T	CT	Increased seasonal depression

Article: Insomnia

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
GSK3B	rs334558	G	AG	Increased risk of insomnia in depression
PER2	rs7602358	G	TT	Increased risk of insomnia; especially when stressed
CLOCK	rs1801260	G	AA	Decreased risk of insomnia (women)
GABRA6	rs3219151	T	CC	Increased risk of insomnia with adverse life events; Increased risk of panic disorder

Article: Restless Leg Syndrome

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
MEIS1	rs2300478	G	TG	Increased risk of RLS or PLMD
MEIS1	rs12469063	G	AG	Increased risk of RLS or PLMD
GABRA	rs2229940	T	TT	Increased risk of RLS or PLMD
BTBD9	rs3923809	A	AA	Increased risk of RLS or PLMD
BTBD9	rs9357271	T	TT	Increased risk of RLS or PLMD
MAP2K5	rs6494696	G	--	Increased risk of RLS or PLMD
IL1B	rs1143643	T	--	TT: increased risk of RLS or PLMD
PTPRD	rs1975197	A	GG	Increased risk of RLS or PLMD
IL-17A	rs8193036	C	CC	increased risk of RLS

Article: Circadian Rhythm Bipolar

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
PER3	rs707467	C	AA	Increased risk of depression
PER3	rs139315125	G	AA	Increased risk of depression; delayed sleep
PER3	rs228697	G	CG	Increased risk of depression
CRY2	rs3824872	A	AC	AA: decreased risk of persistent mild depression
NPAS2	rs11123857	G	AA	Increased risk of bipolar; depression
NPAS2	rs13025524	A	AG	Increased risk for bipolar; depression
CLOCK	rs1801260	G	AA	Increased manic in bipolar; evening pref.
NR1D1	rs2314339	T	CC	Decreased risk of bipolar disorder
GNB3	rs5443	T	TC	Increased risk of depression; anxiety
PER2	rs4663868	T	--	Increased risk of bipolar

Article: Early Waking

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
TPH2	rs4290270	T	--	increased risk of waking early; increased risk of depression

Article: Glycine Slow Wave Sleep

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
ADA	rs73598374	T	CC	more deep sleep, but may feel sleepy when waking up too soon
BDNF	rs6265	T	TC	averages 20 minutes less of deep sleep

Topic: Inflammation

Article: TNF-alpha

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
TNF	rs1800629	A	AG	Increased TNF alpha, increased risk of many chronic inflammatory diseases
TNF	rs361525	A	GG	Increased TNF alpha, increased risk of many chronic inflammatory diseases
TNF	rs1799964	C	TT	Increased TNF alpha, increased risk of many chronic inflammatory diseases
TNF	rs1799724	T	CC	Increased TNF alpha, increased risk of many chronic inflammatory diseases
TNFRSF1A	rs1800693	C	TC	Increased risk of multiple sclerosis; increased NF-kB signaling
TNFRSF1A	rs767455	C	TC	Increased risk of inflammatory diseases.
TNFRSF1B	rs1061622	G	TT	Increased risk of psoriasis, lupus
TNF	rs1800610	A	--	Lower TNF; less inflammation but more susceptible to infectious diseases

Article: IL-17

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
IL17A	rs2275913	A	GG	Increased risk of autoimmune, periodontal, and bowel disease
IL17A	rs279548	T	CC	Somewhat increased IL17A, increased risk of asthma, atopy
IL17F	rs3819025	G	GG	Increased risk of autoimmune diseases
IL17F	rs763780	C	TT	Increased risk of rheumatoid arthritis
IL17A	rs8193037	A	GG	Decreased risk of some inflammatory conditions, decreased IL-17A
IL17F	rs3819025	A	GG	Decreased risk of some inflammatory conditions, decreased IL-17A

Article: Inflammation Mood

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
TNF	rs1800629	A	AG	Increased TNF-alpha
IL6	rs1800795	C	CC	CC only: Increased risk depression with stress
IL6	rs1800797	A	AA	Increased depression risk (Chinese pop.)
IL6R	rs4129267	C	TC	CC only: Increased risk of anxiety, depression
IL1B	rs16944	G	GG	GG only: __ IL1B, __ risk depression
IDO1	rs9657182	C	CT	CC only: more likely to have depr. with inflammation
KMO	rs1053230	C	CC	CC only: higher depression risk

Article: NLRP3

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
CIAS1	rs35829419	A	CC	Increased NLRP3 activation
CIAS1	rs1539019	A	AC	AA only: Increased NLRP3
CIAS1	rs10754558	C	--	Somewhat increased NLRP3 activation
CIAS1	rs3806265	C	TC	Somewhat increased NLRP3 activation
CIAS1	rs10733113	A	--	Somewhat increased NLRP3 activation
CIAS1	rs12048215	G	--	Somewhat increased NLRP3 activation
CIAS1	i5007539	G	--	Carrier of a mutation linked to familial cold urticaria
CIAS1	rs28937896	C	TT	Carrier of a mutation linked to familial cold urticaria
CIAS1	rs121908147	A	GG	Carrier of a mutation linked to familial cold urticaria
CIAS1	rs121908150	T	CC	Carrier of a mutation linked to familial cold urticaria

Article: Back Pain

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
IL1A	rs1800587	A	GG	Increased inflammation, pain from degenerative disc disease
IL6	rs1800797	G	AA	Increased inflammation, pain from degenerative disc disease
IL6	rs1800795	G	CC	Increased inflammation, pain from degenerative disc disease
CILP	rs2073711	A	GG	Decreased risk of disc disease
COL1A1	rs1800012	A	CC	Increased risk of pain from degenerative disc disease
COL2A1	rs2276454	G	AG	Increased risk of pain from degenerative disc disease
COL11A1	rs1676486	A	--	Increased risk of pain from degenerative disc disease
COL11A1	rs2076311	A	CC	Increased risk of pain from degenerative disc disease
CASP9	rs4645978	C	--	Increased risk of pain from degenerative disc disease
PARK2	rs926849	C	TC	Increased risk of pain from degenerative disc disease

Article: Gingivitis

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
TNF	rs1800629	A	AG	Increased risk of inflammatory gum diseases
IL1A	rs1800587	A	GG	Increased risk of inflammatory gum diseases
IL1B	rs1143634	A	GG	Increased risk of inflammatory gum diseases
IL6	rs1800795	C	CC	Increased risk of inflammatory gum diseases
IL8	rs4073	A	AT	Increased risk of inflammatory gum diseases
IL10	rs1800896	C	TT	Increased risk of inflammatory gum diseases
CCR5	i3003626	D	DI	Decreased risk of periodontal disease

Article: Chronic Inflammation

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
TNF	rs1800629	A	AG	Higher TNF levels, increased risk of many chronic inflammatory conditions
TNF	rs361525	A	GG	Higher TNF levels, increased risk of many chronic inflammatory conditions
IL8	rs4073	A	AT	A/A: Increased IL8; increased risk of periodontitis, gastritis, Alzheimers, diabetic nephropathy
IL6	rs1800795	G	CC	G/G: Increased risk of gingivitis, osteoarthritis
IL1B	rs16944	A	GG	AA: Increased risk of septic shock, osteoarthritis, GERD
IL1B	rs1143634	A	GG	Increased risk of gingivitis
IL1A	rs1800587	A	GG	Increased IL1A, increased risk of gum disease, tinnitus, acne, hearing loss
IL2	rs2069763	C	AC	increased risk of chronic spontaneous urticaria; increased risk of lupus

IL10	rs1800896	T	TT	TT: lower IL10 (thus less of an anti-inflammatory influence)
NLRP3	rs35829419	A	CC	Increased susceptibility to several chronic inflammatory diseases.
HMGB1	rs1045411	T	CC	increased sepsis risk, higher HMGB1 levels in infection;
INFG	rs2430561	A	AT	Increased interferon-gamma production, increased inflammatory and sickness behavior
MTHFR	rs1801133	A	AG	Decreased methyl group production, decreased detoxification of mercury and arsenic, possibly decreased melatonin production
GSTM1	rs366631	A	--	AA: GSTM1 null, increased risk of cancer, increased negative effects of smoking
GSTO1	rs4925	A	CC	Decreased detoxification of arsenic; increased risk of PCOS
GSTA1	rs3957357	A	AG	Decreased detoxification, increased risk of depression,
NFE2L2	rs6721961	T	--	Decreased Nrf2, increased risk of male infertility, increased risk of CVD,
AS3MT	rs11191439	C	TT	Arsenic is more harmful
NQO1	rs1800566	T	GG	Increased risk of cancer from benzene and smoking, increased risk of Parkinson's from pesticide exposure
SOD1	rs1041740	T	TC	Increased ROS, increased risk of kidney problems, heart disease
SOD2	rs5746136	T	TC	Increased ROS, increased risk of asthma, PCOS

Article: Mast Cells

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
KIT	i5007903	T	--	KIT D816V mutation (see article for caveats)
KIT	rs121913507	T	AA	KIT D816V mutation (see article for caveats)
IL-13	rs1800925	T	CC	Increased risk of systemic mastocytosis, rhinitis, asthma
IL4R	rs1801275	A	AA	better prognosis in systemic mastocytosis
FCER1A	rs2298805	A	GG	Decreased risk of hives, lower IgE response
FCER1A	rs2251746	C	TC	Decreased IgE response
FCER1A	rs2427827	T	CT	Increased IgE, increase sinus problems, allergic reactions
CMA1	rs1800875	T	--	Decreased IgE, lower risk of a-fib
PTPN22	rs2476601	T	GG	Increased psoriasis, arthritis, T1D, lupus, urticaria risk
IL33	rs1342326	A	AA	Increased risk asthma, hay fever
IL33	rs3939286	T	CC	Increased risk of asthma
IL33	rs928413	G	AA	Increased risk hay fever, asthma
ALDH2	rs671	A	GG	Increases mast cell activation
PTGS2	rs4140564	G	AA	Increased risk osteoarthritis

Article: ME/CFS

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
PTPN22	rs2476601	A	GG	increased risk of autoimmune diseases, increased susceptibility to CFS/ME (in patients with infectious disease onset)
CTLA4	rs3087243	G	AG	increased risk of autoimmune conditions, decrease CTLA4 expression; increased risk of CFS/ME (patients with infectious disease onset only)
TNF	rs1799724	T	CC	higher TNF-alpha levels, increased susceptibility to CFS/ME
INFG	rs2430561	T	AT	TT: common genotype, lower IFN producers; increased susceptibility to CFS/ME
NLRP3	rs35829419	A	CC	Increased susceptibility to fatigue / pain after EBV or other viruses
NLRP3	rs121908147	A	GG	mutation linked to autoinflammatory disease in combo with other genes (rare)
TRPM8	rs11563204	A	AG	increased risk of CFS/ME (cold, menthol receptor)
TRPM3	rs6560200	C	--	CC: common genotype, higher risk of CFS/ME (Naltrexone may work?)
TRPM3	rs1891301	T	CC	TT: higher risk of CFS/ME
CFB	rs4151667	A	AT	AA: increased risk of CFS/ME
CFH	rs1061170	T	TC	TT: increased risk of CFS/ME

