

# Summary Report Overview

1. Matches your genetic data to the articles on [Genetic Lifehacks](#)
2. Easily see which articles relate to your genotype by highlighting
3. Click on the article links to read details, including peer-reviewed references

**Genetic Lifehacks**  
Learn. Experiment. Optimize.

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

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

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

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

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

[Article: Thiamine \(B1\)](#)

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

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

## What does it mean when the genotype is highlighted?

- Yellow highlight: Your genotype matches one copy of the effect allele
- Orange highlight: Your data matches with two copies of the effect allele
- Green highlight: Indicates positive effect of the allele

The highlighting is just to indicate matching -- it doesn't necessarily mean that the variant is "good" or "bad". Please click through to the article for a full explanation of the variant.

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

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

## How accurate is this information?

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

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

- No. For most diseases, your genetic risk factors combine with your environment.
- 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 is for educational purposes only. The information has not been evaluated by the FDA. Please talk with your doctor for medical advice.