23andMe: Downloading your Raw Data File

1. Log onto 23andme.com
2. Log in with your email and password
3. On the homepage find the tab that says, “TOOLS” 
4. Scroll down on the “Welcome to Tools” page and click “Raw Data”
5. On the, ‘Browse Your Raw Data’ web page select “Download Raw Data”
6. On the web page titled, “Download Your Raw Data” scroll down until you find the section that asks what type of DNA data you want to download.
	* Select, ‘ALL DNA’ and enter your password.
	* Select the button “ Download Raw Data”
7. A pop-up box should appear on your screen. Save the file.
8. Your file should be located on your ‘downloads’ folder.
* The file appears as a zip file.
* To open the file, click on the zip file. (You may need to click it 2 times or more)
* A new txt. File should appear on your downloads folder. Click it.
1. When you open the txt File is should appear like this:
2. Save the above file to an area that you can easily locate. You will need it to download your methylation and detox profiles .

**Email your profiles to dryoungberginfo@gmail.com or fax them to (951) 271-4455**