Article: Hearing Loss

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
EDN1	rs53370	T	--	Increased risk of sudden sensorineural hearing loss (related to vasoconstriction)
F5	rs6025	T	CC	Factor V Leiden (clot related)
MTHFR	rs1801133	A	AG	Increased risk of SSNHL (folate-related)
SOD1	rs4998557	A	--	A/A only: increased relative risk of SSNHL
IL1R2	rs4141134	G	--	Increased risk of SSNHL
UCP2	rs659366	T	CC	Increased risk of SSNHL
IL6	rs1800796	G	GG	Higher IL-6; increased risk of SSDL
HSP70	rs2763979	T	CC	Increased risk of noise-induced hearing loss
CYP1A1	rs1799814	T	GG	Increased CYP1A1 activity

Article: Acne

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
TYK2	rs33980500	T	CC	Decreased severe acne risk
TNF	rs1800629	A	AG	3-fold Increased acne risk
TNF	rs1799724	T	CC	Decreased acne risk
CTLA4	rs3087243	A	AG	Decreased acne risk
IL1A	rs1800587	A	GG	Increased acne risk (inflammation)
IL1A	rs17561	A	CC	Increased acne risk (inflammation)
IL6	rs1800796	C	GG	Increased acne risk (inflammation)
RETN	rs3745367	A	GG	Increased acne (sebum)
BCMO1	rs7501331	T	CC	Decreased beta-carotene conversion.
BCMO1	rs12934922	T	AT	decreased beta-carotene conversion
CYP17A1	rs743572	G	AG	Increased risk of acne (hormones)
HSD11B1	rs846910	A	AG	
LCT	rs4988235	G	AA	GG only: Increased acne risk with dairy
TGFB1 gene	rs1159268	A	AG	slight increase in the risk of acne
TGFB1 gene	rs38055	A	AG	slight increase in the risk of acne
WNT10A	rs121908120	A	TT	protective against acne

Article: Specialized Pro-Resolving Mediators

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
FADS1	rs174546	T	CC	Lower FADS1 enzyme activity, benefit more from direct EPA/DHA intake
FADS2	rs1535	G	AA	Lower FADS1 enzyme activity, benefit more from direct EPA/DHA intake
ALOX5	rs4987105	T	--	Decreased risk of type 2 diabetes, lower levels of C-reactive protein (good)
ELOVL2	rs3734398	C	TC	Decreased conversion of EPA to DHA
ALOX5AP	rs17216473	A	--	Increased risk of heart attack (population eating Western / high omega-6 diet)
ALOX12	rs1126667	A	AA	Slightly decreased risk of breast cancer, lower blood pressure (study group eating Western/ high omega-6 diet)
COX2	rs4648310	C	--	Low DHA/EPA intake associated with a significantly increased risk of prostate cancer, but high DHA/EPA ameliorates the increased risk
COX2	rs5275	G	AG	Increasing intake of EPA/DHA reduces prostate cancer risk by 70%
GPR18	rs3742130	A	--	SPM receptor; alters risk of IBD
CMKLR1	rs1878022	C	TC	Increased resolvin E1 receptor expression, reduced inflammation in obesity
GPR37	rs149031046	A	GG	Protectin D1 receptor mutation; possibly important in autism (rare)

Article: CBD

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
TRPV1	rs8065080	C	TT	less TRPV1 activation
TRPV1	rs161364	T	--	less TRPV1 activation
TRPV1	rs224534	A	AG	A/A: less TRPV1 activation
HTR1A	rs6295	G	GC	G/G: increased HTR1A receptor activity
ADORA2A	rs5751876	T	CC	T/T: increased anxiety
GPR55	rs3749073	A	CC	A/A: reduced receptor function, increased risk of anorexia

Article: Fatigue

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
TNF	rs1800629	A	AG	Higher TNF-alpha; Curcumin, apigenin, and naringenin may help.
TNF	rs3093662	G	AA	Higher TNF-alpha; Curcumin, apigenin, and naringenin may help.
IL1B	rs4848306	G	AA	GG: more fatigue in chronic disease; Dihydromyricetin, quercetin
IL1B	rs1143643	T	--	More fatigue in chronic illness; Dihydromyricetin, quercetin
IL6	rs1800795	G	CC	Increased fatigue; Panax ginseng
INFG	rs2430561	A	AT	Increased fatigue risk when interferon-gamma is elevated
NLRP3	rs35829419	A	CC	Significantly increased risk of severe fatigue with inflammation; methylene blue, CBD, EGCG

Article: IL13

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
IL13	rs20541	A	GG	higher IgE levels; higher risk of allergies, allergic rhinitis; increased risk of atopic dermatitis with childhood antibiotic use, increased risk of alopecia areata, increased risk of COPD
IL13	rs1800925	T	CC	increase IgE levels; increased risk of asthma; increased risk of periodontitis, increased risk of COPD
IL13	rs1295686	T	CC	increased risk of asthma
IL13	rs848	A	CC	increased risk of asthma, increased risk of alopecia areata

Article: Tinnitus

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
NFKB1	rs3774937	C	TC	Faster progression to hearing loss in Meniere's
NFKB1	rs4648011	G	--	Faster progression to hearing loss in Meniere's
Inter-gen	rs4947296	C	TT	Increased risk of Meniere's
KCNE1	rs1805127	T	TC	Increased risk of Meniere's
KCNE3	rs2270676	G	AA	Increased risk of Meniere's
IL1A	rs1800587	G	GG	Increased risk of sudden hearing loss in Meniere's
ADD1	rs4961	T	GG	Increased risk of tinnitus
IL1A	rs1800587	G	GG	Increased risk of tinnitus

Article: Antibiotic Reactions

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
MS4A2	rs569108	G	AA	G/G: increased risk of eczema with childhood antibiotic use
IL13	rs20541	A	GG	increased risk of atopic dermatitis with childhood antibiotic use
HLAB	rs114892859	T	GG	increased risk of penicillin allergy and clindamycin adverse reactions
PTPN22	rs2476601	A	GG	slightly increased relative risk of liver injury with augmentin
HLA-DR	rs2395029	G	TT	45 to 80-fold increased risk of drug-induced liver injury with flucloxacillin
HLA-DRB1	rs3135388	A	GG	increased relative risk of liver injury with augmentin
HLAB	rs9263726	A	AG	increased relative risk of reaction to sulfamethoxazole (Bactrim)
HLAA	rs2523822	G	AG	increased relative risk of drug-induced liver disease with augmentin
LGALS3	rs11125	T	AA	increased risk of beta-lactam antibiotic allergy
GSTM1	rs366631	A	--	A/A: deletion (null) increased risk of adverse cutaneous reactions to sulphonamides in AIDS

Topic: Autoimmune Diseases

Article: Thyroid

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
TSHR	rs1991517	G	GC	Increased risk hypothyroidism
TSHR	rs121908866	A	GG	Congenital hypothyroidism
PDE8B	rs4704397	A	GG	Increased serum TSH
PDE8B	rs6885099	A	AA	Decreased TSH
FOXE1	rs7850258	A	AG	Decreased odds of hypothyroidism
FOXE1	rs965513	A	AG	Decreased TSH
TSHR	rs3783938	T	CC	Increased risk of Hashimoto's
TSHR	rs12101255	T	--	Increased risk of Graves' (common)
TSHR	rs179247	A	AG	Increased risk of Graves' (common)
TPO	rs2071403	G	GG	Increased risk of autoimmune thyroid
PTPN22	rs2476601	A	GG	Increased risk of autoimmune thyroid
DIO1	rs2235544	A	AC	Decreased ft3
DIO1	rs11206244	T	CC	Higher rT3
DIO2	rs225014	C	TT	Decreased T4 to T3 conversion
SERPINA7	rs28933689	T	AA	Thyroxine-binding globulin deficiency
SERPINA7	rs2234036	T	--	Thyroxine-binding globulin deficiency
THRB	rs28933408	T	GG	Thyroid hormone resistance

Article: Celiac

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
HLA-DQ2.5	rs2187668	T	CC	HLA-DQ2.5 type
HLA-DQ8	rs7454108	C	TT	HLA-DQ8 type, celiac is possible
HLA- DQ	rs4713586	A	AA	AA only: DQ2.2 - with below 2 alleles
HLA- DQ	rs2395182	T	TT	DQ2.2 with other alleles
HLA- DQ	rs7775228	C	TT	DQ2.2 with other alleles
LPP	rs1464510	A	--	Increased celiac risk (only with HLA type)
intergenic	rs842647	A	--	Increased celiac risk (only with HLA type)
LOC105371664	rs2816316	A	AC	Increased celiac risk (only with HLA type)
intergenic	rs917997	T	CT	Increased celiac risk (only with HLA type)
intergenic	rs6441961	T	CC	Increased celiac risk (only with HLA type)

Article: HLA-B27

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
HLA	rs4349859	A	GG	Higher likelihood of carrying HLA-B27
Inter-gen	rs13202464	G	AA	Higher likelihood of carrying HLA-B27

Article: CTLA4

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
CTLA4	rs231775	G	AG	Increased risk of autoimmune diseases
CTLA4	rs3087243	G	AG	Increased risk of autoimmune diseases

Article: Psoriasis

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
HLA-C	rs10484554	T	CC	Increased risk of psoriasis
HLA-C	rs1265181	C	GG	Increased risk of psoriasis
HLA-B*5701	rs2395029	G	TT	Increased risk of psoriasis
IL23	rs11209026	A	GG	Decreased risk of psoriasis
PTPN22	rs1217414	A	--	AA: increased risk of psoriasis
L12B	rs4085613	T	TG	Increased risk of psoriasis

Article: Rheumatoid Arthritis

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
HLADRB1	rs660895	G	AG	High risk for RA
PTPN22	rs2476601	A	GG	Increased risk for RA
TRAF1	rs10818488	A	GG	Increased risk for RA (2-fold)
TRAF1	rs2900180	T	--	Increased risk for RA
STAT4	rs7574865	T	GG	Increased risk for RA
TNFAIP3	rs6920220	A	GG	Increased risk for RA (2-fold)
CCR6	rs3093024	A	AG	Slightly Increased risk for RA
ANG2	rs12674822	T	TG	Increased risk of RA (2-fold)

Article: POTS

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
SLC6A2	rs7194256	T	CT	Increased risk of POTS
GNB3	rs5443	T	TC	Increased risk of POTS
NOS3	rs2070744	C	TT	CC: Decreased Risk of POTS
ADRB2	rs1042713	A	AG	AA: Increased norepinephrine response

Article: PTPN22

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
PTPN22	rs2476601	A	GG	Slightly Increased risk for RA
PTPN22	rs6679677	A	CC	Slightly Increased risk for RA
PTPN22	rs1310182	G	--	GG only: Increased risk autoimmune diseases

Article: FMF

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
MEFV	rs61732874	A	CC	Familial Mediterranean fever mutation
MEFV	rs3743930	G	CC	Familial Mediterranean fever mutation
MEFV	rs104895083	C	GG	Familial Mediterranean fever mutation
MEFV	rs104895094	C	TT	Familial Mediterranean fever mutation
MEFV	rs28940580	G	CC	Familial Mediterranean fever mutation
MEFV	rs28940578	T	CC	Familial Mediterranean fever mutation
MEFV	rs11466023	A	GG	Familial Mediterranean fever mutation
MEFV	rs104895097	T	CC	Familial Mediterranean fever mutation
MEFV	rs28940579	G	AA	Familial Mediterranean fever mutation

