

State of the Genome

2026

Three lists. They barely overlap. That is the interesting part.

VARIANT OF THE YEAR · 2026

rs1801133

MTHFR · Folate metabolism (MTHFR C677T)

Two very common MTHFR variants modestly change how efficiently one folate-processing enzyme works.

Chosen by reach, not volume: it shares a paper with 11 subjects that have nothing to do with each other, across 57 papers.

VARIANT OF THE MONTH · 2026-09

rs713598

TAS2R38 · Bitter taste perception (PTC/PROP tasting)

Three coding changes in one bitter receptor gene decide whether compounds like PTC and PROP taste intensely bitter or of almost nothing.

Chosen by readers, not researchers: opened 27 times this month, more than any of the 46 variants anyone opened at all.

INSIDE

2	The three boards — 348 variants, counted three ways	p2
3	Words, and the variants that share their papers	p3
4	How every figure was counted, and how to cite it	p4

Counted three ways

In the research literature

1	rs6265 · BDNF	33
2	rs671 · ALDH2	23
3	rs1801133 · MTHFR	21
4	rs4149056 · SLC01B1	16
5	rs1229984 · ADH1B	14
6	rs1801131 · MTHFR	14
7	rs1799971 · OPRM1	13
8	rs1800562 · HFE	9

What readers here opened

1	rs713598 · TAS2R38	27
2	rs1801133 · MTHFR	26
3	rs762551 · CYP1A2	19
4	rs4988235 · MCM6 / LCT	16
5	rs1799971 · OPRM1	7
6	rs6025 · F5	7
7	rs9923231 · VKORC1	7
8	rs4149056 · SLC01B1	6

What AI assistants fetched

1	rs713598 · TAS2R38	2
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What people read about alongside these

A shared paper means somebody wrote about the two together. It is not a claim that the variant explains the subject, and for most of these the honest finding is that common variants explain very little of it.

35	Exercise and muscle	rs1815739, rs6265, rs1421085
30	Alcohol and the flush	rs1229984, rs671, rs1799971
16	Longevity and ageing	rs2075650, rs1801133, rs6265
14	Learning and focus	rs6265, rs1801133, rs2075650
13	Sleep and insomnia	rs6265, rs1421085, rs762551
11	Depression and stress	rs6265, rs1799971, rs1801133
11	ADHD and attention	rs6265, rs1801131, rs1801133
11	Gut and food intolerance	rs4988235, rs11209026, rs17810546
10	Skin, sun and hair	rs16891982, rs12203592, rs12913832
9	Running and endurance	rs1815739, rs762551, rs1799945
9	Smoking and vaping	rs1051730, rs6265, rs8034191

METHOD

How every figure here was counted

Research literature

Papers whose title or abstract names the rsID, counted in Europe PMC. Full text was deliberately not counted: it returns every paper with an rsID buried in a supplementary table, runs four to eight times higher, and ranks methods papers above the studies people actually cite.

Readers

Page views on mygenelog.com over the same period, bots excluded.

AI assistants

Requests from named AI crawlers — GPTBot, ClaudeBot, PerplexityBot and others. Collection began September 2026.

What is not here

Search-engine volume. There is no free, official API that reports it, and rsIDs sit far below the threshold at which the unofficial tools return anything stable. A number nobody can reproduce is worse than a gap that is labelled.

Citing this report

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