

# DISCOVER WHAT'S IN YOUR DNA



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**FREE DNA AI PROMPTS**

# DISCOVER WHAT YOUR DNA CAN REVEAL



## FREE DNA AI PROMPTS

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[www.PromptDNA.store](http://www.PromptDNA.store)

*unlock ready-to-use prompts that  
turn your raw genetic data into  
personalised health insight*

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# How to Use Your DNA AI Prompt Template (Step by Step)

## Step 1: Download Your Raw DNA Data

Think of your DNA file as the “raw ingredients” for the recipe. If you have taken a DNA test with a provider such as LivingDNA, 23andMe, AncestryDNA or MyHeritage, log into your account and download your raw DNA data file. This is usually found in your account settings, profile area or DNA data section.

Your file may look like a long, slightly intimidating list of letters and numbers, often including A, T, C and G. Don't worry, you do not need to understand the file yourself. The template is designed to help your chosen AI tool read and explain selected parts of it in a clearer way.

## Step 2: Pick Your AI Chatbot

Choose the AI tool you want to use. You can use ChatGPT or another AI chatbot that allows file uploads or pasted text.

For maximum privacy, you may prefer to use a local AI tool that runs on your own device. If you use an online AI provider, always check its privacy settings, data controls and upload policy before adding sensitive genetic information.

## Step 3: Copy the Magic Template

Open a new chat in your chosen AI tool. Upload your raw DNA file, then copy and paste the free prompt provided in this guide.

The AI will use the prompt to scan selected genetic markers and explain what they may be linked to, based on publicly available genetic research.

It may be able to help you understand things like:

which DNA markers were found

what those markers have been associated with

whether the evidence is strong, mixed or still developing

where the information came from, where sources are available

## Step 4: Read, Laugh, Learn

Sit back with a cup of tea (or coffee... unless your genes say you shouldn't) and enjoy reading your personalised insights.

Want more? This free guide gives you a sample. The Full Health Profile includes Diet, Sports & Life, Early Detection & Prevention, and Genetic Blueprint.

## PROMPTS

### Your 12 Free DNA AI Prompts

Copy and paste this into your AI tool:

I have uploaded my raw DNA data file. Please analyse it for the following selected trait: [insert trait name]. Identify any relevant SNPs, explain the association in simple language, state the strength of evidence, provide references where available.

#### **Diet, Sports & Life: (85+ selective reports)**

- Salt sensitivity
- Skin Age
- Weight gain response
- Stress Tolerance

#### **Early Detection & Prevention: (200+ selective reports)**

- Allergic Rhinitis
- Asthma
- Opioid Addiction
- Obesity

#### **Genetic Blueprint: (40+ selective reports)**

- Music Ability
- Alcohol Addiction
- Altruism
- Pain Threshold

For education only, not medical advice. Talk to a clinician for health decisions.

### ***Useful Insights?***

**Unlock 300+ DNA based insights.**

**Ready for the full experience?**

**Get the complete Full Health Profile (Diet, Sports & Life + Early Detection & Prevention + Genetic Blueprint)**

**Explore hundreds of structured prompts covering **nutrition, skin, sleep, performance, common disease education, drug response, traits, and many more!****

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