Article: Lupus

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
HLA-DQA1	rs2187668	T	CC	HLA-DRB1*0301. 2-fold increase in risk for lupus.
TNXB	rs1150754	T	CC	2-fold increase in lupus risk
TNF	rs1800629	A	AG	Some increase in Lupus risk.
TNFAIP3	rs5029939	G	CC	2x Increased risk of lupus
STAT4	rs7574865	T	GG	Increased risk of discoid lupus
STAT4	rs10181656	G	--	Increased risk of lupus
IRF5	rs3807306	T	GG	Increased risk of lupus
IRF8	rs2280381	C	CT	Decreased risk of lupus
IFIH1	rs1990760	T	TC	Increased risk of lupus
BLK	rs13277113	A	AG	B lymphoid tyrosine kinase
BLK	rs2248932	A	AG	B lymphoid tyrosine kinase

Article: Alopecia Areata

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
CTLA4	rs1024161	T	TC	Increased risk of alopecia areata
CTLA4	rs231775	G	AG	Increased risk of several autoimmune diseases; increased risk of alopecia areata
PTPN22	rs2476601	A	GG	3 to 4-fold increased risk of alopecia areata
HLA	rs660895	G	AG	HLA-DRB1*0401; increased risk of alopecia areata
IL17F	rs763780	C	TT	CC: increased risk of alopecia areata
IL17RA	rs879577	T	CC	Decreased risk of alopecia areata
IL18	rs1946518	T	GG	T/T: lower risk of AA
IL2	rs7682241	T	GT	increased risk of alopecia areata
IL2RA	rs3118470	T	TC	increased risk of alopecia areata
MIF	rs755622	G	--	Decreased risk of alopecia areata
TNF	rs1800629	A	AG	Higher TNF; increased risk of alopecia areata

Article: Raynauds

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
NOS1	rs527590	T	--	Increased susceptibility to Raynaud's syndrome
IL1B	rs1143634	G	GG	Increased risk of antisynthetase syndrome (autoimmune disorder w/Raynaud's)
IFNG	rs2069718	G	GG	GG: increased risk of Raynaud's in connective tissue disorders
TNF	rs1800630	A	CC	Increased risk of Raynaud's in lupus patients

Article: Ehlers-Danlos Syndrome

		Risk	Your
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Gene	RS ID	Allele	Genotype	Notes About Risk Allele
COL5A1	rs863223483	G	TT	Mutation linked to possibility of classical EDS
COL5A1	rs863223478	T	CC	Mutation linked to possibility of classical EDS
COL5A1	rs863223475	I	DD	Mutation linked to possibility of classical EDS
COL5A1	rs863223466	A	GG	Mutation linked to possibility of classical EDS
COL5A1	rs863223469	I	DD	Mutation linked to possibility of classical EDS
COL5A1	rs863223470	I	DD	Mutation linked to possibility of classical EDS
COL5A1	rs863223471	I	DD	Mutation linked to possibility of classical EDS
COL5A1	rs863223472	D	II	Mutation linked to possibility of classical EDS
COL5A1	rs863223473	I	DD	Mutation linked to possibility of classical EDS
COL5A1	rs863223474	D	II	Mutation linked to possibility of classical EDS
COL5A1	rs794727114	C	GG	Mutation linked to possibility of classical EDS
COL5A1	rs794727760	D	II	Mutation linked to possibility of classical EDS
COL5A1	rs80338764	C	GG	Mutation linked to possibility of classical EDS
COL5A1	rs863223444	A	TT	Mutation linked to possibility of classical EDS
COL5A1	rs863223445	A	GG	Mutation linked to possibility of classical EDS
COL5A1	rs863223448	C	GG	Mutation linked to possibility of classical EDS
COL5A1	rs863223452	A	GG	Mutation linked to possibility of classical EDS
COL5A1	rs863223453	C	GG	Mutation linked to possibility of classical EDS
COL5A1	rs863223454	T	CC	Mutation linked to possibility of classical EDS
COL5A2	rs863223501	T	CC	Mutation linked to possibility of classical EDS

COL5A2	rs863223495	T	CC	Mutation linked to possibility of classical EDS
COL5A2	rs863223491	T	CC	Mutation linked to possibility of classical EDS
COL3A1	rs397509369	A	GG	Mutation linked to possibility of vascular EDS
COL3A1	rs553203474	A	GG	Mutation linked to possibility of vascular EDS
COL3A1	rs397509377	I	DD	Mutation linked to possibility of vascular EDS
COL3A1	rs587779417	A	GG	Mutation linked to possibility of vascular EDS
COL3A1	rs587779418	A	GG	Mutation linked to possibility of vascular EDS
COL3A1	rs587779419	A	GG	Mutation linked to possibility of vascular EDS
COL3A1	rs587779421	A	GG	Mutation linked to possibility of vascular EDS
COL3A1	rs587779424	A	GG	Mutation linked to possibility of vascular EDS
COL3A1	rs587779427	T	GG	Mutation linked to possibility of vascular EDS
COL3A1	rs587779428	T	GG	Mutation linked to possibility of vascular EDS
COL3A1	rs587779429	C	TT	Mutation linked to possibility of vascular EDS
COL3A1	rs587779432	A	GG	Mutation linked to possibility of vascular EDS
COL3A1	rs587779434	A	GG	Mutation linked to possibility of vascular EDS

Article: Inclusion Body Myositis

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
HLA-DRB1	rs2187668	T	CC	HLA-DRB1*03:01 alleles, increased risk of IBM
GNE	rs62541771	A	GG	Carrier of an inclusion body myopathy 2 mutation
GNE	rs28937594	G	AA	Carrier of an inclusion body myopathy 2 mutation
VCP	rs121909331	T	GG	Rare mutation linked to myopathies
VCP	rs121909330	A	GG	Rare mutation linked to myopathies
VCP	rs121909334	T	CC	Rare mutation linked to myopathies
VCP	rs121909335	T	CC	Rare mutation linked to myopathies

Article: Genetic risk and Guillain-Barré syndrome

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
TLR4	rs4986790	G	AA	Increased relative risk of GBS, up to 8-fold increase for GG
FCGR2A	rs1801274	G	AG	slightly increased relative risk of Guillain-Barre Syndrome
ICAM1	rs1799969	A	GG	4-fold increased relative risk of GBS
CD1E	rs1065457	A	GG	A/A: common genotype, higher relative risk of GBS in some studies

Article: Pernicious Anemia

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
PTPN22	rs6679677	A	CC	Increased risk of autoimmune diseases and pernicious anemia
AIRE	rs74203920	T	CC	Increased risk of pernicious anemia
IL2RA	rs2476491	A	AT	Increased risk of pernicious anemia
HLA-DRB1	rs3135388	A	GG	tagging SNP for HLA-DRB1*15:01; possibly increased risk of pernicious anemia
TCN2	rs9606756	G	AG	possibly reduced B12, more likely to have pernicious anemia with autoimmune gastritis
CBLIF	rs150884181	G	AA	intrinsic factor deficiency possible (rare)

Article: Sjogren Syndrome

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
HLA-DRB1	rs2187668	T	CC	HLA-DRB1*03:01 allele; increased risk of Sjogren, as well as other autoimmune disorders
HLA-DRA	rs3135394	G	AA	3-fold increased risk of Sjögren's
HLA-DQB1	rs3129716	C	TT	3-fold increased risk of Sjögren's
HLA-DQA1	rs9271588	C	CT	half the normal risk of Sjögren's (protective)
IRF5	rs4728142	A	GG	slightly increased risk of Sjögren's
IRF5	rs10954213	G	GG	slightly decreased risk of Sjögren's
IL12A	rs485497	A	AA	slightly increased risk of Sjögren's
TNIP1	rs6579837	T	--	slightly increased risk of Sjögren's
STAT4	rs10168266	T	CC	increased risk of Sjögren's
STAT4	rs11889341	T	CC	increased risk of Sjögren's
OAS1	rs10774671	G	AG	decreased risk of Sjögren's (protective)
GTF2I	rs117026326	T	CC	2 to 3-fold increased risk of anti-SSA positive Sjögren's
TNFAIP3	rs2230926	G	TT	increased risk of Sjögren's; increased risk of lymphoma in Sjögren's patients, especially in younger ages
TNF	rs1800629	A	AG	Higher TNF-alpha levels. Increased risk of Sjögren's syndrome

Topic: Immune Response

Article: Vaccines and Autoimmune Diseases

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
HLA-DRB1	rs660895	G	AG	Increase risk of ASIA syndrome
HLA-DRB1	rs3135388	A	GG	Increased risk of MS from a specific flu vaccine
IL2	rs2069763	A	AC	High antibody response to measles vax; Increased risk of T1D
PTPN22	rs2476601	A	GG	Increased risk of autoimmune diseases; altered response to trivalent flu
IL-17F	rs763780	C	TT	Increased risk of autoimmune thrombocytopenia

Article: HMGB1

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
HMGB1	rs1045411	T	CC	Increased risk of sepsis;
HMGB1	rs1412125	T	TT	Increased risk for acquired pneumonia
HMGB1	rs1360485	C	TT	Increased risk of progression in breast cancer

Article: Viral Susceptibility

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
HLA-DRB1	rs2187668	T	CC	Significantly less likely to have SARS coronavirus
CCL2 gene	rs1024611	G	AA	Increased susceptibility to SARS coronavirus
CD209	rs4804803	G	AA	Increased susceptibility to malaria; tuberculosis; chronic hepatitis
MBL2	rs1800450	T	TC	Increased susceptibility to tuberculosis; SARS
OAS1	rs10774671	A	AG	AA only: Increased risk of West Nile Virus
OAS1	rs2660	G	AG	Protective against SARS
MX1	rs17000900	A	--	Protective against SARS
FUT2	rs601338	A	AA	AA: resistant to norovirus and rotavirus
IL1B	rs16944	G	GG	GG only: less than half the risk of H3N2 flu
IL28	rs8099917	G	TT	Half the risk for H3N2 flu
TNF	rs361525	A	GG	AA only: Increased risk for H1N1 flu complications
CD55	rs2564978	T	--	TT: Increased risk for H1N1 flu
CCR5	rs333	D	DI	DD: resistant to most strains of HIV
TLR3	rs3775291	T	CC	Decreased risk of hep B; dengue fever and HSV2
IFIH1	rs1990760	T	TC	Decreased risk for several RNA viruses

Article: HIV

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
CCR5	i3003626	D	DI	CCR5 delta 32 mutation

Article: Response to Vaccines

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
HLA-DQ2	rs2187668	T	CC	Decreased antibody response to hep. B and measles vaccine
HLA-DPB1	rs3117230	G	AA	Low antibody response to rubella vaccine
SLAM	rs3796504	T	TG	4 to 8-fold lower antibody response to measles vaccine
CD46	rs2724384	G	GG	Lower response to measles vaccine; Increased antibody response to mumps
TLR3	rs7657186	A	GG	Lower antibody response to MenC vaccine
IL12B	rs3212227	G	TG	Low response to some flu vaccines
IL-12RB2	rs2201584	A	--	Lower response to mumps vaccine
IL6	rs1800796	G	GG	GG: Increased response to some flu vaccine
IL-28B	rs8099917	G	TT	Twice as likely to produce antibodies for flu vaccine
intergenic	rs10489759	T	CC	Greatly Decreased response to smallpox vaccine

