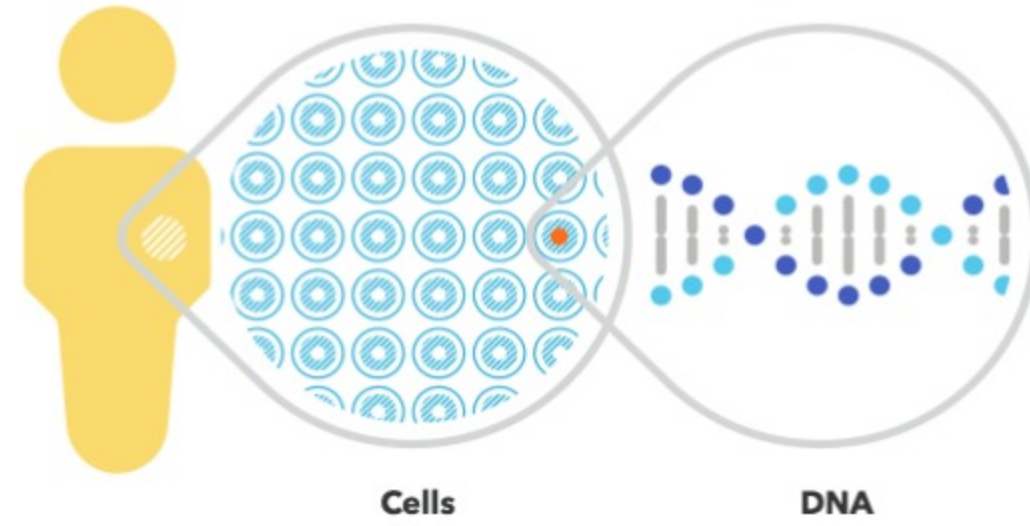


**DNA Basics** introduces you to some key concepts  
in genetics.

The following concepts may help you understand your reports.

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DNA is found in almost all cells and contains instructions for how your body works.



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DNA is made-up of smaller units that are connected to form a sequence.



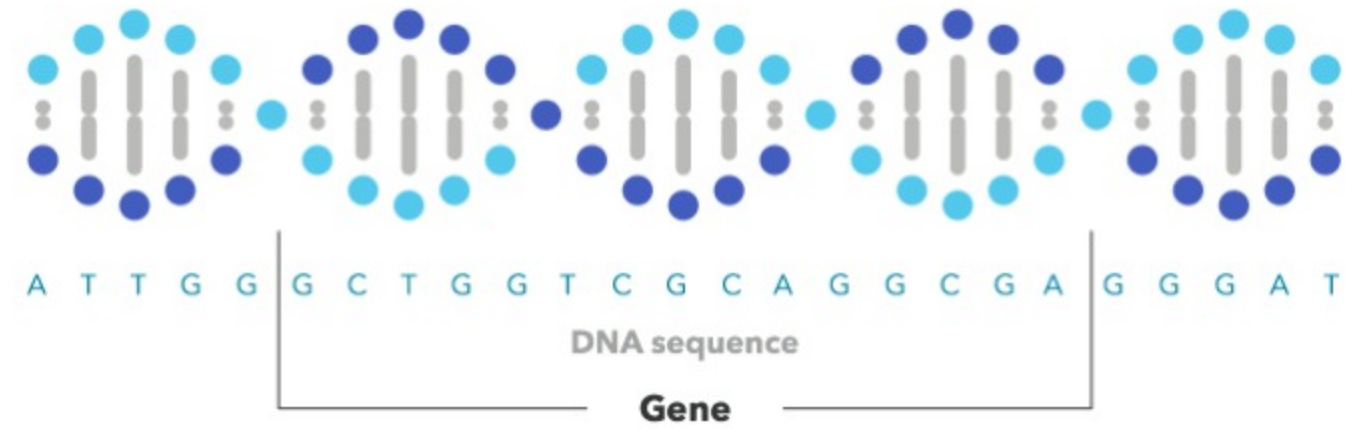
These units are represented by the letters A, T, C and G.

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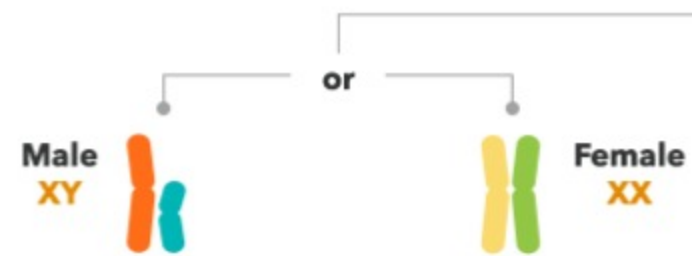
Genes are DNA sequences that contain instructions for making molecules such as proteins.



Proteins have many important jobs in our body, such as breaking down food and building muscle fibers.

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Our DNA is packaged into 23 pairs of chromosomes.



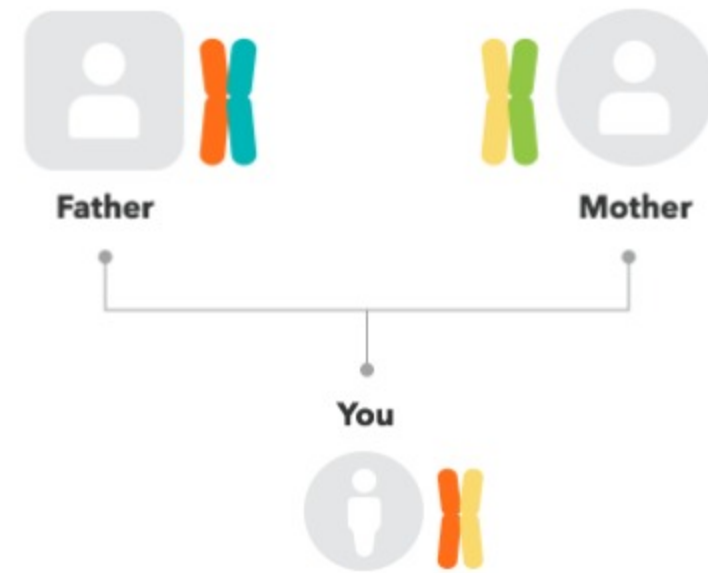
One of these pairs determines your sex.

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For every pair of chromosomes, you inherited one from your mother and one from your father.



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Most of our DNA sequences are the same, but the differences between people are called variants.



Since you inherit DNA from your parents, you may have the same variants.

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Many variants don't have any effect, but some variants are associated with certain health conditions, traits and ancestries.



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Your reports map your DNA to certain traits,  
health conditions and ancestries.

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Read **your reports** to explore your DNA.

Our reports look at your variants and can help you understand how your genetics  
influence you.

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