Article: Acute Respiratory Distress Syndrome

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
VEGFA	rs3025039	T	CC	Lower VEGF; Increased risk of mortality in ARDS
ANGPT2	rs2442608	C	CC	CC: Increased ANG2; slightly Increased risk ARDS
ANGPT2	rs2442630	G	AA	Increased risk of ARDS
ANGPT2	rs2515475	T	--	Increased risk of ARDS
MBL2	rs1800450	T	TC	Lower MBL; Increased risk of getting ARDS
MYD88	rs7744	G	AG	Decreased ARDS risk in adults <60
TNF	rs1800629	A	AG	Increased TNF-alpha; Increased ARDS risk in adults <60
IL17	rs2275913	A	GG	Decreased IL17; Decreased ARDS risk; Decreased mortality
NAMPT	rs9770242	C	--	Slightly Increased risk of ARDS

Article: Lyme Disease

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
TLR1	rs5743618	C	AA	CC only: Increased risk of antibiotic-resistant Lyme arthritis
HLA-DRB1	rs660895	G	AG	Increased risk of Lyme arthritis
TLR2	rs5743708	A	GG	Reduced risk of Lyme
ANO10	rs41289586	T	CC	Increased risk of Lyme
ABCB1	rs1128503	G	AG	AG only: Increased risk of post-treatment Lyme

Article: mRNA Side Effects

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
HLA-A	rs2571381	T	--	HLA-A*03:01 alleles, 2-fold increased risk of severe or extreme side effects from Pfizer COVID-19 vaccine, possibly increased risk for severe or extreme side effects from Moderna
HLA-A	i5018047	T	--	HLA-A*03:01 alleles, 2-fold increased risk of severe or extreme side effects from Pfizer COVID-19 vaccine, possibly increased risk for severe or extreme side effects from Moderna

Article: Lyme Susceptibility

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
TLR1	rs5743618	C	AA	CC only: Increased risk of antibiotic-resistant Lyme arthritis
TLR1	rs5743708	A	GG	less than half the risk of Lyme
HLA-DRB1	rs660895	G	AG	increased risk of Lyme arthritis, rheumatoid arthritis.

Article: Flu

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
IL17A	rs2275913	A	GG	A/A: ~ half the risk for H3N2 flu
IL28	rs16944	G	GG	G/G: half the risk for H3N2 flu
IL1B	rs8099917	G	TT	Half the risk for H3N2 flu
CCR5	i3003626	D	DI	higher risk of flu or increased severity of flu
CD55	rs2564978	T	--	T/T: increased severity of H1N1 flu infection

Article: Vitamin D Immune System

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
CYP2R1	rs2060793	A	AA	Lower vitamin D levels
CYP2R1	rs1562902	T	CC	Higher vitamin D levels
CYP27B1	rs10877012	T	GG	Lower vitamin D levels
CYP27B1	rs4646536	A	--	Lower vitamin D levels
CYP27B1	rs28934607	A	GG	Mutation that causes vitamin D related rickets (rare)
CYP27B1	rs28934605	T	CC	Mutation that causes vitamin D related rickets (rare)
CYP27B1	rs28934605	T	CC	Mutation that causes vitamin D related rickets (rare)
CYP27B1	rs28934604	T	CC	Mutation that causes vitamin D related rickets (rare)
GC	rs2282679	G	TT	Lower vitamin D levels
GC	rs7041	A	AC	Lower vitamin D levels
GC	rs1155563	C	TT	Lower vitamin D levels
VDR-TaqI	rs731236	A	AG	Lower vitamin D levels
VDR-BsmI	rs1544410	T	TC	Lower vitamin D levels
VDR-FokI	rs2228570	G	--	Lower vitamin D levels
VDR	rs7975232	C	AC	CC: Half the risk of dengue fever, likely indicates slightly higher vitamin D
GC	rs12512631	C	TC	CC only: slightly higher vitamin D

Article: Acupuncture

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
TRPV1	rs8065080	T	TT	TT: acupuncture more likely to work
NFKB2	rs1056890	G	AG	G/G: more likely to respond to acupuncture (common genotype)
TCL1A	rs2369049	G	AA	more likely to respond to acupuncture
COMT	rs4680	A	AG	lower COMT activity, more likely to respond to acupuncture
COMT	rs6269	G	AG	A/G: more likely to respond to acupuncture for hot flashes
DRD2	rs1800497	G	AG	G/G more likely to respond to acupuncture for smoking cessation

Article: Grass Pollen Allergy

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
HLA-DRB4	rs7775228	C	TT	more likely to be allergic to grass pollen
FLG	rs61816761	A	GG	(rare mutation) more likely to be allergic to grass pollen
IL2	rs2069762	C	AA	Increased risk of grass allergy. (Inflammatory cytokine)
IL33	rs928413	G	AA	Increased risk of hay fever

Article: Chronic Sinus Infection

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
TAS2R38	rs10246939	C	TC	less likely to have chronic sinus infections
TAS2R38	rs713598	G	CG	less likely to have chronic sinus infections
NOS1	rs9658281	T	CC	Decreased risk of chronic sinus infections
ALOX15	rs34210653	A	GG	Significantly reduced risk for nasal polyps and chronic sinus infections
IL1RL1	rs13431828	T	--	Reduced risk of chronic sinus infections
SERPINA1	rs1243168	A	GG	Increased risk of chronic rhinosinusitis
TNF	rs1800629	A	AG	Increased TNF-alpha; Increased risk of nasal polyps and sinus infections

Topic: Metabolic Health

Article: Diabetes

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
MTNR1B	rs10830963	G	CG	Increased fasting glucose levels, increased risk of type 2 diabetes (2-fold) when eating late at night
TCF7L2	rs7903146	T	TC	Increased risk of diabetes, Decreased beta cell function.
TCF7L2	rs4506565	T	AT	Increased risk of diabetes due to decreased beta cell function.
SLC30A8	rs13266634	C	CC	Increased risk of T2D, zinc supplement works here
IRS1	rs2943641	C	TC	Slightly higher risk for diabetes - common allele
WFS1	rs10010131	A	GG	Protective against diabetes
HHEX	rs7923837	G	AA	Increases risk of impaired glucose-stimulated insulin response
HHEX	rs1111875	C	TT	Increases risk of impaired glucose-stimulated insulin response
PPARG	rs1801282	G	CC	Increased risk of met. syndrome
KCNJ11	rs5219	T	CC	Decreased insulin response to glucose

Article: Insulin Resistance

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
KCNJ11	rs5219	T	CC	Impaired insulin secretion, higher blood glucose
ABCC8	rs757110	A	AA	AA: impaired insulin release
GCK	rs1799884	T	TC	Increased fasting plasma glucose
CDKAL1	rs7754840	C	CC	Decreased insulin release in response to glucose
IRS1	rs2943641	C	TC	CC: impaired insulin signaling
IRS1	rs1801278	T	CC	Impaired insulin signaling
ENPP1	rs1044498	C	AC	Increased insulin resistance
KCNH2	rs1805123	G	TT	Decreased fasting glucagon
GLP1R	rs6923761	A	AG	Decreased insulin resistance, lower BMI (good!)
MTNR1B	rs10830963	G	CG	Increased fasting glucose if eating later at night

Article: NAFLD

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
PNPLA3	rs738409	G	CC	Significant increase in risk of NAFLD
TM6SF2	rs58542926	T	CC	Increased risk NAFLD
HSD17B13	rs6834314	G	AG	Liver fat, but less inflammation
MBOAT7	rs641738	T	TC	Increased risk NAFLD (Caucasian)
GCKR	rs1260326	T	TC	Increased triglycerides and fatty liver
CYP2E1	rs2031920	T	CC	Increased liver fat with alcohol
HFE	rs1800562	A	GG	Iron build up, risk of NAFLD
HFE	rs1799945	G	CC	Iron build up, risk of NAFLD
PEMT	rs7946	T	TT	TT only: Increased NAFLD, choline related
SERPINA1	rs28929474	T	CC	Alpha-1 antitrypsin, Increased risk of NAFLD and liver disease
SOD2	rs4880	A	AG	AA only: Increased fibrosis in NAFLD (oxidative stress)
IFNL3	rs12979860	C	CC	CC only: Increased liver damage in NAFLD

Article: PCOS

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
LHCRG	rs13405728	G	AA	Increased risk of PCOS
LHCRG	rs2293275	T	TC	Increased risk of PCOS (3-4x)
DENND1A	rs10818854	A	GG	Increased risk of PCOS (2x)
FSHB	rs11031006	A	GG	Increased LH levels
FSHR	rs6166	C	TC	Increased risk of PCOS
ADIPOQ	rs2241766	T	TT	Increased risk of PCOS (2x)
ADIPOQ	rs1501299	T	GG	Decreased risk of PCOS
MTNR1B	rs10830963	G	CG	Increased risk of PCOS - melatonin receptor

Article: GLP-1

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
GLP1R	rs10305492	A	GG	Lower fasting glucose
GLP1R	rs6923761	A	AG	DPP-4-inhibitors may not be as effective
GLP1R	rs1042044	A	CC	AA: higher anhedonia
PCSK1	rs6232	C	TT	Increased risk of obesity
PCSK1	rs6234	C	CG	Increased risk of obesity
GCG	rs4664447	C	TT	CC: lower fasting glucose

Article: Glucose and Caffeine

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
ADORA2A	rs5751876	C	CC	CC: caffeine plus carbs increases postprandial glucose response
CYP1A2	rs762551	C	AC	Caffeine plus carbs causes glucose to remain elevated longer

Article: Fasting

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
GNB3	rs5443	T	TC	TT only: impacts mood and hunger when fasting (Hangry)

Article: MCADD

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
ACADM	rs77931234	G	AA	Carrier of medium-chain acyl-CoA dehydrogenase deficiency mutation
ACADM	rs121434280	C	TT	Carrier of medium-chain acyl-CoA dehydrogenase deficiency mutation
ACADM	rs373715782	T	CC	Carrier of medium-chain acyl-CoA dehydrogenase deficiency mutation
ACADM	i5012755	T	CC	Carrier of medium-chain acyl-CoA dehydrogenase deficiency mutation
ACADM	rs121434281	T	CC	Carrier of medium-chain acyl-CoA dehydrogenase deficiency mutation
ACADM	rs121434282	C	GG	Carrier of medium-chain acyl-CoA dehydrogenase deficiency mutation
ACADM	rs121434277	A	GG	Carrier of medium-chain acyl-CoA dehydrogenase deficiency mutation
ACADM	rs121434274	A	GG	Carrier of medium-chain acyl-CoA dehydrogenase deficiency mutation

Article: SCADD

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
ACADS	rs1800556	T	CC	Carrier of short-chain acyl-CoA dehydrogenase deficiency mutation
ACADS	rs28940874	T	CC	Carrier of short-chain acyl-CoA dehydrogenase deficiency mutation
ACADS	rs61732144	T	CC	Carrier of short-chain acyl-CoA dehydrogenase deficiency mutation
ACADS	rs28940872	T	CC	Carrier of short-chain acyl-CoA dehydrogenase deficiency mutation
ACADS	i5007491	A	--	Carrier of short-chain acyl-CoA dehydrogenase deficiency mutation
ACADS	i5007492	T	--	Carrier of short-chain acyl-CoA dehydrogenase deficiency mutation
ACADS	i5007490	A	--	Carrier of short-chain acyl-CoA dehydrogenase deficiency mutation

Article: SCD1

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
SCD	rs1393492	G	AA	Lower risk of met syndrome, lower SCD1
SCD	rs2060792	T	TT	TT only: higher palmitic and lower stearic acid, higher CRP
SCD	rs1502593	A	AG	Increased risk of metabolic syndrome
SCD	rs7849	C	TT	Lower BMI, increased insulin sensitivity
FTO	rs9939609	A	TT	Increased BMI, higher SCD1 with high carb
CYP1B1	rs1056836	G	CC	GG: Decreased estradiol metabolism

Article: SIRTfoods

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
SIRT1		T	--	Elevated SIRT1 levels; lower cardiovascular disease mortality (good)
SIRT1	rs12778366	C	TT	Reduced risk of diabetes complication, better glucose tolerance (good)
SIRT1	rs932658	A	--	Increased SIRT1 activity (usually good)
SIRT3	rs511744	T	TC	T/T: increased lifespan
SIRT3	rs11246020	T	CC	Reduced SIRT3; Increased risk of metabolic syndrome
SIRT3	rs185277566	C	--	Reduced SIRT3; Increased risk of heart attack
SIRT6	rs352493	C	TT	Increased severity in heart disease

Article: Leptin

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
LEPR	rs1137101	G	GG	Increase risk for obesity; diabetes
LEPR	rs1137100	G	AG	Increase risk for obesity; diabetes
LEPR	rs7799039	A	AG	Increase risk for obesity; diabetes
LEPR	rs3790433	T	CC	Decreased risk for metabolic syndrome

Article: MC4R; weight

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
MC4R	rs17782313	C	TT	Increased BMI; Increased risk of obesity.
MC4R	rs17700633	A	GG	Increased BMI; Increased risk of obesity.
MC4R	rs12970134	A	GG	Increased BMI; Increased risk of obesity.
MC4R	rs571312	A	CC	Increased BMI; Increased risk of obesity.
MC4R	rs2229616	T	CT	Significantly protective against obesity - rare

Article: Brown Fat

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
UCP1	rs1800592	C	CT	Increased risk for abdominal fat
UCP1	rs6536991	C	TC	Decreased risk of obesity
UCP1	rs3811787	G	--	Increased risk of abdominal fat

Article: Adiponectin

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
ADIPOQ	rs17300539	A	GG	Lower BMI; benefits from MUFA
ADIPOQ	rs1501299	G	GG	Higher adiponectin levels when eating low fiber diet (opposite of usual response)
ADIPOQ	rs266729	G	CC	GG only: better blood glucose with either carb rich or MUFA rich diet
ADIPOQ	rs2241766	G	TT	Increased risk of T2D

Article: FTO

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
FTO	rs9939609	A	TT	Increased risk of obesity; higher BMI
FTO	rs1558902	A	TT	Increased risk of obesity; higher BMI
FTO	rs3751812	T	GG	Increased risk of obesity; higher BMI

Article: Cannabinoid Receptors

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
CNR1	rs1049353	T	CC	Risk of increased visceral fat
CNR1	rs10485170	C	TT	Increased risk of obesity; PCOS
CNR1	rs806381	G	AG	Increased risk of obesity; PCOS
CNR1	rs12720071	C	--	Increased risk of obesity; PCOS
FAAH	rs324420	A	CC	Increased risk of obesity
MGLL		G	--	Increased risk of obesity

Article: DHEA

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
CYP2C9	rs2185570	C	TT	Lower DHEAS levels
TRIM4	rs17277546	A	GG	Lower DHEAS levels
SULT2A1	rs182420	C	TT	Lower DHEAS levels
SULT2A1	rs2637125	A	GG	Lower DHEAS levels
SULT2A1	rs2910397	T	CC	Higher DHEAS levels

Article: UPC2

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
UCP2	rs659366	T	CC	Higher BMI

Article: GNB3

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
GNB3	rs5443	T	TC	Enhanced G-protein signaling; Increased risk of obesity; diabetes

Article: Ghrelin

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
GHRL	rs4684677	A	AT	Increased ghrelin (hunger hormone) and BMI
GHRL	rs35683	A	AC	Increased ghrelin (hunger hormone) and BMI
GHSR	rs572169	T	CC	Increased ghrelin (hunger hormone) and BMI
CLOCK	rs1801260	G	AA	Increased ghrelin (hunger hormone) and BMI

Article: Adenovirus Weight Gain

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
PCSK1	rs6232	C	TT	increased risk of infection by Ad-36, which is linked to weight gain
BDNF	rs4923461	G	AG	slightly increased risk of infection by Ad-36
PPARG	rs1801282	G	CC	increased risk of metabolic syndrome and insulin resistance, Ad-36 upregulates PPARG
CXADR	rs2824292	G	GG	reduced adenovirus 5 receptors (CXADR)
IL-10	rs1800871	G	GG	increase inflammation, higher BMI, and increased waist circumference

Article: FGF21

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
FGF21	rs838133	A	AG	sweet preference, higher carb (lower protein and fat) intake without increased weight

Article: Carbohydrates

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
IRS1	rs2943641	T	TC	Women had lower diabetes risk with low-carb diet, but men had lower T2D risk with lower fat diet
BDNF	rs6265	T	TC	Low-protein, high-carb (but not excessive calories) protective against T2D
FTO	rs9939609	T	TT	Greater decrease in HOMA-IR on lower fat diet
CLOCK	rs1801260	A	AA	lower insulin levels, lower insulin resistance on a low-fat vs Mediterranean diet (this is the most common variant)
UCP3	rs1800849	A	--	Less weight loss and no decrease in glucose or insulin levels on a low carb diet.

Article: FGF21 Sweet Tooth

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
FGF21	rs838133	A	AG	Sweet preference, higher carb intake -- without increased weight

Article: Oxytocin and Weight Loss

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
OXTR	rs53576	A	AG	higher fasting glucose and HOMA-IR; more at risk for obesity (adolescent study)

Article: Endocannabinoids and Weight

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
MGLL	rs684358	G	--	linked with obesity (rare)
FAAH	rs324420	A	CC	reduced FAAH production leading to increased anandamide; higher BMI and waist circumference;
CNR1	rs806381	G	AG	Increased obesity, increased risk of PCOS, fatty liver disease
CNR1	rs12720071	C	--	Increased abdominal fat, increased risk of PCOS
CNR1	rs10485170	C	TT	Increased risk of obesity, increased risk of PCOS
CNR1	rs1049353	T	CC	risk of increased visceral fat

Article: Diabetes and Coffee

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
C12orf51	rs2074356	A	GG	decrease in diabetes risk for coffee drinkers
ACAD10	rs11066015	A	GG	decrease in diabetes risk for coffee drinkers
MYL2	rs12229654	G	TT	decrease in diabetes risk for coffee drinkers

Topic: Gut Health

Article: Irritable Bowel Syndrome

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
SI	rs9290264	A	AA	Reduced sucrase-isomaltase enzyme
LCT	rs4988235	G	AA	GG = no lactase (lactose intolerant)
	rs56109847	A	GG	Big increase in IBS risk
HTR3A	rs1062613	T	CC	Increased risk of IBS-D
KLB	rs17618244	G	--	GG only: faster transit time in IBS-D
TRPM8	rs10166942	C	TC	Slower colonic transit; Increased risk of IBS-C

Article: Non-secretor

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
FUT2	rs601338	A	AA	AA only: non-secretor of blood type; resistant to norovirus; low bifidobacteria likely
FUT2	rs1047781	T	AA	TT only: non-secretor if Japanese or Korean ancestry

Article: FODMAPS and SI

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
SI	rs147207752	C	TT	FODMAPS diet less likely to work; low sucrase-isomaltase
SI	rs146785675	G	AA	FODMAPS diet less likely to work; low sucrase-isomaltase
SI	rs9290264	A	AA	FODMAPS diet less likely to work; low sucrase-isomaltase
SI	rs121912615	C	AA	Rare mutation; SI deficiency
SI	rs200451408	A	--	Rare mutation; SI deficiency
SI	rs79717168	C	AA	Rare mutation; SI deficiency

Article: Gut Microbiome

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
FUT2	rs601338	A	AA	AA only: low/no Bifidobacteria
VDR	rs7974353	T	--	Influences Parabacteroides
LCT	rs182549	C	TT	No lactase as an adult; likely to have more bifidobacteria
SLC39A8	rs13107325	T	CC	Altered gut barrier function
APOA5	rs651821	C	TT	Reduced Bifidobacteria; higher triglycerides
ALDH1L1	rs2276731	C	TT	Higher SHA-98
IL4	rs2243250	T	CC	Increased C. difficile risk in IBD

Article: Mannose Binding Lectin

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
MBL2	rs1800450	T	TC	Decreased mannose binding lectin
MBL2	rs7096206	G	--	Decreased mannose binding lectin
MBL2	rs1800451	T	CC	Decreased mannose binding lectin
MBL2	rs5030737	A	GG	Decreased mannose binding lectin
MBL2	rs11003125	C	--	Decreased mannose binding lectin
MASP2	rs72550870	C	TT	Decreased mannose binding lectin

Article: Aspirin & Colon Cancer

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
CASC8	rs6983267	T	TG	Decreased colon cancer risk with aspirin
SMAD7	rs4939827	C	TC	Decreased colon cancer risk with aspirin

Article: Meat and Colon Cancer

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
GATA3	rs4143094	T	GG	20-40% higher relative risk of colon cancer with increasing meat consumption
GATA3	rs1269486	A	--	2Higher relative risk of colon cancer with increasing meat consumption
CCAT	rs6983267	T	TG	Decreased colon cancer, except in people who eat a lot of processed meats

Article: IBD

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
NOD2	rs2066844	T	CC	2-35x increased risk for Crohn's disease
NOD2	rs2066845	C	GG	2-35x increased risk for Crohn's disease
NOD2	rs2066842	T	TC	Increased risk of IBD
NOD2	rs2066843	T	TC	Increased risk of IBD
TLR4	rs4986790	G	AA	Increased risk of IBD
IBD5	rs6596075	G	GC	Lower risk of IBD

Topic: Phase I Detoxification

Article: CYP1A1

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
CYP1A1	rs1048943	C	TT	CYP1A1*2; higher risk of oral cancer & lung cancers in smokers; higher activity in estrogen metabolism
CYP1A1	rs1799814	T	GG	CYP1A1*4; increased activity
CYP1A1	rs2606345	A	AC	Decreased risk of testicular cancer
CYP1A1	rs2472297	T	CC	Associated with increased coffee consumption

Article: CYP1A2

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
CYP1A2	rs762551	C	AC	Slower metabolizer (caffeine)
CYP1A2	rs12720461	T	CC	Decreased CYP1A2 enzyme activity
CYP1A2	rs72547517	A	GG	Decreased CYP1A2 enzyme activity
CYP1A2	rs72547515	A	GG	Decreased CYP1A2 enzyme activity

Article: CYP2A6

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
CYP2A6	rs1801272	T	AA	CYP2A6*2 reduced activity
CYP2A6	rs5031017	A	AC	CYP2A6*5 non-functioning variant
CYP2A6	rs5031016	G	AA	CYP2A6*7 non-functioning variant
CYP2A6	rs28399444	D	--	CYP2A6*20 non-functioning variant

Article: CYP2B6

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
CYP2B6	rs3745274	T	GG	CYP2B6*6 decreased activity
CYP2B6	rs2279343	G	AA	CYP2B6*6 decreased activity
CYP2B6	rs28399499	C	TT	Reduced enzyme activity
CYP2B6	rs3211371	T	--	Reduced enzyme activity

Article: CYP2C8

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
CYP2C8	rs10509681	C	TT	CYP2C8*3 decreased function; ibuprofen takes longer to be metabolized
CYP2C8	rs11572103	A	TT	CYP2C8*2 decreased function
CYP2C8	rs1058930	C	GG	CYP2C8*4 slightly decreased function
CYP2C8	rs7909236	T	GG	CYP2C8*1B Increased function

Article: CYP2C9

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
CYP2C9	rs1799853	T	CC	CYP2C9*2 decreased function
CYP2C9	rs1057910	C	AA	CYP2C9*3 decreased function
CYP2C9	rs2256871	G	AA	CYP2C9*9 decreased function
CYP2C9	rs9332131	D	II	CYP2C9*6 decreased function
CYP2C9	rs28371685	T	CC	CYP2C9*11 decreased function

Article: CYP2C19

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
CYP2C19	rs4244285	A	GG	CYP2C19*2 decreased function; Plavix warning
CYP2C19	rs4986893	A	GG	CYP2C19*3 decreased function
CYP2C19	rs12248560	T	TC	CYP2C19*17 ultrafast metabolizer

Article: CYP2D6

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
CYP2D6	rs3892097	T	--	CYP2D6*4 decreased function
CYP2D6	rs5030655	D	II	CYP2D6*6 deletion; decreased function
CYP2D6	rs5030656	D	II	CYP2D6*9 decreased function
CYP2D6	rs1065852	A	--	CYP2D6*10 decreased function
CYP2D6	rs28371725	T	TC	CYP2D6*41 decreased function
CYP2D6	rs1135824	C	TT	CYP2D6*3 decreased function
CYP2D6	rs5030867	G	TT	CYP2D6*7 decreased function
CYP2D6	rs28371706	A	GG	Possibly decreased function
CYP2D6	rs16947	A	--	CYP2D6*2 variant; possibly reduced function

Article: CYP3A4

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
CYP3A4	rs4987161	G	AA	CYP3A4*17 decreased function
CYP3A4	rs4986909	A	--	CYP3A4*13 decreased function
CYP3A4	rs2740574	C	TT	CYP3A4*1B altered function
CYP3A4	rs4986910	G	AA	CYP3A4*3 decreased function
CYP3A4	rs4986907	T	CC	CYP3A4*15A decreased function
CYP3A5	rs776746	C	CC	CYP3A5*3 non-functional – most common type in Caucasians
CYP3A5	rs28365083	T	GG	CYP3A5*2 non-functional
CYP3A5	rs55817950	A	GG	CYP3A5*8 non-functional
CYP3A5	rs28383479	T	CC	CYP3A5*9 non-functional
CYP3A5	rs41279854	T	AA	CYP3A5*10 non-functional
CYP3A5	rs56244447	T	AA	CYP3A5*3D non-functional

Article: CYP2E1

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
CYP2E1	rs2031920	T	CC	Decreased risk of lung cancer and less likely to die from alcohol poisoning
CYP2E1	rs3813867	C	GG	Decreased risk of lung cancer and less likely to die from alcohol poisoning
CYP2E1	rs2515641	T	CC	Decreased CYP2E1; could affect acetaminophen metabolism

Article: Allegra

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
ABCB1	rs1045642	A	AG	AA: reduced drug efflux (less of the drug is moved out of the cell), thus may have a better response to fexofenadine (Allegra); A/G: intermediate efflux
ABCB1	rs1128503	G	AG	GG: reduced drug efflux (less of the drug is moved out of the cell), thus may have a better response to fexofenadine (Allegra); A/G: intermediate efflux

Topic: Phase II Detoxification

Article: SOD1

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
SOD1	rs1041740	T	TC	Decreased SOD1; increased risk of kidney problems with diabetes
SOD1	rs2070424	G	AA	Increased SOD1; protective against Alzheimer's and hearing loss
SOD1	i5000864	A	--	Rare mutations linked to ALS
SOD1	i5048521	C	--	Rare mutations linked to ALS

Article: UGT family

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
UGT1A1*6	rs4148323	A	GG	Reduced activity; increased bilirubin
UGT1A1*60	rs4124874	G	TT	Reduced activity; increased bilirubin
UGT1A1*28	rs6742078	T	GG	TT only: increased bilirubin and gallstone risk
UGT1A1	rs35003977	G	TT	higher bilirubin
UGT1A6	rs17863783	T	GG	Increased UGT1A6
UGT1A8	rs6714486	A	--	AA: increased UGT activity

Article: Nrf2 Detoxification

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
NFE2L2	rs6726395	G	AA	Increased Nrf2; greater lung volume in smokers
NFE2L2	rs13001694	G	GG	Increased Nrf2; reduced all cause mortality
NFE2L2	rs1806649	T	TC	Increased Nrf2; Reduced risk of death in COPD
NFE2L2	rs6721961	A	--	Diminished Nrf2 expression; increased lung cancer risk

Article: NATs

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
NAT1	rs4986782	A	GG	Slow acetylator
NAT1	rs15561	A	CC	Reduced function
NAT1	rs6586714	A	AG	Decreased risk of colon cancer from processed meat

Article: NQO1

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
NQO1*3	rs1131341	A	--	Decreased function; Increased risk of cancers from benzene; involved in vit. K
NQO1	rs1800566	T	GG	Decreased function; Higher cancer risk due to benzene toxicity

Article: GSTs

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
GSTM1	rs366631	A	--	AA: GSTM1 deletion
GSTA1	rs3957357	A	AG	Low (AG) or non-functioning (AA) enzyme
GSTP1	rs1695	G	AA	Somewhat reduce enzyme function
GSTO1	rs4925	A	CC	Altered enzyme function; increased risk of PCOS

Topic: Detoxification of Specific Substances

Article: Phthalate metabolism

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
GSTP1	rs1695	G	AA	Reduced function; slower elimination of phthalates
SOD2	rs5746136	T	TC	Higher phthalate levels; increased asthma risk
CYP2B6	rs3745274	T	GG	TT: decreased CYP2B6 enzyme needed for eliminating phthalates
GSTM1	rs366631	A	--	AA: deletion (null) GSTM1 gene; Women with phthalate exposure are at a 5-fold increased risk of fibroids.
HSPA1L	rs2227956	A	AA	Common genotype; more likely to develop insulin resistance with phthalate exposure

Article: BPA Detoxification

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
COX2	rs5277	G	--	C/C: increase in risk for liver dysfunction with BPA exposure
CAT	rs769217	T	TC	Increased risk of liver dysfunction in the elderly with BPA exposure
SOD2	rs4880	A	AG	Increased risk of liver dysfunction with BPA exposure
UGT2B15	rs1902023	A	AC	AA: decreased enzyme activity
UGT1A1	rs34983651	I	DD	Decreased liver clearance of BPA
SULT1A1	i6018900	T	--	low activity of the enzyme

Article: Statins

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
SLCO1B1	rs4149056	C	TC	Reduced breakdown of some drugs. Increased risk of muscle pain from statins

Article: BChE

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
BChE	rs1803274	T	CC	K-variant; Decreased BChE; possible problems w/ organophosphates and nightshades
BChE	rs1799807	C	TT	A-variant; possibly delayed recovery from succinylcholine (anesthesia) (important)
BChE	rs28933389	A	GG	F1-variant; possibly delayed recovery from succinylcholine (anesthesia) (important)
BChE	rs28933390	A	CC	F2-variant; possibly delayed recovery from succinylcholine (anesthesia) (important)
BChE	rs2668207	C	--	Minor decrease in BChE levels
BChE	rs1126680	T	CC	Decreased BChE; Increased risk of hyperhidrosis combined with K-variant

Article: Tamiflu Response

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
CES1	rs71647871	T	CC	Decreased CES1 function; possibly poor response to Tamiflu
CES1	rs121912777	T	CC	Decreased CES1 function; possibly poor response to Tamiflu
ABCB1	rs1045642	A	AG	AA: reduced drug efflux from cell; increased risk adverse events from Tamiflu

Article: Opioid Receptors

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
OPRM1	rs1799971	G	AA	Reduced opioid receptor; decreased response to opioids and increased risk for dependence
OPRM1	rs10485057	G	--	Increased risk of alcohol use disorder
OPRM1	rs2281617	T	TC	Less euphoria with amphetamine
OPRM1	rs510769	T	CC	Less euphoria depending on dose of amphetamine

Article: Neonicotinoid Pesticides

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
CHRNA4	rs1044396	A	AA	Possibly less affected by neonicotinoids
CYP3A4	rs4987161	G	AA	Altered enzyme function; possibly more problems from neonicotinoids.
CYP3A4	rs4986909	A	--	Altered enzyme function; possibly more problems from neonicotinoids.
CYP3A4	rs2740574	C	TT	Altered enzyme function; possibly more problems from neonicotinoids.
CYP3A4	rs4986910	G	AA	Altered enzyme function; possibly more problems from neonicotinoids.
CYP3A4	rs4986907	T	CC	Altered enzyme function; possibly more problems from neonicotinoids.

Article: Glyphosate

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
CYP1A1	rs1048943	C	TT	More likely to have low acetylcholinesterase with glyphosate exposure.

Article: Organophosphate pesticides

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
BCHE	rs1803274	T	CC	Increased risk of Parkinson's from organophosphate exposure
PON1	rs662	C	TT	Increased risk of problems from organophosphate pesticides
Inter-gen	rs4242382	A	GG	Exposure to permethrin increases the risk of prostate cancer
CYP2B6	rs3745274	T	GG	Altered CYP2B6 activity; less toxicity from chlorpyrifos (pesticide)
CYP2B6	rs2279343	G	AA	Altered CYP2B6 activity; less toxicity from chlorpyrifos (pesticide)

Article: Arsenic

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
AS3MT	rs11191439	C	TT	An increased risk of skin lesions with arsenic exposure
AS3MT	rs3740393	C	GG	CC: more arsenic excreted
GSTO1	rs4925	A	CC	Increased skin lesions and decreased arsenic excretion
MTHFR	rs1801133	A	AG	Increased skin lesions and decreased arsenic excretion

Article: Mercury

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
GSTM1	rs366631	A	--	AA: deletion (null) GSTM1 gene. Decreased mercury detoxification.
GSTP1	rs1695	G	AA	GG: reduced function; decreased mercury detoxification, higher mercury levels
GCLM	rs41303970	A	--	Higher blood mercury levels; Decreased/slower mercury detoxification
CPOX4	rs1131857	G	TT	Increased sensitivity to neurobehavioral effects of mercury

Article: Mycotoxins

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
XPC	rs2228001	G	TG	Increased relative risk of liver cancer with aflatoxin B1 exposure
CYP1A2	rs12720461	T	CC	Decreased CYP1A2 enzyme activity, which may impact detoxification of aflatoxin B1
CYP1A2	rs72547517	A	GG	Decreased CYP1A2 enzyme activity, which may impact detoxification of aflatoxin B1
CYP1A2	rs72547515	A	GG	Decreased CYP1A2 enzyme activity, which may impact detoxification of aflatoxin B1
CYP3A4	rs4987161	G	AA	CYP3A4*17, decreased function of enzyme; involved in phase I detoxification of aflatoxin G1
CYP3A4	rs4986909	A	--	CYP3A4*13, decreased function of enzyme; involved in phase I detoxification of aflatoxin G1
CYP3A4	rs2740574	C	TT	CYP3A4*1B, decreased function of enzyme; involved in phase I detoxification of aflatoxin G1

CYP3A4	rs4986910	G	AA	CYP3A4*3, decreased function of enzyme; involved in phase I detoxification of aflatoxin G1
CYP3A4	rs4986907	T	CC	CYP3A4*15A, decreased function of enzyme; involved in phase I detoxification of aflatoxin G1
GSTM1	rs366631	A	--	A/A: deletion (null) GSTM1 gene; increased risk of liver cancer with aflatoxin B1 exposure
GSTA1	rs3957357	A	AG	GSTA1*B, low/ non-functioning enzyme; increased risk of kidney disease with ochratoxin A exposure
GSTP1	rs1695	G	AA	G/G: reduced function, increased risk of liver damage with aflatoxin B1 exposure
GSTP1	rs1695	G	AA	G/G: reduced function, increased risk of liver damage with aflatoxin B1 exposure
SLCO1B1	s4149056	C	--	Increased risk of liver damage with aflatoxin B1 exposure

Topic: Hormones

Article: Uterine Fibroids

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
ACE	rs4343	G	AG	Increased risk of fibroids
XPC	rs2228000	G	AG	Decreased risk of fibroids
XPG	rs873601	A	AG	AA: Increased risk of fibroids
CYP1B1	rs1056827	C	--	Increased risk of fibroids
ESR1	rs2234693	T	CT	TT: Decreased risk of fibroids
CCND1	rs9344	A	GG	Increased risk of fibroids
FASN	rs4247357	T	--	Increased risk of fibroids
GSTM1	rs366631	A	--	AA: Increased risk of fibroids

Article: PMS / PMDD

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
HTR1A	rs6295	C	GC	Increased risk of PMDD
ESR1	rs9340799	G	AA	GG only: Increased risk of PMS
COMT	rs4680	G	AG	GG only: Increased risk of PMS; especially with ESR1

Article: Estrogen

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
CYP1A1	rs1048943	C	TT	Decreased CYP1A1; Increased risk of estrogen related problems
CYP1B1	rs1056827	A	--	Increased risk of estrogen related problems
CYP3A4	rs2740574	C	TT	Increased CYP3A4; Increased estrogen metabolism to 16a-OHE1
COMT	rs4680	A	AG	AA only: low COMT; Increased risk of estrogen quinone metabolites
GSTP1	rs1695	G	AA	Reduced GSTP1; Decreased metabolism of estrogen quinone metabolites
GSTM1	rs366631	A	--	AA only: GSTM1 null; increase risk of estrogen related problems
UGT1A6	rs2070959	G	AA	Lower enzyme activity; Increased risk of estrogen problems
NQO1	rs1800566	A	GG	Low NQO1 activity; Increased risk of estrogen related problems
CYP19A1	rs4646	A	CC	AA only: lower estrogen levels
CYP19A1	rs700518	T	CC	TT only: higher estrogen levels; Increased risk of prostate problems
GP1B1	rs11544331	T	CC	Decreased receptor activation; lower risk of fibroids
CYP17A1	rs743572	G	AG	Decreased risk of breast cancer

Article: Testosterone

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
SHBG	rs12150660	G	--	Lower free testosterone
SHBG	rs6258	T	CC	Lower free testosterone
SHBG	rs6259	A	GG	Higher SHBG levels
SHBG	rs1799941	A	AG	Higher SHBG levels
FAM9B	rs5934505	T	TT	Lower free testosterone
LIN28B	rs7759938	C	TT	Lower free testosterone
FSHB	rs10835638	T	GG	Lower free testosterone

Article: Thyroid Levels

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
TSHR	rs1991517	G	GC	Increased risk hypothyroidism
TSHR	rs121908866	A	GG	Congenital hypothyroidism
PDE8B	rs4704397	A	GG	Increased serum TSH
PDE8B	rs6885099	A	AA	Decreased TSH
FOXE1	rs7850258	A	AG	Decreased odds of hypothyroidism
FOXE1	rs965513	A	AG	Decreased TSH
TSHR	rs3783938	T	CC	Increased risk of Hashimoto's
TSHR	rs12101255	T	--	Increased risk of Graves' (common)
TSHR	rs179247	A	AG	AA: increased risk of Graves' disease (common)
TPO	rs2071403	G	GG	Increased risk of autoimmune thyroid
PTPN22	rs2476601	A	GG	Slightly increased risk of autoimmune thyroid disease
DIO1	rs2235544	A	AC	Decreased ft3
DIO1	rs11206244	T	CC	Higher rT3; lower ft3
DIO2	rs225014	C	TT	Decreased T4 to T3 conversion
SERPINA7	rs28933689	T	AA	Thyroxine-binding globulin deficiency
SERPINA7	rs2234036	T	--	Thyroxine-binding globulin deficiency

Article: Progesterone

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
PGR	rs1042838	A	CC	increased PGR, increased relative risk of ovarian cancer, uterine fibroids, breast cancer, endometrial cancer
PGR	rs471767	G	GG	linked to an increased risk of preterm birth (which can be due to lower progesterone during pregnancy)
PGR	rs1042839	G	--	decreased risk of ovarian cancer
CYP3A4	rs4987161	G	AA	CYP3A4*17, decreased function of enzyme that breaks down progesterone
CYP3A4	rs4986909	A	--	CYP3A4*13, decreased function of enzyme that breaks down progesterone
CYP3A4	rs2740574	C	TT	CYP3A4*1B, altered function of enzyme that breaks down progesterone
CYP3A4	rs4986910	G	AA	CYP3A4*3, decreased function of enzyme that breaks down progesterone
CYP3A4	rs4986907	T	CC	CYP3A4*15A, decreased function of enzyme that breaks down progesterone
CYP2C19	rs4244285	A	GG	decreased metabolism of supplemental progesterone
PGR	rs10895068	A	--	increased relative risk of breast cancer, endometrial cancer

Topic: Exercise

Article: Fat Burning

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
PPARD	rs2267668	G	AG	Less benefit from aerobic exercise; lower skeletal muscle mitochondrial function
PPARD	rs1053049	C	TC	Not as great of response to exercise for weight loss
PPARD	rs2016520	C	TC	Lower fasting plasma glucose; decreased cardiovascular disease risk"

Article: Muscle Pain

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
AMPD1	rs17602729	A	GG	AMP deaminase deficiency - more likely to be sore after workout

Article: Muscle Type

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
ACTN3	rs1815739	T	TC	TT = non-functioning ACTN3; more likely to be an endurance athlete than power athlete

Article: Exercise Intensity

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
ANKK1	rs1800497	A	AG	Lower exercise reward; motivation
CNR1	rs6454672	T	--	TT only: greater exercise tolerance
LEPR	rs12405556	T	TG	Greater tolerance for intense exercise
GABRA3	rs8036270	G	AG	Greater tolerance for intense exercise

Article: Athletic performance

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
AGTR2	rs11091046	C	--	More slow-twitch muscle; endurance athlete
AGT	rs699	G	AG	Increased angiotensin; more geared towards power athlete
IL6	rs1800795	C	CC	Decreased IL6; more often found in endurance athletes
MSTN	rs1805086	C	TT	Greater muscle mass
NOS3	rs2070744	C	TT	Decreased eNOS
AMPD1	rs17602729	A	GG	AMPD1 deficiency; more muscle soreness

Article: Tendonitis

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
GDF5	rs143383	A	AA	A/A: higher risk of achilles tendon (common genotype)
COL1A2	rs1800012	A	CC	A/A: significantly reduced risk of Achilles' tendon tear (good)
COL5A1	rs12722	T	TT	higher risk of Achilles' tendinopathy (lower levels of COL5A1); increased risk of tennis elbow
MIR608	rs4919510	G	--	Associated with chronic Achilles' tendinopathy
BMP4	rs2761884	T	TT	Increased risk of tendinopathies
FCRL3	rs7528684	G	AG	Increased risk of tendinopathies
TNF	rs1800629	A	AG	Higher TNF-alpha levels; increased risk of Achilles tendon problems and knee tendon problems
MMP13	rs2252070	T	--	Increased risk of posterior tibial tendon problems (flat foot)
MMP1	rs1144393	C	TC	Increased risk of posterior tibial tendon problems (flat foot)
MMP3	rs650108	G	--	G/G: increased risk of tendinopathies (athletes)
MMP3	rs679620	T	TC	T/T: increased risk of tendinopathies (athletes)

Topic: Traits

Article: Body Odor

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
ABCC11	rs17822931	T	CC	TT only: dry earwax; no body odor
ABCC11	rs17822471	A	GG	associated with 5-fluorouracil toxicity

Article: Red Hair

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
MC1R	rs1805008	T	CC	TT: Red hair; CT: Increased risk for melanoma
MC1R	rs1805007	T	CC	TT: Red hair; CT: Increased risk for melanoma
MC1R	rs1805006	A	CC	AA only: red hair likely
MC1R	rs1805009	C	GG	CC only: red hair possible; inc risk melanoma
MC1R	rs2228479	A	GG	AA only: red or blond hair

Article: Odor Receptors

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
OR5A1	rs6591536	A	AA	AA only: less able to smell floral (beta-ionone)
OR10A2	rs72921001	A	AA	Less likely to think cilantro tastes like soap
inter-gene	rs4481887	A	AG	More likely to be able to smell asparagus pee
OR7D4	rs2878329	T	CC	Better regulation of appetite
OR7D4	rs61729907	G	--	G/G: androstenone smells foul and icky
OR7G3	rs10414255	C	TC	More hunger; disinhibition in eating; higher BMI

Article: Skin Aging

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
IRF4	rs12203592	T	CC	Lighter hair; more photoaging of skin
MC1R	rs1805005	T	TG	More photoaging
MC1R	rs1805007	T	CC	More photoaging
MC1R	rs1805008	T	CC	More photoaging
MC1R	rs1805009	C	GG	More photoaging
MMP1	rs1799750	I	DI	More wrinkles
STXBP5L	rs322458	T	CC	TT only: Decreased photoaging and wrinkles
STXBP5L	rs470647	C	TT	CC only: Decreased photoaging and wrinkles
AIFM2	rs16927253	T	CC	Protective against sagging eyelids

Article: Spicy Food / Pain receptor

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
TRPV1	rs8065080	C	TT	CC only: less sensitive to spicy food; better pain tolerance to cold; worse asthma
TRPV1	rs222741	G	--	Increased risk of migraines; less pain tolerance
TRPV1	rs222747	C	--	more TRPV1 protein; lower levels of inflammatory cytokines in multiple sclerosis
TRPV1	rs161364	T	--	TT only: Decreased risk of diabetes; should be more tolerant to spicy food
TRPV1	rs224534	A	AG	AA only: less sensitive to spicy food

Article: Taste Receptors

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
TAS2R38	rs713598	G	CG	Can taste bitter
TAS2R38	rs10246939	C	TC	Can taste bitter
TAS2R16	rs846672	C	--	Can taste bitter in ethanol; fermented foods
TAS2R16	rs846664	A	AA	Can taste bitter in ethanol; fermented foods
TAS2R16	rs978739	T	CT	Can taste bitter in ethanol; fermented foods
TAS2R19	rs10772420	A	AG	Can taste bitter in quinine
TAS2R14	rs3741843	C	TT	Stevia tastes more bitter (if you can detect)
TAS1R3	rs35744813	T	--	Decreased taste sensitivity for sucrose
TAS1R3	rs307355	T	CC	

Article: Baldness

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
inter-gene	rs1998076	A	GG	AA only: less than half the normal risk of baldness
inter-gene	rs2223841	G	TT	Less likely to go bald
inter-gene	rs925391	A	GG	Less likely to go bald
inter-gene	rs6945541	C	TC	Increased risk of balding
AR	rs10521339	A	--	Less likely to go bald
AR	rs6625163	G	AA	Less likely to go bald
EDA2R	rs1385699	C	TT	Less likely to go bald
EDA2R	rs1511061	C	TT	Less likely to go bald
C1orf127	rs12565727	G	AA	Less likely to go bald
SLC14A2	rs10502861	T	CC	Less likely to go bald
MAPT-AS1	rs12373124	C	--	Less likely to go bald
LINC01432	rs1160312	G	AA	Less likely to go bald
IRF4	rs12203592	T	CC	Increased risk early balding

Article: Wine Tasting

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
TAS2R16	rs846664	C	AA	Altered ability to taste beta-glucopyranoside
TAS2R38	rs1726866	A	AG	AA only: unable to taste bitter in wine (it tastes sweeter)
TAS2R16	rs6466849	T	--	Wine tastes more sour; likely to drink less wine
TAS1R2	rs35874116	C	--	Less likely to drink wine; but if you do drink wine; likely to consume larger amounts
TAS1R3	rs307355	C	CC	More likely to drink more sweet alcohols

Article: Double Lashes

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
FOXC2	i5002816	T	--	Double lash mutation
FOXC2	rs121909107	A	GG	Double lash mutation
FOXC3	rs34221221	T	--	Increased risk of vascular issues (no double lashes)

Article: Modafinil

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
COMT	rs4680	A	AG	AA only: lower COMT; not much response to modafinil

Article: Asparagus Pee

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
OR2M7	rs4481887	A	AG	Greater ability to smell asparagus pee

Topic: Fertility

Article: Infertility (Men)

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
CFTR	rs113993960	D	II	DI – one copy of the Delta F508 cystic fibrosis mutation
PRM1	rs2301365	T	--	Increased risk of male infertility - DNA damage-response gene
LIG4	rs1805388	A	GG	Increased risk of male infertility - DNA damage-response gene
TGFB3	rs2284792	G	AA	Increased risk of male infertility- chronic inflammation related
GSTM1	rs366631	A	--	AA: Increased risk of male infertility- chronic inflammation
HSPA1L	rs2227956	G	AA	Increased risk of male infertility; heat shock protein
NOS3	rs2070744	C	TT	CC: Increased risk of male infertility - nitric oxide synthase
MTHFR	rs1801133	A	AG	Increased risk of male infertility- folate related
MTHFR		G	--	Increased risk of male infertility - folate related
MTRR	rs1801394	G	GG	Increased risk of male infertility; B12 related (B-complex)
FSHR	rs6165	T	TC	Increased risk of male infertility; check hormone levels
FSHR	rs6166	T	TC	TT: Slightly higher risk of male infertility; FSH hormone
HLA-DRA	rs3129878	C	AA	Increased risk of male infertility; Immune system
HFE	rs1800562	A	GG	Increased risk of sperm damage; Iron overload related
HFE	rs1799945	G	CC	Increased risk of low sperm motility; Iron overload related

Article: Infertility (Women)

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
MTHFR	rs1801133	A	AG	MTHFR C677T; reduced folate enzyme efficiency
MTHFR	rs1801131	G	TT	MTHFR A1298C; reduced folate enzyme efficiency
F5	rs6025	T	CC	Factor V Leiden; increased clot risk and miscarriage risk
F2	rs1799963	A	GG	Prothrombin variant; increased risk of clots and miscarriage
LHCGR	rs13405728	G	AA	Luteinizing hormone and hCG receptor; Increased risk of PCOS
LHCGR	rs2293275	T	TC	Luteinizing hormone and hCG receptor; Increased risk of PCOS
DENND1A	rs10818854	A	GG	Increased androgen synthesis; Increased risk of PCOS
FSHB	rs11031006	A	GG	Increased lutenizing hormone to FSH ratio
FSHR	rs6166	C	TC	Folicle-stimulating hormone receptor; Increased PCOS risk
ADIPOQ	rs2241766	T	TT	TT: Increased risk of PCOS
ADIPOQ	rs1501299	T	GG	TT: Decreased risk of PCOS (good)
MTNR1B	rs10830963	G	CG	Melatonin receptor in pancreas; increased risk of PCOS and higher insulin levels

Article: Inflammation in Recurrent Miscarriage

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
IL17A	rs2275913	A	GG	Increased relative risk of recurrent miscarriage
IL17A	rs763780	C	TT	Increased relative risk of recurrent miscarriage
IL1B	rs1143634	A	GG	AA: Decreased risk of recurrent miscarriage
IL1B	rs16944	G	GG	Increased relative risk of recurrent miscarriage
TNF	rs1800629	A	AG	higher TNF-alpha; increased risk of recurrent miscarriages
IL10	rs1800871	A	GG	AA: Increased risk of recurrent miscarriage in Caucasians
IL10	rs1800896	C	TT	CC: Increased risk of recurrent miscarriage in Caucasians

Article: Twins

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
FSHB	rs11031006	A	GG	Lower odds of having twins
SMAD3	rs17293443	C	TT	Increased possibility of fraternal twins

Topic: Longevity

Article: Longevity

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
FOXO3A	rs2802292	G	TT	Linked to increased longevity.
FOXO3A	rs1935949	A	GG	Linked to increased longevity.
FOXO3A	rs479744	T	GG	Linked to increased longevity.
IGF1R	rs2229765	A	GG	Linked to increased longevity.
TP53	rs104252	G	--	Linked to increased longevity via reduced cancer risk.
CETP	rs5882	G	AG	Longer lifespan and a lower risk of dementia.
IMPK	rs6481383	T	--	TT: Longer lifespan in women.
IL-6	rs2069837	G	AA	Increased inflammation; fewer centenarians carry this allele.
CYP2B6	rs3745274	A	GG	TT only: reduced CYP2B6; longevity disadvantage due to cancer risk or toxicant exposure.
COMT	rs4680	A	AG	AA only: genotype more likely to be found in the elderly

Article: Klotho / Aging

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
KL	rs9536314	G	TG	Increased klotho; Increased lifespan; Decreased cognitive decline; Decreased Alz. Risk in APOE4
KL	rs3752472	C	CC	CC only: Increased kidney stones; Decreased klotho
KL	rs650439	T	--	Increased carotid atherosclerosis; lower klotho

Article: Autophagy

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
ATG16L1	rs2241880	G	GG	Decreased autophagy; Increased risk of IBD
ATG16L1	rs10210302	T	TT	Decreased autophagy; Increased risk of Crohn's disease
ATG5	rs573775	A	AG	Inc risk of lupus (with IL-10)
ATG5	rs6568431	A	CC	Decreased autophagy; Increased risk cerebral palsy
IRGM	rs13361189	C	TT	Increased risk of Crohn's; leprosy
IRGM	rs10065172	T	CC	Decreased autophagy
IRGM	rs4958847	A	--	Decreased autophagy

Article: Telomere Length

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
TERT	rs10069690	T	TT	Decreased telomerase
TERT	rs2736100	A	CC	AA only: Decreased telomere length
TERT	rs2853669	G	AA	Decreased survival rate in cancers with TERT mutations
TERT	rs2736122	A	GG	Increased risk of heart disease; stroke
TERT	rs2242652	A	AG	Decreased telomerase expression
TERT	rs2736108	T	CC	Longer telomeres
TERC	rs10936599	T	TT	Decreased telomere length
NAF1	rs7675998	A	GG	Decreased telomere length
OBFC1	rs9420907	C	AA	Longer telomeres

Article: NAD+; NR; NMN

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
NAMPT	rs61330082	A	GG	Decreased NAMPT
NAMPT	rs9770242	C	--	Lower heart disease; lower fasting glucose; insulin
SIRT1	rs3758391	T	TC	Lower risk of heart disease; better cognitive aging
SIRT1	rs12778366	C	TT	Increased risk of diabetes; Decreased longevity
SIRT3	rs511744	T	TC	TT only: Increased average lifespan (1.3 years)
BST1	rs4698412	A	GG	Slightly Increased risk of Parkinson's
SIRT6	rs352493	C	TT	Increased risk of more severe heart disease

Article: Advanced Glycation End Products

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
AGER	rs2070600	T	TC	Increased risk of Alzheimer's; diabetic retinopathy; insulin resistance; RA
AGER	rs1800624	T	AT	Increased AGEs receptor; Increased risk of cardiovascular disease with diabetes;
AGER	rs184003	A	CC	Slightly Increased risk of diabetes; coronary artery disease
GLO1	rs1130534	A	TT	Increased risk of retinitis pigmentosa

Article: Heat Shock Proteins

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
HSPA1L	rs2227956	G	AA	Decreased HSP1; increase risk of male infertility
HSPA1L	rs2763979	T	CC	Increased risk of noise-induced hearing loss
HSPA1L	rs1043618	C	GG	Increased risk of heart disease
HSPA1L	rs2075800	T	TC	Increase risk of lupus
HSPA5	rs391957	T	TT	Increased risk certain cancers; peripheral neuropathy in diabetes
TRAP1	rs113476582	C	TT	Incr. risk of chronic pain; fatigue; gastro (important)

Article: SIRT3

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
SIRT3	rs11555236	A	--	Increased SIRT3; Increased longevity
SIRT3	rs11246020	T	CC	Reduced SIRT3; Increased risk of metabolic syndrome
SIRT3	rs185277566	C	--	Reduced SIRT3; Increased risk of heart attack.

Article: Rapamycin and mTOR

Gene	RS ID	Risk Allele	Your Genotype	Notes About Risk Allele
MTOR	rs2536	C	TT	Greater survival rate in gastric cancer (good)
MTOR	rs2295080	G	--	Increased diabetes risk with rapamycin
MTOR	rs1883965	A	--	Increased relative risk of esophageal or gastric cancers
RPTOR	rs1062935	C	CC	C/C: increased risk of a poor prognosis in gastric cancer
DEPTOR	rs4871827	A	AG	less likely to have vascular complications in type 2 diabetes (good)
mLST8	rs26865	G	AA	increased risk of metastasis with lung cancer
IRS1	rs1801278	T	CC	Increased risk of insulin resistance, diabetes, osteoarthritis.
ABCB1	rs1045642	G	AG	GG: greater efflux (out of the cell) for drugs and toxins, thus may need higher dosages of drugs such as rapamycin
CYP3A4	rs35599367	A	GG	CYP3A4 *22 allele; decreased activity, higher plasma levels of everolimus